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Necessary Ingredients to Transformation

By Sebastian

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Urge for Wholeness, Love of Truth

You might think this goes without saying, but many people are content to live within the social norms and pursue happiness through acquisition or fame or power etc. In other words, "love of the world". If you find yourself longing for something more, something deeper, something real, then this quality is operative in you and you simply need to honor it. If you do not feel a longing for completion, why are you reading this? This flame of longing for Reality, Truth & Wholeness is the field that contains the 'pearl of great value'. Be ready to 'sell everything else' to buy it. Allow it to be your guide. Express it through your actions and endeavors.

Tired? At some point in your journey you may find yourself saying: "Enough already!" Or, "I need a rest". I think this is to be expected and may be related to the need to gather more energy (see below). But it could also be complacency or indulgence. Cultivating the Love of Truth or the Urge to Wholeness may serve to wake you out of an unconscious indulgent sleepiness. If you find yourself becoming spiritually lazy, using Inquiry & Radical Honesty can help. (see below) Seeing the truth about our motivations will 'set us free'. The less resistance, the sooner it can work.

Basic Trust, Faith, Courage

Transformation is change. Genuine Awakening involves changes on all levels of our lives. Weathering the insecurities & turmoil of a constantly changing sense of self and our perception of the world requires some kind of anchor or stabilizing influence. We must find a resource within to get through the storms of emotional turbulence, mental confusion and possibly disconcerting energetic releases. If we lack this quality, what can we do?

Boiled down and simplified? Turn Around! Almost every human directs most of their energy towards resisting or avoiding painful feelings or situations and seeking secure or 'pleasurable' ones. One thing most haven't tried is to Stop Resisting! Accept Chaos. Open up to and fully experience negativity and darkness. On the other side of chaos is a new level of peace. To radical?

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OK, more compassionately... Are you stuck in a place where you value security and stability? Is it blocking your ability to seek Truth or accept what is Real? You probably need to do some work on healing your wounded child, desensitizing your narcissistic reactivity & neediness. The 'holding environment' you experienced as a very young child has a lot to do with how well you can trust the universe to sustain you. All types of Emotional Clearing work can help you gain more trust. You could find a spiritual teacher you can totally trust and allow that person to guide you through periods of turmoil. Using a symbol such as Jesus, the Holy Spirit or Buddha or a Higher Power can help you get through rough times during contemplation when you are uncovering disturbing aspects of your ego at work. Symbols such as these are repositories for a higher Truth. If we cannot find basic trust in our own being, we can reach out and Trust the Symbol that represents this Truth. This can work for certain people who have enough trust to place in the symbol in the first place. This is how faith works. Using any kind of method or system that involves projection can breed dependence which must also eventually be overcome.

If you cannot muster enough trust in a symbolic representation, you can begin to change your perceptions through many types of therapy where you are guided closely by a professional.

Energy & Stamina

In the 'Teachings of Don Juan', Carlos Castaneda's mentor told him that a warrior's most important task early on is the gathering of power (energy). This can be done in many ways on a few different levels. Basically, I see four main categories: 1. Physical (the body). Hatha Yoga is a first rate method. Aerobics can help a lot to increase endorphins. 2. Mental (contemplative). You gain mental energy or power when your conflicting beliefs are resolved. Mindfulness practice reduces chaos. 3. Emotional / Energetic. Emotional clearing (again) Practices like Tai Chi & Reiki etc. harmonize your energy system. 4. Spiritual. Spiritual 'energy' is transformative energy itself. When you rest fully in the Ground of Being or Stillness (as in deep meditation) the process of evolutionary transformation is taken to a new level.

Support & Confirmation

If you were going to jump off a cliff into unknown waters wouldn't you want to be able to speak to someone who has already jumped off that cliff? For years I languished at the edge of this cliff feeling alienated from the world, but not knowing how, or feeling able to move on. One day I met someone who was ready to leap as well and immediately we were both launched into a rapid series of transformational experiences... I don't think it would have been possible without the mutual support we gave to each other. This is the main impetus behind the founding of WFIH (Worldwide Fellowship of Integral Humans). I urge you to use the resources on the site to hook up with others on the Journey, and to share your experiences. It could make all the difference to someone at a critical time. The Course In Miracles says, "To have peace, give peace"... and we can extrapolate... to have Love, give Love. To have a friend, be a friend. To get support, give support.

You do not have to feel you are far advanced to reach out and give support or information or just a loving acceptance or embrace. Just as importantly, someone who is new to the Path or even a child can reveal an enlightening truth at any time. Out of the mouths of babes... It is spiritual pride to close yourself off from the possibility of seeing Truth in anything and everything.

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Inquisitiveness & Radical Honesty

Develop the ability to question everything. Bring every motive and avoidance of reality to the light of truth in a radically honest way. Learn to face life with open arms and open eyes. This will rapidly change your perception of the world and yourself. Deep contemplative inquiry allows us to discover and dismantle our story and our programs or patterns. Questioning works especially well on belief systems that we have adopted through our cultural / social conditioning. For an excellent book on 'self inquiry' see the book by A H Almaas on the Self Stream page.

All of these avenues can be explored further in different places on the WFIH website... see the Body Work page, the Energy Work page, Emotional Clearing page & Integral Spirituality page. There are courses and tests and information available as well. (see below)

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The 5 Stages of Life Transformation

By Michelle L. Casto, M.Ed.

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Whole Life Coach, Speaker, and Author

September 11, 2001 was the world's wake up call. After the chaos and confusion, we awoke to the realization that life is a precious gift and that it is our responsibility as a citizen and human being to lead and live our best life.

For most of us, that meant looking at our current state of affairs and recognizing all the changes we needed to make. We often know it is important to change our lives, but do not know where to begin. Change can be easy, really---by changing your thoughts, you change your feelings, and thus change your actions.

In the 21st century, we have better skills to deal with the darkness, and we are more enlightened and aware than ever before in history. Even still, it often has to get darker before it becomes lighter and brighter. But, in the modern world, we do not need to wait until something happens to cause us to change. In fact, you can choose to live a change-oriented, rich, and fulfilling life right now. To transform your life, you need to raise your awareness, practice pro-activity, and live by your vision, purpose, and values.

The good news is that millions of people are consciously working on themselves, actively seeking healing on physical, emotional, mental and spiritual levels. Since we are all one, when we heal our self, we heal others, and ultimately heal our planet. Now is the perfect opportunity for you to step up to the plate and make a major contribution to the world. To begin the process, learn about the five steps to life transformation.

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The 5 Stages of Transformation

Someone once said, "There is nothing about a caterpillar that tells you it's going to be a butterfly." This quote illustrates the change process perfectly. The butterfly represents a thing of great beauty. A butterfly completely transforms itself from a comfortable cocoon into a radiant entity with wings. You are like a beautiful butterfly waiting to be re-born and transformed.

Stage 1: Cocoon Stage

This stage is characterized by feelings of comfort, as you are beginning to awaken to the need to change.

You begin to realize you could be so much more and recognize an error in judgment or dysfunctional pattern (s).

Stage 2: Growth Stage

This stage is characterized by feelings of discomfort, as you are beginning to stretch yourself, your abilities, your environment.

You experience new ways of being and thinking and have the desire to transform yourself.

Stage 3: Change Stage

This stage is characterized by feelings of panic and fear, as you are beginning to look, feel, and act differently.

You have a gut instinct that this change will be good for you, and request that Spirit assist you &

provide with you with guidance.

Stage 4: Flight Stage

This stage is characterized by feelings of confidence and courage, as you spread your wings to leave your old home to find a new home.

You now recognize yourself as a beautiful creature, have excitement about future possibilities and you just do it.

Stage 5: Conscious Stage

This stage is characterized by feelings of inner peace and joy, as you remember and realize who you really are.

You now understand that you are a co-creator and possess the power to become whatever you want to be and do whatever you want to do.

***This article was adapted from Life Transformation 101 Workbook: How to Make Life Changes and Let Your Soul Be Your Guide

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