

Going Clear, Doorway to the Divine

GOING CLEAR **DOORWAY TO THE DIVINE**

Copyright 2009

By Sharon R. Stone DD, VHT, RMT
or Yogi Rama Raajakumaarii
(Rama meaning 'teacher' and also
Sharon/Sarah meaning 'Royal Girl')

ॐ मा ॐ जाकुमारणी

And Rama Darii (Sharon also meaning 'Valley')

ॐ मा छरणी



Psalms 121

"Even with eternity at stake, sometimes just loving others and having tea with them in a single beautiful moment is more important than trying to convert them; that is Zen, and that is the meeting of Souls." Yogi Rama Raajakumaarii

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Biography The Beginning...

Sharon R. Stone was born in Wichita, Kansas in 1962. She began her spiritual path at the age of seven as a result of memorizing bible verses and going to church. She desired to understand more about God and spiritual things after the death of her father when she was eight years old. This experience led to many spiritual events in her childhood. In answer to an urgent prompting to her mother, she began studies in Christian schools just after she turned twelve. She continued in her Christian education until she graduated. She joined the ministry after college when she was twenty-three and participated until she was twenty-seven. She walked away after being disillusioned by the church 'culture' and its leaders.

Sharon began a search for the deeper mysteries of God at this time. She walked away from her life completely when Spirit led her in daily prayers and meditations to cross the desert and go to California. She meditated on the Psalms in the Bible, specifically Psalms 121. After further disappointment from several years of searching, she began to meditate. A few months after following this new way of life, she experienced cosmic consciousness (a metaphysical term for enlightenment) by the opening of her pineal gland. This experience began by waves of energies that washed through her body several times per day. These energies, which were accompanied by spiritual realizations, left her permanently changed. At this time, she was thirty-three years of age.

Sharon contracted viral and bacterial pneumonia and ended up in the hospital. She almost died within a month of that first 'spiritual' event. Subconsciously, she did not want to live anymore; she felt that there were no answers to the spiritual questions that plagued her daily and she was tired of trying. Having continued mystical experiences hit her several times a day without answers as to what they meant caused her

great distress. Upon receiving Deepak Chopra's 'Seven Spiritual Laws of Success' from her sister (while in the hospital) she was given renewed hope that maybe real answers did exist. Answers she needed to somehow grasp what had been happening to her since childhood. She had a 104° fever that lasted for seven days, which completely returned to normal during the hours while reading the book. It was almost a medical miracle. Her doctor had told her that her lungs were two thirds full of fluids the day before and that she should make calls to her family and let them know that she may die. The doctor even confessed to her that no more could possibly be done medically to treat her.

"The career of many shamans begins with a dramatic episode of an altered state of consciousness that traditional Western psychiatry sees as a manifestation of serious mental disease. It includes visionary experiences of descent into the underworld, attacks from demons and inhuman tortures and ordeals...." Also "...if this crisis is successfully overcome and completed, it results in a personal healing, superior social functioning, and the development of Shamanic abilities. The individual is then accepted by the tribe as an extremely important and useful member of the group" (Grof S. and also Grof, C., 1989, pgs 78-79).

As she fully recovered from viral and bacterial pneumonia, Spirit led her away from her existing life. Everything from her once familiar life with a business and a husband seemed strange and different. She had been changed completely by these energies and it felt to her that she was a totally different person as a result of them. Personality traits had become different and all of her goals changed. She no longer desired to pursue worldly aspirations and abruptly went into spiritual retreat. She was fortunate to meet a Yogi within a few months who gave her studies by Lao Tzu, Ramacharaka, Deepak Chopra, Joseph Campbell and Huston Smith. While she was being mentored over the next several months, she experienced God and unity Consciousness. She found no one who could understand, not even her mentor. She looked everywhere for a book that

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could tell her what was happening to her, but found none. When she went to bookstores, she was told that there was nothing more she could read that would give her clues. Her mentor released her from her studies when she was thirty-five and told her that she had become the embodiment of Raja yoga and all that she had learned. Sharon's mentor also told her on more than one occasion, just out of the blue, that she did not know what manner of spiritual being that Sharon was.

She was directed to take a yogi name and teach while in meditation. After several meditation sessions, she received the information that she was to teach. The information collected from those meditations over ten years ago is outlined in this book. She continued her studies in healing modalities, Taoism and other philosophies. After meditating two more years, she began experiencing stigmata, which is the physical pain of spikes being driven through her wrists, or the partial wounds of Jesus Christ. She began praying earnestly for wisdom in 1999 and was transformed by an experience referred to as Zen consciousness. Immediately following this experience, she entered the mystical state of 'the dark night' that is spoken of in the Catholic faith. She happened to be pregnant at the same time. After several months of walking through the Dark Night of the Soul, she emerged stripped down of misconceptions about herself, the world she lived in and God.

Over the next few years during continued retreat (from work) while married and caring for her child, she became a Dzogchen master by using the methods within these pages. What most aesthetics *do not understand* is that enlightenment precedes mastery. Enlightenment, or cosmic consciousness, is just the beginning. It offers the tools that one uses to gain mastery over the self or the ego. As Ramacharaka states in his 'Advanced Lessons' in the chapters of 'Some Light on the Path' and 'More Light on the Path', he is referring to a person's foot being put upon the path of Spiritual Mastery. This path is preceded by the experience of spiritual illumination or cosmic consciousness. The 'enlightenment', which is spoken of here.

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Dr. Stone currently has a healing practice where she counsels and helps others to get their thoughts clear by initiating them into Dzogchen and Raja yoga practice (Norbu, 1996). After being initiated, they use these methods. She has helped many in facilitating the opening their pineal gland or third eye and mentors them in their own enlightenment and mastery process. She also teaches at the Sharon Stone Institute. Her vision is to build a large private middle school, high school and college campus to train men and women from eleven years old on up who are on a path of self-help and discovery. This non-aesthetic program would encompass all religions, philosophies and spiritual practices combined with science, languages and other academia. This vision that has been given to her will create a new generation of thoughtful, enlightened, empowered and open minded individuals. This new generation will help the world to be a more peace filled and happy place. Sharon is currently working towards a BS/MA in Psychology/Education.



Teaching Meditation at a
Going Clear Weekend in Prescott Arizona 2007

I want to thank

My Father, for spending so much time with me and letting me into your life and your into your heart. Peace where you are.

My Mother, for always telling me that I was so smart I could do anything that I wanted to do. Thanks.

My Son Alexander, my little joy, for just existing and giving me a reason to write this book.

Yogi Elinore Hill, Your guidance and tutelage through my studies of all of the Yogi Philosophies, Mythologies, Lao Tzu, and most of all in giving me *what I needed* in order for me to find out who and what I was, as well as your never ending patience with me which led to the making of this book. Thank you for all of your time. Peace where you are.

Deepak Chopra, 'Seven Spiritual Laws of Success' saved my life.

W.G., for teaching me some of the most important lessons of my life. Thank you for your patience, compassion and courage.

All of my friends, students and clients in Prescott, Arizona and Kansas City who believed in me, supported me, and helped me in more ways than you will ever know. Peace for always.

All clients and students who are not listed here who have taken part in this grand experiment case study of the copyrighted Going Clear methods.

My big brother Howard, for being there and being everything a big brother should be.

My beautiful sister Debra, you are such a gift, the flower of my life.

My sister Carol, for being on my side.

My sister Judie, for inspiring me to be great.

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Doctorate Program Students, your perseverance through the metamorphosis I got to witness, you all were amazing, and turned into amazing beings right before my eyes!

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The Stuff/Rydel Family, Greg Kaign, Prescott friends.

Richard Mende, Susan M., Ryan L., Gail T., Bob S., Linnea D., Bobby W., Rebecca, Debby P., Sandy, Ben F., Jane S., Bill B., and the rest of you, you know who you are, I am sorry that I could not list you all. God bless & keep each of you.

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Yogi Rama Raajakumaarii giving initiations
into Dzogchen and Deep Meditation at a
Going Clear Weekend in June 2006



Preview of Going Clear, Doorway to the Divine

The Going Clear methods were first copyrighted in 1997 and they were taught as 'Simple Steps to Personal Power and Transformation' and 'Meditate Like the Masters'. The methods were first published in the 'Alchemist' Newsletter in Kansas City, Missouri. The 'Alchemist' was a newsletter put out by Dr. Sharon R. Stone. Due to the popularity of the teachings, the readers of the 'Alchemist' requested that Dr. Stone teach the methods in a classroom setting. By early 2002, the methods had evolved into the 'Going Clear' Weekend workshops. The weekends last approximately twenty hours and run from Friday evening to Sunday afternoon.

The information in this book has been used successfully for over a decade through workshop trials to the public as well as in client case studies. The Going Clear methods have helped individuals suffering from major depression and anxiety as well as other problems. Individuals have

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experienced increased joy, peace filled living, enlightenment, Zen consciousness, cosmic, God and unity consciousness. Others have increased their miraculous abilities, which are lying dormant within all of us. Most individuals who are aware of these methods have improved communications and happiness within familial, marital or partnered relationships. The application of these methods has been helpful for personal as well as professional operations of daily life. Overall, the benefactors of this information are individuals who desire to get to the core of their problems and onto the fast track of clearing away unwanted thoughts and/or belief systems that are no longer working for them.

Dr. Stone's methods are common sense and *easy to learn*. Most people forget about the information while it is working in their lives. One does not have to discipline themselves to use the methods to maintain ongoing success. Like past education that works non-stop throughout one's life, the Going Clear methods are in never resting service to the individual "in the know".

The information contained within has been proven to help individuals to remove obstacles and illusions from their lives that are not serving them in reaching their full potential. These obstacles are taking valuable energy from them that could be used to create a better career, relationships, spiritual connection and overall life that they dream of and pray for daily. Books about creating what one wants in life cannot help a person if their minds are full of unforgiveness and judgments of self and others. There is no room in their hearts and minds for new information or the healing information that they desire to be consumed with.

"Psychic energy is needed to make the mind go and the energy (motivation) cannot be destroyed, it must be expressed: The psychoanalytic approach assumes that the psychological apparatus of the mind needs some kind of energy to make it go. This energy is used in psychological work such as planning, thinking, feeling, remembering..."
Further - "...The thinking is that at any time there is only a

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finite amount of energy available and if it's busily being used to repress memories and deal with anxieties, then it's not being used fruitfully. If the neuroses can be resolved, then the psychic energy can be freed to use more creatively and productively" (Wilderdom, 2003, para 1).

The information contained within can be compared to a powerful, new and simplified form of Raja Yoga philosophy invented by Dr. Stone for the westerner mindset. This philosophy is combined with mystic Christianity, basic shamanism, psychoanalytic theory and other schools of thought.

The Wizard behind the curtain

While reading this material, your mind, body and spirit will become more empty and clear as belief systems and expectations of self and others are gently peeled away. This process will uncover your Spirit given abilities to connect, heal and think more clearly and efficiently. This book will help sincere individuals to find their true life's purpose as well as returning others to theirs. This book is also a love letter to all individuals who are seeking the end of the fight for their sanity and are ready to find release in peace. I, too, was once on a frenzied search for explanations to my psychologically and spiritually pained conditions. I have discovered realizations that have brought about and continue to bring about a daily release from that pain.

Like many other religious scholars delving into studies at a young age, I began with the only material provided to me here in the west, the Bible. I was raised in the Christian faith; some would call me a recovering Christian. I like to refer to myself as an evolving Christian who has also added Taoism, Dzogchen Buddhism, shamanism and other philosophies to my repertoire.

I believe that much of religion and even the source of initial 'religious thought' involve psychology within society because 'as we think therefore we are'. The study of religion

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leads one to the understanding that the purpose is to instruct and establish proper societal behaviors. The reason for a particular religion within a region is to satisfy the sociological and psychological desires of the indigenous people inhabiting it. The religion is designed to be the law of the land, so to speak. Religious thought used to rule nations and to this day continues. This premise is the source of the discord in the world in the twenty-first century.

We are intensely spiritual creatures and our very souls and hearts cry out for spiritual connection to heavenly fathers and mothers. This is in of itself beauty, like the child reaching out for its parent to love and nurture it; our souls reach out for the divine connection and parent/child bliss that comes with that connection. With or without religion, we will and DO find God or a Spiritual connection because it is what we are.

I believe that religion in its initial design wasn't just religion or a psychological system to control the masses, but that it was designed to encompass the need for law and to facilitate the divine connection, too. What it has actually become, however, is an inhibitor to Spirit. It destroys the divine connection because of the psychological fears connected with it. People say, "What the hell, we cannot attain such perfection so we won't even try anymore" and simply give up. The attitude of giving up is victimizing. This victimization is induced by unrealistic religious expectation and leads to depression. Religious dogma fed to unsuspecting innocents is the plague of the world. Sort of like Stockholm syndrome; strong, but true. God is not a perfectionistic taskmaster ready to squash people for thinking a completely natural thought, but that is in fact what people are being taught. There is not enough Prozac™ to go around.

In contrast, Spirit does not operate as a set of rules, but as love. Our design from the divine standpoint is to be 'the presence' or 'Kundun' or 'Christ consciousness'. When individuals allow the Spirit of God, which is their own natural

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self anyway, to flow through them like a breeze and step into the doorway of that spiritual breeze, they become that presence fully. Judgment and fear ceases to exist. People become filled with peace and just know what to do. I believe that had I been Buddhist or any another religion, my mind would have come to similar conclusions. With this understanding, I will elaborate a bit on the beginnings of these methods.

In my beginnings, I studied the Bible (King James Version) from a very young age, memorizing scriptures as early as six or seven. I learned the words in red as well as one can. I thought about them daily. I insisted on attending theological schools from the age of twelve where I could study the book everyday. I eventually attended Bible College and served in the ministry. For an extended period I was at the church seven days per week. I did all of that in an attempt to learn more about those elusive words in red.

The words in red are Jesus' words, his 'instructions' on how to live life. Many teachers shine over these words; they spend so much time talking about superfluous 'teachings' in the Bible and appear to forget about the words in red. These words have haunted me, and so did the life of Jesus. It all seemed too familiar to me. I feel that I was created to follow this man's (God, Master, Teacher, and Christ, whatever you choose to call him) teachings so that I could figure out the mystery of those words for myself. He did not have to be God or a son of a God for the words to make perfect sense to me. It was a code to others like him. I wanted to break the code for myself (and did) so I could be like him, too.

For me to understand those words in red fully, I studied other philosophies and religions and spent time in meditation (praying) over all of the information. I searched for correlations and have been able to crib note the main points in my mind. In doing this, I have drawn some unerring conclusions as to what those words in red *originally* meant. Well, I am here to tell you the answer, the amazing secret that Jesus' words revealed...are you ready?

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They mean just what they say they mean, yes, hard to believe because his words are telling us that we are like Him, in more ways than some will dare to admit. The words he spoke were not mere metaphors for other concepts, as some would have you believe.

All Jesus came to teach were some basic principles that were supposed to help us to be clear in purpose like him, ***and do miracles like him... "these things that I do, you'll do and MORE"***, period (King James Bible, John 14:12). But so many people don't believe what he said. Many people, teachers included, are not clear enough mentally, emotionally, physically and spiritually to understand them, let alone teach them to others. Now *you* may find out what they mean, so that we can get on with the business of living this way authentically, in a world where miracles are commonplace.

"Truly, truly, I say to you, he who believes in me will also do the works that I do; **and greater works than these** will he do...(King James Bible, John 14:12)

You, the seeker, will save lots of time by absorbing this information. Especially if you genuinely desire to understand what Jesus' and other Saints', Yogis' and Christ's purposes are or were. You will find out what they are trying to tell us, as well as the real purpose of many religious texts on this earth. The thousand years of peace that the different religions refer to in their prophecies cannot happen until the majority of us, if not all of us, clear away the fear from our thinking which causes us to harm one another.

All of the answers here are not mine; they are tried and tested methods and information. Universal truths that will take decades to learn without a book like this. This book is the 'official' crib notes for getting everything you want in life and being everything that you were meant to be. It is time to cut through your perceptions and pre-conceived notions that are keeping you from achieving the life that you truly feel led to live and desire to live.

Books about creating your dreams cannot work for you if you cannot clear the excess noise out of your head that continually draws you back into fear, hopelessness and dread. It is *this* noise that you will clear; it is *this* noise that shouts down your new affirmations of abundance while competing with them fiercely. It is *this* noise (coupled with constant mind chatter) that causes you to need higher doses of medications and is the reason why you are so unhappy in life. If you can be strong and hang on just a little bit longer, you can become something more. Keep reading until you get the full truth and don't put it down until you are done. This is the most amazing journey that you will ever take and I guarantee that it will be entertaining.

MIND LIKE A LASER BEAM

Yogis are CLEAR. Saints are CLEAR. Christs are CLEAR. They are clear at the soul as well as the mind level and this is why they can and do perform miracles. They can perform miracles because they live in a state of compassion and love. Those who are *clear* live in a state of compassion and love. When I am speaking of the word "love", I am not talking about erotic love or brotherly love, but agape or compassionate love. Some would call it a 'Christ-like' love.

These clear souls tend to teach love as well, as a natural state of living and being because to live in love or compassion, you tend to share it with others. These clear souls are qualified to teach love because they have little or no bitterness in their hearts and very little or no judgments toward others. These 'sins' **BLOCK** your **ability to focus**. The ability to **FOCUS** your mind like a laser onto that which you desire is part of what Jesus taught, a large part.

I found many holy scriptures, including but not limited to Raja Yoga (the Royal Yoga Philosophy of the Brahmin Caste in India), are describing this clarity of mind, too. I learned Raja yoga philosophy after I overcame the fear of appearing evil to my Christian peers for wanting to study other religions. Once

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I overcame this fear, I was able to understand more of what Christ originally said by studying the yogas. The Bible (as taught by most ministers) can tend to be vague and a bit one-sided, so the ability to glean a deep knowledge of “the word” (Gospels) is limited.

There are a few things which when eliminated from the mind opens the mind, and the result is that you can focus and create. If your mind had the power to focus it would become like a laser beam. A laser that cuts through obstacles, silly things that people say, silly words that you read, silly ideas that you have about yourself, life and other people. You can now cut through the bullshit. Yes, I said bullshit. Awful, isn't it?

The following is an excerpt from a former attendee of a Going Clear Weekend. In reading this excerpt, you will get an idea of what to expect from your personal experience with this book. What you would experience from attending one of these weekends is in part deposited within these pages. See you on the other side.

“And so it begins...

It is an overcast day. The clouds roll over the mountains. The smell of rain is in the air as the wind blows a little harder. Anticipation sparks and crackles in the air around me as the first tongue of lightning licks the summer sky. A big storm is coming, and when it has passed, everything will be changed. Some feel exhilarated and energized by a storm. Some feel dread and loss, but one thing is for sure; a storm is a force of nature.

A Going Clear Weekend with Dr. Sharon R. Stone is much like a storm. The weekend begins with a build up of purpose. Why are you here and what do you expect from this experience? The clouds begin to roll down the valley. A meditation initiation sparks the beginning of a series of tools designed to bring a swift and sweeping change. Tracking, interaction, conflict, resolution, forgiveness, liberation and calm follow the pattern

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of a storm as the weekend continues, leaving a feeling of clean in its wake.

Dr. Sharon R. Stone is the force of nature behind this Going Clear phenomenon. Like a large cat she stalks her prey with single-minded purpose, tracking it back to its origin and ruthlessly examining the issues that bind us. To Dr. Stone, anything that keeps us from our full potential is the prey, an enemy to be exposed for the lie that pins us to the floor, time and again. Like Sherlock Holmes, she gathers the clues to expose the criminal ideas that hold our hearts and minds for ransom, and like a lawyer, she builds her ironclad case to see justice prevail and we the victims set free.

With a strong sense of humor, Dr. Stone brings the tools necessary to turn victims into victors, the hunted into hunters. Each person attending a weekend has an opportunity to turn his or her life around. There is such a synergy created in a weekend that one is transformed, sometimes unwillingly, as part of the flow. Some walk away changed, in spite of their best efforts to thwart the process. Like a storm rolling through, they find themselves caught up in the drama of the hunt. Stubbornly clinging to old beliefs or issues, the force of the weekend sweeps through shaking the foundations of erroneous perceptions and purging the comfortable lies we use as a defense against real change. Afterwards, leaving behind a peace, like a hush after a torrent.

As would a military master, Dr. Stone equips every one attending with armor and weapons, which prepare us to do battle. Much like Jesus with the gospel and like St. George did with the dragons and demons that plague us. It is not surprising that students return, time and again to hone to perfection the skills that will win their freedom.

The weekend is not all warfare. Dr. Stone's dry wit elicits much laughter as she delivers her observations with the skill of a seasoned comedian. She exposes her own struggles and frailties with a wry grin, teasingly making light of her own issues and personal history. No subject is sacred or illicit to Dr.

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Stone, as she systematically and with much mirth dismantles society's most cherished taboos.

Tears and laughter flow freely as traumas are confronted and friendships are formed. The depth of what has been taught is reinforced and the students leave with a deep appreciation of the mysteries of the mind. They take with them the tools to make it less mysterious. Everyone walks away empowered and changed, like the landscape after a summer storm" (Anonymous).

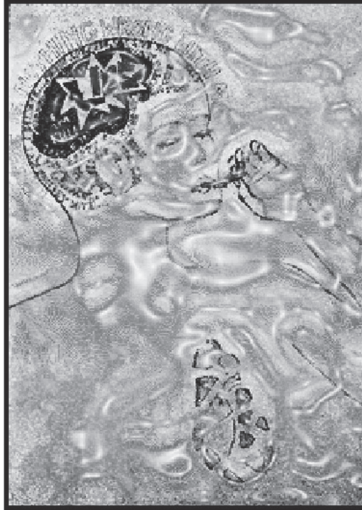
The point?

Your job is to become a force of nature, too. This process has already begun and your ego is beginning to feel it as your soul is seeing the sunshine, maybe for the first time. Don't give up, I will be right here with you for the whole ride. Take some notes.



Teaching a Going Clear Weekend
In Kansas City in 2002

2



‘There is nothing wrong with me’

The Band-aide

Religion was created partly to give mankind a psychological buffer against the problems that living creates for us. Yes, it is the ‘living’ which creates them for us. Sin, the way the church or religion teaches us simply means that life and living creates problems for us (my translation). We are all so afraid that we will be labeled as ‘bad’ for some wrong thought or ‘wrong-doing’. Likewise, we desire to be labeled as ‘good’ for some right doing or act of heroism. According to Lao Tzu, we are suffering from an expectation that we were supposed to be something other than what we are now.

Religion is partly to blame, but we start out wanting answers for the cause of our mental stress and demanding more answers as to why others harm us or let us down. We seek out religion to deal with the pain as a possible band-aid, if

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you will. This explains why a great number of suffering individuals may be found in a church setting at any given time. Once healed, though, many individuals leave the church because they find that the church could not cure them or supply *all of the answers* to their pain. The church turns out to be more of a hospital stay, with the ministers acting as trained, and sometimes heroic, doctors. These 'doctors' aid them to come to greater realizations about themselves, but without giving them all of the answers *because they do not have all of the answers to give*.

It is like each religion is just a portion of a great big pie, and the perception is that they are the whole pie. They can't see it, either. It is the same with the mental health professionals who are ministers of a different religion, the mind. They don't realize how limited they are because they do not address the 'spiritual' crisis people are experiencing on a daily basis. This spiritual crisis is, in a sense, causing the psychological ill. A pill cannot cure 'the spiritual crisis' and few 'head doctors' have been completely successful in actually helping to cure people. This leaves some individuals with a bad taste in their mouths and much bitterness in their hearts because their 'ministering gurus' could not be God for them. They were unable to take away their pain permanently, and in many cases, only provided a temporary buffer for them. This, too, has been a 'hospital stay' for the spiritually pained, a place to be loved for a time. This overall experience is valid, whether a spiritual or mental exploration has been with a minister of the heart or of the head.

It is we ourselves that seek out the religion, with the *expectation* of dealing with a lifetime of pain. Religion often only adds more *behavioral expectations* to achieve, which is the feeding of our original problem. It can provide a possible release, depending whether the teachings are polarized or not, so the flame can continue to be fed to fuel our insanity. Square pegs and something about round holes, I'll get back to you more on that one later.

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Going Clear and the 'Simple Steps to Personal Power' have successfully attempted to draw together and combine some of these different psychological and spiritual influences using only the pertinent ideals, which can aid in the psychological and spiritual freedom we so desire. Once developing **a concise understanding** of what is really going on here (like seeing the wizard behind the curtain), *we can be free of the expectations, which present the problems* of dealing with the problems that we face daily. Make sense? Or more simply put, we can scrape off the B.S. (Belief systems), which no longer, if ever, serve our true goals.

Who are YOU?

The fact that you have picked up this book means that you are a special person. What I mean by that is that you want more. You need more, because you are more. Most people think that they are happy living a mediocre life. They are not desirous of much and do not appear to be built for bigger things. They are satisfied with reading the newspaper, watching sports events, hobbies and family. You, on the other hand are different. You like a little more adventure than your peers though you may not consider the people in your life peers at all, but people you deal with in order to live here on planet Earth. You are probably attracted to super hero or secret agent themes, science fiction or fantasy, maybe even mythology, archeology, sociology, history and spirituality. Lastly, most of us are on creative bents as well. As a matter of fact, you are probably so diverse in your backgrounds, interests and subjects of study that this makes you completely fascinating to talk to at a dinner party.

You may have been labeled an indigo child, crystal child or star child. You may also have ADD, ADHD or dyslexia. You may be accused of being *slow, different or even a genius* at some time in your life. People with these labels are usually very gifted spiritually and artistically. You are probably fun to be around because you are so interesting, but many people may think that you are a little too strange at times for them

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to get you or understand you. It is as if they are afraid of getting too close to you because your passion for truth or life might burn or infect them. They might then feel unhappy because you showed them a world that they knew nothing about. People who are living the illusion do not like change; it conflicts with their commitment to the bondage that they currently live in.

You may even be a bit of a 'Generation X' personality by *not wanting to conform to the norm*. Maybe you don't like rules and expected modes of behavior. You may have done many exciting things or at least dream of doing exciting things. Such as horseback riding at break neck speed, healing a whole crowd of people, skydiving, walking on water, bungee jumping, riding motorcycles, chasing tornadoes, flying (with or without a plane), traveling around the world, being a president or a guru, etc. You may be the type of person who loves movies and the hero mythologies that are being presented to the public at this time in a more grown up venue. Maybe you are a Star Wars or Star Trek fan. You may love animation and gaming. You may have come out of a religion(s) realizing that there is so much more to life and simply walked away although spiritual things still hold the deepest fascination for you.

You may be attracted to anything that is about U.F.O.s, and other intriguing subjects holding mystery. You probably devour self-help books and might have read books from Deepak Chopra, Joseph Campbell (mythology), Dr. Wayne Dyer and some of the other new age gurus of today. In short, you are a fascinating person and need to express just how absolutely magnificent you are. You are probably so bright that most people cannot look at you for too long without getting burnt as if you are a sun, and you are a sun.

If any of these things describe you or *you genuinely wish* that they were describing you, then you are in the right place. I will help you to hone that brilliant mind of yours into earth shattering power like you cannot believe! You will develop intense personal power that comes from your soul

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and your true essence and is not borrowed or stolen from anyone else. You can also learn how to protect yourself so that you will not have others living off of your life force like parasites, even now as you are reading this passage. Yes, it is true. You are more, and by following the steps outlined in this book you will be so much more than you ever dreamed of.

You can go as far with me as you want. I do not have a bottom and I will not run out of information for you. I will teach you to access the archives of information that I draw from – the universal library - so that you can be empowered and not be dependent upon me or other people. I teach men and women in a doctorate program at my college to hone and create super beings like you to be limitless, timeless and ageless. So if you want, you may go as far as your imagination can take you. I cannot make you great because you already are; all I can do is help you to peel off the layers so that you can see it and BE it, too. For now read this book and if you decide to go farther, come to a Going Clear Weekend – it will blow your hair back – guaranteed. Bring this book along and you will get fifty dollars off of the ticket price. Now that we know who you are, let's explore the atmosphere that you are living in...

Going Clear – Time to BE YOU

Before one may go clear, they need to know what they have still yet to clear. This book is a guide for enlightened beings to go farther on their paths to becoming masters.

We are clearing our basic life issues. Suppose you are a computer and you have gotten a virus or corrupted files so you may not work as optimally as you can because of these 'issues'. What must you do? Well, you go to a computer doctor and tell him about your computer issues and have them fix you. This book will help you accomplish your goal by guiding you through your fears and clearing issues on your own without having to go to a doctor to fix you.

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As you begin this first clearing chapter, we will find out who you are. We will explore what things you want out of life and what you think your issues are. If you do not believe that you have issues then I have a question for you. When was the last time that you were angry? Sad? Depressed? Was it yesterday, two days ago, last month?

As long as you are experiencing life living in a body, the world and those in it will challenge you. This challenge is what brings up these emotions in you or me. These emotions that we feel are not wrong. The presence of issues is not meant to give any indication that you are any less enlightened, either. They just are a part of life. This book will help you to track the main issues down and tear them out at the roots so that your emotions do not control you. We should be in a state of sovereignty over our emotions, not them over us.

Begin thinking about those experiences that you feel angry or frustrated over. Set aside those behaviors in others that trip your trigger, so to speak. This book will become your personal mentor since I am not there. It will listen to you and tell you what you need to do next in order to either embrace these feelings and in so doing be able to let them go. It will help you to track down un-forgiveness towards others and remove it.

Before we begin, we need to get information on the table about you that is very personal. No one will see these things besides you unless you choose to show them. This will give you and the book the tools you need in order to help you. The answers to your problems and your unhappiness reside within you, and by bringing them to the forefront we will have our work half done. It is not always easy to 'see' everything clearly at first, so let us begin our task now.

If you would like to assign a name for this book for the child in you, you may refer to the book as 'Dr. Stone' or 'Rama Darii'. I have had many individuals tell me that I work with them in their dream life by helping them to learn how to help

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themselves. It is quite possible that you may experience this, too. The writings of Yogi Ramacharaka in his 'First Fourteen Lessons of Yogi Philosophy', chapter five on thought dynamics explains that when you think of another person or are reading something they wrote, it is the same as if that person is with you in spirit helping you. I will be with you in spirit as you work through these very important life issues and you will never be alone. With that said, let's begin...

Time for some Fun!

Word of Caution: If you do not write answers in the next portion of this book then you will not understand this book, and you will not become enlightened or a master as a result of reading it. I am sure that you are an exceptional person for finding this material and I am fully confident that you will want to glean everything that you can from this material and NOT cut corners because you really do want to be an enlightened master. After all, I am not asking you to carry hundreds of buckets of water up a hill to a monastery or do thousands of push-ups.

What do others do that causes you to feel angry? 5 items

What activities cause you to feel joyful and complete? 5 items.

What makes you crazy and want to scream, shout or throw things? 5 items (This does not make you bad, just real)

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What do you do when you are stressed out and want to run from life? 3 items.

How would you like other people to change in your environment? 5 items

Who do you hate? 3 people. These feelings are normal and you must play along here.

Who do you love? 3 people

Why? 5 reasons

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What do you want out of your life materially? 10 items

What is your greatest professional aspiration?

Are you achieving this now? Y N circle one. If so, how? 1-5 reasons. If no, what is standing in your way? 1-5 reasons

How old are you? _____. What had you hoped to accomplish by this time in your life? A decision that you made when you were younger and planning your life.

What do you still want to accomplish in your life? 15 items. Why?

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Are you beginning to get a clearer picture of who you are NOW? Unfortunately, we graduate from our various and sundry schools or philosophy classes and go on with our lives *never stopping to make an account*. Many individuals never take stock of their current situation. How long has it been for you since you took stock? _____ Months Years

I have found that most people have never really known or understood themselves, but yet have expected others to know and understand them. Is this you? Be as truthful as possible. _____ yes _____ no.

We all want a savior to swoop down and save us, to understand us, tell us what we need and want and I am no exception. The truth is that we have not sought to find out who we truly are, most times past our adolescence. We are not taught to do this in our current educational system. This causes the child in us to become very hopeless and sad. Depression sets in and we want to get a pill to fix it. It never really seems to work, though, because what we need is to sit quietly and listen to that little girl or boy within us while we are doing these exercises. We need to feel like we are in a safe environment. These 'inner' voices are more than happy to tell us what they need and those needs could change from day to day, week to week or year to year.

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The mastery that we are all developing is ‘the listening and heeding’ of our true inner purpose and desires without fear of judgment and disapproval from others.

If I wanted to make my mother happy and approve of me, I would still be at Boeing Military Aircraft Co. slowly dying inside. That used to be her dream for my life. My mother, needless to say, does not ‘approve’ of many of the personal choices that I have made in my life, but I have no regrets. That is fine. I have not always been fine with this truth, but I am now happily resigned to embrace the knowing that our earthly families are not always the families who will understand us, embrace our life choices or support us emotionally while we make those choices.

Many **empowered beings** choose paths far from the expected norms of society. To expect another person or group of people to *completely agree with us* on those chosen paths is somewhat unrealistic in a sane world, although I am not implying that this is one. I am sure that many of you reading this passage already know what I am talking about. Though I love my family, I cannot force them to approve of me or agree with my personal path that I have chosen for myself, nor would I want them to. *Honestly though, why would any of us desire to force ourselves upon anybody, family or not, to apprehend their approval?* As a self-approving, self-accepting individual I am not dependent upon family or friends to do this for me. I love them enough not to expect them to offer this service for me because I understand that they, too, are in the midst of their own crisis of learning who they are.

I would have to say the greatest fear and challenge that you will ever experience in life is the fear of disapproval or judgment from others, just adjacent to your fear of mortality or your own death. The reason is because next to our death, we are afraid of being alone, completely alone. Our egos perceive that if we can find no other persons to agree with us and offer their support for our current resolutions of dealing with our own personal crisis, we will end up

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unwanted, homeless, living in a refrigerator carton on some river bank and dying alone.

This idea is exaggerated, of course, but if you were to track your own thought processes to the virtual end result (of not being loved or accepted by others) this is where you would end up, and, in a frantic state of terror, I suspect. No doubt, you would either rush off to a therapist for an anti-anxiety medication or sell yourself out, the most popular choice. What I mean by that is, you will begin to quickly agree with friends and family that becoming a trapeze artist in the circus was never really your dream anyway, you were just being silly from the start. You sure had them fooled, huh? You become a flagrant liar and continue to betray yourself again and again. Pile on the drugs!

*At this you will begin to slowly die. You will become quite bitter and nasty to be around. Not only that, you will start to complain about others who have more courage than you do to go live their lives. You will think that they, too, are just being silly by wanting to do something extraordinary because no one who is **valid**, would ever approve of their chosen path. After all, if you could not have your dream of dreams, then they ought not to be allowed to have theirs either!*

“Get busy living with passion and bliss filing your soul or buy a casket, because it is only a matter of time now” (Stone, 2004).

“Why is change so hard? Because we have worn grooves into our minds over our current belief systems, and even though they betray us, they are all we know” (Stone, 2004).

“It is so easy to convince ourselves that we are truly happy, when we are not. Why do we do this? Because we think true happiness will cost us too much; when in reality, the cost for the false life is equal to the sum of the death of the soul” (Stone, 2004).

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“How do we bring about real change in our lives? By choosing and following through without complaint” (Stone, 2004).

It is that simple, blind determination, period. How to overcome this FEAR is outlined in this book so that you may develop a discipline, but the lesson never ends. It will be a lifelong journey of making personal choices that are right for us instead of listening to what others feel and believe is right for us. This includes friends, spouses, children, life partners, employers and religious affiliations.

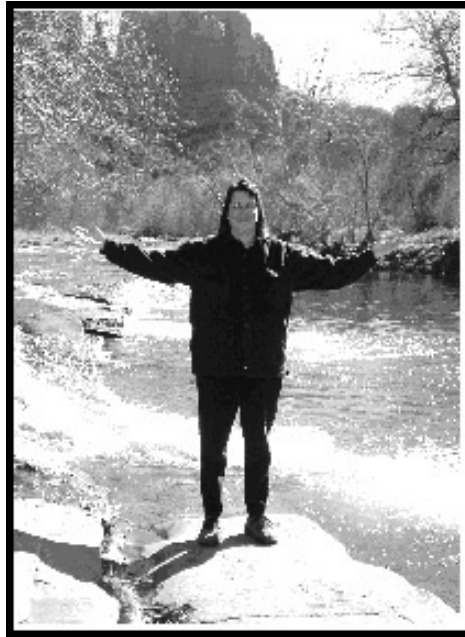
We are accountable to ourselves and to God, not to any of these other people. The truth is that people who are in your life *need to feel safe with you*. They cannot feel safe with you or around you if you are allowing yourself to evolve and change, sometimes on a daily or hourly basis. This is where I am now. My friends and family of this present time expect change from me. What's more, I only 'align' myself with those individuals who do not seek to control me or to govern me into doing anything that I feel is wrong for me. I found a church that supports my viewpoint and many other individuals' viewpoints as well. I have broken marriage engagements and have sacrificed three marriages in order to live my truth and be who I authentically am. This is serious stuff; I am not joking around. This is real life and we must decide who is in charge of our lives once and for all. Can anybody choose to live authentically? Absolutely, even if a sure death would ensue, living a real life and feeling good about it is the only goal, isn't it?

Do not despair, I encourage you all to be real and be free. The fact that you picked up this book means that it is time for REAL change to occur in your life. All of the Going Clear graduates who are still committed to living the Going Clear challenge are with you in spirit, too, as you forge ahead. As they all know you have two choices. 1. Listen to yourself and what you authentically want while heeding that inner voice of Spirit, or 2. Slowly go mad.

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*No amount of 'doing good' in the World will ever be more than a vain attempt to impress your own ego, other people or deities if it is not AUTHENTICALLY in your heart to do. If you do not feel **COMPELLED** by an indescribable force to do **your GOOD deeds** then they are all vanity and have not one real ounce of spiritual merit.*

If you question this reasoning then read Ecclesiastes in the Old Testament. If you still question this, then you simply have not had the chance or inclination to pray for wisdom yet for wisdom's sake. One you *earnestly* ask for wisdom then God will completely break your heart with your own vanity, I guarantee it. With all of that happiness aside, let's go onto section two, recognizing our issues in action.



Graduate student on the 2004
Sedona, Arizona Retreat

Going Clear, Doorway to the Divine



Awarding students in Prescott, Arizona for completing
a Going Clear Weekend training in 2007

3



‘Mirror Magic’

Who are YOU and what is your Life Program?

A Life Program is very simple. It is like a drama production or a play in a theater. Have you ever been to the theater or acted in play?

The Actors and their roles...

The actors in the play are the family you were born into and sometimes include close personal friendships, aunts, uncles and other extended family.

Everyone has a role to play.

The list of characters in the play must include a villain or villains – someone has chosen this job for everyone else. The list of characters also includes heroes, heroines, extras and even saviors. The roles may be categorized into father, mother, stepmother, sister, brother, cousin, boss, employee, stepfather, uncle, aunt, grandpa and grandma.

The initial life program for each person individually places them in the 'MAIN' character position and this position is most always a savior, hero or 'good guy'. The overall 'group truth', however, may have placed you as a different character than your impression or understanding of your character. They may even have perceived **you** as the villain.

We must all be willing to face this truth if we are really serious about being clear. Just because you or others perceive you as a villain or you perceive them as the villain does not necessarily mean that this is true for either person. To each person there is a villain and a savior character. The savior character will be different for each individual person in the play as well as the villain.

ARE YOU ALONE?

You are acting out this scenario, but you may be totally alone in all of your perceptions about everything, from your actions to those actions of all of the other characters in the play. In these programs all the characters interviewed will somehow be victims needing a savior. They will also have their own villain who is making them the victim. The other characters will have varying degrees of importance to the MAIN character.

Who IS the MAIN CHARACTER in YOUR life? YOU.

The Script... The script is the parental dynamic. Whatever issues come down from the uncleared parental issue basket will fall onto the children and be added to the child's issue basket. This drama may continue for generations...

"The sins of the fathers are passed down to the children
unto the third and fourth generations"
(King James Bible, Exodus 20:5).

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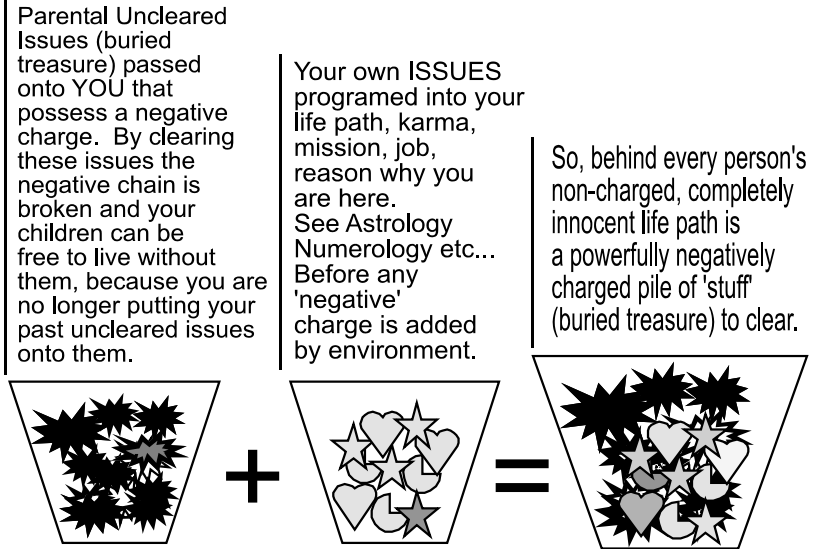


Diagram 1

This is where all of the confusion comes from. We all feel that we are 'innocent' victims who got wronged, and it is true, but sometimes we have been wrong. Everybody feels this way at times. The Christian religion calls this concept 'sin', whereas Buddhism and Yogi philosophies call it karma. It does not matter what you call it, does it? Now we can understand what all the fuss is about and can unravel our life programs from all of our past programming. We are proving it everyday. All of this work can be very simple. The only tool that the new student needs is the willingness to be clear and to FOLLOW THROUGH until they are finished. But, we will never be finished, just so that is understood as well.

What have your choices brought you?

What is it to be mentally healthy? We become sad or stressed out when we are not fulfilling our true life purpose. Some people fall right into theirs and are a bit lucky that way, but most of us go from purpose to purpose having it change on us. Choosing is more difficult when we are multi-talented and have many options. Is this a bad thing? Absolutely not! I started out

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getting ready for law school and so I studied debate, speech, drama and anything that would begin preparing me to be in front of others. I ended up going into design instead. I went to college for several years and quit because I was tired of school. I wanted to make some money, get an apartment and have purchasing power. Being a Taurus, I am materialistic by nature and shopping comforts me, so I became part of the work force. I began landing design/drafting jobs in my early twenties and I was good at it. I have had the opportunity to work on aircraft and industrial design contracts to designing over a hundred kitchens. My design career has helped me to make a living while I continued my religious studies, including studies in eastern philosophies and theology.

I have also been able to study many healing modalities, including Vibrational Healing Therapy, Neuro-Linguistic Programming, Reiki, Feng Shui and others. The knowledge that I have gained over the years can greatly be attributed to the fact that I had a useful skill when I was single that kept food on my table while I studied. I will use my design skills for the rest of my life, whether I am designing a home, an office, my website or helping my clients. I combine it with Feng Shui for clients. I studied art because it was required in school and now that my mind is clearer I can actually draw and make money selling art pieces. I have worked with MS Publisher since it first came out and can do all of my own books, publications, artwork, graphics, album covers, promotional posters and so on.

I do not regret studying design and then changing later in life. My speech and debate skills have also been invaluable to me for the last 15 years because that is how long I have been traveling and teaching individuals how to run their businesses and their lives. I have studied religion, philosophy and been on a spiritual path for over 30 years. I attended and graduated from a theological school and studied at other church schools. I have taught religion and philosophy for fourteen years of my life. I even had the fantastic opportunity to study from an 80 year old Yogi Master in L.A. who prepared me to teach yogi philosophies. Now I teach religion and philosophy classes at

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my own college. I also took many English and writing classes in college and have written books over the years, although at the time I went to school I had no interest or intention to write and hated English. I have now grown to love English, which is good because I must use it in my life. ***In short, everything that you have learned and all of the skills that you have developed until now are going to serve your greater purpose in life after you figure out what that purpose is.*** Who knows, if the World does end up going to hell you may be one of the only living 'experts' in your field and could readily be a hero.

I regret nothing that I have done and am very grateful for the education and the experience in all of the lives that I have had the opportunity to live this time around. I am not talking about 'past lives'; I am talking about dividing your present life into many lives and living each to the fullest! I have experienced the blessing of motherhood by having a child. I have lived every marriage to the fullest and had the wisdom to jump ship when my child's mental or physical health or my own was threatened. Maybe it is time for you to make the current life you have chosen better by becoming more clear in your own personal truth and integrity. Maybe it is time for you to begin living a new life with a new job/career, new partner or new purpose. If you need a new life plan and want to be guided in that service, then find me and I can help you, I can show you what a picture of that looks like. Most times, though, an individual already knows what they want, they just need permission to do it.

In the next diagram, I have an idealized picture of what a Mentally Healthy individual who is maintaining their mental health looks like. In the diagram after that, I have an individual who has not maintained their mental health. Most people will actually fall somewhere in between these two.

Mental health is really a choice in most cases. The mentally healthy individual has made a personal choice to be so. It takes effort and an attitude of nurturing and caring for oneself and others to become disciplined in this art.

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The diagram below shows the care that a person can take in order to bring about a balanced and stress free state of mind. No one will ever get to the point that all stress is gone, however, an attitude may be cultivated, which would empower an individual to overcome stress as it comes. One may learn to say 'no' or 'yes' once they have learned their own personal boundaries and limitations. Many individuals would say that a 'limitation' is a negative concept, due to a super hero mentality having been taught to them by others. Whether we like to believe it or not, our peers, teachers, parents, religious personnel, gurus and media have influenced us. We can view a limitation as something I call '**the fun line**'. After you cross this line, you stop having fun and begin having stress. Learn **your** fun lines and make a decision not to cross them - no matter what, because your life and that of your family is in danger every time you do. Especially if you have been suffering from stress for a very long time and take medications for stress related conditions.

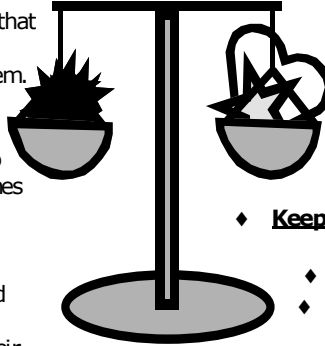


Yogi Rama Raajakumaarii
with students 2008

Diagram of a Mentally Healthy Individual

Responsibilities:

- ♦ Works in a career that is validating and empowering to them.
- ♦ Family/Family Issues are dealt with as a family so that no one becomes overwhelmed and wants to quit. Sharing all of the responsibilities and every person held accountable for their own actions.
- ♦ Paying of Bills and choosing a low debt ratio.
- ♦ Taking care of Home as a family instead of choosing to do it all alone.



Stress Relief:

- ♦ Regular exercise and/or Meditation
- ♦ Play - Break from responsibilities
- ♦ Creative Activities

♦ **Keeps short accounts with others:**

- ♦ Does not hold grudges
- ♦ Speaks out when has a problem with others

Other ways to relieve stress...

- ♦ Choosing a career path that would afford more free time and be more fulfilling to you than others... such as being a painter instead of a politician, or being a lawyer for the district attorney instead of for the mob.

This picture represents an individual who is mentally healthy, where they take much care to relieve their stresses in life and do not take on new tasks that may lead to a more complicated and stressful life. They know when to say no and set boundaries and do not bite off more than they can chew.

This is much like a picture of an awakened enlightened individual who is paying attention to their own needs and has taken the time to understand what role they are playing in the World around themselves.

It is about finding your DHARMA in life and living that. Your dharma is the very thing that you were born to do. Artists - most are living their dharma, as well as, say, a musician.

Stress will still exist, but when a person is doing what they truly desire, the level of stress drops dramatically.

Diagram 2

Diagram of a Mentally Un-Healthy Individual

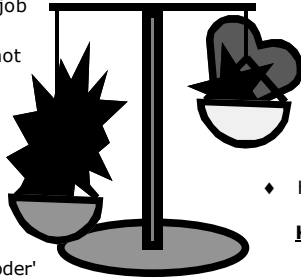
Responsibilities:

- ♦ Works long hours in a job they hate.
- ♦ Family/Family Issues not being dealt with but in denial of.
- ♦ Paying of Bills.
- ♦ Taking care of Home.
- ♦ Heavy Debts.
- ♦ Takes care of others outside of Family.
- ♦ Does favors for friends often, extreme 'do-gooder' attitude.
- ♦ Feels good about themselves because of 'savior/hero' attitude/complex.
- ♦ Accepts & takes on 'responsibilities' for why others in immediate/extended family/friends are not happy or do not have what they want/need. They are also in denial that others in their life can in fact do things for themselves and desire to be empowered to do

This picture represents an individual who is mentally unstable. They have possibly desired to have change in their lives, but when opportunities present themselves, they choose not to, because the change would be too drastic or 'makes too many waves' with family, friends, employer or personal comfort level.

This is much like a picture of an unenlightened individual, who is paying attention to others, instead of their own needs and has not or will not take the time to truly understand what role they are playing in the World around themselves.

Even their 'stress' free fun side is full of stress.



Stress Relief does not exist:

- ♦ Television, News, Sports, Competition, Substance abuse, Fighting with others.
- ♦ Play & Entertainment is usually competitive in nature.
- ♦ Has no creative outlet.

Keeps long accounts with others:

- ♦ Holds grudges
- ♦ Cannot find a voice to speak out when having a problem with others unless angry.
- ♦ NEEDS A PILL TO FIND/GET BALANCE or simply 'obtain' an APPEARANCE of a balance.
 - ♦ Feels selfish about taking time for self and needs of self yet deep down enjoys the power that they believe their self pity gives to them.
 - ♦ Lives for others.
- ♦ Cannot find the desire to break the cycle.
- ♦ Truly believes everything is O.K., does not desire change if it is too drastic or too uncomfortable.
- ♦ Enjoys Drama and Conflict.
- ♦ Unwilling to make changes.
- ♦ Hopeless, Suicidal, Latent homicidal desire.

The things that should bring joy their lives are turned into PAIN!

Is Change possible for this person? Absolutely! But only with a willing Attitude!

Willing to do what, you ask? As you shift uneasily in your chair and begin to justify with your thoughts of all of your current behavior and self betraying attitudes? You have to STOP LYING to YOURSELF & OTHERS because you are in danger of losing your mind or needing to remain medicated for the rest of your life!

Diagram 3

Defenses of people not living authentically

When individuals are not living as authentically as they personally need to be, they deal with it by creating defense mechanisms to cope with the mental stressors. Some of these would be: overeating, under eating, over consumption of alcohol, drug use, getting lost in or obsessed with activities that are not really fulfilling to the person, but momentarily keeps their minds off of the thing that is irritating and stressing them. Based upon case studies and student experiences that I have observed over the last twelve years, I believe that the need to 'defend' comes from uncleared issues. These issues would be: guilt, repressed anger, low self-efficacy or esteem, learned helplessness, depression, past trauma and more. I have found that most individuals repress and/or are in total denial of them altogether. Many times the cause of depression, anger and guilt is due to the inability to control our own lives or the lives of others, whether by choice or coercion.

The problem with the activities associated with defensive behavior is that it feeds the cycle of the behavior by way of more guilt, more depression and more anxiety, which then leads to more defensive behavior. It becomes this vicious cycle leading to possible generalized anxiety disorders and other mental stress. This is usually the point where a person wants to medicate with prescription medications or another substance. Sleep is also greatly affected, leading to illness, apathy, depression and other problems. Individuals find themselves experiencing mild to severe difficulty fulfilling the basic duties or needs of their lives.



‘Innocence Lost’

**Psychological and other Influences
Driving you mad - A life layered in lies...**

Our lives are like onions that have accumulated in layers (Herbig, 1998). When we are born we eventually get to learn and participate in the dramas of our parents’ issues, but we also begin to develop our own issues in the form of layers to add to the issues we have taken on from our parents. “...a hypothetical change in neural tissue postulated in order to account for persistence of memory” (Merriam-Webster,). These traumas affect us on many levels in our physical bodies, our minds and our energetic or spiritual selves (Herbig L., 1998). The initial traumas become more powerful when accompanied with a physical injury or assault.

**Below are possible scenarios of how
this process takes place...**

A possible scenario that could happen and has happened to children in the past...a very young child is raped or molested by a babysitter. That child is now a victim and has lost trust for the parents and is afraid of babysitters. As the child grows up, the parents are still continuing to leave them defenseless with their babysitters. Many times the children have been coached not to talk, so they don't. They keep it a secret. The parents are completely ignorant of what has taken place, and aside from a gut instinct, they cannot know what has happened to their precious child. As the person grows older, they become cynical and bitter and over the years just the thought of a babysitter, meeting a new babysitter, or knowing a person who baby-sits, all reinforce this original trauma. Just thinking about their childhood reinforces the trauma until it is dealt with. Later on in life, the person cannot leave his or her own children with a sitter because of fear. They may even have concerns about leaving their own children with the grandparents, who did not ever know about the initial abuse, because as the child's logic goes, they should have known. They should have 'saved' them or protected them somehow. A strong emotional charge has built up over 5, 10, 15, 20 plus years and they become more charged and sensitive to exploding the older they get. It is not fair to the original child to have this fear or to the parents of that child to be judged so harshly. We all know that there are good child caregivers out there and may even employ them, but they end up being judged as well.

In another possible case, a very young child has a drunken father who hit them a lot. In the case of the drunken father, the mother does know, but does nothing about it. In this case, the child does not trust men, women, fathers nor mothers. They have been *programmed* not to trust anyone because they cannot trust their own parents. I will take it a step further, when such children also become parents, they may not even trust themselves. It is as if it becomes a disease to be a parent at all.

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This child grows up and either drinks too much to mimic the fathers behavior, hitting their own children to try to resolve what was done to them or they may consider drinking evil and that anyone who does drink cannot be trusted, even if they do not abuse alcohol.

Fears begin to formulate within the subconscious as well as the unconscious mind. This fear dictates this person's behavior for the rest of their lives and many times the person does not even know why. They are "...prison bitch jumpy!" (Love Guru, 2008)

Another more benign scenario...

Have you ever met someone who whines about his or her childhood over something that appears to be really silly to you? Like getting lectured at, *continually*? Not just lectured at, but overly lectured to. Sometimes, these 'cases' can be worse in the mind of the person it happened to than a person who got raped or beaten. Trauma is trauma and none of it can be judged because it is still so real to that person, too. Let's say we receive an injury while riding a tricycle at the age of three; we fall and skin our knee. Our mother comes and fixes us up with a good cleaning and a band-aid. Even though we received all of that kindness and mother's love, a fear of 'motorized' vehicles begins to develop in the unconscious mind.

At the age of four an injury from riding the same tricycle occurs only worse this time. Now instead of a band-aid and a kiss, we need stitches. This fun filled afternoon includes a round trip ticket to a hospital emergency room. We have now added more blood, pain and being exposed to a hospital emergency room to our traumas.

The next year we receive a bicycle for our birthday with training wheels, but the thought that is racing through our minds is happiness mingled with fear (as we are now noticing how high the seat is) while remembering the pain we felt when we got stitches at the very friendly hospital emergency room before.

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Everyone is so excited for us yet we somehow manage to 'stuff' these emotions so as not to hurt anyone's feelings. Especially when our dad' who bought us this new device of torture and amusement is so excited for us. By this time mixed emotions of diabolically evil driven parents begin to swim around in our minds. Can we trust? Can we love? Is **all 'fun'** mixed with pain and fear? Stuffing these troubling thoughts is how this world and society teaches us how to deal with pain and fear, **so we 'deal'**.

Next, we are 16 years old and getting our first car. A very exciting day, but as we go to get into the driver's seat we begin to remember another frightening event that took place. The day before our twelfth birthday, we were riding our bike on a balmy Saturday evening and got clipped by a drunk driver resulting in a broken leg. All of that fear and pain begins to resurface. Now our leg is beginning to physically ache from that old break, and we have *stress*.

What are we stressed about? Let's add it up. 1. Moving vehicles. 2. Fun. 3. Blood, stitches, pain & suffering. 4. Can't trust grownups - strangers who are possibly drunk and parents. 5. Not safe in front of house, in driveway and possibly nowhere on this Earth. 6. If I don't *stuff* all of these happy, happy thoughts I think that I'll go mad! Sound familiar?

This scenario could be a bit far reaching for some, but this is just one example of how traumas can be traced back to the original offense or accident. Using the process of tracking thoughts back to their source can bring much needed clarity to the victim or person experiencing the trauma; although it can be very painful to revisit. This newfound clarity over what originally happened is an enlightenment of sorts, and can aid the victim or person traumatized on their path of healing.

Once we grab onto the original pain and fear, though now located inside a surface layer, we can find the popcorn trail. We will also find other traumas connected to it as well from ex-lovers to ex-teachers to a college degree. Oh, this is fun. Now let's look at a few fears of our own, shall we?

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For some therapists reading this, it may sound like an oversimplification to the reasoning behind trauma, but if it isn't easy to understand then who will understand it and actually be helped by it? Not everyone will study psychology to find out what his or her traumas are, but will pick up a book, which can explain it in more understandable terms.

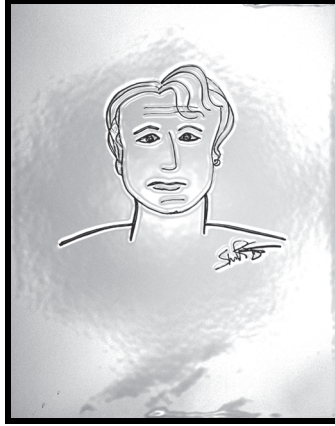
Time for MORE FUN...

Please write down a few of your childhood fears and traumas that we will be working on in this book. We know that they are there because it is impossible to have survived this long in this world without them.

An injury or trauma could be as small as a skinned knee, a spanking or a slap from a parent, a school yard grass burn from sliding into home base, a skin burn from the jungle gym, being hit by another child, run down by an automobile, and being molested or raped. Your trauma, you choose, begin now below...

Childhood physical injuries and ages that they occurred

Childhood emotional traumas and ages that they occurred



‘Confusion’

Transference – What is it?

We are all one and we prove this every time we go into transference or become angry. Think for a moment that everyone in this world is an aspect of you. **Now add to that the greatest desire for this one person in the World is to help YOU to become CLEAR.** When you become clear you will see the truth in everything. Clear = Enlightenment.

You are safe in this universe and this universe loves you. Universe = God/Deity. As naturally as a parent desires to help their child to grow and come into a deeper understanding of themselves, this Deity also seeks to help us for the same reasons. How? It helps us through other people. It does not matter if we know them or not; or will ever see or speak to them again. They trigger us into a place of unrest and discomfort. Then the hunt begins to find out the why in US, not in them. It is not about them. It is about us. This is why a person may become clearer faster by living in the World instead of going to a monastery and not speaking for periods of time or being alone without companionship. This lifestyle is okay too, but for a lifetime of it? By my observations, you will receive more opportunity to clear issues by living a normal life with obligations such as family, bank accounts and children.

Are YOU in Transference?

The answer is YES.

Everyone is in a state of transference most of the time.

What is Transference? “The redirection of feelings and desires and especially of those unconsciously retained from childhood toward a new object (as a psychoanalyst conducting therapy)” (Merriam Webster’s Dictionary)

“What is Transference? During transference, people turn into a “biological time machine”. A nerve is struck when someone says or does something that reminds you of your past. This creates an “emotional time warp” that transfers your emotional past and your psychological needs into the present. In less poetic terms, a transference reaction means that you are reacting to someone in terms of what you need to see, you are afraid of or what you see when you know very little about the person. This all happens without you knowing why you feel and react the way you do” (Conner, 2001, para 2). Also, “Extreme Transference. In an extreme form of transference, you may conclude that someone is an awful or evil person when in fact that person’s favorite food and television show reminds you of an emotionally abusive mother and a sexually abusive brother you have been trying to forget since childhood. That’s an example of negative transference” (Conner, 2001, para 5).

Transference is when you have hurt feelings toward someone in your past for doing _____ to you.

We do not always remember WHO was the initial offending party, but we usually remember WHAT was done or said that hurt us. If we do not remember the WHO, it is only a matter of time. In English: *Transference is when you project the original offense done ‘to you’ onto another person and it appears that this person is hurting you, when they are not.* Could be anybody. We will refer to this person throughout the rest of this book as the **current foe**.

Trauma...

Based upon my observations, an individual's mind will *not allow* a person to remember a trauma until the person is 'equipped' and 'clear' enough to be able to handle it. We feel that many individuals are getting clear today after using the methods outlined in this book because these tools are proven effective in stripping off the layers gently. This process allows a person to get down to the original core traumas once experienced in a safe environment. This book works as being that environment. This book will not judge you or condemn you for any act or thought. The book is being straightforward with you, like a good friend should be. Trauma must be exposed when a person is ready to remember, in a safe environment. The memories will begin to resurface after being given the tools of how to deal with them. This book, when read from front to back, provides the tools to clear the issues as they arise.

Please do not skip ahead or the book may not help you. The information given is astounding to individuals who never got the straight story and did not understand what was happening to them all of these years. This information provides a cocoon of safety because they now have answers to the "WHY do I feel crazy" satiated. All that is left now is the HOW to get better. People who attend the Going Clear weekends have this "I had NO idea" look on their faces like the veil has finally been removed.

Most traumas that have affected an individual have happened some time before the age of twelve. Individuals begin to repress this 'charged emotion' deep into their psyches and do not want to be exposed to it. As individuals go through life **they perceive** that spouses, friends, employers, children etc. are doing the '*same things*' to them as their original offenders from their childhood.

They perceive that 'the offense' is happening to them over and over again; it does not matter if it is real to the individuals who are in their immediate environment. The bottom line is, if it is real to them, then it is as if they are being traumatized again

and again. This is irrational, I know, but how many people do you know who are rational? Their minds believe it and make it all real to them. To them, other people or 'villains' are trying to hurt them in much the same way. So all of that anger that has been repressed for 20-50 years is blasted at a person who they just met, live with or are friends with.

Transference and Divorce

Transference is one of the main reasons why the divorce rate is so high. Another reason is due to individuals trying to live up to impossible expectations within themselves and others in their lives. The initial core family programmed these expectations during their childhood. We generally expect that our loved ones are going to be more enlightened than us and can take up the slack for living with our problems. We expect our partners to fill the void of our lives when we are not filling them ourselves. We are unclear about this and/or just don't want to do the work to fulfill ourselves. This is a perceived need for a personal martyr, mommy or daddy to help us and baby us. Otherwise known as passing the buck, the more understood version.

Transference and Parenting

Transference is easily projected onto children of unclear parents. We perceive that the child is doing something harmful or against us when they are simply just living their lives. Children are an unknown quantity and we cannot begin to know all of their motivations for doing things. If we develop trust that our children have some of their own built in deity given wisdom (intuitively); then we can brush aside feelings of paranoia that the child is deliberately trying to go against us or hurt us. To think or believe that our children are out to get us, in addition to everyone else in the world, is not rational. Again, we as people of this planet aren't all that rational, even though we are running around in the streets, free, as it were.

We know in our calm, unemotionally charged minds that OUR transference is ridiculous and that these other individuals are not trying to harm us. They may have some

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of the same characteristics as our original 'offender' (body, personality type, same issues to deal with) however; they are not the same 'original' person.

When we have been 'triggered' into the original emotion or belief, we lose sight of logic and *can lash out* at whomever is in front of us. We are completely 'assuming' that the guy in the next car is the one who has beat, raped, yelled at us or called us names when we were small.

What should you expect?

I don't know, what should you expect?

Why will I get triggered?

You *must be in transference* in order to clear your issue, so LIFE brings people around to do this for you.

Your world is full of magicians that will mysteriously without notice just pop something out of their mouths that will lead to someone becoming angry or some other emotional reaction; people could die, and often do.

You probably already know and dislike people who can do this to you (punch your buttons). No one is absolutely sure *where* this information comes from, but nonetheless it is your own consciousness projecting it back out to you through this person so that you may SEE IT. This person is a gift for you. My speculation is that it is a psychic phenomenon, which can be related to the art of telepathy, and has been known to increase in all individuals using these methods. This is all I know.

What will transpire then?

The emotionally charged individual will then ***begin to 'perceive'*** that the facilitator of a Going Clear weekend, husband, partner, friend, or me writing this book is trying to insult them or harm them verbally in some way. Depending on the emotional trauma, which has now been exposed to the person; they may even perceive that they are being threatened with bodily harm from someone in the classroom even though

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no one has had any physical contact with them at all. These are simply repressed memories coming out and that is all.

Under these circumstances, it is important to receive some sort of help in therapy, especially if you are becoming very belligerent or violent toward others. I teach circular writing to help flush out and deal with some of these charged emotions so that you do not cause a rift amongst family or friends.

This is a quick and dirty way that is very effective in getting to the root of particular issues, especially if these issues have a lot of emotional charge attached to them. While using this method many deep-seated memories could come to the surface allowing a deep emotional release. Do nothing else but begin in the middle of a blank piece of paper and begin writing outward in a circle, maintaining this circular pattern until you can go no further. In this way you bypass the conscious mind and what you write may make no sense, but you will tap into that storehouse of anger and repressed memories pretty quickly if you are angry when you do the exercise. As you do this in your daily life, get some closure by talking to a friend or therapist (someone who will not judge you), before you go on to the rest of your day around people. You may add introspection, contemplation, meditation and prayer to your deity of choice. You may also use rosary/prayer beads or more writing to calm down until the 'charge' has been spent and your head is clearer. Exercise is good for this; beating pillows and breaking boards is also good.

What is Dissembling?

This is an attempt to: disguise or conceal one's real nature, motives, or feelings behind a false appearance.

"...to put on a false appearance : conceal facts, intentions, or feelings under some pretense" (Merriam Webster Dictionary)

Some individuals are too uncomfortable to be exposed to anyone, but especially to their *parents, spouses, therapists and authority figures*. *There is a strong tendency to fight the urge to purge.* The class and book are like 'playing' a

game and it is never any fun when some would rather stand on the sidelines and watch rather than play. This is a safe game; get your money's worth and play. You might even get clear in the process.

Signs of dissembling...

- ♦ **Argue in your thoughts** with the (*writer, parent, spouse or authority figure*) while they are attempting to track you by asking you for more information about your issue (problem).
 - ♦ **Argue aloud** with another person or facilitator (*writer, parent, spouse or authority figure*) while they are attempting to track you and continue to 'fight' participation in clearing work.
 - ♦ **Putting the book down** and walking away saying/thinking something like, oh, who is she anyway? What does she know? She can't help me either.
 - ♦ **Stuff TRUE FEELINGS by going into denial** and pretending that you do not have any issues ***and that you are not really angry*** etc... If you allow yourself to do this you could spiral down and not ever get clear. When a person is triggered into transference it is like getting LOST in a CAVE and if they do not allow themselves to be led out of the cave, then they may remain there indefinitely. Please do not choose this path, it never turns out well.
-
- ♦ Tapping on the desk.
 - ♦ Fidgeting.
 - ♦ Doodling.
 - ♦ Bored, getting sleepy.
 - ♦ Talking on the cell phone, needing a 'break' when things start to get heavy.
 - ♦ Complaining to others.
 - ♦ Any distracting or avoidance behavior.
 - ♦ PROJECTION of personal issues onto others or myself.

Process of Transference

What happens when you go into transference?

Something will be said or discussed by someone in life that will cause an emotional charge in you...they then become your

current foe. At times while reading this book, I can become your *current foe*.

You will feel a burning in your belly, your muscles will become tense and anger will rise up inside of you. Similar to feeling righteous indignation or that you need to be a '**crusader against an evil foe**'. The person, who said the offending comment, is your **current foe** for now.

What you do next...

Honor your feelings - you are right and **good** in feeling those feelings. *Do not deny them*. You may speak up and tell your foe that you are feeling angry and/or confused. Tell God the author of these methods, or me, in your mind that you are angry and confused and that you need clarity or resolution before going about your day. Resolution will come from somewhere. You will be directed to another part of the book or you will turn on TV etc...pay attention, the answer will come straight at you and you won't be able to miss it.

What will happen next?

Your **current foe** will begin to track you, or more than often begin to argue with you in return. **Ask yourself "What do I perceive that this person is doing to me now"?** You will track the exact phrase going through your mind, for instance..."You are calling me stupid", "You are raping me", and "You are talking down to me". Then you will ask yourself..."**Who is the last person who did that to me"?** or "**Who does this 'current foe' remind me of right now"?** You will then remember the last person who you perceived did that to you - or actually did do that to you - and apply the methods to that person. The Methods are coming later in this book because this is a preparatory chapter for later. **Dog-ear this page so that you will have it to refer back to when you get stuck in an upsetting thought process.**

What will happen next?

Ask yourself in detail what the current foe did or said to you that hurt you so deeply. In this 'emotionally charged' moment you can tell the current person/foe whom you are

talking to that they are simply reminding you of an original trauma. Understand while doing this that this person/foe is not necessarily repeating the original offense. "He/She hit me and called me names etc...and I hate them..."

What will happen next?

Touch your N.L.P. meditation triggers (that you will make when you are in meditation with the first to the third songs on the CD that came with this book) and breathe deeply while you track yourself. If you need more help, get to a Going Clear weekend to practice.

After this exercise you should feel your emotions begin to subside. If they do not then you should take a break and be alone while using circular writing etc.

You may want to carry the book with you for a while until you get it down. You now have your own personal briefcase/purse mentor.

You will be triggered on three points...

- ♦ You will feel angry to very angry because you perceive that you are being harmed/insulted by your **current foe**. You are being reminded of what someone else has done to you in the past. You are justified in feeling this way. **This equals (=) transference.**
- ♦ You will feel very angry over something that you yourself did in the past or do to others in your life currently that you may not be fully aware of. It will appear to you that your **current foe** is doing this to you now. You will have a very strong emotional charge over it and you are justified in feeling this way also. **This equals (=) projection (see next section).**
- ♦ You will feel very angry over something that you yourself did or do to YOURSELF and you are not fully aware of it. It will appear to you that your **current foe** is doing this to you now. You will have a strong emotional charge over it and you are justified to feel this way also. **This equals (=) projection (see next section).**

Many times when we perceive (and I am no exception) that harm is being done to our person, we are doing it to ourselves. Others may be doing it too, but we are angry because we need to be defended from ourselves as well, and we justify this behavior. It is okay to shit on ourselves but another person is not allowed to do it to us. Again, they are only doing this - and it is only coming up at all - because you are drawing it out of them. If it did not come up, then we would not see it in order to clear it. In this way, you may stop hurting yourself and others with your own behaviors.

Projection – What is it?

Webster's: Projection Theory - "The attribution of one's own attitudes, feelings, or desires to someone or something else as a *naïve, unconscious or conscious* defense against anxiety or guilt."

"Projection was defined by Freud in "Further Remarks on the Neuro-Psychoses of Defence" (1896), ...**The individual thus disavows what it does not want to admit about itself and discovers in the external world feelings, qualities or objects, which originate in its own unconscious.** Since Freud drew attention to such processes projection has become a by-word and stock device in the representation and diagnosis of the paranoid, and especially of murderers, but for Freud and his followers, notably Melanie Klein, **projection is a part of everyday life**, evident in children's play; in charms, superstitions and totemism; in the belief in demons and devils who incarnate precisely what the individual wishes to deny about themselves, and in such social phenomena as racism where the hated group is made to be responsible for the negative feelings the racist has about himself" (Clark, 2005, para 1).

♦ Everyone projects when they feel uncomfortable and chooses not to deal with an issue - see dissembling and transference. There are no exceptions. Where there is fear there is projection, transference and dissembling.

Tracking: A hunting process whereby asking questions and following a train of thought is facilitated by the phrases or words of another. A process (which mostly takes on the face of *listening intently to an individual like an investigator*) can be ongoing and unending once therapy begins.

♦ The goal: Tracking yourself by asking questions while following a 'train' of thought. You are looking for clues to your 'buried treasure'. You are tracking key words or phrases that you are continually thinking somewhere in the back of your mind and come out of your mouth, either rarely or on a common basis. These key words and phrases are your popcorn trail to finding the key issues buried within your psyche. This process is the most valuable thing that can happen in a Going Clear weekend for each individual. They are usually spoken during times of stress or irritation, and can come out in the form of sarcasm or angry statements. A well-trained facilitator can even hear the phrases in your head and speak them aloud for you to deal with; this sounds phenomenal, but is really quite common in one of these weekends or in a session with a Going Clear Facilitator.

Example: "You always got to get one up on me". This quote is pure GOLD! I once had a brilliant acquaintance that said this to me one day. I had attempted to help an individual per their request on a professional basis, yet I met with a great deal of resistance from their psyche. I had to let go of trying to help them upon realizing that the individual was too mentally brilliant to ever make the mistake of letting me in. It seemed odd to me on many occasions that I had remained in this person's life after this. Their behavior toward me could be unpredictably less than kind, but they were so brilliant, like a star in the sky that could burn you, and they fascinated me. It took almost two years of knowing this person and waiting for this phrase to surface.

When it did, an alarm went off in my head, I KNEW that the work could begin to help this person to get clear. You see, that golden phrase is the beginning. The psyche is ready to purge and let go of its hidden secrets. Unfortunately, I no longer had a professional affiliation with this person, which would have

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allowed me to help them. I had to tell this person of my discoveries and let them go from my life. This person had become abusive and *stuck* within certain behaviors that were too unhealthy for me to remain in their life. They were a time bomb due to the close proximity of the issue trying to emerge. I hope that the person was able to make use of the amazing discovery that I had made for them.

This gold, these phrases that we all have, are like a key that unlocks a door to a series of tunnels in the mind and the soul. When discovering these phrases we are usually experiencing a state of transference or projection at the very moment that we discover them. Even though we, or others, can on the surface appear to be very calm there can be a rumbling volcano under the surface, which was the case here in this story. ***Even though the phrase was spoken with deft and sarcastic precision and delivered with a calm level voice that was meant as a verbal attack on me, the current foe, I could feel its incredible weight and importance when it could be applied to the personal therapy of the person speaking it.*** In that one phrase this person let slip out, they did not yet realize that the entirety of their soul was laid bare for me to finally see. My patience had paid off, and the personal mystery that drove every thought, feeling and action of this person could be laid to rest in my own mind. Who, in fact, got one up on them? Brother, father, mother, teacher, college, who indeed?

This is a spiritual gift. I am a tracker, a hunter. I can recognize the phrase crying out to be heard by someone's therapist. It is a cry for help in every single case. You will hear it in your own life when you are in an angry rant to your child, parent, wife, husband, or significant other. "I have to do everything!" It will betray itself because it goes through your mind so many times a day that you have ceased to hear it or to be aware of it. Now you will be watching for it. You may ask those in your life if they know what it is. Everyone has one or more of these phrases. Discover it, pray to 'hear' it. Your angels or deities will help you, but you must be brave enough to face it. At this point ***track it back to the first person that you wanted to say that***

to - and the **WHY** - did you want to say it? This IS the perceived trauma and now it is time to clear it. **So, it goes like this...Get the phrase = track; why phrase spoken = trauma; trauma = clearing time.**

All traumas are perceived. The person to whom this phrase would be spoken to may possibly have a different perception of what happened at the time the trauma occurred, making them possibly unaware that they ever did any harm.

As you are about to clear an issue you will notice that you may not be saying that phrase as much, if at all anymore, because you will have been made AWARE of the core source of the trauma. Upon realizing that it is not your significant other, spouse, child or guy in that car who is offending you, you will begin to direct the fault or energies into the real direction. Refer to the '**Mind Blocks**' section of this book to help you further in dealing with your un-forgiveness still remaining.

Complete forgiveness, clearing and continued awareness of the event will take a bit more time; however, reacting on innocent people in your life will come to an end for that particular issue. The more forgiveness and awareness that you gain over time (by continuing to do this work with yourself) the less anyone will be able to 'trigger' you into transference, and the less you will go into projection. Special care needs to be given to family members as most emotional charge is generally expressed towards them.

♦ If you choose to go into 'defense mode' by projecting your anger, hostility, sadness or fear onto the person who is tracking you (**by accusing them of feeling these things instead of you**) then you will not experience emotional or mental release. If you do not want to deal with these emotions or take responsibility for your own issues, you are going into dangerous territory where your mind and emotional body cannot experience it. This is a trick of more defensive and very intelligent minds that are just not ready to be clear and do the work, next life, next year? WHO'S NEXT?

Sitting in the Doctor's office, while waiting for the next person's turn. For counselors reading this you cannot lose sleep over

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these individuals, they simply do not want to change. Move on to someone who does, there are plenty of people out there who want change, who deserve change and will be rewarded with it, because they will not quit. Divorce courts are filled with couples where one person wants change and the other doesn't. It takes a great deal of humility and humanity to be able to admit that you require it.

♦ If you choose to go into 'defense' mode, not only are you wasting your money in a weekend or on this book, but also you could explode on someone who you love, possibly hurting them. You will release it eventually. You can choose whether to release it in a safe environment now while reading this book or losing 'control' over yourself later. **You could get blinded by your anger and not realize what you are doing, saying or seeing and reality will disappear from you.** You may lose those people whom you dearly need and love as well due to the fact they may not want to be around a time bomb anymore.

How you may begin to take Responsibility for your own actions:

- ♦ When you can admit that you are not without issues, fears, phobias, sadness etc.
- ♦ When you can admit that you have been hurt and wounded in the past.
- ♦ When you can say, yes I am **not** 100% clear and I want help.
- ♦ I need help, please Spirit/God/Higher Self/Facilitator help me to be clear.

Going Clear, Doorway to the Divine

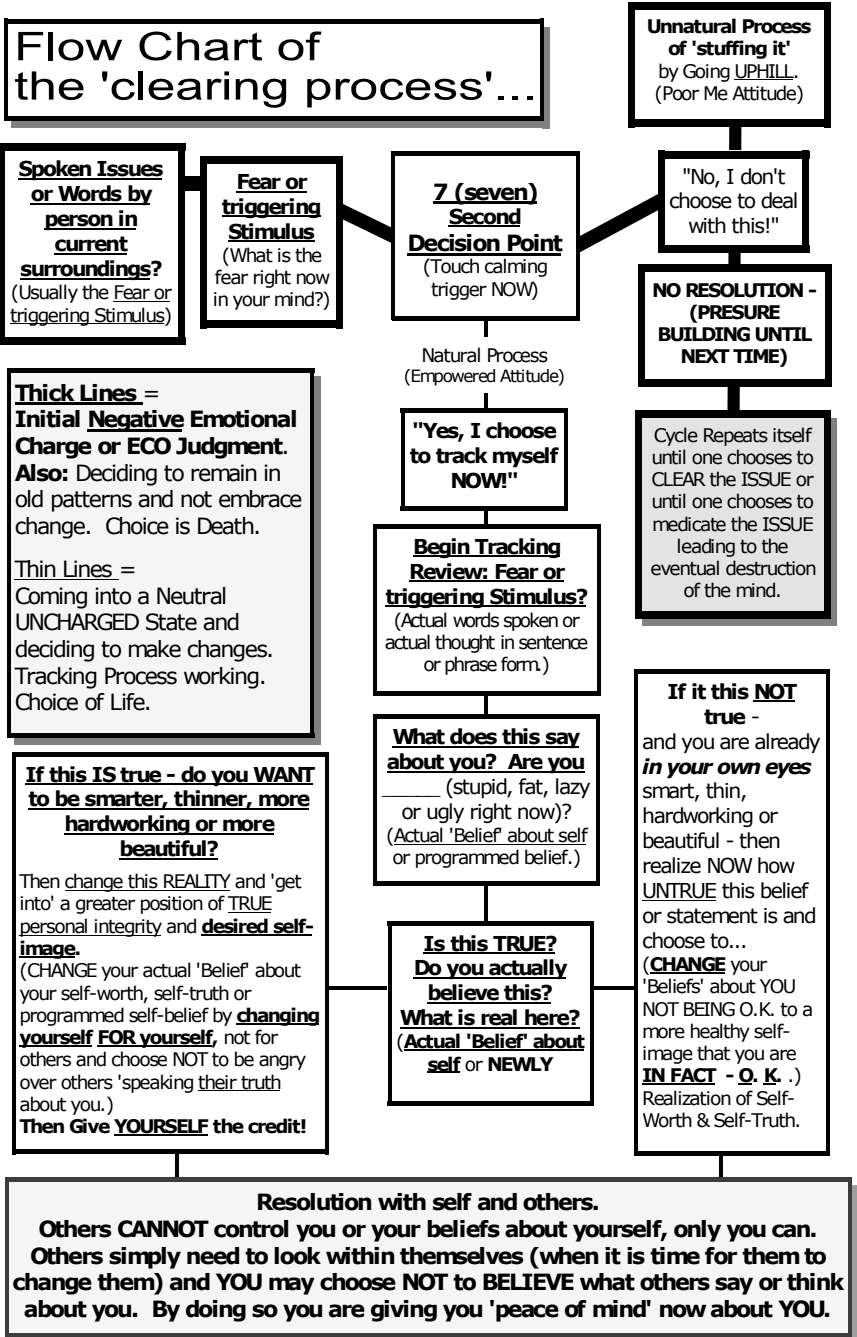


Diagram 4



‘Mage’

MEDITATION

Truth and Science

Get on the fast track to controlling your own MIND.
Zero to Meditation in seconds while having coffee with a friend
or driving your car.
Lower your brainwaves within seconds while having an
argument or acute stress.

Everyone is talking about meditation and you might even be sick of hearing about it if you have never meditated. Understandable. Many speak of meditation being a mystery, super spiritual, hard to do and achieve. Many instructors will teach you to use very uncomfortable postures; I have found no point in that. Many instructors will teach you to use chanting or verbally repeating a sound or word; I have found no point in this, either. Many instructors will teach you that you have to be

very spiritual or even enlightened to benefit from meditation; again I have found that this is untrue as well.

I am a scientist, a behavioral scientist. **I understand that meditation is a scientific experience, which can lead to an esoteric existence.** This attitude removes all of the mystery so that anyone from any background, race, religion, gender etc may benefit and even find it very simple to do. In this chapter you will read about brain states. Brain states can be altered. As we alter our brain's energetic states over time, we will find that we are permanently altering ourselves and even our personalities as well. This is the very reason why so many people do drugs. I have discovered by observing what happens to individuals under the influence of marijuana; they are taking their brainwave states from beta to alpha or lower. It is similar to drinking a beer, glass of wine or cocktail. Meditation helps us to achieve this without having to have an outside influence to mimic natural states of being.

When we alter our brain waves we alter ourselves. I am including a CD with this book. This CD is designed to take you down from beta (troubled mind) through alpha, then theta and down into delta. This CD lasts about forty minutes, and that is plenty of time to have fun. After twenty minutes or so, you will come to the song 'Moonlight On Snow' then 'Rhythms of Sirius B'. These two songs will bring you back into theta from delta and up into alpha where you will feel relaxed, detached and aware. You will feel ready to go do whatever you need to do while feeling very peaceful. While you are in meditation and not so deep that you lose consciousness, you may have amazing experiences hence the mystical side of meditation. After doing a lifetime of research and spending many years meditating (sometimes five hours per day), even achieving Zen, I must tell you that it is amazing and you will love it. We are energetic creatures period and when we change the frequency of our brainwaves, we will automatically experience different levels of consciousness. When we begin to 'live' with altered brainwaves, we will eventually change our life experiences permanently. In this 'change' of consciousness, books like 'The Secret' will begin to work for us.

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I believe that we should have been taught how to meditate right along with our abc's and our 123's in elementary school. A society growing up while meditating does not want to fight because everyone is just too damned mellow. At times, meditation is a wonderful alternative to a power nap. The body, however, still benefits tremendously when rested by getting the proper amount of R.E.M. sleep. You meditate like this for six months or so and your entire existence, the way that you know it now, will change. You will go from a boringly non-eventful life to full-on empowered and aware of what you want and exactly how you are going to get it. You will experience knowing others' thoughts and will be calling me to figure out how to control your newfound abilities. Who knows, I have had students' and clients' lives change profoundly just after one session so it may not take that much time at all for you, if you have been ready and waiting for this to happen.

Eat dinner, brush teeth, meditate, sleep, wake up and meditate some more, then go on about your day: work, etc. Touch your triggers several times throughout the day as well; this really speeds up the process to becoming a super being. Super beings get their ability from the quantum soup, when you are in theta you are accessing the quantum soup. Chopra talks about the quantum soup in his book 'Seven Spiritual Laws of Success', and about being in the gap between our thoughts. The goal is to slip into that gap to access our unlimited potential. **To elaborate, the gap between thoughts, or theta/delta brain waves - is the electrical outlet that leads to God - and the state of 'true prayer'.** When we are in the gap that means that we are **plugged into** all of the infinite creating power of the Divine. This is also the 'way' which Christ spoke of..."I am the way" (King James Bible, John 14:6). What I am proposing and what I have achieved by using meditation with theta/delta Neuro linguistic programming triggers is living in that same gap twenty-four hours per day. In this way, I am never separate from that gap because I have conditioned my mind by simply touching these triggers several times per day. These triggers are programmed with theta and delta brainwaves. I used these N.L.P. triggers until *they*

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became my natural state (NLP.com, para 1-7). This is Dzogchen, the self perfected state (Norbu, 1996, pg. 23).

What is huge about this is that any person who has achieved this state of being, and is totally honest about the process in his or her own life, will tell you that it can take decades to achieve. Living awake, but in theta and delta constantly, without the triggers! It took me over the course of one to two years of using this method before I realized that I never left the gap, the quantum soup. I do not know how long it took me exactly because you cannot watch that closely, life is happening. You just realize one day that you live in that gap and you no longer use N.L.P. triggers to get you there. That is an important day. You may ask what about nighttime? Well, at night you do not need to worry about triggers because you are sleeping in the state of delta, so life kind of hands you that one. It is about being in that state and not being asleep which is crucial. It is about being in that state and conscious and awake, literally speaking, not being asleep or unconscious.

To become the gap here on earth is to become *a doorway to the divine*. While this is happening to an individual (because they are using their triggers many times throughout the day) they notice how the thoughts themselves become quiet, all of the thoughts. They begin to notice that they only actually have thoughts of their basic needs or that remind them of what they should do from moment to moment. The old constant mental dialog of judgments and assessing your neighbors stops completely. This happens because now you are living in God's house, in His or Her presence twenty-four hours per day and Deity does not judge or assess. You can be in a very noisy place and experience absolute quiet all the time *within*.

The doorway to the kingdom of heaven is through our hearts by way of our brainwave frequency. Christ said in the gospel of Thomas that the kingdom of heaven is here now within you and now it can be proven to many, by personal experience. Heaven is not about getting things or golden streets, it is about ending suffering and hate; it is about living in a state of love and God's presence period. Christians, Yogis, Muslims,

Hebrews, and all religious followers participate in it when they are singing worship songs, which truly touch and affect them. They also experience it when they are practicing intense non-stop prayer (contemplative prayer) because that in itself can become a trigger of sorts. We have all experienced this when our mothers cooed and held us. The Bible instructs us by encouraging us to pray without ceasing. ***Meditation is prayer***, the *purest form of non-verbal prayer*, and now we can do it without ceasing by using these triggers to our God given brainwaves of theta and delta. (It has come to my attention that there are some fear based people who are actually posting on the Internet that those who meditate are possessed by demons; this is simply ridiculous and untrue. These people are *afraid* of what they do not understand and that is all. They may also be in states of transference/ projection and may be experiencing other mental conditions not mentioned in this book).

The Meditation Process

Since I have practiced this way of life, I am enriched and fulfilled in ways that I cannot begin to explain here. I have a high creative ability and my ideas are just popping all of the time. In the next diagram it is laid out what to expect from different brainwave frequencies so that you will know what to look forward to. You will experience these states by listening to the CD, lying down in the same spot that you sleep, covering your eyes with a meditation silk eye flax seed pillow containing lavender if you wish. "When you relax the eyes you are inviting your mind and body to follow" (Fogarty, 2008, para 1).

At first you will lose consciousness, probably for the first month while you are stretching your awareness bubble (see diagram). After this initial *engagement period* you will have visions of what you are going to be when you grow up (no matter what age you are now). You will also experience floating sensations, seeing angels, communing with spirits, having premonitions, a super k experience like being the wind, a drop of water in a pond or a grain of dust – the sky is the limit really. This now becomes your life. This is entertainment at it's finest. All experiences are good. Go into it without

Going Clear, Doorway to the Divine

judgment or expectations of outcome and it will be very nurturing every single time you meditate. Each time you meditate you will go deeper. You may go for a while without losing consciousness and then suddenly you lose it again after three months of complete awareness. That is the stretching process. As you grow into a deeper level of awareness and enlightenment, your consciousness is stretched to accommodate more. Be patient with yourself if meditation becomes commonplace. You will continue to expand into greater awareness and this awareness will become more mature over time. First time meditators desire cool sensations and visions, but seasoned meditators learn that it is about being with God and the higher self, not the sensations. This is a very exciting time for you; you have an infinity of possibilities ahead. Seasoned meditators will derive much from chapter seven and being a doorway to the divine.

Eventually you will get to the point where you will not lose consciousness anymore. You will be awake like the Buddha or Christ. You will experience lucid dreaming and many more mystical states including telepathy, clairvoyance, and more on the following charts. In the future, there will be an advanced Going Clear book for those who want to go much farther into the abyss and have one foot here and one foot there. After meditating for a while, you will experience that you are in a constant state of awareness and the need to lie down and meditate will become superfluous. You will find that you are in a Dzogchen state and have become the meditation itself. I suspect that many more of you will discover that you are already there and just needed someone in the know to point it out to you. Congratulations.

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Brainwave Frequencies

<u>Adults</u>	Cycles per Second	
Super-K	Unmeasured	Not understood by scientists. No real info on. Is considered a mystical state, the state of a sidhi or the Yogic state of total awareness.
Super High Beta	35-150	Non-ordinary states of consciousness: out-of-body experiences, Kundalini releases etc.
K-Complex	32-35	Very high state of alertness, "ah-ha" experience of high creativity . Difficulty sleeping, ideas flowing in. Lucid Dreaming.
High Beta	16-32	Higher state of alertness than Beta
Beta	12-16	High state of alertness, problem solving, intellectual, analytical. Most people 'stuck' in. Random and other thoughts, judgements, comments, panic, stuck in a loop. Increased by anxiety/adrenaline, decreased by exercise or substances, active external attention to the world.
Alpha	8-12	Light meditative state, color dreams, day-dreaming, relaxed detached awareness, creative visualization, creativity, lucid dreaming, accelerated learning, imagery, imagination, beginning healing, hypnosis-programmable. 'In' while listening to TV, radio, others.
Theta	4-8	Deep meditative state, black & white dreams, insight, visions, self-programming possible, healing, accelerated learning. Various psychic abilities present. 'Goal' state of those using energetic healing, therapeutic touch, Reiki, Vibrational Healing Therapy.
Delta	0-2	Sleep, seasoned state of meditation, enhanced instinct (hyper-vigilant state where stimuli passes thru you). Very strong psychic connection and abilities. Orienting response sensing danger/safety. Personal radar—sending/receiving information on unconscious levels. Most people intuition present - ie: mothers. Present in large quantity of healers. Unconscious state of the Universe, empathy, THE VOID OF ALL CREATION. See Super K next
Continued on next page... Super K	Continued on next page... Unmeasured	page...

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<u>Adults</u>	<u>Cycles per Second</u>	Continued....
Super-K Tube Torus Wraps around to the top.	Unmeasured	Super-K loop. Same as Delta abilities only enhanced. No need for sleep, (It is still good for a person to go to sleep, even with help, though it can be difficult in this state) an 'awakened' state. Enhanced clairvoyance, remote viewing, clairsentience, clairsaudience, telepathy, telekinesis, empathy. Deeply mystical state of visions. Ability to tap into the universal library/ Akashic records of information. Ability to heal others and much more. Training for this state is available in the Stone Institute Doctorate/Healer program.

Children

12 - Adult	Beta state - 'considered' <u>conscious</u> by Western Psychology and unconscious in the East.
6 - 12 years	Alpha state - provides bridge between conscious and subconscious to Western thinkers but more conscious to the eastern thinker.
2 - 6 years	Theta state - considered <u>subconscious</u> by Western Psychology and more fully conscious to eastern thinking.
0 - 2 years	Delta state - considered <u>unconscious</u> by Western Psychology and more fully conscious in the East.

The Enlightened state is a fully conscious state of being in the East. According to diagram six (evolved mind) this is describing the evolved state when a person is in all states at once and thus experiences all abilities within those states. This is considered Dzogchen awareness and is indicative of a considerable level of mastery. Training for this level of awareness is taught in the Sharon Stone Institute healers and doctorate programs.

Diagram 5

Enlightenment = The state of being AWAKE.
Unenlightened = The state of being ASLEEP.

You will set your Neuro Linguistic Programming Trigger during the Meditation Segment of this book, which is coming up very soon. At the appropriate time, which says meditation, put on your CD that came with this book.

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To make the Trigger you touch two fingers together on each hand while you are listening to the CD and the lower your brainwaves go today keep touching the triggers. When you are finished meditating today know that whenever you want to be in this relaxed state you simply touch those triggers. NOTE: It is important to listen to the whole CD to receive the full effect of the meditation.

As you use this trigger throughout your day for clarity of mind, whenever you feel stressed out or become angry, it will drop you into a lower brainwave state and you will feel calm instead. Except your mind will be crystal clear. Awareness, which escaped your mind before, will become quite evident now and you will wonder why in the world you did not notice certain things before. Others will appear to be sleeping or insane to you now. Try to tell them this discovery of yours and they will not be able to hear or understand, this is why Christ spoke in parables. He knew that there was no way that people could have understood him otherwise. You will begin to see after a workshop or reading this book how others are wittingly or unwittingly taking advantage of you. You will begin to know in your gut what is best for you and what is not best for you. You will begin to say 'NO', I don't want to do that, or 'NO', I don't want to be your friend because you do not support my vision for myself. What is your vision for yourself and YOUR LIFE now?

Brainwave Patterns

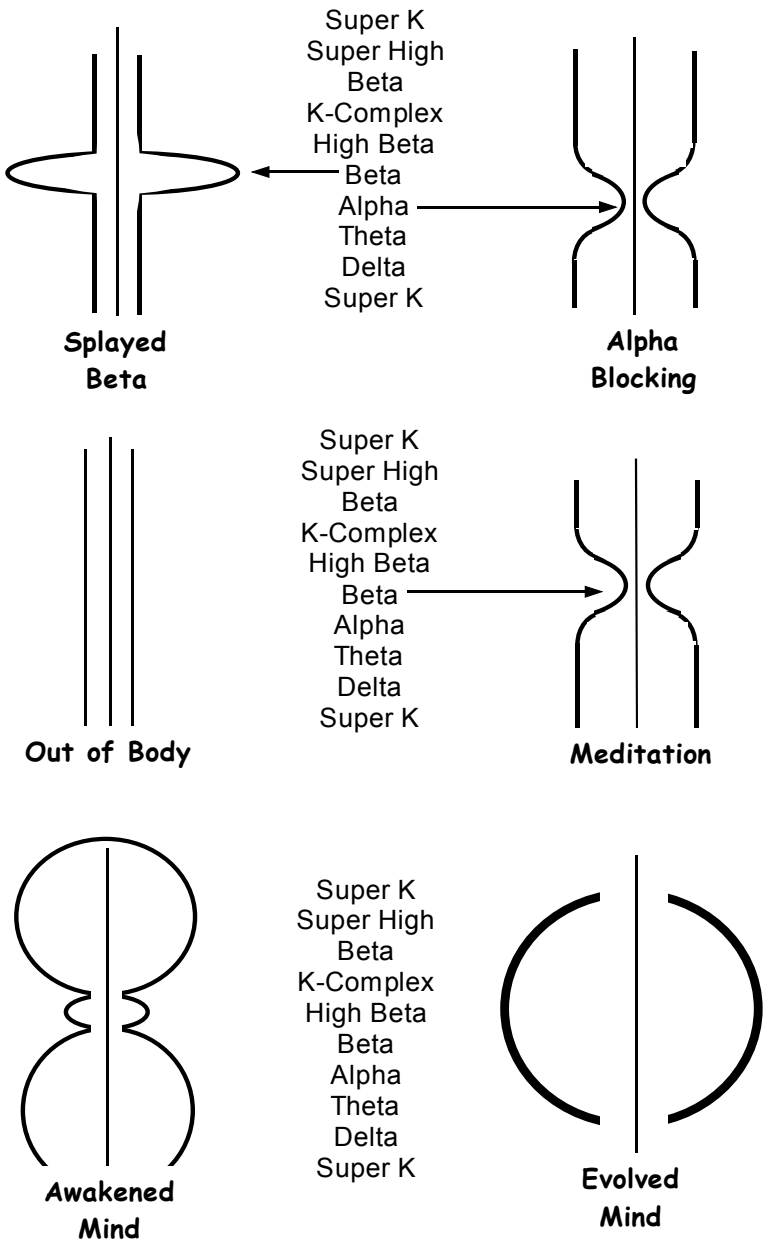
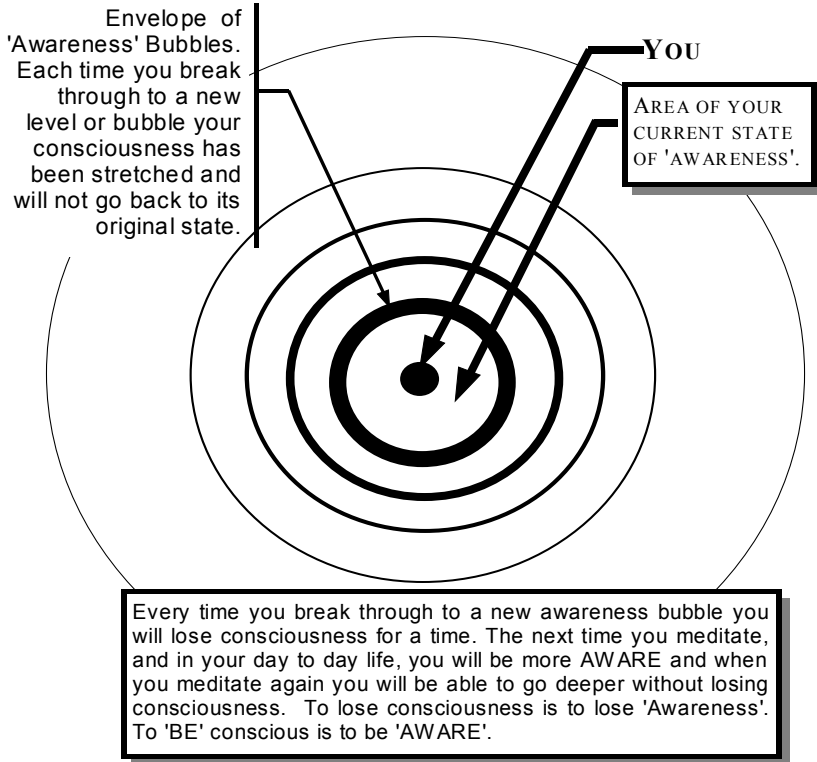


Diagram 6

CIRCLES OF CONSCIOUSNESS



The End result is the disappearance of all lines. The disappearance of the SELF. The blending with everybody else and all that is, including God or a Higher Being. *No longer will you sense boundaries around you.* No longer will you feel uneasy in the World because you will have become the World and Everybody in it. This is Unity Consciousness.

This is Enlightenment as the 'Yogis' tell it. Lucid dreaming and never losing consciousness again is part of this. This is the natural state of the Dzogchen Master. You become 'the meditation' or 'prayer state' and you are always in an alert aware state of meditation. No matter what you are doing, you are meditating. This is the 'end' of the cycles of rebirth and reincarnation for the Buddhist and the yogi. This is the state for Christians to be yoked with Jesus in the total connection of praying without ceasing and being led in every action by Christ.

Diagram 7

MEDITATION

LISTEN TO CD NOW



Locate on the chart on the next page where your thoughts, brain wave states and bodily feelings resided while meditating. Check the chart each time that you meditate to see the progress that you are making.

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Cycles Per Second Range	Brain Wave State Landmarks	L E V E L	EEG Brain Wave States
+30 to +10	Thoughts of: May have had trouble with your mind racing. Problem solving thoughts, thoughts of the day, random thoughts. Feelings of being distracted and inattentive. Thoughts of "This won't work, why am I doing this"? Negative programs running through mind. To thoughts of: Beginning to relax, calmer, thoughts settling down, wanting to take a break, nap or relax for a few moments.	1	Optimum High Beta, Beta with alpha waves kicking in.
+14 to +8	Experiences of: Foggy thoughts; dizziness; difficulty breathing if not used to; Being pushed down; physical pressure on body being pulled down as with pain medication or anesthesia; nausea; mind racing more quietly now; scattered energies and thoughts; sensations of drifting off to sleep or waking up; avoidance of inner stillness.	2	Reduced beta, beginning alpha into deeper alpha, beginning to skirt around theta.
+12 to +6	Scattered energy settling down. Feeling calm and relaxed. Thoughts popping into head & uninvited childhood flashes. Imagery of past. Hard to keep attention focused on one thing. Transitional feelings	3	Alpha present, dropping quickly into Theta. Possibly touching Delta.
+10 To +4	Awareness of breathing; Vivid awareness of bodily functions including heart beat rhythm; feeling energies flowing through body; numbness in extremities; sensations of being very large or very small in size; body feeling very heavy; aware of activity in room yet fading fast; body boundaries unknown; switching from internal to external awareness.	4	Deeply into alpha now, Theta more present and thinking about entering into and staying in Delta.

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<p>+ 8 To + 2</p>	<p>Becoming very lucid; convinced that you were asleep and dreaming; feeling of deep inner peace; beginning to have visions; state of relaxed detached awareness; fully conscious of what is going on in room but not caring about much; cannot feel much sensation in physical body anymore; altered state; intuitive feelings; feeling very special and calm; strong feelings of being connected to Spiritual Beings or a Deity; high performance thoughts present. Afterwards thinking that you fell asleep or lost consciousness</p>	<p>5 Deeply entering Theta and beginning to slip into Delta and going into a place of no-mind awareness.</p>
<p>+ 2 to -10</p>	<p>Intuitive problem solving state; feels like dreaming or floating; understanding of polar opposites now; bliss feelings; feelings of being one with the Universe; indefinable peace and joy; no bodily sensations that you are aware of; feeling completely free of your body; feelings of being surrounded in light; feeling as if you now understand everything that is and tapping into the Universal Library or Akashic Records.</p> <p>Awakened Mind state, Perfect Meditation, Out of Body, Kundalini, Evolved Mind.</p>	<p>6 Deep Delta state, beginning to enter Super K.</p>
<p>-10 to ?</p>	<p>No longer aware of physical body at all - it is gone. No longer experiencing the concept of thought. Inability to formulate thoughts, ideas or words Not interested in ever leaving this state Unexplainable bliss and peace. Feelings of possibly being dead. Absolute quietness and no-mind, no thought, total awareness of everything, complete wisdom and knowing about all life. You are a spec of dust, a drop of water, the wind etc... Possibly not breathing or very few breaths, very shallow breath. Ultimate Bliss State.</p>	<p>7 Deepest Delta, No mind, Complete Awareness of all life. This is Super K and it has no measure.</p>

Diagram 8

Going Clear, Doorway to the Divine

Personal Protocol

For a daily connection to a power source

Touch your triggers constantly. Use your triggers when you are meditating, to go to sleep, or during the day when you...

1. When you become angry, frightened or 'confused' over anything.
2. Having an overly 'emotional' response to a situation
3. Want to feel peace filled or compassionate.
4. Want to feel calm and centered.
5. Begin to get 'locked' into your thoughts; panic or anxiety attack.
6. Body becomes tense
7. Having an emotional charge over something, someone else or yourself.
8. When you are having an annoying mental dialog about anything.

Daily Exercises to a clear and calm mind...

Meditation - 30 plus min. AM and PM as you wake up and/or are going to bed. This should be fun.- **Lie down-Cover Eyes with an eye pillow - Listen to a repeating song of your choice** - Look until you find one, which facilitates the most enjoyment for you. Enigma has some good material for this purpose; they are what I listened to besides the 'Tao Te Ching' on tape by Stephen Mitchell. **-Touch your triggers and go...**

* The goal of meditation is to expand consciousness to cosmic, God and unity consciousness levels. In order to do this you must lose consciousness to stretch it. Feeling safe and comfortable is necessary to this process.

* Sitting in uncomfortable postures do not allow you to lose consciousness because you will fall over, especially if you are a beginner. Being uncomfortable will cause you to remain in 'beta'.

* Mantras will also cause you to remain in 'beta'. The repeating music or the music on the CD included will allow you to meditate very deeply to expand consciousness.

6



‘Fed Up’

Let the Games begin... Empowerment and Personal Growth The Fulfillment of Dreams

In order to gain empowerment, we must first determine what is important to us to begin with. One way of doing this that cuts straight to the chase is by writing a list of goals, or a bucket list if you will. A bucket list is a list of things that you desire to do before you die.

We cannot know how we are disempowering ourselves or how others are being allowed to take our power if we do not know what we are lacking to begin with. I have clients and students revisit goals that they have had in the past (from childhood or adolescent years) as well as new goals from where they are in the present. To feel empowered and ‘enabled’ to do things in our lives that would benefit us, we must draw from these

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formative years and the freshness of those childlike desires. These desires are still inherent within us and are the very things that would bring us true joy.

Empowerment: “Enable - to promote the self-actualization or influence of...” (Merriam Webster Dictionary, Empower).

The problem with most people is that they cannot give themselves permission to follow through and actually do the things on their bucket lists. This is where Going Clear comes in. As you clear your issues, you will gain the necessary courage to follow through with the items on your list. If they remain unfulfilled over time then truly these are not your list, but someone else's. *When we make a list that is authentically ours and we own the items listed on it, we will have no problem in following through given the proper amount of encouragement or 'empowerment'.*

My list used to include skydiving, but I have done that one more than just a few times, so it is now off of my immediate list. I also wanted a Harley-Davidson motorcycle, also, and I made that dream come true in my thirties. It, too, is now off of my immediate list. I have had many things move off of my list and be replaced by new ones as I have accomplished them over time. I still desire to be able to pilot my own helicopter; this is on my immediate list along with getting this book published and increasing my client and student base. I would like to own my own plane. It would not suck, either, to be on Oprah for my token fifteen minutes of fame as well. That is like the societal standard for true success. Funny, isn't it. I say it in jest, but still, it would not suck. Oprah is pretty cool. I would like to meet Deepak Chopra, and talk to him about my ideas. I would really like that. This is what I am talking about, though. Having a list helps me to gauge my life and the amount of joy that I experience day to day. I recently acquired some new but small things for my home; pillows and more candleholders – the big chunky wooden ones from World Market – on sale, of course. These are small things, but they fulfill me on a daily basis, which is very important to me. Having lots of candles available cause me to feel closer to spirit and so that was a priority, now it is not. My home feels like an ashram to me. I

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would like an ashram to teach people how to be happy and fulfilled. Others from far distances could receive help by me having a call-in television, cable or radio show. My truly big goal is to have a middle school, high school and college campus. I would like my son to learn World religions, Eastern philosophies, science and languages while in his formative years. I want to build a very quality setting, like a large stone castle or building to add the magic and mystique that children crave. I would like this to happen for him and many other children so that they can receive a quality and peace-filled education in an environment that is totally safe, truly empowering and spiritually and intellectually stimulating. So many children could benefit and find a reason to want to live their lives. Adolescents many times struggle with giving up, and I feel that if there were a place like this they would have hope. I know that I would have loved a school like this for my own education, but I am grateful every day for the education that my mother worked very hard to give me. Not a day passes that I do not mentally thank God and her for her sacrifices for me, as well as my siblings.

I am currently working on a BS in Psychology and will most likely master in education to make the school dream come true. I share these personal dreams because I am trusting that those reading this book are beginning to dream and formulate their dreams, also. We all need to believe that our dreams can become a reality, if we go after them.

Without the fulfillment of our dreams we will never feel that joy, that spark of divineness that lurks beneath the surface of our personalities. We will die unfulfilled and grouchy, and that is not good. I had a friend pass away on December 11, 2008. She told me a secret in 1999 that she wanted to own and operate her own holistic magazine. She had been selling ads for another magazine and was very unhappy working there at the time.

I helped her get her magazine started by setting up some meetings within days of our conversation. I called and got together a group of about ten people who I knew who could

play a role. I had them meet us for lunch at a local restaurant, and then I told everyone Jeanette was in charge *and I left the meeting*. It was a huge success! We had a dream interpreter, an artist, writers and others, all who wanted to participate in the birth of this dream. Her dream was feeding *their dreams* as well because they got to be in the magazine, too. I held her hand for about three months and gave her the courage to do it. I infused my belief in her that she could and would succeed. That magazine is 'KC Wellness Magazine'. She is not here anymore, but I feel that I fulfilled my purpose on earth partly because I could help her to do that. I derive joy in knowing that I helped her to live her dream and that she was a success.

What are your Dreams and Goals...

In this segment of the book I will be discussing the different techniques that you will be using. Before we get started, I say 'we' because you and I will be working together as if we were in a class. I will need you to write down what you want for your life. Where do you see yourself going? What career, if any, would you like to have? What are your long-term goals and short-term goals?

You have watched your parents live, watched movies, read books, watched the news, unfortunately, and more to get an idea. You have seen others make mistakes and you would like to avoid them if possible, if you believe in them. I do not see mistakes, only lessons learned.

I guess the question to ask yourself is, "what was your favorite thing to do as a child"? Was it creative such as painting or building things? Were you forming clubs and organizations or bossing your friends around? What gave you a rush and made you feel alive when you were five, ten, fifteen? Ponder these things; take a few minutes or days to come up with your answers, as it is very important for the rest of the book. Many times it will pop into your mind instantly. Think of times when you felt full of joy or happiness, what was going on, what were you doing at the time? Allow yourself to remember. Even if the ideas seem ridiculous to you, go ahead and write them down. Conjure what you want in your mind, close your eyes, touch

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your triggers and breathe deeply a couple of times and let your mind wander over all of the possibilities. You can do this, because I have seen cases with individuals for whom I was sure this process was hopeless, and they ended up being some of my best students.

Now as you get that twinge of joy inside, that spark, as you think about what the kid in you wants, quickly write it down. You may want to carry this book with you to work or out (like a journal) so that you may write down your ideas. Remember: going clear is about designing a NEW life not regurgitating the old one into something salvageable because we have already determined by you picking up this book that it has not and will not be satisfactory to you. Why settle? I will ask you again as if I am sitting there with you, boring into your brain like I do in a Going Clear weekend, WHY SETTLE?

Are you tired of telling everyone that you want to be better or different than you are now? If you are serious then the real answers will be given to you. The real you wants to come out. The real you desires more and is slowly driving you crazy or to smoke, drink, eat or do any kind of drugs – legal or not. If you are not completely happy with your life then admitting it comes first. Admit that you are not completely ecstatic!

I was going through some old school papers and found a handout from my former Vibrational Healing teacher. It was on Commitment. It really surprised me to find this particular handout. I put it at my desk and on my fridge. It goes like this...

Commitment

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the

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decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no person could have dreamed would have come their way. (Author unknown)

Begin by filling out the short and long term desires that you have for your life on the next page. You will return to them again and again to reference and to cross off those things you have successfully accomplished.

What do I want?

From Myself?

From this Book?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Empowerment by Overcoming Fear and Trauma

Touch your triggers after completing the Meditation segment in order to test them. You need to make sure that they are working properly as you will need them for the next segment of

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this chapter on overcoming fear. If they are not that strong, continue to reinforce each time you meditate. Meditation is done morning and night because that is when you are in bed already; it is just easier then. I find that it is simpler to stick with this regimen rather than altering other parts of your day. I want this to be easy and idiot proof for everyone. This method has always worked for me and there is no stress with it to try and schedule something. I hate schedules.

Walking into your fears and facing them may accomplish clearing all fear. By touching your meditation triggers, you get a shot of courage without taking a substance. Like in the movie 'Office Space' after the main character is hypnotized. He became a different person afterwards.

Let your mind take you to the worst possible situation and feel yourself in that situation. (Now touch your triggers)

Ask yourself: What will you do now? Come up with a plan, a valid emergency plan, then that fear will NEVER own you again. Because you have a plan the brain/psyche will let the fear go. You will become unmoved by it at that point. Over time your brain will figure out an even more amazing plan for every possible fear that you have so that you will be released from those fears. You will also be creating new fears and will deal with them the same exact way. Clearing most fear may be accomplished by doing the following.

Touch your triggers when....

You feel: anxiety, panic, anger, hostility, sadness, depression, etc. it is just a matter of time before you do. Maybe even now while you are reading this passage. Life is accommodating.

1) Touch your trigger and feel yourself grow calm and relaxed now...swishing side to side gently like the waves on the ocean or a breeze in the trees, let go...

2) Track your thoughts back to the hurt or fear: listen to your thoughts – the exact wordings of those thoughts like you are simply witnessing them take place. Become detached from yourself. Listen and watch as if you are observing someone else think the thoughts. NOW go all the way back to the original fear (the first time you ever felt those feelings of hurt, fear or feelings of _____).

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3) Ask yourself who is present and what is taking place. Your mind will not allow you to remember anything that you are not ready to know. Say “yes” if you understand this. Are you ready? Say “yes.” If no, track this situation at another time when you can say yes.

4) Say “yes” if you are ready.

5) Ask yourself if you did the best that you could in that situation, being who you were at that moment with all of your past experience and knowing. Now let it go. It was a moment in time that is now past. Living in *that* moment forever will not free you from it. Living in *this present* moment will free you from it forever because you understand that that past moment can no longer hurt you.

6) Now ask yourself if the other person was doing the best that they could do as well? Them, being who they were at that moment, with all of their perceived failings and traumas throughout their lifetime. Extend to them the same mercy, which you have given yourself. Now let us apply this same principle to the current and/or past foe. Ask yourself if they were capable in that moment of their lifetime to have what they needed to not hurt you? You may choose not to see this, but if you look at it in reality it is valid. Is it possible to think that they were just trying to understand how someone could have done a similar thing to them? It is a well-known fact that people who have been abused either repeat the abuse to someone else or become an advocate against this abuse. This choice is made at some point over their lifetime, depending upon what thoughts they are allowing themselves to think. If trauma causes mental illness, then is it plausible that this person (or yourself) cannot comprehend what they did or are doing throughout any given day to harm others? Could our perceptions be askew in any way due to our past traumas?

7) If our perception is askew, then are others really hurting us to the extent that we believe they are? Sometimes sanity is just a choice that is never made by some individuals.

8) Sanity is a choice. What do you choose today?

9) Forgiveness is a choice, what do you choose today? *Understanding, that it is the particular quality of UN forgiveness that actually causes INSANITY.* If you have made

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a different choice than your foes did, then they would possibly have chosen another path if they were sober, clear headed etc...

10) Now ask yourself. Do you think that it is possible that the other person or people involved in your traumas have experienced similar trauma(s) within their lives? And then ask yourself, have you ever done to another what someone has done to you? These are learned behaviors, nothing more.

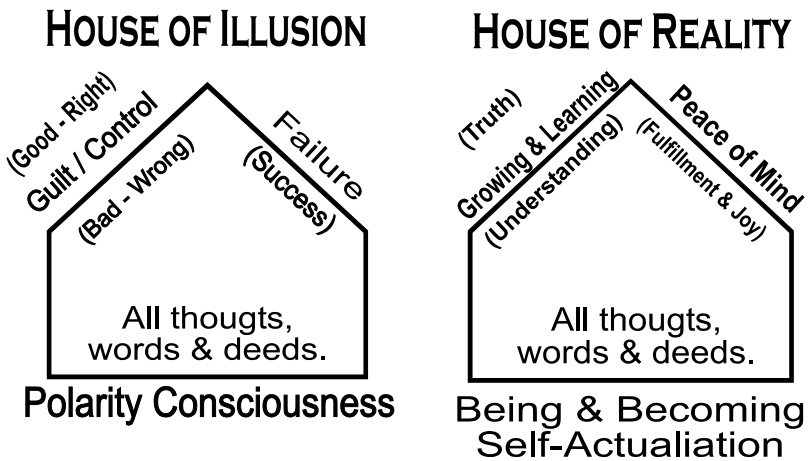


Diagram 9

This healing 'right of passage' requires you to go to your bath or bedroom mirror.

What is the worst thing that YOU have ever done?

Get it in your mind. Do you have it?

(You may keep it to yourself or say it aloud if you wish)

"Were you doing the best that you could when you did _____, taking into consideration how you were raised and all that you have been through up until then?"

I give YOU permission to LIVE your life, IF you sincerely want to.

"Are YOU ready to live your life?"

"Are YOU SURE that you are ready to LIVE your life?"

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Repeat after me...

"I have a right to be who I am!"

"I accept responsibility for becoming who I can be!"

(Say this LOUDLY while looking at yourself in the mirror).

"I would have done (worst thing you have ever done) differently if I would have had more or less _____."

Fill in the blanks with the words that work for you (White J., 1997).

Empowerment and what is Best for You

True empowerment is developing the ability to honestly know and do what is best for you. No longer living according to someone else in your life's plan for you. Having the freedom of Mind and Spirit to make choices for you that are validating and fulfilling spiritually, mentally, physically and emotionally. Having the confidence to be who you really are and end the lie of pretending to be who you are not.

The main reason so many people are depressed and unhappy is due to living according to what others in their environments want = inauthentic existence.

Insanity, in my opinion, is the fastest growing disease in this country and possibly the World. The problem is that the person *losing it* is living a life that does not belong to them. The unempowered person is going insane by choosing to live a life, which someone else advised them to live. They do not know what they want to do or want to become. They are afraid of being alone by making *unapproved* choices. You are not alone; there are more people like you out there than there are of them. *They* are the people who desire to run your life for you and live vicariously through you. *They* are ***that part of you*** that is a people pleaser to the point that you are committing mental, emotional, physical and spiritual Hari Kari.

Empowerment is developing the ability to KNOW and DO what is best for you.

Empowerment is developing the ability to KNOW and DO what is best for you!

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Do you understand? I repeat myself, not to insult or patronize you, but because there is a lot of interference in your mind. Interference that you and society at large experience as a result of depression and worry over what tomorrow will bring. Interference that other authors and myself are competing against. You can be empowered; ***you can be yourself*** now.

To gain empowerment one must take it by force if necessary. I am assuming that you are an adult and no longer under the care of a parent or guardian. Even so, you must be willing to speak your personal truth to your parents, guardians, or others who care for you or you leave them NO CHOICE but to make those decisions for you. Your parents want you to evolve and grow personally while making authentic responsible choices. They also want you to feel a sense of pride over the choices that you are making. If your parents truly love you and are not being controlled by some outdated irrational belief systems, they will want you to be happy and empowered. One must purpose in their minds that they absolutely will not accept second best in anything! *No second best: not in relationships, careers, friendships, family or recreation.* These Going Clear methods and weekends were created to heal individuals who no longer wanted to settle for second best in their lives. This book is an attempt to pass the power pulsing in one of those weekends through a few pieces of paper to you reading it now. Spirit told me that this book would heal YOU, so I believe it. I have seen too many miracles to in my lifetime to doubt this now.

If you allow it, this book will heal you, like a touchstone, no matter what your religious background or psychological challenges. Not as something that I am doing or teaching, rather; as something that is coming through the pages. I feel Spirit's power coming through as I write. You can chose to accept it now, without waiting any longer. In these weekends people feel the synergy; they are miraculously healed and notably different when they leave. I do not understand fully what happens, all I know is that I see people months and years later; they are different people. It is a miracle, they tell

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me so and I believe them. They are changed, empowered and happy. I challenge you to allow the Spirit of these pages to heal you. You must desire to give up all of the 'poor me(s)', the 'but(s)' and the 'whining' about what so and so did to you already. We are all tired; we are tired of hearing about it already.

Christ went up to a man sitting near a pool of healing water. The man was paralyzed his entire life. As the story goes, the pool would get stirred up at different times with healing energies and when it did people could get into the pool and be healed. This man laid by the pool year after year and did not get up and get in it. Christ called him on it. Christ said, "Why don't you get into the pool?" The man said that he couldn't make it into the pool because he was crippled, yet crippled people all around him were being healed by ***finding a way to get into the pool***. Christ basically told him that if he had truly desired healing then he would have gotten into the pool long before. This passage has been pondered often by many theologians as to whether or not the man wanted healing at all (King James Bible, St. John 5:1-9).

If you are crippled emotionally or otherwise, why don't you get into the pool? Does your pain validate you? Does your personal drama and trauma define you and give you a leg to stand on? The personal story that Gangaji keeps talking about is very addictive (Gangaji). This same personal story that defines our pain and causes others to feel sorry for us is like quick sand. It is frightening at first to gather with 'the people', you know, the friends and family to bitch and moan about your life, except you have nothing to complain about anymore because you took care of it. You got into the pool.

You begin to feel the vast distance that is growing between you and your old bitching buddies. You realize, God, they are pathetic and I used to be one of them, but then you begin to realize that your circle of peers just got infinitesimally smaller. This is what you have to look forward to from now on. You will be different. You will be required to really live your life or become drawn back into the *comfortable* world of personal

uselessness. This is the world where nothing will ever matter because the inertia, the apathy alone will make you a mush brain. The matrix. Decide who you are and what you are doing here quickly. Don't think about it, just jump.

I missed the comfortable world with all of the mush brains during a five-minute epiphany when I realized the way that I had been sounding all those years. I could still hear them droning on in the background as I sat there in my own thoughts, deciding. Instead of getting caught up in the drama again or make the monumental mistake of telling them my realization; which would have meant certain death to me and pearls before swine at best, I got up and went after my destiny. You only have about five minutes before the disgust of the mush-brained addictions of the 'personal story' wears off. At this point you either succumb to it again or you get up, excuse yourself and quietly slip away. And you never, ever look back. You turn off the phone; you delete numbers. Sodom and Gomorrah, pillar of salt. "By the time Lot reached Zoar, the sun had risen over the land. Then The Lord rained down burning sulfur on Sodom and Gomorrah - from The Lord out of the heavens. Thus He overthrew those cities and the entire plain, including all those living in those cities - and also the vegetation in the land. **But Lot's wife looked back and she became a pillar of salt**" (King James Bible, Genesis 19:23-26).

Healing is there to be found. Spirit eventually led me to Joseph Campbell, Deepak Chopra and Ramacharaka through a wonderful teacher who helped save my sanity. I studied, meditated and prayed for answers hours every day. Slowly over months, which turned into years, by going after my fears one by one, the path arose before me to walk upon. My personal and individual path, where spirit could guide my feet on. I did not chicken out on the challenges before me. Like writing this book.

Empowerment as a means to overcome self-pity

Most individuals spend their lives battling self-pity in one form or another. No matter how much they focus on all of the good

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in their lives, they still feel very sorry for themselves in some way.

One day during a mentoring session, a CLIENT realized that he had power over everything in his life. The self-pity he had had disappeared with this realization. Here is a technique to help bring about this realization.

Exercise

On the left side of the list below list the areas of your life you feel most empowered. On the right, list the places you feel most disempowered. When you are finished, look at the columns and compare the areas of your life.

[illegible]

1) What are the differences between these areas?

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2) What makes you feel more empowered in an area, and less empowered in another?

3) What does being empowered feel like compared to being disempowered?

4) How can you begin to feel empowered in the areas of your life where you feel disempowered?



‘Liberation’

The Path

My yogi philosophy teacher directed me to different books on yoga philosophies as reading assignments. Raja yoga appealed to me the most because it is the ‘mind over matter’ yoga. Raja yoga is the philosophical yoga. The yoga for philosophers, or deep thinkers, people who require the hard answers, the *why* answers. People in the know will tell you that this is the most strenuous brand of all of the yogas. I discovered that this brand of yoga required much memorization and an almost brute force effort of reforming the mind by way of specific mantras repeated over and over. It made me think of brain-washing. I viewed the Raja yoga brand of philosophy as a militant approach to the discipline of the mind. This did not give me a state of peace, yet I desired to possess the benefits of mastering that form of yoga without submitting to that method. The benefits are the same spiritual gifts as raja yogis possess, plus those that Jesus possessed. This gift is the gift of enlightenment (Ramacharaka, 1934, chap. 1).

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I have always been an independent thinker and usually search for my own ways of doing things that are more mentally, spiritually and emotionally ergonomic in a way. In short, I was like many of my western enlightened counterparts; too smart to work so hard. I saw these *Eastern methods as reinventing the wheel*, sort of like typical Western religious practices. I decided to create my own brand of philosophy and methodologies to achieve the same goal of mind over matter like the yogis. I sought to master my mind, without having to kill myself, to achieve the same thing. After studying the yoga philosophies, I decided to merge them with the teachings of Christ and came up with the Going Clear methods.

I felt led to help others as well as myself to clear the fear and trauma from their minds and emotional bodies without hours of memorizations and practices. I do not believe that the Raja yoga methods support each individual's personal divine spark or Spirit. The Going Clear methods free each person's individual Spirit, taking into account individuality and unique personalities. The Going Clear methods can be compared to many martial arts. Some of which are more aggressive and more labor intensive when compared to Aikido. In Aikido, you take the natural forces coming against you and turn them in your favor. When a person uses the forces coming against them by redirecting them, they can fight or defend themselves without expending extra energy to do so. Aikido is actor Steven Segal's chosen martial art. You move with the force coming towards you, and your only plan is to move with that force, dancing with it, and becoming that force as it becomes you. The point to every spiritual teaching upon this earth is to become that force or a force of nature. This includes living in the moment, being Spirit and allowing that Spirit to move through us like the wind or the water. Whether that spirit is Jesus, God, Goddess or whomever you feel comfortable aligning yourself with. I do not express dogmatic beliefs that would attempt to 'control' those reading this publication by specifying who or what they should believe in. Even though I honor the teachings of Jesus Christ and many others, I do not endorse any religion or form of religious practice. I figure that you get enough of that in the world already. And, what is not widely known to certain sects of Christians is that the

teachings of Christ are not only universal, but were already taught by other teachers, religions and saints before Jesus ever walked the earth. These methods are the Pilates of the mind, emotions and spirit. They get you in shape faster than anything else you can imagine.

“Aikido is considered to be a non-aggressive style, as the Aikido student does not instigate the attack. The basic principle of Aikido is “Do not fight force with force”. Aikido uses very few punches and kicks. Instead, the attackers’ force is redirected into throws, locks and restraining techniques. Size, weight, age and physical strength differences of the opponents play only a small role, as the skilled Aikido practitioner is able to redirect the attackers’ energy, keeping his attacker in a constant of unbalance” (Martial Arts explained: 2003-2007, para 1).

The point is to keep our personal issues, fears and **non-working** modes of behavior *constantly off balance* and unable to thwart our higher goals of developing mastery over the self and the ego. If the ‘ego’ is distracted then changes can occur behind its proverbial back.

I knew that there had to be a more organic and user-friendly way of redirecting the mind and modifying behavior. I did not want to literally become another whip cracking, wanna be yogi master with outdated unfriendly methods. Especially when dealing with millions of thought savvy westerners who grew up on video games and can think their way out of a straight jacket. This public needs something fast and smart or they will give up before they even get started. I did. I did not want to work that hard. This realization moved me with compassion. I wanted a better way for others as well as myself to ‘arrive alive’, motivating me *to meditate on an easier way of training my mind*. Raja yoga philosophy, the way that it used to be taught by the Brahmin Caste in India, seemed too time and labor intensive to me. With the methods in this book I have been able to achieve the same results as Raja Yoga in a way that is more streamlined. They are compatible with behavioral patterns that I, a westerner, already have in place within my sociological and psychological mindset.

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I have achieved my goal or more truthfully, Spirit's goal, because I personally gave myself to Spirit a long time ago. I have used and taught these methods for years, but have personally lived them since childhood. I did not write them down or stop to consider what I was actually doing until 1997. These methods have allowed me to study myself and form a deep, abiding, honest and respectful relationship with myself. Now I can dance with my mind, like Aikido, in a Taoist way, drawing the Buddha or Christ nature out of myself gently, like working compassionately with a small child.

A life of overcoming fear Now having organized methods I added the calming Neuro-Triggers...

I had begun incorporating the Going Clear lessons in 1997 and sought to master them. I wanted to experiment with them on myself first before teaching them to others. I felt led at that time to become ordained and take a yogi name in order to teach my methods. I needed to be ordained to practice spiritual energy healing modalities as well. I searched for an organization that would honor my past biblical and ministerial training without expecting me to teach concepts that I felt were wrong or go through further indoctrination. Spirit led me to a church that required very little scriptural expectation for me to adhere to while ministering to others. I was honored with the title of doctor of divinity by the organization as well, at no cost to me, based upon my life long studies and past work in the ministry. On honorary degrees, "The degree itself is typically a doctorate ... and may be awarded to someone who has no prior connection with the institution in question." And also, "Usually the degree is conferred as a way of honoring a distinguished visitor's contributions to a specific field, or to society in general. The university often derives benefits by association with the person in question" (Wikipedia, 2009, para 1). I do not respect most ministers who have to operate according to what their board and their 'indoctrination' dictates. I feel that a minister needs to be led by Spirit always, not rules, religious expectation or dogma. Although my path led me outside of common channels, I felt that Spirit knew what it was doing through me, so I honored those leadings.

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It was when I began using these methods daily that I found myself on an *organized* healing path. Although I had been on a healing path for decades, it was disorganized. Having an organized plan for the first time brought me much peace of mind and a sense that I was driving now, not sitting as a passenger in the back seat. Armed with my Neuro Linguistic meditation triggers, I felt that I could overcome anything.

Up until that time I had experienced deep states of meditation including Super K, but before I studied Neuro Linguistic Programming, I could not control my brainwaves at will. It took too long to lower my brain states. I would have to spend thirty minutes to an hour each time that I meditated, lying down with my eyes covered, to achieve delta, before. I would also remain in meditation for an hour past arriving in theta, delta or a deeper mind-expanding state. After creating my own theta Neuro-triggers, it took thirty seconds to get to delta. I had a trigger for every finger on my hand, one for theta, delta, etc. I was having fun with this cool new toy. It really facilitated my research findings.

I had gone from meditating five hours per day to two hours of fun. Not only that, I could meditate anywhere or anytime that I wanted to just by touching my triggers. I used my triggers to drop my brainwaves into delta every time that I felt anger, fear or anxiety. Fear feels like tightness in my stomach from an adrenaline release; this trigger would calm me every time and stop the adrenaline. Sometimes, though, I would have to hold it for a few minutes if someone was screaming at me, which happened often in those days. I was experiencing a lot of anxiety at that time in my life because Spirit had given me a wonderful stressful relationship to challenge me. I was walking on eggshells morning to night because there was a constant onslaught of verbal attacks from my mate. I could not predict when the verbal abuse would hit so I was always ready with my triggers. My significant other had quit smoking, then took it back up, and would quit again, back and forth. It allowed me to use my 'triggers' 10, 20 times a day just to stay sane and not flip out. No kidding. I also had lots of judgment toward others, while driving especially, and the triggers came in

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handy there, too. I found by observation that driving brings up more judgment in people than any other activity. I have a type 'A' personality so driving did it for me.

Whenever I would get angry or scared, I would calm myself with the triggers, recognize the 'thought' in my head, and then track the thought back to its origin. I would ask myself what I was afraid of. Because my mind was now calm and my body was now calm, I could feel and hear the answer in my mind and in my gut. Then I would ask myself if I was stepping out of one of the laws ('Steps to Personal Power/Going Clear' methods) and in so doing, stepping out of my personal power by giving it away. Another way to look at it was stepping out of my peace of mind. I would go over the laws in my head and observe the feelings in my body. Was I allowing myself to be disrespected in any way? Was I disrespecting myself? Was I rolling over and allowing myself to inauthentically choose another person's highest good over my own? In other words, living for them (the lie) in lieu of me (the truth/authenticity)? Was I judging myself the way the other person was judging me? In what way was I mistrusting myself? And in so doing, I would clear each issue at the layer of the onion in which I was currently participating.

I was peeling off layers of stress and anxiety each time that I tracked myself while using my triggers to theta and delta. I was essentially pinning down the exact thought, which was tied to an existing belief system that was leading to my stress or fear. Having awareness of my issues studied daily in such an intimate quiet way caused me to develop an incredible trust in myself. I was developing the ability to connect to Spirit on a much deeper level. I was having realizations of what Spirit and I together were capable of, and this gave me a profound sense of joy and peace. It brought me closer to the divine every single time because the all-pervading Spirit of life was giving me my answers. This became a form of prayer. I finally understood what "pray without ceasing" and "...lo, I am with you always", as well as many other verses, meant from the Bible. I was connected day and night to this Spirit and to my true self (King James Bible, 1 Thessalonians 5:17 and

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Mathew 28:20). I found that I could live truly joyfully and peacefully.

From 1997 to 1999, I used my triggers (touching my thumbs and middle fingers together) to theta and delta, hourly, all day long. I did this until I realized that I was in theta and delta all the time. Any waking time of the day or while sleeping (yes, I said during sleep), while driving my car, talking on the phone or teaching a class. I no longer needed to use a trigger; ***it had become my conditioned state.***

In 2001, a man in Kansas City called me on the phone with an odd question. I did not know the man, but he wanted to know what I was. He had seen my flyer at a local holistic store. This seemed odd to me, but not, at the same time. Nothing is odd anymore, I guess. I spoke to him for over an hour and described my waking and sleeping experience to him; he related back to me that from his knowledge of what I was describing, that I was in the state of Dzogchen. He told me about a book that I could get to read about it.

The name of the book is 'Dzogchen, The Self Perfected State', by Namkhai Norbu, 1996, a Tibetan monk. I found this new information helpful to know, since at that time I had no idea what I was. I just lived my life without really thinking about it much. The book helped me to earn an appreciation for, and lend validation to me, for the work that I had done up to that time. The book helped me to see myself. It also helped me to see the value in continuing to help others to obtain a greater understanding of what they could also do using these methods.

I still had fear, but I knew that I was never alone. Fear removes us from the spiritual source and heaven. Fear acts like a separating wedge and is the substance that the bible calls sin. At some point I merged with Spirit, and feel as if I am no longer alone or separate from this source. This is what walking with Spirit means. Like being one with God. You see, if you could bottle the essence of God, like a perfume, it would be theta/delta brain waves or the vibration of compassion. I believe that it is this brainwave that all saints live(d) in. The essence of fear or sin is beta; and further, if heaven is theta,

then hell is beta. Wrap your brain around that, why don't you. **See chapter 4, Diagram 5.** It is as if the universe is a radio, and there are different frequencies or stations to listen to or pick up on the receiver. Theta and delta is the frequency or address for God. The energy of prayer, of listening or talking to the divine, is theta. When you are in theta you are in a state of perpetual peace, and not only does fear subside and drop away from you, but you can hear your own thoughts and you can feel what spirit is telling you. You have the peace that surpasses all understanding (King James Bible, Philippians 4:7) and you understand instinctively what you need to do with your life.

True empowerment is being able to plug yourself into that source without having to ask someone for a ride to the store, you can get there yourself. Having the awareness of being able to access our own God given prayer state or Theta removes the 'middle' man. We can go directly to source. We don't have to rely on some guy in a suit scaring us and telling us what is wrong with us, because there is nothing wrong with us. *We have fear, fear is the 'sin', having fear does not make us evil, but can cause us to do evil things because we are afraid.* Hell is the understanding that we are trapped in it, or trapped in fear, which causes us to do stupid things. I personally think that stupidity is the evil that many of us fear. Whenever I am allowing fear to permeate my mind, I can do some pretty stupid things. It is so amazing to me to realize that the divine built in an automatic phone to connect to IT. Like your mom leaving you a cell phone while you are at the baby sitter's house so that you are able to get in touch with her whenever you need her. Or if you just got scared and needed to hear her voice. Having this understanding causes me to feel the absolute love that God or the Divine has for us in an incredibly personal and intimate way.

God (or our divine parent) does love us, more than I could ever say in a book because He or She gave me a cell phone, as I too, have given to my son because I love him so much. In one version of a gospel, the gospel of Thomas, Jesus was quoted as saying the Kingdom of Heaven is within you. "...Rather, the kingdom is inside of you, and it is outside of

you. When you come to know yourselves, then you will become known, and you will realize that it is you who are the sons of the living father” (Gospel of Thomas, saying 3). This version was not popular to Emperor Constantine in the fourth century (or Christians of today) and was removed from the Biblical text at that time. We are able by living in *theta* to not only understand what the Bible meant in an esoteric spiritual sense through actual experience, but also in knowing that Jesus left us clues within his words so that it may be translated more scientifically as well. **We are an intelligent people living in an intelligent time and we need more to satiate our hunger for the knowledge of the divine than by just taking someone’s word for it; we need proof, this is that proof.** These separate intellectual and spiritual languages, which we as a society have all been divided by for centuries, can be merged. We, the scientists and the spiritual seekers, want the same things.

I saw Deepak Chopra speak at the Unity Temple in Kansas City back in 2003. He speculated that many people who use drugs are actually seeking to make a connection to spirit. This makes perfect sense in light of this information. *Drugs alter the brainwave states.* They bring to the user a sense that they are connecting to spirit in a peaceful and blissful state in addition to momentarily *ending their perpetual annoying fear based mind chatter.* People want to be at peace and feel a connection to the divine. Any person, without a drug, can access this spiritual essence of theta whenever they need it, whenever they want it.

I am noticing a trend that more and more individuals, who have been agnostic or non-spiritually inclined in the past, are now leaning toward a spiritual existence. Likewise, more esoteric and spiritually inclined individuals are leaning towards a more scientific understanding by rounding out what they believe with pure logic. This trend is lending more credibility to everyone. The goal is to develop a balance when relating to Spirit. This balance strengthens our faith and helps us to develop an even deeper walk with Spirit when we can apply science and logic. We don’t have to follow Spirit or Deities blindly, as we have been taught, because we lacked any

verifiable evidence to the fact that Spirit does exist. The NLP triggers to theta and delta brain waves simply open the door to our divine connection or *home*, allowing us to commune with the God (or Parent) source. Most people desperately need this connection in order to stay sane in an insane world. Otherwise, we are like children running around looking for mom and dad, wondering when they will come pick us up. We feel sad, lost, forgotten and afraid.

The not so distant past

I have not strayed from my original healing path of overcoming fear and maintaining a strong thread of faith throughout the whole of my life. I began to discover this path as an eight year old after my father died, although I did not know at that time that I needed to be healed. I committed myself then to this path and when in a dream the devil wanted my soul or my death, I said to go ahead and kill me then. He or It went away at that point and left me alone. I did not fear much after that dream. It was pretty scary to an eight year-old child to be confronted by that energy, but it was as real to me as it could have been. I was angry with God for allowing my daddy to die, so it was perfect timing for the darkness of this world to make an entrance and attempt to “bring me on board”. I was taught to say “no” to evil and the ‘devil’ by my mother, so I did. She had me memorizing Bible verses from the age of five or so. It was not in me to say “yes”. I think that some people are marked, like prophets. I believe that Spirit sets some people aside to serve God, *no matter what path of faith they choose to follow*. I am one of those people. It is all that I have ever wanted to do. I do not feel that I was born to do anything else. Some people are satisfied with a normal life and normal ambitions, and I never have been. Had I been raised Catholic, I would have become a nun. Had I been born a man in India or Tibet, I would have become a monk.

I got more confirmation when I was twelve and disgusted with public school. I had just gotten off of the pot-smoke filled bus and came into the house on the last day of my seventh grade year. It was the spring of 1974. I walked into the kitchen, noticing the smells of my favorite meal of smothered steak

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and mashed potatoes as my mother prepared dinner for us. My two sisters were there listening. I was looking at my mother's back as she faced the stove cooking and demanded in a quiet even toned voice to be sent to a Christian school the following year or I would drop out. I meant it, and my mother knew it. She turned from the kitchen stove with a faraway but thoughtful glance, as if she had never considered it before. After a second or two, her look changed to an acknowledging and satisfied determination, as she simply said okay. She then turned her head thoughtfully and went back to cooking without even blinking an eye.

Again, when I was nineteen, my family delivered me to a college dormitory three plus hours from my home. My family, by the way, believed that I was financially set for college. Before departing that Saturday afternoon, they asked if I needed anything; I said "no", and then they left. I had all of my personal belongings there so leaving was not an option. I had no immediate funds to pay for school or expenses because I was waiting for a government student loan and Pell grant to show up. I met with a short-term loan officer at the University of Kansas that Monday afternoon. I still recall how he paced back and forth in his suit, shaking his head and telling me how stupid I was to expect money for college from them. He told me to go home, back to Wichita. I told him that I was already moved into the dormitory and my family had left days ago. His poor attitude towards his job (and my case) made me more resolute in my goal, and I wasn't leaving. God had told me to go to college. God also told me that the financial aid office would help me. I put my head down and prayed as the afternoon sun shown upon me through the window in his office. I was not quite sure what to expect next while I told God that this was His opportunity to make good on His promise. As the man shook his head in disgust at me, he approved a short-term loan for six hundred dollars to get me by until my guaranteed student loan arrived. This was another test giving me the opportunity to quit, but I could not.

Again, when I was twenty-seven, I walked away from my life in Kansas. I was serving in the ministry at a fundamental Christian church with people who I believed were the best

pastor and Christian friends I could have had in the world. I was in a loveless marriage at the time. My husband was still in that ministry, although I had stepped out a year prior. I had come to realize through much prayer and contemplation over a two-year period this was no longer an authentic spiritual path for me. I was expected by the 'church' to be barefoot and pregnant regardless of my inclinations, monetary status or heartfelt interest. I realized how wrong that life had become for me. I had felt during this period that God had been calling me to California. I was to go alone. I believe that Spirit knew that in order for me to learn what I had to learn in order to help others that I had to become a different breed of spiritual person. Just helping the people whom I have helped thus far, I had to learn many religions and philosophies that would not have been 'allowed' in that other life. I could not have become who I am today had I stayed. I left anyway, knowing that I would be judged very harshly, be completely misunderstood and lose everything; which I was, and I did. Again, I was resolute to find the new path that my feet were to be set upon, which God was leading me to. I had become unequally yoked with that 'life' and my spirit was dying.

Many religious people believe that to walk away from a physical church building, and the people in that building, is 'falling away' from faith. 'They' view that gaining a well-rounded education and perspective on life is 'falling away' from that particular faith, too. They believe that if you are not with others of that *same faith* that you will somehow forget what you learned and completely lose the ability or desire to be a spiritual being. Like jilted lovers who cast you aside and kick you to the curb as you are leaving, 'they' don't like competition. It is as if they believe that the only reason that you desired to become more spiritual (by choosing to go there to begin with) was because of them. As if they were offering you something purely on a superficial level to go there, when it was Spirit itself who guided you there. Like a cult mentality. Spirit has many things for us in our lifetimes. "To everything there is a season and a time for everything under the sun" (King James Bible, Ecclesiastes 3:1). Spirit often guides us to different places because Spirit is an intelligent force that also wants us to be intelligent. We become intelligent by studying

as well as listening to Spirit lead us throughout our lives. We learn through experience as well as exposure to others and to other philosophies. Right or wrong, it is impossible to learn anything of note with a 'closed' mindset. **No true spiritual path, which is authentic, will be a clone to another spiritual path because Spirit leads us to places not necessarily for a lifetime, but for a time.**

Only a few of my true friends remained so, everyone else was offended and turned their unapproving faces from me, so to speak. My pastor, who was my very dear friend, told me that if I refused to attend a 'church' *in a building somewhere*, that he could not in good conscience continue to speak to me. I told him that it was nice knowing him, but that I was done with that life. He never took my calls again. He was my best friend at the time, but I needed different answers than the 'church' or the Bible could offer me. He missed out, they all did.

Another monumental event for me was moving away from Kansas. First to Texas and then on to California, where I felt led by Spirit in my visions. I was very fortunate to have landed a design job in Texas with a company that sent me to California for a position. I had looked for work for over a year so this felt like a miracle. And to have a 'ticket' to California just seemed incredible. All of these events I believe happened as a result of my decision to live an authentic life. This decision would ultimately take me away from the church and my poor excuse for a marriage.

Again, on my twenty-eighth birthday a dream I had had my whole life presented itself. I had wanted to skydive and never made the opportunity happen, but when I turned twenty-eight I finally did it. I jumped out of a perfectly good airplane.

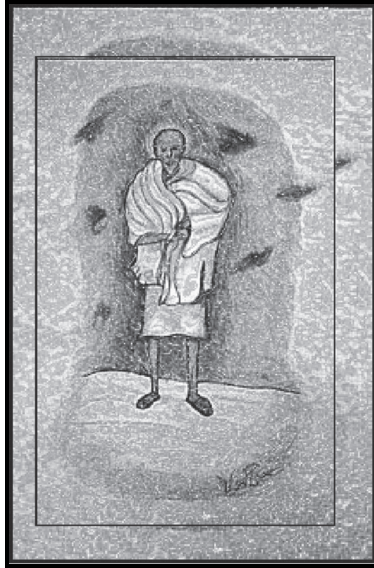
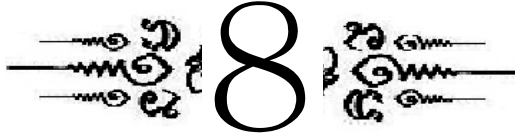
All of these events have been frightening for me. Why did I do all of this? Because of Spirit's leadings. I believe that God (Spirit) puts desires in our hearts and then provides opportunities to fill them, but we must be watching for those 'opportunities' to arrive. When they arrive we must be ready to get onto the plane and JUMP when the door is opened. We must make ourselves *ready* to get into the pool to be healed.

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When these opportunities arise, they have perfect timing and will heal us if we let them.

We all need healing. Healing means that we get what we truly desire. Healing means that we get to choose happiness over complacency. Healing cannot happen if we are hem hawing around thinking that Spirit wants us to be miserable and bored. We ask our friends, family and pastors what we 'should' do and they give us a different answer than Spirit has given us. So now we feel 'unempowered' and blame Spirit, the oracle and the psychic, because they gave us different answers. These opinions are coming from different people and Spirit is speaking to them in different ways, but we were expecting a "one size fits all" pat answer. Spirit is telling others their dreams, which they have not allowed to be fulfilled. They are repeating to us - like parrots - what they lack the courage to do. Receiving guidance is good, but it is us who ultimately determines what is best for us. We cannot blame others for trying to help. We spend too much time questioning God (Spirit's) leadings and end up having our healing opportunities pass us by.

By observing *this* soul's consistent ability to choose the path of courage (by following Spirit's leadings instead of giving into fear), I realize that I am not my own and never have been. With this inner commitment to the truth and path of love made when I was eight or even before birth, which is what I believe, I have been able to understand my life and why I am here. With this early commitment and the Going Clear methods derived from my life, I have been given the ability by Spirit to expose the 'expectations' that I sometimes carry. These expectations would hold me for ransom otherwise. "His disciples said, "When will you appear to us, and when will we see you?" Jesus said, "When you strip without being ashamed, and you take your clothes and put them under your feet like little children and trample them, then [you] will see the son of the living one and you will not be afraid" (Gospel of Thomas, vs 37).



‘Holy Man’

Stages of the Soul

Although this book is not about yogi philosophy, I see the benefit in adding a bit here to bring some much needed clarification to many people who might not find it otherwise. This information can provide much comfort, as it gave me when I so needed it. In yogi philosophy there are three stages of the soul. *Stage one* individuals are souls who are still living their animal nature, or their first three chakras, to get by in life. This level of *soul growth has nothing to do with how many physical years they have been alive* (Yogi Ramacharaka, 1931, pg 87). They appear lacking in morals to the rest of society because they are incapable of them. They are about survival, sensuality and power. Nothing more. I speculate that these individuals have no sense of right or wrong. Typical sociopathic behaviors (behaviors from individuals who have

no conscience) can be found within this stage of the soul (Stout, M., 2005). This also explains why some animals appear to have more compassion than people. Gnani Yoga covers this (Yogi Ramacharaka, 1934, pg. 153).

Basic Yogi philosophy answered many hard questions for me. Questions, which used to plague my mind such as: why do some people appear to be rotten to the core, have absolutely *no regard* for killing a mother (leaving her child an orphan) or killing pregnant a woman while taking her baby? Others who pretend to be so good and moral are some of the meanest people that I have met. These holier than thou people appeared to me, at the time, to be bad, very bad. I also wanted to know why some people appeared to understand me, while others looked at me like I was crazy. This still happens even when I am acting as normal as I possibly can in my own eyes. What causes a real soul connection with some and not with the vast majority? Being involved in church and church schools for the first 27 years of my life caused me to question much of what I was taught as well as the people who taught me. It wasn't entirely the Devil either; the devil isn't causing all of the pain in the world. We do a pretty good job of causing much of our own pain as well as pain towards others that we cannot blame on the devil.

Stage two people have discovered morals and are born with a sense that they need to be better people. Though this is good, they are still dealing with the attraction of the first three chakras, except now they feel guilty about that attraction (Yogi Ramacharaka, 1931, pg 88). The first three chakras represent strong attachments to survival and the pleasures of life. These attachments can take many soul lifetimes to release. I am not speaking of a physical evolutionary process of monkeys and humans, but of a progression of the soul's maturity itself.

These stage two souls carry much guilt over their secret desires to be naughty, very naughty. They are developing a conscience in this life and many of them, if not all, become religious zealots. They have to, it is part of spiritual soul development and they cannot help it. They are right on track

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just like a baby learning how to walk. They have no more control over stopping their behaviors than the stage one animal. These people are very 'polarized'. If they are 'good' and behave, they develop religious pride that smells for miles. Few others can stand to be around them. Other stage twos tend to worship them as if they were gurus. They are trying so hard to be good that they are acting in *bad* ways. This is the law of polarity as stated in the Kybalion (The Three Initiates, 1940). Likewise, other religious zealot stage two's within the darker arts who are trying so hard to be 'bad' - frustratingly enough - end up doing good things instead. It is very annoying. This explains much of the confusion that drives all stage two souls and everyone who happens to be watching them.

Many monks, but not all, who've joined monasteries *have* removed themselves from the world and the attractions of the world in order to deal with these temptations. Stage twos possess a strong desire to do that which is perceived as right so they participate in many aesthetic disciplines. They are trying to master the lower parts of their nature in order to develop a stronger will. Mind over matter. They, however, lack the spiritual enlightenment to succeed in removing their impure leanings. A task that is required in order to master the lower man or the lower animal self.

Christ was referred to as a Master because he had mastered these temptations within himself. Buddha was also referred to as a Master for the same reason. There have been many more Masters throughout the Buddhist and Hindu traditions, which have born many such Masters (Paramhansa Yogananda, 1946). I ran across the following quote in my research of the Gospels of Thomas. This quote, in my own perception, may describe stage two behaviors in a way that stage three souls may understand. It goes as follows...

"And they rejoice over [...] madness and derangement [...] they pursue this derangement without realizing their madness, thinking that they are wise. They [...] their body [...] their mind is directed to their own selves, for their thought is occupied

with their deeds. But it is the fire that will burn them” (Turner, 1990).

The apostle Paul speaks of the polarized nature that troubles stage two souls in their struggle for control that cannot be had. Paul, in my estimation, was a stage two soul. Here he writes perplexingly about this in one of his letters. “For what I am doing, I do not understand; for I am not practicing what I *would* like to *do*, but I am doing the very thing I hate” (NAS Bible, Romans 7:15). He is vexed over this seemingly hopeless pattern, which he perceives he cannot escape from. Until he comes into a stage three understanding, he will not be able to reconcile it. This is what I believe to be Paul’s ‘thorn in the flesh’ as he called it, sin or infirmity, as some translators of the Bible call it (King James Bible, Galatians 4:13-14). No one actually knows what Paul’s thorn was for certain, but this is what I have to offer on the matter, which makes the most sense in light of the further studies I have done. Sin is an archery term, it means ‘to miss the mark’, the center of the bull’s-eye or perfection. Stage two souls strive for perfection that never comes because perfection is polarized and we live in a universe of extreme polar opposites.

The Sadducees and the Pharisees were the notorious stage twos of Jesus’ day, so we are told, breaking rules and making more to break while holding each to the letter of the Law. Jesus came to teach about GRACE, love, forgiveness, compassion, and the beatitudes, which are all stage three qualities. Many individuals within the stage two of soul growth can be found warming church pews every Saturday or Sunday and Wednesday nights, usually struggling with some *supposed* sin or another. In every group of stage two souls, whatever religious setting you care to choose, there are a few mysterious and quiet souls who would prefer to sit in the back. They aren’t looking to be noticed and they seem very quiet, holy, compassionate and contemplative compared to the rest of the more excitable stage twos who are running around bragging about how many people they brought to the Lord that week. For these individuals, their attendance and bible study will quietly increase to an almost fervent pace and their desire

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to know God becomes all consuming. Then all of a sudden, the person walks away from the church or their chosen religion, never to be seen or heard from again. It is as if someone whispered a secret in his or her ear or they just went poof. Once a soul can effortlessly release their attachments to the first three chakras they are phasing into the stage three level of soul growth. Stage twos possess a desperate need of validation by way of controlling themselves and others with rules and codes of conduct.

Stage threes live in a perpetual state of grace and only have problems when stage twos are trying to hang them on a cross or stage ones are breaking into their houses (Yogi Ramacharaka, 1931, pg 90-91). I know, I have a stage two Bhakti yogi acquaintance and he has trouble accepting that I do not abstain from meat, sex and basically everything fun. I also do not believe in physically whipping myself. Bhakti yoga is the worship of the deity by way of *loving devotion*. In Hinduism, this is done by chanting the names of the deity and meditating on the holy name. This practice is a form of contemplative prayer similar to Catholics praying with rosaries, Buddhists chanting with prayer beads or fundamentalists singing worship songs (Yogi Ramacharaka, 1931, pg 169). No matter, the religion or the driving force is the act of worship, or a Bhakti-like practice.

My acquaintance kept insisting that I needed to chant the holy Hindu names for God constantly and practice his Tantric methods with him without respect to my own practices. There is a great benefit from Bhakti yoga and many stage threes practice it as well without the religious dogma or asceticism. Bhakti yoga practice, however, does not require one to be annoying to others. It is not the practice of any religion that could be viewed as wrong; it is the *forcing* of that thought or religious experience/expectations onto others, *which could be viewed as wrong*. Even though we have religious freedom in this country does not mean that all stage twos are going to honor that. As Jesus said, "Father, forgive them for they know not what they do" (King James Bible, Luke 23: 34). For five years, my acquaintance set out to convert me to become a

stage two person like himself. Thus riddled with dogma and rules for living a holy life, and for five years I told him *no*. He ended up trying to bully me by emailing me verses from the Bagavad Gita taken out of context as *an attack* on me spiritually. The obvious purpose being to invalidate me, in a last ditch effort to ‘*bring me down*’ to his aesthetic, stage two level. Likewise, many Christian acquaintances attempt to fear me into returning to ‘the fold’, so to speak, because they view me as ‘fallen away’ from the truth of Christianity. They proselytize with tales of hell while staring in disbelief at the thought that I could possibly walk away from those teachings. So “I shake the dust from my feet”, as it were, *in their general direction* (King James Bible, Luke 9:5).

These are bullying and intimidation tactics and many dysfunctional stage two people use them to bring the targeted person under their control. When religious people do this, whether they mean to or not, they are being especially evil. All aesthetics are stage two souls, without exception. I had to tell my Hindu acquaintance no again, and why ‘no’ with a more firm energy than I had ever done before. It was not very pretty. I came to realize that he could never let it go. His desire the whole time that I had known him was to **make** me his student, by intimidation if necessary. He even sarcastically suggested that I should be whipped physically for disobedience to him and to God. I have the email to prove it. “I know, I was shocked, too”, Lewis Black, comedian.

The relationship with my Bhakti yogi friend had to end for a while because I would not play his game. I became brutally honest with him. I cannot live an *in-authentic life* in order to make another insecure person feel validated without betraying myself. If I were to do that I would go insane. The reason that any stage threes, which you are, would go insane, is because you are trying to live your lives in such a way as to make the stage two souls in your life feel safe or validated. You are living for them and trying to live by their rules, period! You are playing out your life as a janitor when you are the President. Stage threes are like Jesus, sounds blasphemous, I know. Christ said that the things, which he did, we will do and more,

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period, end of sentence. “I tell you the truth, anyone who has faith in me will do what I have been doing. *He will do even greater things than these*, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it” (NIV Bible, John 14:12-14). You either believe Him, or you don’t. Stage threes just believe, even though they may have never read it, they know it in their bones as a natural consequence of being. I have known many stage threes who never studied the Bible who know of and follow Christ’s teachings. They understand them naturally.

Buddha started out as an aesthetic and *got it*. The light came on and he began to eat again. Stage three is being born into a stage of enlightenment, period. In this way you may track yourself and your soul growth. Stage threes are the only people who will benefit from this book. Stage twos will laugh and condemn it, even call it heresy and tell people that I am demon possessed. *I would rather be possessed of something that lives authentically, than something that lives lies just to make other people happy while making myself miserable*. Oh well, such as it is. ☺

Many stage three souls can spend a good part of their lives doing what stage twos do. At least until they wake up and smell the coffee. One day it simply dawns on them, usually by some catastrophic life event. This event could be an illness, a divorce, a death, or a mid-life crisis. While going through this crisis, they realize that they got the wrong address; which is why they disappear and go on, many never darkening the door of a church again. Stage threes many times **are born having a mid-life crisis** or going into one at a very young age. I was eight when mine started and it only subsided a handful of years back. I just keep evolving by getting a few tattoos, changing my hair color, job or going back to school. I do whatever it takes to upset stagnant patterns that can hold me back. I do not become too complacent. No grass growing over here.

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Stage twos condemn themselves, others and essentially everyone who does not 'appear' to live a pristine, chaste and zealot lifestyle, which they have chosen. Many aesthetic 'religious' practitioners, in or out of the ministry, are caught driving drunk, doing drugs, beating their spouses and children, molesting others and having affairs with the neighbors. The reason for this being the law of opposite polarity that ends up winning in their lives. The balance will be maintained, the universe will see to that. This is why Buddha taught centeredness; he realized the polarity of opposites that he was experiencing and quit aesthetic practices at that point. Before his death, he taught the Lotus Sutra and told his students to discard all others that went before.

Stage three of soul growth is at the level of the top three chakras. A person with this level of soul development has been around the block, so to speak, over many lifetimes, according to yogi philosophy. They are enlightened, have achieved cosmic consciousness and see beyond the rigid system created to keep us tame and well behaved. They are well behaved. They do not need a religious system to save their souls because they understand the 'why'. Stage threes naturally understand how to live in love and kindness, and they understand that they will never be perfect. They are perfect in their imperfections. It is about grace, mercy, love and tolerance for themselves and others. They are the social anomalies that others scratch their heads and walk away from in wonder. They can appear to stage two people to have no morals like the stage one folks because they have no FEAR of established rules and societal expectations running contrary. Stage two is driven by FEAR. The stage three people are non-judgmental of their own, as well as the behaviors of others.

Stage three souls are the hippies or Goths of modern day society. Not all of them, but many, are the incense, candle and art-loving free spirits of today. These people are studded, tattooed, leathered, caped, bejeweled, pierced, Feng Shui'd and belligerent. They do not conform to scary religious authorities and stage two rules that would otherwise be imposed upon them. This country was obviously started by

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stage three souls because we have freedom of religion. You see, on the surface stage threes *appear* to be out of the norm and even anti-social to some, but they are not. They are in love with life. They desire order to a point and have the confidence to dress, speak, do and be what they want while in the Caribbean. Life is a 'virtual' vacation anyway, the way they see it. This is why the pirate and other modern day mythological personas are so popular right now. Stage two needs to maintain control of self and others and police the system. Stage three only seeks to master themselves, not others. They are on vacation; they want to live their dreams, their dharmas without the interference of the world at large. Their motto, 'leave us alone and we will leave you alone'. They generally walk away muttering something about karma and what goes around generally comes around, go figure. Karma yoga is the yoga of cause and effect.



Yogi Rama Raajakumaarii
with a student in 2008



‘Power Priestess’

The Law of Living for Oneself Permission to Live Authentically

Responsibilities: What do you have to do?

We all have things that we have to do, but many individuals do a lot of things that they do not have to do. For instance: your job/clients, family, school, charities, community projects and friends. One of the most common problems with the people who ask for my help is the inability to say no to activities and people that they want to say ‘no’ to.

Are your motives for *your responsibilities* inauthentic or pure?

Excuses or Reasons:

I have to because...

They expect it and need it, no one else can help.

I am supposed to...

I like to stay busy...

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I don't want to have to make a plan for my life.

a. Using others as EXCUSE not to focus on me?

- Leads to BIGGEST POOR ME of all.
- Avoidance of personal issues due to the distraction of others and their problems

b. My integrity at stake from living a LIE?

- Lost self respect for neglecting needs of my own.
- Fear of Voicing my own needs. Lost in FEARS.

Who are you living for?

We all have many things in life that we must do, write down below your particular responsibilities.

What are your responsibilities?

Motivations: _____

Which of these responsibilities do you have solely because of others? (Husband, children)

Motivations: _____

Which of these responsibilities do you have solely because of others? (Neighbors, community, friends)

Motivations: _____

What responsibilities do you have for your job?
(Employer, coworkers)

Motivations: _____

Mastery of Thoughts, Feelings and Actions

We manifest in our lives by using these three elements: thoughts (mind), feelings (emotions), and actions (deeds). Most individuals seldom have an original thought because they were taught what to think and how to think it; what to say and how to say it; what to do and how to do it by their parents, educators, leaders, ministers, media, etc. Is this entirely their fault or wrongdoing? No, but it can become a fault when we make personal and professional choices based upon belief systems and fears belonging to others. We are then living an inauthentic existence and this can account for why countless millions of people are so unhappy. It also accounts for much undue stress and suffering. Steering others in your life with inauthentic belief systems you have chosen is wrong of you to do as well.

“When you know better, you do better” (Elinore Hill, 1996). My former Yogi philosophy teacher, who was a master, said this more times to me than I care to remember. Now that you know better, you can give yourself permission to do better. I am not being facetious, either. We are told when we are very young that we are allowed to listen to people of authority who possess titles. Examples would be: ministers, teachers, policemen, firemen, doctors, etc. EVERYONE ELSE is a stranger; “Don’t talk to strangers”, sound familiar? So, unless you possess one of these professional or vocational titles, you were not empowered to listen to your own voice, and even then possibly not.

Joseph Campbell writes about ‘rites of passage’ in modern day tribal life of the aborigines and other indigenous tribes (Campbell, Moyers, 1989). These rites of passage turn boys into men and girls into women. Our society as a whole does not practice this philosophy aside from Boy and Girl Scout

type organizations for our young ones, unless it is a religious ceremony like Jews or Catholics perform. This could account for the fact we have so many children running around making babies and then not knowing what to with them. This society is not doing enough to address these life issues. It is really the job of the parents to train their children with ideologies, which would benefit the child. However, we are dealing with a society of un-empowered parents parroting belief systems that they don't possess conviction for because they are just repeating what they were told (White, 1997). Our children feel that what we are saying is inauthentic because of this lack of conviction, so they don't believe us, either. In the eyes of the young, our parents and leaders have no real authority. I might think about doing drugs, too, if I were them. [Just so you know, I am against drugs because I believe that we can all achieve any drug state we desire by controlling our own brainwave states without drugs]. All drugs (from illegal substances to prescribed psychotropics), will do is mimic the brainwave state that we want. These drugs make us feel happy and calm. True meditation brings these states about and it is done naturally]. Teaching the *popular* fear-based ideologies of hell or religion won't save them, either. We've already proven that. What it will take are self 'empowered' parents developing 'empowered' offspring. Parents who can stand by their word and who'll stop running away from their children. It all begins with adults facing their own fears and traumas with a healthy "I'll get better or I'll die trying" attitude. Our children learn by our example and by watching us change and evolve.

Rights of passage are, in a way, about facing fear. Learning how to adapt when faced with death, divorce or bankruptcy. This is the martial art of life. Life can be a battle, and on occasion we must battle ourselves to become alive with the desire to make an authentic life. We are a lost nation and a lost world. And when we cannot change things, we weep with grief, but we deal with it, not drown it with a substance. Allow the intense awfulness to purge us clean, like a soldier in battle. Many things in life, however, have solutions. I have lost most of what I owned a couple of times, so I know that if I lose

my stuff again, that I can get up and get more stuff. I know that there are solutions for myself because I make them.

Spirit will take care of us, as it does with all of nature. The cost? Trust within the presence of the fear. Fear: "If I leave my alcoholic husband who drinks himself into a coma while caring for our child, I will be alone." Answer: "It is best for my child, so I must do it." Going out on one's own with a child takes incredible trust and courage; I know because I did it. I am surviving, but I know now that my son is safe and well cared for, so it was all worth it.

Exploring our own behaviors...

Thoughts - Are your thoughts your own or someone else's?
How do you know?

Feelings - Are your feelings your own or someone else's?
How do you know?

Actions - Are you doing things that you know are right for you? How do you know?

We know when we do things if they are right for us or not. Our gut tells us so. We know when we are out of our personal integrity and doing something because we were taught to do it that way. Authenticity means just that. *Every act or belief that we cling to and teach to our children that we do not personally stand behind is inauthentic.* We are out of personal integrity and everyone around us feels it. They don't respect us, either. If we are acting on and teaching our children religious dogma that was fed to us with our green beans when growing up, without proper investigation, we are cheating. Anyone can do that, but that is just too easy!

When we stay in this place, living the comfortable lie because true introspection *would be too difficult and take too long*, it is only a matter of time before depression, anxiety and anger begin to manifest in our lives. This warning not only stands for religious dogma, but other ideologies as well, such as perfectionism, racism or expectations of success. Eventually these cancerous thoughts/lies become disease infesting our

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bodies. If we do not deal with these feelings promptly each time we go there - *in our thoughts* - then it all begins to build up and emotional/mental/spiritual damage will occur. This eventually leads to psychotherapy or other types of counseling which may or may not really help you. It can only help YOU to help YOU. So, you end up in the same boat that you are in right this minute while reading this passage. What I am telling you is about what they would say. What you need are proven methods to use to clear this stress by finding the actual root of it and applying the methods to each unique situation. The methods in this book *have been proven by the case study method*, to work on individuals who have your run of the mill typical mind clutter. They have also worked on individuals who have been struggling with suicidal and severely depressed thoughts.

Tracking issues back to their core was not my idea; I speculate that people have been doing it for millennia (Herbig, 1997). Any successful system of healing on this planet today consists of doing just that. I feel that telling a traumatic story over and over or tapping on yourself (as some popular methods do) to remove emotional charge from a past trauma does not provide a *permanent* solution. Although people teach that they will; been there and done that, did not work for me and others I know either. Some modern day methods *numb the emotions, but the mind is not yet free*. Permanent healing can take place, though, when the spirit, mind, emotions and body are healed together. Christ spoke of it. The Going Clear techniques are based upon what Jesus Christ and others have taught and are my own interpretation. I regurgitated this from over thirty years of ponderance. When certain combinations of techniques are used together, the mind and emotions can be freed.

It all begins with inauthentic living. This inauthentic living begins in our childhood and must be tracked back to our childhood. If you do not cultivate the skills to do this or find someone else who has cultivated the skills to do this who will help you, you will be lost. When a person/patient becomes lost, the doctors then decide to medicate. Once you begin

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medication without improving your personal accountability or tracking sessions to find the root causes of your **TRUE issues**, you will continue to add to the existing stress you experience. Eventually you will be on such high doses of medication that if you forget to take it, you can go nuts and kill a bunch of people. No one really wants this, do they? Do the exercises below to discover how you may gain basic self-respect.

Deciding who you are – write answers to questions below

Things you enjoy doing, which others in your life feel are wrong and feel that you should not do...

Things you **do not** enjoy doing, which others expect you to do...

The key word here is **should**.

What you should be doing is working in a career that is fulfilling to you.

What you should be doing is enjoying a relationship that is fulfilling, healing, comforting to you.

What you should be doing is living in a city that brings you the joy, peace and/or excitement that you seek, not stress, anxiety, and /or boredom.

What you should be doing is living within the lifestyle you can afford while doing that career which is most fulfilling to you; while being in that relationship which is right for you and living in that town that brings you the most fulfillment. Even if that means you become a writer or a garbage collector in Pagosa

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Springs, Colorado or a news reporter in New York City by Monday of next week.

People who share no personal or professional interest in your life have no business saying negative things to you about your dreams. They need to one, shut up and go away or two, look into their mirrors and see their own disempowered and decrepit lives. They need to leave you the hell alone. It is not my responsibility to tell them that for you, it is yours, so go do it. Of course, I am not giving anyone license to shirk any of their personal, professional or familial responsibilities nor to act reckless in any way. Common sense needs to be adhered to when making life-changing decisions such as these. But, then again, too much common sense can stifle you at the same time and become an excuse to run away from your dreams. Do not become one of those people who scream annoyingly "I can't do it, I can't do it". You have to be the responsible person and decide your own balance and boundaries.

Should is probably not the best word to use when determining personal choices that make up a life. Try changing it to: "I feel right about" or "I don't feel right about"; or "I really want..." or "I really don't want...". This will help you to draw out the *real you* who is living deep inside *who rarely gets consulted when making any decisions*, let alone the most important decisions of your life.

Are you having unreal expectations of yourself? You are who you are - **who is setting your standards for you?** Is it your parents, spouse, best friend, children or church group? How old are you again? Can you wise up and set your own standards for your actions? Most people do not realize that they are living according to someone else's rules or standards and that is why they are stressed out to begin with.

As we discover who we are, we find out that we are already IN integrity. We find that things we do or don't do are okay with us, but they are not okay with someone else in our surroundings. Most of our mental clutter stems from guilt trips

of unrealistic expectations put upon us by others or ourselves. I have found that when we stop thinking about *what we are not doing correctly or enough*, we end our problems. In this newly created silence, we realize that every single thing we ‘*should*’ be doing for our families and ourselves is perfect already. Peace of mind washes over you and the joy of living returns. We are ‘doing’ enough; if we weren’t then we would be doing something else. We cannot screw this life up, no matter how hard we try, because life will always meet us exactly where we are and take us to the next step.

ARE YOU cutting the ENDS off the roast beef before you cook it because your mother, grandmother and great-grandmother did it, too?

I do not know the original author of this story, but I will tell you anyway because the point that the story makes is so crucial to the work that you are doing here. I am sure that you will appreciate it. The story goes that because the great-grandmother had too small a pan to cook it in, she cut the ends off of the roast beef. Her daughter, who obviously never paid much attention to her mother cooking roast beef, passed on this technique for generations regardless of pan size. It took the great-grandchild asking “why” before anyone noticed there was anything wrong. Of course, no one could answer that question until they asked the great-grandmother why she cut the ends off of the roast beef. Luckily, she was still alive.

This brilliant and cutting edge culinary technique might have been passed on for 2000 years if little Mary had not asked a simple question! Sound familiar? We are silly creatures and stories like this continue to validate how we are not driving our own minds or raising our own children, our dead families are. They didn’t even know how to drive and they beat their children to a pulp for lying. Why didn’t the great-granny just cut the meat in half or get a bigger pan? She was probably doing what her mother did with the same pan, and rather than get a new one or cook it in two separate batches, she cut the ends off! Bet the dogs were happy. Where is the logic in repeating these patterns?

How big is your pan? Do you really have to live your life the same way that all of your ancestors lived theirs?

When do we change the mediocre cycles of our pathetic lives and have the balls to do something, anything, about it? When do we step outside of our known modes of behavior that are the only *accepted and expected ways of living*, breathing and loving in our own little demented societies? How long will we lie here, dying in a pile of dead and pointless social skills that require us to do what other people advise us to do, so that we can be accused of being polite?

If you are gifted with an imagination, exert it on society and you will be deemed a god! Of course, then they will kill you, but maybe you will get really rich and have a lot of fun in the process. You can have a great last huuuuuurrah and for five whole minutes of your life YOU WERE REAL, so you can die with a smile on your heathen face.

Simple scenario...Relationship quandary

When people are in relationships with each other, they must honor the habits and hobbies of those whom they love in order for their relationships to last. Many people get into relationships believing that the other person should change to become more like them. People believe that they can inform their significant others to stop hanging out with friends or partaking in particular hobbies that they were involved in before the relationship became serious. Many people even tolerate a person's hobby, children, job or other habit while waiting for some sort of nuptials before dropping the axe and telling the significant other "...things will be different now..." Does this cultivate a sense of fairness or compassion?

If our spouse or significant other enjoys spending long hours watching ball games, shopping, talking on the phone, texting on their cell phones furiously, playing computer games, spending time with their children, playing music or sports and we want them to stop doing these things so that they can spend more time with us, is this fair? They trust us to honor

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them - all of them - and not hold them prisoner by threatening to leave, or worse, if they do not change for us. Many of us do this unknowingly. We do not mean to be unfair. Unfortunately, habits are already in place from prior seeds sown by living for others inauthentically. We have given ourselves away by living for them, therefore, our significant others 'should' give themselves away for us in return. This attitude is more common than you would think.

People believe that by telling their spouses they would like them to spend more time with them, instead of doing particular hobbies, will work. Some spouses like to watch lots of sporting events, shows or movies on television and this can become their personal therapy or meditation. Do you think that they will listen to you and do what you ask? Maybe they will in the beginning, but over time they will shine you on. As the relationship continues, they ignore you more and develop resentment towards you for tricking them into a permanent relationship. They understand subconsciously that you lied to them about being okay with their hobbies before your relationship became permanent. Most of the time people cannot verbalize this truth, though, so it comes out in a passive aggression. The activities that people partake in are obviously their dharmas (food for the soul) and 'good' or 'bad' does not enter into it, so expecting them to change can be wrong.

These hobbies or activities are a release from having to go to work all week to pay bills so that the family can have security. Who can blame the partner for having them? What are you going to do? You obviously have different desires. You married or share a home with this person and knew most of these things about them beforehand, so why complain now? Maybe *you* have changed since you got married and this is the problem? Personal growth is ideal, but not always conducive to *ongoing* relationships with people who do not desire change of any kind.

Many people feel that they do not need change to begin with and settling for an incompatible partnership with such a

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person is wrong *if the intent* is to change them later. Loneliness is never a good reason to get into a relationship. People make less than mediocre decisions with loneliness as the sole reason for jumping into a relationship. Like going shopping when you are hungry, you don't always get what you really need or want. A solution for your predicament is to unfairly put your foot down and demand that they change who they are for you, or leave. Relationships are not about us; they are about coexisting in love with someone who is a partner and compliment to us. Complaining does not work, either, because you were wrong to think that they had to change for you.

When a person gets into a relationship, it is with the goal of becoming whole. Relationships are primarily two people who are 'less than' trying to be a whole person. They are relying on the other person (who is not whole, either) to make them whole. Relationships exist at the soul level for two reasons. One, a person does not cherish the burden of figuring out who they are on their own, so they get into a relationship and rely on their partner for clarification. And two, when a person has experienced *as much personal growth as they are capable of on their own*, they seek a relationship to complete the process. In either case, the relationship becomes the new mirror for seeing our true selves while appreciating our reactions to our intimate partners. Relationships function in this way, period. If we can become completely whole while authentically loving someone and have some fun in the process, that is good, too.

The less personal growth that we have experienced on our own, the less wisdom we possess when choosing an appropriate partner. We tend to attract a similar partner in experience and maturity as we are presently. With this truth made known, it is easy to understand why the possibility of relationship failure occurs. We can learn to be less selfish and more aware of our *true* motivations in order to act responsibly and kindly with our partners. When we do this, the challenges will still be there to overcome, but the chance for a relationship's success is much higher. Mental clarity,

emotional maturity and deep spiritual growth are the components of those in successful relationships. Couples have a much greater chance of surviving when cultivating these talents both on their own and with each other. There is no excuse to deny the responsibility of personal growth for every person involved. It is not our partner's job to do all of the work.

Not all couples grow in the same direction. Some mates don't grow at all, which is why I have gotten a divorce more than once and broken engagements at other times. I want more from my relationships and do not settle for less, for whatever reason. We all deserve to be with mates who will desire to grow with us naturally without being prodded to do so.

We can become more willing to look into the dark closets of our minds, our lives and into areas that we really don't want to enter into. We may have to change habits that we do not want to change. We can also choose to quit judging each other as well as ourselves for *supposed imperfections* that we think we have. Then we must make a contract with each other to live our *dharma*s whole-heartedly, without complaint about each other's god given idiosyncrasies. When, and if, you cannot live like that anymore, you will move on because you are unhappy and incompatible. If you decide to stay, don't complain; do something else that will add to your life force. Likewise partners, children and friends; do what is right for you and yours with balance.

Raising our own vibrations

Our vibration becomes higher as we draw upon our courage to clear our own issues. This happens when we become comfortable with being very uncomfortable. This is usually going to happen in temporary spurts, but will be present as long as you are alive. The only way to stop all uncomfortability is to transcend attachment to everything. For example...

Others lose the ability to control you and your life by use of cajoling through guilt, demanding you comply or begging you to feel sorry for them.

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Turning a deaf ear to their cries and having the courage to tell them **“Look, it’s not personal, I just really need to do this _____ for me. If you really love me and support me then you will understand.”**

When we make the conscious decision to “live our bliss” as Joseph Campbell says and then follow through without being changed by others’ opinions, the whole world will open up to you (Campbell, Moyers, 1989). You will become a magnificent and powerful being in ways that I cannot express to you in these pages.

We can gain practice in stretching our courage boundaries by some of the following exercises...

*Be silly and then laugh at yourself.

*Do what embarrasses you in public and then develop the grace to pull it off.

*Do what you feel and say what you really think *without* apologizing.

*Begin to embrace what you are afraid of in the way of hobbies, books, movies, and activities. What this will do is to push and stretch you. You will become exhilarated in the doing of them.

I use profanity. I believe that it is a vital part of modern language. Profanity is part of who we are. I know that sometimes others feel uncomfortable with it, and at times because of that, I will make concessions. However, if the cost to me is that I give part of myself away or lose my ability to communicate a point, I will use it anyway. I know that at times it makes others uncomfortable, but if it feels appropriate in the moment then I am not being abusive. I will say what I mean and not censor myself. Most others think it is funny, and more than that I can bond with strangers, like being a smoker to another smoker.

Profanity is the language of the masses. Most people who do not swear or *cannot admit that they swear in their heads* sometimes have an agenda, unless they work for the media. This agenda is somewhat dishonest in many cases. Worse are those who lord your communication over your head, as if

you were seedy and of low social rank. Many educated individuals swear, it has nothing to do with ignorance or intelligence, but bravery. People are swearing in their heads most of the time anyway, and they are lying about it. I guarantee it. The man who *supposedly* started the Church cussed like a sailor and theologians know this. His name was Peter, oh, that's right, he was a sailor.

Why do I do this? I do it because it feels right. There are no explanations, no excuses, and no hostilities, just passion. People who are passionate cuss, a lot. I was punished all through my adolescence because of swearing or simply telling it the way that I saw things. I went to private schools and church and was always swearing in my head, but afraid to be real *for obvious reasons*. I would have been expelled, but I really wanted that education, so in stuffing the swearing within that situation, I honored myself. Make sense?

When I was twenty-seven years old and *in the ministry*, I realized this about myself, and further, that there was absolutely nothing wrong with me! I knew my heart was in the right place. I loved Spirit, and I cussed, praise Jesus! I also realized that by not swearing out loud that I was being a hypocrite, so I quit the ministry, but not the cussing. I realized that I could not practice in mainstream religion because that would require me being a phony, plastic, pretend wind up toy and not a real person with real feelings. Mainstream fundamental religion castrates its ministers and ties their hands from being able to live or minister in a state of pure authenticity. No ad-libbing allowed, which is the reason that I did not seek a traditional seminary degree. I also didn't buy into all of the rules and dogma.

I knew that I was cussing in my head and I was lying by not letting out the humor that I sought to bring to situations with the use of expletives. Most people are very angry and hurt by their past or present traumas and the pains of living. They desire to express it and when they hear me cuss, they feel more relaxed. They feel more real and able to talk about what is *really* bothering them. When I speak to them, I help them to

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express that pain, sometimes through the use of profanity. I give them permission to be angry, hurt and expressive. *This world will not be healed by socially appropriate behaviors and therapies because the real pain was inappropriately delivered.* Watch 'Footloose' with Kevin Bacon.

Make a list of the **ways I TAKE responsibility from others and STOP IT!** NOW - if possible – begin setting boundaries and implement a plan for immediate change.

10



‘Nahui’

The Law of Self Respect

Self respect defined: American Standard Dictionary – Worthy of high regard; esteem. Respecting: Considering; with regard to.

Do we respect ourselves enough to truly live the way that we want to **without apologizing** for our thoughts, feelings and actions? Especially if we are IN personal integrity already?

“To apologize to others for our own acceptable brand of behavior is disrespectful to our very souls. Not to mention when we apologize for our personally accepted behaviors to others, we insult them as well, because we are assuming that they are not mature enough to handle the real in us.” (Stone, 2004)

What causes you to lose respect for Others?

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When others break promises or lie to you?

What about when you break promises and lie?

Why do we break promises?

We break promises for usually one of three reasons.

- We promised to do something that we do not want to do to begin with, but were practicing the inane art of 'people pleasing'.
- We promised because we felt coerced (more formidable than inane people pleasing e.g. bodily harm) – therefore the promise was false to begin with.
- We want revenge because we perceive that you broke one first.

Why do we disrespect others as well as ourselves?

- Lack of understanding that we are so easily controlled by societal expectations – coming from the belief that no individuality is appropriate.
- Lack of understanding that we are only human - not perfect.
- Lack of understanding that we are angry and want revenge.
- Lack of understanding that we are phony and/or controlling and we don't know how to win our freedom from those who put expectations on us. Instead, feeling powerless.

How do we end this cycle?

- The answer is to live authentically. Muster the courage to tell others to PLEASE not expect you to do something that you do not feel right about doing.
- Live up to the promises that you have made and do not make them again.
- Fulfill your contracts in a timely manner and set yourself free from future contracts in either verbal or written form.

Exercises: write answers in the box provided below

a. Make a list of *how you want to be treated by others* (friends, co-workers, family or significant other) from now on. This list can be applied to how we mistreat ourselves as well. We desire that others treat us more appropriately, yet we offend ourselves daily.

b. Make a list of *things that you want to change about yourself* within your own environment, at work or at home from this time forward.

c. Make a list of how you would like to see others in your life or environment change.

Do EXERCISES A, B AND C NOW...

[illegible]

**How do we disrespect others,
and in so doing, disrespect ourselves?**

We offer advice to others (friends, relatives and neighbors) when it is not requested. Why? We do this as an attempt to validate ourselves by getting them to take our advice.

If they don't take our advice they 'offend' us. Then all of a sudden, for some unknown reason, they fall out of our favor. Control is all pervasive to an insecure person. If we cannot control our own lives, we MUST control others' lives. When others do not 'fall in line', we no longer want them around. *We think we sense hostility and we do - it is our own hostility turned upon others or ourselves* - by offering the advice to begin with. It can be especially disrespectful to offer unsolicited 'psychic' advice. Unsolicited advice is generally given as a form of control or for the validation of the person *who is giving it*.

In other cases, someone offering advice in the form of edification or encouragement rather than control is more out

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of brotherly love. This type of encouragement is generally given by a peer, teacher, parent or friend. *You discern which you are receiving and which you are GIVING.*

SPECIAL NOTE: Your answers for exercise 'c' below...

RESULT: alienation, because we expect others to be something different than what they are.

We experience alienation from ourselves due to our 'poor' behavior as well as alienation of the other person.

If we can BECOME a supportive, non-jealous, non-covetous and non-envying friend or family member then we would have no advice to offer because we would view others as perfect. We would have hundreds of loyal friends around us all of the time. Exceptions to this: employers, mentors, parents, teachers, or others **who you are paying or asking to specifically give you advice.**

Likewise, to employ a mentor or a teacher and not be receptive to what they are saying **is dishonorable to you** because you are attempting to be dishonorable to them. You may have the attitude to 'pick and choose' what you are willing to hear, or not. This is called transference and if a client or student goes here and does not have a breakthrough by choosing to clear the issue, the mentor or teacher should let them go.

Reader Questions:

Where do you fit in here?

Can you see this in your life?

"Can you admit that possible it is, that to others you have been, ungracious in the past?" (Yoda).

"Mid-life crisis is when you have spent your whole life lying to yourself (and everyone else) that you want to do what you've been doing. But then you realize that it was all a lie that you told yourself" (Stone).



‘Buddha’

The Law of Non-Judgment and Compassion

What causes you to feel angry?

What causes you to feel happy?

Do you feel misunderstood by another person? Why?

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What do you do when you feel angry?

Do you feel hopeless? Y N

We learn to SEE how WE behave by watching our reactions to others' behaviors. We feel things as a result of observing others' behaviors. These feelings could be: happiness, sadness, anger, frustration, joy, love, hate, etc. When another person does or says something that causes us to 'react' negatively, what is it that causes this anger or upset? What is it that causes that good feeling?

Reader Participation

- Do other people have the power to 'make you' feel one way or another? Yes _____ No _____
- Is what another person does or says a reminder of what someone in your past did or said that evokes the same reaction within you? Yes _____ No _____
- Why do you feel angry, sad, happy, romantic, loving or hateful? What causes this reaction within us?

What is the worst thing that SOMEONE ELSE has done to YOU? People who hurt have hurt or disrespected you over your lifetime? Write names and what they did to you.

Name	What they did to you
------	----------------------

_____	_____
_____	_____
_____	_____
_____	_____

What has been done to you in the past is not your fault. Unclear people who are 'damaged' from their own traumas have hurt you. Do you understand?

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What has been done to you in your life that has hurt you is NOT YOUR FAULT. Do you understand? It is very important that you understand this in order to fully heal.

What you have done to hurt others in the past were not your best choices either, but they were the best that you could make at that time. Do you understand this as well?

Choices

Is it possible that our feelings and thoughts (which really equal judgment) could simply be choices on our parts?

Like the psychologist Pavlov's experiment when the dog's mouth began to salivate each time he heard the bell that signified that it was time to eat?

Whenever the bell rang, the dog's mouth still salivated whether they fed him or not (Fredholm, 2009, para 1-5).

Behavior is conditioned and of the EGO.

Re-condition yourself to have NEW behavior patterns.

Reader Participation: What do you think?

1. Do you think that when a person does something that reminds you of what your mom, dad, brother or sister did before that the other person did it DELIBERATELY so that you would feel angry again? Yes _____ No _____

2. Do you think that others (strangers, spouse, family) want you to be angry or do you think that you **get angry** over what they did or said because you have been conditioned over a period of time to choose anger over another emotion?
Yes _____ No _____

3. Do you think that it is possible that the reason you became angry was solely a decision that you chose to make and that it had nothing to do another person or what they did; aside from reminding you of what someone else did before?
Yes _____ No _____

4. Do you think it is possible that they reminded you of another time you were angry and felt hurt over something someone did or said **and that you are still angry with the last person who hurt you?**
Yes _____ No _____

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5. And like Pavlov's dog you have been conditioned by past choices that you have made? Yes _____ No _____
6. What if you were able to completely GET OVER the past hurt? Would you do it? Or would you be tempted to hang onto it because your 'personality' has become defined by it? (Personalities become molded to expectations or conditioned responses). Yes _____ No _____
7. Who are YOU without that past hurt?
Do you know? YES or NO Answer now (circle one).
8. Do you think that it is possible that when *others 'react'* to you, become angry and accuse you of trying to hurt them that you are just doing what you have been conditioned over time to do? Is it really *YOUR FAULT that they are angry?* Yes _____ No _____
9. Or do you think that they are responding to their own conditioning and their own personalities that have formed around their past hurts? And that you have simply reminded them of their pain? Yes _____ No _____
10. If you and the other person could figure this out and GET OVER the past hurts to be able to be together NOW (as lovers, friends, family, etc), would you? Could you choose to be happy together despite everyone's past? *Would you do it and risk having to redefine your personality (personal history) and who you think that you are?* Or would you want to be alone and 'defined' by your pain and grief?
Yes _____ No _____
11. WHAT DO YOU WANT TO DO WITH YOUR LIFE NOW?

Judgment

What is JUDGMENT? An ECO (emotionally charged observation) or an observation that is POLARIZED (One extreme or the other). My own definition.

Polarity leads to Judgment - Judgment is our tool or mirror for *seeing where we are* and nothing more. When we use judgment constructively like this, it is a good thing.

What is POLARITY? Good/bad, happy/sad...we attract the opposite of whichever 'pole' we are *attached* to. What we resist PERSISTS! The answer is to stand in the middle.

The 'middle' is where the master sits - not being 'charged' by either side - neutrality. If we resist the darkness, it will follow us relentlessly until it has us - do not resist. Instead, allow it to exist *without judging it* and it will not affect you. Thus we remove its power over us. "Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half truths; all paradoxes may be reconciled." (Three Initiates, 1912, pg. 149).

What is True Compassion?

End of judgment for both ourselves (self judgment) and others by walking the line in the middle of no Emotionally Charged Observations. This is spiritual evolution (elementary school, high school, college).

"When we all know better we will do better." (Elinore Hill, 1996)

Exercises

- Live in the moment - catch yourself in the judgment and analyze it right then. TRACK THE THOUGHT you are experiencing all the way back to its origin. Who did you say that to? Who did you *want* to say that to?
- Become Awareness. Question everything you think...
- Is this true for me or is it what someone else believes?
- Is what I'm thinking about them true for me?
- Have I been hurt in the past by this same behavior?

Diagram of our true state of Existence

Based on the hermetic philosophical principle of Polarity.

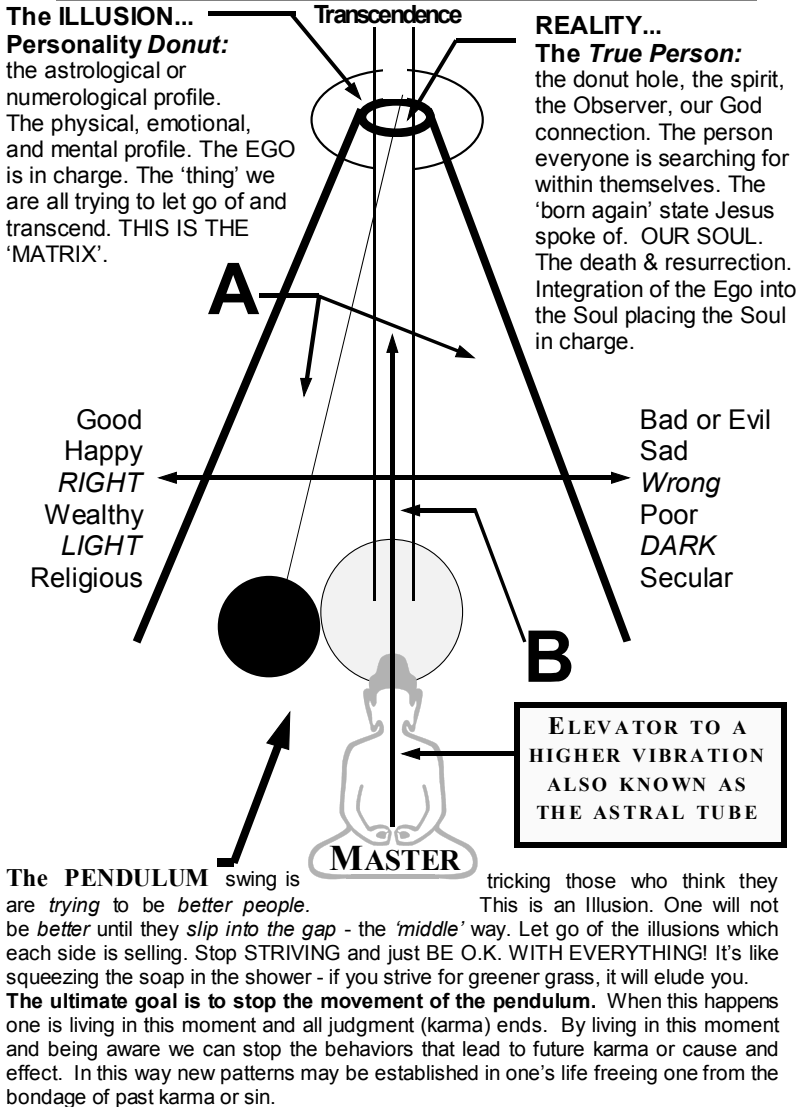


Diagram 10

(The Three Initiates, 1912, pg 77)

Diagram 10 continued...

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A) The realm of the *knowledge* of good and evil, the material, judgmental and selfish man. We were cast out of the garden of Eden and into the world of the pairs of opposites or polarity consciousness.

B) The return to the Garden of Eden. The end of the knowledge of good and evil by ending all judgment. This childlike innocent state Jesus spoke of is returned to us. This done by clearing one's fears. For judgment is Fear and fear is SIN. This is agape or compassion.

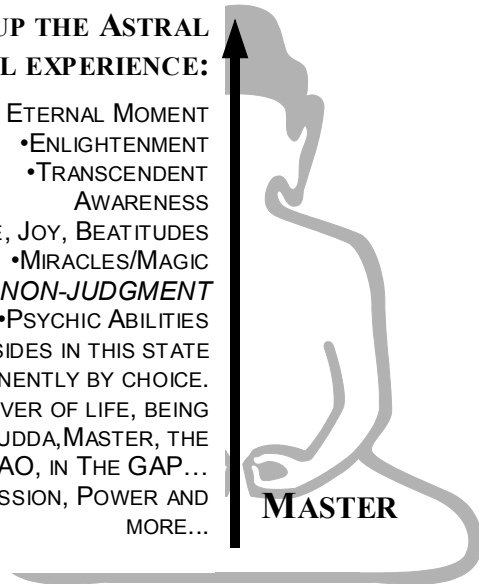
Individuals *visit* this moment while meditating, AH-HA moments etc... Cosmic Consciousness really begins by truly experiencing this state. The challenge for the *enlightened* individual is to remain in this state by choice and an act of will.

It is the state of *choosing* to participate in the personality, issues and emotions or not having to participate in them. Which is why many enlightened souls appear to be unemotional or uncaring.

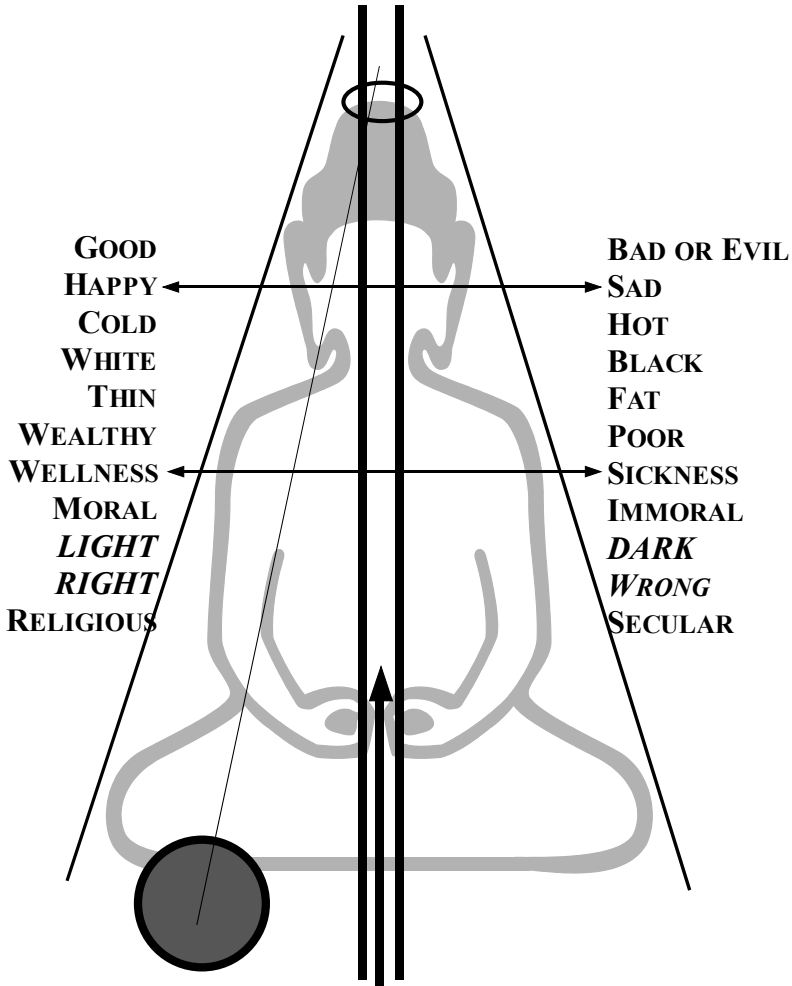
The description of this person is to be found in the Tao Te Ching. They have become **the Observer.**

TRAVELING UP THE ASTRAL TUBE ONE WILL EXPERIENCE:

- ONE ETERNAL MOMENT
 - ENLIGHTENMENT
 - TRANSCENDENT AWARENESS
- PEACE, JOY, BEATITUDES
 - MIRACLES/MAGIC
 - NON-JUDGMENT
 - PSYCHIC ABILITIES
- EVOLVED MIND RESIDES IN THIS STATE PERMANENTLY BY CHOICE.
- IN THE FLOW, THE RIVER OF LIFE, BEING CENTERED, A CHRIST, BUDDA, MASTER, THE TAO, IN THE GAP...
WISDOM, COMPASSION, POWER AND MORE...



**TRANSCENDENCE AND THE NATURAL RAISING OF
THE KUNDALINI THROUGH THE 7TH CHAKRA BY
*CLEARING ALL FEAR/JUDGMENT.***



**Elevator to a higher consciousness/vibration is
Through the astral tube, not seeking the opposite.**

Diagram 11

Diagram 11 continued...

Going Clear, Doorway to the Divine

Many individuals believe that in order to have a higher vibration or to be spiritual means to be to the left of this diagram. They believe that being good, religious, moral and of 'the light' are the IDEAL. This is incorrect because they still see all other people as being 'outside' of or 'different' than they are.

As long as we still have judgment against our fellows or their actions, our sense of a higher vibration is false. It has been interesting to note that the more evolved we become, the more 'righteous sounding' our judgments also become. Christ said "judge not". If we judge nothing, we desire nothing. If we desire nothing then we are in true peace. All people and actions are our mirrors. If we are not in judgment of others or their actions then we are not judging ourselves. If we are **not** judging ourselves then we are enlightened.



Rama Raajakumaarii in Two Guns Arizona 2003



‘Aspens’

PRIMARY MIND BLOCKS TO CLEAR

All of these mind blocks listed below can be cleared and it will be a lot simpler than you think. You will be amazed at how easy it is to eliminate these blockages from your life. Most are learned behaviors from family, school, church and society and don't authentically belong to you. They can be cleared by reading this book thoroughly or meditating and studying for twenty plus years if you still have that kind of time. You can also come to a Going Clear Weekend because Christ shows up and you get healed; your choice.

Our purpose for clearing these mind and soul obstacles are not so that we can be 'good' people or to impress anyone, but to simply be happy. Happiness is the only goal here. When you are happy others get healed around you. When you are happy the world becomes happy. And when I say

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happy, I mean peaceful, joyful. When we are peaceful and joyful we naturally live the be-attitudes from the Bible and many other religious texts. When you clear these mind obstacles or **blocks** you become able to create whatever you desire and then you won't need books on manifestation.

The following blocks distract us from manifesting miracles the way that Christ and others have succeeded in doing.

Bitterness – Anyone who has hurt us was originally hurt. Ask any psychologist; people who are victims will become predators or advocates, generally speaking. A rapist was raped, literally or metaphorically. They are insane; they are lost in their own rape, locked in time at the moment of their rape and trying to reconcile it in their minds. There are thousands of men and women walking around out in the world who have been raped physically and emotionally multiple times, and by members of their own families. Like the deranged running the streets and shooting up schools, they don't know what they do. Jesus said that, too. "They know not what they do" (King James Bible, Luke 23:34). Your choice, your ONLY choice is to contribute to the madness or let it go. LET IT GO. How does it serve you? Does it give you something to yap about at the beauty parlor or on the chat? You suck, too; you hurt others, too. Get over yourself already, who cares if that means you need new friends or family because your old ones keep drawing you in to the drama and won't let you talk about anything else. Let it go, and let them go.

Hate = Un-forgiveness towards yourself and others who've hurt you. People suck, they don't pay attention, of course they are going to hurt you. Stop expecting others to be sensitive to offending you. They are insane and lost in a world of their own pain in their own minds. They can't even see you, let alone understand you or want to know you. They don't care for themselves, how can you expect them to really care for you? And guess what? You are the same as them. We are all victims or victors here; it is just a matter of perception, that's all. It is simply a ridiculous expectation

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we have that other people should be looking out for us. If that were the case and they were so absorbed in our lives, how would they get anything done in their own lives?

Jealousy - over anything or anyone. That's so silly I won't even comment.

Guilt. This one is HUGE. Get over it (whatever you did) because it doesn't matter now. Guilt has absolutely NO value in your soul's growth and eats away at the mind daily like termites, causing Alzheimer's and dementia. I give you permission to let it go; it serves no point and **cannot help you to love others or be a better person right now, today.**

Remorse. Again, you can only punish yourself for so long for some mistake that you have done. Get over it. You suck, I suck, everybody sucks; just embrace it and go on. You must forgive whatever it was and forget, not the lesson, but the guilt from the lesson. I give you permission, it serves no point and cannot help you to love others or be a better person right now.

Pride. Pride is an easy one and most people who have it don't know they do; it is only needed by the personality to defend it into thinking that it is cool. We already know that you suck and everybody sucks, so let go of the 'cool' dream. It is never going to happen. Superior/Inferiority complex - basic psychology: that is all pride is, insecurity with whipped topping on it.

Envy & Coveting others. This takes your mind FOCUS, your life energy and what you have accomplished with your life and gives it to someone else, who already has their own portion of life energy and gifts. Emulating another person, which I do, or admiring others, which I also do, helps me to be a better me and have a little fun here. This, however, is wholly different than ENVY or coveting. Everyone has a purpose or they would not be here, even a thief or a

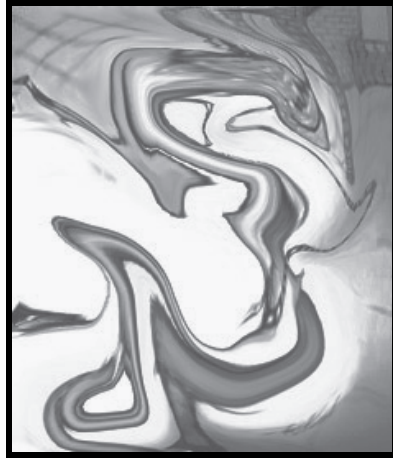
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murderer has discovered their purpose, however temporary they may do that while they are here before they get caught.

Self Pity. This is a big one, too. Every time we get a step up on life, self-pity comes along to knock us back down. Don't look down or that is where you go. Look up, that is where the goal is. Self-pity comes from guilt, remorse, pride, envy and coveting. Self-pity comes from COMPARING yourself to other people. You perceive that they have things that you don't have or are things that you are not. You are delusional; they have nothing more than you do. And they suck, as we have previously discussed. Focus on yourself. Go to Africa or India and see how others live and be grateful for what you have and for anyone who loves you. You really suck because you are whining and who in their right minds can tolerate that.

Fear, all fear, of anything and anyone. Go out and face it immediately. Get over it, NOW. I do this every day; it purifies me like a fire.

13



‘Belly Dancer Liquid’

Developing Intuition and Mystical Ability

Why do many people feel the impulse to seek therapy, read self-help books and take classes on self-improvement? We do these things because they bring us closer to who we are authentically; by this we gain greater overall clarity and peace of mind. When we have peace of mind, our spiritual gifts are made manifest. Spiritual development is the next cycle of our evolution. Evolution on the spiritual, psychological and emotional levels – not Darwin’s version - is calling us into technologically higher forms of communication as well as other skills. Monks and nuns, as well as those who are pursuing spiritual paths and/or *living authentically*, exhibit the skills I am referring to. We have all heard stories told of such people. It is our natural state to be like the saints of all time and display miraculous abilities. We know in our unconscious mind that we are capable of the miraculous. The time has come to develop these skills and bring them to the surface.

Abilities that you want to add

[illegible]

DIAGRAM OF WHERE WE CAN GO
when we are serious about CLEARING our issues...
'clear as a glass of water' Lao Tzu

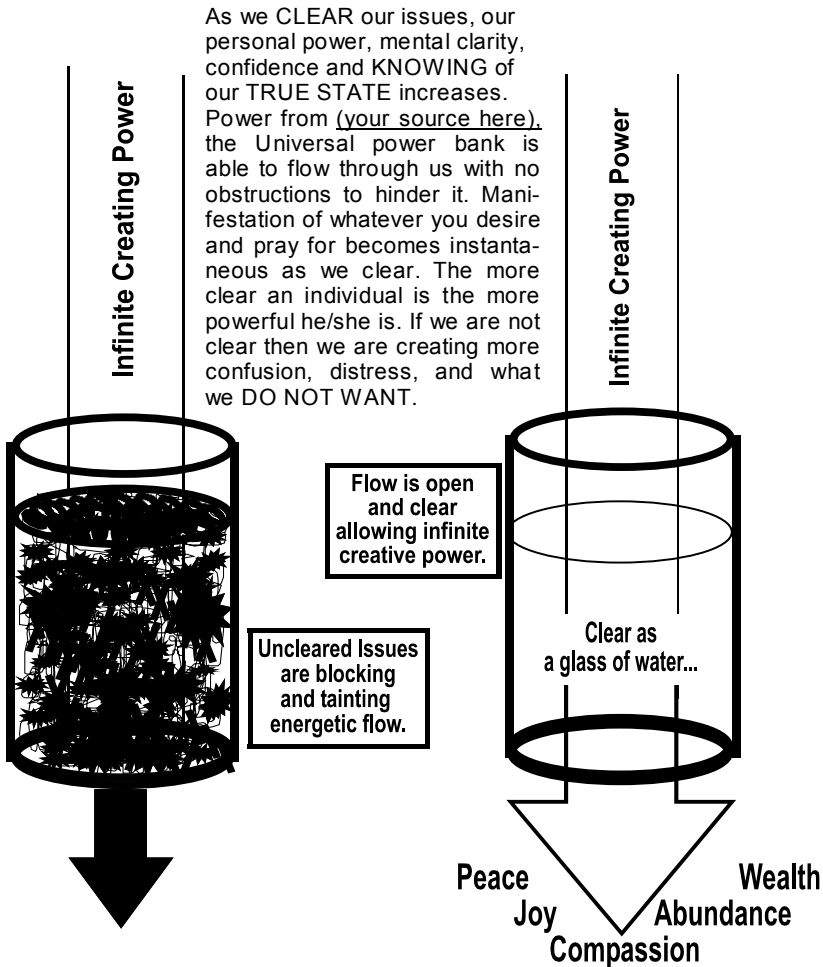


Diagram 12

"The ancient master's were profound and subtle. Their wisdom was unfathomable. There is no way to describe it; all we can describe is their appearance. They were careful as someone crossing an iced-over stream. Alert as a warrior in enemy territory. Courteous as a guest. Fluid as melting ice.

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Shapeable as a block of wood. Receptive as a valley. Clear as a glass of water” (Mitchell, 1988, vs 15).

Many different religious sects speak of saints in their midst who experience mystical states as a result of mastering and clearing their minds. Stories such as this are known around the globe, even Jesus himself promised that we would be capable of doing more of the miraculous than he had done. Christ expected us to raise people from the dead as he did. The Dzogchen teachings say that masters turn into light (instead of dying) and you cannot find their bodies, only their hair and nails remain (Norbu). These legends are commonplace in spiritual circles and we as ‘spiritual’ beings are on the way to developing them.

I have met many individuals who have *special abilities* and when I interview them I find out that they have many things in common. Their commonalities include things such as: authentic living, speaking their minds at will, strong minded, do not allow others to control them, do not settle for pat answers given by others, have scientific minds, have higher than average intelligence or genius, possess the ability or habit to question everything, idealistic, open to the possibility of life on other planets, fair mindedness, high levels of confidence, strong efficacy, deep innate knowing, curiosity about many subjects, nothing is sacred or taboo, sure of their own connection to the divine source, feel like they accidentally landed on the ‘Planet of Apes’, feel out of place in the world, suffer from migraine headaches and/or dizziness, could be ADD/ADHD or dyslexic, more analytical than *emotional*.

As a society we are communicating less verbally and more intuitively. Language is becoming obsolete. Language is based primarily on two-dimensional thinking capabilities. There is no language at the present time that can help us to communicate fully, unless we further develop our intuition skills. Yes, intuition, the thing that only women and mothers get? No, we all, men, women, children, animals, plant life and even computers have and use intuition. Although we possess these abilities and are relying on them at present, we do not

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appear to be using them. Most people think that they are going a little nuts because they do not know what is happening to them. These abilities can turn on very quickly after experiencing a trauma, divorce, mid-life crisis, death in the family and illness. The universe does not automatically send you an owner's manual when you need more information as to what is happening. The old adage "when the student is ready the teacher will appear" is the way that the universe deals with this phenomena. Unfortunately, though, for many individuals the information comes a little late for their taste and they may already be taking large volumes of Prozac.™

Intuitive skills are absolutely necessary in my line of work. Individuals can only verbalize so much from their memory banks due to the complexity of the conscious, sub-conscious, and unconscious minds. Sometimes it is necessary to bring to the forefront of a person's mind what is floating around in the back, in their unconscious mind. The gatekeeper or ego does not want us to be fully aware of past memories and traumas because of the emotional pain associated with so many events in a person's life. Individuals with the predisposition to manifest power mostly suffer from having had their power taken away from them at some point in their past. "...true self-analysis mathematically operates to produce seers" (Paramhansa Yogananda, 1946, pg 43).

In order to re-associate ourselves with the intuitive skills that we had as children, we need to get clear. Christ said be like a child, "Assuredly, I say to you, whoever does not receive the kingdom of God *as a little child* will by no means enter it" (New King James Bible, Luke 18:17). Entering the 'kingdom of God' means that you connect to the divine in your own body, mind and soul. It means that you understand that God has nothing against you. It means that you do not feel that you have to sacrifice your authenticity in order to have that connection. It means that you do not feel beholden to any church, minister or governing body to take what you know in your heart is yours already. You are 'at home' in yourself and know that you *ARE GOOD ENOUGH*. Children do not question whether they deserve it or not, they just know that

they do. Children have the ability to use their intuition and use it on a daily basis. This is what the master meant when he said to be 'like a child'.

Adults use intuition, too, in varying degrees. The problem is that we have borrowed false belief systems that tell us that it is wrong to want empowerment and/or intuitive ability. Trauma, fear, anger, regret, un-forgiveness, guilt, jealousy, envy, coveting and other dysfunctional predispositions are keeping us from these abilities. This is why the bible speaks of the fruits of the Spirit and tells us to discard these dysfunctional – learned – predispositions listed above. We must learn to discern what is real from what is unreal. We can and will develop these skills eventually, but we can shorten the time that it takes to do it. We just need to clean a little house first. That is the whole point of the weekends that I teach and this book – to be able to become empowered to be our true selves by way of house cleaning. When we clean thought patterns that do not work, we are cleaning our mental hard drive.

Our minds are like bio-computers and they get fragmented due to dysfunctional thought patterns. *This new awareness de-frags our mental hard drive and allows our computer to operate much faster.* Just by reading this material you are gaining a new awareness and perspective that will get rid of viruses plaguing your system. It is just that simple.

Who does not want to be their true selves? Many, if not all stage three individuals do, that is why this book is being written for those individuals who are tired of the games. Stage threes are tired of pretending to be mediocre and ineffective. So many people want to get on with their lives as fully actualized individuals. Look at the popular shows of today... 'Smallville', 'Heroes', 'X-Men', '4400', 'The Mentalist', 'Medium', 'Ghost Whisperer' and more. These shows are for present day stage threes to understand what they are capable of right now, metaphorically speaking.

Many stage two individuals feel that they have found the truth already and that they have reached the pinnacle of learning and knowing in their dysfunctional – learned - behaviors.

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Although they would like to be happier, more joy filled and have more peace and abundance in their lives, they don't want to change because of fear. They think that they are right and everyone else is wrong. A primary belief of many stage twos is that they cannot be like Christ or perform miracles because they are not equal to Christ. They essentially castrate themselves right from the word 'go'.

I have a Sanskrit armband tattoo. A man who operates a health food store in my town asked what it meant one day while I was shopping. I told him that it meant essentially "...doorway to the divine presence of God here on earth ...". He could not understand. I told him that I was a Taoist Yogi and he wanted to know what that was. I told him that I basically followed the teachings of Jesus and that I believed that Jesus was a yogi, too. He asked why I believed that. I then told him that Jesus Christ studied with the Taoist and Hindu monks in India over two thousand years ago. The Swami order teaches Kriya yoga techniques and has produced several 'Christ like' beings.

He asked me how I knew that. I told him that I studied the Paramhansa Yogananda book 'Autobiography of a Yogi', amongst others, which relayed this. The Swami order and many others keep written records of who has studied with them for millennia. There are records that Jesus was a student to some (House, no date, chap. 10, para 12). I also told him that it was clear to me by my own studies of the gospels and multiple religions that Jesus was teaching yogic principles. The man then made it very clear that he was a '*Christian*' and that he was NOT allowed to read any other book than the Holy Bible. "The religious cults discourage members from receiving information from the outside. Thus it becomes a sin to read any "worldly" publications or "spiritual pornography." Cults establish their own distinction between right and wrong, good and evil; everything in the group is positive (godly), and doubts, and serious questions are not tolerated" (Rationalist Society St Louis, section 2, para 5). Stage two people feel that they have found the truth already and have reached the pinnacle of learning and knowing.

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By reading this book, you are eliminating much of your work because the book is opening passages in your mind and helping you to get clear. Though you are not doing much but reading for the moment, depending upon how developed you are now, you may quickly get clear. If you are more advanced, as many of my students are, then you are processing many issues right now in addition to reading this book. Little lights are coming on all over your brain. Your nervous system is being rewired to handle more energy and information. You are also visiting past memories right now and healing them, too. Anything could happen, so be prepared. This book could be unblocking a dam of possibilities as large as Niagara Falls for many of you.

Some years ago I received a prophecy that I would not teach typical students, but that I would be teaching teachers to teach teachers to teach students. You are already a teacher if this book has found you. You may have been sitting there wondering for years “what the heck am I doing here”? This is your wake up call; simply clear your stuff and go to work. I’d give it a month or two unless you are already teaching. If you are teaching now, your channels of information will become vastly more open.

This advanced training will help you to become clear enough to channel your higher self - this same higher self who has been trying to speak to you. You may have been unable to hear it due to the mind chatter and confusion you have been experiencing. This mind chatter brought on by others, your ‘fears/sins’, beta brainwaves and your own gatekeepers or ego. This book is an inspired writing, like the Holy Bible, Tao Te Ching or the Bagavad Gita, etc. It will meet a person at any stage of their personal development while being closed to individuals who would use the information to harm others.

Abilities that a person may experience by becoming more clear...

Healing – physical, emotional, mental, spiritual (yourself or others).

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Prophecy - psychic ability, clairvoyance, accessing Akashic records (the universal library) – spiritual vision.

Psychic - knowing the future of self or another, clairvoyance, clairaudience, clairsentience and more.

Teaching - helping others to gain awareness and spiritual, emotional, mental and physical enlightenment or personal growth.

Miracles – all abilities, healing, psychic ability, teleportation, telekinesis, walking on water, multiplying loaves and fishes, turn water to wine and more.

Speaking in tongues - spiritual or ancient languages in talking to god one on one, should not be done around others unless a translator is present.

Translating tongues - being able to understand and translate the message of the 'tongue language' for others to be edified by or learn and understand what was said.

Clairvoyance - spiritual seeing or vision

Clairaudience - hearing ghosts, angels, other spirits, etc – spiritual auditory

Clairsentience & Psychometry - spiritual empathy or the feeling sense

Telekinesis - moving things by thought alone

Teleportation - changing your body's physical location with a thought, this is real, I have done it more than once and I know others who have done it.

Telepathy - communicating through thoughts or hearing; being aware of another person's thoughts

Empathy - feeling what another person is experiencing, including sadness, happiness, passion, illness.

Shape Shifting - changing from one form to another does not always mean the physical body actually changes, but the soul or dreaming body changes such as - berserkers, Dutch bear fighters; werewolves; tiger, monkey, dragon, scorpion, Chinese martial arts styles - to name a few

Shamanism- encompasses all of the above

These are spiritual gifts (some described in the New Testament) that come with clearing your mind and living in a state of compassion, agape or spiritual love. The sky is the limit, really.

“And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues. Are all apostles? Are all prophets? Are all teachers? Are all workers of miracles? Have all the gifts of healing? Do all speak with tongues? Do all interpret?” (King James Bible, I Corinthians, 12:28).

Chapters 13 and 14 of first Corinthians continue on to say that of all of the spiritual gifts, teaching is the highest calling that one can have. When a person is teaching, the prophet comes out and the teacher can be inspired to share things, which may later become scripture. With the infilling of the holy spirit all things are possible. This translation depends, of course, upon which theologian you are talking to.

A Magical and Holy Life

Some religions, the Christian church and Holy Bible use the words ‘Holy Spirit’ here referring to the Spirit of God (father, son and holy ghost/Spirit). To live a *holy* life means ‘to be set apart’. A person becomes ‘holy’ when they are set apart for God *by their own spiritual choices*. They are putting what they consider *their spiritual life* above all else. True magic can happen in a person’s life when they make a conscious decision to become ‘holy’.

People can do many things to express their ‘holiness’ or ‘separateness’ from the rest of the world. Some express this separation with a different type of diet, clothing, jewelry, tattoos, personal styles, shaving their heads, dreadlocks, and even multiple piercings. Priests and nuns of many religious practices wear signs of this separation in their clothing such as habits, robes of a specific color and style, prayer beads or a crucifix. I have known shaman who dress in leather, have long hair, wear hats, jewelry, spirit bags and carry feathers.

I, too, have adopted certain practices. I have Sanskrit tattoos, similar to those of Buddhist monks have. I have a nose piercing because I am drawn to Hindu customs. I most usually wear a Bindi on my forehead and a sarong to cover

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the lower half of my body (bottom, legs). I wear lots of turquoise, amber and silver jewelry. I maintain my (Native American/Tibetan Buddhist) Shamanic leanings by keeping certain items with me as well. I also wear lots of leather, which causes me to feel very close to the earth and Shamanism. I am often on a yogi diet of *mostly* cow's milk and fruit. I have adopted these customs that Spirit has expressed to me because I am a yogi philosophy teacher (lower body covering), and a Shamanic healer. I feel that people can pay more attention to what is coming out of my mouth when they cannot assess my body parts from the waist down. Essentially, people who know me know what to expect from me.

These customs remind me daily of who I AM, so that I do not become lost in this world of maya or illusion. These customs also show the world, too, that I am serious about what I teach and practice. I do not adhere to strict diets or place restrictions upon myself that would be considered fanatical behaviors. I partake of meat and do drink alcoholic beverages occasionally. I never require students of mine *to adopt my chosen customs*. I remain open to personal growth and realize that my customs may change at any time in the future. I reinvent myself to remain on the cutting edge of who I am becoming day-to-day, month-to-month and year-to-year. By remaining immersed within my own spiritual customs, I am able to maintain my *spiritual focus* and remain in a constant state of openness to divine leadings. By adhering to my customs, I am in 'service' to humanity, hence – doorway to the divine.

To be set apart does not mean that people have to become religious fanatics living out impossible rules. Nor does it mean that you become prone to whipping and starving yourself or others. It means that their connection to their God (Goddess, Spirit) is their primary focus. This connection or 'holy' life is valid, regardless of what religion a person chooses to immerse him or herself in or how they choose to appear to be set apart. The divine is big enough to meet and communicate directly to anyone who desires this connection. The idea that there is only one true religion, belief or God to follow is a lie

told to keep fear going and control people. *If the purveyor of evil wanted to distract us* from our God-like, God-given potential, getting us to focus on “heathens” who do not practice ‘one true religion’ is the best thing that it could have done. I know for myself that I have better things to do, or undo, than worry about which church my neighbors attend. If you want to get caught up in that losing battle, you lose your very soul to a judgmental and evil heart. This naughty behavior will catch up to you one way or another.

People who are Spirit filled can perform miracles. Without love, none of these gifts really matter. What do you intend to do with your gifts? With the power of love around you by first loving yourself, you are then able to love others with true compassion. **We cannot know how to love others if we cannot have compassion for ourselves first. Love and Compassion are the same vibration as the brainwaves of theta and delta. Theta and delta are the radio waves to Spirit. Do not ever forget that and you will never be separated from source. Theta triggers will keep you connected to your spiritual source if you use them daily.**

The ways in which we choose to love ourselves become our ‘model’ for how we will both treat and teach others to care for themselves – ‘do unto others...’. “¹²Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets” (KJ Bible, Matthew 7:12). This is the reason, I believe, that Jesus encouraged his disciples to walk away from unfulfilling lives. He told them to come along with him instead of telling them to continue on falsely in their unhappy lives (KJ Bible, Matthew 4:19). Had his followers been content with their lives or felt that they belonged with their families, no one could have coaxed them away, not even someone like Jesus.

When people say to ‘love your neighbor as yourself’, this is poorly translated to mean that you treat others well and disregard yourself. In so doing, you dishonor the Spirit in YOU. This causes you to become bitter about all of your good deeds for others because you have lived for them and let yourself suffer. Much of this, as you know, is your own doing

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and undoing. The truth is that you have not yet wanted badly enough to take responsibility for your own life. This type of dysfunctional pattern separates us from God and Spirit.

This truth can be seen by most laymen and is widely recognized by therapists across the globe. It was taught backwards and it has backfired. Individuals can choose to treat themselves with respect, truth, pure honesty and love by not forcing themselves to do inauthentic acts of 'good'. Acts that appear to be 'good' with the intent that others will be impressed. By being honest with ourselves first, we develop the courage to be honest and forthright with others. This is NOT selfishness, as has been perpetuated by ignorant people.

It is a cop-out to focus on others because you are too busy to focus on how messed up you are. When the ministers encourage congregants to participate with each other in this dysfunctional way - **by not stepping in** to show them this error - it eventually leads to the congregant leaving the church. Followers often become bitter as well as emotionally, psychologically, physically and energetically bankrupt. Many end up walking away from God altogether because they have been ministering to others *in their own strength* instead of through the 'Holy Spirit's' or their own God's leadings.

Due to these religious expectations, *the ego of a person grows and the soul of the person dies*. People begin pointing fingers and attempt to control the other congregants who aren't **'doing their fare share'**. The Christ (or compassionate) love is never allowed to truly germinate in that person's heart when this happens. Doing the 'good deeds' becomes a habitual drug and the accolades from the ministers and the other congregants become all consuming. Many times the good deeds are wasted works and stress with little true spiritual value. The Christ love spoken of above is neither good nor evil; it cannot be put into a box or polarized like diagrams 10 and 11.

Polarity consciousness leads to a state of imbalance and insanity. Clarity cannot be found by anyone who is stuck in

polarity consciousness. Being in a state of love is to look above polarity and judgment and not be affected by them. Eventually, identification with either side disappears for the stage three individual.

Factors that separate us from the Spiritual source

As long as there is a categorization or judgment attached to *any decision*, it becomes tainted by some 'person's' expectation. We have been under the influence of outmoded societal standards and must now break free. Some of the standards have been tainted by ridiculous expectations.

To be in a perpetual state of equanimity (non-polarized) is to be centered and understand that all things are equal. This is where the masters reside. Not judging left or right, high or low, up or down, good or bad, right or wrong. This is for each person to decide. Everyone must take responsibility for the translation of personal polarization by having eyes upon oneself and the individual connection to the divine. Stage twos and threes have a conscience that they are responsible to answer to, but ultimately no one can take responsibility for our thoughts, feelings or actions but us alone.

I found before I became a doorway that if I allowed selfishness to enter my heart, my gifts were not as strong. The reason being, I would doubt myself. Since becoming a doorway, I do not doubt myself so I do not become separated from my spiritual connection. Those of you who have come here to teach love know what I am talking about. This is why if students attend a weekend class and they make a conscious choice to remain in a state of transference, going away angry, they are also choosing to close themselves off from their true power or gifts. Power that is their own birthright and that might have been bestowed upon them. To choose to live in an active state of anger cuts one off from their miraculous spiritual gifts.

The Effects and Benefits of Anger

Anger, when expressed in a healthy way, is a necessary release just like laughing or farting. Anger becomes unhealthy when it builds up too much and explodes inappropriately. People can internalize anger and develop a serious illness or could possibly say or do something that would hurt someone else. I tell my students and clients to get *less angry - more often*, rather than allowing themselves to stuff resentments for long periods. I mentor them to allow a gradual release of the stored up aggression over some weeks and months. Instead of getting very angry, they become very outspoken and comfortable with speaking their truth. This is the ideal.

Anger can become the fuel of concise and honest communication rather than a force to fear. "Letting your yeah be yeah and your nay be nay", or, speaking your mind and "not letting the Sun go down upon your anger or wrath" - speak your mind before going to sleep or it will fester and poison you and the relationships that you share with others - "**Be ye angry, and sin not:** let not the sun go down upon your wrath." (KJ Bible, James 5:12, Ephesians 4:26). The good news is, *the very moment* that we decide to get over ourselves (our paranoia or issue that has put us into a state of transference), love and spiritual gifts come back to us.

The Negative Side of Anger - Repeating old patterns

Not all individuals will choose a resolution. I may still have some ex-clients and students running around who choose not to forgive their original offenders (foes). Needless to say, that while in transference some of them may believe that I am their foe even though I met them one time or in a Going Clear weekend. You see, it is easier to be angry with a stranger than good ol' mom or dad.

I understand that while in a state of transference it can be difficult for an individual to focus directly on their *real* offenders (life trainers) because they become aware of the real source of the pain they feel and who originally hurt them.

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In this new awareness, they must become accountable and when accountable they must be willing to clear the issues. In clearing the issues they must be willing to forgive all parties, including themselves. In doing that, they must be willing to let go of the past drama and admit the part that they played in that drama. If their identities (lives) are crystallized in the shape of that dysfunction, they may be too afraid to let go of that false life. Healing occurs when they can take responsibility for the part that they played and forgive the others involved. One may be uncomfortable with all of this new awareness and may choose not to see this. Or one with courage may be willing to take steps to heal themselves and others. Success requires overcoming uncomfortability that not all of us are willing to face at the present moment. This is why I sincerely intend not to take it personally when others decide to do this with me, even if they used to be a student or a friend.

The following is from the forward of the
Tao Te Ching by Stephen Mitchell:

“What is a good man, but a bad man’s teacher?
What is a bad man but a good man’s job?
If you don’t understand this, you will get lost,
however intelligent you are.
It is the great secret” (Mitchell, 1988, pg x).

In conclusion, recall the diagram of the two cups, one clear and one dirty. We can see that when our issues are cleared, all of the power of the universe can flow through us freely and unhindered. The more that we clear, the less our gifts will be tainted by our biases and issues. When we wear ‘rose colored glasses’ we cannot see the truth of our lives.

We continue inane behaviors until someone comes along, bumps into us, and our glasses fall off. Once this happens, the person who was wearing the glasses can see the truth around them as it really is. It can be shocking. Some people choose to put those glasses back on because they don’t want to see. Others are so happy by the truth that they crush those glasses because they never want to hide from the truth again. If life pushes too hard, they can dig them up out of the trash

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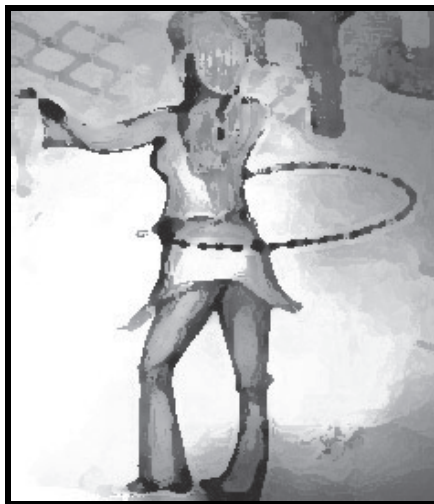
and put the dirty and broken things back onto their faces. No matter, because when we become aware of our behaviors, only then can they change permanently.

Another dark side to denial is when we attempt to create new things in our lives. If we are wearing those smelly, nasty glasses that have protected us from the truth, we end up creating more crap instead of that new job or healthy relationship. We create a dump instead of a real home with good neighbors for our kids to grow up with. We create a junk car instead of that new Dodge Charger. We love those glasses when we have them on, but what are we going to do when they simply need to come off? What will you do?



Yogi Rama Raajakumaarii
with students 2007

14



‘Belly Dancer Dry Brush’

The Dance of Overcoming Fear - Thought Tracking Mechanics

Uncovering the Real Reason behind your emotional charge...

If you have done the meditation portion of this book, you should have set a trigger or a mudra by touching your fore finger to your thumb on both hands. This 'trigger' if made during the theta or delta meditation (second and third songs on the CD included with this book) lowers your brainwaves down out of beta (fear based thoughts) into theta (a state of meditation). This trigger slows your mind down enough and relaxes your body so that you may *objectively* observe your own thoughts and motivations driving the judgment.

How do we track thoughts? Tracking our thoughts is very simple. When we have tightness in our solar plexus or center of the belly, we are experiencing fear in that moment. The fear

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is usually connected to a past fear or trauma. *The fear response is the ego trying to get your attention that something is wrong and you need to check it out.* When we have the fear response, it is usually fueled by some judgmental thought. This is the point that we touch our triggers we programmed into our fingertips during the most relaxing point of the meditation. (Lower is better. Do not worry if you did not go very deep, it is deeper than you are used to and, therefore useful.) If you can get to a Going Clear weekend, I will help you to go as low as you can at that time. Remember, over time you will progressively go lower and lower as you use your triggers. Every time that you use your triggers, you are re-setting them at a lower state, too. Your personal success in this process is inevitable.

When we are experiencing a judgmental thought, we are emotionally *charged by something that just happened a second or two ago.* The way to track it is to start by touching your trigger and then ask yourself questions. For example read the following exercise. The questions that you will ask yourself should be fashioned after these below.

Exercise

Original Thought: I really hate my boss.

Ask yourself: Why do I hate my boss?

Thought: Because he is a ass!

Ask yourself: Why is he an ass?

Thought: Because he is just like my ass dad!

Ask yourself: Why is your dad an ass?

Thought: Because he is always riding my back to do everything and he won't let me rest for a moment! I can't do anything good enough for him and he calls me lazy.

Ask yourself: Do you consider yourself lazy, a hard worker or something in between?

Thought: Something in between.

Ask yourself: Are you happy with how you work?

Thought: I don't know, I want to be respected by him, my dad and also my boss.

Ask yourself: Are you happy with the way that you work and how much you do?

Thought: For the most part, yes, I am!

Ask yourself: Then, **are you** angry because of the WAY in which he is asking/telling you what he wants you to do or are you angry because you don't want to do what he is asking?

Ask yourself: Are you *angry because of the WAY he is asking/telling* what you to do?

Thought: Yes.

Ask yourself: Are you afraid that you are less than or that he thinks that you are less than, and so others will, too?

Thought: No, I know I am not less than! But I am afraid that he will never respect me and if he doesn't respect me, then no one else will either.

Ask yourself: Are you afraid that you do not respect yourself?

Thought: Yes, and if I don't respect myself then maybe he is right about me. No one else will respect or love me and I will be alone my whole life and not buy a house or have any children. (This doesn't make sense, however, this is generally the train of thought people have when in fear. It is usually illogical and silly)

Ask yourself: Do you want to have children?

Thought: No. (See, they don't even want kids.)

Ask yourself: Do you want to buy a house?

Thought: Yes, I am buying one right now.

Ask yourself: So, *you don't want* to have children, but you **do** want to buy a house. Does that mean that *you are angry because you are living a life that your father wants for you* (i.e.. spouse, white picket fence, children) and not what you want? Or are you afraid that you may end up alone?

Thought: Yes, I am angry that he expects me to have children and I don't want them.

Ask yourself: Am I really afraid to be alone? Or, am I a poor worker (would-be provider)?

Thought: No, I have a girlfriend and we are planning to get married - someday.

Ask yourself: Does your girlfriend want children?

Thought: No, she doesn't.

Ask yourself: So, how do you know if you really want children or not or if you are living for and through your girlfriend or your dad or your boss?

Thought: I don't know. I really haven't thought about it much, really.

Ask yourself: Are you angry with your dad because he knows what he wants, and your girlfriend because she knows what she does not want, *but you haven't a clue*?

Thought: Yes, I have no idea. I'm too busy working to think about it.

Ask yourself: Do you have any respect for yourself? (Emotional charge going away now.)

Thought: Yes, I make good decisions.

Ask yourself: As far as you know, are you happy with your life and yourself?

Thought: Yes.

Ask yourself: Is your main problem letting your father meddle in your life uninvited or is your problem that you hate your boss? Can you see how your boss represents your father here?

Thought: Yes, I am LETTING my father meddle, but I don't know how to get him to stop. I guess I am not really mad at my boss. We play pool together, but he tries to meddle, too. I suppose that is because we are friends and I know that he really does care about me.

Ask yourself: Are you inviting 'meddlers' into your life because you do not want to take ultimate responsibility for your decisions? Or are you really happy, but just need someone *WHO IS IMPORTANT ENOUGH to give you permission to live your own life and be happy?* Like Deepak Chopra, maybe? I give you permission; go live your own damned life and stop worrying what others think.

The truth is that if you exuded confidence about your decisions, people would leave you alone. If they did not, I am sure that you would put them in their places. Do you understand now? Who is the one with the problem? Can you see this? If not, come to a weekend and figure it out.

See Diagram 4 (repeated at the end of this chapter).

So the problems are: Other scenarios...

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- ♦ He has a false belief that he cannot say “*NO*” to his father, his boss or anyone else for that matter and allows himself to be disrespected by them. He is emotionally pulled in many directions and would not attract this ‘behavior’ from others if he were not disrespecting himself to begin with.
- ♦ He is insecure because he does not know what he *REALLY* wants - he has not taken enough time for ‘himself’ and has given too much time to ‘others’.
- ♦ He feels like his life is getting away from him and that HE has no control.
- ♦ *He has lost self-respect* (if he ever had it to begin with, he does not treat himself with HONOR) because he is living for others and not himself. He does not know who he is.

Anyone would be angry or upset with all of these problems. Who is the culprit? Boss, father, girlfriend, him?

Answer: Him. He has boundary issues and confusion of desires. This has very little to do with his father or his boss as was initially perceived.

More times than not, perceived problems we *are having* with this person or that person is not about them at all, but about us. If we take some time to sit quietly or meditate, we can and will come up with the answers that we need to solve the mysteries of our lives. It is not that hard to do. It is useful to use your ‘calming’ trigger in the first seven seconds of your emotional charge and then gently ask questions like the ones in the above demonstration.

Walking into fears

‘Clearing’ technique used for those with anxiety and panic attacks that is *very powerful* when used in conjunction with the other methods.

You become aware of a fear, personal demon or outsider who is trying to trigger and upset you...Visualize walking into the fear and embrace it, for it cannot hurt you.

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Agree with them and take it to the most ridiculous circumstance possible.

For instance...

Someone accuses me of being a horrible person. I think to myself, "Yes, you're right, thank you for noticing what is in me and in you."

Someone out there is going to believe that I am horrible even if I am St. Francis of Assisi. Everyone has to have this experience in order to clear it. This comment or belief would bother anyone and it hurts to know that they feel this way about us. We must face the truth, however, that we do think pretty highly of ourselves and expect others to like us. When they don't, we become very upset. We cannot expect that others will always kiss our feet or treat us like royalty. Everyone is horrible to someone, whether it was intentional or not, and those who wish to become clear will see this truth.

The secret to overcoming fear is to play it out in your mind until the point of your ultimate demise. (Come up with a backup plan in case the fear comes true, if you are dead, you won't need one).

Use your meditation trigger for this exercise.

The Primary Fears...

The primary fear is *failure*. Failure leads to separation or *being alone* and ultimately, one's *death*. These are the fears to clear because everything else is just a fluffy covering. People are much more resilient to common everyday fears. The false unknown reality lurking just under the surface of the small fears (losing a job) is much greater and involves those things listed above. These greater fears are the ones that drive panic and anxiety attacks. These fears are not always that realistic, so when we confront them we can see how silly we are by allowing them to control us.

The worst thing about fear is the fear of the unknown. We don't know what will happen to us. The only way to get control over fear is to EXPLORE THE UNKNOWN. Exploring the unknown involves delving into it. Allowing it to take you over, possess you and immerse yourself into it. Getting a

tattoo is a perfect example. You want it, you may even need it, but it is going to HURT. There is NO way around it. You have to face it.

Example fear...exploring the unknown

You're doing a poor *job* and you'll lose it!

Dealing with this fear:

If you have a fear of losing your job, ask yourself this question: "Is it realistic to believe that I will never work again?" Chances are you will work again because unfortunately, you may not win the lottery. Assuming that you would never work again, what could happen? Examples would be...loss of credit, spouse and family. Could this really happen? Yes, but is this likely, no. Never working again is unlikely in light of the fact that you have most likely worked all of your life. This fear is probably not very realistic, is it? Sounds scary, though.

Touch your triggers while playing this FEAR out to its ridiculous end. Let yourself go all the way into it. You could end up being homeless, living underneath a bridge, in a refrigerator carton. And no family left because they all of a sudden stopped loving you? Hence, dying alone in the freezing cold or lack of air conditioning - *exposure*.

Maybe you die of hunger instead? Not likely either, in light of the fact that there are homeless shelters, food banks and churches for people in need. I guess the real fear is a lack of possessions possibly? It would be kind of hard to carry an armoire, television or leather sofa around without a proper storage facility for them, don't you think? Of course, if you got a storage unit for your possessions you could stay in it. Chances are things won't get this bad for you, but the point is to possess a back up plan. Whenever life makes me nervous, I make a back up plan; I have had many. I am in a habit of making a 'worst-case scenario' plan, just in case. What usually ends up happening is that everything works out the way that I want. I know this happens because I am not 'squeezing the soap in the shower' over my desires once the

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back up plan is ready to go. I am prepared for the worst. At this point, nothing can harm me emotionally, physically or otherwise.

If your immediate family cannot or will not help you, then ask yourself this...

Do I want their help?

Do I speak to my family to begin with?

Do I even miss them now?

Have they ever helped me in the past or are they helping me out now?

Do I visit them or can I stand to be around them?

If you have answered, "yes" to these questions, then chances are this is a *ridiculous* fear because they will help you.

If you have come up with mostly 'no' answers, then what do you have to lose if you were to lose your family? They are already lost to you based upon your current desires and actions, before all of this happened. Think about this scenario before reading on. Can you lose what you do not have, anyway?

The real FEAR in this scenario may come in the form of humiliation or embarrassment. This is another powerful fear. However; most of us have already survived this fear in elementary or high school. Believe me, you can survive it again.

I get to clear the fear of embarrassment every single day just by living. I experience having to call courage to my side to speak the truth. I am constantly channeling information while I am interacting with friends, clients, students and family. As long as I am conscious, it never ends. I am not always received the way that I would desire to be received. People do not always like everything that you've got to say personally or professionally. I have people seek me out to tell them the source of their problems, and when I do, they are not always able to welcome the information. You would think that they would be happy to finally get some real answers, but not always. Rather than deal with this amazing self-discovery, they quit. Some individuals resist change, instead

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of choosing to adopt clearing behaviors. There will always be people who choose to transfer or project, and deny personal responsibility for their problems. The only true failure is quitting. As long as someone is putting forth the effort to get better, the universe will support him or her.

The only way that lost souls can **maintain the illusion that they are “COOL”** and deal with the fact they are not taking personal responsibility for their lives is by saying that “Dr. Stone is a horrible person”. They whine that... “She told me stuff and things and she is so wrong.” (Add the whiny voice sound effects like nails on a chalkboard.) My answer is something like...”Oh, please, try to hurt me, that one is getting old by now. Is your mother planning to pick you up soon?” Hmmm, makes no sense, but at the same time, it does, doesn’t it? Wheeee hooooo, without these lovely individuals life would be so dull and we would be so bored.

The Truth:

I did my job,

I told them the truth,

I told them the issues that they have and need to clear as their mentor.

How can I choose to feel?

I could quit my calling, throw in the towel, and start whining about how my life sucks. I could quit my writing, my ministry, my job, and let them appear to win. I could also get back on my horse or in that parachute and jump again and again until I no longer resonate with this false judgment that has been leveled against me. What should I do? What would you do? Now, what would you really do? What did you do in the past when this happened to you? Did you run away or stay and submit to their terrorist tactics by questioning yourself again? Don’t question yourself when you know that you are right. When you do, you give away your power.

Is it realistic to assume that you would lose your primary family? Maybe, but that is a stretch.

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Supposing the *belief* that your current or primary family (children, wife, in-laws) is lost to you (walks away from you) due to the loss of the job, ask yourself this...

"Would my spouse, who loves me, really leave me if I lost my job? Really? *If so, did they really love me to begin with?*"

You get to find out who they really are; this could turn out to be a gift.

Ask yourself..."Would my children stop loving me?"

This is not very likely, unless you do something destructive to their other parent or them personally which we are not discussing in this current fear.

Fear - ask yourself...

Your **credit** will be ruined, then what will you do?

Start over, period. I have started over twice financially and I feel okay about myself. There is nothing wrong with stopping the merry go round of your life and getting off if it will save your life or the lives of loved ones. Why do you think that you need anti-anxiety meds or anti-depressants? It is because you live a lie and YOU know it. It is the guilt that gets you in the end, not another person or a devil. I could have stayed in my past situations to save my finances, which would not have been for my child's highest good. How do you think I know about food banks? I would not have had to go back to a job to support myself, but at what expense? My son, my very soul? No way. Starting over is always better than betraying a child or myself because I deserved more and my son deserved more. We deserve to live with a caring person who would not endanger us or put us in harm's way.

Get off of the merry go round and find out how liberated you can feel. Get off the merry go round and find out what the word *empowerment* really means. It means...this fear is not going to eat me today. This fear is not going to destroy me this week or next week and maybe never. I can choose to survive, can't I?

Fear...Everybody thinks you are **mean**. **You are not NICE!**

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Nice people suck. Nice people are liars, period. If everyone told the truth, that would be nice. Most people want you to like them so they will tell you anything. I don't like those people.

Other assessments of you would be...

"You are not spiritual, smart, rich or worthy enough."

I say, "Piss off".

What have they said about you? What do they say about the president, celebrities, televangelists and ministers, everybody, when they are not around? Guess what? Everyone says unattractive things about everyone, period. If you believe otherwise, just listen and pay attention! Especially to your own friends and families. You can hear it; you can feel it. Listen to yourself talk about others out loud and in your thoughts. You are no different. We are a very large, sad dysfunctional family called the world. No one is above reproach.

We really aren't that important in the grand scheme of things and being paranoid about what silly people think of us is somewhat vain and narcissistic. No one is qualified to talk about anyone. That is how I deal with this fear. I cannot assume that everyone who comes to me and says that they want help truly wants help. Sometimes people just think that they need help when in reality they desire another scapegoat. Their last one left them due to their bad behavior and this is where I enter in.

The healer, therapist, minister, family member and best friend are sometimes called to play the Jesus role. Jesus was the ultimate scapegoat; that was part of his message (according to Christian evangelists). This is an invaluable lesson. That was his job. Maybe the only way to help some people is to allow them to blame us for all of their problems and in some small way carry part of their burden. I have to assume that everyone is doing their very best at this moment in time, even if they blame me for their plight. I find that most people are on the verge and so desperate for answers and peace of mind

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that they do unthinkable things. So we forgive, understanding that they know not what they do, not in a real or practical sense of applying “do unto others”...that is.

Do you have fears of being unattractive, over or under weight and *undesirable*? If these feelings you are experiencing are life-threatening fears, **how have you dealt with these thoughts of yourself before now?** Did you get these thoughts as of late? Did these circumstances come about as a result of a recent development, an accident, or a pregnancy? In either case, lose the weight or get plastic surgery; just take care of it and let it go already. (Raise the money if this is a new development and the money is not there for you – people you do not know WILL help you!)

If these FEARS are from old, long-standing situations save the money and have the work that you desire done. You need to do what it takes to feel whole NOW in your present life and leave the past behind, in the past! Again - raise the money or get financing if necessary to have the work done. Wanting to feel better about yourself includes your physical body and there is nothing wrong with having changes made regardless of what others say or think about it.

People who believe that plastic surgery is a shallow response to personal pain over appearance might want to consider that the person who is unhappy with themselves may have already done the ‘inside’ (self esteem) work. They may be tying up loose ends and are still very unhappy with the outside. Maybe they love themselves enough to make a change on the outside, too. Why do you assume that they are shallow or insecure? (Check out transference and projection again). Why do others becoming more attractive to themselves threaten you so? Do you wish to keep them down? Do you live with their plight? Are you lucky and feel beautiful about yourself? Maybe YOU lack the self-esteem to believe that YOU are worth the money and pain it will take to become more happy with your appearance. So you bitch to them like an envious and jealous whiny person. Keep your mouth shut and deal with YOU! *No one should ever tear*

down another person's desire to improve. It is bad, bad, naughty behavior, period! (Check out mind blocks again).

If plastic surgery is not the way that you wish to deal with your fear then what is the REAL FEAR? Do you lack acceptance and moral support from others? If this is so, whom do you seek acceptance from? **The only person who really matters in your life is YOU! Get that! Allow this knowing to deeply penetrate you.** Do other unsupportive friends or family share the burden of your *feared* unattractive features? Do they live in your body and look at you in your mirror in the morning? Are they different people with different strengths and weaknesses than you? If you are unhappy with you – then change it, period. No amount of cost, pain or trouble is worth YOU being unhappy for your whole life.

As long as you do not hurt others with your decisions to change, then there is no harm except to your poor self-esteem. Your true friends and those who love you will support your decisions for self-improvement. You may end up trading in and up for a more real set of friends and family. Your children will support you if you have raised them correctly. By this I mean, taught them to support your vision for yourself and want to see you completely happy and fulfilled. Your children will always love you no matter what, even if right now they are pretending otherwise. They will respect you in the end for making the decision to live in truth and happiness. Nothing is more important than your own personal truth. If they are authentically real people themselves, how can they fault you for what they should also be practicing?

Are the people in your life supporting you? Ask yourself, "Who am I living for really, if not myself?" Now is the scary question for you to ponder..."If I am living for another person then who is going to answer for my decisions later?"

Am I going to be standing before Spirit sounding like an idiot saying, "well....I did it for my mother, or my husband wouldn't let me live out my heart's desire....I did it for my children, they did not want me to be 'different' than they were used to me

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being". The answer coming back to you in your heart and in your soul will be...what? A wasted life? An inauthentic existence? Quitter? Faker? What would you say to you? You in truth will end up facing yourself in the end, and answering to you. This is a very scary place to be, I have been there myself, so I speak from a knowing.

My son would probably prefer me as a blond, because I am blond, but right now I wish to be a brunette. Do I live for him or me? What message am I sending to him if I choose to live for him? Some people tell me it is a mistake to get tattoos, do I live for them or me? That's a no brainer, people! Maybe if I were eighteen, but I am forty-six, who cares what they will look like in twenty years? Come on! I have a resistant student who criticizes other's decisions and actions a lot. He thinks my decision to wear a sarong over jeans doesn't look good because *he thinks he is a fashion expert*, what do I care? I do what my soul dictates to me and I laugh at him openly whenever he makes suggestions to me, about anything. If he were accepting of himself, he would only notice that I am a self-assured person who has done a lot of work on myself to get where I am. It is impossible to respect another person when you disrespect yourself.

You see, that is the test here. The disease to be healed from is a shunning of personal authenticity. Who are you authentically? What are you authentically? Do the people in your life know? Living around you with your sad, bad attitude about yourself is not helping anyone in your immediate surroundings, is it? Get a makeover, haircut; don't spare the expense to feel like a whole person. Never mind the naysayers who criticize you for being vain. They are the same people who have no personal power of their own and who are sad inside about how they really look, but just keep it a secret from the world. They lack the courage and conviction to CHANGE their own lives and you are taking advice from them? COME ON, PEOPLE!

Is this true?

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-Your family and/or friends ***hate you and talk about you*** or make fun of you behind your back ***embarrassing*** you, thus you lose your so called 'friends'! No one is safe; don't trick yourself into believing that you are completely safe from attack. Prepare yourself by walking into ALL of your fears and you will be the master of your life!

What are my secret fears... list at least five please

Now ask yourself, what is the payoff for thinking these things? Do they bring joy or sadness? If you do not like the result of the thought, then change the thought.

Allow an old thought to become a new trigger for a new thought, just like a brainwave trigger, but instead of your fingers, you use a different word-association.

Example:

Ex-Boyfriend/Girlfriend = Broken Heart, good memories, loss.

Now change these to...

Ex-Partner = Fighting and Pain = I no longer desire that.

I DESERVE BETTER AND WILL HAVE IT!

See Diagram 4 (repeated on the next page).

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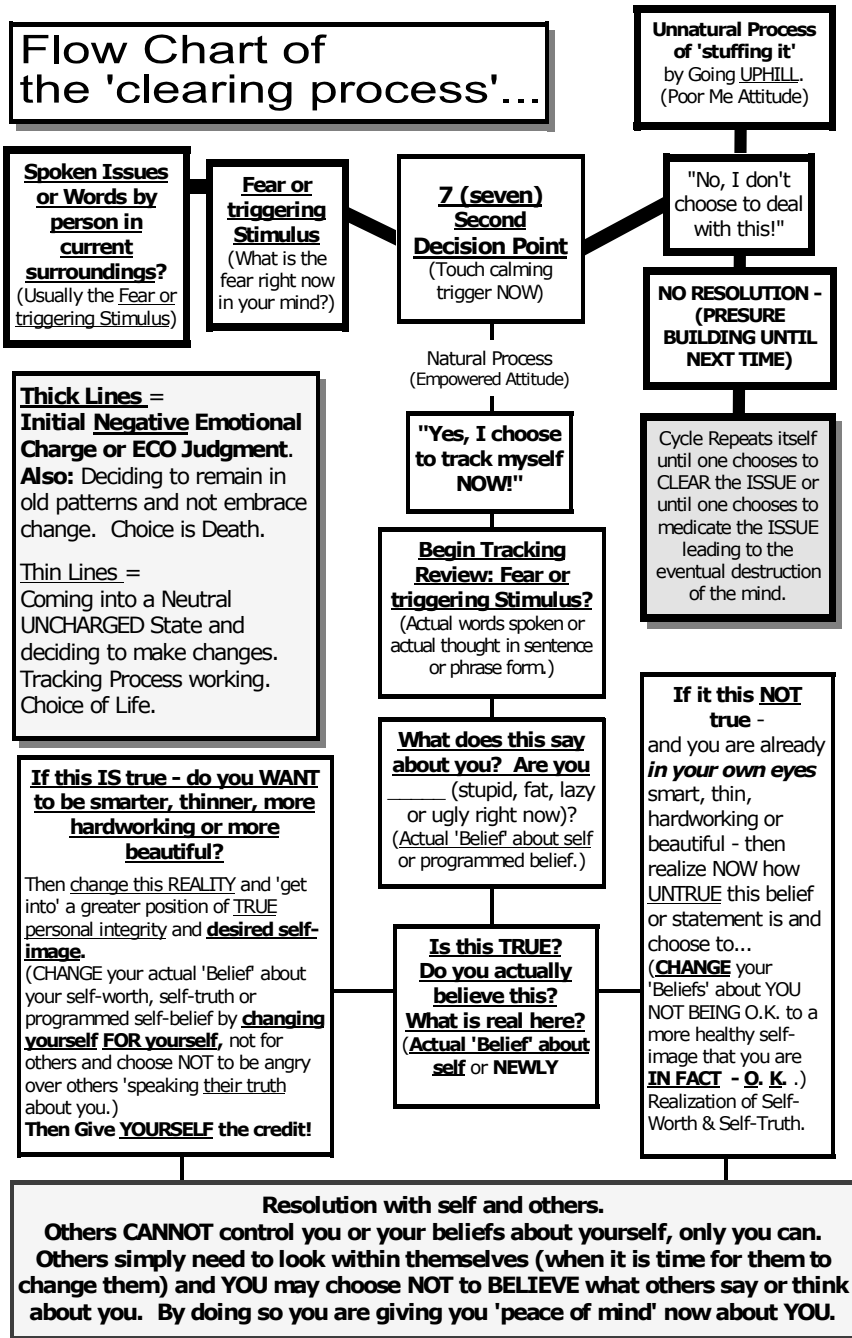
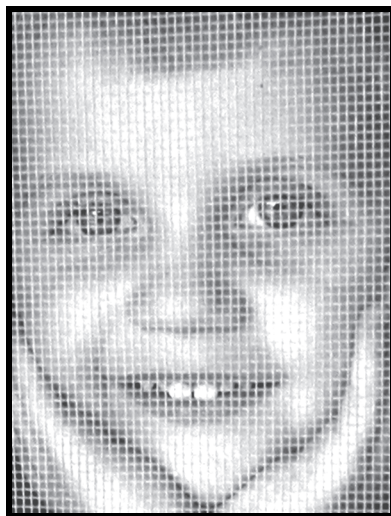


Diagram 4

15



‘Become like a child...’

Tapping into Cosmic Energy to Create whatever you want

The ultimate goal: ‘plugging in’ to Cosmic Energy (theta/delta brainwaves) while focussing on the miracles that you feel led by Spirit to create.

The SECRET...

- 1) Touch your triggers that you set in the meditation segment to lower your brainwaves into theta or delta. What you should feel is a calm relaxing sensation in your body, mind becoming quiet and possibly a swishing movement from side to side in your body. Focus on leaves in the wind or the ocean waves crashing the shore. Theta waves are the God connection and are present when miracles happen.
- 2) Pray “Thank you God/Spirit for giving/healing me _____. Amen”. (I like to pray “in Jesus Christ name,

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amen” myself, but you try whatever you want to end your prayer. I have gotten great results this way.)

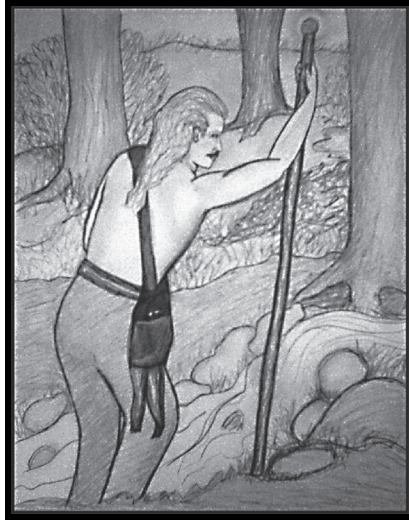
You're done. Just pray your prayers every day and watch out because things that you want will begin to happen.

When we pray “thank you” then we are expecting it in our own minds and hearts, so it happens. When we pray “thank you” instead of “please give me” we are telling the deity that we expect it so the deity delivers. The tension of begging for something is gone from the equation and joy is left in its place. I find that when I smile when I pray, I get results faster because smiling releases the stress of grabbing after something in my mind. When we grab after things in our minds and clench it, it takes a lot longer to receive what we want.

Make a list of the things you want to receive below..

[illegible]

16



‘The Wanderer’

Becoming a Doorway to the Divine Beyond Miracles...

Christ spoke of a ‘doorway’ during his teachings. He spoke of this doorway when he said, ***I am the way and the truth and the life. No one comes to the Father except through me.*** (King James Bible, John 14:6). The words in this passage are ‘through me’, some versions say ‘by me’, but the meaning is the same. After thirty years of pondering the mystery of these words, I discovered their true meaning. When I discovered the meaning and chose to participate, I ended all judgment of others and myself. This is how I know it is real. In essence, had I discovered this truth as profoundly when I was twelve years old, my life may have been quite different. I still lived by Spirit’s leadings, but I would not have questioned myself as much. Instead of wrestling with myself, I would have had more peace over what I needed to do moment to moment

throughout my life. I would not have suffered the same level of stress over the years, but would have trusted that connection more. We can alleviate much pain by trusting in the word picture of the 'doorway' right off the bat.

Part of my dilemma was that Christians are taught to be like Christ ***and at the same time never ever be equal with Christ***. They are not taught to be a doorway because that was a job that Christ ultimately filled as the only begotten Son of God. This in part made him special *and feared as well*. Putting Christ in this position - in relation to us - there is a fail-safe *that we will fall short of our goal*. We will not be able to be like him and we will fear him even though He is love.

This is an injustice to what Christ taught. If we are castrated at the very beginning from the possibility of possessing the spiritual power to do miracles like He said, then why try? To say that one *follows* Christ, and to not take him at his word, makes one a liar. Moreover, they are calling Jesus a liar, or even worse, that he got his information wrong. They disrespect him, and in so doing completely invalidate their own belief in him being the Son of God. They don't believe in him because they pick and choose which teachings to believe and which to cast aside as superfluous. The early leaders of the Church taught this disempowerment to its followers. Why?

Christ's disciples who performed miracles - like Christ - were killed for having this same power, just as Christ was killed. *Makes you wonder who really started the 'Christian Church'?* Misinformation is a valuable tool to control masses of people who could otherwise become a threat to the politicians of the day. The Church who started this misinformation used to be the political machine which ran the world, but not anymore. Now Church and state are separate, so why are we still teaching the same lies that have been taught to us for centuries? Is this about roast beef again? If we continue to teach what we have been taught, our children will never believe what Christ said, in that we can do what he does. The *true followers of Christ* would become like the characters in

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the X-men movies and this causes us not to trust ourselves. Those who are in fear need to step aside or get into the game, but stop lying.

Repeating failing patterns, which no longer apply to us as a people or a world, is killing us. The Bible told us to "hide these words in our hearts"... "I have stored up your word in my heart, that I might not sin against you" (KJ Bible, Psalm 119:11). I think that Jesus knew that the true meaning of His words would be stolen from us eventually and as a result would stunt our spiritual growth and abilities. This verse offers a more interesting and further validation that Jesus is a doorway, "You will be greater than all the others. Judas, you will sacrifice the man that clothes me." (Gospel of Judas [56]). Jesus sees himself as distinctly different than the flesh that 'houses' Him. When a spiritual being (person) is referring to themselves as being clothed by the body, but are not the body, they are a doorway. This transformation happens when they concede to the doorway or to Spirit to live 'through' them, a substitute to living *as a common person in a body*. Gives a whole new meaning to 'asking Jesus to come into our hearts', doesn't it?

The majority of the people that follow these paradoxical teachings *still do not and will not* believe that Christ really meant what he said. Not literally anyway, take a poll; I don't have the time. Yet at the other extreme, Christ said that we are capable of doing what he did and ***much more***, my God, *more*? What does that mean? Flying? Making worlds? He has done more than anyone *ever* has, aside from some yogis of record. All that he has said implies that we are capable of carrying the torch, so to speak, while he goes on holiday. Christ is acting more like a coach of a *softball team* rather than an elusive Son of God who would keep someone out of heaven because they wanted to be like Him. Christ's words, in actual study and application, often negate subtle messages that the church itself teaches. Meditate on Christ's words and live them for twenty to thirty years or so and get back to me on it. It is perplexing to any kindhearted, loving and spiritual person (who does not want to burn in hell for

blaspheming God) to do what Jesus said and at the same time do what the church is telling them to do. It is no wonder to me why the church who teaches this philosophy has so many problems with all of that confusion going on. Many of my past clients and students have struggled with this misinformation and have been going nuts over it.

It is only a matter of time...

It happened in a meditation some years back when I was reassessing spirit's 'agendas' for my life. (This assessing began when I was eight and continued throughout my life.) Upon asking who I was to the people of this earth, I was shown a door jamb with the meaning of it pressed into my consciousness. The meaning was "You are a doorway to Spirit". I then asked, "Who am I to Spirit", upon which came back, "You are a doorway to Man." Be an open doorway in between, with my face to the world and my back to the divine. To hold an opening in time and space to minister to others like a java stop, a drive through Starbucks or Lucy playing a therapist in the Peanuts© cartoons. A marionette, if you will. Yes, a puppet. That's a real ego blaster. "Jesus said, 'The heavens and the earth will roll up in your presence, and **whoever is living from the living one will not see death.**" Does not Jesus say, "Those *who have found themselves*, of them the world is not worthy" (Gospel of Thomas, 111).

This position holds *absolutely no appeal* for anyone with his or her own selfish agenda. When you get worn out from trying to be validated by people in a world who cannot even see you, at least you know that there is a place where you can rest. You choose to be a guest for the moment or stay for a while. It is a place where you don't have to strive, impress or assess others anymore. It is a place where you can feel good about where your life is going, and you can be anything: a fireman, preacher, teacher, lover, carpenter, policeman, minister, prostitute or drug dealer, even a lawyer, just kidding, doesn't matter. Only thing that matters is the word *YIELD* when Spirit is coming through with a message, which is often moment-by-moment. Spirit can be very quiet

or annoyingly chatty at times. One thing is for sure, people feel better by spending a few moments with you and often times end up crying or getting healed on some level because you showed up to get some coffee. Check out the movie with Nicholas Cage called 'Bangkok Dangerous' and you will see what I mean. In this movie, God is using a hired killer to do His or Her bidding.

What Christ said is that all of the things he did, we would do also, and more. He was saying that we would do it all *by way of that doorway*, that connection or **frequency through theta waves to Spirit**, **(THE PLUG INTO THE DIVINE ELECTRICAL SOCKET)** using the same divine opening that he used - LOVE. He knew that time was limited for his ministry as Jesus of Nazareth. This is why he said that we would do more after he left. When we desire this position and submit *by choice* – for it is never forced upon anyone - Spirit's messages and love can flow through us to others and this world. When this happens, we also become 'the way, the truth and the life' as Jesus taught. Anyone who has made the conscious decision to be a door, *not 'the' door*, but a *door*, can testify to the truth of these words.

The main problem is the feeling of un-worthiness to accept such a position unless we are the actual children of God/Goddess. This is the lie, because *we are also children of God*, no less spiritually inclined or worthy than Jesus of Nazareth himself. How do we know this? The clues are in the words in red. If you focus on those words, they are very plain and simple to understand. What has not been edited out of his words and buried, or worse, destroyed, has all the power in the universe to save you. These words will save you from yourself, your boss and society in general. His words say just this, that **all of those things** Jesus did, we will do **and more**. *The question of divinity aside* - with the right contrite and righteous spirit within us - we can assume the position, so to speak. No puns intended necessarily, although a good opening for one here.

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What holds people back from making the decision to become a doorway to the divine is spiritual pride, or another way of saying it, false humility. It is a cosmic joke spoken of in movies, “we’re not worthy”; that is correct, no one is. This is why being a ‘doorway’ is a position of grace, servitude and humility. No amount of perceived intellectual or spiritual prowess on your part will ever qualify you for this position. You submit to the will and Spirit of God/Goddess only. You do not make suggestions, you do not offer insights, you do not impose your perceived realities or judgments and you do not make assessments. Quite frankly, you will have achieved the level of enlightenment where you realize that you are less than the tiniest fraction of the divine. At the same time, you will be empowered body, mind and spirit to do or say whatever you are intended to. You become a missionary, going where Spirit leads you. Game over.

In this position, you are given the power to move mountains because you no longer have a personal agenda or care that the mountain be moved. You are the Tao; you are uninterested in doing anything or being anything. All of your earthly ambitions are dried up and have been carried away by the wind. My yogi friend, spoken of in an earlier chapter, was quite disturbed when he found that I had no plan or personal spiritual goals because *he could not tempt me with his help* in attaining said goals. He could not get a ‘handle’ on me to manipulate me into following him, which was his goal for me at that time. Therefore, because I have no agenda, I had no need of him. Moreover, I have no need of attainment of anything aside from my daily needs and those of my child. The temptation by any exterior force becomes moot.

This is not to say that I am better by any means than my yogi friend or others because a life of questing for spiritual attainment can be satisfying and rewarding for those who choose it. I am more what you would say, bored with it. My aim has shifted. Instead of desiring to pour more superfluous information into myself about what has already been revealed to me, I now allow Spirit to use me as a pitcher to pour forth

those revelations to others. The Buddha and Christ both went through this process. Buddha is another doorway, more accurately, the 'Buddha' nature residing within someone who is set apart as well, like the Dali Lama. The choice to be one is available to you, but the choice includes giving up a good deal of your own agenda and what you believe that you have to have in life. All of your needs will be met, you will be happier than you have ever been, and your personal power, which will roll off of you in waves, will be formidable. You, however, are not your own.

Assimilation with the Divine

Some individuals refer to themselves as 'messengers', 'teachers', 'healers', but all are delivering something from the divine. Aren't all of these sources 'doorways' or openings for information, too? Like a computer hooked up to the internet delivering messages from the world to your home, all 'divine messengers' are hooked up to the divine doorway and bring information through for themselves and others.

Messengers for whom, from whom or what exactly? You will know where the information is coming from by observing the energy of it. Is it about forgiveness, mercy, loving others, fighting for social justice or sharing uncomfortable truths? Then it is a fairly good guess that it is a beneficent force coming through your doorway. If the information coming through is about cheating others, killing, stealing and taking advantage of people then it is fairly easy to assess where that is coming from as well. This isn't rocket science, is it? I was on a 'Christian' website recently and this guy was claiming that *anyone* without exception who meditates, is channeling, claiming to be 'walk-ins' (google that on your own), spiritual messengers, energy healers, offering divine guidance, or anything of that sort were *all demon possessed*. Really? Who is really demon possessed? Observe the information coming through and decide for yourself, don't let people like this decide for you who you are. No one is qualified to judge (ECO/emotionally charged observation) another person or manifestation of the divine. All may observe, but none may judge.

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We would not have the desire to be a doorway to something holy or beneficent if we had ideas about controlling the world with our cool powers of perception or magic. That does not add up; just do the math. The messages that we receive are coming from the higher self, pure Spirit, intuition, god (God/Goddess), angels or a dead person/spirit guides. They are meant to enlighten or enliven us as well as those around us. If you truly desire to help then become a doorway – **as a commitment already** – and stop assessing what that means or how it sounds to others. Get over false humility or caring what others think about you because you will KNOW if you are to do this or not. This information is for YOU. I give you permission to BE and BECOME who you were meant to become. Just do it and truly begin to live.

We are all doorways to something. We have all met 'doorways' to the god of bullshit, saints, Jesus Christ, Buddha, the Goddess or God the father. Who we are 'channeling' in our own respective 'doorways' really has to do with *who our intended deity is, doesn't it?* If I am focused on Jesus Christ (obviously, due to the content within these pages), yogis and other 'inspired' writings, which I perceive are brought forth from a source of *love*, then they are. Who are you the doorway to? Judging others, insecurity, chaos and spreading fear or something more real?

The point of this writing is to help all of earth's *messengers* to relax and rest in that doorway, not allowing our egos or others thoughts and feelings to upset our process of delivery. We can do this work and we can have imminent peace of mind while doing it. The important secret about being a doorway is to say to oneself, "I am a doorway now, I have committed myself to this divine work, therefore, I will no longer judge this decision or action. The 'divine' is in control and I am going to trust that process. I am going to trust every thought, feeling or action that I feel compelled to have or do because in that *one single decision*, I have become divine, too. I will not judge the divine and I will not judge myself." You see, the divine does not *choose us* like some prophet of

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'god', WE choose the divine as a way of being. This is a major difference from someone with an agenda or an egomaniac who wants to rule the world. They are always 'chosen' by God. Pay attention, they are having a delusion of grandeur. Some prophets in the past who have had very enlightening and genuinely good things to offer the world spiritually did *choose God first*. Followers put labels on 'chosen' ones to separate them from the rest of society, and this is wrong. We all can choose for ourselves.

In the book 'The Shamans Body' by Arnold Mindell, he discusses the 'dreaming body' in the same way. To allow yourself to become your own dreaming body, who is ruled completely by Spirit and spiritual forces, is the goal. This source is speaking of the same idea. Many quality sources of inspired writings on this earth are speaking of these same phenomena. We are the children of God/Goddess/Spirit, too, and this is our legacy. When Christ said, "...I came that they may have life and have it more abundantly", that was his whole message (NKJV, John 10:10). One cannot live abundantly when they are slaves to others (who are messed up), past programming, and their insecure egos.

Your 'focus' is determined upon who you choose to be as an individual. If you are the type of individual who focuses on harming others, control, manipulation and deception then these are the qualities of the deity that you are the doorway to. The Bible shares a passage on fruits of the Spirit. Some of these fruits are kindness, patience, longsuffering, gentleness, goodness, love, joy and peace (KJB, Galatians 5:22-23).

²²But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,... ²⁵If we live in the Spirit, let us also walk in the Spirit.

²⁶Let us not be desirous of vain glory, provoking one another, envying one another" (King James Bible, Galatians 5:22-26).

This passage above is referring to the qualities that a person under the influence of a compassionate God-like being would exhibit. If we choose to exhibit these qualities and desire to

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be a kindhearted and loving force on this earth plane then we are *channeling* the 'divine', assuming that the divine exhibits these qualities, even if our picture of the divine is a giant bunny rabbit. Another passage explains...

⁷Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

⁸For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

⁹And let us not be weary in well doing: for in due season we shall reap, if we faint not" (KJB, Galations 4: 7-9). This last verse is qualified, of course, with my earlier reference to 'doing' works when it is not divinely inspired, but glorifying instead to the ego for the purpose of receiving accolades from others.

What happens when the doorway assimilates you? You become *the sacrifice* by your own submission and not because God or Spirit chose you as a savior of the world. Becoming a doorway is about becoming yourself. On a smaller scale, a dishwasher is not happy being an accountant nor a doctor a ditch digger. On the soul level you begin doing what you were meant to do this whole time – channel God. We are already channeling **something** or **someone**, but we can choose whether it is our dead, crazy, witch hunting aunt Beatrice or a beneficent deity. No one knows for sure who is coming through, all we can do is observe or disseminate the quality of the information that is.

As a doorway, the divine's desires become your desires, and you do not even try to distinguish between them anymore. A certain absolution accompanies it as well. You become a channel, or "**a vessel**", as Christ put it. An open channel for the divine to minister God's love to others. "...for he is a CHOSEN VESSEL unto me, to bear my name before the Gentiles, and kings, and the children of Israel" (Reyes, Acts 9:1-15). In this passage, according to scripture, Jesus' spirit is speaking to Ananias about Saul, who used to persecute early Christians. Saul, who later would become Paul the

apostle (Reyes, 2003). “The Lord is not looking for one who believes his/herself to already be “perfected”, but rather someone whom HE can perfect! Someone empty, someone broken, someone yielded, someone HE can pour HIMSELF in!” (Reyes, 2003). And this vessel is to be used as leaven for the masses. “13:33 The kingdom of heaven is like unto leaven. In those days a piece of the leavened dough from an unbaked loaf was put among the new dough to cause fermentation. Three measures of meal. The usual amount for one baking, an ephah. See Ge 18:6 Jud 6:19 1Sa 1:24. Till all was leavened. The leaven is taken from without and hid in the meal, or flour. The hidden leaven, though only a small quantity, imparts its qualities to the large mass. The Parable teaches that the Gospel is the leavening influence of the World” (People’s New Testament, Matthew 13:33). Jesus taught that the *gospel* spoken of in this passage, was and is love, *not religion*.

When this assimilation process takes place, you become bored with attainment of monies, acclaim, jobs and houses. You become still. The Bible says, “Be still, and know that I am God;...” (NKJV, Psalms 46:10). It is like that. Just like that, eyes open watching what God sees in the hearts and minds of men and desiring only to minister to them as doctors to the sick in a hospital. Not judging them, but loving them exactly where they are.

“A person’s religion can really be assessed and measured by what they hope to attain when they die, become enlightened or go to heaven. If the hope or belief is that they are going to ‘get’ something out of it, even if just being ‘saved’, they are still lost” (Stone, 2007, here). They are still lost because there is a hidden agenda, or an agenda that is not hidden at all, but bragged about. The goal here is to be absorbed back into cosmic, God and universal consciousness and being a doorway is a large step in that direction while still on this earth (Chopra, 1995, pgs 164-169). As John Travolta so eloquently stated in the movie ‘Phenomenon’ *while moving a pencil on the table with his mind*, “...you know Bob, the little

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pieces". We are the little pieces, the atoms. We go home, or we stay and help, it is as simple as that.

"I took my stand in the midst of humanity, and I wept for them, for they came into the world blind, and they seek to leave the world blind." - Jesus, Gospel of Thomas. *Who knew the church could be so afraid, even of the words of its root and inspiration? The door is now open, however, for all who "wish to see"* (Ring, 2008, para 7).

Thank you for reading as well as participating in this grand experiment in abundant living. I hope this book has helped you to feel more alive, more loved and more at home here on this earth. It is not easy, but together we can overcome. Dr. Stone.



Yogi Rama Raajakumaarii
with a student in 2007.

On Enlightenment

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Yogi Rama Raajakumaarii, Rama Darii

A 'truly enlightened' being knows that he is enlightened.

By possessing the 'desire' to *be enlightened*, one becomes enlightened.

How does one know this?

Otherwise one would not seek it out.

All searching around on the ground for proof of enlightenment years on end did for anybody is give them spiritual pride.

In attaining spiritual pride one has the ability to appear to lose enlightenment because enlightenment is knowing the truth about oneself and the world they reside in.

In attaining spiritual pride one cannot see the truth anymore, one can only see what is offensive to them.

Therefore only a truly humble being can recognize the truth because nothing offends them.

One can choose not to see the truth even if they have known it in their hearts. So seek to be humble.

And if one has 'spiritual pride' one will know if by reading this right now they feel slighted in any way.

A truly enlightened master will see the truth in even this.

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One may be an 'enlightened' being and still not be a master.

Enlightened beings are mystics, ones who have visited the places unenlightened beings ...

do not enter.

Where do they enter? The Void, where the miracles and all mysteries reside.

The master is one who can remain in a state of 'mystery' and not step out of it. A true master keeps one foot here and one foot there.

The master is intimately acquainted with the Void, she is more at home there than here.

The master is one who has learned to develop self control and remain awake in a constant state of mystery.

The challenge of the 'enlightened' being is to discipline its mind into becoming a Master.

Enlightened beings who have become prideful love to argue with the masters and believe there is nothing more than what they know or understand, but there is more....

So much more, so much farther to go.

This is so frightening to them.....

Why?

Enlightenment is simply the doorway to all of what is. The novice, the student, the baby, these are the correct terms....

for the enlightened being.

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The reason why some enlightened beings do not ever become masters is because they serve and pay homage to gurus.

They wash the feet of the gurus while the gurus tell them that they are not enlightened at all, thus ensuring their guru will always be the most important person to them.

Not themselves but their guru.

What is a guru?

An enlightened being who has fallen into spiritual pride and the desire for power,...

that is all.

They mistook themselves for someone special, but they are not, just another child in the schoolyard longing to be the king of the little mountains.

You see the master knows this.

The master has already visited and danced with the temptations of being worshipped and upheld as one who....

is special and has the favor of the Gods.

The master is one who chooses a higher path, the path of the servant, one who washes the feet of the enlightened beings without giving them undue respect.

How does she wash their feet?

If he can catch them when they are still not prideful and not too unworthy in their hearts this is a good time to teach them the true path. The path of the masters. The higher way. The way of pain, willingness to listen and see

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themselves as a school child. Not that they would be seen that way by the master but would be seen that way by themselves.

The path of discipline and not of worship but of appreciation and kindness.

Who is the master?

The one who is just a function of the Universe.

Lao Tzu calls them a force of nature.

These are those souls who become less significant every single day that passes and they know it. They are finally beginning to see that they are not here at all but are a single cell in the body of God. A finger or a toe. Just an instrument and....

nothing more.

The one who realizes that the only reason they exist is to serve the enlightened beings and give them what they need, as mothers milk is to precious babies.

Friendship has become a quaint idea to the master, as something they used to do as a child.

For no one longs to be the friend of the master, the one...

who is not all here...

or there.

They cannot be known anymore because now they are as empty as a pool of water or a windy sky.

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The master may abide with other souls who've been poured out upon the Earth and Sky. The other elemental beings who also have...

no friends.

The master resides at the address between the Worlds.

So do not seek to befriend the master until you are a master as well, because you will not know where to find him until you take up residence there.

Do not ask too many questions of the master because you might not like the answers that you receive.

Realize this, that in order to be a master...

you must succeed in....

breaking your own heart...

Choose to become a doorway....



Graduate student's Cairn, Sedona Retreat, 2004

Personal Protocol

Do a meditation....quiet time.

1. Intuitive reading - card for the day- angel cards?

Any cards or inspirational material will work.

2. Meditate twice per day, 30 minutes or more & use your trigger.

3. Read from the Holy Bible, Koran, Bagavad Gita, Tao Te Ching or any holy scriptures that you feel led to - verse for the day.

4. Read stones, rocks, runes, it does not matter, even sitting in nature or just praying to your higher self, Spirit or God/Goddess being is fine.

Personal Protocol - Go over handouts

1. Are you living in a state of self-respect?

2. Are you living in a state of authenticity or are you living and making decisions based primarily on others?

3. Are you clearing your judgments as they arise by using your triggers and tracking your thoughts or are you getting beat up?

4. How can I exercise forgiveness for myself or another today?

5. How am I using my 'cosmic' energy today? Am I creating what I want or what I do not want? What words am I using?

6. Music & Meditation

7. Am I going *into my fears and allowing the process* or am I running from them.

8. **Deal with STUFF** - do not avoid - NO "POOR ME's".

9. **Judgment** is the #1 sign of a problem.

10. **Meditation/Prayer** - automatically assume this will be one that you will want to do - it is the fastest way to become enlightened.

“Mastery consists not in
abnormal dreams, visions
or fantastic imaginings or living,
but in using the higher forces
against the lower -
escaping the pains of the
lower planes by vibrating
on the higher.
Remember always student,
that ‘transmutation’,
not presumptuous denial
is the weapon of the master.”

The Kybalion
Three Initiates

Getting “Stoned”
An Alternative Healing Approach
with Dr. Sharon R. Stone
Kansas City Wellness Magazine July 2002

By Richard Mende

There are a vast number and types of ‘disease’ as well as healing methods to accommodate them. One form of healing mode that is gaining in popularity is that of ‘integrative’ healing. This is when a practitioner addresses a client on all levels of mind, emotions, body and spirit (energy).

Dr. Sharon R. Stone is a local healer who has become known for her practice of this mode of healing. Those who have experienced her workshops where she teaches her ‘self-healing’ methods to others acknowledge that she is a trip; a maverick in the best sense of the word. She adamantly refuses to be put into any mold or category, and her healing techniques draw from a variety of traditions, teachings and personal experience.

Dr. Stone undoubtedly has developed supernatural gifts using her methods, including the ability to read minds. So it is prudent to be careful about what you are thinking when she is around. Her years of research have resulted in breakthrough insights that ordinary folk have not experienced. She therefore doesn’t take kindly to challenges or debate but she certainly respects sincere questions. Due the level of intensity and spiritual savvy Dr. Stone brings to these sessions, her students are often swept away. Many are affected on a very deep level and are noticeably changed by the class thus the term ‘getting stoned’.

Dr. Stone recognizes that childhood trauma can have life long repercussions. "Trauma for a child can be being bitten by a dog, an accident or inappropriate behavior from an adult. It is rare if an individual is not traumatized in some way as a child, why, to some children not getting enough ice-cream is a trauma. I know that you parents out there know what I am talking about!" says Dr. Stone, "There can be emotional damage anywhere from childhood on." These incidents can cause difficulties to the mind and body building up over time, unless they are cleared away. Dr. Stone

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determines priority health issues and addresses them with a combination of energy work and her Going Clear Mentoring techniques.

What is a typical session with Dr. Sharon Stone? First, it might be mentioned again that there is no such thing as typical that can be applied to her, as each encounter is unique. However, let us take a peek at her last training seminar. The seminar lasted for three days. The first two days were held in a classroom atmosphere in a conference room at North Kansas City Hospital. Although it was a classroom atmosphere, there were many creature comforts such as snacks and herbal tea. Even though the presentation was very intense with an almost non-stop discourse, breaks happened periodically to allow students time to assimilate the material and practice what they were being taught.

At the core of her teachings was an emphasis on “clearing” and “tracking” of thoughts based on a collection of different methodologies. Dr. Stone puts her own spin on these methodologies and adds techniques of her own.

Students who participated in her workshop followed procedures outlined in their workbooks, which helped lay bare their deep-seated hang-ups. As students explored their issues, Dr. Stone would show them which techniques worked best to clear that particular issue. As a result, the students were clearing life issues *within moments*. On the third day Dr. Stone met with the students individually, during which time she targeted their priority issues, and performed energy healing techniques on them.

At a time when alternative healing has become more mainstream, Dr. Stone's integrative methods are and will continue to become an important resource for those who are seeking real help for real problems.

Dr. Sharon Stone may be reached through the Sharon Stone Institute's office. www.sharonstoneinstitute.com

Richard Mende, a freelance writer, has shown a special concern for health issues. He has been a monk for thirty years and has lived eight years in India. Mr. Mende is the only master of Chini-Leabu in the west.

Testimonials of Going Clear Weekend attendees...

"What impacted me most was realizing my desire to be less judgmental, more impersonal, more focused, compassionate and be a TRUE free spirit. I HIGHLY recommend the Going Clear Weekend for those who want to get rid of their troubling issues. It is not for sissies! Dr. J. Sayer 2007, Physician, Surgeon, Healer, Hatha Yoga Instructor, Arizona, Costa Rica

"My family and I have experienced much self-awareness and we have benefited from the counsel and energy work received from Dr. Sharon R. Stone. Most notable is the change for the better that has taken place in my teen-age daughter. Her attitudes toward herself and her friendships have matured and her self esteem has improved, not to mention her grades which have gone from troubled and barely passing to hard earned A's and B's. This was not magic but the result of improved relationships with ourselves and extending outward to the others in our life. I can extend my endorsement to anyone who is willing and ready to apply themselves to this work on their lives. The results have been accountability, peace and stability in our life and endeavors." Sincerely, R.S. Artist and Professional, Arizona

"The Initiation that you have given me has changed me, I am not going back, I am at peace now. Thank you Dr. Stone". Crow, Arizona, Shaman

"The information exchanged supports my truth. I was given that which I have always owned and never been taught. Theta meditation is my channel of opportunity. Open the door and Walk through in Faith." S. Rydell, Prescott, AZ

"I feel that now I can stop judging myself and others. I can move on. I can be myself now. You have to feel it to believe it! Awesome!" K. Isenhardt, Prescott Valley, Arizona

"I am renewed! The knowledge that I have gained in this one weekend has enabled me to reclaim myself and to re-discover me. My goals and my desires are now more real and reachable. The only thing stopping me is me - not anymore! Learning to let go, love myself and allow myself to 'have' and 'to be' and to do what I desire is true freedom." Helene Soetaert (Judo), 2008, Prof, MO

"This has been a memorable stepping stone on my spiritual journey. Dr. Stone presented all the material one needs to take full

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control of their lives, spiritually, mentally and physically in order to live an authentic life. I quickly found my vague ideas of spiritual living and personal ideas to be just that, unclear and muddy. Dr. Stone dissected many issues in myself that have been covered in layers of mud." Jon Harvell, 2008, College Student, Kansas

"I have found Dr.Stones methods to be powerful tools in addressing my physical, mental and emotional concerns. If you are interested in enhancing your spiritual growth Dr.Stone is both a caring individual and skilled in the use of her techniques to move you forward on your path to wellness and personal growth." T. Stokes, Kansas City, MO

As a Licensed Professional Counselor, I have been trained in and have used various counseling techniques and tools for my clientele. I attended Dr. Stone's Going Clear Weekend last year and have been personally using Dr. Stone's Steps to Personal Power. These steps to Going Clear provide any individual with simple yet detailed tools that can be used anywhere at anytime. Dr. T. Thomas, Kansas City, MO

I was a devout Buddhist for over ten years, repeatedly chanting a mantra hours at a time in order to 'break through' life's obstacles. However, once I learned to alter my brain wave states and track my thoughts as taught in the Going Clear methods, I was able to quickly cut through my mental obstacles and achieve the enlightenment and peace of mind that eluded me during those many years of assiduous religious practice. I feel so free knowing that I can now touch my triggers and journey to a place that used to take hours of chanting to reach. Life is good!" Dr. C. McDaniel, Massage Therapist, Animal Intuitive, Missouri

"Dr. Stone's techniques for getting through those issues that strain relationships and personal growth are SO empowering. I highly recommend this process (plus it's so much fun with Dr. Stone)." B. Walker, Missouri

"Dr. Stone shares her wisdom in an entertaining, life altering seminar that will shatter your perceptions and move you to forgiveness and inner peace. Truly, put Stone on your must-do-list." L. Doores, Missouri

Preferred Reading List for Students and Reference Material

By Norbu †Dzogchen, The Self-Perfected State

By Stephen Mitchell - (Translation by)

†The Tao Te Ching - Lao Tzu

†Cassettes of the Tao Te Ching

By Deepak Chopra

†Seven Spiritual Laws of Success

†The Way of the Wizard

†The Path to Love

†Ageless Body meless Mind

†Creating Affluence

†Anything by Deepak Chopra

By Joseph Campbell

†The Power of Myth

†Any book or Video by Joe Campbell there are MANY

By A.E. Powell †The Astral Body

By Saints of the Catholic Church

Saint Theresa of Avila, Saint Francis of Assisi, Saint John of the Cross

By Dom Alred Graham Zen Catholism

By Dr. Barbara Condron †Kundalini Rising

By Houston Smith † Videos and Books

†The Bible, King James Version Christ's teachings (red print)

†The Koran

†The Bagavad Gita

†Writings of Rumi

†Gospel of Thomas and Judas

By Yogi Ramacharaka

†Fourteen lessons in Yogi Philosophy

†Raja Yoga

†Gnani Yoga

†Bhakti Yoga

†Karma Yoga

†Light on the Path - Advanced Lessons read all.

†More light on the Path - Advanced Lessons

By Lynne McTaggart - †The Field

By Lee Carroll & Jan Tober - †Indigo Children

*******By Arnold Mindell** - †Shaman's Body

By Carlos Castaneda - †All writings

By Carl Jung - †All writings

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