

Explorer's Mind: A Map to Freedom is a step-by-step guide and workbook to achieve Self-Mastery. To order email eberle01@sprynet.com. \$99 holiday special price.

The Art and Science of Mind Energy Body (Me-B Transformation) is detailed in this book. **It teaches us how to turn pain into wisdom and difficulty into triumph in our mind, energy and body (Me-B) systems.** This creates Choice Points for peace. We do this by learning to reconnect to our wholeness, true self, source, god-self-whatever word you want to call it. We call it Core Being.

Core Being holds high vibrational consciousness and can be used to transform illness, negative beliefs and insecurities that create our life challenges. To do this we use advanced mindfulness, body-centered trauma-release techniques combined with subtle energy skills. By connecting us back to Core Being we learn how to be the light in the dark and the clear, balanced "I" in the hurricane of life's challenges.

Life has suffering and pain in it; this cannot change and will not change, but we can learn to not be the suffering.

We can use the energy of suffering as an energetic resource to transform and connect us to life, love and joy. We can move through the challenges before us, without merging with the pain and negative identification. **We learn to use the energy of pain, illness, depression and difficulty as a raw material to reconnect us to our wholeness and light.**

Just as a diamond needs polishing before it shines, we need to remember our shine.

Polish with compassion and acceptance...

You learn **Spiritual alchemy**. This is when you are able to self-regulate your Mind, Energy Body (Me-B) system throughout the day to transform low vibrational consciousness of pain and challenge back into the high vibrational consciousness of Core Being.



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"This is the next evolution of psychotherapy, energy work and personal transformation." - Hakomi Therapist

Advanced mindfulness techniques combined with subtle energy awareness to heal emotional pain/illness and create our map back to wholeness and joy.

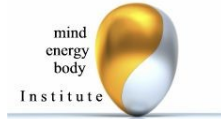


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My horses Billy, Leo, and Zeus and my dogs Shanti, Tara, Bear and Bo

FORWARD

I too move in and out of Core Being. But more and more, I live in bliss and gratitude. More and more I have choice about who I am. This is enough for me. I live my life imperfect, humbly human yet with enough moments of the divine to feel whole, joyful and complete. I know I will always have more low vibrational consciousness to uncover, heal and transform and this is O.K. It is even grand-because this is life.

This book is a map to help navigate the challenges of this world. In it, we learn to bring in the high vibrational consciousness of the divine into our human form. If it is useful, thanks can be given to yourself. Take with you only what truly helps you.

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INTRODUCTION

Consider that we are much more than what we appear to be and that we chose who we are and who we become. Every moment is a CHOICE POINT of creation!

When emotional pitfalls prevail, overwhelming our clarity, we too often lose the connection to who we really are and become reactive. Just like an amoeba contracts from external stimuli, we react to a challenging environment. Learning to be the calm, clear "I" in the emotional hurricane of this reality is paramount to owning our own creative nature and to creating joy. Since few people are born with the skills to navigate this complex and contradictory environment we live in, the *Explorer's Mind* provides a systematic map to help us gain the clarity to consciously manifest our highest good.

This book is written for people who want deep personal health, self-knowledge, and the ability to feel joy even in times of darkness. It is also written for healing and mental health professionals who want to expand their current way of working with clients and

embrace a new multi-dimensional system that accelerates healing as it unravels faulty perception of self, illness, negative beliefs, trauma and emotional pain. As we detach (not disassociate) from difficulty, pain and challenge, we can regain enough presence to learn how to use the energy of challenge as fuel to create peace, wholeness and understanding.

Faulty perception keeps us from wisdom. Wisdom can turn difficulty into wholeness.

In this book, you will learn the about the *3-Rings of Healing* to Shape Shift your Emotions by following the *5-Step Mindfulness Process* for self-mastery. It uses aligned intention, advanced mindfulness techniques, cultivated presence and subtle energy awareness to work our mind, energy and body (Me-B) systems together. Energy, chi or whatever you wish to call it, is consciousness and is the medium that connects our mind with our body. As we learn how to sense, feel and convert energy's low vibrational consciousness (LVC) into high vibrational consciousness (HVC) we give ourselves the power and skills to return to the deeper truth.

We can't always stay connected to the HVC of wholeness, true self, Jesus, god or source-use the name that works best for you. **In Mind Energy Body (Me-B) Transformation, we call this HVC, our Core Being.**

Negative feelings and thoughts in our mind and body eventually invade any peace or calm we have temporarily mastered. As a result, the LVC grows and can spiral us into despair and overwhelm. But as our mindfulness and subtle energy skills advance, we can engage our Explorer's State of Mind to master these 5-Steps which provide us with the ability to shift, transform and return to Core Being.

The Explorer's State of Mind Leads to Mastery

What is the Explorer's State of Mind and why is it an essential ingredient for personal transformation? The Explorer's State of Mind allows us to examine situations and ourselves with honesty and openness. If we engage life from the view of an explorer, we can view challenges as adventures to be overcome and as riddles to solve. From the Explorer's State of Mind, we more easily move out of our negative ego and programmed personality and back to our bigger more whole spiritual truth. Next is an example of a client using their Explorer's State of mind to release pain and trauma and reconnect to their wholeness.

Explorer's State of Mind Case Example

Roselyn called me in distress. Apparently her partner had just come home from a trip to confess that he was in love with another woman. He was moving out of their apartment as soon as possible.

Her world crashed down. He was everything to her. Not only did he pay most of the rent, she felt that his love for her proved to the world that she mattered. He was successful, good-looking and he validated her net worth.

As we worked together, Roselyn gained a broader perspective on her situation. She opened to the energetic frequency and expanded consciousness of the interconnectedness of all. As her consciousness expanded, she moved out of her small, wounded self and into a more accurate and whole perspective. It was as if she was part of an Apollo flight and she looked down on the tiny dot called earth. From this vantage point, she gained a clear view of her inner and outer world.

She experienced herself as a light body that traveled to earth so she could experience loss but not become lost. She remembered that her soul was meant to journey and visit the emotion of rejection and abandonment just so she could learn not to abandon herself.

When she left my office, she was grateful she no longer needed Rick to love her in order for her to feel worthy. Roselyn had gone into the pain of her negative ego and negative programmed personality and returned back home.

This is the journey of the true explorer—one who investigates difficulty in a manner that helps them anchor into their light! *As we travel through this book, we will practice the following 5-Mindfulness Steps over and over again until they become an automatic positive reaction to a negative circumstance.* When we do this, we lead ourselves back to our Core Being.

Later you will learn how the 5-Step Mindfulness process will help you move through the

3-Rings of Healing. In the 3-Rings of Healing the center ring is our Core Being. The outer ring represents our negative defenses, and the middle ring represents our trauma and false sense of self.

Examples of HVC and LVC

Energy is Consciousness and holds both high and low vibrations

High Vibrational Consciousness (HVC) = Core Being, Presence, Positive Intention, Balance

Low Vibrational Consciousness (LVC) = negative beliefs & images, depression, anxiety, false self, illness

5-Step Mindfulness Process Helps Us Move Through the 3-Rings of Healing toward Mastery

There are 5 Mindfulness Steps we use in Me-B Transformation to lead ourselves and help guide others to self-mastery. Step 1 is self-awareness. This is beginning (Level 1) Me-B Process. Specifically it is the ability to experience Core Being in all mind, energy and body (Me-B) systems and then to know when we have been triggered out of our center. As we develop centered awareness, we are more able to have choice. In Me-B Transformation, we call this creating **Choice Points for Change**. As more of us create Choice Points, the more we help foster peace and harmony.

Intermediate (Level II) Me-B advocates master Mindfulness Steps 2 and 3. In these steps we examine and label what negative beliefs and emotions triggered us and why. We do this in all Mind, Energy, Body (Me-B) systems. Advanced Me-B Guides (Level III) master Steps 4 and 5. In Step 4 we sense where in the Me-B Systems the LVC is being held and listen to any wisdom or lessons held there.

During these mindfulness steps, we endeavor to use our **Enlightened Observer**. Our Enlightened Observer is the part of our mind that is connected to our Core Being. It holds enough HVC to enable us to move through the 5-Step Mindfulness Process with compassion, kindness and ease.

Step 5 is when we allow the energy of our LVC to transform to HVC and Core Being in our Me-B Systems. This last step of transformation is essential for the deepest healing to happen. Some mental health professionals negate this last step and tell clients it is important to just feel and understand an emotion. However, I have found that simply feeling an emotion rarely creates the deepest healing. In fact, the latest in neuropsychology seems to demonstrate that catharsis is not healing.

As we develop our ability to sense subtle energies and consciousness we can also learn how to feel an emotion or difficult life pattern in a way that reconnects us to Core Being and cultivates HVC. Eventually we can all learn how to follow this 5-Step process, and reclaim our center and deeper truth. It takes time to cultivate these skills. Remember that being kind and gentle to yourself is essential to developing a higher level of consciousness.

Mindfulness Example

I felt the front of my third chakra begin to spin backwards. I stopped, connected to the energy and consciousness in my body that created that backwards spin and asked why this distortion arose. Fear was held there and it reminded me of the fear that arose when I told my father I was going to study energy work. I knew he wouldn't be pleased and I was afraid to reveal myself in such a vulnerable manner. Letting my mind connect to my Enlightened Observer, I send myself compassion. As a result, I feel able to move through the Mindfulness process of letting this LVC transform to HVC. By moving through all 5 Steps, I self-regulate back to Core Being.

Explorer's 5-Step Mindfulness Practice to Self-Mastery

Step 1: Awareness of when we are in Core Being and when we are not in Core Being.

Step one is the ability to experience Core Being in all mind, energy and body (Me-B) systems and then to know when we have been triggered out of our Core Being. As we have awareness we are more able to have choice. Awareness is the first step.

Step 2: Detachment (versus disassociation) comes from an aligned Manifest Energy field. Manifest Energy lets us feel the difficult emotion (LVC) yet not merge our identity with the negative feelings. This helps us know we are more than the energy and challenging emotions that run through us. As we become detached from our pain, it helps us reconnect to Core Being. This is because detachment helps us assess what is happening without collapsing or defending against it. It also prevents us from over-identifying with the pain and the challenge we are experiencing. As our subtle energy skills advance, this process becomes easier.

Step 3: Naming and owning the LVC. The process of placing a label on our particular trauma, pain, and Core Distortion helps us own it. For instance, is the LVC anger, collapse, hopelessness, sadness, fear or insecurity? Owning it is essential and is very different from being over-identified with the trigger. We are not our unhealthy defenses or distortions; they are just energy moving through us. We use them as ineffective methods to protect ourselves. If we name them, versus identifying with them, we are self-compassionate and centered. If we identify with a defense or trigger, it activates our ego and we can collapse back to the negative programmed personality.

Also, in this step, we learn to connect to the energy and consciousness in the body to identify the difficulty.

This is because we can't always trust what our mind tells us. For instance, when I notice my belly fat with my mind, at the cognitive level, I am ready to let it go. However, subconsciously, when I actually feel the energy in my belly, I get a different response. The energy there does not want to leave. It says it holds loving protection. This is an example of how our mind might give us one answer, but the actual consciousness in the body may hold a different vibration and perspective. This is why we move toward unifying all three mind, energy and body systems.

Step 4: Insight - Linking the trigger to our past negative programming in all three Me-B Systems. For most people, insight into what is happening is helpful in supporting change and transformation. If what we named in Step 3 is anger or hopelessness, how might this reflect back into our past negative programming?

For example, Roselyn learned that Rick was leaving her for another woman. As Roselyn worked through these 5-steps, she noticed that the feelings she experienced reminded her of when her own father left his marriage for another woman. It felt to her as if the trauma of the past was replaying again in the present and as a result, it felt even more painful.

We can gain insight into our present day triggers to see if they have any roots to our past. We can learn to assess what past trauma or negative belief is supporting the core distortion and misaligned energy in our mind and body. As Roselyn could feel grief in her chest and heart chakra and in her stomach and 3rd chakra she noticed the negative belief that she would never be good enough to be loved.

It can take time to master the skill of feeling the energy of the trigger in the mind and body and then to uncover what LVC is held there. The exercises in each chapter build upon the skills of previous chapters. As we focus on what we can do, our skills grow and soon we succeed.

Step 5: Transformation - shift the energy in the mind and body and return to Core Being. We do this by bringing in HVC into the dense LVC of the negative programmed personality. An advanced energetic technique called the Enlightened Observer is used throughout this 5-step process. It is especially important during the transformation phase. This is because in Step 5, we allow and invite the HVC of our Enlightened Observer to fill our Me-B Systems. As a result, we reconnect to our Core Being. As we learn to return to Core Being, transformation is complete. In any one-day, we may need to follow this process numerous times.

In life, we all disconnect from our wholeness-yet, as we gain the ability to (1) notice this disconnect and (2) understand why it happened, we then are closer to transformation and reconnection.

Further details of this 5-Step Mindfulness process are outlined in later Chapters.

Using this 5-Step Mindfulness process, along with the other techniques taught in this book, we develop the ability to use the energy in our negative programmed personality that holds LVC and transform it into the energy of our Core Being that holds HVC. Self-mastery happens as we learn to self-regulate our Me-B Systems and cultivate this high vibrational shift back to Core Being. Just as silt rises to the surface when the bottom of a lake is disturbed, our Explorer's Mind helps us uncover our next personal growth work so our Enlightened Observer can use the silt to create HVC, happiness, and peace.

No Self, No Ego-Emptiness

Different spiritual philosophies discuss the concept of evolving our consciousness so we become egoless and transcend all concepts of self. To describe this experience, some use the words wholeness, emptiness, unity and oneness. Nirvana, or spiritual enlightenment is another term to describe this state of being. *In Me-B Transformation, we use the term Core Being.*

Words fail to adequately describe these expanded states of consciousness. When I am

there, I notice no sense of self and no separation. To me, it feels like pure presence and clear acceptance of what is here now. The practices in this book can help us develop skills to raise our vibrational consciousness. *Ultimately, we can be just as present, content and balanced whether the energy of anger or sadness runs through us or the energy of Core Being runs through us. This is the ideal. This is freedom.*

Any time we have an ego, we also have a self. Our ego can hold negative or positive feelings about us. The battle of not letting our ego tell us we are bad can feel intimidating and overwhelming. This is why in Me-B transformation we let Core Being become a healthy and tangible resource. I have found that to get even near the ideal of no ego and no self, some of us need a transitional object. Just as a child will use their blanket for comfort when their mother leaves, we need to connect to a concept of Core Being. To date, I don't know anyone that maintains an egoless state 24/7. Yet it is an ideal I still hold possible for all of us. Until this happens, hopefully, we can at least experience Core Being more and more throughout the day.

The 5-Step Mindfulness process and various positive resourcing meditations and exercises are included throughout the book to facilitate and experience *some level of Core Being*.

So what do I mean by "some level" of Core Being? We can examine to what extent are we connected to Core Being. For instance, the level of Core Being I experience today holds a much higher vibration than the level of Core Being I was able to experience 5 years ago. In fact, when I look back upon who I was just 5 years ago, I am slightly embarrassed by my lack of awareness. And, five years from now as I look back upon who I am today, I too hope I have advanced so much that I am "embarrassed" again. So the deeper we connect to Core Being, the deeper we can connect. The process continues and is never ending because there will always be higher vibrations of light we can allow within us.

What Is the Negative Programmed Personality and LVC/HVC?

Our negative programmed personality is a false sense of self and occurs when our identification is linked to our negative past. Life experiences, trauma, prenatal experiences, birth and childhood experiences can create false images and beliefs. As a result, we adopt unhealthy defenses and a false sense of self. This false sense of self can limit us from achieving our life's passions and joys. It also creates LVC.

Low Vibrational Consciousness is the unbalanced energy of our negative programmed personality that holds negative beliefs, trauma, ego, false sense of self, illness, and difficult emotions. High Vibrational Consciousness is defined as the energy of our Core Being when it is felt as a sensation in the body and a thought and concept in the mind. *Of course there is a continuum of frequencies between high and low vibrational consciousnesses.* It is not as if we always perfectly switch off LVC and then switch on HVC. It can take a day, week or more to fully return back to our average baseline of

energy and consciousness.

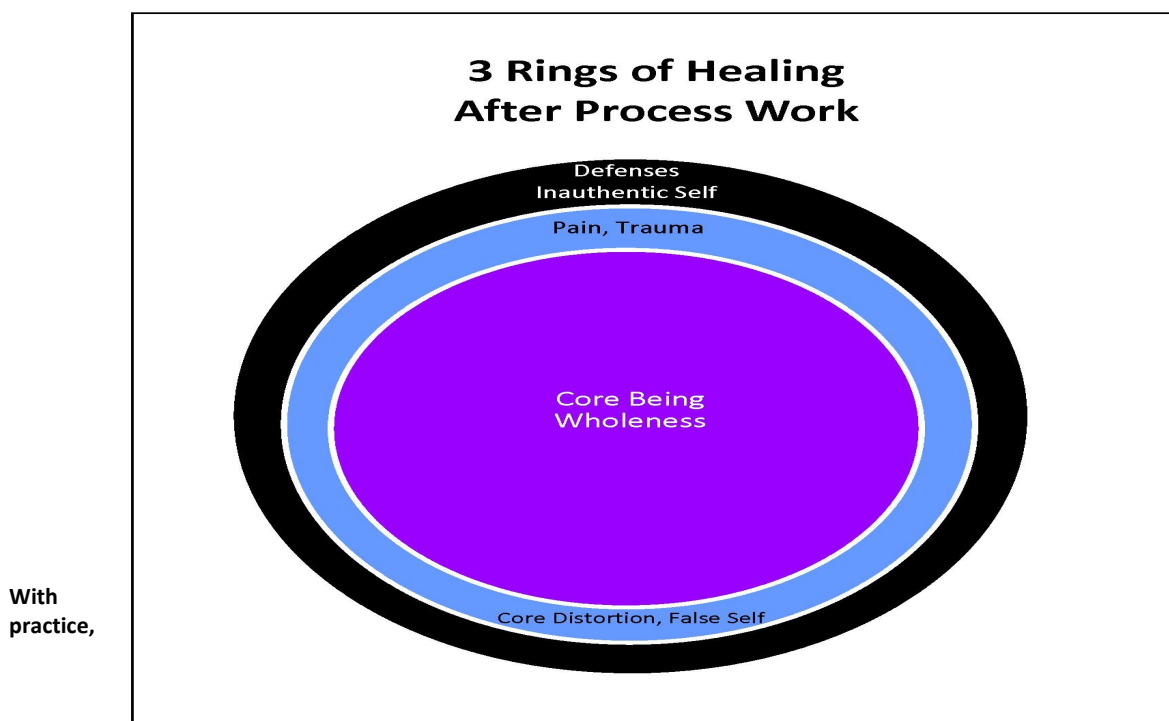
For instance, there are *10 Stages of Consciousness* in Me-B Transformation. Although most days, my baseline is Stage 6, during times of intense stress, I may fall to Stage 4. During more expansive times, I tap into Stage 8. (Benchmarks for each stage and a self-assessment test is provided. As we advance our consciousness and our skills, we more quickly regulate our Me-B Systems back to Core Being.

The baseline Core Being vibration I can currently achieve is much higher than the baseline Core Being vibration I could achieve 5 years ago. For most of us, as we grow and progress, so does our ability to reach and maintain a higher vibration of Core Being. I believe this opportunity to continually grow and reach higher states of consciousness never ends.

However, any need to be in a particular vibration in order to feel whole and content can prevent us from mastering higher states of consciousness. I find when people reach at least Stage 4 of Me-B Transformation, they become more able to feel whole and content, even when the energy of pain and hardship run through them. This is when we are somewhat able to be our own life preserver on an ocean of challenge.



NOTICE THE CENTER RING-CORE BEING-GROWS STRONGER THE MORE PERSONAL GROWTH WORK WE DO IN Me-B TRANSFORMATION



cultivated wisdom, self-love, and compassion, we move from the outer rings to the center ring and master higher stages of consciousness

What are the 3 Rings of Healing and the 10 Stages of Consciousness?

As we advance our level of consciousness, negative life experiences become gifts whereas when we are locked into the energy of LVC, we can feel trapped and stuck in the negative aspects of our ego and personality.

As we engage our Explorer's State of Mind, we discover more about ourselves.

- **The black outer-ring represents our unhealthy defenses.** In future chapters you will examine your idealized self-image, your tendency to minimize the reality before you, or your tendency to disassociate, judge others or yourself. We do all these things. In Me-B Transformation we simply notice when they arise and discover how to move out of these unhealthy defenses.

This means we must feel and move through the emotional pain and challenge that the unhealthy defense is trying to protect. Emotional pain, illness and trauma is what is held in the second, blue ring. As we learn to feel the challenge as energy, we can then transform its LVC and return to Core Being-the purple center ring.

- **The middle blue-ring represents our Core Distortions and traumas in life.**

Trauma can be a physical illness, the result of a car accident or the pain we feel when another is hurtful or judgmental. Often it is when our ego feels attacked or damaged. It also includes developmental trauma, and unresolved challenges that happen in our childhood.

- **The center-middle ring is Core Being (purple ring).** As we use aligned intention, to be mindful of the wisdom needed to transform the LVC, we can move through the outer two rings and back to the center ring, Core Being.

Throughout the day we travel back and forth through these 3-rings. The more skillful we are at following the 5-Step Mindfulness Process, the easier it is to move through the outer 2 rings and into the center Ring of Core Being.

Learning to track our energy field to notice when it becomes unbalanced and then be able to self-regulate our Me-B Systems throughout our day is a vital life skill. This is because if we are aware of our negative defenses and distortions, we then have choice. ***Choice Points** are found when we are aware we are out of balance. We then can choose to develop and use our skills to return to balance.* This is essential in creating our map to freedom and self-mastery.

The 10 Stages of Me-B Transformation map our journey from being imprisoned and ruled by our negative programmed personality to being free of its influence over us. *As we have aligned intention to follow the wisdom we gain from our Mindfulness skills, we become more present to follow that wisdom. The more present we are, the more connected to Core Being and we progress to higher stages of Me-B Transformation.* A brief summary of each stage follows.

Me-B Transformation Skill Levels for the 10 Me-B Stages

Skill Level I – Me-B Stages 1-3 (Step 1)

Skill Level II- Me-B Stage 4 (Steps 2 and 3)

Skill Level III- Me-B Stages 5-7 (Steps 4 and 5)

Skill Level IV- Me-B Stages 8-10 and represents various degrees of Enlightenment.

(Rarely does anyone get above Stage 7 of Me-B Transformation.)

Stage 1: Digging in the Dirt.

Stage One is when we begin “digging in the dirt” to understand—at the mental level—our unhealthy defenses, Core Being, and negative programming. We know Core Being exists, but we cannot yet experience it. In Me-B Stage 1, Core Being is simply an ideal or concept of the mind. This is when a part of us feels, “How can it possibly exist, and how can defenses/emotions be in the body and energy system? I want to believe, but is it all true/real?”

Stage 2: Where are we digging?

At this stage, we are beginning to label the outer and middle rings of the 3-rings of healing. We are not yet sure where they are held energetically in our body. Also, at this stage of Me-B Transformation, we are not yet convinced this “stuff” works, so we are “faking it to make it.” We are focused on knowing the answer to the Zen Koan, “Who Am I?” in all 3 Rings—the outer ring (unhealthy defenses); middle ring (trauma, false self) and center ring (Core Being). (In Stage 2, we develop the gifts of the 4th chakra, compassion for self and others.)

Stage 3: Transformation Finally, at this Me-B Stage, we have enough HVC to begin to transform LVC. This is because we can finally experience, feel, and sense all 3-Rings. We can feel Core Being, notice our Trauma and Core Distortions in the blue middle ring, and identify our negative defenses in the black outer ring. At Stage 3, we are just beginning to be able to titrate back and forth between experiencing our HVC and then experiencing our emotional pain. We go back and forth because we can’t yet keep our HVC of Core Being strong when we feel emotional pain.

Transformation Choice Points happen more often at this stage, because we have a stronger awareness of our Core Being and we have stronger Mindfulness skills so we also are more present to follow the wisdom the mindfulness brings. Our ego still over-identifies with the pain, but we are starting to believe/experience and move beyond faking it to make it. We are much closer to knowing the answer to “Who am I?” (At this stage we are developing gifts of the 3rd chakra—a positive ego/sense of self.)

Stage 4: Holding Two Places At Once. Holding Two Places At Once means we can somewhat maintain the Level II Mindfulness Skills of detachment and naming the LVC. This means we are learning **not to** identify with the energy of the negative emotions/thoughts/beliefs flowing through us. For instance, if we are feeling grief, we are not merging our identity with the grief. Instead, we feel the energy of grief moving through us. If we are feeling insecure, we know it is the energy of insecurity that is running through us and we don’t completely merge our identity with the insecurity.

Stage 5: Ego Death Process. In this stage of Me-B Transformation—who we thought we were is now changing. At Stage 5, there is a conscious death of our old self-identity. Yes, once we finally answer the question, “Who am I?” that ego-based understanding of self must die and eventually be reborn. I find this process is a continuum. Just as a snake must shed its skin, as we grow we must shed our concept of self. This is why snakes are such a strong symbol of transformation.

For me, this process happens every few years. I shed my old concept of self and a new one is reborn. *And, as long as we still have an ego, this process will continue to take place until one day, we notice no concept of self or ego is found.*

So, in Me-B Transformation, we constantly discover who we are—and then let it go, so we can discover the next deeper truth. Then again we ask, “Who am I?” Then we let it

go. Enter the void. Come through the other side and once again discover who we are. Let it go. Enter the void. Come through the other side and once again . . . over and over again. This is how we grow, change and transform.

The experience of the void occurs when the ego's old self-identification is gone, and the new one has not yet been put in place. At Stage 5: Ego Death Process, often we can notice and take responsibility when our ego is activated. And at Stage 5, our Mindfulness Skills are advanced, Level III. This means we can maintain HVC, and we don't over-identify with emotional triggers. (This happens about 60 percent of the time.) The void still feels difficult, like climbing Mt. Everest without oxygen. (At this stage, we are developing the gifts of the 2nd Chakra-Personal Power).

Stage 6: Through the Void. At Stage 6, we have come through the void and are deeply anchored into Core Being. We understand that the Ego Death Process will happen again and again throughout our lifetime. We know it will always feel painful and difficult-like climbing Mt. Everest without oxygen.

It can be okay because we have already walked that path and know we can succeed. At this stage, 70 percent of the time, we can own our ego activation and be in Core Being. We can also confidently transform anger, anxiety, and sadness into personal strength. (We are starting to use the 2nd Chakra's gifts.)

Stage 7: Self-Mirroring, Loneliness Mastered—Joy and Bliss Multiply. Self-authority is strong in this stage. Even when we are alone, we are never lonely, because we are anchored so deeply into ourselves. When someone negatively projects upon us, we know the truth of what is ours and what is not us—because we define who we are in the world. The statement “no one can abandon me but myself” now feels true. Existential fear is still difficult to transform, but we are not over-identified with it. Our ego gets activated and we still live from our programmed personality, but 80 percent of the time we are in Core Being. (At this stage we are mastering skills of the 5th Chakra-self authority. We feel whole even when someone of authority issues harsh judgments about us.)

Even if we are able to master all the skills of Stage 7 of Me-B Transformation, it doesn't necessarily mean we have enough HVC to stay at Stage 7. At this stage we know our unhealthy defenses, and have worked through much of our childhood wounding. We are proficient at transforming LVC and HVC and we are proficient at the 5-Step Mindfulness Process. We easily sense subtle energies and can effortlessly connect to our body and assess where there are Core Distortions. Most of our personal process work is devoted to uncovering our subconscious (*shadow*) aspects that were previously hidden from our conscious awareness.

As we master all of the skills in the book, if we find ourselves at Stage 7 but later discover we have dropped back down to Stage 4, just know we are exploring our

shadow aspects. We are still human. We are human, and, as humans, there will always be LVC to transform into HVC. It is very important to continue looking for those difficult Choice Points where we own our past negative programming, chose a different reaction, and create a different reality. This process may not be easy-so we can at least be kind and patient with ourselves as we develop the skills outlined in this book.

Stage 8-10: Degrees of Enlightenment. Very few people can consistently maintain Stages 8-10. These states represent varying degrees of Enlightenment. When we are at Stages 8-10, we use all the gifts of all the Chakras and all the Dimensions.

(Even though few people evolve past Me-B Stage 4, think of how much more joy and peace would spread if we all mastered at least Stage 4.)

How I Developed This System

I developed this system after I graduated from college and began to investigate how to overcome my own pain and insecurities. In 1984 I began my professional career as a Community Organizer in Washington, D.C. helping out in low-income neighborhoods. Then I worked in national organizations as a policy advocate on Capitol Hill for the disenfranchised. Later my work expanded to Bangladesh, Nepal and Cambodia where I developed woman empowerment programs, and began to study healing. I became a Licensed Professional Counselor (LPC), learned body-centered psychotherapeutic approaches, studied advanced trauma strategies, meditation, and energetic practices such as Reiki, healing touch, Barbara Brennan Healing Science, Chi Kung and others.

Each system I learned had valuable components and life skills but none felt complete and comprehensive so I began to look for the missing pieces.

The missing pieces I found include the need to master subtle energy awareness, Core Being and the Enlightened Observer skills. It is also important to incorporate all 3 mind, energy and bodily systems together in a coordinated manner.

Next is a summary of why people get stuck in negative cycles and how subtle energy awareness, advance mindfulness and presence of Core Being helps us overcome personal challenges such as: chronic illness, depression, loneliness, and repetitive negative cycles.

*Each task has a tool to help us: **Aligned Intention, Mindfulness** (from the Enlightened Observer to gain wisdom) and **Presence of Core Being** to follow the message mindfulness delivers. (More will be discussed on these three tools in the next chapter.)*

3 TASKS TO SELF-MASTERY: OVERCOMING NEGATIVE CYCLES

As a healer and psychotherapist, I began to notice three reasons why people get stuck in the same negative life challenges and three tasks we can master so we move forward.

As we master these tasks, we are also more able to follow the *5-Step Mindfulness*

Practice, move through the 3-rings of healing, and anchor back into Core Being.

TASK ONE: Don't Merge and identify with the pain.

We get stuck any time we merge and over-identify with pain, illness, trauma and difficult emotions. What do you mean I am not the fear, anger, anguish and insecurity that runs through me? If I am not my pain, what am I?

Too often we identify our sense of self with what we are feeling about ourselves in the moment. If we are happy and others act loving, we feel good about ourselves. If we are sad, make mistakes and others are judging us then we can feel bad about ourselves.

Manifest Energy helps align our intention so we are able to be in relation to the pain and difficulty-yet detached enough so we can listen to its wisdom. Pain and difficulty always has a gift-can we be wise enough to discover the gift. Manifest Energy also helps us be present enough to follow through with the wisdom Mindfulness provides us. Learn to let the energy of pain and challenge be energy not a self-identification of who we are. Then learn to let the energy of pain and challenge run through our Me-B system. Don't hold on to it!

I believe freedom comes when our wholeness is a consistent force we can tap into for support. This promotes long-term positive change and healing. So, learning not to merge with the negative energy, emotions, trauma and false sense of self is pivotal if we are to create our map to freedom. I feel free when I am so deeply anchored into my Core Being that I feel complete, even when in pain. Freedom is also when I no longer feel alone because I am deeply connected to the oneness within me. This book is devoted to helping us achieve this goal of freedom.

TASK TWO: Discover the negative aspects of our personality that sabotage us.

The second reason people stay stuck is when a subconscious harmful intention toward healing and self-mastery takes charge of our actions. For instance, we all have positive aspects of our personality that help us. But we also have negative aspects of our personality that can sabotage us. If we are committed to healing and growth, we must learn to see how our internal saboteur thwarts our forward movement.

A saboteur might make us feel frozen-as if we are waiting for someone or something to come to our rescue. Sometimes we wait for years to be rescued. For instance, a talented writer I know attended a workshop to get support on her new book. At the workshop, she was ostracized and shamed by the other participants. She hasn't written a word since. She so wanted the external support but didn't receive it. Sometimes we must move forward even when there is no external support. (This does not mean we can't get external support to augment our internal light. In fact, asking for help is often an indicator of strength. The problem comes when we can't move forward without it.)

Trauma actually programs this freeze (saboteur) into our body's nervous system.

Polyvagal Theory explains (in part) our immobilization and is discussed more in the trauma and chronic healing chapters.

Another way our saboteur can limit us is when it makes us stay in pain and darkness. The saying “the devil we know is better than the devil we don’t know” is an example of this. It can feel safer to stay in the pain than to leave it and move into the unknown. In fact, the latest advances in neuropsychology suggest we all become programmed to stay in the same patterns by our brain and body systems. This is why it takes relentless, strong and focused intention to reprogram.

TASK THREE: Master subtle energy awareness and the ability to transformation Me-B Systems.

The final reason we stay stuck is lack of self-awareness at a subtle enough level to change. Too many of our problems cannot be solved through cognitive reasoning alone. Many of our negative patterns are held at such a subtle level in the body and energy system that it can be hard to find the distortions and heal.

For instance, trauma wires our brain to repeat its negative patterns. It is a physiological programming that happens in both the body and brain. Because it gets so deeply wired within us, it is rarely solved only through talk therapy. Therefore, it is vital we learn to tap into the body and energy systems and reveal the subconscious core distortions and negative programming held there. (A core distortion is anything that keeps us from Core Being. It can be an emotion, negative belief, trauma or pain.)

Carl Jung suggests that it is the unknown that has the most power over us. Arguably, our subconscious is 99.9 percent of total awareness. Or, we are only 0.1 percent aware. Because the subconscious can conspire against us, it can be a reason we get stuck. As we learn to use subtle energy awareness to reveal what is hidden in our subconscious- we can discover the parts of us that need support and the parts of us that can support us.

Growing up, I suffered from a haze I now know was depression and Post Traumatic Stress Disorder. As an adoptee I worked to heal abandonment issues, prenatal trauma and overcome the challenges of growing up with an emotionally abusive alcoholic father and a distant mother. At the time, I never felt I belonged anywhere. The harsh treatment people inflicted upon one another made no sense to me. I wondered what was I doing on this crazy, harsh planet?

As I grew older, I had a sense that there was something important I was supposed to do. I believe the Science of Me-B Transformation is the important work I came to do and I couldn’t have developed it without all the very difficult challenges I encountered in my life. Every time I am grateful that something bad happened to me, I know I received the

gift the difficulty was meant to deliver to me. Wisdom and self-awareness can sometimes only be born from hardship.

One of the best-known proverbs from Buddhism is: life is suffering. My interpretation is that life has suffering and pain in it. This cannot change and will not change. **But, we can learn to not be the suffering and-we can look for the gifts difficulty can bring.**

Just as a diamond needs polishing before it shines, we need to remember our shine. So as we move through the challenges before us but not merge with the pain and negative identification, we learn to use the energy of pain, illness, depression and difficulty as a raw material that will reconnect us to our wholeness and light. Just as splitting an atom creates a burst of energy, I find if we have:

- (1) aligned intention,
- (2) our mind has a high enough vibrational frequency as we connect to the center of the painful emotions in our body and,
- (3) we don't merge with the difficulty but bring light into it, a burst of energy moves through us too. As a result, healing and wholeness happens.

In this book we use a combination of positive intention, advanced mindfulness techniques and subtle energy awareness to convert LVC into HVC. Through our Explorer's State of Mind, we also learn to listen to any wisdom and lessons that difficulty and LVC brings. From wisdom, we facilitate connection to our wholeness. As a result, the HVC of Core Being is felt in the thoughts of our mind, in the sensations in our body and in our energy system. It is truly a map to wholeness and freedom.

3 Tasks to Overcome Negative Cycles

TASK ONE

Don't merge and over-identify with pain, illness, trauma and difficult emotions. Manifest Energy helps with this by fostering the energetic alignment to achieve a balanced level of detachment from the challenge. Learn to let the energy of pain and challenge run through you and then reconnect to Core Being.

TASKS TWO

Discover the negative aspects of our personality that can sabotage us. If we are committed to healing and growth, we must see how our internal saboteur thwarts our forward movement.

TASK THREE

We must master subtle energy awareness and transformation in all three Me-B Systems. Too many of our problems cannot be solved through cognitive reasoning alone. Many of our negative patterns are held at such a subtle level in the brain, body and energy system that it can be hard to find the distortions and heal.

So, we can think of Me-B Transformation as a form of spiritual alchemy. This is because we connect to the metaphorical lead of our past negative programming (trauma, negative beliefs and emotional pain). We then surrender into the center of it with high enough consciousness and wisdom (advanced mindfulness) to allow it to transform into the gold of our Core Being.

Since we are human, we all move in and out of our negative personality aspects throughout the day. *Wouldn't it be nice if we were to notice how we do this and then have the skill and aligned intention to return to the truth of our Core Being?* As we learn to consciously cultivate the energy of our Core Being, we can use its HVC to heal the LVC of the negative aspects of our out of balance programmed personality.

Then, from the clear and whole perspective of Core Being, wisdom can be gained and our path more easily revealed. In addition, the energy of Core Being's HVC can be used to change our cells, our thoughts and our concepts of self so we can overcome illness, depression, anxiety and manifest our dreams. So when I am asked, what is my definition of empowerment and enlightenment? The answer I now give is simply the ability within to know when we are out of our center and wholeness and then return quicker and quicker back to Core Being. For most of us who do this diligently throughout the day, it is a rewarding yet difficult challenge.

Skills To Develop

When we connect to difficulty and challenge with the LVC of our negative programmed personality, we create more negativity. As we learn to align our intention, use mindfulness to receive wisdom and develop the presence to follow that wisdom, we are more able to self-regulate back to the wholeness of our Core Being in our Me-B System. As a result, we cultivate HVC and foster health, happiness and abundance. I call it learning to be the light in the darkness and the metaphorical "I" in the hurricane.

Happily, we can learn how to notice when we are creating and running LVC within us and we can learn the techniques taught in this book to reconnect to our wholeness and live more often from the HVC of our Core Being. So, although we can't control if the energy of HVC or LVC is going to run through us anymore than we can control the weather...as our skills increase, we are more able to:

- * self-regulate our mind-energy-body system so we can
- * transform the energy of the LVC,
- * see what lessons or wisdom it holds, and
- * through the power of subtle energy awareness, positive intention and advanced mindfulness techniques, we become present enough so we can return back to the HVC of Core Being.

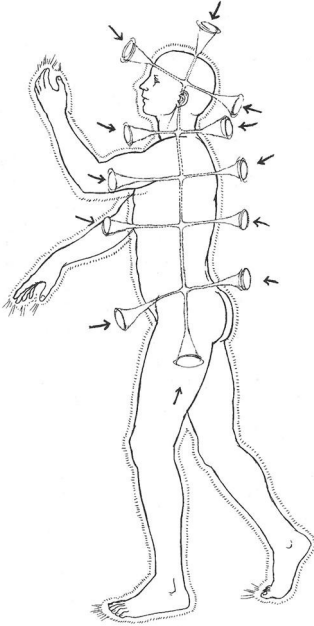
To be successful in this process, it is vital we cultivate a connection to our wholeness or Core Being and not base our identity on the negative aspects of our personality that have been programmed into us throughout our life. In this book, we learn how to move out of our negative programmed personality and deepen our connection to Core Being in our Me-B System. This book serves as a year's training in Me-B Transformation; it is a guide and workbook in one. Take your time to master the skills and set goals to do a little bit every week. (If you need help, seek guidance from Me-B trained practitioners, and/or organize classes in your area.)

INTRODUCTION REVIEW and PERSONAL MASTERY QUESTIONS

1. Explain HVC and LVC.
2. Explain your programmed personality – both the positive aspects and the saboteur aspects.
3. List 5-steps to use mindfulness and self-regulate our Me-B System back to Core Being.
4. What is easy for you in mastering these steps and where might you need additional support?
5. How might you organize your life to get that support (or have you already done this-explain)?
6. Just as splitting an atom creates a burst of energy, I find if we have (1) _____ (2) _____ and, (3) _____ As a result, healing and wholeness happens.
7. What keeps us from wisdom?
8. Explain Choice Points for Peace.
9. Draw the 3 rings of healing before and after process work. Explain the difference.
10. List three reasons why we get stuck. Now relate these reasons to you and your life challenges.
11. To be successful in self-mastery, it is vital we cultivate _____ based on _____.
12. Explain why life is suffering and that is the good news.
13. Explain why Me-B Transformation is a form of spiritual alchemy.
14. Look at your life and explore what gifts you gained from past hardship.
15. For the next two weeks, look for Choice Points. You don't have to change any behaviors, just notice them.
16. What is your identity based on? How might that need to be deepened into a more universal support system of Core Being?

CHAPTER 1-THE MIND AS A POWERFUL ENERGETIC TOOL

How does healing happen? What is the magic bullet?



Energy is the primary substance that connects our mind with our body and is the foundation of everything. Physics tells us that the primary substance everything is made out of is energy and that we are nothing but energized particles. Physics also states that these particles can move from lower to higher vibrational states.

This is why in Me-B Transformation, we learn to connect to subtle energy with holistic awareness, intention and presence. As we learn to sense subtle energy and transform the low vibrational consciousness (LVC) of suffering into high vibrational consciousness (HVC) of Core Being, we master the skills to create deep personal health, self-knowledge, and the ability to feel joy even in times of darkness. Subtle energy awareness, combined with mindfulness and aligned intention are pivotal tools to our success. All three together, when used artfully, are the magic bullets for self-mastery.

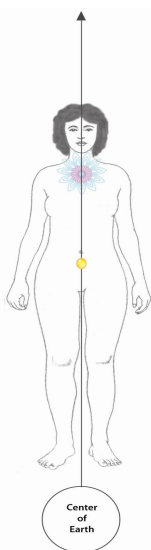
Awareness used with clear intention is the power behind energy transformation.

Through Me-B Transformation, we develop a deep understanding that the body is energy and that energy is consciousness. All three mind, energy, body systems are distinct aspects of one continuous state of being. This is illustrated most clearly within the Auric Field, which is one of the four types of energies that we will learn to work with. I will introduce them now and we will delve deeper in future Chapters.

Only two types of energy hold negative personality distortions: energy in the Auric Field and Manifest Energy. Other energetic configurations we access in this book are conduits to receive spirit and HVC into our mind and body. (Chapter 14 teaches us how to feel, sense and track energy and Chapter 13 outlines the various energetic frequencies we work with in Me-B Transformation.) Specifically, we work with four types of energies:

- *Auric Field* includes 7 chakras (front and back), the Central Channel where the chakras connect into (see above picture), outer energy egg, and the 7 levels of the Auric Field that included our physical, emotional, mental, relational, and spiritual energy bodies. (See chapter 13 for details). Trauma and negative beliefs are held in the chakras, and in the emotional and relational energetic bodies. When the Auric field is balanced, it connects us to our life force, aliveness, health and the positive aspects of our personality.

- *Manifest Energy and its Intention Line* helps us align our Me-B System to create our dreams. To me it feels like magnetic particles that align through the center of our body and create a strong steel rod. What feels like a strong steel rod is the Manifest Energy Intention Line (see diagram below). We can use this energy to attract our dreams to us. However, it manifests to us both our hidden harmful intentions and our constructive intentions. Sometimes a subconscious part of us wants to stay in our pain and separate from our Core Being. When this happens, we can learn to realign our intention and move out of our LVC and reconnect to Core Being. I believe we would all be instantly enlightened if all parts of us were aligned toward that higher intention.

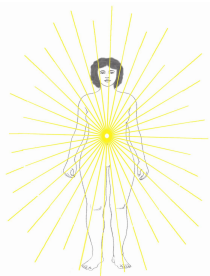


Barbara Brennan.)

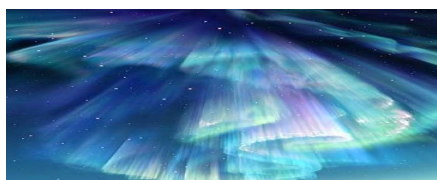
Unfortunately, the LVC in our past programming can create a blend of negative and positive intentions. Learning to realign our Manifest Energy and thus our intentions is a very powerful tool to use for consciously creating our lives.

Manifest Energy responds to our intentions by organizing in a manner to attract our intentions to us. For instance, if we are not able to attract to us what we think we want, we can assess our Manifest Energy Intention Line to discover why it has not showed up in our lives. (Manifest Energy is similar to the Hara Dimension as outlined In *Hands of Light*, by primer healer and scientist,

- *Core Being*. At the energetic and spiritual levels we are all connected and one.



Core being energy is our unique one note in the universal symphony that represents the oneness of all. We all have a part of ourselves that has never been damaged or hurt-this is Core Being. As we learn to cultivate this energy in every aspect of our Me-B System, we can undo the negative programming of the past. (In *Hands of Light*, Barbara Brennan names this the Core Star Dimension.)



- The *Multi-dimensional Fabric of Interconnectedness*. Whereas Core Being is our one unique note, the Multi-dimensional fabric of Interconnectedness is the symphony of all-including all universes, planets, stars and galaxies.

From this broader view of reality, we can better evaluate and solve our challenges.



- *Star Child Energy.* Star Child energy represents the lessons our soul has learned over the many lifetimes. Specifically it represents the insights, gifts and talents we have developed from living on many different planets and many different dimensions across the cosmos. Many of these gifts have been lost from our memory and thus from our ability to use them. We can learn to access the memory of these lessons so they can be helpful to us in this lifetime. Unlike Core Being and Multi-dimensional Fabric energy, soul energy is not always whole and complete. It represents our light and our dark aspects of the personality. However we can learn to retrieve the HVC from the lessons our soul has collected. As we are able to remember these gifts, it can be a boost to help raise our consciousness.

Since energy is consciousness, as we learn to make energy a tangible resource that we can sense, see, touch and evaluate-we can then use it as a raw material to increase our self-awareness and raise our consciousness. Then we can connect to the energy that holds LVC in our body and in our mind (Mindfulness Steps 1-3), gain wisdom and insight (Mindfulness Step 4) and transform misaligned energy into HVC and Core Being (Mindfulness Step 5).

THE POWER OF “RIGHT” MINDFULNESS, PRESENCE AND ALIGNED INTENTION Why Are They So Important?

I have noticed a wonderful increase in psychotherapeutic practices incorporating mindfulness techniques to help clients. As a result, I think it is important to further define mindfulness. Is mindfulness and presence the same thing or how do they differ? What role does Intention play? Are there various qualities of presence and mindfulness that hold a range of energetic vibrations? How can exploring this further help us in our own healing processes?

Let’s start with the first question-is mindfulness and presence the same? Mindfulness is a tool we can use to cultivate presence. For instance, by following the 5-Step Mindfulness Practice outlined in the previous section, we activate and energize presence within us. There are many different mindfulness practices that can invite deeper levels of presence.

Mindfulness Techniques to Invite Presence

Yoga, Chanting, Dance, Exercise, Chi Kung, Breath Work, Meditation, Energy Work, Emotional Freedom Techniques, Lovemaking, Sensory Integration, Psychotherapy, Nutrition, baths, Hypnotherapy, massage, Rolfing, and more. Almost anything can be a mindfulness technique if done with the right intention.

Of course, if we don't have clear intention for deeper presence, then whatever mindfulness technique we use will fail. This is because *it is intention that moves energy*. Energy is a tangible representation of consciousness and is the blueprint for everything. Energy is also the medium that connects the mind with the body. As our intentions align so does our energy and consciousness. **Mindfulness is only the tool. Intention directs the tool of mindfulness to create presence.**

For example, if I place my hand on my leg and I don't have intention for energy to flow, it won't. But if I place my hand on my leg and I align my intention to have the energy flow-it will. **Where intention goes, energy flows.** If while exercising, doing yoga or meditating our intention migrates out of our body so will our energy. As a result, we become less connected and less present with ourselves and not more.

...subtle energy is conscious. Subtle energy bodies are able to transmute one type of energy into the other, with each energy center performing its own unique function within the anatomical structure of the body's energy system. As such, these centers tie together different parts of the body, the body with the cosmos, and all aspects of being with one another-physical, emotional, mental and spiritual. (*The Subtle Body*, Cyndi Dale; page 245)

When I am not present or balanced enough to solve a problem, I often go for a bike ride. On the bike ride, I set my intention to let my mind wander off to connect with HVC outside of my body. Usually it takes about 15 minutes before I notice my mind is focusing on the wisdom I needed to solve the problem. I then use intention to be present with that wisdom, and apply it in my life.

Intention is the force that directs energy to use the tool of mindfulness. Mindfulness is the tool to create presence. Therefore, we can't accurately discuss presence without also talking about energy, intention and mindfulness.

Presence then is the result of energy, intention and mindfulness. When presence is experienced not only in the mind, but also in the body and energy systems, it results in a higher quality of presence.

So what is the energy and consciousness of presence? In Me-B Transformation the highest quality of presence is experiencing Core Being in our Me-B System. As our connection to Core Being vibrates at a higher frequency, so does our presence.

As I align my (a) intention to use (b) mindfulness to be (c) more present, I notice my unhealthy defenses. Awareness leads me to my Choice Points. I then find my Choice Point; follow the 5-Step Mindfulness Process, which helps me realign my negative programmed personality, transform LVC and reconnect to center.

Making Energy A Tangible Resource For Change

The more present I am, the more empowered I am. It becomes easier for me to see and sense energy and use it as a practical tool for transformation.

For instance, while meditating, I look at my body and intend to be even more present with the reality before me. As I do this, I notice the energy in my legs begin to shimmer. I see my legs turn to silvery light. As the silver glows, I invite even deeper presence. As a result, the light dissolves into a haze of dancing energy particles. Bliss fills me. I regulate my field with the intention of returning to solidity and I see the world as a grid of solid lines. Slowly form returns.

This level of presence helps me sense the deeper reality before me. I notice the truth of my light while at the same time I am aware of my earthly personal work. In fact, I believe because we acknowledge our light, it can make it easier to also acknowledge our own personal growth work.

As we deepen our self-mastery, we also raise the vibration of our Core Being. So as my intention is aligned, my mindfulness skills advance and I become more present. The more present I am, the higher the vibration of my Core Being I can experience. As this happens, maybe shimmering legs of light will become commonplace.

As outlined previously, awareness is the first step to healing. As we clarify what is the energetic vibration of intention, “right” mindfulness, and presence, we can better self-assess and regulate back to a higher vibration.

The term “right mindfulness” comes from the Fourth Noble Truth.

The Four Noble Truths

- 1. Life means suffering.** To live means to suffer, because human nature is not perfect, and neither is the world we live in. During our lifetimes, we inevitably have to endure physical suffering—such as pain, sickness, injury, tiredness, old age, and eventually death. We also have to endure psychological suffering: sadness, fear, frustration, disappointment, and depression. There are different degrees of suffering, and there are also positive experiences in life such as comfort, and happiness. Because our world is subject to impermanence, life will always fluctuate and change. Ups and downs will always happen. What can be permanent is a continuous flow of aligned intention and mindfulness that knows our happiness is linked to an internal constant of Core Being and not an external flux and change. Change can feel safe just as sadness can deliver the gift of wisdom and strength.
- 2. The origin of suffering is attachment.** Suffering is caused by clinging to something or revolting against something. Non-attachment happens when we have deep connection and knowledge of Core Being.
- 3. The cessation of suffering is attainable.** The cessation of suffering can be attained through *nirodha*. Nirodha means the unmaking of sensual craving and conceptual attachment. Nirodha extinguishes all forms of clinging and

attachment.

4. The path to the cessation of suffering is the Eightfold Path. This path leads to self-mastery.

Eightfold Path

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Our Enlightened Observer helps us get closer to wholeness.

Valerie Hunt has done some research into this general topic of measuring energy that holds HVC.

When people in her studies were thinking of daily situations, their energy fields measured frequencies in the range of 250Hz. This is the same frequency as the heart. When psychic individuals had their energy fields tested on the electromyography, their frequency ranged in a band from 400-800Hz. Trance specialists and channelers fell into the 800 to 900 Hz range, and mystics, connected continually to their higher self had an energy or etheric body above 900 Hz. Hunt's findings correlate with traditional chakra lore: the chakras can be stepping-stones to enlightenment, each inviting a different spiritual awareness and increasing the frequency of the subtle body. In fact, the manufacturer of the equipment adapted the machine to measure higher frequencies, and it was found that a mystic had an average subtle energy field frequency of 200.000Hz. Hunt also found changes in coloration emanating from the chakra points when subjects were being Rolfed. (*The Subtle Body*, Cyndi Dale; p. 247)

To date, I don't know of any device to measure our exact vibrational range of "right" intention, "right" mindfulness or presence. But in the following charts, performance indicators for intention, mindfulness and presence are outlined. They are organized according to skill levels I, II and III.

IT BEGINS WITH RIGHT INTENTION

RIGHT INTENTION CREATES MINDFULNESS, PRESENCE, and CORE BEING

Where intention goes, energy flows.

Some meditation techniques use chanting, yoga positions and ceremony to raise the vibration of the mind. I support these approaches and I also want to emphasize the importance of constructive intention. Intention is the force that moves energy and consciousness. We can't be mindful or present without right intention. If the intention is to separate, we separate. If the hidden intention is to be a victim, we become victims. However, as we cultivate enough intention to be mindful and invite presence we heal. Is

it this simple?

It is simple, not easy. Because our subconscious is so large, hidden saboteurs have mixed intentions. There are many reasons we may have misaligned intentions that don't serve our highest good. For instance, to align our intentions, we often must first experience our negative beliefs and negative ego. This means we may need to feel the LVC of something very harsh. It might feel painful to our idealized self-image. This makes it very difficult to notice a misaligned intention.

Our self-identity wants to feel whole-but if we have a positive intention to heal, we often must go through the pain and into the light. *The danger is that we could get lost in the pain and link it to our self-identity.* When this happens, our ego tends to chime in and confirm our negative image. If this happens we become stuck in the pain and our negative ego takes charge. As a result, we can't move through the 3-rings of healing and back into Core Being. Pain becomes our barrier. So...it is the power pain has over us that creates our contrary intentions.

Emotional pain that slashes our sense of self, also destabilizes our energy system. *In this book, we develop the skills so we can split our awareness into two parts-one part connected to the emotion, and the other part with enough presence to know who we really are. When we can do this we don't merge with our negative self-identity, we maintain mindfulness and presence.*

With enough aligned Intention:

- we don't merge with our negative self-identity,
- we can then learn how to feel the pain as an energy and sensation and not as a litmus test for our self-worth.

Remember the earlier story of Roselyn. She had enough constructive intention so her consciousness could expand. As a result she moved out of her small, wounded self and into a more accurate and whole perspective. She experienced herself as a light body that traveled to earth so she could experience loss but not become lost. I believe this is the real truth we can embrace. Yes, it is hard to muster that level of aligned intention but it is this positive intention that creates the deepest healing.

Intention does not mean we have an agenda and does not come from a place of judgment or tension. **Intention is simply an alignment within ourselves of what we want to create or manifest.** We don't hold onto it, or think we are bad if it doesn't show up, but we can investigate why it doesn't show up. This is because there may be a contrary intention that has LVC. As we investigate why it doesn't show up, we can see if some part of us is preventing it from happening. (See future Chapters for exercises on developing aligned Intention.)

Levels I, II, III Indicators of Intention to Transform LVC Energy and Consciousness into

Core Being

- **MIND:** At Level I we understand the harmful aspects of misaligned intention and the benefits. Cognitively we can begin to assess negative and positive intentions. Level II we are getting better at aligning our Manifest Energy Intention Line to promote positive change. At Level III we are much more skillful at manifesting our intentions.
- **BODY:** At Level I we can only begin to feel the sensation of aligned/misaligned Manifest Energy in our body. At Level II we can often feel the sensation of it and know where in the body it is aligned and misaligned. At Level III, we can easily feel the sensation of it in the body and know where in the body it is aligned or misaligned. We also know what deeper personal work must be done so we are more likely to manifest our intentions.
- **ENERGY:** Level I is more faking it to make it. We don't yet know how to align our Manifest Energy into right intention. At Level II we can begin to self assess/track/realign our Manifest Energy. At level III we can easily assess and realign our Manifest Energy in ourselves and others. When we can't realign we usually know why and what deeper personal work is needed to be successful.

Indicators of Right Intention

Using Intention (Manifest Energy) in our Mind Energy Body System

Energy and Consciousness Transformation	LEVEL I (Stages 1-3)	LEVEL II (Stage 4)	LEVEL III (Stage 5-7)
MIND	We are more faking it to make it. We don't yet know how to align our Manifest Energy into right intention.	We can begin to self assess/track/realign our Manifest Energy. For instance, we know when we are in contrary intention- even if we can't always realign it.	We can often assess and realign our Manifest Energy in ourselves and others. When we can't realign we usually know why and what deeper personal work is needed to be successful.
BODY	At Level I we can <i>only begin</i> to feel the sensation of aligned/misaligned Manifest Energy in our body.	We can <i>sometimes</i> feel the sensation of it's alignment and misalignment and know the location in the body where it is	We can <i>easily</i> feel the sensation of its alignment and misalignment and know where in the body it is

		misaligned or aligned.	misaligned or aligned.
ENERGETICALLY	Level I is more faking it to make it. We don't yet know how to align our Manifest Energy into right intention.	At Level II we can begin to self assess/track/realign our Manifest Energy.	At level III we can often see, sense, assess and realign Manifest Energy in ourselves and others. When we can't realign we usually know why and what deeper personal work is needed to be successful.

ADVANCED MINDFULNESS

Uses the Vibration of the Enlightened Observer

The mind is a powerful energetic tool. In fact, I argue that it is the most powerful energetic tool available to any of us - as powerful as hands on healing, or an acupuncture needle. Used skillfully, our mind can heal anything. Used skillfully *in the body*, it can make the impossible, possible. I have seen clients heal breast cancer, torn ligaments, deep trauma and chronic depression simply by putting their mind in the body. Yet, as an energetic tool, it is important we notice what vibration the mind is holding when we use it in our body and energy system.

If our mind fixates and loops through negative images and thoughts, the energy loses its healing qualities. As a result-the energy of LVC spreads like a virus throughout our mind and our body. Yet, if our mind focuses on connecting with the Enlightened Observer, HVC flows.

Over time, as we remember to invite connection to our Enlightened Observer, it becomes a positive habituation throughout the day. On days I find this difficult, I often exercise, ride my horse, dance, sing or chant and before I know it, my mind is reconnected to its HVC. If the mind is running judgments and LVC we risk creating more judgments and LVC. But, if the Enlightened Observer raises our mind's vibration, it can more effectively transform energetic distortions, trauma, and painful emotions into wisdom and light.

Many mindfulness techniques teach about the objective observer. Meditators can use an objective mind so they don't judge feelings, images, pain-or anything that arises during the meditation practice. The objective observer is a technique used to achieve a balanced and nonjudgmental meditative practice. Unfortunately, too often meditation

students get lost in the illusions and pain that arise during deep practice. They think their mind is objective, but in subtle ways the observer's objectivity dissolves and people can feel victimized by meditation practices. So in Me-B Transformation, we develop the Enlightened Observer to raise the vibration of our mind to promote our highest good when it is used in the body and in our energy system.

For instance, imagine a bucket of beautiful white paint (representing the Enlightened Observer and HVC), to which we only add a dropper full of black paint (LVC) representing a painful emotion. If we mix the two paints together, our white paint will still have its beautiful white color (or HVC). But if we dump too much black paint (LVC) into our white paint, it turns grey or even completely black. So if we don't engage our Enlightened Observer in times of stress, we



Think of our Enlightened Observer as a scale of HVC and LVC (white and black energetic paint). If we connect to pain and challenge in our lives with too much LVC, it tips the scales so we keep creating LVC. As we commit to cultivating energy that holds higher vibrational consciousness in our Me-B Systems, we gain enough high vibrational energy to transmute our LVC.

This is why we learn to develop an authentic connection to our “white paint” or Enlightened Observer before we jump too deeply into feeling and resonating at the level of our negative ego and Core Distortions. Over time, as we develop our skills, we can more easily return to HVC when life becomes challenging. This helps us re-anchor into Core Being. If too much “black paint” is created, we cannot re-balance. This can re-traumatize us and activate our nervous system so that the energies of fight/flight, freeze, ego, anxiety and depression are magnified.

There are many ways to cultivate “Right” Mindfulness and thus HVC. They range from Level I (beginner) to intermediate (Level II) to advanced (Level III). Developing a strong Enlightened Observer is the most important ingredient in this process. As we invite our mindfulness to resonate at the vibration of the Enlightened Observer, it will have enough HVC to be clear, focused, wise, and knowing. It holds bucketfuls of “white paint.” It doesn't judge or collapse or merge with the LVC. It simply resonates at a high enough vibration so when it connects to a thought, a sensation in the body, illness or distorted energy, it promotes health and healing.

People processing trauma can energetically, cognitively, and somatically merge with the trauma and create further discomfort and fear. We can't heal trauma if it overwhelms us, developmentally regresses us, or suppresses our ability to believe in ourselves.

When mindfulness connects to the body and feels emotions, energy and sensations, it is a powerful tool for health or harm. *If mindfulness is vibrating at the frequency of the*

Enlightened Observer, it protects us from lowering our energetic vibration and from losing our insight. With its help, we heal and re-pattern the traumatic past—and create a productive future. The Enlightened Observer is like a life preserver in an ocean of pain: it keeps us afloat so we don't drown. It is our metaphorical anchor in the hurricane—the calm, clear eye that sees that we are more than the trauma inside of us or around us.

A STRONG ENLIGHTENED OBSERVER

Shaking, heat building, with stomach cramps and nausea, I quickly excuse myself from my client. I close the door behind me as I crawl to the bathroom, almost blacking out. The trauma from my client's recent operation has triggered my own trauma from birth. Using my Enlightened Observer, I regain my balance, and within minutes I am able to finish the Me-B session. Mentally, I note to revisit my birth trauma at my next supervision session.

A strong Enlightened Observer can assist us even under harsh circumstances. At my next supervision session, I invited the trauma to reappear. Once again the shakes, confusion, and fragmentation ripple through me. Tears run down my cheeks as I sob. On my mind screen was the vision of me being pulled from my birth mother's arms and taken away for adoption.

Even though part of me was feeling the effects of the past, my Enlightened Observer was strong—even happy for the opportunity to release and move forward. ***This is because the Enlightened Observer allowed me to self-acknowledge my own divinity while at the same time experiencing trauma, pain, and sorrow. Its frequency was high enough to transform pain into higher consciousness.*** I had enough "white paint" to transmute the pain.

As we use our clear intention to move energy, we better support transformation. As we learn to work the different parts of our **Me-B System** in coordination with one another, we may be surprised at how natural it can be to live life with our Enlightened Observer.

ENLIGHTENED OBSERVER CONNECTION

(Practice this when difficulty sets in. It melts the intensity away to find the gifts beneath.)

Step 1

Imagine that your energy field is charged and balanced. To help it balance, dance, exercise, and imagine it charged and balanced—from front to back, top to bottom, and left to right. (More technical methods to balance and charge your energy field are taught later.)

Step 2

Imagine, feel, or sense the energy of your Enlightened Observer floating downward from above through the top of your head. As it melts into every cell, it fills every cell. Head, forehead, center of head, chin, jaw, tongue, lips, neck—receive it in—shoulders, chest front and back, mid-back, mid-chest, stomach, all of your internal organs, receive it in. Keep moving downward through the body. Sometimes its high frequency will bring up challenging emotions as it melts deep within, cleansing and cleaning along the way. Let the emotions come, and then let them go as you soak in the love, acceptance, and wholeness of your Enlightened Observer.

Levels I, II, III of Mindfulness/Enlightened Observer

- **MIND:** Level I is when someone can conceptually understand the Enlightened Observer but can't yet use it to transform LVC into HVC of Core Being. Level II is when we can begin to use the HVC of the Enlightened Observer to begin to self-assess and self-regulate so LVC (negative thoughts/emotions and core distortions) transforms to HVC. Level III is when this process is more effortless and more effective.
- **BODY:** Level I is when we are only beginning to feel sensations of our Enlightened Observer and LVC and describe them such as cold, soft, tingling and flowing. Level II is when we can sometimes feel the Enlightened Observer as a sensation in the body and are beginning to be mindful of how its HVC is transforming LVC. At this level we can reduce unproductive thoughts and emotional looping. At level III we can clearly identify the consciousness (feelings, trauma, negative beliefs...) of the sensations, we know where they are located in the body and can easily engage our Enlightened Observer to transform the LVC into HVC.
- **ENERGY:** At Level I, we might be using the strategy of faking it to make it. Sometimes we need to pretend we know what we are doing in order to succeed. So at this level we are only imaging and inviting the energy of our Enlightened Observer into the mind and body. At this level we can cognitively describe the Auric field (such as charka functions, outer energy egg and Core Being) but can barely feel or self-asses it in the body. Level II is when we can somewhat invite the energy of the Enlightened Observer into the body. We can also somewhat self-assess the Auric field and higher energetic vibrations.

At level III our mindfulness skills are advanced. We can easily invite the energy of our Enlightened Observer into the body and mind. We also use our Enlightened Observer to easily self-assess all energetic vibrations and identify the Core Distortions that create any misalignments.

Indicators of "Right" Mindfulness/Strong Enlightened Observer in our Me-B System

Energy and Consciousness Transformation	LEVEL I (Stage1-3)	LEVEL II (Stage 4)	LEVEL III (Stages 5-7)
MIND	Noticing thoughts/emotions Conceptually understands LVC and the Enlightened Observer	Using Mindfulness/Enlightened Observer we can begin to reduce unproductive thoughts/emotions and LVC	Many times there are no thoughts; just direct input of knowledge Experienced use of Enlightened

			Observer
BODY	Beginning to feel sensations in the body of their Core Being/ Enlightened Observer and LVC and describe them such as cold, soft, flowing...	Can somewhat use the Enlightened Observer feel sensations in the body. Sometimes can identify basic neg./pos. emotion and know where they are held in the body. Can sometimes feel Core Being/Enlightened Observer as a sensation in the body	Can clearly identify the consciousness (feelings, trauma, negative beliefs...) and feel the sensations and know where they are located in the body
ENERGETICALLY	It is more faking it to make it to invite the energy of the Enlightened Observer into the mind and body. Cognitively describes the Auric field such as charka functions, outer energy egg and Core Being but can't feel or self-asses it in their body	Can somewhat invite the energy of the Enlightened Observer into the body. Can somewhat self-assess the Auric field and higher energetic vibrations in the body.	Can easily invite the energy of the Enlightened Observer into the body and mind. Can easily self-assess all energetic vibrations and identify the Core Distortions that create any misalignments.

PRESENCE

From a Strong Connection to CORE BEING

Thanks to our Enlightened Observer

Presence is a State of Being. As we move higher in the 10 Stages of Me-B Transformation, we cultivate our connection to Core Being and increase our ability to be present.

Understanding our life patterns can help us map out solutions. In Me-B Transformation, we learn to identify and transform our **Core Distortions** and let the higher consciousness of our Core Being anchor deeply within us. As we do this, we become more present.

Everyone has a divine Core Being or spirit that is part of the oneness and wholeness around us. Being fully present is being fully in Core Being. However, there are many degrees of presence. Each higher stage of Me-B Transformation represents a stronger ability to be present.

As we are present, we can use our aligned intention to be mindful and engage our Enlightened Observer, cultivate HVC, transform (LVC) Core Distortions and return to Core Being.

As mentioned earlier, Core Being has many names. Some call it the God Consciousness, the light of Jesus, Spirit, True Self, Core Essence, or Higher Self. Our Core Being is an actual energetic vibration that each of us can claim. It is our right to embody this Core Being—it is our path to freedom, god, and joy. *As we learn how to resonate at this vibration, we cultivate presence and return to it more quickly. Our life changes for the better.*

A **Core Distortion** is anything that causes us to lose our connection with Core Being and it dramatically impinges upon our ability to be present. It is located in the lower levels of the Auric field. The external situations of trauma, genetics, developmental wounding, relational attachment issues—and even everyday life—create our Core Distortions. Core Distortions also include our reactive feelings of anger, fear, pain, hurt, depression, anxiety, and confusion. These distortions perpetuate our negative beliefs and cause us to maintain a false identity.

Lost my Presence-Lost my Cell Phone

For instance, today when I was riding my horse, my business phone fell out of my pocket. I borrowed someone else's phone so I could walk the 40-acre field to find where my phone might have landed. It was like finding a needle in a haystack. I was flustered. My ego was in charge. It said, "my phone is my livelihood. How could I have been so "stupid" to leave it in my pocket."

I definitely was not present. In fact, the first time I called my business number, I accidentally called my home number instead. My husband answered. "Oops," I said to him. I dialed the wrong number.

Heck, I wasn't present enough to even remember what number to call so I centered, engaged my Enlightened Observer and reconnected to Core Being. I assessed the energy in the field. I sensed where it was. I walked toward the spot and dialed the correct number. I could hear the ring four steps away and I had it!



PRESENCE invites CORE BEING

*Core Being is the expression of our own musical note,
which, when combined with other notes,*

makes the music of Universal Oneness.

Our Enlightened Observer helps us reconnect to Core Being and we become more present. Ideally, we would all be in Core Being 24/7 and always completely present. Realistically we are only human and we travel in and out of contact with ourselves. Kindness linked with awareness can help us return.

The primary goal of Me-B Transformation is to help us become more present so we can move out of our programmed personality with its Core Distortions and back to Core Being. Me-B Transformation teaches roughly 100 techniques to invite more presence so that we can bring the balanced high frequency of our Core Being into the Low Vibrational Consciousness (LVC) of our pain, illness, anger, overwhelm, insecurity, and ego.

By using these techniques, our Core Distortions transmute into the innate wisdom, joy, and bliss of Higher Vibrational Consciousness (HVC). Such transformation allows us to create health, peace, and empowerment.

An essential ingredient in the Me-B Transformation formula is our Enlightened Observer. As we are more present, we can better learn to maintain the high frequency of our Enlightened Observer. Transformation is possible!

The Enlightened Observer helps us learn how to track energy at its most subtle levels. Energy is the medium in which the transformation takes place. By tuning in to the various aspects of our Energy System, we can learn what personal process work has been successful and what work is still ahead of us

Our Core Being is the dimensional—mind, energy, and body—expression of the deeper truth, the deeper reality of our unique divinity. Our Core Being is who we are *before* we have been programmed or altered with life experiences. As we use the state of being of presence to connect to Core Being, Core Being helps us become more present.

We know we are in our Core Being when we experience the following:

- We have no judgment or denial of our imperfections.
- We have clarity that the pain and difficulty in the moment is perfect.
- We completely accept our mistakes as learning opportunities.
- We acknowledge that we are the metaphorical “I” in the hurricane which we can anchor into in times of stress.
- We are glad that we are who we are, and not someone different.
- An island of safety exists within us that we trust for support and security.

- We feel like a beautiful sunny beach, and our imperfections are only grains of sand that help us learn, grow, and transform.
- Negative AND positive emotions are energies that run through us, versus concepts that define who we are.
- We can feel the sensations of tingling and flow throughout our body and outer energy system.
- Our ego and defenses don't define our actions and words.
- It is easy to acknowledge the deeper truth of a situation even when we are attacked and told we are "bad."
- We can easily mirror our positive sense of self back to ourselves.
- We love and comfort ourselves even when we wish someone else would save us.
- Positive intention flows effortlessly.
- Our positive and negative ego is silent. There are no judgments, just understandings.

When a Me-B Guide sees a client's, friend's, or partner's Core Being, we are seeing clearly. Unless we are willing to put aside our judgments and see a person's Core Being, it is much harder to assist the person. How can we invite them to see their own Core Being if we can't see it too? In addition, if we don't acknowledge our own Core Being, it is much harder to acknowledge others' and assist them in the process.

Enlightenment is the ability to move from the programmed personality level back to Core Being. This can only be done as we are able to create a stronger state of presence.

*When we make a mistake or someone tells us they don't like us,
we may feel pain, but we are not defined by the pain—
This can happen because we have enough presence to connect to Core Being.*

When a difficult emotion or trauma moves within us, if we are present with Core Being, our ego remains calm and knows the challenge is a life lesson and not a judgment of our worth.

Presence Means We Can Heal Ourselves

For example, the love of our life can reject us and leave us. We feel desponded, yelling with rage, tears streaming down our faces—but at Stage 7 of Me-B Transformation, we also remain so empowered that we are grateful, safe, and whole. At this higher stage of Me-B Transformation, if a part of our consciousness regresses to a younger age, we experience two qualities. We are present enough to know that (1) we are regressed; and (2) we are present enough to how to transform the energy of the regressed consciousness within us and then return back to our Core Being.

Core Being is the answer—the only answer for any problem or challenge. From the place of Core Being, we become present enough to solve any challenge and overcome any hardship. It is that simple. The ease of finding, remaining in, or returning to our

Core Being is linked to our aligned intention. When we focus on what we can do, it fosters the ability to be mindful of the wisdom needed to be present.

CORE BEING CONNECTION MEDITATION FOSTERS PRESENCE

(Practice every moment of every day)

Part I

Ground deeply and do movements—such as dancing to music—to balance and charge your energy field. Imagine it balanced front to back, top to bottom, and left to right. Once you feel more connected and balanced, place your awareness on the Core Being energy vortex located 1½ inches above your belly button, in the center of your body.

Part II

Imagine a ball of energy the size of a dime glowing with your unique essence. To the extent possible, notice its color, light, sensation, image, smell, taste, and sound. Breathe deeply into that space, and imagine the glowing ball of your unique essence expanding to the size of a tennis ball. Just as a balloon expands, imagine the energy of your Core Being increasing in size. Once again, spend time breathing into its center, feeling its sensation. It is the conduit for the divine source of you. Sense it, know it, and intuit it.

Part III

If you want, place your hands on the Core Being area to help it charge and expand. The sensation of it often feels like tingles of wholeness. Begin to feel your wholeness. Melt into the center of your Core Being again, and this time let it expand further—to the size of a volley ball. Imagine it front and back, top and bottom, left and right. With every in-breath, go back to the center of the energy ball. With every out-breath, expand outward until this sphere of light fills your physical body and your outer energy field, an egg-shaped zone of energy extending about 2.5 feet from the body (see Chapter on Energy Fields).

Part IV

As you anchor into your center during the in-breaths, you may notice negative emotions. You can expand through these outwardly to connect to your Core Being. With every in-breath, go back to the center of your light. With every out-breath, expand further until your light fills all the cells in your entire body and your outer energy egg. Remember, always to return to the center to let your Core Being expand out. Just as an atom splits open and discharges energy, going into your center splits open more of your Core Being and lets it expand outward.

Some days, our presence with Core Being may not expand very easily or very far. This is because a Core Distortion—perhaps more than one—needs love, attention, and transmuting. But if we are present enough with Core Being, this means we can be ok, even when we are lost and in pain.

In the beginning of Me-B Transformation, we only focus on cultivating the positive higher frequencies. Once we have enough skill to resonate at the higher frequencies, we then can bring the high frequencies into the difficult emotions created by our Core

Distortions.

Until we reach Stage 4 of Me-B Transformation, we are simply cultivating HVC and strengthening our ability to anchor into Core Being. Once we reach Stage 4, we can stay somewhat connected to Core Being as we are also noticing stress and overwhelm. So, at Stage 4, when we feel negative emotions, we are so present with the truth of who we are at the Core Being level, we are much more able to learn from these emotions.

The more present we are with ourselves, the more we are able to know how to feel emotions in a manner that we don't overwhelm our ego, energy system, and negative defenses.

One solution to reducing the amount of overwhelm and distress to ourselves, is to practice invoking HVC. As we learn to bring in HVC of Core Being into the negative emotions, they dissolve and melt away. Just as butter melts on the grill, LVC melts away when the HVC of Core Being is brought into it. (This technique is called a Core Distortion Intervention and is discussed later in the book.)

Levels I, II, III Indicators of Presence (Core Being)

- **MIND:** Level I is when we are available enough for ourselves that we can notice thoughts/emotions and Level II is when our presence/Core Being is strong enough so that we actually reduce LVC. Level III is when we are so present that thinking/awareness flows from our connection to Core Being most of the time.
- **BODY:** At level I we can just begin to be present enough to feel/or imagine sensations in the body and describe them such as hot, cold, dense, soft, flowing, solid. At this level, we are not sure what the sensations represent. We are just happy to be present enough to feel them. Whereas at Level II we can not only feel sensations in the body-we are present enough to also describe them and identify what Core Distortion, negative believe of LVC is held there. We can also begin to be present enough to feel the HVC of Core Being and our Enlightened Observer in the body. At Level III, we are anchored so deeply into Core Being that we are present enough to do this easily.
- **ENERGY:** At Level I we are only present enough to describe Core Being energy and other energetic configurations. We cannot yet see/sense/track/assess much of the Auric Field; Chakras; Colors; Manifest Energy; Outer Energy Egg and more. At level II we are present enough with ourselves to begin to sense energy in others and ourselves. At level III we are deeply connected to Core Being and thus can easily sense energy in outers and ourselves. We can sense where in the body someone is present and where they are not.

Indicators of “right” Presence (Core Being) in our Me-B System

Presence	LEVEL I (Stages 1-3)	LEVEL II (Stage 4)	Level III (Stages 5-7)
MIND	Noticing thoughts/emotions At Least in the Mind, Beginning to be able to label the positive aspects of Core Being.	Reduction of LVC and unproductive Thoughts/emotions and Experience of Core Being	More Often, No thoughts Experiences of Core Being. Easily transforms LVC.
BODY	Can just begin to be present enough to feel/or imagine sensations in the body and describe them such as hot, cold, dense, soft, flowing, solid...	Can identify basic neg./pos. emotions from the sensations and might know where they are in the body. Beginning to Experience Core Being as a sensation in the body.	Can clearly identify LVC/HVC consciousness (feelings, trauma, negative beliefs...) and feel the sensations of the consciousness in the body and know where they are located in the body. Can easily experience the sensations of Core Being in the body and transform LVC into HVC
ENERGETICALLY	Can describe Core Being energy and other energetic configurations. Cannot yet see/sense much of the Auric Field; Chakras; Colors; Manifest Energy; Outer Energy Egg and more.	Beginning Experiences of Core Being in Mind and body and energy system. Can begin to sense/assess/track the Auric Field; Chakras; Colors; Manifest Energy; Outer Energy Egg and more.	Can sense where in the body someone is present, and where they are not. Experiences of Core Being in Mind and body and energy system. We are present enough to see/sense/assess/track energy in ourselves and others-such as the Auric Field; Chakras; Colors; Manifest Energy; Outer Energy Egg and more.

Learning Me-B Transformation is learning a new system, yet ancient art form. It is

important we focus on what we can do and not on what we wish we could do better. Be kind, compassionate and patient with ourselves. In addition to this book, you can get individual support from me so you continue to be successful. You can also attend our 12-class Certification program to become a Mind Energy Body Transformation Guide and attend on-line trainings and tele-classes.

CHAPTER REVIEW QUESTIONS

1. Define mindfulness? What are your personal challenges in this area and how can you support yourself to overcome them?
2. Is mindfulness and presence the same thing? Explain.
3. Explain the various qualities of presence and their range of energetic vibrations?
4. Outline where you are in your ability to be present/mindful-level I, II or III.
5. Outline your challenges related to Intention and Manifest Energy. How can you better support yourself in overcoming these challenges?
6. What is your saboteur to mastering the next level and what can you do to overcome the saboteur? Remember to keep our negative ego in check when answering this question! It is not our friend. Kindness is!
7. Explain the following terms: Core Being, Core Distortion, Enlightened Observer, Low Vibrational Consciousness (LVC), and High Vibrational Consciousness (HVC).
8. Why is the Enlightened Observer important in transmuted lower energy frequencies?
9. Why is gentleness and compassion to yourself so important? What part of your personality needs more gentleness and compassion?
10. Why is Me-B Transformation new yet ancient?

