

AWAKENING NEWSLETTER
SEPT. 2005

The Nature of Reality

Samsara and nirvana are the same. – Gautama Buddha

If the inner journey could be reduced to one question, *What is real?* would suffice. Those of us drawn to this pathway find ourselves examining the nature of *maya*, illusion, inside ourselves and in the outer world. We strive to free ourselves from the grip of the “false self”, the societal conditioning that poses as “me”. We are drawn to therapy, inner processes, spiritual work, trying to divine what is truly real and what is illusion. We wonder, what is the reality of fear? Should I listen to the stories of my mind? What if they are right? Should I stay in a so-so relationship? Will I ever find someone truly compatible? Is this real or am I making it up?

Scientists try and determine the ultimate nature of reality through observation, deduction and controlled experimentation. We all want to know, once and for all, what we should believe in, what the nature of reality is.

But a strange things happens.

Quantum physics shows us that the very act of observing certain particles alters their behavior and holding a certain expectation about them influences what we observe. Masaru Emoto in his revolutionary work with water reveals that holding certain patterns of thought causes water crystals to form into different configurations. Uri Geller bends spoons by his consciousness. Kinesiological studies show that the muscles of our body weaken when we imagine Hitler and strengthen when we imagine Gandhi.

Consciousness is seen to affect matter. This changes the question entirely.

If we can affect material reality by altering consciousness, then what does this say about the independent existence of a “reality”? Rather, what is indicated is that **REALITY FORMS ITSELF TO MIRROR BACK TO US WHAT WE ARE HOLDING TO, CONSCIOUSLY OR UNCONSCIOUSLY.**

Whatever you are giving your attention to causes you to emit a vibration, and the vibration that you offer equals your asking, your point of attraction. You get what you focus on, whether you want it or not. – Abraham

Now the game changes. It is no longer about trying to discern what reality is really like. Rather, we begin to inquire about what **we** are like. We take ownership and responsibility for our outer conditions, since they are reflecting our inner states. What are we holding to? What perceptions of self and others do we reinforce by our words, thoughts, behaviors? It then becomes important to be vigilant about what we will entertain as reality, since whatever is held to will be manifest, and we become interested in ensuring that what is being claimed as truth is in harmony with who we really are.

Welcome to the beginning of Awakening.

ACTIONS STEPS

1. Write down a list of what you would like to have manifest in your life.
2. As you go through your day, notice how your words, thoughts, feelings and behavior match up with your list. Are you entertaining an inner reality that is in alignment with, or in contradiction with your list?
3. Each evening imagine yourself gratefully receiving your manifestations as you remind yourself of the many reasons why it is proper that they come to you.

ANNOUNCEMENTS

AWAKENING INTENSIVE PRICE INCREASE

The tuition for the Awakening Intensive will be increasing as of November 11. The Sept. 16 group is filled, upcoming Intensives are Oct. 14, and Nov. 11. Register for these or any future Intensive (Hawaii excluded) before Nov. 11 and receive the current price! If you have been considering the Intensive, now is the time, and if you have loved ones on the fence, give them a push!

REPEATERS SPECIAL – repeat the Intensive in October or November at a discounted rate of \$650! Such a deal!

THE FIRST AWAKENING LEVEL II was held Aug. 27-28. 9 brave souls went deeper and broke new ground in the realms of money, relationships, and personal power. Some quotes:

“I got a GPS to my dreams!”

“I got my head on straight. I am the Magician. I’m in charge.”

“I’m creating my reality. I feel empowered to create with ease.”

“I now trust and love myself enough to take action. It’s all in my own control to change any situation.”

“I’m plugged into the Source of Consciousness.”

This group filled up very quickly. Join us for the next one May 6-7.

Call Jason at 760-489-8087 to explore these further.

Upcoming

Saturday Sept. 10 7 pm – Toltec Wisdom Circle. Join with a group of those seeking a more conscious way of being with the simple and practical Toltec teachings.

Oct. 8 Sacred Partnership – a quantum leap into a new paradigm for modern conscious relationship. This class has been revised into a one day, half price experience.

Dec. 2-4 – Awakening in Paradise! The Awakening Intensive on the island of Maui! A perfect place to send you friends or repeat the Intensive.

Follow Up Coaching – stay connected with what you discovered in Awakening through life’s challenges. Call 760-489-8087 to schedule.

Keep Going! There’s More!

Jason