

EPIPHANIES

Epiphany - a sudden, intuitive perception of or insight into the reality or essential meaning of something

One of the great mysteries in the process of inner Awakening has to do with the magical moment when Grace descends and we experience a clarity seemingly out of nowhere. Those moments of insight are life changing, as if a light bulb comes on and what was problematic is now seen through with such awareness that we wonder how we could have missed it before.



I recently had two *Awakening* graduates share with me epiphanies that were so transforming that their lives were steered in new directions. It got me thinking about this phenomenon, and especially, being the practical type I am, how can we encourage them? This short answer is we aren't in control of their occurrence, but there are ways we can prepare the soil for their arrival.

But first I want to share an epiphany story of my own. I was in an ashram in India participating in a group working with *koans*. (A *koan* is an unanswerable question, like "What is the sound of one hand clapping?") By taking the question deeply inside and constantly providing an answer for 16 hours a day, the *koan* penetrates into the psyche and eventually "cracks" open an inner realization).

I was working with the *koan* "Who are you?" Towards the end of the second day a great feeling began to overtake me. I felt a welling up of energy, a sense of lightness, and I started laughing. Everything was light and humorous, every person who sat in front of me was delightful. I saw my own "story" - the shape Ego takes for me - and it was hysterically funny. Being in India, all my "important" strivings, the whole arc of my life - all of it - was tremendously entertaining. I laughed non stop for 24 hours. I truly understood what Anthony DiMello meant when he said "Everything is a mess, but all is well." Not as a conceptual understanding, but a deep KNOWING that this was really the truth of things.

It is this KNOWING quality which is the key. This is different from belief or faith or accepting concepts because they make sense. What makes an experience epiphanic is its revelatory nature - it becomes so clear to us that THIS IS SO that afterwards fear, shame, or wounding can no longer have the grip on us they did previously. Our life paths change not because of analysis and decision but because we have a new experience of ourselves and what our nature is. Graduates of *Awakening* will recognize this experience as the opportunity that the Intensive offers.



Koan: Does a dog have a Buddha nature?

Here is a recent epiphany from Adam, Caterer and Dee Jay

I did the *Awakening Intensive* during a time of great self-doubt and self-loathing. The tools and techniques I learned at Awakening were an incredible help. After, I continued on for several months, trying the best I could not to slip back into the old ways. There were a couple of relapses, and then one day, about 6 months after *Awakening*, everything changed.

I had an experience that made it absolutely impossible for me to go on looking at things with the same perspective I had had. I was shown, without a shadow of a doubt, my own light and the brilliance that I bring into this world. And I realized that to doubt or question myself, or to beat myself up for my imperfections in the same manner I had done, would be absolutely absurd.

It has been the biggest change of my life.

All personal growth begins with honest self reflection. I am now in a place of absolute self-assuredness - I find myself doing things that I would not have done before. I always had it, but then I lost it and had to do the work to get it back. But when you get it back it comes with a deeper understanding of the power you possess...

Breathe deep, for this is the land of love, luxury and abundance.

Something to be understood - this experience came to Adam unbidden, he did not will it or make it happen, but it was preceded by deep soul searching, letting the questions penetrate, examining himself and his reactions, and deeply looking for the truth of himself. This is what prepares the ground, this is what sets the stage for the realization of our nature to be revealed. This is how we, through creating a receptive inner environment, can put ourselves in an optimum position for Awakening to descend and open us.

