

THE TWO PROCESSES

This unprecedented transformation in human experience has two parts. We can call them Process A and Process B. Process A is happening automatically, so to speak. No one needs to do anything to make Process A happen. Process A is occurring in millions of individuals, and soon Process A will occur in all humans. Process B is a different story. It requires choice. Specifically, you must choose to make Process B happen or it will not happen in you.

- Gary Zukav, Spiritual Partnership

Let's describe these two processes. Process A is the expansion of human perception beyond what we can see, hear, taste, touch, and smell. It is entering into the realm of that extra dimension of Beingness or Presence, that indefinable "more" that underlies what we often refer to as spiritual seeking. Life continues, but with an added awareness. There is something else going on at a deeper level than our sensory experience or mind can detect.

When Process A begins to occur, we become more aware of situations in our lives that don't serve us, and the pull to find that "something" moves us to leave old relationships or become disenchanted with unfulfilling jobs. We can sense that there is "more" somewhere, but it is difficult to describe to those who have not yet experienced Process A. Actually, millions of individuals have already experienced Process A or are experiencing it and haven't realized it yet. Gary continues,



Process A allows you to know things that your five senses cannot tell you; for example, that someone is going to call you just before she calls, that your daughter in another city has been in an accident, that your grandparent is passing on, that you should avoid driving until you check the brakes on your car, and so on. In other words, Process A involves intuition in a big way. Process A also allows you to experience yourself in new ways, for example, as more than your mind and your body. It reveals your life as purposeful and calls you to your purpose like water calls a thirsty man. Process A allows you to encounter meaning in unexpected ways, for example, a brief experience that everything is perfect, or a feeling of connection with a stranger. Process A allows you to see from an impersonal perspective. From that perspective, all of your experiences—even the most painful—serve your spiritual development and the spiritual development of those around you. They provide exactly what you need to develop the strength, compassion, and wisdom to give the gifts that you were born to give.

A common name for Process A is Grace.

This brings us to Process B. Process B is about implementing the new potential that comes with Process A into your life. Process A changes your perception, but it does not put that new information to work. Old patterns may now be brought to sharper focus, but in itself it does not change them. If you are angry, for example, Process A will not make you less angry. It also will not create different consequences for you than acting with anger has created in the past. People will still avoid you, still be intimidated by you, refuse to be vulnerable with you, etc. Process B involves conscious choice.

Process B is experiencing and changing in yourself the internal sources of your painful emotions (such as fear, jealousy, shame), obsessive thoughts (judging others or yourself, longing for someone or something to rescue you), compulsive activities (workaholicism, perfectionism), and addictive behaviors (overeating, smoking, drinking, drugs, pornography, gambling). It also requires cultivating in yourself the interior sources of your pleasing emotions (gratitude, contentment, appreciation of Life).



This is not always easy, but is it truly easier to continue to live with limiting thoughts, feelings and actions? Process B can fundamentally change your life in a very short time. Each change that you make in yourself as you engage in Process B is fundamentally transformative. Process B is incremental. It happens choice by choice, and each choice that you make moves you in a new direction, toward a new and different way of being. All the work you have done on yourself has been Process B.

Process B requires you to choose words and deeds, moment by moment, that will create constructive consequences even when painful or violent emotions roar through you. Process B is changing your life with the force of your own will, guided by your own awareness, with intentions that you consciously choose, assisted by the compassion and wisdom of the Universe experienced in personal and meaningful ways. This transformation is more than change toward a better or more healthy life. It is transformation toward the highest, most noble, healthy, and grounded part of you. That is your soul.*

In other words, Process B is finding and changing all the parts of your personality that do not intend what your soul intends, and finding and cultivating all the parts of your personality that do intend what your soul intends. Your soul intends harmony, cooperation, sharing,

and reverence for Life. Each time you create with one of these intentions, you create authentic power—a life of meaning, fulfillment, gratitude, vitality, creativity, and joy.

*feel free to substitute Higher Self, Creative Intelligence, Essence, Authentic Self, etc.

Why does this Process occur in some people and not others? What causes Ramana Maharshi, previously uninterested in spiritual pursuit, to suddenly feel compelled to lie down and face Death? Or Byron Katie, immobilized by depression, have her mind opened in Oneness in an instant when a cockroach walks across her foot? This is the unknowable Great Mystery we can only refer to as Grace. It comes unbidden. What you do with it - that part is up to you.

Multisensory perception and authentic power are the two defining characteristics of the transformation in human consciousness that is now under way. The first emerges without effort, affects all perception, and reveals new dimensions of experience. The second awaits your commitment, courage, compassion, and conscious communications and actions to bring it into your life. The first is a wondrous gift from the Universe. You must create the second.

