

The Self Level

Step 1--The Physical Priorities

When all our physical needs are met, we are comfortable. We have enough to eat, we sleep well, our various clothing fits, and we have shelter from the elements. Maybe we even have creature comforts in owning a house, a car, possibly a vacation home.

We are comfortable.

Until that funny feeling appears in the pit of our stomachs, the sense of unease or disquiet. That voice of restlessness that says, "There must be more."

And there is.

Only it isn't the material world of possessions we need.

It is our soul's restlessness that keeps us searching for more.

It is our hunger, our desire to be good, to be the best we can that gives us our feeling of unease.

We forgot about being good.

We were so busy getting married, working our jobs, raising our kids, remodeling our house, etc.

We forgot why we're here.

If we ever really knew.

Our physical priorities are activated when our soul's question, "Isn't there more to life than this?" is raised.

It is activated when we truly want to know the answer; when we become desperate enough to actually take the time to find our answer.

Isn't there more to life than this?

Why am I here? How do I become the best I can be?

From my journal, Feb. 12, 1996:

I was feeling really fragmented and decided that nothing in my life was working right. I was physically safe and had plenty to eat, but I was restless in my job. It wasn't fulfilling. I felt I wasn't getting respect for my work and ideas. I felt frustrated with my supervisors. They were obviously short-sighted for not recognizing my abilities and promoting me!

So, feeling frustrated and restless, not knowing what else to do with my time, I decided to read a new book on angels, and how they intervene in lives.

I felt I had nothing to lose by reading it.

As I was reading, I felt I was getting closer to figuring out my personal problems. Some of the passages seemed directed at me. The book mentioned how many times angels would intervene when asked for with honest intent; how they listen to prayers that are sent up and try to answer them; how meditation could help access angels and bring them nearer to help individuals with personal problems.

Hmm, I thought. What do I have to lose?

I struggled to meditate for awhile. Based on a suggestion from the book, I sat

with my legs crossed, in front of a lighted candle, and had soft music playing. Attempting to empty my mind and quiet my soul; I concentrated on making my breathing regular.

It was harder than it seemed.

Just when I was about to give up, I heard a voice in my head.

The voice said, "You are ignoring your life karma. You are trying to pretend you need a different job to stimulate you."

I believed the voice was in my head. I believed it wasn't my voice. I didn't make it up, but I was skeptical. I knew I didn't need a different job! I liked the job I had, but I wasn't receiving any recognition from it. Nobody believed I could do what I knew I could so I kept trying to show them differently. Hmm. Who says this meditation business works anyway? Who needs angel's advice?

I went back to the book. I felt a compulsion to continue reading.

I read about a doctor who felt uncreative and frustrated with his job requirements. He happened to be on a hike and noticed he became re-energized when he followed a moose in the woods. Suddenly he felt like his creative self again. He felt at peace with himself, and at one with nature. He then used nature hikes to re-energize himself whenever he felt fragmented.

He didn't give up his life work. He just renewed it.

I wondered if that's what I needed to do. Maybe I just needed a way to renew my life work. I was sure I was doing my life work, wasn't I? This was what I'd always wanted to do, wasn't it? I just didn't know how or what would re-energize me.

The next day, I stayed home from work, feeling like I needed to still get my life back in order, and I hadn't quite succeeded. I wanted a mental health day. Besides I was really taken with this angel book. It was getting interesting. I started to read a new chapter thinking it was about angels.

Actually, it was about contacting spirit guides.

I was interested, but felt that this probably wouldn't help me much. I was much more interested in angels. They seemed to communicate with me. Even if I didn't agree with them. Spirit guides, on the other hand, I'd tried to reach before without much success. You know, séances and stuff? Maybe that was too weird. Obviously that was for other people, not me, wasn't it?

I read the next chapter anyway. In it was a suggestion for meditation to clear out the body energy centers and ground oneself before contacting the life spirit. What the heck? I decided. I'll try it. Grounding is a way of keeping in contact with the earth's energy. Breathing in different colors and directing each breath to a certain energy center in the body allows the energy centers to be aligned with their purpose. By breathing out the same color, or hopefully the same color, the energy center cleanses and balances itself.

As I followed the script for cleaning my energy centers, I noticed how dirty my first two were. My exhalations were really dirty and grayish! Yuck!

When I got to the throat energy center, I found my voice saying words I'd wished I'd said to others recently.

"I'm sorry." "I don't feel adequate for this job." "I think you need to find someone else to do this."

What??? Where did that come from? Was I really thinking those things? Why

hadn't I realized it before?

Then as I meditated on my seventh energy center, I felt sadness. I picked up the book again, and proceeded to read that it was normal to feel sadness or think of death at the seventh energy center because the time when this is activated is normally during a life crisis. The purpose of this energy center is for realizing and acknowledging our higher purpose with Spirit. Normally in our culture we don't think about that until we have to. Usually our mortality makes us confront this issue.

Following the directions in the book, I then grounded myself again and waited to see if a spirit guide would show up.

I sat on the floor with crossed legs, in a patch of sunlight that filtered through the curtained window, and closed my eyes. Trying to follow the given meditation, I waited for my heart to calm, and my breathing to regulate.

The sun began pouring in on me through the closed curtains. At the same time, I distinctly felt a colder shadow over my left half of my body. A strong pressure pressed on my right foot crossed under my left knee. I knew someone was looming over me-- someone very large and very strong. I didn't want to open my eyes, because I was a bit afraid.

I heard a voice say, "I'm here to help."

I reared back slightly, but didn't feel too strong a fear. I kept my eyes tightly closed, though. I was slightly curious and tentative as I said, licking my lips, "Are you a good spirit or a bad one?"

The voice said again, "I am here to help."

I thought, hmm, now according to the book, I'm supposed to feel this wonderful outpouring of love. I don't feel that; I feel overwhelmed by this very large presence, and he's standing on my foot!!!!

So I tried to communicate some of that to him.

He simply said he'd waited a long time to assist me.

I felt embarrassed and tried to laugh it off, saying something about being 40, and he really waited a long time.

He smiled and said, "Try being a thousand and forty!"

All this conversation took place in my mind. I mean, nobody else could have heard us have this conversation. But I didn't make it up. It just happened in my mind! I heard his voice as clearly as if he were speaking and standing right next to me. I was able to speak back without saying anything out loud.

This, then, must be a spirit guide.

At the time, I could discern details about him--he was large, native American, and had an eagle feather in his hair. I kept getting the sensation that he was called White Shadow of the Eagle Clan, and he had an eagle totem. This was communicated more in pictures than words. (I later read in my book that eagles are the most powerful animal to be used. Since it is believed they can look into the sun, they are clairvoyant, clairaudient, and clairsentient.)

I asked him what he was here for, what kind of help did I need?

He gave me the angel's advice. I had been ignoring my work karma, my life karma, and I needed to concentrate on that, and my family (my husband, in particular). I needed to let my job take its course, but not to concentrate so heavily on it that my other karmas suffered. It was also ok to have a creative outlet, but to realize when that was

really all it was. Or should be. I shouldn't try to make my hobby into my life work. I just nodded.

I knew what he was saying; I'd just not previously wanted to admit it. Suddenly, I was ready to admit it. I knew what he was saying about my work karma and life karma. Always, I have felt called upon to teach. Always I have felt an affinity to help people. This is what I figured he meant. I needed to work on my teaching and helping people; my life work. Anything else I previously considered creative or important was just cluttering up my life.

Just teaching and helping.

OK. I can do that.

I ended the meditation then, and read some more about spirit guides. The book reaffirmed what I had just witnessed, in that first encounters are overwhelming, but I also felt a little confused. All of the encounters in the book had been very specific. Everyone who contacted their spirit guide had lots of details to give about their encounter and the truths told to them by their life spirits. It sounded like their encounters had lasted for hours and mine only lasted for a few minutes!

I wondered if I was doing this wrong, or if there was more to it. I felt like I had been given a few basic truths but not a lot of details. I didn't know if there was a right way to do this or not, and I wasn't sure if I was on the right track. I didn't have anybody to talk to about this either, especially in the area where I lived. I knew only one or two psychics who professed to having spirit guides, and I wasn't going to talk to them about this just yet.

Later that day, I meditated again, and again White Shadow came to me. This time I was ready for his large size, and he didn't step on my foot. He held my hand as he reiterated his points again. I felt him take my hand in his. It was a peculiar sensation to have my hand held and yet not see anything holding it. Or at least with my eyes, I couldn't see it. I could see it otherwise, though. Wow.

The book said to ask for a sign--a dream or some kind of symbol to enhance our relationship, so that night I asked White Shadow for a sign. I didn't know what kind of sign I would receive, but I knew I would get one. I guess I wanted more reassurance that this was okay, and I wasn't too weird.

On the way to work the next day, I thought about what I'd asked for. Just then on my peripheral vision, I saw to my left, a tall figure standing on the hill up from the road I was traveling on. He was wrapped with a huge robe about him, and was easily 7 feet tall. He had a feather pointing to the left from the top of his head. Although he was dimly lit, I knew it was White Shadow. The name White Feather also came to me. Maybe that was his name when he was younger.

Meditation on our Physical Priorities

Get comfortable, lie down if possible, or sit in a comfortable chair. Close your eyes, and allow your body to sink into your space, letting all of the tension slowly melt out of you. Feel yourself letting go as you allow your breathing to become regular and natural. Your body becomes heavier and heavier as your breathing slows down. Any tension you have in your body is slowly leaving with each exhalation. As you continue to relax, let your mind step back from your body and become a detached observer. Just

watch yourself soften as all the anxiety and strain melts away from you. Notice how it literally liquefies away from your body, leaving your physical being just like a shell. As you continue to enjoy the relaxation and peace this brings you, allow your mind to watch the pictures or words that may appear in your head as you begin to think about your life.

Think about those things with which you feel comfortable right now. Do you have enough food, clothing and shelter? What about the love of your spouse, or your family? Do you live in a peaceful dwelling? Are you safe?

Mentally, list all the physical comforts you currently have.

Take a moment to appreciate them. Take a moment to thank Spirit for all your physical prosperity. You earned it. You deserve it. And it's nice to give Spirit credit also.

Now ask yourself, is there anything that you feel uncomfortable with? Something you might have been unwilling to think about or perhaps something that isn't quite right in your life? Pay attention to the words or pictures that may appear when you ask yourself that question. Notice any details that may make a difference.

When you are finished thinking about this, take a moment to send a prayer to Spirit. Tell Spirit you're uncomfortable. Tell Spirit what you think the reason is. Then ask, What should I do differently? How can I grow and learn and be my best? And listen for the answer.

Ask for a sign. Ask for a dream, or a friend's message to help you, something that would make sense to you when it appears.

What should I do differently? How can I grow and learn and be my best? No matter what it is, whether you agree or not, whether you actually hear it or not, thank Spirit for listening. Thank Spirit for telling you and giving you a sign. Tell Spirit you promise you'll try to hear the message and to be your best. Think about this for a moment as you continue to breath regularly and deeply.

Now surround yourself with white light. The white light of Spirit will protect you and keep you safe. Spirit knows you need help because you've asked for it. As you lie there basking in the light surrounding you, continue your even, peaceful breathing. When you are ready, you can wake up.

Affirmation: Bless this life I've agreed to live.

My guides have emphasized to me over and over again that before we are born, we make a pact about our life. Before we incarnate into our physical body, we decide what kind of lessons we need to learn and what circumstances would best teach us our lessons. Choosing what our family can give us in terms of how to help each other, providing the best surrounding skills, values, etc. for what we are trying to learn, we also choose the environment that would best suit these lessons. We choose if we will be comfortable or uncomfortable in our physical lives, and we choose our survival needs.

Eva Pierrakos' teachings, as quoted in Hands of Light by Barbara Brennan (P. 61) make this statement:

“. . .the incarnating soul meets with her spirit guides to plan the coming lifetime. In this meeting the soul and the guides consider the tasks she needs to accomplish in soul growth, what karma needs to be met and dealt with, and the negative belief systems she needs to clear through experience. This life work is usually referred to as a person's

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task.”

We don't remember choosing our lessons, for if we knew what they were ahead of time, we wouldn't learn them as well. Sometimes our lessons involve our physical survival needs. Sometimes we are far beyond that and choose to be comfortable in order to learn higher level concepts.

Therefore, help me to survive my physical reality, recognize my yearnings for more, learn from my experiences, and move on so that I can be a better person and do Spirit's will.

Bless this life I've agreed to live.