

Lesson 2: Managing Your “Self”

2-D, Spirit, Freedom and Judgment

We’ve come a long way in Lesson 2 so far and covered a broad range of topics. By now I hope you have some vision of your legacy and a better understanding of your Self. This last part of Lesson 2 will be equally challenging but equally rewarding. How do I know this? Before you’re done with this program, I’ll have mentioned the *Love Principle*, the guiding principle behind the Kosmos, many times. The Love Principle tells us that in the process of creation, you get back in equal proportion to what you put in. This is a fundamental law of creation. Your journey through the PPS Program is a creative process and so the Love Principle tells me that if you put in the effort to meet the challenges offered in this lesson, you will find the Kosmos will reward you in amazing ways.

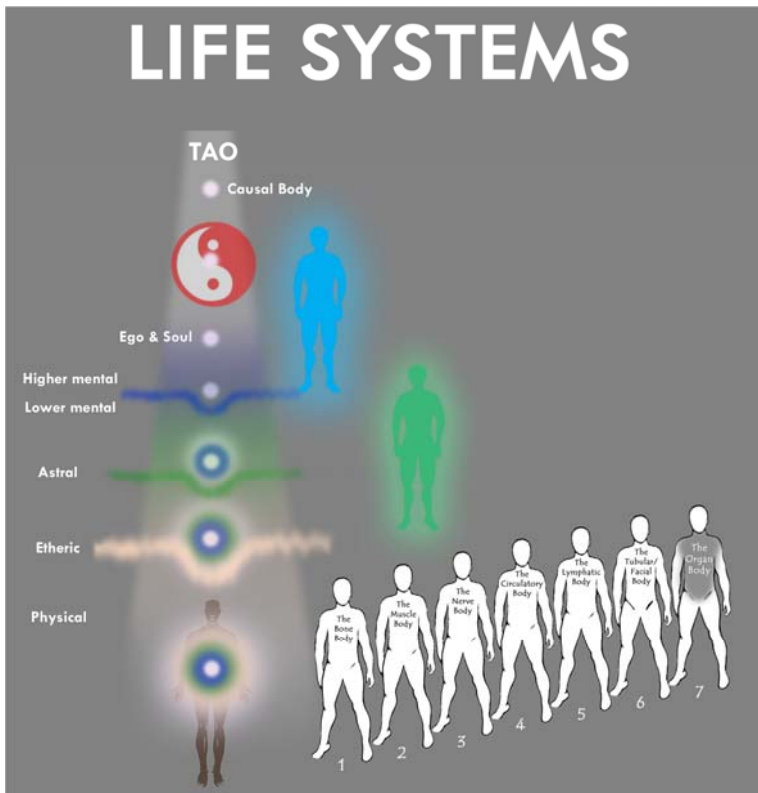
This particular chapter is going to spotlight a number of very touchy issues – issues that could be deeply rooted in the core of your being and responsible for many of the “weeds” that are preventing you from reaching your legacy. Because they are so intertwined with your being, these weeds will be difficult to pull out and it may be painful. In the end, the pain will most certainly be worth the reward, because this chapter will address two of the main impediments to a healthy life and to your legacy. They are the judgment of yourself and of others and the feeling that you are not in control of your life. This chapter is specifically designed to relieve the stress that comes from the feeling of judgment and a lack of freedom.



As we work through this chapter, please know that it is NEVER my intention to dictate to you how to live your life. My only intention is to give you working options. As your PPS Mentor, I can only share what I have learned through my life of clinical experience and personal research and development. Together, we must remain open to growth opportunities and I hope that these lessons provide you with more opportunities of this kind than you know what to do with.

Managing Your Spiritual~Self: The Life System Perspective

To begin with, I want to look briefly at how God takes on a human body. I will also investigate the Adam and Eve mythology to help people understand current beliefs that come from the Abrahamic traditions of Islam, Judaism and Christianity. These religions are heavily polarized between good and evil, heaven and hell, God and man. These polarities have been the origin of a tremendous amount of pain. If you follow any of these religions, please don't take what I am about to say personally. Take these words as an opportunity to see your religion from a different perspective.



The perspective that I am offering is represented in the diagram you see below. This is what I call the *Life Systems* perspective. To understand the Life Systems perspective, let's begin with the Tao in the upper left corner of the diagram. In Chinese philosophy, Tao means "the Way," "the Uncarved Block," and can be understood as the Absolute. In Christianity, God is often described as omniscient, omnipotent and omnipresent.

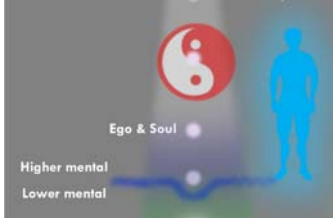


The prefix “omni” means all, thus God is all seeing or all knowing, all powerful and all present. Insofar as God is “omni” in these ways, God is the Absolute. Thus the Tao in this diagram is God.



Below the Tao, you see a bright white spot labeled the Causal Body. This causal body is a spark of the divine that is your higher Self.

As we move down the diagram, the causal body passes through the Yin-Yang symbol, which in the Hindu tradition is known as the Lens of Maya. Prior to passing through the Lens of Maya we are still in the realm of the Absolute where there are no polarities. Once we pass through the Lens of Maya we enter the realm of the relative where we find all kinds of polarities: Hot/Cold, Fast/Slow, Positive/Negative, Male/Female. It is by projecting spiritual energy through the Lens of Maya that God brings about all of creation. This includes his creation of human beings.

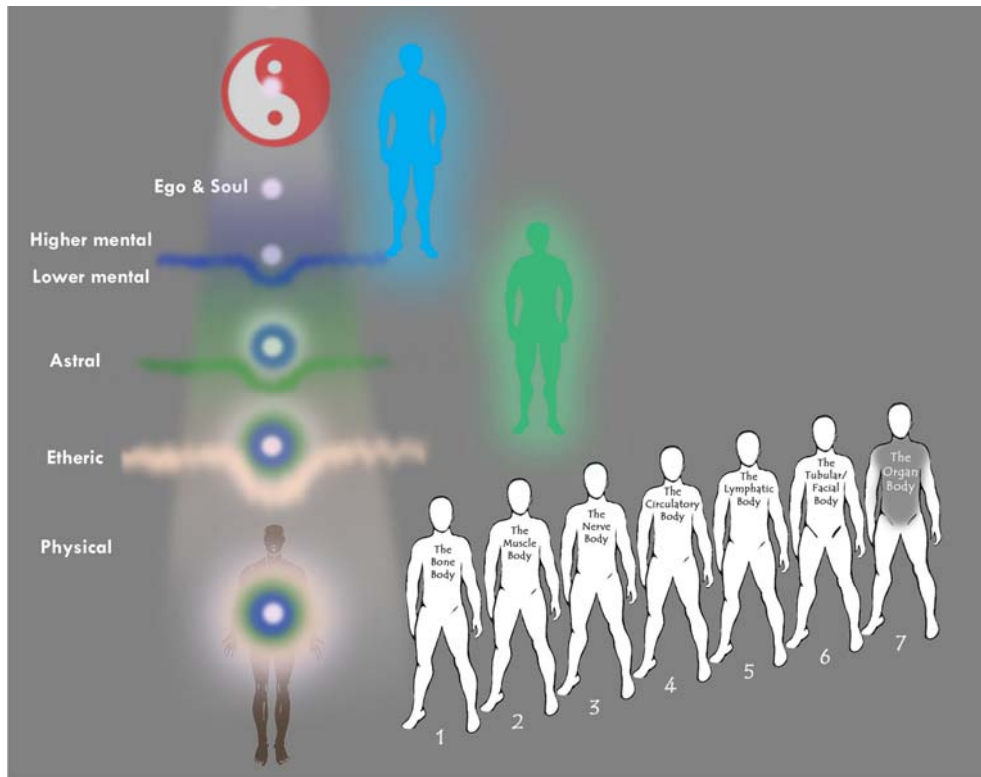


Because passing through the Lens confers polarity, as the soul passes through it takes on a gender that it lacked in the realm of the Absolute. The process of moving through the Lens also confers upon the soul an ego or an identity. This too is a polarity of Self and other that does not exist in the

Absolute. Since there are no polarities in the Absolute and identity is the consequence of a polarity, there can be no identity and no ego in the Absolute.



As the soul passes through the Lens it passes through a variety of other vibrational planes



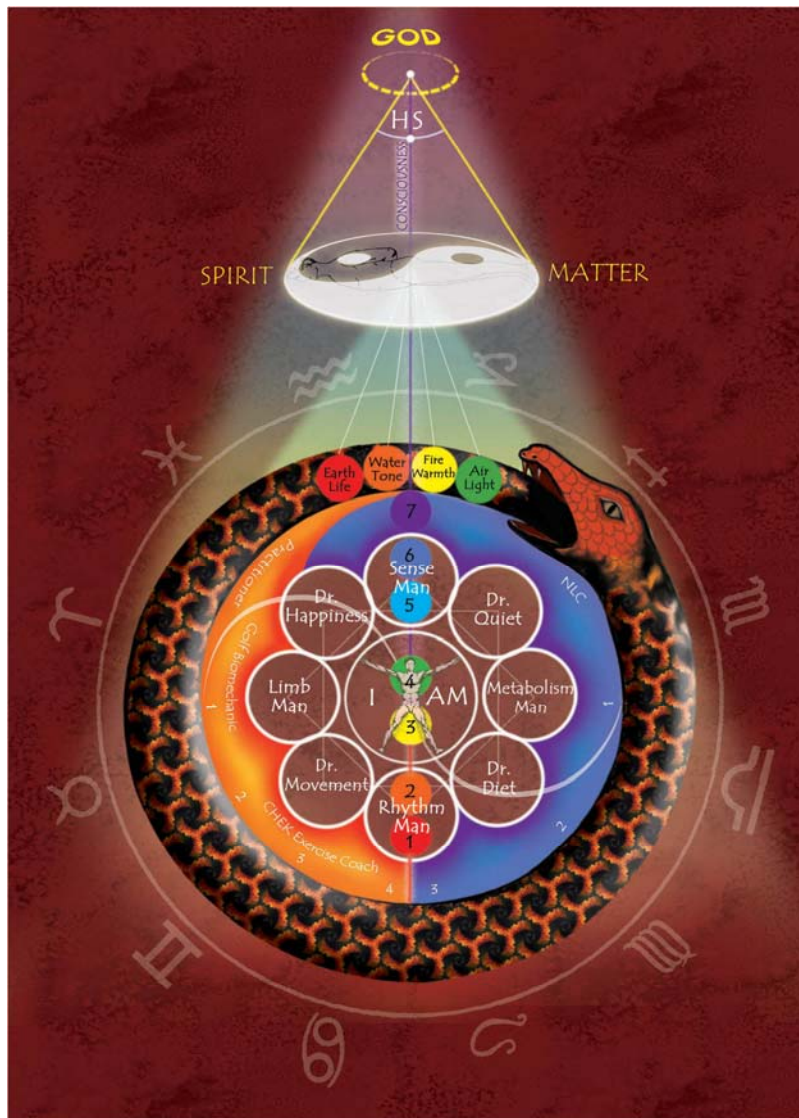
that

enshroud the soul in layers of substance. For example, as the soul passes through the astral and mental planes, it accumulates an astral or emotional body and a mental body. As the soul passes through these vibrational planes, it also becomes en-mattered in a physical body. This occurs at the moment of conception. When the sperm meets the egg, the creation of the physical body is triggered. This physical body has seven working components, shown in the diagram on the next page. These components include: The Bone Body, The Muscular Body, The Nerve Body, The Circulatory Body, The Lymphatic Body, The Tubular or Fascial Body and The Organ Body. This, then, is the process by which the soul inhabits a physical body and the properties that the soul comes to have as it passes through this process of creation.

This Life System Perspective is also represented in the C.H.E.K Mandala that all C.H.E.K Practitioners pass through in their education. While the diagram expresses a great deal, its core message is that God creates everything that we experience by projecting energy through the Lens of Maya to create a relative experience. Again, you



can see God or the Absolute at the top of the pyramid. The Higher Self (HS) or the soul comes from the Absolute and passes through the Lens of Maya. Relative experience comes as a consequence of the awakening of consciousness. As God's spiritual energy passes through matter, it creates consciousness. Thus our consciousness is a byproduct of the interaction between Spirit and Matter.



The crux of the Life Systems perspective is to understand the nature of the Absolute. God exists in the Absolute. This means that God's existence is *devoid of polarities and*



devoid of judgment! Moreover, because the polarities only exist as a result of passing through the Lens of Maya and can only be experienced by passing through the Lens of Maya, *God does not experience the polarities of the relative that we do in our everyday lives.* This is why God loves unconditionally. Existing in the Absolute, God does not experience the relativities that would qualify its love.

Now that you have the basics of the Life System perspective, one of the most important lessons to master in learning to manage your Self is to identify what is true and what is real. This is most critical when understanding what is at the root of wounds that make up our shadow selves. In my many years of study I've come to find that the Abrahamic traditions all say that God is unconditional love. As I've shown above, this is true. But despite the claim that God loves *without condition and without judgment*, Christianity, Judaism and Islam all maintain a tremendous and painful polarity between good and evil. Each of these traditions carry as part of their doctrine complicated rules and criteria by which you must live in order to win the approval of God. These traditions often require that we give up many of the things that we enjoy and that we ignore our natural sexual and animal instincts.

I believe that the image of God standing in judgment of our lives and the call to ignore our natural instincts is rooted in deep-seated philosophical misunderstandings, dogmas and, unfortunately, corporate influence. If you can understand the origins and the nature of these religious dictates, then you can identify what will be psychologically stressful to you in a way that you couldn't if you blindly and blithely accepted these religious principles. Many people in this world are in pain because they are under the perception that their actions are getting them in trouble and that God is tallying their points, good and bad, on his divine scorecard. In Christianity, the source of this perception is the myth of Adam and Eve's fall from Grace.

In the original story of the Fall, Adam and Eve lived in union with God and knew nothing of Good nor Evil, want nor longing. In many ways this would conform to the Life Systems perspective. If Adam and Eve were in union with God, they were in the Absolute and therefore would not experience the polarities of good and evil, virtue and vice. There would be no sin in the Absolute, in fact, *there could be no knowledge of sin in*



the Absolute, since polarities do not exist in the Absolute and sin is part of the polarity of sinner/saint or sin/virtue.

In the story of the Fall, Eve ate from the Apple of Knowledge. The Life Systems perspective understands this apple as a metaphor for absolute awareness, which is the awareness of everything. Adam and Even could be aware of no less than everything because they existed in the Absolute. Thus God is aware of everything, and this is why in the Christian tradition God is said to be omniscient – all seeing.

The act of eating the apple is also a metaphor. Eve’s one small bite into the apple is an expression of separating from universal awareness. To break with universal awareness is to accept the illusion of individuality or separation. The apple is viewed as a distinct entity. In the absolute, awareness is perception of all, including itself. If awareness wants to know something as other than its own existence, then it must move into a dimension of what is not *itself* – and in so doing create an illusion of what exists apart from itself. This is the metaphor of the bite into the apple, the separation of Eve from the universal awareness of the Absolute.

This separation from the absolute and the embracing of difference and “otherness” is necessary for knowledge. To know is to divide and to categorize. To know Hydrogen is to know that a certain collection of protons and electrons is different than other collections of protons and electrons. To know that a dog is a mammal is to know that other creatures are *not* mammals. We can only come to have knowledge through recognizing difference and identity. As Steve Kaufman in his book *The Unified Reality Theory* states, it is no coincidence that the word “know” sounds like the word “no.” To know something is to know what is NOT that thing. Knowing is “no-ing.” Thus when Eve bit into the apple, she ate the apple of “no-ing.” She became aware of what was not her, what was other than her.

As I said, the act of biting into the apple is a metaphor of separation from the absolute unity that is God. This act creates an ego or an identity that is now aware of and experiences *want, need, pain and the hurt of separation*. We experience ourselves as separate from the rest of existence. This sounds like a horrific nightmare, to be trapped in

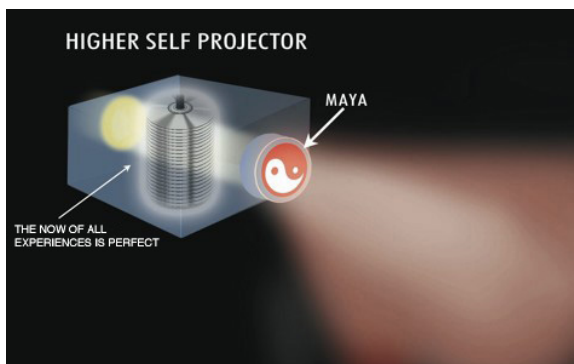


a very convincing illusion of want and separation. The crucial consequence of the Life Systems perspective here is that this embracing of difference is the embracing of an *illusion*. What we experience is an illusion projected from the unity that is God. A fully self-realized human understands that what is real is the absolute unity of God and not the polarities that are the essence of our relative experiences.

Now what the Life Systems perspective shows us about the concept of original sin is that the act of biting into the apple *can't be perceived as a mistake*. Why? Because the act of biting into the apple took place in the realm of the Absolute where there is no sin and no right or wrong. Remember that right and wrong, acting sinfully and acting virtuously are polarities that do not exist in the realm of the absolute. In fact, to be in unity with God just means that one is in the Absolute where there is no identity. So Adam and Eve did not have identities; they weren't individuated. Treating the biting of the apple as a sin assumes the possibility of awareness of difference, and this is not possible in the Absolute.

The moral of the story here is that *there is no original sin*. The story of the Fall from Grace captures the process of creating identity, ego and difference and this creation flows from a place where sin does not exist. It is a metaphor for self-awareness and personal growth. In that light the myth of the Fall from Grace should not be a source of pain.

The Higher Self Projector



What I've been doing so far is constructing a metaphysical system to help you to understand your existence and so to better navigate the experiences that you sail through during your life. Let me illustrate my system with a different metaphor. If you look at the diagram to the left, you will see what I call The

Higher Self Projector. In the center of this projector is a stack of what looks like DVDs. These DVDs contain the awareness of the Absolute. Think of these DVDs as the mind of



God that contains the outcome of every single possibility, and when I say “every single possibility” I mean this quite literally. In older versions of the Bible there is a passage that most modern denominations of Christianity don’t want us to read:

*I the Lord created the light and the dark,
I the Lord create good and evil,
I the Lord do all these things.*

~Isaiah 45:7

In The Higher Self Projector, you will also see the light shining through the stack of DVDs. This light is the energy that is God and that energy creates spirit and soul. The light projects the possibilities that are contained in the mind of God through the Lens of Maya and in so doing creates the world of polarities that we experience.

It is very important now that you spend some time and go through this lesson again. Once you’ve done that, be honest with your Self, especially if you were raised in any of the Abrahamic traditions, and ask your Self some basic questions such as:

- 1) If you believe in monotheism, and therefore that God created *everything* from good to evil, could God truly be judging you?
- 2) If you believe that God loves *unconditionally*, could God truly be judging you?
- 3) Is the religious tradition that you are participating in using the concepts of hell, sin, heaven, redemption and so on as a means of ensuring your participation in their tradition?

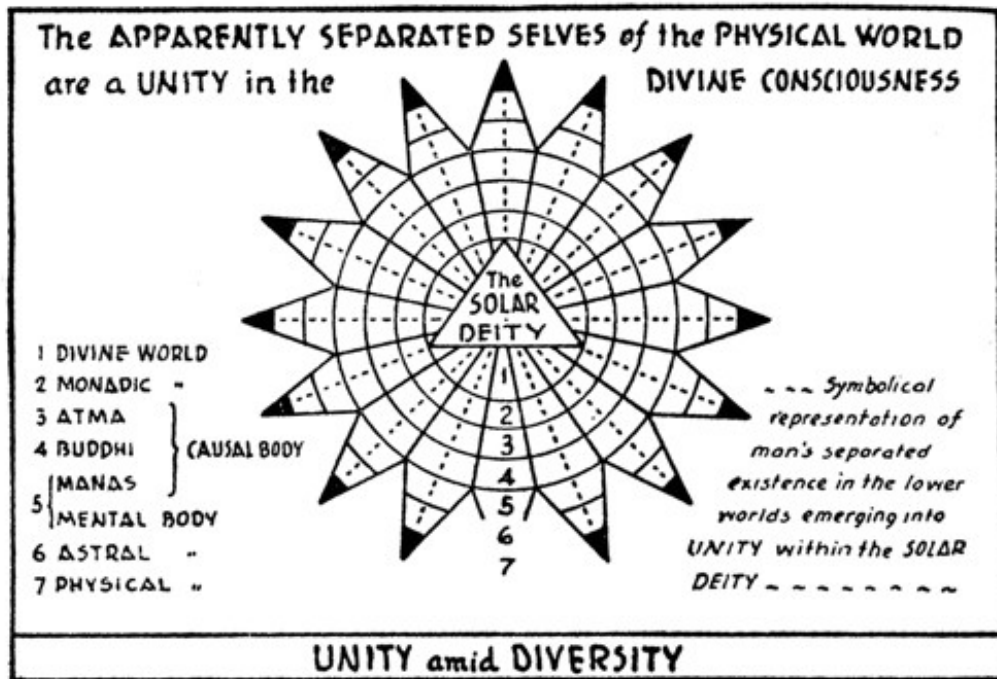
I think you’ll find that the Life Systems perspective sheds new light on your answers to those questions. And, if you really take it to heart, you will be able to use it to see through all of the smoke and mirrors used by many religions to control you through fear.

The Human Power of Creation



The Life Systems Perspective tells us that individual humans are the result of the higher self or causal body passing through the lens of Maya. It is only by passing through this lens that we can come to recognize that there are objects that are not us and in so doing recognize our individuality. The diagram on the next page, found in Norman Pearson's *Space, Time and Self*, makes much the same point.

In the Life Systems Perspective, the origin of an individual begins by passing through the lens of Maya and gaining an ego and a sex. Then it passes through the mental, astral and etheric realms until it finds its body in the physical realm. In Pearson's diagram, you will notice much the same idea. In the center of the diagram is the Solar Diety. For Pearson, the sun is *the* diety in this solar system because without it, all life and even the solar system itself would cease to exist. It occupies the same role as the originator of all life as God does in the Life Systems perspective. The rays that radiate from the Solar Diety represent the process by which we become individuals, while the numbers that run through the ray represent the stages that life passes through. At the end of each ray you will see a black triangle. This black triangle represents the fully individuated, physical human being. You'll also notice that until the last three stages, the rays are in contact, but in the final three stages, the rays separate and converge on a point. This is Pearson's way of capturing the separateness of being an individual. I won't say too much about the particular stages of individuation here except to notice that once again the Self must pass through the astral, mental and physical realms in order to become an individual.



There are a few important similarities that I want to point out between Pearson's perspective and the Life Systems perspective. The first is that in both pictures, all life is unified in an important way, either through the Solar Deity or God. The second is that existence as an individuated human, while offering important opportunities to learn, is an illusion both in the Life Systems perspective and in Pearson's existence in a lower realm. As I showed in the last chapter, recognizing that this individuated existence is illusion is key to understanding our place in the universe and not becoming bound up in the fear generated by many organized religions. Put more simply, this view allows you to manage your Spirit by understanding what it means to live a life.

Pearson's view is part of what is called the Theosophical Tradition (see www.theosophy.org for more information) and part of the tradition is the notion that there are layers of Deity. The Earth is a god to us, providing us with most of what we need to live our lives. The Sun is a deity to the Solar System, providing the energy to sustain the planets and the primary force to keep the planets in their elliptical orbits. But beyond that, there are other deities that exert their effects on us as well.



For at least 1500 years, Rishis, Wise Men, Yogis and Seers have described how the body is created by the combined efforts of the constellations of the zodiac. We are star stuff and our physical body is an expression of the Kosmically created blue print. The diagram below illustrates some of the influences that the Kosmos can have on our development. This relationship between Kosmos and person is the basis of

astrology and explains the common personality traits and tendencies seen in people. I have personally studied this and my experiences have convinced me that these forces do exist and are an important part of our lives. Where people often go off-track is to allow astrological readings to *direct* their lives. The stars and planets are *influences* on our lives like the wind hitting the sails of a sailboat are influences on the boat's movement and direction. This doesn't mean that the sailors leave the direction of the boat to the wind. In fact, the sailor steering the ship never lets go of the helm, regardless of what direction the wind is blowing. The same goes for you and the influences in your life. Don't let the influences of these other forces blow you where they will or you might end up somewhere you don't want to be. To achieve your potential life, you must become a master helmsman and that helmsmanship must begin with your mind!

This idea of being your own helmsman is the cornerstone of living your legacy. You have a will, a will that can allow you to make choices and to pursue goals. The ability to choose is part of both Pearson's view and the Life Systems perspective on our development as human beings.



But where does this will come from? It starts with the Godhead. I quite frequently use the term “Godhead” to describe the source of all things. Just as a fountainhead is the source of the water flowing from the font, so too is the Godhead the source of all that is in this world. As I described in the last lesson, we are created as individuals when our causal body passes through the lens of Maya, through the astral, emotional, mental and physical realms. The causal body is the projection of God’s Likeness into your physical body. *You are an emanation of God.* It is this passing of the Spirit into the body that enlivens the body and gifts it with the ability to choose freely. This is what I’ve shown in the diagram you see below.

The fact that we have free will leads to some interesting consequences. First among those consequences is that your life is a mirror of the choices you’ve made. The first step in really taking charge of your life and directing it on the path to your legacy is to realize that we need to wake up and take responsibility for what we’ve created with our God given gift! Washing away all of the guilt, feelings of resentment and anger that can be created by dogmatic beliefs such as Original Sin will leave you feeling a sense of levity and you will truly love your life and your Self. The second important consequence is that if you don’t like your life, *you’re the director*. If you don’t like your life, *you have the power to change it!* Making something of your life that makes *you* proud is the voyage of a PPS Success Mastery Practitioner.

It’s very important to consider the gift of free will within the framework of non-judgment that I’ve described in the Life System perspective. Remember that **GOD CANNOT JUDGE. GOD SIMPLY CREATES, EXPERIENCES AND ENJOYS!** Judgment is a product of mind, which as I showed you in the last slide show, is a projection of God but not essentially God. By that I mean that God creates the possibility for judgment and gives us the capacity for judgment, but does not himself judge. It is not part of God’s nature to judge. Thus judgment, just like everything else in the physical realm, is an illusion. Just like when you watch lives unfold in your favorite movie, so too is life in this physical realm a movie-like projection of God.



Taking this one simple realization to heart puts you on the path to self-realization. For with this belief you understand that all of this is God's movie and you are the playwright, director and actor, choosing which aspect of the Kosmic show you wish to take part in. You are indestructible because *the real you* is behind Maya. So enjoy creating your role, free from the belief that there is some divine scorekeeper deciding your reward or punishment.

In Sum

In this last chapter of Lesson 2 we've set a foundation for the understanding of the spiritual side of the Self and how to manage it. We learned that:

- ❖ We can understand the goings-on in our world through the Life Systems perspective. Employing the Life Systems perspective is one way of managing our spirit.
- ❖ The Life System perspective shows us that:
 - The myth of the Fall from Grace is misunderstood as a story of original sin. In truth it captures the process of creation that flows from the Absolute in which there is no such thing as sin.
 - The pains and fears of the life we experience are an illusion. Full self-realization comes with a recognition of this fact and a movement toward the Absolute.
- ❖ We can use the Life Systems perspective to better understand that God loves us unconditionally, and to avoid the possibility of being controlled through fear by religion.
- ❖ In our development humans pass through a number of layers to become a physical human being:
 - The Monadic Layer – Imbues us with identity
 - The Atmic Layer – Provides us with will



- The Buddhic Layer – Produces the capacity for love
- The Mental Layer – Imbues us with the power of thought
- The Emotional Layer – Provides us with emotions

- ❖ The Physical Layer – Creates our physical body

- ❖ We are influenced in our creation by a number of deities, including:
 - The Solar Deity/The Sun
 - The Earth
 - The Solar System
 - Galaxies and Constellations

- ❖ We are not helpless against these influences. Rather our will can guide us even against the force of these influences.

I hope that this lesson has helped you to have a better understanding of your experiences in this life. I look forward to helping you to bet shape that life in Lesson 3: Goal Setting. See you there!