



Simplicity

Master and Chief - in my love, you are.

Freedom from the Maya

MOST OF MY LIFE I had been too ready to accept confusing conclusions as to what I am like; yet, paradoxically had an insatiable appetite for my own self-discovery -- my link between insanity and saneness. "To be simple is to be great," said Emerson. And Lincoln is said to have remarked, "Make it so simple a child will understand, then no one will misunderstand."

No coincidence when my 'bestest' male friend Peter emailed me in August of 2007 to congratulate me on the birth of my grandson and tell me about yet another spiritual guru he was hanging out with, I deleted his email. Yet, three months later, during a visit to Vancouver BC (my previous home for 13 years) I found myself at a meditation class with Peter and Dhyana Vimal. November to December, I spent every day with Master as physically possible then returned to home to be with my daughter and her newborn for Christmas.

Jan 18th, 2008, I found myself in Vancouver to study with Master -- do Discipline 1, then the initiation. Master asked me to show him what I do with my clients. Not just him but his wife, personal assistant and a First Nations Indian Chief. It was a call, NOT a test. Every fear imagined, real and ego kicked in. Chief

Phil (mechuskosis) then gifted me with a "Coming of Age Ceremony" something so very sacred but very rare in North America.

"The Coming of Age" experience was beyond transforming. At 44, a major car accident brought on "traumatized menopause." There was no opportunity to celebrate this transition. How many women really do celebrate menopause? For some, it is a time we realize there will never be another child. We look at our bodies as though they have betrayed us; and then, to see that face in the mirror we may find ourselves calling a plastic surgeon to regain one moment of our youthful beauty. Now, a nanna (grandmother) I wanted to celebrate the realities (my childbearing days were over, the torch had now been passed to my daughter). This beautiful time of process with Master and Chief enabled me to give up egotism. Finally finding my true identity, I could receive now this guidance.

Surrender and Releasing

Tragic that we have made such enormous scientific advancements without giving a similar calm attention to the other side of life - a wise, sane command of emotion. When we say, "I've tried that," we do not always realize we are literally carrying, lugging the same old negative resistance around with us. My life has been extremely full. Over the years, I have tried many emotional therapies, yet claimed "it doesn't do anything." Why was that? Because I was carrying the negative imagery right into it -- my fear patterns, my angers, jealousies, and greeds. My whole attention process was occupied with old injurious -- habit patterns. A victim of my own thoughts, there was no answer without surrender.

Simply put, the secret of my calm lay in stream of my consciousness to the stream of destiny. My future now depends on how I handle this great life relationship -- how I am meeting it moment by moment. Am I resistantly putting my ego demands on life? Or am I acceptingly searching out and putting my focus on the positive values of all experience? Do I accept life nonresistant, and with love; or resist it with the power of my ego? In order to attain calm is to surrender what we call the power drives in our natures, the determination to dominate creation, or a better way of putting it; you must make use of the creative power within to fulfill the ends of love and wisdom.

As Hard as It Is...It's Better than It Was

It took tremendous courage to go through the ceremony, believe me to see the whole self is not pretty.

At 52 I had to let go of my ego's holding on to perceived special moments in my life--- like at 21 when asked to replace Charlie's Angel, Farrah Fawcett. It took vulnerability and trust. I had to be willing to stand out in the storm unprotected. But when I did, then and only then did the storm still for me, yet it doesn't really still. Now, it dances within my heart for joy. The storm has now become a heaven, a haven.

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This is where the courage led me. This is where opening my heart -- living from my center, surrendering to the indwelling Spirit, and absolutely entering into the magnificent. This is where love, faith, hope, courage, aliveness, creativity, prayer, all merge and coincide, for it all leads to the opposite of discontentment ... as Master Dhyan Vimal taught me "falling back into me" IS--- for it is all one and the same: I have met the someone I wanted to meet - ME! This is the somewhere I belong.

Allowing this shift to occur I recreated my world, my self-hood, and my entire cosmos. The life force, always potential within me, was actively, creatively expressing but I really needed to find the ORIGINAL CRAVING for Self Expression. The more I allow it to do so, recognizing my essential divinity, the more I positively affect the world around me. The more I travel this path, daring to disturb the universe --- the more I tap into my own depth. And so flows from me a wondrous river!

Returning To a State Of Wholeness

Without reclaiming missing pieces and saying good-bye to what no longer was me, I know I would have never experienced the wholeness I craved nor the peace I was searching for. Passing from the cramped, yet familiar womb of who I was, into the person I am meant to be was not a smooth transition. I had to take the journey from my old life of sacrifice and limitation into a new life of authenticity and freedom. At 52 I was blessed to see my precious daughter give birth to a beautiful baby boy. Because of his soul entering the world, I gave birth to my true and whole self.

No longer searching for the pieces of myself that were lost, it does not matter that some of them, 1) were taken away by my godparents, parents in an attempt to turn me into what they thought I should be, 2) or that some of them I had given away to others in an attempt to be accepted or loved, 3) some I had hidden away frightened of what others might think if they knew my secret selves. 4)

And some of them simply forgotten about, because I had been trying so hard to be something other than who I really was. My soul has always known there is no greater stress than the search for fame and fortune. During the night after my "Coming of Age Ceremony," Master, was speaking on how wanting to be special is where the root of disillusion and disappointment stems from. Finally freed from the Maya, I am totally fine with being complicatedly simple.



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