

The Left Brain Method

The primary goal of the left-brain method is to master the mind. It is to put the elements of the known in order so we can access the unknown. The techniques used to master the mind can change the molecular structure and cause ascension to take place. Throughout the ages, these techniques have often been misunderstood and have given rise to deviances such as: deprivation of pleasures; living an austere life of seclusion in monasteries; using mind-altering drugs; putting the body through turmoil and torture. These extreme techniques may have provided some results, but they aren't necessary. We only need to become free from limiting perception by using life as our tutor and return to our natural state, which is divine love.

Overcoming the Past

Shedding the past frees us from rational expectations. Our expectations determine our future. For example, you love your partner but since every person you have ever loved has rejected you, you feel it isn't emotionally safe to get close to another person. This precipitates another failed relationship.

If we have these types of expectations, we are creating the past over and over. Do we want to recreate our past in our future?

A good starting point is to redefine ourselves. Remember that we are not our experiences. We created the circumstances of our life to gain perspective. Whether Jane chooses to become a serial killer and John chooses to become a lightworker - or any position in between - it is all about learning the lessons. When we realize there is no path more valid than another, then judgment ceases towards others and ourselves.

This is important because the goal is to experience life with the innocence of a child.

Recapitulation

One method of overcoming the past is called recapitulation. It is the scrutiny of past occurrences that still control our behavior by causing us to have knee-jerk responses to people, events and beliefs. Recapitulation assists us to release debris and retrieve any parts of ourselves that become lost due to past trauma.

If we have any identity labels, a sense of self-importance or if we are still judging people or events as good or bad, then we need to clear it.

Recapitulation can occur spontaneously, but more often than not it requires effort. To make it easier, try placing it in categories such as; year-by-year, family, spouses, sexual partners, friends, teachers, classmates, students, bosses, co-workers, etc. Sometimes we may receive snapshots of the past during the dreamstate. That is a signal that those events need to be released. It is also helpful if we can identify cyclical patterns in our life. Then we can recapitulate a whole cycle and it releases all similar cycles. Consequently, as you review your life, be sure to watch for cycles within cycles.

This process occurs naturally at death. For several hours following death, our soul stays inside the energy field that surrounds the body in the shape of an egg, and our whole life passes before us. As we witness this, we are able to see it from God's perspective and as a result, our whole life is recapitulated. Then the soul passes through to the Spirit world and the energy field collapses on itself.

Keys to Successful Recapitulation

Remember how it appeared to us when it occurred (even through the eyes of a child if we were small) Altering your perspective, see the event through the eyes of the other participants. (A child may completely misunderstand an adult throwing him to the ground because of a perceived threat to the child's safety.) Re-

live the event, not just in your head but in the heart, because you must feel it.

Look behind the experiences and grasp what is really going on.

The following steps enable us to see behind appearances. This type of clarity yields strength because we no longer lose energy trying to make people and events relate to the world in a predetermined way. Consequently, we release the past and all the baggage associated with it.

Nine Steps to Releasing the Past

For any person or situation that still brings up painful emotions, ask these nine questions:

1. What is the lesson?

Look for the lesson that Spirit wishes us to embrace. It may be that we need to speak our truth. It could manifest as laryngitis or someone might appear to mirror to us that we frequently suppress our voice. He or she may violate our boundaries to get our attention. We need to protect ourselves by voicing our truth that this behavior is unacceptable. Accepting the unacceptable isn't saintly, it's dysfunctional.

2. What is the Contract?

Everyone who interacts with us has made an agreement, prior to this incarnation, to assist with our growth. They may have agreed to push us over the edge and we may do likewise for them. Ask, "What is the contract that you and I are playing out?"

I have had several near death experiences and while in the spirit world, I was awe-struck by the extensive contracts people have with each other. It is with great love that many agreed to be a catalyst as perpetrators. When we are in balance, there is no growth so it is a signal to the universe to knock us out of balance so the lessons will continue. Thus we pull relationships into our lives that test us in every way imaginable.

People don't like change and many go to great extremes to avoid it, even if it is a dysfunctional situation. The reason many dislike change is because they feel separated from Source. They believe that they are alone and completely cut off from nurturing by the Creator.

Understanding our contracts with others will help us accomplish what Christ said: "Judge not by appearances." What he meant was, when we are in the throes of tough experiences, don't look at them - look behind them.

3. What is the Role?

Am I playing the victim? Am I playing the bad guy? Am I playing the teacher? Am I playing the student? What role am I playing within this contract? Also, look at the role the other person is playing.

For example, we may have a tyrant in our life. It may be our spouse, mother or boss. Once you establish that, see who you are in relation to that person's role. Remember we may change our role at any time because we create our reality.

4. What is the mirror?

We pull relationships into our life that do one of the following things; they mirror an aspect of who we are, what we have given away, what we still place judgment on or what we have not yet developed.

If our innocence is gone, we may find ourselves intensely attracted to a young person. If we have given our integrity away, we might fall in love with a missionary, who in our eyes, represents integrity.

Another thing that can be mirrored is that which we judge. If we have problems dealing with people

who lie, then we are placing a judgment on them and we attract liars.

If a man isn't in touch with his feminine side, he might choose a woman who is overbalanced in her feminine to make him feel more complete. Later, he becomes frustrated because he cannot leave town for the weekend because there might be a leak in the water pipes and she wouldn't know how to handle the situation. These little irritations could build into resentment unless he sees that he deliberately chose her to mirror his undeveloped feminine side.

5. What is the gift?

Every person we encounter has come to give us a gift and to receive one as well. This applies even with the most casual acquaintance.

Ask, "What gift am I supposed to give this person?" it may be something as simple as offering him the gift of unconditional love, or we may recognize something beautiful in him that nobody else has seen. Or we may genuinely listen to a man and for the first time in years, he feels heard and understood.

Another time we may encounter a woman who reacts with bursts of anger and we have the opportunity to demonstrate our mastery of the situation.

Note: The following four questions deal with our attitudes surrounding the answers to the first five questions.

6. Can I allow?

This is the point of discerning what has to be allowed, what has to be changed and finding the courage to act. Imagine yourself as the water in a river. If a rock is in front of you, are you going to stop or flow around it? We have masterfully created every situation in our life - even the rock - so can we just allow it to be there for the moment? Is this battle ours? A battle is only worth fighting if the stakes are worth having. If you have already learnt the lesson, no need to re-fight this battle.

7. Can I accept?

We cannot accept the painful things that happen to us unless we begin to see the perfection underlying the web of appearances.

A common belief is that we were placed on the wheel of reincarnation, suffering lifetime after lifetime, until we have lived enough lives to become perfect.

God created us perfectly with the ability to be a creator. Remember, thoughts plus feeling create activity. The heart is like a microphone so the stronger the emotions of our heart, the stronger the universe's response to manifest our desires. But the universe doesn't discriminate; it will manifest whatever we think, positive or negative. It is important that we accept that we have co-created the situation, which removes any feelings of having things done 'to' us.

8. Can I release?

To release is to let go of the energy surrounding the person or event. If we don't release, we keep it alive by feeding it energy through thoughts (sometimes subconsciously).

If we are in conflict with our partner, even if he or she has violated us in some way, the best thing to do is to walk through these steps and gain the insights. Then release by changing focus and placing it onto something positive. That individual is like a vampire sucking our energy until we cut the cord that binds us. Every time we think of that person, send him or her blessings and the cord will be severed.

9. Can I be grateful?

If we have gone through the nine steps and can feel true gratitude for the insights gained, it raises consciousness. Gratitude is one of the Three Ascension Attitudes and is the culminating step. If we reach genuine gratitude, it assists us in connecting with our higher lightbodies and turning hardships into ascension tools.

If you have completed the first eight steps and don't feel gratitude, please go back and do them again. When we look at the gifts, the mirrors and the valuable lessons, we should be thankful for everything in our life. Even when the lessons are huge, such as being involved in a war, raped, or being orphaned, if we look at it from a higher perspective it is a lesson or a gift. Even if we have suffered sexual abuse as a child, when we overcome it we raise the vibration of the Earth because she has suffered the same. Also, when one of us overcomes, it is easier for the next person to do likewise.

Freedom from Social Conditioning

The majority of what we believe and even who we think we are is a result of social conditioning. It comes in the form of identity labels and world views. It comes from our parents, society and the culture we live in - the country, continent and the era. Within the social structure we have many groups telling us what to think and how to act; teachers, the media, the entertainment industry, medical profession, financial institutions, scientists, governments and religious organizations.

It is important to release the social beliefs we accept as truth and begin to access truth independently. When we overcome these limitations, we are operating from the position of an observer and this yields strength.

Erasing Personal Identity

Labels are limitations. If we place labels on ourselves, others will believe them and eventually, that is what we become.

The goal is to erase all personal identity. These labels include: I am a teacher; a healer; a hippie; female; an American; human; or from a particular star family. For us to have any kind of persona is counter-productive. It pulls us back into ego. The goal is to retain personal awareness, but no labels.

Identity labels dictate a specific definition and role for the one who possesses them. It is a trap because people define themselves and others by these definitions. They think they know who we are and oftentimes even expect us to remain in that role. In this way labels become our prison bars.

A lot of energy is wasted trying to find our identity by comparing ourselves with others. For example, 'he is a male, therefore I am a female.' Often we pride ourselves on 'humble' labels but this is just another form of self-identity. As lightworkers, we need to diligently remove labels so we can shed the illusion of self-importance. This requires watching every step we take to see where our beliefs stem from. If you are a teacher and a woman in the classroom does something you consider inappropriate, the question must be asked, "What makes this action inappropriate?" and your answer might be that is disrespectful to the divinity of another. Based on this criterion, you then determine that she wasn't being disrespectful. So where did the feeling of inappropriateness come from? Did it stem from the label that you are a teacher and there is a certain protocol that should be followed?

Every time identity labels surface, stop and say, "I am all things, so why am I getting bogged down in these circumstances?" Then examine the label that is dictating your behavior.

When we become the All That Is, it is inclusive in nature. We become all things to all people as it fits the divine purpose. We may choose to wear different masks for different people. Each person may see us differently and that is appropriate because we don't have a need to prove anything to anyone. At that point, we stop taking things personally.

Erasing personal identity means we no longer define ourselves as anything. We are no longer encumbered by the weight of self-reflection, which is part of self-importance. When we eliminate identities and self-reflection, we become fluid and energy becomes more available to us.

Eliminating the labels enables us to access pure feeling and this enables us to access information from the unknown.

World Views

Most world views are based on limitation and that is the main reason why people don't achieve greatness. The world view says we cannot build a flying machine; we cannot energetically heal ourselves; we cannot have world peace and we cannot use the full capacity of our brains. It also dictates that one person is better than or more important than another.

In accepting world views, we are taking things at face value. Several spiritual masters have delivered the message 'judge not by appearances.' When we do, we fall into the trap of thinking we know and understand reality. This is arrogance because the majority of existence lies within the unknowable.

World views are overcome by not-doing. That means stepping out of the experience and observing it. We accomplish this by soaring above the situation so we can see the larger picture, like the perspective of the eagle flying high to assess all possibilities from all angles.

Using this technique of seeing with eagle vision allows us to observe the situation and carefully determine our response - whether to act or not. Initially it is a form of stalling that gives us time to become clear and safeguard the impeccability of our actions. It can be used to step out of a rut. For example, your grandfather is continually combative and rude to you and over the years he has grown to expect you to be rude in return. Instead of reacting, just observe. If you choose to engage at all, let it be the unexpected. Give him a big hug and walk out the door. He will wonder all day about your response. Or your mother routinely nags to draw you into an argument. Next time, step out of it and say, "Do you think so? I'll have to contemplate that one." Eventually not-doing becomes easy because one piece of the mind remains the objective observer, while another piece engages in action.

A crucial time to utilize not-doing is when we are in battle. In a state of emergency or surprise the tendency is to lose our objectivity and fall back on old habits, yet that will only perpetuate past patterns.

With practice, not-doing leads to an inner stillness that slows mental activity and eventually helps stop the internal dialogue. Internal dialogue is the thoughts that maintain and reaffirm our world views. (This shouldn't be confused with the critical voice of the dysfunctional inner nurturer. That is the commentator.)

A master has no conditioned view of the world because he has stepped out of it. He has become humble enough to acknowledge that the majority of the universe is incomprehensible. He is open to new truths and questions everything. Who says we will catch a cold by going outside in the winter without a coat? Does fire have to be hot? Does water have to flow downhill? Does gravity have a constant hold on me? Can I hear people's thoughts? If we only recognize fire's fourth-dimensional quality, which is light, we can wash our hands in it just the same as in water. Fire's third-dimensional quality is heat and it burns most people because they have been programmed to think it is hot.

If we go outside in the winter without a coat and do catch a cold, it happened because we believed it would. It strengthened that belief when we stepped outside and opposed the cold, rather than letting it flow through us.

The Need to Know

People are addicted to the need to know. It is a result of fearing the unknown and attempting to

control the environment by labeling things so we can rationalize away anything that doesn't fit into our existing views.

Society places a lot of pressure on us to know what is going on daily in the entire world, since that information is readily available via satellite dishes and the Internet. The problem is that mainstream media sources are only feeding us more limited programming. Remember, all knowledge is within us. So take the information you receive (even this information) and discern for yourself what resonates as truth.

If a peer, student or client is pressuring you for an answer, say "I'm not accessing that information right now. I will ask to receive it soon and when I have the answer I will tell you." It is okay to not know everything at every given moment. As a matter of fact, we reach a stage in the ascension process where Spirit clears the majority of knowledge and education we thought we had. We enter a state of knowing without thinking when we activate Godmind. Then we know what we need to at the right moment. When we don't need the information, the mind is so calm and clear that it seems as if all knowledge we had is gone. At that point we have been set free from the pressure to know and the need to be right about everything.

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