



CHAPTER SIX

Belief-System Makeovers



Awareness Levels in the Work Place. To better understand how consciousness level determines behavior and associated quality-of-life results, consider this realistic narrative set in the typical workplace.

It's 9:03 a.m. and you've just settled into your desk chair to begin the day. With a steaming cup of coffee supplied by your smiling, ever-helpful secretary, you notice the red-hot, mostly delinquent to-do list staring you in the face. Before taking the first sip of fragrant mocha, your intercom beeps. Horror of horrors, it's the boss! In a strained, barely controlled voice, the Director demands your immediate presence. You feel the adrenaline surge through your plaque-filled veins, as trips to the boss's office are normally—for you—synonymous with disciplinary visits to the woodshed. Nervously jumping out of your seat, you spill hot coffee on yourself and all over your disorganized desk. After urgently sopping up the excess liquid from the closest, most-important piles of paperwork, you rush off to your boss's office.

The moment your coffee-stained self hustles through the Director's threshold, s/he launches into a venomous tirade. Seems your boss is more than a little disappointed that the report you handed in yesterday was late...again.

First Reality

How do you respond? In typical First Reality fashion, your mouth—already full of cotton—goes completely dry. Regaining a small amount of survivalist composure, you quickly sputter out some lame excuse about how it's really your secretary's fault. "S/he's the slowest

typist on planet Earth, perhaps the Universe,” you exclaim. “It's a miracle that I ever manage to meet *any* deadlines with *that* person hanging around my neck like a dead-sea anchor!”

Impressed, not at all, with your feeble, unintelligible explanation, and even more fearful this tardiness will continue, the Director gives you an extra stern warning. Not only are your Christmas bonus and stock options at stake, but you also risk your job if you don't shape up immediately.

After mumbling a weak acknowledgment, you slither your miserable heart-pounding bod back to your enclave, stopping only to give an evil eye to your bewildered secretary. S/he looks up briefly as 100-words-a-minute greased-lightning fingers fly over the keyboard, typing yet another report you dawdled over well past anything that could be described as last minute.

You slam the door behind you, hang out the do-not-disturb sign, put away the to-do list, and switch on a computer game. Desperately distracting yourself from your gut-wrenching feelings, you snarl at every person you meet the rest of the day. Why should they be happy when you're miserable? You ensure your underlings that you consider their performance substandard in every way. Each one of them (also expressing First Reality) transfer the hostility to their co-workers and loved ones, who in turn, pass ill tidings to everyone *they* come across—including any children or pets unfortunate enough to cross their reactive paths. When you get home that night, having accomplished little or no work, you fight with your mate and wonder why that wretched tic in your eye has returned. The nightmares that disturb your fitful attempts at sleep eagerly try to reach your conscious mind, suggesting you seek loving, understanding assistance in healing, releasing, and replacing your underlying feelings of worthlessness. You continue to deny the guiding message, labeling it just another unfair attack on your persecuted ego.

Early Second Reality (ESR) at the Office

Now let's look at the same office scenario from the perspective of someone awakened to early-stage Second Reality (ESR). You respond to the summons without the total-panic, coffee-stained experience of the First-Reality example. Concerned but hopeful you can deal with any *boss issue*, your confidence level expresses in direct proportion to the responsibility you've assumed for both your thinking and actions. With increased control and less anxiety over your daily events, and after listening intently—without interruption—to your boss'

complaint, you take a deep breath to center yourself. Then you promptly apologize for your tardiness in completing the important report. You relate your understanding of the necessity for these particular documents in packaging the upcoming IPO stock offering. You acknowledge how your report delay likely put the Director in a tight spot with upper management.

You then reassure her, or him, that you better understand just how long it takes to develop these new financial readiness reports, and all future documents will be delivered accurately and on time. Your boss, visibly relieved, senses correctly that s/he may now count on you and your expertise for the currently demanding crunch time, and that you are also aware and sensitive to pressures from senior management. The Director feels a little embarrassed by perhaps over-reacting so dramatically. Obviously a motivated and competent worker, you need only a little guidance, now and again, to accomplish top-flight work.

Walking back to your office, you stop to thank your secretary for his or her valiant efforts speed-typing that last company financial report you delivered past deadline. You promise not to create unnecessary stress again through poor time-management or procrastination. S/he smiles radiantly, assured that you value and understand his/her (First Reality) world, as a compassionate—albeit imperfect—boss. S/he proves especially friendly and helpful to your team members and business clients who happen to visit or call that day. Subsequently they are better disposed toward you and your projects—making negotiations proceed more constructively.

Back at your desk, you take a moment to collect your thoughts and feelings—including the somewhat awkward ones with your superior. Closing your eyes, you take some cleansing breaths and allow yourself to enter those feelings fully and completely. Practicing techniques learned during a recently attended personal-development, emotions-management program, you mentally unlayer your *feelings onion*, and especially note the underlying unworthiness issues that lead to bouts of procrastination. Having struggled with the effects of these unresolved issues for years, you now set a *clear intention* to heal, release, reframe, and replace them. You're finally ready to graduate from self-sabotage curriculum. This resolve allows simultaneous blossoming of your infinite talent and creativity. You quickly visualize a peaceful river, and the accompanying self-forgiveness ritual, to wash away lingering feelings of inadequacy. Your short but potent attunement completed, you organize your paperwork, placing

the most-urgent documents on top. Pulling out your calendar to work out timelines for completing all future reports on time, you break various tasks into manageable, less-overwhelming steps. Now you're ready to tackle the to-do list.

With the benefit of ESR reflection, you have a heightened awareness of how painful it is for First Reality oriented persons to receive negative feedback. At home, after some processing time in your private contemplation cave, you gently, courageously, share your previously embarrassing thoughts and feelings about the late report and your history of procrastination. Your trusted friend, partner, and mate listens attentively while you expose your vulnerabilities and list your alleged weaknesses. S/he loves and respects your courage and strength, feeling especially valued that you trust and openly reveal your human shadow. Together, using all the new tools you received in your self-development workshops, you strategize ways to overcome the troubling pattern. After an exquisitely passionate lovemaking session, you fall asleep nestled into each other like cradled spoons.

Level Recap

You are perhaps realizing these two diverse reactions to the same circumstance as simply the result of one's inner perception, and *not*, as most believe, differing environmental factors. Please also note that awakening to Second Reality is not the same as developed excellence. Repetitive practice of desired replacements dissolves old, non-serving habits.

In the office scenario just presented, the initial, heat-of-the-moment reaction might be to defensively complain about lack of appreciation, or not being given the benefit of the doubt. As a practicing Second Reality individual, you would—after returning to your office to settle down—see the situation from a larger perspective, including the upper-management pressures affecting your boss. You would then be ready to take responsibility for your actions, as did our sample subject. For one who temporarily *loses it* in the Director's office, an appropriate follow-up move would be to return to the boss and express regret for the temporary defensiveness. After a sincere apology, state the cooperative understanding and insight then evident. At this point, your expression is as balanced and empowered as the sample person that retained his or her equilibrium *during* the first go-around. A competent manager will be impressed by your

ability to shake off criticism, refocus, and climb back in the saddle responsibly.

As enlightened ones continue their replacement practice during heat-of-the-moment situations, they learn to progressively release old, defensive patterns in favor of the understanding and excellence shown in the Second Reality example. Releasing and replacing worthiness issues also improve one's ability to master non-defensive responses. Reduced self-absorption enables us to better empathize with and counsel others caught in that feedback loop of reactive, non-serving action.

As dramatically different as our early Second Reality example showed regarding quality of life and diminished suffering, let's look at how our world shifts when expanding our consciousness further. At advanced Second Reality (ASR), this office scenario would rarely present itself in the original form. I modify it slightly to more accurately reflect a possible ASR challenge situation.

Advanced Second Reality at the Office

The boss' call comes in the same way. Consistently (habit) expressing both FUN and joyous personal responsibility for some time, you rarely experience internal sirens or adrenaline flows during the course of your days—even during heat-of-the-moment situations. You...easily coexist with various energy manifestations, including hysterical types.

You calmly respond to your boss's frantic call, with concern only for the plight of the company's supervising Director. Fully aware of your boss' pressures from upper management, you continue to be a sympathetic EAR, while holding your self-empowerment knowledge in abeyance until your advice is requested. Upon arrival, you observe your friend and boss now at the very brink of emotional overload. The sense of desperation is so great that s/he launches into a sequenced denunciation, accusing you—among a list of other things—of sabotaging company negotiating efforts by submitting late financial reports. “Maybe you are a secret *spy* for the takeover vultures who would like to steal the company at a bargain-basement price,” she cries! Your temporarily crazed Director infers your general calmness during the current crisis, further evidence of culpability.

You take a moment to reflect: unlike your past, suffering, victim-like self, you feel no need to prove the timeliness of your reports, overtime hours, or the list of other supportive assistance you

generously render in an effort to forestall the threat of a corporate takeover.

In the past, you would have been deeply hurt by these accusations, and felt intense suffering from your boss' lack of appreciation. Previously you would emotionally shut down for days—sometimes weeks—as you commiserated with your like-minded associates. Those well-intentioned friends and family agreed with your assessment that you were getting the *royal shaft* and that you should sue, or quit, rather than take any more abuse. Prior to healing your internal issues and retraining your automatic responses to challenge, your self-image and general quality of daily life used to revolve around what you perceived your supervisors, friends, family, spouse, and various acquaintances thought and felt about you.

At *this* very moment, however, you lovingly direct your focus toward a friend in crisis. You sense correctly and identify (to yourself) all the quite illogical accusations as nothing more than symptoms of your boss' abject terror. You actually delivered the reports two days early, but the Director's stressed-out assistant accidentally misplaced them.

With the expenses of three children in college and a humongous mortgage on a new custom home in the Heights, your boss' reasoning ability has been temporarily suspended through fear of losing a job. This feigned attack on your performance reveals a desperate cry for help from your ego-shattered supervisor. Not the time for recriminations (your current ego no longer buys into them), you immediately process and release your very temporary feelings of not being appreciated. You step forward to console a fellow Human Being asking—through trembling body language—for *life-saving* intervention.

You reassuringly offer all your knowledgeable assistance, expertise, loyalty, and most importantly your compassionate sensitivity and love. “You are not alone in this challenge. We will get through this temporary storm together,” you state. Your unwavering confidence identifies the current crisis as serious...but solvable. After scheduling quiet time to jointly brainstorm a workable response to the latest takeover bid, you share a confident handshake or a hugging embrace (depending on the relationship) with your greatly relieved supervisor and friend.

With gratitude evident in his or her demeanor, your Director can't find the words to thank you for seeing—without judgment—past the panic attack. Because of your presence of mind (awareness level plus

practiced replacement), you do not counterattack or take the directed onslaught personally. You intuitively sense your boss' immense gratitude and a bit of embarrassment for showing weakness in the heat of the moment. Realizing this, you compassionately share how understandable the venting was under the circumstances. You respectfully accept the veiled apologies, not from a superior knowledge of manipulating psychology, but from genuine, heart-felt caring, combined with a very healthy and secure self-love. Your spirit soars as you feel an inner appreciation for your heightened ability to be there for a valued friend and fellow Human Being. What a change from the old you!

With your generationally developed ASR talents, enhanced through practiced replacement, you now quickly enter, release, and reframe all illusions of temporary negativity. Practiced responsibility and pattern replacements have largely transformed all previous feelings of unworthiness. Concepts of "healing" and "forgiveness" dissolve as you gratefully realize the significance of every, single experience in your life. Expunging those past concerns (distortions associated with fear of change in your environment) leaves no lingering apprehension about losing *anything*—especially your corporate position. In your mind's eye, the current crisis with your company may be an intended catalyst for change, not only for yourself but for others. You've given a lot of thought to beginning a new consulting business—one that could potentially include your current company, regardless of ownership, as your first client.

Your boss, disabled by fear, could not open to this more independent, self-empowering perspective. S/he places security in the job, rather than in something deep and permanent within oneself. You recall how scary and painful outer-oriented beliefs were for you. For this and other sympathetic reasons, you intend to offer further reassurances and assistance to the troubled corporate director when and if the time comes for a transition. The key will be to center your friend on all of the gifts, talents, and marketable abilities already present. With a greater chance of success if your supervisory friend can heal and replace his or her own security issues, you mentally reaffirm that his or her Spiritually-created blueprint is not up to you. Your job: be a supportive *mirror* and loving, non-judgmental example; not the manipulator of another person's life curriculum.

ASR Orientation

You feel blessed, beyond expression, to realize your current mastery dealing with issues and relationships is not directly due to self-help tools acquired along the way. No particular religion, philosophy, process, book, tape, seminar program, guru, or *separate* Supreme Being gets the credit. You achieved success by assigning beneficially synchronistic, philosophical, and psychological evaluations to those inventoried items. *Your interpretation manifests ALL things and ALL associated meanings.* Along with your newly expanded consciousness, understanding how your confidence and belief gave those tools their vibrancy installs into your awareness that *you truly are your own meaning maker.* This more-expansive level lifts your discernment to an unprecedented level of empowerment—one where personal salvation and the ability to direct your resultant experience reside fully within you. Observational witnessing (which begins in Second Reality) invites you to lend a helping hand without enabling others to avoid responsibility for their own path.

Accepting the Gift

I hope this role-playing demonstration helps you further appreciate how these principles—defined by Holographic Psychology—greatly empower our lives. Yes, releasing and replacing fear-based issues allow a return to love and glorious free-flow options. The next time you feel upset with an individual person, group, or situation, ask yourself: *“If the vast minions of love guided me now, how would I respond?”* Regardless of current circumstances, you can successfully learn to actualize a state of love and grace. This book is your roadmap.

You’ll note I did not provide an office-place example of Third Reality consciousness. When ones realize transcendent perspectives and the absolute perfection within *every* experience, they no longer require any guidebooks or illustrative metaphors. Throughout these passages, many terms replicate the presence and meaning of Third Reality awareness: Over Soul, Universal Mind, Cosmic or Collective Consciousness, Collective Unconscious, or simply “the Collective.” Religious or sacred terms could include the multitude of names for Lord, God, Source, Creation, Souls, and Guardian Angels.

Consider that our supreme nature, ever expanding and all inclusive, encompasses the complete package of interwoven patterns that lead us to participate in a particular dynamic, at a particular time, in a particular place. Third Reality consciousness harmonizes with the operating system provided by our Spiritual DNA. Third-level

individuals no longer limit (to earthly human dynamics) their understanding of the complexity and synchronism of life. In full Third Reality, constant feelings of joyful love maintain our waking cosmic connection, with omniscient understandings of the *how and why* of the syncretistic practices with which mortal Beings continue to work and play. Third Reality lacks even the *appearance* of any differentiations. The transcendent level represents the maximum in congruent synchronicity, or *Oneness*.

In addition to those great prophets mentioned earlier, mystics like Socrates, Plato, Aristotle, Emerson, Jung, Gandhi, and others undoubtedly danced in the domain of Third Reality awareness. Mastering Third Reality leads to further rejoicing as the veil of partial amnesia *completely* falls away, and we (again) directly experience our oneness with the cosmos. The ultimate accomplishment, from this author's perspective, is to achieve this state of grace, divinity, and connection *during* an incarnation, rather than as a right of ascension granted only to transitioning ones. I have it on very expansive authority that establishing multi-realm congruency, does, in fact, represent humanity's completion and mastery of the Earth adventure. For here-and-now practicality, rest assured that achieving a continuous Third Reality state is not necessary to experience substantial cosmic connection, or to have a successful and joyous life. Second Reality awareness gives us all the openings we need to master our own psychological dynamics in the Here and Now. That said; I *still* intend to help facilitate your own cosmic interface in a later chapter. Why? Because you deserve it – of course!

Practical Application

If we can't use advanced concepts to improve our human condition, what use are they? After declaring that more expansive levels of consciousness offer a realistic potential for a more bountiful life, how do we generate these shifts? The doorway to the Infinite resides in our subconscious mind, where all beliefs are stored. And we need more than one magic pill or technique to open that door.

It is intended that our time together be spent applying layer upon layer of practical, productive use of this information. The several visualizations and other facilitative tools – when practiced – help you purge non-serving thoughts and feelings while simultaneously forming more beneficial habits. After taking out the garbage, let's fill the void with idealistic, love-based connections. *You*, not I, decide the

nature of that new content. I support you in choosing wisely. Here's an interesting group that did not.

Hale-Bopp, Anyone?

Separatist disciplines commonly bypass most or all the *here-and-now* creations or remedies, while simultaneously bashing the ego mind. Taken to the extreme, this can have dire circumstances. The 39 Heavens-Gate suicide grouping distortedly believed there was nothing of value left on Earth. Doe, the group's embittered leader, erroneously concluded that victimization could be avoided only by reaching some "other-world" sanctuary.

Extreme hopelessness will normally squeeze out (prevent) Third Reality (transcendental) connections. Had the Heavens-Gate membership more patiently worked through their pain and fear, or desired an independent evaluation—by challenging (questioning) their so-called *authority*—they might have discovered the warm, fluffy blanket of inner-salvation and joyous celebration. Instead, they blindly rejected Earth in favor of an orbiting ice ball. If there *is* a purgatory, the "Hell" Bopp Comet appears as likely a candidate as any. Bring your overcoat!

Fortunately, other non-limiting alternatives exist. If you truly believe you need saving, why not save yourself? Choosing a courageous, non-escapist program definitely leads to positive change for you *and* for the entire human race. *We now have the potential to self-actualize our Heaven, just like we unknowingly created Hell for ourselves.* And we don't have to leave physical Earth, or disavow our materiality and ego-mind, to achieve grace and serenity. If our ego is *fear-based*, however, thereby limiting our capacity to love, this clearly needs attention.

Complacency Trap

As a related procrastination challenge, most of us feel even less motivation for change when moderately comfortable. From our human history, we know fear as an effective motivator. In First Reality, fear rates number 1 on the motivational hit parade, with physical pleasure a close second. Most individuals beginning various self-development programs, books, tapes, etc., are opening to expanded levels because they are: ❶ unsatisfied with their current state of affairs, and ❷ now realizing they can make a difference in their lives through their own, independent choices. Perhaps we

embrace self-development initially because of our fear of abandonment, or losing love. Regardless, this priming activity, the first stage in taking the reins, often denotes the onset of a significant shift in perceptual awareness. Newly created action, designed to blast free of the comfort-zone nest, indicates your innate willingness to expand beyond the old-paradigm *slave* role. *Captaincy momentums* really start steamrolling from this point. Initially (ESR) you feel a particular *process* correcting your condition. Later (ASR) you discover how ones spell (place) the noun or predicate does not matter: “**I believe** in _____.” Second-stage power is, and always has been, in the *subject...YOU!*

Although involutory and evolutionary science can be quite captivating, I primarily focus on *what* works, not in how or why something works. If practical considerations don’t reveal themselves, I’m quick to move on. In this chapter I attempted to demonstrate—through everyday scenarios—various applications of the previously described levels of reality.

In the following three chapters we use our knowledge—from our new-paradigm model—to examine grief, vengeance, forgiveness, and concepts of right and wrong. Lastly, using the three levels of human consciousness, we examine our propensity for separateness and judging...versus connection and unity.

**”Love...much like
meditation...is not
something we give, receive,
earn, or do;
but rather, something we
allow to be visited upon
us.”**

—The SoulMan

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