

Intuitive Application in Everyday Life

“The first mastery, the Mastery of Awareness, is the first step toward personal freedom, because we cannot be free if we don’t know what we are, where we are or what kind of freedom we are looking for. In this mastery, we become aware of the fog that is in our mind.”

The Four Agreements Companion Book by Don Miguel Ruiz with Janet Mills

Ah! The fog that is in our minds...What a concept. We spend our formative years becoming smart as a whip only to be reminded as we grow spiritually that our minds are filled with thick fog. Lately, the fog of ignorance, intolerance, lack of integrity and hypocrisy are rearing their ugly heads everywhere from the political campaign trail to my classrooms. And, we all need to get a hold of our egos, our need to be noticed as well as our need to have an answer to every struggle or problem. I don’t know about you, but, I am so sick of listening to everyone second guess every event that happens in the world, unaware that they are producing gossip, not speaking the absolute truth of the observer and judging, judging, judging, others.

One of the reasons I love Don Miguel Ruiz’s book, “The Four Agreements,” is because it is so simple and straightforward. “Be impeccable with your word, don’t take anything personally, don’t make assumptions and lastly, always do your best.” Can any of us really top these four concepts without producing more fog in our lives? The concepts that this wise Shaman brings forth are hardly new to humanity. They are integral to producing all change, positive or negative, on this planet today. They, in effect, checkmate the ego that so liberally thrives in our minds and wayward emotions. They put a tight lid on living outside of our own spiritual and physical boundaries without stifling personal freedom and growth.

Just imagine having the energy to pursue all you are capable of and never meeting any roadblocks? Remember, when we follow a path that mimics our original foundation of God, there is no slipping backwards. There is only expansion. Let’s say your foundation is comprised of truth, freedom for all, compassion, wisdom, caring for others as you wish them to care for you. When you venture out to slander others with your gossip, when you judge others without directly observing their behavior, when you interfere with the spiritual growth of another, you are not following your own foundation’s dictates and therefore, find yourself stalemated. Dead in the water as concerns your own personal fulfillment. Why is it we cannot take responsibility for our actions and realize that our “holiness” depends on following our own beliefs? What is the point of re-uniting our physical, mental and spiritual selves if we are just going to continue to sabotage our own flow upwards to the Creator? I have no answer for this question. But, I am seeking it more regularly these days.

It is a powerful thing to learn at an advanced age how often my own ego can dictate my defeat. But, I have also realized that personal scrutiny is an every day technique that cannot be ignored if we wish to enter a time in the near future when our world has more peaceful moments. To show you a clear example of an ego out of control...I have a student who has a great love for the wisdom of a metaphysical couple who regularly work the Psychic Circuit in America and abroad. She can’t wait to tell everyone she meets about them. But, she goes on and on, hogging class time, overwhelming everyone around her with her newfound wisdom until it is obvious, no one wants to listen anymore. Sound familiar? Then, I see how my students assemble for class, always speaking negatively about the political process, driving in traffic, their aches and pains or maybe about another person in their lives who is “out of control.” It is astounding to me every time we meet, how often many of my crew never make the higher shift because they cannot dislodge their thoughts out of the lower consciousness. The intention of my Master’s Classes is to explore our higher selves. And yet, I watch people waste our precious “spirit time” with their egos broadcasting or deciding to skip class as if it does not hold consequence to popular television shows in their lives. We must elect to have more consecrated, spiritual time together. And, we must address the shadow within caused by overzealous egos.

As I have done in recent columns, I would like to leave you with a personal ceremony of clearing that will assist you in winnowing down the negative effects of ego-related activities in your life. Affirmation, ceremony, meditative clearing and the use of the four elements to assist, every week, would be helpful in keeping the garbage down in your spiritual neighborhood!

Ceremony of Personal Clearing:

Set aside some quiet time at the conclusion of each week to clear, cleanse and release shadow before starting the new week up again. Think of this special time as your time to heal, start anew and refresh your path to God and Glory. Try to keep the ceremony brief and yet private. You will need a candle, flame, water, a fresh piece of greenery and salt (place in the bowl). Use of a piece of quartz is optional as a clearing or reception vehicle.

Allow yourself to get quiet by breathing easily and deeply, inhaling first through your nose and exhaling through your mouth, then reverse this flow off and on for a few minutes. It will allow your intention to cleanse to fill your body and mind. Once you are quiet, allow your thoughts to simply melt away, calling upon the White Light (gazing at the candle flame can help), to fill you up with its splendor and purpose. Once you feel uplifted and have spent about 15 to 20 minutes in a place of calm, receiving deeper thoughts, allow all the negativity, fear, worry, abusive thoughts to flow out through your body via the crystal or out through your toes and fingers. Allow the healing peace of Mother Earth that imbues the crystal to assist you in letting go. In this way you begin to eliminate accumulated shadow. Many people like to brush away all excess negativity once it is pushed outside of the body. Use the sprig of green to symbolically brush away all shadow from your body. Many wield the greenery like a body brush, gently sweeping their aura from head to toe. When you are ready to start anew, baptize yourself, liberally, with water from the bowl. Wash your hands and face as well as patting down your body. (Many use scented water). Then just smile. Everyone gets a second chance (or more) to start anew. Namaste

Once we all realize that personal house cleaning may jump-start our new age of mercy, we might willingly engage in more policing of our inner and outer states of awareness. Remember, you and I are IT. We are why the world is changing so quickly. Every age proclaims that they want to leave their children a better world. We actually have a shot at it in the next 123 years. Please live to allow your spirit to unfold more fully, here and now. There is no tomorrow if you live too constantly in your ego.

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