

Guidebook for Life at the Intersection of Spirit and Matter

Hi Everyone! This is Lyn Allen, and I have a story to share with you about integrating apparently disparate parts of the self. To help illustrate the points being made and establish a context for the remainder of the Guidebook, I'll be using some terms from astrology for the first couple of pages. For those of you who completely don't "buy" astrology, please read on for the underlying concepts.

Astrologers have told me I am a "double Capricorn." Now, what this means for those of you who don't "speak" astrology, is this: I am very rooted in practicality. Up to my knees in bedrock, so to speak. When I encounter a new concept, I automatically look to see how it can be applied. If something is not applicable, if it is just a lovely airy-fairy concept, it has no substance for me.

In other words, only by grounding the world of ideas into the concrete world, do things make sense to me. And when I say ideas, this includes cognition/thoughts/thinking as well as dreams and beliefs.

So, hopefully, you get the picture: I am generally a fairly practical person and for me to assimilate new information, I seek to ground or anchor that information for myself through application.

Contrast that with another aspect of myself, also explored through astrology: My moon is in Cancer. Basically what this has come to mean to me is that I feel things very, very deeply - emotions as well as intuitions, inklings, even energies.

Imagine how confusing it was for me to experience two very distinct "sides" of myself. Earlier in life, I basically squashed the softer, Cancer Moon aspects of myself and let the left brain, logic, results-oriented side of my life. As you may have guessed, this only worked to a certain point.

Now if you are reading this, I am guessing you are someone who considers themselves to be on a spiritual or developmental path of some sort. If so, then you understand what I mean by the "nudges" and wake-up calls we get in life that call us to grow beyond our old ways of thinking and behaving.

Well, my nudges began with an introduction to meditation and metaphysics in 1980, which launched me into almost three decades of "seeking." I read books. I worked with different "teachers." If it has to do with personal growth or transformation, the odds are I have sampled it in some form.

In the seeking, I had sessions with psychics, channelers and spiritual messengers who often gave me some of that lovely airy-fairy stuff, but whose own lives

modeled a lack of balance, particularly in areas of abundance, relationships and/or emotions.

In other words, they might give me neat information on how to live the life I sought, but I did not see their information applied in their lives. Add to that, any practical, grounded "how to" was often missing from the "guidance" I received.

Okay, so just to anchor what I've said so far (Capricorn coming forward here!): I felt challenged to integrate and assimilate the "softer" side of myself with the more concrete, practical side. Teachings and teachers may have given me great "feel good" information and at times powerful insights, but did not necessarily assist in the integration of the information through application.

You may have notice a key word show up in that last paragraph: Integration. And if we fast forward to today, I'm hearing and observing several things indicating a widespread need in this area:

- 1) Several spiritual philosophies, prophecies and teachings from around the world indicate we live in a time of tremendous change, both internal and external. (This alone is a lot to take in and make meaning of for oneself, but wait, there's more! Keep reading.)

- 2) People appear to be hungry for meaningful, life affirming connection, starting with themselves and from there, with the world around them as well as with "that which is greater than we are." (Personally, I believe that's why social media is such an exploding phenomenon.)

- 3) As people collectively rethink and reorder lives and priorities, in the face of the changes occurring around and within us, we seem to be moving into uncharted territory. This, in turn, impacts how we navigate these times of change and integrate spiritual and personal expansion.

- 4) People are noticing that what has worked before may no longer work; this can include beliefs, behaviors, systems, structures and relationships. Oh - and careers!

- 5) Put all of these together and it can set you up to feel very confused! Actually, it can cause you to feel out of control, and as you probably know, it is when we feel most out of control that we may become most controlling - in an effort to re-establish a sense of order and balance for ourselves.

This is where *The Guidebook for Life at the Intersection of Spirit and Matter* comes in.



The truth is, things are changing: Systems and structures that have defined and shaped people, communities, societies and maybe even nations, are breaking down

or transforming into something.....else. And that something else may not feel comfortable or even recognizable yet.

At the same time, in this accelerating pull to meaningful connection, many people are connecting more deeply with the vastness of Spirit, and at times, struggling to integrate that expansion with the realities of a physical/material experience. It is as if you are "getting" at a cellular level how unlimited you really are as spiritual beings, while feeling frustrated with the continued restraints from walking on this planet in physical form.

Said another way: The contrasts grow wider daily between what you know to be Truth and what you deal with daily as part of the "human experience."

Consider this: If some part of you KNOWS we are all connected, there IS abundance for all in the Universe and thought does take form, then dealing with such mundane matters as paying the rent can be such a bore!

If you feel the sweetness of loving Oneness on one level yet observe the unlovingness of so many on this planet, well.....you get the point.

This rapidly increasing contrast can set you up to feel like a ping-pong ball bouncing between two dimensions that are in some ways polar opposites: Positive, loving, unlimited possibility vs. struggle, suffer, work hard and then you die.

Feeling whipped back and forth between "I am in loving connection with all of Life," and "I am so tired of my job/my neighbor's dog yapping/madness and mayhem on

the evening news....." is wearying to say the least, and can cause you to doubt what you see, feel, hear and know.

But wait, there's more! In addition to the general weirdness of experiencing polarized realities, is the sense of having so much to do in so little time. I'm also hearing you say your days are whizzing past faster than ever, and your nights are not always restful - at least not for many of you.

Whether you are so busy because of trying to assimilate change on all levels or you simply have more to do during the day than ever before - or both, you might be feeling as if you're running as fast as you can just to keep from getting further behind.

If you have had a nagging sense it's time forsomething else, but you don't quite have clarity on that something, you are so not alone.

Welcome to the intersection of Spirit and Matter! It is here we stand collectively, waiting to see when the light will change so we can cross the street, or if a transport will appear to carry us forward - whatever that means at this point.

You may be pawing through your mental "purse" or "pockets," looking for the map that was supposed to have been standard issue, only to realize - there is no fricking map. How annoying.

Life at the intersection of Spirit and Matter can be very confusing these days. You might feel as if you are straddling the dimensions, standing with one foot in the old

and one in the new, wondering how long it will be before you lose balance and topple one way or the other. If it is true you can get drunk with possibility, there are a lot of people today who are either inebriated or having one hellacious hangover.

At times it can seem as if you are channel-surfing the dimensions, catching snippets and glimpses that may not make sense. Or, you may be seeing past, present and future simultaneously, which can get very confusing. Oh and in case you are wondering: I am referring to the non-pharmaceutically enhanced version of the journey. Seriously, who needs mind-bending drugs now when the real thing is so-o-o-o trippy?!

So how do you live in an altered state that may not be wearing off after a few hours? How do you walk the talk when the sidewalk seems to be morphing in front of you?

And perhaps more to the point, how do you continue to support yourself with expanding as a spiritual being while functioning comfortably in a material world? In other words, how do you respond to the ever-increasing cosmic nudge to live from a very balanced and integrated space?

1) First and foremost: Be very kind to yourself. And practice this self kindness on all levels: Body, mind and Spirit.

On the physical level, be aware your body may require nutritional changes in order to provide you with the energy you need to move through these times.

Yes, it is true: Transformation can require fuel, and the fuel that has worked for your body in the past may no longer be what serves you best.

Tune into your body:

- Is it time to do an internal cleanse, perhaps a gentle de-tox?
- Are your adrenal glands needing a little boost to handle the stresses of change?
- Are your allergies more active than ever before?
- Does your body require more protein, or less, or a different kind?
- Does your bed support the body you live in today? Do you have the right pillow for how your body wants to rest at this time?
- Does your exercise program still fit who you are becoming? Do you get the kind of movement on a regular basis that will best support your body in adapting to new energies and releasing what no longer serves it/you?

And that's just a quick review at the physical level. To expand this process:

- Take some time to be with yourself, and perhaps journal your insights.

- What will best support you at this time, in being very self nurturing, for your body, your mind, and your Spirit?
- Do you have the support - that will best serve you at this time - to assist with examining and releasing old thoughts, beliefs, paradigms that no longer fit for you?
- What tools do you have in your toolbox to support cognitive, emotional or spiritual upgrades? What tools do you have that you may have forgotten? What tools is it time to discard or replace with newer ones more aligned with where you are now?
- Are you using those tools - in very loving and mindful ways?

2) **Deepen your self-connection by choosing to live in present moment.** What we have understood as present moment is expanding, as our awareness expands.

Add to this the sense of being pulled in different directions *and* the occasional desire to hibernate until we get past this collective transition, and it's really easy to want to leave present moment. Yet, it is perhaps more important now than ever before.

- Ask yourself if you know what it means to be fully present with yourself. Take time to journal your thoughts and observations.

- What tells you when you are - or are not - in present moment?
 - Notice the difference between being present and not being present on all the different levels of your being: Physical, cognitive, emotions and spirit.
 - What is the cost to yourself on each of these levels of being when you are not present with yourself?
 - If you begin to notice a pattern of not being present with yourself, embrace this awareness as an opportunity to "surf your levels of awareness" down to the next deeper level. Ask yourself what might be preventing you from being present?
- What tools do you have to deepen your ability to remain in present moment?
- How do you support yourself with coming back to present moment when you become aware you have "checked out?"
- Who models self connection and self awareness for you?

3) **Eliminate any pushing, struggling and attachment to outcome.** Ri-i-i-i-g-h-t, you may say. At a time when you may feel challenged to deal with everything in front of you, stop pushing.

This sounds like a paradox. But consider: Look at where you "go" when you go into pushing. Hint: It isn't joy! And it also is not present moment.

If you choose to stay in present moment, it's much easier to remain in flow, also known as the opposite of pushing, struggling and attachment to outcome.

- Again, take time to visit with yourself and a journal: Notice where you may tend to go into "push mode" or where in your life you anticipate struggle.
- By contrast, where in your life do you tend to experience ease and flow?
- What difference(s) do you notice about the areas/tasks/experiences in your life that are in ease and flow, and those where you anticipate and/or experience struggle?
- What awareness comes from reflecting on the three questions above?
- What patterns, if any, do you notice about where you get attached to outcome?

- What tells you when you are attached?

- How do you support yourself with detaching once you get hooked into attachment?

- Again: Are there any models of ease and flow in your life?

4) **Accept that much of what you are experiencing can be attributed directly to a new phase in the expansion of being.** Another way to say this is: Think of it as growing pains, like a toddler experiencing the irritation of teething. The appearance of teeth is part of the process of development in a child, and it is generally not comfortable.

Additionally, when we experience rapid growth, it can feel irritating, confusing and destabilizing. Moving rapidly into an expanded space, internally, can produce a sense of emotional free-fall.

And - attempting to restore balance from that space of free-fall can catapult you away from your "being" and put you squarely in the middle of frantic doing (also known as trying to regain control).

- What does "being" mean to you?

- What does "expansion of being" mean to you?

- How do you know when you are "being?" Note in your journal 3-5 indicators that tell you when you are "being."

- What pulls you out of your "being?" Make a note of these things in your journal as well.

- How do you get back into "being" when you've slipped out of it?

5) **Celebrate the power of being** and understand this: You might never know how you just being you, honoring yourself, choosing to be present, speaking with love - how your "Being" may have touched another human and made a difference. Not through something you do, but through the way you move through and inhabit your days and nights. Think about this.

- Think of a time when someone touched you deeply through the power of their "being."
 - What was it about that experience that touched you so deeply?

 - What changed for you as a result of that experience?

 - How can you apply that experience to expand your own "power of being?"

6) **Embrace change.** Be so committed to supporting your expansion and your being that you shine a light into some of those darker internal corners to ferret out the natural human tendency to resist change.

Do what you need to do to fully assimilate the fact that we do live in a rapidly changing world - with change occurring both internally and externally.

Remember this: We also live in the information age in which many people feel bombarded and overwhelmed by the sheer volume of information we take in daily. Much of the change occurring around the world is more "in our faces" than ever before.

Recognizing that change is necessary doesn't necessarily make it comfortable. So when you feel yourself wanting to shut down, isolate or hibernate, curl up in your favorite comfy chair with a good cup of tea and your journal. And consider your responses to these questions:

- How do you feel when you are confronted with change, especially several areas of change at one time?
- Do you, like many people, fear change? If so, how does this fear show up for you?
- What about resistance, which is based in fear: When, where and how does resistance to change occur for you?

- What do you imagine might change in your life if you moved more easily with the currents of change?
- What tools do you have to support yourself in transforming your relationship with change?

7) **Reconnect with, redefine and live from your "wow!"** Think about those times you are deeply moved, perhaps by beauty or love, or both.

It can be a sunset or child's smile or a gesture of kindness from someone else. Or it might be the completion of a very fulfilling project or creation.

As you consider the concept of wow and begin to remember some of your wow moments, connect with the awe and joy that are so central to being in wow.

When you go into wow, there is no fear or overwhelm. Connecting with your personal wow-ness takes you into a place transcendent of time, into an ever-unfolding now.

From within the wow-ness, you can feel a heightened sense of connection with yourself and life/All-That-Is/Spirit/the Universe.

Understand your wow may have changed because the state of wow is a dynamic reflection of you. And you are an ever unfolding, expanding soul in progress.

- How is your wow? Are you connected with your wow? Is it current and reflective of you today? Or, have you been chasing the ghost of wows past?
- Can you access your wow-ness? Can you tune into it, breathe into it and feel it singing in the cells of your body?
- If you have disconnected from your wow-ness, in the course of navigating the mundane aspects of daily life, how do you support yourself with getting back to wow?
- What becomes possible for you when you are in wow?



Yes, life at the intersection of Spirit and matter is very interesting, and very full. While rapid change can trigger resistance, it can also open us up to living more deeply and consistently from that place where being comes before doing and joy is as natural as breathing.

Hopefully, this Guidebook will be an ongoing resource for you as you continue to integrate the spirit of who you are with functioning in the material world. You can pick the Guidebook up, open to any page, and reflect on what you find there. Or you

may enjoy re-reading it from start to finish, re-journaling as you go to chronicle and ground your movement in this adventure we call Life!

Happy expanding!

Lyn Allen

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