

Connecting Soul-to-Soul: The Art of Transpersonal Relationships



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Standard Disclaimers and a Note on the Models Used

No channel is 100% accurate. We all have filters and biases, and I am certainly no exception, so please use your own best discernment whenever encountering new information. If it resonates, it will stimulate you in finding your truth, and if it does not, discard it, and you will still have learned something about your truth.

Also, truth cannot be expressed in any human language, only knowledge garnered through perception, which is also subject to distortion. When we want knowledge, we turn to science. When we want truth...we seek it in countless forms, in religions and spiritual practices, but the Council of One offers us tools to help us perceive our own truth which comes from within, direct essence contact without intermediaries. Thus we can validate it for ourselves, without the need for blind faith.

Our perception gives form to the quantum chaotic foam of reality, imposes structure and order upon it, gives it shape and density and maintains the twin illusions of solidity and separation. Therefore, many of the terms I use are metaphorical, or models, pointing to the greater reality of our conscious, living Universe, and the Universal Mind that explores it and evolves through it. I regularly review the current models and adjust them as new knowledge emerges. The limitations of English force me to represent transpersonal forces as personalities or forms. It is my truth that all that can be meaningfully said about the conscious Source of All That Is, is that it expresses as essence and function. Since we humans have a hard time conceptualizing or relating to something that abstract or transpersonal, I've chosen to use the traditional terms of "angels", "souls", "essence", "Spirits", "God", "Christ", "Elohim", "rays", "entities", even "the Council of One", for the sake of clarity and convenience for my clients. However, it is my truth that the Consciousness that moves and evolves through physical reality represents a continuum of being rather than any object/person. For me, the words "Life", "God", "Truth", "Soul", "Essence", "Energy", "Nature", "Universe", "Source", "Universal Mind", "Cosmic Consciousness", "Superconscious", "Love", are all interchangeable, for the purposes of truth if not the scientific model of knowledge. All is one, and everything is connected, quite literally.

All work provided by the Council of One through me is spiritual work to adjust your etheric blueprint to influence the health of your fields, including the physical field. It is intended to be an adjunct, not a replacement for, the benefits of Western allopathic medicine. Please use your own discernment, knowledge of your body, and best judgment in regards to your health, and investigate with a critical mind all of the tools for regaining health that are available to you, including Western medicine. There are times when the body needs those basic physical interventions, and then alternative modalities can be used during the recovery process as desired. No psychic or intuitive input should ever be used as a replacement for proper medical diagnosis if there are symptoms indicating reasons for concern. I see my work as strictly etheric in nature, with all physical health benefits that may occur a happy side effect, and as complementary to rather than in competition with traditional medicine. The purpose of my work is to help you establish and maintain contact with your own deepest self and essence. As a result, joy can be more accessible as part of your everyday experience. I make no guarantees as to specific results, as no one, not even M.D.s, can do this honestly. Everyone's path to healing is unique, the effects of treatments are variable, and the human mind and body are complex.

Also, it is to be expected that healing is a process, not an event, and it is also a collaboration between us and your essence. I will give you tools, coaching, and training for you to use as follow-up to help maintain, sustain, and advance the work. These are not visualizations or meditations but processes that entrain the subtle and EM fields of the body to hold more open and expressive orientations. Since most people feel so much better using the "tech", they validate it for themselves and continue using them quite happily, so they are not too difficult. They are designed to be short and sweet and easy once you've mastered the foundational techniques.

A SHORT AUTOBIOGRAPHICAL ASIDE

All that I am about to relate is what I have observed through my unusual visual filters. Since birth (or at least 6 hours afterwards, which is my first conscious memory), I have seen energy before physical form, geometric and fractal shape and structure before registering the physical appearance of my environment, and the coursing gold waves of pulsing energy connecting everything and everyone.

There is nothing fuzzy or vague, it is luminous, multicolored, moving, and precise and deliberate in its structure. Everything is in motion, nothing is ever quite still. Every living creature I see shimmers with variable levels of complexity, thrumming with consciousness and intelligence, and humans have standard structures that over my life's work I have identified as the anatomy of the energy bodies that support and enable the physical expression of life.

I don't see my vision as a disability, because I can "see" perfectly well and it makes everything I look at inexpressibly beautiful. That's why I keep telling you guys that I wish I could show you how I see you, how shining bright and luminous and beautiful you are!

I didn't realize until I was about 5 that other people didn't see the same way I did, after which I stopped talking about what I saw except in physical terms—I couldn't confuse the levels of perception or I would lose social acceptance. It took practice and numerous slips, but eventually I got there. For the first 20 years of my life, I had to train myself to use it for interpretation of the fields, with the help of my own essence and certain key experiences. My teacher, Tashira Tachi-Ren, is the only other person I ever met who "saw geometries" too, and she continued my training in methods of working with what I was seeing to promote balance, well-being, and vibrant health.

It is a neurological quirk, I suppose, or you can call it a psychic ability—hell, maybe it's even a mutation of some kind—but it has served me well in my work. I simply refer to it as 5D vision or clairvoyance, since it does allow me to see things with remarkable clarity. If it is all an elaborate delusion or hallucination, it has remained remarkably consistent for decades. And I don't hear voices in my head, or have any other symptoms of mental illness, so I'm voting for positive adaptation/mutation for the purposes of facilitating human social and spiritual evolution. Might as well make it up, since all my studies of science have gotten me nowhere with explaining myself.

So all of my following observations relate to geometric forms because that's literally how I see them, it's how I see everything, all the time. My interpretations of what they mean, of course, are subject to the standard disclaimer, as it's all coming through my perceptual filters. I'm literally cutting pathways, here, trying to figure out what this means and how I can use it to help and teach others. My visual quirks don't make my perceptions superior, just different. As can be well imagined, my visual wiring has shaped my perception of people and reality in interesting ways.

Observation and Transformation of Closed Systems Using the Transpersonal Spiral

Closed systems can be defined as ideas that have been locked into belief structures, thus negating their fluidity and ability to move, expand and evolve. Often, the human species on Earth can be as territorial about these beliefs (mind-spaces) as we can be over literal physical space and the resources contained therein.

It is very important to keep in mind that:

If you try to go up against a closed system, it will try to destroy you.

When the closed system perceives any energy, idea, or person in opposition to it, defense mechanisms engage without conscious direction on the part of the personality as a whole. These defense mechanisms can range from verbal to psychic to even literal physical attack. War can actually be seen as the closed systems of nations clashing on a massive scale.

Look for closed systems wherever there are thoughts or expressions of “This is the way it is”, absolutism, and conviction with a great deal of emotional energy attached to it. A closed system is formed when a decision is made about reality based on perception of an experience, after which no new information can reach it for change and growth. For instance, because of a bad experience in college, we decide that romantic relationships are more trouble than they’re worth, and a closed system is formed that blocks the possibility of new experiences and relationships to come into our lives.

The way that these defense structures engage can be very obvious, but can also take more subtle forms. One of the more subtle, insidious, and widespread defense mechanisms on closed systems is the need for agreement.

Agreement can be defined as the act of manipulating or coercing conformity with one’s own beliefs, thus validating the closed system so it can maintain its closed and locked-down state. The need for agreement is frequently an engagement in the dominance-submission polarity game. “Agree with me, and I am right, and my ego is validated, and I am superior.” When we agree with someone in order to gain acceptance on a personal or social level, we engage in the other half of the polarity position—submission to the ego of another.

Frequently, if we stimulate another being’s closed systems, either with words, action, energy, or mere presence in their vicinity, the attack of their closed systems will stimulate the defenses of our own. This tends to create a feedback loop in the energy exchange where communication and communion is made far more difficult, if not impossible. If we utilize self-observation, it can be helpful to look for what kinds of energies, ideas, people or situations stimulate our own closed systems. That way, we can trace them back to the separation orientation that holds them in place and release them, working on ourselves through the transpersonal orientation.

Contrast agreement and alignment: in agreement, the beings involved are often working from a socio-political ego level. In alignment, masters engage in the expression of thoughts and feelings that are offered unconditionally for the purposes of stimulating insight and expansion into Divine Expression. In agreement, conformity with beliefs is often the goal, usually to manipulate action of some kind. In alignment, co-creation and the free exchange of energy and ideas is seen as a form of Divine Play. In agreement, the being seeking agreement often perceives personal rejection and threat if the desired ego-validation is not given. In alignment, ideas are offered freely and if the idea is not accepted, the being offering the idea does not take it personally. In agreement, you are navigating through the realm of the personal. In alignment, you are dancing in the sovereignty of the transpersonal. Note that with the transpersonal spiral, we can co-create a collective vision, and as long as we are in alignment on the vision, we need not agree on anything else. Everyone is guided by essence to the best actions to take and energies to generate to achieve the collective vision. Using the transpersonal spiral, we can release our attachment to form, focusing instead on the essence and function of what we wish to achieve.

Energetically, closed systems may be observed as geometric structures resembling dark cubes. Often, these cubes will be surrounded by matrix, structures, and dense accumulations of cloudy energy that are karmic in nature and represent the lockdown of the beliefs and the defense mechanisms surrounding it. The matrix can look dark in color, and “feel” sticky. When Higher Truth

from Spirit is infused into these structures, either directly or through the facilitation of a being holding a transpersonal orientation, these cubes naturally open into a more expansive geometric structure. The exact structure can vary depending on how open the geometry becomes—octahedra, star tetrahedra, dodecahedra, icosahedra and finally open upward spiral (in order of level of openness, as I have observed them through my experience working with the energy fields of myself and others).

For those people who are more kinesthetically oriented, the activation of a closed system, in your own field or others, seems to result in a full-body contraction, an instinctive response to threat. If the closed system is in another, our power chakras will flare powerfully and move out into defense-attack positioning, and our heart chakras will contract. If the closed system is in ourselves, our power chakras will send this attack-defense energy burst directly back into our bodies, causing us to interrupt our interaction with and our perceived threat to our own closed systems. The mental body will very likely engage in defensive behavior, through mechanisms of denial, avoidance, and re-assertion of the threatened belief. Remember that though all of this may seem very personal, and that our mental bodies may judge it all as “bad”, actually it is just a conditioned energy movement and is not intrinsically negative or positive.

(For those familiar with the Michael Teachings (www.michaelteachings.com), closed systems are the primary means through which the chief obstacle asserts and retains control over the personality. Therefore, any work to soften or eliminate the influence of the chief obstacle must involve dissolving these structures in the fields to be successful.)

So how do we break ourselves of this conditioned response? As soon as we notice a closed system engage in our fields or the fields of others, we immediately initiate the Transpersonal Spiral (q.v.). By doing this, we are centered fully in our beings and polarity becomes inaccessible because we are in a state of unity. Then, not only are we in a state where attack cannot reach us (if we are holding it strongly enough it will be in fact almost physically impossible for any attack to be carried out against us), but we are in a position to act as a conduit for Spirit to bring Higher Truth to the closed systems and transform them into more open, less polarized states. In real terms, this allows the being holding the closed system to have an opportunity to open the structure to receive and possibly integrate insight into their own chosen filters on their experience of reality.

Please be aware that the Transpersonal Spiral is *not* a defensive technique. It has nothing to do with such polarities (as a non-polarized, unified state of consciousness, it is about unity rather than polarity positioning), and using it in such a way usually ensures that the Transpersonal Spiral will become unattainable. Ideally, it is a more-or-less constant orientation of consciousness rather than one invoked “at need”. It is a state of being, a positioning of unity, and a centering in your Spirit. As a result of holding this positioning, we may gain many, many benefits. However, if we utilize the Transpersonal Spiral as just another defense mechanism, it will not be effective and we will not see any results from its use.

The transpersonal orientation to other people, events, and even oneself is a great spiritual technique, one that takes a great deal of conscious effort and dedication to master. It’s not an attitude, or state of mind, or dissociation, or any kind of mental state at all. It’s an actual orientation of your energy fields—in other words, it’s not an affirmation (which is often just a way our mental bodies attempt to self-manipulate), but actual effect.

Basically, when our souls take on an Earth human body, we are entering a polarity game, where we learn more about being love through the union of what appear to be opposites. This means that we engage in karma, which is an exchange of polarity, essentially. If you abrogate the free will of another through your choices and actions and impose the intensity and limitations that

result from that, you will at one point experience what that feels like on the receiving end, in some fashion. Energy always balances out eventually—it works that way in the other dimensions, too, not just the physical.

What happens in the energy field when karma is engaged is that it meets and looks for its energetic complement.

For instance, if your soul is interested in experiencing what being betrayed is like as a karmic method of growth, part of your field will resonate at that specific vibration and frequency. When it's "opposite" and complementary vibration/frequency is found in someone else's field—the field of someone whose soul is interested in experiencing what it is like to betray someone—the two fields lock themselves together. Congratulations! You are now engaged in a karmic process—the classic Betrayer/Betrayed karmic monad, in fact. So as you can see, it's really not personal at all.

Although the soul will sometimes recruit a specific being to play that role for you by prior astral agreement and because of past karmic history, very often just anyone who happens along with the right frequency can and will serve the soul's purpose. I call this the "horizontal" orientation, where field connects with field and karma and polarity are exchanged.

There is nothing intrinsically bad or wrong about this. This horizontal field orientation is very useful to the soul, obviously, and not to be transcended altogether. It is, after all, part of the toolbox of limitations we use to enable our souls to grow and evolve here. But we can work with it, and gain spiritual growth from that as well.

The transpersonal orientation is about connecting Soul-to-Soul rather than field-to-field (I call it "vertical" because like most people I tend to erroneously envision Spirit as "up there"). From there, you can and do act from that place of unconditional love, where all is one and no polarity exists. It's the state I consciously go into every time I'm in a session with a client, in person, in dreamstate, or on the phone. Without it, I wouldn't be as effective a practitioner as I am, because when I release my attachment to my client's outcome, paradoxically it makes it more likely that together we will achieve the highest possible outcome we can get. I also use it in my personal life, with fantastic, measurable, and obvious good results. So here is the technique I use for getting myself to that place. Staying there...well, that's where the time, focus, practice and effort come in. Once you read through the technique, it will become clear to you why it's such a good thing and why it works so very well.

Exercise: The Transpersonal Spiral

1. Unify your fields using the Unified Field Meditation technique or by intent if you have already entrained your fields to do so.
2. Allow your consciousness to drop down into the center of your heart chakra in the middle of your chest.
3. Allow your consciousness, from the heart chakra, to move in a spiral up your chest and neck and out of either the top of your head at the crown chakra or the back of your neck under the occipital bump (what's called in Taoist medicine the "Jade Pillow"), whichever "feels" right to you.
1. Let your consciousness spiral "up" into your Spirit on the 5th dimension. This is because if you connect with your soul astrally (4th dimensionally), you're still engaged in polarity. The physical plane directly springs from what is constructed by us on the astral, after all, so it's actually the place where polarity originates for physical experience! So, yeah, don't stop there. Once you merge with Spirit on the 5th, you are in the place where no duality can exist—only oneness is perceived. Allow your merged consciousness—your "ground crew"

and Spirit—to merge with the Spirit(s) of the person/people you are engaged with, whether they are standing in front of you at the moment or not.

2. Once you feel your energy “click” into the other’s Spirit, allow that merged consciousness to spiral back “down” into your body, through head or neck, and down into the center of your heart chakra.
4. From the heart chakra, radiate that merged energy in all directions through your field.

You are basically radiating the merged 5th dimensional energy of yourself and the other. The effect is immediate and obvious. This feedback makes it very easy to determine whether or not the technique is actually “working”, or if you have to try again. And again. And sometimes again.

And sometimes, despite all your best efforts, you can’t attain this state. Then you just surrender and tell yourself you’re having a “personal day” today, and let that be okay. Sometimes, you’re supposed to be horizontal!

Although simple in explanation, it is somewhat trickier in execution. While it takes practice and focus and time at first, once you’ve entrained your fields to it, just like the Unified Field technique you will be able to enter it quickly and easily, almost automatically. It feels very good to be in this state, almost pure bliss at times, so that is an excellent incentive to do the work.

Keep in mind that it’s easy to be transpersonal with that homeless guy on the street whom you don’t know and frankly don’t really care about. It’s much more challenging to practice this with our nearest and dearest. So don’t be hard on yourself if you don’t “get it” immediately. Practice, practice, and more practice.

Once you’ve gotten a good grip on being transpersonal with other people, you can start working on the advanced techniques—holding a transpersonal orientation to events in your life, and then, most difficult of all, to yourself and your own process. In both these advanced practices you use the same technique, only instead of merging with another person’s Spirit you’re merging with the energy of the event(s) or with your own Spirit, and then you spiral back down into your heart and look at yourself and/or the situation again from that space.

Groupwork: Desensitization

Polarity Exchanges (Karmic Monads)

The concepts of “karmic monads” used by the Michael entity in that body of channeled teachings, the Council of One prefers to call “polarity exchanges”. Since the word “karma” usually has negative connotations to many in the spiritual community, and not all of these exchanges are necessarily karmic in the classic sense, they prefer the more neutral term when used between two or more individuals. A polarity exchange that goes on internally, or in tandem rather than opposition to another, is still called a monad. Technically speaking, by this usage, a karmic monad can only be a self-karma.

That said, polarity exchanges are always particularly intense, and can seem karmic even when they are not because of this. What makes a polarity exchange incur karma is the removal of choice from another. For instance, the Betrayer/Betrayed polarity exchange isn’t necessarily karma-generating unless it results in death, imprisonment, drastic reduction of circumstances, captivity, or mindfuck. Jailer/Prisoner is always karmic if it involves actual physical imprisonment, as is Master/Slave if it involves literal (rather than consensual!) slavery. Attacker/Victim if the attack results in serious mutilation or death is karmic, of course. Note that if psychic attack results directly or indirectly in death or insanity, the karma is the same as if the attack had been carried out by

physical means. Rape often generates a kind of polarity exchange called a sex karma, but by definition invokes the Attacker/Victim monad as well.

Polarity exchanges aren't inherently "bad"—they are in fact excellent teaching tools for essence while incarnate, and so are very useful. Whether planned in advance or occurring spontaneously between people for reasons of energetic resonance, the essence grows closer to understanding the greatest polarity exchange of all: Separation/Oneness.

Life after life, we play with all the different permutations of separation using the tools of karma, polarity exchanges, and the simple accumulated experience of so many lifetimes. By doing this, after a cycle of incarnations on the physical plane, essence is able to consistently, through the personality, see past the illusion of separation into the truth of our essential oneness *while on the physical plane*. By such means does the soul increase its capacity to experience, be, and share love, and evolve through its cycles of incarnations.

Note that anyone can play both sides of these exchanges at any time without it being an actual monad. For instance, not all brothers and sisters are doing Sibling exchanges, nor are all lifelong married partners always in a Spouse/Spouse exchange. Where such exchanges are invoked there is an intensity to it that isn't present normally, as the souls involved really focus on the relationship for the purposes of growth. Major monads are often planned by the souls in advance before incarnation, and so there's a sense of inevitability about them.

However, a lot of polarity exchanges become unintentionally or accidentally engaged because of field resonance. In other words, if someone sees themselves as a victim, they are likely to attract attackers, whose attack energy will be looking for its victim "match" in someone else's field. This is how predators scope out prospective marks. (It is also why identifying oneself as a victim can be so dangerous).

Once physically close enough, the two (or more) fields which are holding the polarity touch, attracted by the opposite resonance, then snap together magnetically and start the polarity exchange process, entangling the fields of everyone involved for the duration of the exchange. When the energy becomes balanced through action and energy expended on the physical plane to bring the exchange to neutral again, then the fields detach and the exchange is complete.

Sometimes bringing the exchange to neutral requires that the individuals involved play both sides of the monad. Where this isn't possible during the course of a single shared lifetime, the other side of the exchange will be completed in a future lifetime. For instance, in a Father/Son exchange, in one lifetime one individual is the father, and the other the son, then in a future lifetime, they will switch roles. With current transgender practices in the industrialized world, you can even start out with a Father/Son exchange and during the same lifetime have it change to a Father/Daughter exchange! So there are all sorts of new possibilities and variations essence can play with now.

Approached in this way, we can see that it's energy dynamics at work in these intense and seemingly senseless exchanges. Nothing personal, really. So in that case, if it isn't personal, using transpersonal techniques will prevent such accidental polarity exchanges and help extricate us quickly if we do engage with them for a bit.

If essence plans a polarity exchange relationship with someone in advance, chances are very good the personality will not be able to get out of it by any means, technique, or practice. However, holding transpersonal orientation helps prevent this kind of random engagement, and helps release it once engaged.

Karmic Monads/Polarity Exchanges

(As described in the Michael Teachings)

Teacher/Student

One person teaches the other something which is life-affecting and which helps the Student open up more potential and possibility on the life path. The Teacher is pivotal in helping the Student gain clarity on life in general or in some specific area of life. It is rare to find this exchange played out in traditional schools, although if a person does have a schoolteacher who is their Teacher, they tend to remember him or her for the rest of the life. Popular films which feature inspirational teachers in the inner city public schools, taking a particular student in her class under her wing, is a trope that portrays the Teacher/Student exchange within the context of traditional schooling.

Parent/Child

This is an intense parent-child relationship which is examined at length in all of its aspects. Not every parent and child are doing this exchange. In fact, it is possible to have many children and not be doing a Parent/Child exchange with any of them. The subcategories of this exchange are: Father/Son, Father/Daughter, Mother/Son, Mother/Daughter.

Imprinter/Imprinted

The imprinter is someone other than a parent who has the role of imprinting a child during its formative years of 0-14. This can happen between relatives (for instance, uncle, aunt, grandparent, cousin, older sibling), or the imprinter can be a family friend or employee (such as a nanny) who is instrumental in influencing the child.

Sibling Monad

The relationship between siblings doing this exchange is usually very strong, and they remain prominent in each other's lives throughout the lifetime. Brothers-Sisters: In one life both will be brothers, and in another both will be sisters. Brother-Sister: In one life, one is the brother and the other is the sister. In a subsequent life, they switch.

Marriage or Spouse/Spouse Monad

A couple who have a lifelong mate relationship. Note that not all lifetime marriages are doing this monad, but the intensity of the exchange does assist the longevity of such relationships, because the compelling nature of the exchange will give them an extra boost to persevere over the long haul.

Leader/Follower

There are some interesting variations on this polarity exchange. The Leader can be someone the Follower feels compelled to follow, such as a political or military commander. There is a mature-soul warrior karmic monad called "Honorably Serving a Corrupt Master" that often involves this polarity exchange in some way, if the leadership is corrupt. The Leader can also lead the Follower on a more intimate basis, such as a business mentor. Or the Leader can be someone whose every major life move is echoed by the Follower's. For instance, the Leader marries, the Follower marries a couple of years later. The Leader goes to engineering school, and the Follower attends the same school some years later, also becoming an engineer. The Leader has a son and two daughters, and

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then the Follower has a son and two daughters a few years later, and so on. The people engaged in this kind of exchange need not be in constant contact for these similarities to occur, but the participants are usually conscious of each other and check into each other's lives periodically to assimilate the parallels and bring the lessons of the exchange to bear. This type of an exchange can be for a lifetime, or for a few months. Sometimes, this variation on the exchange involves illness. One person will get a certain disease, and then the other will contract the same or similar disease not long after. By going through the illness together, they can offer not only mutual comfort and support but integrate the lessons of the illness together.

Attacker/Victim

This can range from mildly annoying verbal attack all the way to rape, mutilation, and murder. The milder form of this exchange is played out endlessly online by trolls in internet posts. Mature and old souls often engage in this monad psychically rather than physically by exchanging psychic attacks on the upper physical plane or lower astral level. Polarity can flip back and forth, from Attacker to Victim, very quickly in these cases, as fluid as the energy that sustains them. The subjective nature of the participants' perception and the massive amounts of projection coming from all parties often make such cases hard to untangle as to who was the initiator or aggressor. Younger souls usually prefer to get more down and dirty and keep it physical for the primal experience of it, though there are of course exceptions. As seen from criminal cases from the past such as the "Burning Bed" and Lorena Bobbitt, when the polarity flips on this exchange and the Victim becomes the Attacker, it can become very violent and intense. This is one of the reasons why it can be dangerous to be near people who identify themselves as victims, or who are actual victims of systematic abuse of some kind, whose wounds and trauma remain unhealed. Such people need to be treated with care and caution, encouraged to leave their situation as safely as possible, and offered the most gentle and loving healing modality available.

Healer/Healed

The Healer can heal on the psychological level, but usually this exchange involves some kind of physical care that is somehow life-changing, like the oncologist who treats a patient whose cancer goes into remission, or a friend or relative who nurses the Healed from the point of death back to health. This exchange also can be done with alternative or non-traditional energy Healers as long as the work is life-affecting in some way, and expands possibilities for the Healed. Psychotherapists who help guide a patient away from depression or suicidal tendencies can also be performing this exchange, as it is assistance that drastically affects the outcome of that person's life.

Rescuer/Rescued

The Rescuer saves the Rescued from either a life-threatening situation (like drowning) or one that affects the way she lives her life (like a stifling marriage).

Integrator/Eccentric

One person (the Eccentric) comes up with the original creative ideas and the Integrator gives these ideas practical application. If this exchange falls into a quadrangle with two other people, the Eccentric will take the Love position and the Integrator will take the Knowledge position. Added onto an existing quadrangle, these two fall into their natural positions in an effective sextant (Integrator and Eccentric).

Hopelessly Loving/Hopelessly Loved

One person is in love and the object of affection remains neutral, but has to learn to deal with the situation. The Hopelessly Loved often feels blocked from loving the Hopelessly Loving even if he or she would prefer to respond.

Passionate/Repressive

A charismatic, extroverted, impulsive person teams up with a stable, structured, calm one.

Promiscuous/Impotent

Marital or sexual relationship where there is an extreme disparity in libido between the two partners. The Promiscuous partner desires or needs more sex while the Impotent partner's response is lack of desire and frigidity. The more the Promiscuous desires and badgers the Impotent partner to meet their sexual needs, the more the Impotent partner withdraws, and yet they are drawn to be together. Note that this exchange can switch polarities during the course of a relationship, so that at different times one will be Promiscuous, and at other times Impotent. Impotent also doesn't necessarily mean that a male partner is unable to perform sexually, although physical impotence is often the result of this exchange, at least in regards to the Promiscuous partner.

Independent/Dependent

This often takes the form of one person who is literally dependent on the other for survival. Often the Dependent will be physically or developmentally disabled in some way and need a caretaker. Less often, the dependence is psychological.

Pivotal Facilitator/Facilitated

The appearance of the Pivotal Facilitator triggers a pivotal shift in the other person's way of being or of perceiving themselves and their situation. Sometimes the Facilitator takes an action or says something that acts as a catalyst to cause the other person to change their life in some major way. Sometimes the simple appearance of this person energetically enables great change. People will often call in a Pivotal Facilitator to help shake up their lives if they feel stuck in a current relationship. The Pivotal Facilitator can check into the Facilitated's life once, or periodically over the years. If the Pivotal Facilitator is constantly in the other's life, it can mean a whirlwind of nonstop change, and so that is the reason for the common advice in some circles: "Don't marry your Pivotal Facilitator!"

Slovenly/Meticulous

"The Odd Couple". One person is a slob and the other is fastidious in their person and surroundings. This exchange teaches tolerance and compromise, since the home is such an intimate venue.

Passive/Aggressive

One person is hot-tempered, and the other is calm and slow to anger. Passive can be either oblivious to or not bothered by the other person's aggressions or she can be terrified and martyred. This exchange shows up in workplaces and marriages. For a literary example of a workplace relationship that portrays this polarity exchange, see Bob Cratchit and Ebenezer Scrooge from Charles Dickens' *A Christmas Carol*.

Adept/Apprentice

The Adept has mastered a skill and teaches it to the Apprentice, the learning of which changes his life in some material and significant way. This is different from Teacher/Student because instead of teaching a life-affirming truth, the Adept trains the Apprentice in a craft or skill.

Guru/Disciple

The Guru imparts spiritual truth to the Disciple which causes a change in the life-path. People selling everything they own and abandoning their families to live on communes with gurus is a good example of this polarity exchange in action.

Artist/Patron

Artist is a creative person whom the Patron markets or publicizes. Patron can support the Artist financially so that she can create for a living, for instance, giving a stipend, grant, scholarship, or show in the Patron's gallery.

Deserter/Abandoned

A person on whom the Abandoned's survival or stability depends abandons them with no warning, leaving an immediate vacuum. Divorce, abandonment as a child, or abandonment in a life-threatening situation. Since it is karmic to abandon someone whose livelihood or well-being depends on your care and support, this is almost always a karmic polarity exchange.

Profligate/Temperate

This exchange centers around money. Extravagant and spendthrift versus moderate, restrained, even miserly. The Temperate controls the Profligate and teaches her how to restrain herself from financial excess. Profligate can be self-destructive, such as spending all her money on her addictions. The Temperate helps her kick the habit. The Profligate is always in the position of giving away or wasting what she needs to survive.

Innocent/Sophisticate

The Innocent sees life as simple, the Sophisticate sees complexity. From the Michael Teachings, a person with the life goal of reevaluation and one with the life goal of discrimination would be inclined to explore this polarity exchange. The Sophisticate teaches the Innocent complexities she needs to survive, while the Innocent teaches the Sophisticate the joys of the simple pleasures of life. In literature, the characters Don Quixote and Sancho Panza played out this exchange in tandem. Many tropes from romance novels are also based on this.

Master/Slave

The Slave is literally enslaved to the Master legally, monetarily, or emotionally. It can play out in a marriage where one partner controls everything, including the money or in some way has the emotional upper hand. Due to legal and social changes in the Western world, the slave trade has gone underground into a black market, but is still alive and thriving worldwide. Often pimps and their prostitutes play out this polarity exchange. Consensual adults use BDSM sexual practices to explore it also, and it features prominently in some popular bestselling erotica novels.

Player/Pawn

One manipulates the other, without the Pawn's awareness. The Player might be a national leader or CEO, or the head of a small-town auxiliary group. The Pawn is a go-between used by factions in a larger strategic game who can be easily sacrificed. Can also be played out in more intimate personal relationships. This polarity exchange is a literary trope that has been explored in recent popular erotica bestsellers also.

Defender/Defended

Someone who cannot defend herself because she's too weak, too young, or too lacking in needed skills, and the person defending her. The attorney-client relationship is a natural way to explore this exchange, as is an accountant-client where the accountant is defending the client from tax collection agencies. Bodyguards and their wards may also be playing out this exchange at times.

Hidden/Disclosed

A good recent example of a very public enactment of this exchange was Kevin Starr's exposure of Bill Clinton's extramarital affair with his intern. There was a karmic intensity to Starr's desire to expose all of the truth about the situation that suggests that this exchange was in play at the time. One tries to keep something secret and the other discloses it. Richard Nixon and the informant known as "Deep Throat" also enacted this very publicly during the Watergate scandal of the last century. Whistleblowers of all kinds often feel compelled by the intensity of this polarity exchange to disclose what they know, while the other feels an equally strong desire to keep it under wraps.

Slanderer/Slandered

One does something innocent which can be interpreted critically. The other disseminates the negative and inaccurate interpretation of the action. This polarity exchange is engaged in constantly in social groups of all kinds, whenever the gossip machine gets particularly venomous.

Jailer/Prisoner

Prison guards and the prisoners they are guarding constantly play out this exchange. Interestingly enough, many prison guards often feel as jailed as the prisoners, as they are also locked up day after day in the same environment (though at least they get to leave every night, and can quit their jobs to work elsewhere, while the prisoners are truly incarcerated). People who kidnap children and keep them in their basements for years for sexual and/or other purposes are enacting it as well.

Separation/Oneness

This is the Prime Exchange, the Great Monad, the reason we play out all the other polarity exchanges in every permutation, over and over again, life after life. Using them as learning tools, we go to the outer lonely limits of separation and return full circle back to the knowledge of our essential oneness with All That Is. We are no longer creating or participating with karma because we are in a state of internal balance, transpersonally oriented to ourselves and All That Is and generating no charge to attract its opposite.

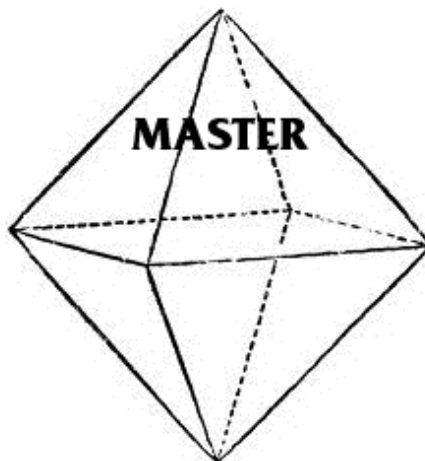
Exercise: Telepathic Imaging Release

Sometimes, we build telepathic images that limit our experiences and perceptions of ourselves and others. It can often be very helpful to release these obsolete, unnecessarily limiting images. Many people are unwittingly limited by their own constricting (and usually inaccurate) self-images, for instance. And in relationships, obsolete telepathic imaging can be extremely damaging.

1. Unify your fields using the Unified Field Meditation.
2. Call upon Spirit, Grace and Purity Elohim, and the Violet (or Ultraviolet) Ray for assistance.
3. Center your consciousness in the Threefold Flame in the center of your heart chakra, as in the Connecting to the Inner Altar of the Heart exercise. For the purposes of this exercise, the Love flame represents the emotional body, the Truth flame represents the mental body, and the Energy flame represents the physical body. The flames become “monitors” that will show you what is going on in each of these bodies.
4. Call up the following, in turn. They may show up in one, two, or all of the three monitors.
 - a) All telepathic images of “Self”. All statements starting, “I am...”
 - b) All telepathic images of “Significant Other(s) in my life.” All statements starting, “My husband is...”, “My wife is...”, “My lover is...”, “My child is...”, “My mother is...”, etc.
 - c) All telepathic images of “My gender.” All statements starting, “Women are...”, “Men are...”
 - d) All telepathic images of “The opposite gender.” All statements starting, “Women are...”, “Men are...”
 - e) All telepathic images of “People in general.” All statements starting, “People are...”
 - f) All telepathic images of “Life, the world, the Universe.” Statements such as, “Life is...”, “The Universe is...”, “The world is...”
5. Once you’ve called up the energy of these things to display on your internal monitors, pulling them out of your body and field, you then request, “Spirit, please transform these images into new structures that completely support the mastery and sovereignty of all concerned. Please transform into the images you feel to be most appropriate at this time.”

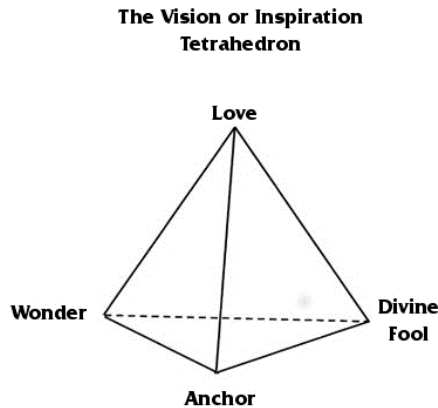
Transpersonal Support Constellation

The support constellation begins with an octahedron.



This is you. We call this the Master position. You determine what support you will accept. There are eleven positions in the constellation. There are two tetrahedrons that combine to make a star tetrahedron, which looks like a three-dimensional Star of David.

The upward pointing tetrahedron we call the Vision or Inspiration constellation and it is made up of:



Anchor holds the physical position is absolutely necessary in your life if you are doing lots of multidimensional transformation. The Anchor helps you feel safe and stable no matter how intense the changes are that you experience. They accept you completely and help you accept what Spirit is requiring of you. They make you feel like your back is covered. They are extremely reliable. You can call on them for anything, and they never make you feel obligated. You can count on them to tell you the truth as they see it. When you ask them their opinion, an Anchor will give it to you without ingratiating, embellishment, dissembling or expectation. Having an Anchor in your support constellation allows you to feel free to reach for ever vaster levels of your being and vision.

Wonder is in the emotional position. A person in your Wonder position illuminates the Divine Mystery to you. They facilitate you in seeing the beauty in everything, and experience the awe of creation. They may point out a flower and suddenly you see all the sacred geometry within in. They point to a cloud, and you see angels, or spaceships. Wonder directs you to enter the mystery, go beyond your concepts and definitions, and be inspired by everything around you.

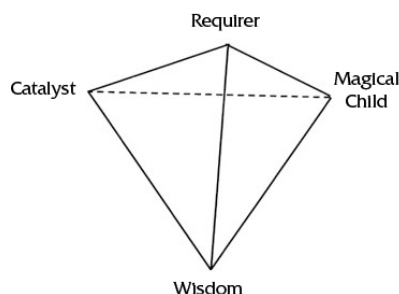
The Divine Fool is a person who, at least when they are around you, lives without rules. They are often playful and push you to live outside your own boundaries. Through the use of humor, paradox, absurdity, and outrageous behavior, they key you into the Cosmic Joke. By making you laugh, they help you to access your own truth. They allow you to get a vaster perspective through the force of humor. They encourage you to live without rules, limits, or fear. The Divine Fool holds the mental position.

Love holds the spiritual position in the upward-pointing tetrahedron. This person allows you to feel loved and accepted to the core of your being. Total unconditional love. This person holds an unshakable telepathic image of your mastery, sovereignty, and wholeness. Love supports you in every way to be who you truly are.

When all four positions are filled in the upward-pointing tetrahedron, it is much easier to access who you are as a multidimensional, spiritual being. Sometimes, when all four positions are filled, there will be a fifth person who embodies Inspiration or Vision in your life. When you are in their presence, Heaven on Earth feels like it is Reality and anything is achievable.

We call the downward-pointing tetrahedron **Purpose** or **Manifestation**.

The Purpose or Manifestation Tetrahedron



Requirer holds the physical position. The Requirer can show up in several forms. First, they require you to be all you can be. They will point out your next steps, or things you need to work on. They will say to you, “Think you need to...(deal with your imprinting, be more in the Now, learn to type, do the Unified Field Meditation, an astral cleanse, etc.). They also may push you to be more disciplined. They may push your buttons and piss you off. Sometimes, a Requirer will take the form of your D.A. (Designated Asshole). So you learn how to deal with them. The Requirer is necessary in the constellation to help keep you in integrity. They point out your blind spots, and this isn’t always comfortable or welcome news. You can usually count on them to be straight and honest with you. What they say may not be what you want to hear, but you can be sure it will be what you need to know. Requirers are often skilled at the “strafing run”—they are able to address areas of denial without triggering (or avoiding) the defense mechanism of your closed systems.

The Magical Child is in the emotional position, and shows that surrendering to Spirit is fun. The Magical Child reminds you that play is integral to successful manifestation. They redirect you from serving form to serving Spirit. The Magical Child points out when you are doing things you don’t enjoy, running obligation, forcing yourself, struggling. They point out when what you’re doing or your positioning to what you’re doing diminishes the expression of your divine design. The person who is your Magical Child stimulates your experience of living your vision by allowing you to be fully present, spontaneous, and authentic.

Catalyst is the mental position. When you are with your Catalyst they stimulate lots of possibilities, ways to do things, areas to explore. They stimulate insight and practical ways of accomplishing goals. You feel filled with new ways of perception, ideas, or skills that you are trying to access. They feed you stimulation so that your sense of purpose and possibility is ever-expanding. Sometimes a Catalyst will play “devil’s advocate” so you can see the forest as well as the trees. As soon as your form a closed system, a Catalyst will throw data into it so it can collapse and re-form at a more advanced, higher level.

Wisdom holds the spiritual position and acts as an integrator. By assisting you in shifting your perspective to hold a more all-encompassing perception of any given situation, Wisdom allows you to synthesize all of the components of the star tetrahedron of your support constellation. They help you integrate your vision, your purpose, and your life. Wisdom helps you to take action, based on your truth, in the service of Love.

In the downward-pointing tetrahedron, when all positions are filled, we call it the Purpose or Manifestation tetrahedron. It is focused on the physical plane in the sense of accomplishing Spirit’s purpose and manifesting your Divine Design in the physical. Occasionally you will have a person who embodies this for you. When you are near them, you feel very “on track”, fierce, and

unstoppable. You feel you can accomplish anything and that you have clear, practical ways of carrying out Spirit's vision of joy on Earth.

We call this a transpersonal support constellation because none of these positions will collude in your limitations, fears, or survival patterns and will push you to move outside of your illusions. "No collusion with illusion." Every one of them will be of assistance in moving into transpersonal, vertical positioning. Often this movement occurs naturally when you are in their presence. When you hang out, talk work or play with any of these support positions, you spontaneously feel the flow of Spiritual Signature throughout your body and fields. Whatever is there to say or do pours through without any holding back. Support constellations are formed by Spirit and are usually made up of your favorite co-creative buddies. You have strong spiritual connections and a breadth of experience together serving on myriad planets and in many universes.

The more people in your life who can fill these positions, the more supported you feel by the Universe and by Spirit. You have the experience of the Universe rearranging itself to accommodate your pictures of reality. You usually have lots of synchronicity with your support constellation. You call each other at the same time. You're thinking about the same things. You feel like you're on the same wavelength. Often, we'll have one person who fills many of these positions, switching to different points in the constellations as required. The more people we allow to fill these positions, the more support we feel from the Universe and more co-creative "juice" is available to everyone in the co-creative circle. The more we play with those in our support constellations, the easier it is for us to access vision and inspiration, and to manifest our divine design and purpose on the physical plane.

Emotional Alchemy

Stages of Emotional Alchemy

(modified from *Making Love Work* by Barbara De Angelis)

1. Anger
2. Hurt
3. Fear
4. Regret
5. Intent
6. Love
7. Exultation

Emotional Alchemy allows us to decouple horizontal positioning in the emotional body through the expressing of complete truth using the mental body, then through exultation reestablish the transpersonal spiral. If both parties need to express, it is suggested that you express layers one through six while the other listens. Then your partner expresses one through six, while you listen. Do step seven together. Try not to defend while your partner expresses. Really listen, and wait for your turn. Depending on how serious the miscommunication, several layers may be needed to invoke these steps repeatedly until all is clear between you again.

An example situation using Emotional Alchemy:

Incident: Your partner is three hours late coming home from work, didn't call home to tell you or respond to your calls or texts, and you've been waiting to have dinner with him or her.

Your initial feelings: Anger, resentment, worry.

I hate it when you don't communicate your plans with me.

I get so angry when I think you'll be home any minute, so I wait to eat, wait to do anything I might want to do, and basically my energy is tied up, just because you didn't bother to phone and tell me your plans.

I am fed up with your lack of communication skills.

I am angry that this upsets me so much.

It hurts me when you seem so disrespectful of my feelings and time.

I feel awful and diminished when your actions say to me that I'm so unimportant to you.

I feel so disappointed when you don't call in after we've talked about this so many times and I've told you how it makes me feel.

I feel ashamed that I am so upset.

To me, actions speak louder than words. When you do this, I'm afraid you're harboring unexpressed emotions and resentments that could sabotage our relationship.

When you do this my mind goes nuts with worry and I become afraid that maybe you've gotten into a car accident.

I'm scared that you don't respect me.

I'm sorry that I didn't just go ahead and eat dinner, I'm sure being so hungry has made me feel worse.

I'm sorry if asking you to call in makes you feel like I'm trying to control you. That's not my intention.

I'm sorry this incident upsets me so much—it really is a Red Alert issue for me.

I understand that sometimes you need to hang out with someone after work. I don't mind that at all. I just want to know when it's happening so I can make other plans with my time and know that you're okay.

I want this kind of incident to stop happening in our relationship.

I want you to feel free to have friends and spend time with them.

I hope that we can resolve this communication glitch. For a little while let's try calling in every night before you leave work. Maybe we can build in a communication habit.

I love you and I know you didn't intend to hurt me.

I am so grateful to have you in my life.

Thank you for being willing to listen to me express my feelings.

I forgive you for not calling home.

You are so magnificent!

I love you to the core of Your being.

I love me to the core of My being.

I love you to the core of My being.

I love me to the core of Your being.

I love us to the core of My being.
I love us to the core of Your being.
I love us to the core of Our being.
I love You to the core of Our being.
I love.
I AM.

Guidelines

1. Don't skip any of the levels. Start with the anger and go down until you get to the love.
2. Remember these are emotions, not thoughts. Don't tell stories or explain yourself—use phrases that help you get in touch with your feelings.
3. Don't interrupt your partner when it's his or her turn. Wait until he or she is finished to respond, and then frame your response using the same format.
4. Speak directly to the person even if he or she isn't physically present, i.e., "Mom, I hate it when you..." NOT "I hate it when my Mom..."
5. Don't get frustrated the first few times you try this. The more you practice the easier it will become.

Helping Someone Open Up

Lead him or her through by asking questions about the different levels of feelings:

- Did I do something to make you angry?
- What made you mad about what just happened?
- Did I do something that hurt you?
- What's making you sad right now?
- What are you afraid might happen?
- Does this remind you of another time you felt this way?
- What do think I (the other person) was feeling?
- What would you like to happen?
- Do you have any suggestions to change things?

Do **NOT** ask questions about the Love, because people often feel very pressured by that.

Expressing the Deeper Truth with Emotional Alchemy

1. ANGER, blame and resentment
 - a. I hate it when...
 - b. It makes me so mad that...
 - c. I'm fed up with...
2. HURT, sadness, and disappointment
 - a. It hurts me that...
 - b. I feel so sad when...
 - c. I felt so disappointed when you...
3. FEAR, insecurity, and wounds

- a. I'm afraid that...
 - b. It scares me when...
 - c. It reminds me of...
4. REGRET, understanding, and responsibility
- a. I'm sorry that...
 - b. I didn't mean to...
 - c. Please forgive me for...
 - d. I know sometimes I...
 - e. I understand that you feel...
5. INTENTION, solutions, and wishes
- a. I want to...
 - b. I promise to...
 - c. I hope that...
 - d. Let's try...
6. LOVE, forgiveness, and appreciation
- a. I love you because...
 - b. Thank you for...
 - c. I forgive you for...
 - d. You are so...

7. EXULTATION

I love you to the core of Your being.
 I love me to the core of My being.
 I love you to the core of My being.
 I love me to the core of Your being.
 I love us to the core of My being.
 I love us to the core of Your being.
 I love us to the core of Our being.
 I love You to the core of Our being.
 I love.
 I AM.

Appendix: Separation Orientations

From Angelic Outreach

Emotional Body

SHAME

“I am not God.”

Divine Love Axis

Physical Body

HATRED

“You are not God.”

Mental Body

SPIRITUAL SIGNIFICANCE

“I’m God, and you’re not.”

Emotional Body

GUILT

“I’ve done something
cosmically wrong.”

Divine Will Axis

Physical Body

BLAME

“You’ve done something
cosmically wrong.”

Mental Body

SPIRITUAL AMBITION

“If you would just get with my
program, we could live Heaven
on Earth. It’s your fault I’m not
happy.”

Emotional Body

DOUBT

“I know absolutely nothing.”

Divine Truth Axis

Physical Body

DENIGRATION

“You know absolutely nothing.”

Mental Body

SPIRITUAL AUTHORITY

“I know it all and you know
absolutely nothing. I am the
master and you are not.”

When any of these feelings of separation (shame, guilt or doubt) become too intense in the Emotional Body, the Physical Body will project the separation at others (hatred, blame or denigration). When the Mental Body gets new spiritual concepts or verbiage it may use them to build defense mechanisms against feeling the separation. If you call someone on their spiritual significance, ambition, or authority, they will usually drop back into the next position and project hatred, blame, or denigration at you. Everyone runs these patterns when they are trying to find balance within the paradox of being a vast multi-dimensional being in a finite matter-based body. Separation orientation distorts and then excludes the Spiritual Body’s viewpoint.

Appendix: Unity Orientations

From Angelic Outreach

Divine Love Axis

Spiritual Body

DIVINITY

“I am Divine, you are Divine, All is God.”

Mental Body

UNITY

“I am One with everything.”

Emotional Body

TRUE LOVE

“I am overflowing with love for everything.”

Physical Body

SERENITY

“I am at peace with myself, you, the world, and God.”

Divine Will Axis

Spiritual Body

SOVEREIGNTY

“I am sovereign in my reality, as you are sovereign in yours.”

Mental Body

CO-CREATION

“Together, we can create anything that Spirit envisions.”

Emotional Body

SERVICE

“How can we serve the co-creation of Heaven on Earth?”

Physical Body

IMPECCABILITY

“I follow my Spirit with each breath and each step.”

Divine Truth Axis

Spiritual Body

MASTERY

“I am a vast multi-dimensional master—as is everyone.”

Mental Body

WHOLENESS

“I fiercely include and honor all the parts of me as I honor all of you.”

Emotional Body

DIVINE EXPRESSION

“I delight in the revelations and expressions that Spirit brings through me and other Masters.”

Physical Body

AUTHENTICITY

“I am here, now, spontaneously being, saying and doing whatever occurs to me.”

In the Oneness Orientation, there is inclusion of the viewpoint of the Spiritual Body. Instead of the energy only flowing in one direction, it flows back and forth, amplifying and enhancing the other positions.