

Transcendence As Destiny

Shamans are defined by their ability to travel from ordinary reality to the spiritual realms and back again. This ability to move beyond the limits of time/space earned them the designation "Those Who Walk Between the Worlds." Today, every person is being asked to do their own kind of walking between the worlds as our planet changes. It is for this reason I believe that our times are calling us to become what I refer to as "The New Human." By this I mean a transcendent human being. That is one who chooses to surpass the perceptual limitations that have defined our reality for millennia. Our times are calling for us to take the next evolutionary leap--to become our creator selves.

Fortunately, this is something we are already "wired" to become. It is our biological imperative. Scientists that study our neural system--the brain and nervous system, have discovered something marvelous. They have identified not only the four neural centers in the brain but also the fifth center which is located in our heart. In other words, data confirms that we have a seat of intelligence in our heart. It is the dynamic interaction between the intellect of the head and intelligence of the heart that will allow us to transcend the culture of destruction, violence and poverty.

Many still dismiss the possibility of such a profound shift, yet through such relatively new scientific disciplines such as neuralcardiology, the truths given to us by the great transcendent masters of the past are confirmed. When talking about miracles, the master Jesus told us, "These things shall you do and great things than these shall you do also." He taught his followers that all human beings have the capacity to be divine creator beings. Our sciences now support this as well. When we begin to see and feel our selves as creator beings, we aren't behaving in a heretical way, rather we are following the logical truth which was encoded into our biology.

Quantum physics' "M Theory" asserts that everything is composed of an infinite number of vibrating membranes--each of which contains a parallel universe to our own reality. Every tiny spec of matter--our bodies, the elements and everything that exists in our physical world is first and foremost vibration. Our own vibrations shift and change based upon our feelings. Feelings create profound and measurable changes in the physical body AND the physical surroundings of the person experiencing the feelings. Our feeling energies are transmitted through our hearts into the world around us. The heart's field is measurable 5-8 feet around us, however the effects of the feeling energies are felt far wider. Our feeling energies are both local and non-local. That is, they exist in a point of time/space--our body--AND beyond the limits of time/space-- the infinite. Amazingly enough, laboratory experiments have measured effects of transmitted feelings over half a mile from their generating source.

It is important to note here that our feelings are different from our emotions which are the result of simple input to our nervous system. Our environment gives us these signals --mad, sad, glad, scared--much in the way the nerve endings in our finger tips reveal that a surface is hot or cold. This raw emotional input is then processed by the mind. The processing is based on our previous experiences and learned perceptions. The resulting reaction is a feeling. While the input we receive is not solely under our influence--changing our output by changing our perceptions is. We can alter the learned reactions which are imbedded in our minds and personalities. This change is a fundamental alteration of our consciousness.

Changing of our perceptions which then changes our transmitted feeling energies is an essential element in becoming our creator selves.

As creators, we can consciously affect what physicists refer to as the quantum plenum. While that may be a strange phrase, we can think of their quantum plenum as simply the Playing Field of Infinite, Superimposed Possibilities. In other words, through learning how our feelings alter and affect the unfolding of reality, we can begin to consciously create our reality! For centuries, this is the role we have ascribed to the Transcendent Supreme Deity we have called God/Goddess. We were taught that our human condition was meant to be limited and that to desire to reach beyond those limitations was at the very least grandiose and at it's worst a "sin." This illusion was and continues to be supported through the promulgation of fear perpetrated by societal constructs such as organized religions and governments. Fear was and is used to control people and it is fear that has kept us blind to our magnificence until now. We can no longer allow ourselves to be held back or controlled by fear--even the fear of our own power.

We are living in a critical and extraordinary time period when we can get the support we need to truly believe in our abilities and in our true nature. Through a myriad of books and movies such as "What the Bleep Do We Know" and "The Secret," we are being reminded at every turn that our lives and the world as a whole can be different. We can trade our destructive notions and behaviors for those that support growing beauty in our lives and healthy continuance for life on our planet.

Carlos Castaneda's shaman teacher, Don Juan told him that, "What we need to do to allow magic to get hold of us, is to banish doubts from our minds. Once doubts are banished, everything is possible." Doubt is one of the many faces of fear. Some of it's other faces are anger, judgment, depression, anxiety, discouragement and frustration.

Take a look at the doubts you feel. More often than not, when examined, our doubts are simply the trappings of an underlying fear. For instance, when we doubt our partner's love, we may actually be fearful about our own lovability. If we doubt our discernment or our abilities, we may be afraid that we are just not good enough. Look at your self and identify whatever the the fear is that is lurking just under the surface of your psyche. Quite often, when we recognize and name our fear, it's chilling grip is loosened and it can be banished! Support the process by choosing Love.

Scientists at the Institute of Heart Math have demonstrated that the quantum fields generated by Love--and it's other faces called Gratitude, Appreciation & Compassion--have the effect of generating coherent, healing frequencies in the body which can measurably influence neurological and immunological functions at a molecular level. Furthermore, these are the only feelings that can heal us and the world. These feeling energies radiate as a non-Hertzian quantum field. In lay terms, that means that our feelings produce effects which are not limited by the constraints of either time or space. When experiencing these specific feelings, we become creative, agents of healing and change.

According to the new physics, there is no fixed or certain future, instead it is indeed created by our present feelings. Our choices and responses determine what the future will look like. It is we, with our feelings, that create our life not some outside force. We create by first filling with feelings of love/gratitude and then feelings of the life we wish to create. And this needs to

be done often. My partner Allie and I start our day with this practice and then repeat it as often as we need to--especially if fear in one of its many faces sneaks back into our consciousness.

To support the process of being able to call up feelings of love, or gratitude at will, we have each created gratitude lists! These are lists of experiences that, when remembered, easily produce the desired feelings in our bodies. Some people prefer a scrapbook of photos, objects that trigger the feelings of love and gratitude on their altar or videos that elicit these feelings on their computer screen. Whatever method fits you and your personality, find a way to remind yourself of those experiences in your own life for which you are grateful. Include the beings that you love and that love you. Remember the places in nature that transfixed you into breathless awe. Recall the first time that you held your dear one, your child, your beloved pet.

This opening of the heart changes you and the more often that you repeat the process, the more rapid and profound the changes will be. We can change the destructive path we are on as a species by individually changing our inner world. We were made to transcend suffering--not just in the world that lies beyond this one--but in this marvelous, transcendent world we are creating together!

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Nationally recognized shaman teacher/healer, speaker, and author, Evelyn C. Rysdyk delights in supporting people to remember their sacred place in All That Is. Whether through face-to-face contact with individual patients, groups and conference participants, or through the printed word in books, columns and articles--Evelyn uses her loving humor and passion to open people's hearts and inspire them to live more joyful, fulfilling and purposeful lives.

She is the author of *Modern Shamanic Living: New Explorations of an Ancient Path* (1999), columnist and writer of numerous articles and features. Her writing and artwork have appeared in regional, national and international publications--both in print and online-- and she is the executive editor of *Spirit Living*, an eco-spiritual e-magazine.

In joint practice with C. Allie Knowlton as Spirit Passages since 1991, she offers workshops in advanced experiential shamanism across the USA and Canada. In addition, as founding members of True North, an integrated medical center in Falmouth, Maine, she and Allie collaborate with physicians, nurses, a psychiatrist, naturopath and other complementary health practitioners. Evelyn may be contacted through her website: www.spiritpassages.com.