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## The Problem with Awareness

We are living in a time where more and more people are utilizing the emerging languages and systems that are designed to assist us in understanding ourselves.

Here in the Pacific Northwest, I've come to expect that I will meet and encounter as many people with depth knowledge of themselves as I will those who don't. Indicated by this is the time, intention and, most often, the material resources it takes to achieve these levels of self-awareness.

The field of psychology has been utilized in the mainstream of our society roughly since the discovery of the comet, Chiron, three decades ago. In the field of astrology, there has been a developing correlation between Chiron's celestial presence, the human potential movement and healing. Psychology provided the scaffolding necessary to begin the perilous and exciting journey within. It helped create a bridge to our personal interiors. Looking back, it is clear to see that our expectations of what psychological awareness could provide went well beyond the scope of its capability.

From these basic tools that we accepted as appropriate to begin the vital work of transformation, an overwhelming number of languages and systems have emerged. The concurrent shift into the Aquarian Age guaranteed that the information we were seeking for ourselves and for humanity, would be available. The massive dissemination of this information has quickly become a daunting factor that we are impossibly challenged to absorb and integrate. Somewhere in all of this we may have made an assumption...that more self-knowledge would lead to more transformation and ultimately, to more freedom and functionality...in our lives, our work and especially, in our relationships. But it is my consistent observation that heightened awareness rarely leads to **heightened functioning**.

Most of our problems begin and end in our minds. But the problems of the mind cannot be solved with the mind...the mind **is** the problem. The ego is intrinsically connected to the mental field, so more through fear than through objective awareness, we've handed over issues and conditions that were never meant to be delegated or dealt with by thought and thinking...affairs of the heart, for instance.

Unfortunately, awareness that is limited to information, however profound, will never be able to sidestep the tyranny of the mind's control. Observe all the brilliant people who are still suffering in the same ways. Teachers, holy men and women, doctors, gurus and healers, in particular. The ego prefers not to grow.

So, we are seeking something that goes beyond thought, something more energetic...that will allow us **to convert awareness into lasting change**. Something that will empower us to move from this moment - bound by our old issues and equipped with a dazzling ability to articulate them - into the next moment, **free** of these issues. Is it possible to connect the level of awareness we now have to a mobile freedom of being that doesn't keep us running in wider and wider circles?

I am reminded of a powerful cinematic scene that described for me the true nature of penance...the practice of transforming an unconscious act and violation of universal law (sin) into an **embodied** awareness that transforms. In the film, "The Mission", Robert DeNiro's character becomes aware of his role as a conquistador. As a way of atoning for and fundamentally changing his behavior, he risks his life and carries a heavy wooden crucifix up a waterfall. His awareness directed him to do this but the **act** forced him to embody the awareness, to infuse it into every cell of his being. His conversion was complete and irreversible and after this he resonated with a vibration that sharply contradicted his earlier, darker days.

The energy represented by Chiron has a feature that provides a link. A highly distilled aspect of its energy empowers us to utilize thought that is not complicated by emotional charge or ego-identification. The perception that is free of any intention to judge or change what it observes. It allows awareness to go beyond the field of thought, it **acts**. Given that the human brain is fundamentally emotional in nature, this is no easy feat.

Chiron links Saturn with the outer planets of higher attunement. Bypassing the healing work represented by Chiron and opting for the unanchored inspiration of the outer planet energies yields marvelous and compelling works that may be accurate but are probably incomplete. Fear of walking through our personal and collective wounding combined with our addiction to information-stimulation (our modern culture's pharmaceutical antidote to feeling) has created legions of individuals who are dispensing high ticket promises of revelation and freedom from suffering. If any one of these worked in an enduring sense, the rest would immediately be rendered obsolete. Word spreads fast.

In 1969, we landed on the Moon. This was our first actual experience (within the current framework of available **recorded** history) of looking back at ourselves by physically placing our feet on another celestial body. This triggered the authentic beginning of the human potential movement because it was an experience of global self-observation that was **grounded**. Three years earlier, in 1966, the

Soviet spacecraft, Luna 9, became the first space probe to land on the Moon and transmit pictures from the lunar surface to Earth. Almost no one has a recollection of this momentous event.

Integration begins with the energy represented by Saturn. A teacher of mine once said that "Saturn is the only planet". I now understand why...the homework is challenging. It starts with being able to make authentic contact with one's denials. Are we embodying any of these impressive ideals that we are so free to talk about? It also involves beginning the progressive work of creating structures from the ground up and developing them...structures that are based in a pragmatic, functional reality.

Creating a "Saturn body" through constancy, a body that naturally contains and expresses its innate intelligence, is key. All the healing work in the world won't have a place to root without it and we run the risk of becoming dependant upon our healers. Without this anchor, we're also prone to instantaneous regression. The energy represented by Saturn is always at work, whether we are cooperating with it or not. For example, depression is a gift that forces us to ground emotion that we refuse to feel. An option to depression is making the (courageous) choice to feel whatever is in our emotional field.

Pulling ourselves out of the over-use of the (female) plane of undifferentiated possibility (i.e. idea) and bringing Saturnian (male) stable, vertical development (i.e. practice) to even one of the options found there will accelerate the conversion we're seeking. These are structural elements that assist us in transforming awareness into new behaviors that support our higher functioning.

It's brick by brick and it's hard to feel like we're moving fast enough to keep up with our transformational demands. But when we avail ourselves to the vibrational frequencies of the outer planets, through intention or by transit, we quickly find out how much Saturn work we've done. This is the difference between a Kundalini experience that creates contained enlightenment and one that blows us out resulting in psychological and energetic distortions. Saturn work helps us to build a container for our developing awareness. It is an energetic anchor that is held within our bodies. A Saturn transit through the eighth house teaches us the art of surrender...through the third, the refined art of listening.

There's an enormous process of assimilation that requires us to slowly test what we have learned...to try out new concepts and ideas by weaving them into the tapestry of our life experience. If they don't ring true or naturally harmonize with our soul vibration, we can remove that thread and try a different one. But I would like to suggest that we already have all the information we need. New twists of presentation may be alluring, but there is more power in integrating what we already know. It can result in efficient and high, enduring levels of functioning.

The acquisitive mind will insist that there is always more; a new idea or technique. This is the illusion that allows us to avoid stabilizing. When we finally stop moving and enter the energy of Saturn **our need to move through the pain** is activated. This is critical in converting information into action that heals. This process is automatic when someone close to us dies. The profound loss almost always forces us to be present, in crystal clarity, with the emotional elements of the experience.

There's a need to get comfortable with being uncomfortable. This particularly applies to the phase of Saturn work where we are confronted with our denials. Whenever a veil is lifted between what we are telling ourselves about something and the raw truth that contradicts this form of protection, there are very few who don't squirm.

The more work we do, the more Light we should be activating within our beings...the more we **become the Light** that we truly are. At some point the information we receive from within will predominate and there will no longer be any need to search, for we will be guided from within. We can remember our true origins and harmonizing with these frequencies can allow every step to be a conscious, confident one.

The Earth is on an evolutionary path that includes us...or not. It is our time to take the reins, implement all the information and learning and call a halt to the unending materiality of thought. We can choose to withdraw from the compulsions of mental stimulation, the massive corporate thrust of greed and control. This need to over-communicate that keeps us in an eternally externalized state. There is no power there. It's a misleading substitution for the real need to communicate with ourselves and with the Earth. We can regain our sanity and even our innocence, but we must first do our Saturn work. We will have to slow down and come home to ourselves. We have abandoned our inner female and consequently, the outer one that gives us life – Gaia. There's no inner male at home to protect our languishing inner female. He's too distracted with his new iPhone or his compulsive need to acquire riches or fame. He's sprinting after the latest form of stimulation and away from his beloved. His attention is so divided it's nothing short of a miracle that he survives the day. This is precisely the gap in the collective consciousness that negative technology and government policy sneaks through. And it's by design.

Awareness equals functioning when we are integrated...when we cease to use information as a form of distraction or stimulation. When every word is considered and we find a corresponding inner reality that resonates with what it suggests and asks. A simple but difficult shift of perspective can change everything. Begin with asking for and availing yourself to the highest manifestation of your purpose each day. **Listen** for the answer and then, in the gripping demand of everything you **think** you need to do, **surrender** to what you hear.

Awareness exists in the energy fields around our bodies. This has to be translated through the cellular body in order to be converted into functioning. The cellular body is where our Karma is imbedded (in the genetic patterning) and this is broadcast out into our energy fields. Our inbred power - what we have earned in terms of power - is also anchored in the genetics. So the Karma, which is the unresolved source of what creates suffering for us, co-exists with the **resolved** power which is trying to help us wake up to why we are suffering.

Awareness can be witness to an experience, for instance, where we watch ourselves give our power away. We're observing this but there's no correction coming through. This is being dysfunctionally functional (or functionally dysfunctional). When the awareness matches our ability **to use that awareness**, then our bodies manufacture the chemistry necessary to support that functioning **into the future**. We can then be in the same situation and not give our power away from the start.

By staying present with awareness, there is a time where our cellular reality catches up. The beginning of synchronizing these two conditions happens through our Saturn work. Awareness will always move at a greater velocity than the body process, which is more dense and slow. Our experience of time is designed to allow us to integrate awareness.

We must learn to identify with and honor the process of the cellular body as much as we are identified with the more easily achieved and rapid energy of awareness. This is the miracle of human alchemy...converting the more subtle vibrations into matter and density. It's precisely what defines us as truly being here...embodied and in our power to create, heal and transform through Light.

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