



## A Quarterly Newsletter of the Spiritual Emergence Centre Foundation



### Honouring My Spirit

I honour my Spirit in ways that often make immediate sense only to it and then eventually, later, to me.

I honour my Spirit every time it asks me to do something that I personally do not want to and I acquiesce.

I honour my Spirit every time I feel the need to speak harshly or to criticize another but don't.

I honour my Spirit every time I wish to obtain something for my own personal satisfaction but abstain if something in my gut or throat says, stop.

I honour my Spirit every time I want to judge something or someone as ugly or not of any value but don't.

I honour my Spirit when I feel like I want to talk to a special person but wait until Spirit says it's a good time to proceed.



I honour my Spirit when it tells me to take care of my body even though my desires may say something else.

I honour my Spirit when I want to move forward in life but am unsure as to what that looks like, so I wait.

I honour my Spirit every time I go to into the dream state and come out of it with one more piece of insight on how I am next to proceed in life.

I honour my Spirit every time I face adversity because I know that Spirit is behind it.

I honour my Spirit when I deal with people that I would rather not. Because I know that each time I do, it gives me a chance to see myself in ways that I do not like to.

I honour my Spirit every time I receive a gift from someone. It makes me realize how special other people are.

I honour my Spirit every time I go to express myself with the intention of being kind or compassionate. It never ceases to amaze me to see just how elegant the words of Spirit can sound.

I honour my Spirit every time I see a woman. Because each time I do, I see that which Spirit chose to carry life.

I honour my Spirit every time I eat a meal. Because sometimes I feel lucky just to have food.

I honour my Spirit every time I feel my inner wounds. Because I know that somewhere or somehow I will need to use those wounds to become what Spirit knows me to be and can become.

I honour my Spirit every time I receive a tool used to obtain clarity. Because I know that each and every interaction I have with another contains a gift of love that has no limits.

I honour my Spirit in my workplace. Because I know that if it were not for Spirit, I would not know who and what I am.

I honour my Spirit for giving me life because without that, I would not know light. And without light, there would be no redemption.

I honour my Spirit for bringing me here because if it were not for this place, we would not have met.

Bless you.

Joseph Eliezer 2010



## My Personal Journey: Spiritual Emergency 2010 Phase 5

I would like to share with you, my readers, my friends, my recent journey with spiritual emergence. It's the sequel to my experiences shared with you in the last issue, part of an ongoing life journey.

When I left off last time I had just gone through a spiritual emergency phase 4 that lasted about 40 days and nights through which I grew and learned tremendously. I was opening to the darkness of spiritual emergency and giving it love knowing that it would bring light. It was good and the emergence had disappeared. I was enjoying the freedom of not being in emergence and admittedly it was very nice. Well, this state of 'non-emergency' did not last very long.....About 3 weeks in fact. There was more. I guess I was ready for more spiritual growth. Spiritual emergency phase 5 was just around the corner.

My phase 5 spiritual emergency began in September 2009. An encounter with someone I knew went in an unexpected direction and left me in a fragile state with doubts, questions and fears. This meeting brought up some old fears that I hadn't felt for a long time, fears that were a little different from what I had experienced recently. Yes, I was in emergence again.

These fears grew more intense to the extent that I was dealing with it all day.....it had become a spiritual emergency. I couldn't believe it .....so soon after a 40 day emergency phase. What's more, the old fears of phase 4 came back. It was disappointing initially, but I soon accepted this as part of my life journey.

Over the next few weeks the fears raised from the encounter had resolved, but I was still left with the fears of phase 4 seemingly more intense than ever. I approached these ongoing fears in the same way that I had during that time, endeavouring to be

open to the darkness of the fears, in fact, loving the darkness knowing that within it was a seed of light, allowing the darkness to transform to light. What I had learned in phase 4 was so valuable now. I could 'keep going' much easier. I could do many of the things I couldn't do in other times of emergency. However, unlike phase 4 the emergency state did not go away. It just kept going on. I trusted that there was a reason for this..... This emergency would lead me to greater wisdom and light.

This spiritual emergency phase just went on and on and on, week after week. It had many characteristics of phase 4 .....I kept waiting and hoping it would end. Tremendous, compelling fears were expressed through phrases and images, so frequent and relentless, one thing after another, that it felt overwhelming. The fear was so intense that at times it felt like it was unbearable.....to a point where you felt that you just wanted it to stop - any way. At times it felt so hopeless. Sometimes feeling like you are trapped and there is no way out. Fears would project forward and the future would seem impossible. Again things would happen 'by chance' that seemed to encourage the fears, encourage the emergence. Yes, it would seem that the universe was making the spiritual more challenging.





At times things would be going okay and then one little thing would occur that would bring on a fear. It seemed so avoidable sometimes. The ego in me would at times be doing its 'if only' thing and fretting over that. Again there was tremendous fatigue in dealing with all this and of course the more fatigued you get the more fragile and sensitive you become ..... And again, mornings were often very challenging, waking early to a very uncomfortable mix of anxiety and depression. It was very difficult just to get up sometimes.

During this spiritual emergency phase I continued to receive much benefit from my routine of meditation, Acutonics, exercise, yoga, and good nutrition. I also continued to attend my spiritual practise with Subud. I was guided to take very little medication during this time. I also was guided to do the Ramadan fast, a daily fasting over the period of a month which in a way encouraged spiritual emergence. I felt that I was going through this spiritual emergency time in a "purer" state. The Ramadan fast ended without an end to the darkness of spiritual emergency (as I had hoped). It just kept going and going.

I was able to do many things during this spiritual emergency phase that I hadn't been able to in previous times. I was able to attend meetings and a retreat with SECF for instance. It was not easy at times but somehow I was able to do it. One meeting where I listened to criticism of my leadership of SECF was particularly challenging..... it really did seem like too much especially at this time.....there were a lot of doubts and fears with this.....but I was guided to keep going and to continue with my group.....and I did..... this was all a part of my emergence and the emergence of the group.. It turned out to be the start of a very positive development for SECF. We all were able to speak and there was a coming together of sorts of the directors especially at a retreat we had organized by two of our directors.

I had a number of 'mini-breakthroughs' during this emergency time. I kept hoping that each of these would be the beginning of the end ..... but they weren't. For example, something came to me about breathing slowly in and out during the day. It helped but as with other times it was part of an answer not the 'the answer'. My emergency state continued. Another time the expression of the fears became so very dark and horrible, that I felt I had hit rock bottom and hoped again that this was the beginning of the end. I believe it was a crossing of importance (there was a sense of accomplishment in some how getting through this darkest of dark time) but there was more to the emergence.

One breakthrough of note came after the retreat and the last newsletter. I received some feedback on my emergence from someone involved with SECF. This feedback encouraged me to be more open about what I had experienced. Guidance led me to express more, the details of my experience with the two people that I had a special connection with. With these two people I feel an amazing sense of being received..... in a very open, compassionate way, without any judgement. This expressing more fully with these two friends was tremendously healing. I could sense the healing of 'expressing all' to at least one person, the right person who is non-judgemental. And yes, there can be strong fears around doing this. I believe that it is so important for each of us in spiritual emergence, especially spiritual emergency to have that person who you can open fully to.

I shared in this more open manner with my good friend K. He was so happy that I was doing this and I could feel the value of being more explicit. It doesn't make things worse as we sometimes fear but on the contrary it really helps you let go of things. I was really on to something.

In November I travelled to NYC where I had the opportunity to share in this way with D my other close friend. This time I described in detail the dark



expressions of the fears to her as they occurred. She was so open to this, understanding and so amazingly non-judgemental. There were times that I was afraid I would scare her away or offend her with what I was saying..... but no, she could see it in a broad perspective and just took it in stride ..... she was happy in fact that I was opening more..... she could really understand more what I was going through. And for me this sharing was like magic..... so therapeutic..... It was like unburdening myself of a heavy weight I was carrying by myself.

Towards the end of November the emergence had seemed to lighten somewhat as I discovered more and more the expansive nature of divine love.....

Then a plane ride to NYC in late December..... an awakening..... finding a zone ... a calm meditative state..... a more spiritual plane..... of expansive love.....there was quiet and peace and understanding, a spiritual, sort of cosmic perspective that is difficult to convey in words. It basically just came to me.

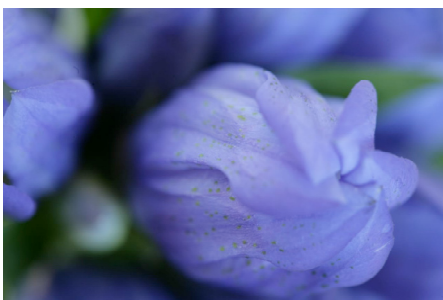
This carried with me in New York. My dear friend D noticed the 'new me' right off. While the challenges still occurred, they were somehow more distant, more abstract, seen in a broader perspective. This spiritual 'zone' of expansive love has continued to grow, sometimes very challenged. It seems now the challenges as difficult as they can be, are there to help this spiritual zone grow. It came to me that the darkness, the challenges of fears and their ongoing expression, is not a problem but indeed part of the solution..... allowing you to grow to a higher spiritual plane. Wow, that is a different way of seeing it.

I am more trustful of spirit and the way the universe works even in the midst of darkness.....it's like there is a good reason for this, that we in our tiny

individual perspective can't always see or make sense of. It is bringing healing to us even though the healing can involve significant darkness. I feel more open to the challenges because I know that ultimately they are good.

This zone of expansive love has brought me to purer guidance, guidance that is more free of ego influence and I trust it more than ever and see it as something incredibly good this is such an amazing gift..... it's like I am always taken care of. Lately I have realized how much ego was playing a part of my life in trying to manage the spiritual emergence rather than just surrender to it..... In subtle ways I was avoiding the fears of spiritual emergence .....like trying to place my self in positions where the fears would not come up..... in a way, manoeuvring around the fears..... I can see this now. It was like being in a contracted protective mode rather than being in an open expansive mode ..... the latter I know is the mode of spirit.

Guidance has helped me do things that I feared incredibly, go through it and see that it really does turn out alright even though that it seems at times so impossible. The fears can be so unbelievably terrifying and compelling for me. This has helped build my trust in spirit, my faith. Guidance has helped me to change subtle habits of avoidance that keep the fears alive,.....it has guided me through the fears. And I realize that this is the way..... to follow the path of guidance through these fears. It is like the time is right for me to do this. And it is very freeing..... in an expansive kind of way. I am enthralled at all this .....there is so much potential and hope. I feel more alive and freer and I continue to grow and gain wisdom often through new challenges.



### Spiritual Emergence Service

The Spiritual Emergence Service provides free support, information and therapist referrals for people experiencing psychospiritual challenges, spiritual awakening and non-ordinary or transformative states of consciousness.

[www.spiritualemergence.net](http://www.spiritualemergence.net), 604-533-3545



Photo Credit: Olivia Fermi, <http://www.fermi.ca>

## Faith and Conviction

Faith: awareness of the loving intelligent interconnectedness of all things.

One in a series of articles, for SECF Emergings, using your experiences to reveal essential aspects supporting spiritual emergence. In this issue a look at faith, with a Vancouver area college instructor who trains healers and helps clients individually in their spiritual emergence.

Q: How does your work relate to spiritual emergence and to faith?

What I'm doing right now has been guided by faith and conviction. I do healing transformative work with people. It started from a quest to be healthy within myself and then connected directly with my life's work.

Q: What was the darkest time of your life and how did faith appear?

When I was little I had a connection to Spirit – to a knowing of the Mystery.

I remember standing outside and talking to God and then the next day things would happen. Like if it was raining and I wanted the sun to shine – things would happen.

When I was eight I buried it and it went to sleep –

because it wasn't acceptable.

Then I went to the other extreme and became religious rather than spiritual. When I was in my teens – my aunt was doing yoga and I thought that was evil.

In my twenties I came face to face with depression from my genetic line. Traumatic memories from my childhood were coming back into consciousness. Significant people came into my life [to help me]. The faith in me knew something had to change. Not my ego consciousness, which felt heavy, which hated life. There was this deep knowingness in me which kept me going each day. As I worked through the fears and doubts, paranoia, classic anxiety disorder based on depression... I could connect into the humility, the strength and the kindness.

It's in the descent I had the remembrance of the connection to who I really am.

There was one moment when I was looking out a window and the traumatic memories along with the Mystery and faith flooded my consciousness and my physical body – all together. [I realized] if God is the unlimited and we're aspects of that, we have access to the unlimited within us. This was my



awakening, a remembrance that would flower and get specific in my work.

Q: What is faith?

For me, there is richness and creative energy in faith. It's a stream of consciousness. It's a trusting in the unknown, trusting yourself to co-create with the unknown. My ego doesn't love the unknown – but I do. In the unknown anything that can be imagined can become possible.

Q: Literally? How can just imagining something make it real?

This isn't about fantastical thinking. Faith and conviction are generative and active. My inner masculine and feminine have to be working together in a healthy partnership.

When I first looked at masculine and feminine, my masculine energy was locked in the dungeon, impotent. Part of my healing has been to create a healthy masculine that could honor and support the creativity and intuition of the feminine.

Q: How does faith help you support your clients in their spiritual emergence?

I've seen it in my work with people — let's say someone had cancer — holding the dynamic interrelation between faith, grace and humility: allows for miracles. I, the me, ego-structure has nothing to do with it.

For humility to be teachable, I have to divest myself of my arrogance – which blocks me from being a good student. That's an ongoing journey – I don't claim mastery on the path.

This article comes from an interview (anonymous on request) edited by Olivia Fermi, M.A. A.B.S., ConResCert. To share your story of spiritual emergence in this column, please contact Olivia: [catalyst@fermi.ca](mailto:catalyst@fermi.ca)



## Happenings

Exciting happenings are underway here at SECF... we are in the final stages of securing a place for SECF!! Up until now we have resided out of Metta Healing's office space, but we are hopeful that we soon will have a new and separate space to call home!! Historically we have referred many times to this space, as "The Centre". We have been putting out heads together to come up with other possible names. One that has stuck for a few of us is "The Lighthouse". We like the imagery of a light that shines brightly and consistently so that we may be seen by those in the dark. What are your thoughts on this name? Suggestions are welcome too. Email me at [wendyak21@gmail.com](mailto:wendyak21@gmail.com).

We thank Joseph and Justin for their presence and efforts in meeting with us. As well as a thank you to the other members of the SECF team who have been selflessly taking time out of their busy schedules to meet more regularly. Lastly thank you to all of those who have contributed to this edition of Happenings.

Wendy & Brian





### To What Shore Would You Cross

To what shore would you cross, O my heart? there is no  
traveller before you, there is no road:  
Where is the movement, where is the rest, on that shore?

There is no water; no boat, no boatman, is there;  
There is not so much as a rope to tow the boat, nor a man to  
draw it.

No earth, no sky, no time, no thing, is there: no shore, no  
ford!  
There, there is neither body nor mind: and where is the place  
that shall still the thirst of the soul?

You shall find naught in that emptiness.  
Be strong, and enter into your own body: for there your foot-  
hold is firm.

Consider it well, O my heart! go not elsewhere,  
Kabîr says: "Put all imaginations away, and stand fast in that  
which you are."

Kabir