***SPIRAL OF TRANSFORMATION -- DREAMS***

Dis-ease has been described as the inability of the organism to adapt to change. If we are unable to trust in life sufficiently to see us through changes we will not succeed and in some cases not survive. We will be living in a downward spiral of negativity. Finding conscious, healthy ways to manage and understand change offers us a unique opportunity for growth and healing. It allows us to accept its challenges with grace.

By working with the inevitability of change, we are released from our old patterns and able to find new, healthy options. Crossing the threshold of change releases us to discover new opportunities for creativity and health. We learn about the mystery of life through change and transition. With each change accepted we become more of who we are. We enter into a deeper and more meaningful relationship with the Self.

Change and transformation affects us on every level of our being – physical, emotional, psychological, behavioral, and spiritual. Think of change as a golden thread of self- awareness. Following this thread we are able to gradually make our way in to the light of who we truly are - to meet the Self at each twist and turn of the thread.

Change and transition is always in the service of strengthening us, enhancing our love of ourselves, and hopefully, opening our hearts to the inner light many call the Christos, the Buddha or the inner temple – the Self.

It is our attitude and way we relate to change that ultimately affects the outcome of any situation. As you have been experiencing this weekend, the archetypes of empowerment, vitality and responsibility, as well as those of resistance, disempowerment and disability affect your ability to embrace consciousness and life.

Understanding change, loss and transition is empowering as it enables us to discover what we can rely on within ourselves, what will bring peace and comfort to our hearts. - We have a choice with every challenge – we can embrace it, experience it and grow from it, or we can remain fixed, rigid, negative and bitter. We know that negativity drains energy from us – eventually resulting in some form of dis-ease.

We must learn to honor ourselves and acknowledge that our process is unique – and this takes time. There is a Chinese saying that says that great gifts ripen late. Working with our dreams is a discipline most of us do not fully embrace until mid-life. This is the time of conscious individuation. Jung stated that he would not work with anyone under 40 years of age as they had not lived long enough in the world to develop a sufficient ego prior to that point.

As we embrace our changes and losses we are able to identify our basic belief that we hold – we see how we relate – where our boundaries are – where are limitations and blocks exist. We are aware of our present

**FORM / FRAMEWORK** of perception and experience. This is the beginning point of all change.

Our **CHALLENGE / CRISIS** cannot be denied. This demands movement as it always exposes something new – something beyond our control. The status quo is no longer.

**RESISTANCE / DENIAL** is an automatic response as our ego struggles to maintain the status quo – to protect us by denying the change. It is always uncomfortable and we desperately desire to return to what was. History and conditioning argue for the past. Yet, there is also a pull toward the whatever is to be the new.

There is a moment of **AWAKENING / an AHA** that occurs as a sort of rescue. It is the point at which a critical shift occurs. We cannot begin to imagine what it will be like.

A **COMMITMENT** is then called for – internally and externally. This is where we must commit our energy – time and even $ at times – to our process of transition. Choices bring the new into manifestation.

Our ego and conscious self often think at this point that the work of transformation is finished however, it has really only just begun.

We now move in to the period of **PURIFICATION / PRACTICE** when we must apply the NEW to every aspect of our life. The dream offers us a multitude of images and opportunities to bring to consciousness – to integrate that which is NEW. Hurts and fears rise up and demand acknowledgment. It is a time of dying to the old – a time when our faith in who we are is tested.

At some point – that can never be predicted or expected – we discover we have **SURRENDERED** and shifted to a place of **HARMONY**. We have lived into the new.

The dreams may offer images of integration and synthesis – possibly of partnerships and birth.

**CHANGE**  has only one purpose and that is to help us discover who we are – to live in to I AM. The details of what happens are not as important as how we choose to handle what happens. Finding the flexibility and patience to face change repeatedly is what allows us to maintain our vitality and sense of adventure.

Our present consciousness is built on the many challenges and transitions we have encountered and survived. Without each of them we would not be who we are at this moment. We need to celebrate our path – embrace the twists and turns and tornadoes we have endured because they have been the raw matter that has been cooked and transformed in to the present consciousness of who we are.

As Andy Goldsworthy states, “The very thing that brings the work to life is the very thing that will cause its death.”

I offer you the title of my thesis **- “Remember to Die”** – as a mantra – and as Sam Keen wrote in “Beginning Without End” –

***"I have learned one important thing in my life and that is how to begin again.”***

*Compiled by Diana McKendree 2019*