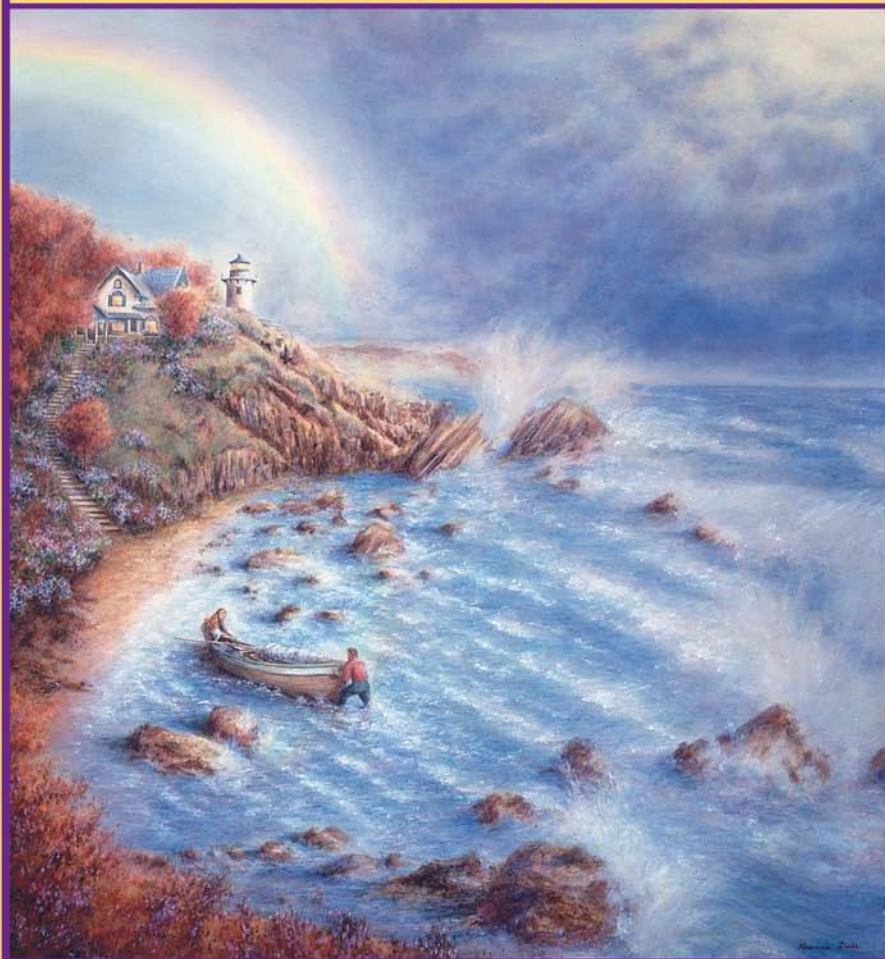


Sacred Psychology of Change

LIFE AS A VOYAGE OF TRANSFORMATION



Marilyn C. Barrick, Ph.D

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OF TRANSFORMATION



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SUMMIT UNIVERSITY  PRESS®

SACRED PSYCHOLOGY OF CHANGE

Life as a Voyage of Transformation

by Marilyn C. Barrick, Ph.D

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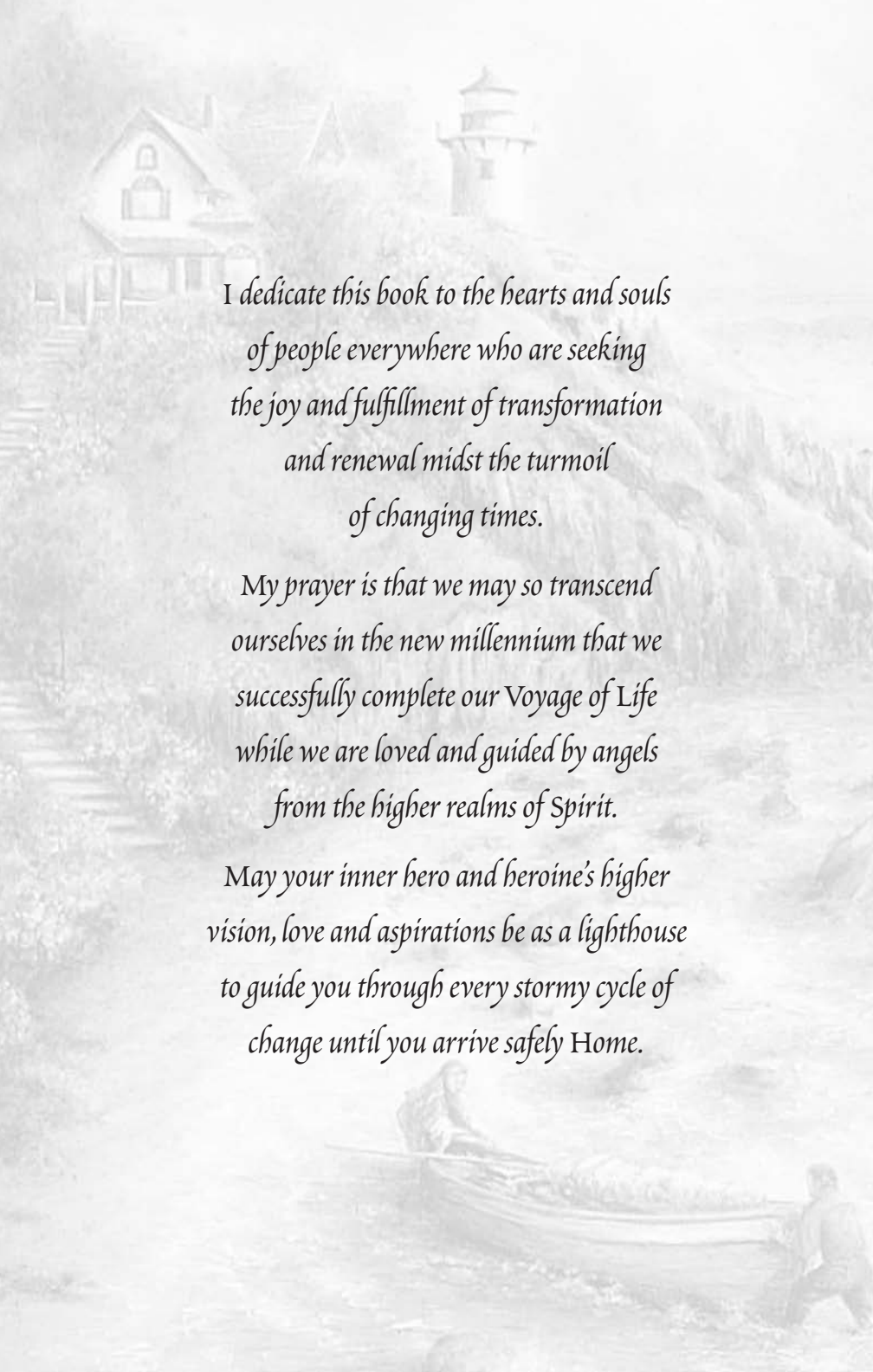
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*I dedicate this book to the hearts and souls
of people everywhere who are seeking
the joy and fulfillment of transformation
and renewal midst the turmoil
of changing times.*

*My prayer is that we may so transcend
ourselves in the new millennium that we
successfully complete our Voyage of Life
while we are loved and guided by angels
from the higher realms of Spirit.*

*May your inner hero and heroine's higher
vision, love and aspirations be as a lighthouse
to guide you through every stormy cycle of
change until you arrive safely Home.*

Contents

Author's Prologue ix

Introduction xiii

- 1 Forging Our Destiny in a Changing World 1
Exercise for Attuning to Your Heart 16
- 2 Exploring the Sacred Miracle of Adeptship 19
*Exercise in Handling Personal
and Planetary Change* 37
- 3 Awakening the Gifts of Our Inner Hero 39
Exercise: Who Is Your Inner Pinocchio? 54
- 4 Shift of the Ages: Light! the Alchemical Key 55
Buddha Under the Bodhi Tree Exercise 69
- 5 Chaos as Prelude to Personal Metamorphosis 71
Exercise: Using Knowledge of Chaos as a Compass 85
- 6 The Odyssey of Self-Transformation 87
Your Personal Odyssey of Transformation 106
- 7 Soul Lessons: The Quest of Our Inner Heroine 107
Exercise: Claiming Your Inner Freedom 127
- 8 The Inner Journey of Endings and Beginnings 129
Exercise in Endings and Beginnings 148
- 9 Cycles of Change: Beyond the Comfort Zone 149
Exercise: Expanding Your Comfort Zone 160

viii *Contents*

10	Transformational Stages of Grief and Renewal	161
	<i>Meditation: Loving and Letting Go</i>	175
11	The Gift of Living Fully in the Present	177
	<i>Exercise: Applying History's Ennobling Lessons of Courage and Honor</i>	188
12	The Alchemy of Self-Transcendence	189
	<i>Exercise: Charting Your Personal Voyage of Life</i>	199
	Epilogue	201
	<i>Meditation: On Readiness to Return Home to God</i>	207
	Appendix	208
	Notes	213
	Acknowledgments	221
	Bibliography	222

Author's Prologue

As each of us welcomes the new millennium, we are called to become adepts at handling fast-moving change while remaining faithful to the inner mission of our heart and soul. Advances in our civilization also mandate understanding the new sciences and the increasingly complex technology needed to convey vast amounts of information that descend with lightning speed upon us every day.

In my thirty-five years of practice as a clinical psychologist and transformational therapist, I have seen many people, just like you and me, attempting to grapple with the issues of change and the accelerated pace of our times. In the past ten years, concern about these issues has increased exponentially as the whirlwind of change has reached the doorstep of more and more people.

People often tell me they are on information overload at work, at home and even during vacations. They describe their daily lives as impelled by an inner sense of running to catch up. They can't seem to keep up with the information flashing through the media, the newspapers, web sites and all kinds of communication devices. It's the same drama all over the world.

Throughout the globe we see big changes in cultural customs: ever-rising divorce rates, growing numbers of homeless or latchkey children, frequent ups and downs in

the job markets and increasing financial constraints and disruption of family life due to job-mandated moves and corporate downsizing.

Families today find it difficult to get together for the holidays without it being a big deal, where it used to be that grandparents, parents and siblings lived within shouting distance of one another. With many grandparents no longer close to home, children are losing a transfer of life's wisdom that used to be commonplace.

In contrast to the early years of the twentieth century, life at the beginning of the twenty-first century is substantially more complicated. Our ever-expanding technological advances have impacted the ways we learn, the ways we communicate, the ways we interact with one another. The pace of change has stepped up tremendously as a result of worldwide media and computerized everything.

We are increasingly aware that we are more than simple townspeople, city folks or citizens of our country of birth. We are called to become citizens of the world. We can no longer ignore the necessity for cross-cultural exchange, worldwide information systems, international jet travel and space exploration—nor may we safely close our eyes and ears to threats of terrorism, modern nuclear devices and the potential for biological warfare.

Our modern civilization's preoccupation with technical achievement is also having a subtle but major impact on our inner world. High-tech multimedia presentations do

not encourage the heart's reflection, intuitiveness and creativity. Today's movie, TV and video productions are such fast-paced, tumultuous and explicit extravaganzas that they leave little room for the viewer's imagination.

It is becoming a real challenge to maintain a sense of inner tranquillity and outer composure midst the whirl of activity and constant change in cultural mores, job expectations and life on the home front. Sometimes we feel a bit like Alice in Wonderland tumbling head over heels into a curious, upside-down world.

People tell me that when they think about all that is demanded of them every day, they feel tense, "wired," their minds running ahead of them and their bodies stressed. Sometimes they get totally maxed out and decide, "Well, I don't know what to do about all this. I'm overwhelmed. I'm going home for the day." But we can't go home for the day from life. It's still going to be here today, tomorrow and on into the future as long as we live on this earth.

What can we do when we feel overwhelmed and stressed out over everything going on in our lives? That's what this book is all about—and more!

Here are some beginning questions to ponder: Where is our world going in such haste? Is civility keeping pace with civilization? If not, what is happening to our soul and spirit?* What kind of destiny are we forging for our children and future generations? How can I make a difference?

*The soul, whether housed in a male or female body, is the feminine counterpart of Spirit; spirit [lowercase] means our masculine essence.

I have written *Sacred Psychology of Change: Life as a Voyage of Transformation* to share my thoughts and reflections as I have pondered these questions for myself and with my clients. I have had the opportunity to accompany many wonderful people on their inner transformational journey. I wanted to write this book to help all those whom I will never get to see and talk to, face to face.

My hope is that each of us will choose to greet the cycles of change in the new millennium as magnificent opportunities for transformational growth. My prayer is that we so accelerate our love and higher vision for one another that we fulfill our personal destiny and contribute to the victory of compassion and renewal on planet Earth.

Introduction

*Life is a river which flows through
many times and changes.*

—ANONYMOUS

When I first saw the four beautiful masterpieces by the artist Thomas Cole depicting the voyage of life,¹ I realized that these paintings, reproduced in the center of this book, truly portray the essence of our life journey. In Cole's first painting, an infant is entering the waters of life in a boat piloted by an angel. His second painting shows the angel watching from the bank as the youth excitedly sets off on a voyage by himself. Cole's third painting depicts the man of middle age praying to God as his boat moves through rapids and shoals of very rough waters and angels watch from the clouds above. The fourth painting depicts angels guiding the boat as the old man returns home to God.

These beautiful works of art became a meditation for me. In a meditative state I saw them representing both the inner and outer voyage of life. The outer voyage moves through the stages as Cole named his paintings: *Childhood*, *Youth*, *Manhood* and *Old Age*.

My vision of the inner voyage of life is of the *soul's* journey through this lifetime or perhaps many lifetimes. I see the soul as the inner spiritual being of man or woman who

moves from a state of innocence through dreams of youthful adventure to the forging of destiny in manhood or womanhood to the fruition of the soul's life work in the golden years.

I envision each of us as a son or daughter of God whose soul is imbued with a divine love spark meant to ignite love on the earth in some very special way. Each of us begins our journey of life with hopes and dreams and the excitement of many possibilities. We bring to earth from the heaven-world unique talents of soul and treasures of Spirit to develop and offer to others.

As each stage of life unfolds, we meet new people, changing circumstances and bountiful opportunities to learn, to grow and to give. I believe that our destiny on earth is to become the fullness of our God-created potential and to offer our special gifts to those we love and those we meet along life's way. Ultimately, we return home to the realms of Spirit, the heaven-world, having fulfilled our mission of love, which is unique for each one.

Offering love to the world means many different things. We may express our spark of love through the arts, the sciences, religion and spirituality, medicine, education, communication and information services, architecture, cultural advancement, environmental preservation—each one of us could add to the list.

One way or another we are meant to offer to the earth and her people that unique gift of love that is inherent in

our soul. As children of Universal Love, the very essence of our being is divine love. And each of us has our own creative way of expressing love to our Maker and to loved ones, friends, acquaintances and strangers along the way. How? It's the simple things: a kind word, a creative idea, a helpful deed, a listening ear, a warmhearted response, a smile, a hug, a cheery hello, a word of appreciation.

Each day we make many decisions and take many actions. We might ask ourselves at the end of the day: Have my decisions and actions today been loving? If the answer is yes, we are on target. If the answer is no, we need to reset ourselves so that tomorrow we can say, "Yes!"

During our journey in time and space we have the help of our inner knight champion, our Higher Self (Christ Self or Buddha Self) who is meant to be our personal guide and mentor on this great voyage of life. We are in touch with our Higher Self when we feel the prick of conscience, the compassion of our heart, or when we respond to life from higher values. I dedicate this book on the sacred psychology of change to the reunion of our soul and Higher Self and to our transformational victory through the adventures of the inner and outer voyage of life.

CHAPTER ONE

*Forging Our Destiny
in a Changing World*



Change is inevitable.

Growth is optional.

—JOHN MAXWELL



As the world watched the TV coverage of the airplane crash that took the lives of John F. Kennedy Jr., his wife Carolyn and her sister in 1999, many were reminded of the death of Princess Diana two years before and of Mother Teresa so close in time. What is it about these end-of-life dramas that captures the attention, the heart and soul of people all over the world?

Perhaps it is the uneasiness evoked by the seeming randomness of sudden tragedy and by the necessity of coming to grips with one's own mortality. The Kennedys and Princess Diana were so young—snuffed out in the spring-time of life. Why? What does it mean? Perhaps it is more than a little scary. Could it happen to me? These are thoughts and feelings that people have shared with me.

In contrast, people seem to have more of a sense of peace about the death of Mother Teresa. She was in the winter of her life, somehow more ready to move on. She had realized her mission as a loving servant of God and sought to fulfill it every day. She left markings for others to follow. She brought love and comfort to the “poorest of the poor.” Mourned but not lost, she lives on in the hearts of those she served.

We might say the same of Gandhi, Joan of Arc, Abraham Lincoln and Bernadette Soubirous of Lourdes. Each

one suffered an early, or seemingly untimely death. Yet they live on in the legacy they left to us.

Some ask, Are these great figures of history alive and well in a higher realm? Will they have the opportunity to come to planet Earth again? Do people ever reincarnate? There are those who tell us they remember their previous lifetimes and whose convictions about it are unshakable. Others who have had near-death experiences speak of schools for the soul in higher realms. Some who have gone on have even been given the opportunity to communicate with those they have left behind.¹

Those who believe they have lived before say that our lives are not judged in threescore and ten, but that we are granted many opportunities to fulfill our soul's destiny. Some believe that certain true teachings of the great adepts have been lost or disregarded, including their teachings about reembodiment for the continuing evolution of the soul.

A Lesson from the Bridge of San Luis Rey

Where is truth? Perhaps we have only begun to comprehend the vastness of the plan of the Creator for each one of us. Do you remember the historical tragedy of the bridge of San Luis Rey? Five people were flung to their deaths when that most famous bridge in Peru collapsed on July 10, 1714. Franciscan monk Brother Juniper and twentieth-century writer Thornton Wilder both wrote an answer to the question, "Why did it happen to those five?"

Brother Juniper's meticulously detailed research in the

1700s determined it to have been divine intervention rather than capricious fate. For all of his trouble, he and his book of research were declared heretical and publicly burned. Two hundred years later, from a dusty surviving copy of that work, Thornton Wilder captured the inner passion and meaning of the intertwined lives of those five people in his Pulitzer Prize winning book, *The Bridge of San Luis Rey*.

The Abbess Madre María's final words in Wilder's novel speak a great truth applicable to events of our time. She muses to herself, "Soon we shall die and all memory of those five will have left the earth, and we ourselves shall be loved for a while and forgotten. But the love will have been enough; all those impulses of love return to the love that made them. Even memory is not necessary for love. There is a land of the living and a land of the dead and the bridge is love, the only survival, the only meaning."²

Each of us must find our own answers to the inner questions that arise when the world mourns the sudden death of individuals who have touched the hearts and souls of many people. These are soul-searching questions. Why am I still here? What is the meaning of life? If my life were to end tomorrow, would I have fulfilled my purpose?

I believe that while we are alive and well here on earth we have a unique opportunity to explore, to forge and to fulfill a special destiny in our rapidly changing world. What is that destiny? It is individual for each one of us. Yet as Thornton Wilder concludes—it always has to do with how we live and how we love.

Spiritual Adepts as Cultural Change Agents

The Great Lights of the world's religions have set the tone for cultural change, personal transformation and the fulfillment of each soul's destiny. By fearless example and wise and gentle teachings, avatars, saints and sages have lived and taught the precepts of the heart as they healed the sick, comforted the afflicted, blessed the little children and offered to each one hope and renewed vision. They have offered their cultures a living example of holy purpose and love's destiny fulfilled.

Even as these adepts fulfilled their mission of divine love victoriously, they have prepared the way for each of us to do the same. As we move into the Aquarian age, we have the opportunity to offer our special gift of love to a world in the throes of change. Each one's gift, be it ever so humble, becomes a message of hope and reassurance to the soul that the consciousness of divine love transcends the human condition.

Lighting the Way in the Aquarian Age with a Spark of Divine Love

Saints and mystics such as Saint Francis and Clare, Ramakrishna, Mahatma Gandhi, Paramahansa Yogananda, Padre Pio and Mother Teresa followed in the wake of the adepts of old. As we trace their footprints, we, too, may light the way in the Aquarian age from the spark of divine love burning brightly in our hearts.

What does it mean to "light the way?" To me it means to

be true to ourselves and to our God, to stoke the love fires in our hearts, to offer gentle understanding and loving kindness to all, to extend a helping hand to the less fortunate.

It means to tap into the greatest healing power of the universe, the power of divine love as compassion, and to anchor that kindness and mercy in the earth through loving thoughts, words and deeds. Thus, we become living vessels to offer God's gift of compassion to all life. As we allow the waters of divine love to pour through our hearts to all we meet, we help quench the thirst of a planet and a people.

Mother Teresa showed us this miracle. She reached out to saints and sinners alike. She was equally compassionate with rich and poor, heads of governments and the man on the street, the healthy and the sick. Through her wise and loving heart, she crossed the barriers of human fear and hatred and uplifted everyone she met through selfless acts of loving kindness.

Malcolm Muggeridge writes of Mother Teresa, "It will be for posterity to decide whether she is a saint. I only say of her that in a dark time she is a burning and a shining light; in a cruel time, a living embodiment of Christ's gospel of love; in a godless time, the Word dwelling among us, full of grace and truth. For this, all who have the inestimable privilege of knowing her, or knowing of her, must be eternally grateful."³

I do believe she is a saint of our times who brought about a miracle of change in people's lives—change for the better, change from sickness to health, change from fear to peaceful acceptance. The light of divine love poured

through her as she offered each one the tender care that emanated from her heart and soul and physical being.

As reporter Licia Corbella wrote in her December 1, 1996 article in *The Calgary Sunday Sun* after she had seen Mother Teresa arrive at the airport in Calgary:

“... I was particularly awed by the glow around her. The woman literally had a halo. I’m not joking. It was an aura similar to the light you can see shining around the heads of the saints or Jesus in old religious paintings.”⁴

Mother Teresa was fond of handing out her “business cards,” five short lines offering her science of compassion to those she met along the road of life:

The fruit of silence is *prayer*.

The fruit of prayer is *faith*.

The fruit of faith is *love*.

The fruit of love is *service*.

The fruit of service is *peace*.

Mother Teresa’s footsteps still echo in the age of Aquarius, which astrologers and mystics tell us is foretold to be an age of divine love.⁵

Walking the Earth with Compassion

How may we become the loving, compassionate adepts that we are meant to be in the midst of whirling change? It isn’t really a matter of how much time we spend with someone. It’s more about how understanding and caring we are to others—and to ourselves.

Compassion means caring enough to walk in the moccasins of another for awhile and, through a loving understanding of that person's plight, to offer whatever help that one needs to move forward, one step at a time. As we learn to listen to the often unspoken request of the heart and soul of someone in need and to follow the gentle guidance of our own heart and soul, we intuitively come to know the common-sense next step and what we can do to help.

Poets, musicians and lovers have always spoken the language of the heart. We hold our children close to our hearts to soothe them. And on one special day each year, Valentine's Day, we send heart-to-heart messages of love to one another through gifts and special remembrances. Our attunement with our heart or the lack of it affects our own lives, the lives of our loved ones and everyone with whom we make contact.

Perhaps it is not so surprising that the new sciences are shedding light on how these precious experiences are associated with the heart and how the higher vibrations of our heart offer us intuitive wisdom and guidance when we take the time and space to quiet ourselves and listen.

The Heart as the Harmonizer of Cellular Activity

For a number of years, Doc Lew Childre and other dedicated scientists at the Institute of HeartMath in Boulder Creek, California, have been exploring how the heart, mind and body interact. Through EEG, EKG and other measurements taken while people focus on their hearts, their breathing and memories of positive feelings, these Aquarian

explorers offer us a scientific motivation for becoming heart-centered.

Their work demonstrates that uplifting feelings such as joy, compassion, appreciation and humor not only reduce stress and produce a sense of calmness and peace but also correlate with “coherent,” or harmonic, frequencies in the heart. By contrast, negative feelings such as worry, anxiety, frustration and hurt increase stress and correlate with “incoherent,” or disorderly and chaotic, frequencies in the heart’s electrical system.⁶

Entrainment Creates Physical, Emotional and Mental Harmony

What researchers at the Institute of HeartMath are describing as coherent frequencies of the heart correlate with higher aspects of human nature such as genuine caring, enlightened understanding, patience, loving kindness and the uplift that comes from just plain fun. Inner synchronicity, or what Doc Childre calls “entrainment”⁷ of our internal systems, occurs as we focus our attention on the heart, the flow of the breath and uplifting feelings.

As the heart entrains the brain, the brain entrains the cells and the cells entrain the body systems, such as the immune system and the neurological system. Our physical, emotional and mental processes begin to work together efficiently and harmoniously. We feel centered, energized and positive.

Another discovery is that when we focus our attention on the higher intelligence of our heart and look at the

“up-side” of problematic situations, our sympathetic and parasympathetic nervous systems work together in harmony. Our bodies are energized, our minds are alert and we are prepared for positive problem-solving and creative interaction with others.

On the other hand, when we get caught in the “down-side” and get stressed out, frustrated, fearful or angry, our sympathetic and parasympathetic systems essentially end up doing battle with each other. The result is a start-and-stop process, similar to putting on the gas and hitting the brake at almost the same time, which creates both physical and emotional distress.

The Enlightened Heart: Our Greatest Gift

On a spiritual level, when we become heart-centered, we broaden our perspective to the “big picture.” We harmonize our thoughts, feelings and physical responses with our higher vision and sense of purpose. We may ask for and receive specific direction from God through our Higher Self. We validate for ourselves the mystical understanding that the enlightened heart is our greatest gift and the refined human brain is meant to be the good servant of the heart—rather than the other way around.

This understanding is perhaps one of the biggest keys to facing difficult or unexpected change. We must be in our hearts, not just our heads. For it is through the heart that we will receive God’s guidance and reassurance.

In my own life, I have verified that the counsel of my

Higher Self through my heart is accurate and correlates with my meditations and inner vision. In fact, this process initiated my writing career. When a twenty-year work cycle ended, I asked God through my heart for new direction. I received the answer in words of living fire in front of my eyes though they were closed: *Write down what thou hast received.*

I knew it was both a spiritual and practical direction. I realized I was to put on paper an integration of the spiritual and psychological truths I have gleaned from lifelong inner and outer experiences. As I do so, I am blessed with feelings of excitement, joy and peace.

Understanding Our Holographic Nature

Another important aspect of who we are and how we are meant to relate to life comes from understanding that we are holographic in nature. In a hologram, the pattern of the whole is complete in every part, even as each part serves as a portion of the whole. Thus, each element of the hologram mirrors the overall holographic pattern.

Our bodies are actually holographic. Every cell in the body contains the nucleus of what it would take to create another human body. We also resonate with one another, individually and collectively, as we share time and space and exchange energy.

Perhaps you have had the experience of “feeling” someone’s attention on you from across the room. You notice it because when someone’s attention is focused upon you, that

person's energy travels to you over the arc of attention. Energetically, we connect with whomever and whatever we put our attention upon because wherever our attention is focused, our energy flows.

The more intimate the interaction, the more energy we exchange. We may begin to take on some of our friends' attitudes or mannerisms. It isn't just a matter of modeling ourselves after them; it has to do with the intertwining of our energies.

I remember when I understood this for the first time. I was working as a psychologist in a university counseling center and counseling many young people who were involved in intimate relationships. This was the sixties and seventies, and many of them were trying out sexual intimacy as a way of getting to know one another.

A number of the young women who came in for counseling were feeling very confused within themselves. They would say things like, "I don't feel like I'm the person I used to be before I started dating so much." Or "I feel like I have something going on inside of me that isn't me. And it's confusing."

I began to keep track of these young women because they were usually involved in multiple relationships, and I had a hunch that had something to do with their confusion. I soon verified that the girls who were sleeping around were the ones who seemed the most "mixed up" inside.

I asked several of these young women if they would be willing to abstain from sexual intimacy for a month and see if they noticed any change in how they felt about them-

selves. Each of them came back in a month reporting with some surprise and chagrin that they had a clearer sense of themselves again. One of them put my hypothesis into her own words: “I think I was taking on a lot from those guys, and I was getting myself scrambled up with them.”

Our Heart as the Conductor of the Inner Symphony of Mind, Body and Spirit

We are learning from the fields of energy cardiology and cardiac psychology just how holographic we may be and how integral our hearts are to the process. The research of psychoneuroimmunologist Paul Pearsall, Ph.D. offers evidence that not only does the heart emit more electricity than the human brain, but it also functions as a central “harmonizer” of cellular activity.

Dr. Pearsall offers compelling evidence that “the heart conducts the cellular symphony that is the very essence of our being.”⁸ In his consciousness-awakening book *The Heart’s Code*, Dr. Pearsall tells the moving story of his heart’s gentle guidance that led to his miraculous healing from Stage IV lymphoma, a deadly form of cancer of the lymph system.

He tells equally touching stories of profound life-changing experiences of certain heart-transplant recipients, those whom Dr. Pearsall describes as “cardio sensitives.”⁹ These people recount that since their heart transplant they experience life differently, that their emotional reactions and in some cases their desires and patterns of behavior have changed. Family members verify that their loved ones have

undergone major personality changes.

Amazingly, the “new personality” of the recipient is dramatically like that of the donor. The transplanted heart seems to be conducting its new orchestra of cells to “play” the song of the heart donor, thus changing the personality of the transplant patient.

In the same vein, heart transplant patients may voice information known only to the deceased donor. In one amazing case, an eight-year-old girl received the heart of a ten-year-old girl who had been murdered. When the child who had received the heart transplant began to have nightmares about being murdered, the concerned mother took her to a psychiatrist for help.

The little girl described the murder, including the murderer’s clothing, weapon, time and place of the murder, so clearly that the therapist and the mother decided to notify the police. What the little transplant patient was remembering turned out to be completely accurate. In fact, the police tracked down and arrested the murderer through her description. He was later convicted. The chilling truth of this little child’s “heart remembrance” was unqualifiedly verified.¹⁰

Dr. Pearsall concludes his inspiring book with his own heart’s message: “If you close this book, sit back, become very quiet, ignore your brain’s urging to get up and get going, and take plenty of time to sense the subtle code tapping in your heart and the other hearts around you, you will have the wondrous privilege of being a participant observer of the forging of your soul.”¹¹

Is it possible that our hearts' unique codes influence and direct the progress of our souls? We have learned that we may contact our Higher Self through meditating on the heart and that the heart is the seat of our higher intelligence. Through Pearsall's data and that of other eminent researchers, we may very well come to conclude that the heart, rather than the brain, is the physical center of our God-given higher intelligence.

Is the heart's code our Maker's way of interacting with our souls? It is fascinating that as science today is beginning to describe inner processes that mystics have understood intuitively, we increasingly approach the merging of scientific inquiry and mystical understanding.

Exercise for Attuning to Your Heart

1. *Offer a prayer to God, the angels and your loving Higher Self to help you attune to the vibrations of divine love in your heart.*
2. *Focus your attention on your physical heartbeat. It may help you to place your hand over your heart, just to the left of center of your chest, until you feel that gentle thump, thump, thump.*
3. *As you continue to pay attention to your heartbeat, pretend as if your breath were moving through the heart. Notice how the flow of the breath begins to synchronize with your heartbeat. Enjoy the relaxing feeling that comes with this practice as you stay with it for a moment or two.*
4. *Stay in touch with these pleasant sensations of breath and heartbeat while remembering a happy experience and an uplifting feeling that goes with it, such as love, compassion, joy, inspiration, gratitude, appreciation or “just plain fun.”*

5. *Stay focused on your heartbeat, your breath and the positive feelings of your happy experience for two or three minutes.*
6. *Now ask your Higher Self for guidance. “What do I do now?” Or, “What is a good approach to this situation?”*
7. *Listen to the loving response of your Higher Self. It will be the very first awareness you have after asking the question. It may be words, an image or simply an inner knowing. It is often simple and brief.*
8. *Be aware that as you focus on your heartbeat, breathing and positive feelings, you offer your heart, brain and emotions the opportunity to move into “entrainment” or synchrony.*
9. *Take time to observe and enjoy the gentle synchronicity between your heart, brain and physical processes.¹²*

Notes

Introduction

Opening Quotation: Anonymous.

1. Thomas Cole, *Voyage of Life* (Washington, D.C.: National Gallery of Art, 1842).

Chapter 1: *Forging Our Destiny in a Changing World*

Opening Quotation: John C. Maxwell, *Living at the Next Level: Insights for Reaching Your Dreams* (Nashville, Tennessee: Thomas Nelson Publishers, 1996), p. 100.

1. Patricia Kirmond, *Messages from Heaven: Amazing Insights on Life After Death, Life's Purpose and Earth's Future* (Corwin Springs, Montana: Summit University Press, 1999).
2. Thornton Wilder, *The Bridge of San Luis Rey* (New York: Harper-Collins Publishers, Harper Perennial, 1998), p. 123.
3. Malcolm Muggeridge, modern-day skeptic who became literally transformed by Mother Teresa's presence, wrote a classic account of her journey of compassion: *Something Beautiful for God: Mother Teresa of Calcutta* (New York: Harper & Row, 1986).
4. Licia Corbella, "Small Woman Left Big Impression," *The Calgary Sunday Sun*, December 1, 1996.
5. Elizabeth Clare Prophet with Patricia R. Spadaro and Murray L. Steinman, *Saint Germain's Prophecy for the New Millennium* (Corwin Springs, Montana: Summit University Press, 1999).
6. Doc Lew Childre, *Cut Thru: Achieve Total Security and Maximum Energy, A Scientifically Proven Insight on How to Care Without Becoming a Victim* (Boulder Creek, California: Planetary Publications, 1996), pp. 70–71. Also see Sara Paddison, *The Hidden Power of the Heart: Achieving Balance and Fulfillment in a Stressful World* (Boulder Creek, California: Planetary Publications, 1995), pp. 59–69.
7. Doc Lew Childre, *Freeze Frame: A Scientifically Proven Technique* (Boulder Creek, California: Planetary Publications, 1997), pp. 38–45.
8. Paul Pearsall, Ph.D., *The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy* (New York: Bantam Doubleday Dell Publishing Group, Inc., Broadway Books, 1998), pp. 99–121.
9. *Ibid.*, pp. 94–97.

10. Ibid., Introduction, pp. 7–8.
11. Ibid., p. 228.
12. Adapted from HeartMath as taught by the Institute of HeartMath in Boulder Creek, California.

Chapter 2: *Exploring the Sacred Miracle of Adeptship*

Opening quotation: Lao-tzu, *The Way of Lao-tzu, I, 33*, trans. Wing-Tsit Chan.

1. See Raymond J. Corsini and Alan J. Auerbach, *Concise Encyclopedia of Psychology*, 2d ed., abr. (New York: John Wiley and Sons, 1998) pp. 861–863.
2. Ibid., pp. 670–671.
3. Laura Lee, foreword to *Awakening to Zero Point: The Collective Initiation*, by Gregg Braden, rev. ed. (Bellevue, Washington: Radio Bookstore Press, 1997), p. viii.
4. Braden, *Awakening to Zero Point*, pp. 145–163.
5. Kuthumi and Djwal Kul, *The Human Aura: How to Activate and Energize Your Aura and Chakras* (Corwin Springs, Montana: Summit University Press, 1996), pp. 344–45. Also see Pearsall, *The Heart's Code*, pp. 38–61.
6. Hans Jenny, Swiss doctor and scientist, devised specialized apparatus to vibrate sound through various media, thus capturing on film the harmonic and often beautiful patterns produced by sound. Photographs of his sound-created patterns appear in his book *Cymatics* (Switzerland: Basilius Press AG, 1974).
7. Braden, *Awakening to Zero Point*, pp. 21–28.
8. Sara Paddison, *The Hidden Power of the Heart*, pp. 59–69.
9. For a full explanation of the science of prayer, mantras and decrees, see Mark L. Prophet and Elizabeth Clare Prophet, *The Science of the Spoken Word* (Corwin Springs, Montana: Summit University Press, 1993).
10. Annice Booth, *The Path to the Ascension: Rediscovering Life's Ultimate Purpose* (Corwin Springs, Montana: Summit University Press, 1999), pp. 198–213. Also see C. W. Leadbeater, *The Masters and the Path* (Kila, Montana: Kessinger Publishing Company, n.d.), pp. 188–209. Originally published by the Theosophical Society.
11. “I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.” John 8:12. All Bible verses are from the King James Version unless otherwise indicated.
12. Matt. 5:14–16.

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Dr. Barrick’s book *Sacred Psychology of Change* comes directly out of her work and life experience. “As I learn and grow with my clients,” she says, “I feel it’s important to share the insights I gain with those I may never meet face-to-face. This book is all about our soul’s mastery of cycles of change and becoming more of who we really are.”

Dr. Barrick has consulted as a psychological expert to schools, government agencies, professional advisory boards and a variety of mental health facilities. In the 1960s and early ’70s, she taught graduate level courses for the Department of Psychology at the University of Colorado and served with Peace Corps as a training development officer and field counselor.

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Dr. Barrick’s popular book, *Sacred Psychology of Love: The Quest for Relationships that Unite Heart and Soul*, published in 1999, was the first in her series on spiritual psychology. *Sacred Psychology of Change* is the second book in the series. For additional information, Dr. Barrick invites you to visit her web site at www.spiritualpsychology.com.

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