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SOUL REFLECTIONS

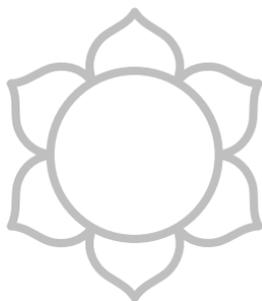
Many Lives, Many Journeys



MARILYN C. BARRICK, PH.D.

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SOUL REFLECTIONS: *Many Lives, Many Journeys*

by Marilyn C. Barrick, Ph.D.

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Front cover: The beautiful violet flower on the cover is a representation of the six-petaled seat-of-the-soul chakra as it appears in etheric dimensions of being. It is the place where we make contact with our soul and receive her impressions and guidance. This chakra's Sanskrit name is Svadhishthana ("sweetness" or "abode of the self"). The energy of the seat-of-the-soul chakra quickens our intuition and sense of freedom and is associated with diplomacy, mercy, forgiveness and transcendence.

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*I dedicate this book
to lightbearers all over the world who yearn
to return to oneness with Spirit.*

*May the Sun of the Presence warm you
and ignite the fires of love in your heart.
As angels whisper their guidance,
may you incline a listening ear.
And may your soul and spirit be blessed
as you walk the path of loving-kindness.*

*May you see clearly through
the dreary fog of human expectations,
and may your soul and spirit
never falter during stormy weather.
May you be a swift learner of life's lessons
and the victor over dragons of the deep.*

*May you guide your soul through
the valleys of temptation,
and may the winds of adversity
propel you to a higher destiny.*

*Holding fast to the hem of God's garment,
may you become all of
who you really are.*

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Acknowledgments

It is with deep gratitude and hope in my heart for the victory of every soul on earth that I offer this book to my beloved guru Kuthumi, my friend and mentor Elizabeth Clare Prophet and the entire retinue of ascended masters who light the way for all of us. Without the inspiration and vision that comes from their guidance, I would not have the wherewithal to write this book on the soul.

I also owe a debt of gratitude to a number of special people, without whom this book would still be on my desk in manuscript form: my editor Karen Gordon, whose ability and skill fine-tunes my writing; Karen Drye, expert spiritual astrologer, without whom chapter 11 would not exist; Carla McAuley, for her erudite concepts and editing input; Lynn Wilbert, for her expertise in design and formatting; and Annice Booth and Nigel Yorwerth, for their valuable input.

I particularly wish to thank my clients, whose soul journeys that came to light during therapy have so greatly contributed to this book. And I lovingly acknowledge my friends and family for their never-failing support and confidence in me. A special thanks to my grandson Michael Hulme for his assistance and research on Tolkien's Lord of the Rings.

Preface

*I am the master of my fate:
I am the captain of my soul.*

—WILLIAM ERNEST HENLEY
“Invictus”

As I reflect upon the books I have previously written, on love, change, dreams and emotions, I realize that two elements draw them all together—God and the soul. I have always known God and I have always known my soul, but that was a private matter, or so I believed. Yet I have seen in my work as a minister and therapist that our souls have a lot in common.

We all live on planet earth, we all have parents, we all have friends or acquaintances, we all breathe air and drink water, and we all yearn inwardly for “the good life.” However, as I moved along through life, I remember asking myself, “What is the good life all about?” Perhaps you have done the same.

Through trial and error I have discovered that it isn’t about money or possessions or winning or losing. It isn’t about being young or old. And it isn’t about being loved, appreciated or admired by others. At the ripening age of 70 plus, I have come to realize that the good life is all about exploring, learning, loving, appreciating, enjoying and revering the *journey*.

What is this journey? It has taken many forms for me:

my soul loves the essence of God in nature, beauty, friendship, challenge, learning and what I experience when I reach for the stars. As a child I loved to talk to God, to feel the wind in my face as I biked, to play in the sand by the ocean and to meditate upon the stars. As a young girl I loved and learned, moved with the winds of change, dreamed my dreams and had my emotional ups and downs. As a young mother I nurtured, learned from and did the best I could for my children. As a grandmother I blissfully sit back and watch the show!

As I reflect on my personal life, I am grateful for the ongoing opportunity to learn and grow—particularly spiritually. And I am most grateful for the blessed opportunity, with my hand in God’s hand, to forge my soul’s higher destiny.

As a minister and therapist for many years, I have had the privilege of walking with God and being of help to people who have their own lives and dreams to pursue. Each and every person I have ever served has given me the greater gift.

My desire is that whoever reads this book will benefit from these pages of soul reflections—my own and those of others—plus the revelations and guiding inspiration of spiritual mentors. With love and gratitude for the opportunity to learn and grow from the thoughts, memories and visions of my fellow seekers on the path, I invite you to embark on what I hope will be a healing journey.

Introduction

Build thee more stately mansions, O my soul.

—OLIVER WENDELL HOLMES
“The Chambered Nautilus”

I believe that in the birthing and developing of the new millennium our souls are called to a higher destiny. We are all aware of forces seemingly beyond our control: changes in cultural values and mores, climatic conditions, earth shifts, violence between nations, and a general overlay of apprehension, confusion, resignation and depression among earth’s people.

At the same time, the winds of Aquarius blow strong. We see creative advances in technology and sense an impelling urge toward humanitarian solutions. Many of us feel a yearning for spiritual awakening and divine guidance. We look to spiritual teachers, pastors, therapists and coaches for answers. Yet answers lie within—the enlightenment of the soul and spirit is an inner quest.

What do I mean by soul and spirit? Each of us (man or woman) is an expression of both the masculine and feminine aspects of the Godhead (i.e., the Father-Mother God*). Thus we have a dual nature, masculine and feminine: the spirit, masculine; the soul, feminine.

*In various cultures and religions known as God, Jehovah, I AM THAT I AM, Spirit, Great Spirit, Supreme Being, Brahma, the Tao.

What is the relationship of soul and spirit to our human self? I believe that we are spiritual beings created by God, clothed in veils of flesh for our earthly journey. Our soul is who each of us is as an individualized being of light, created by God. Our spirit is our unique essence—energetically, our inner powerhouse.*

Reflecting, then, upon our divine identity as spirited, soulful beings leads us to a deeper and more inclusive understanding of ourselves. The study of our psychology is about the inner life and the lessons of the soul. (The word *psychology*, derived from *psyche*, Greek for “soul,” translates as “study of the soul.”) An important part of the picture is exploring the impact upon us of our many lives and many journeys on the earth.

Each of us has journeyed long upon this earth and inwardly yearns to return to the heaven-world. Yet as a result of the density of the planet and our difficult experiences, many of us have become dispirited—sad, discouraged or apathetic—and have forgotten or lost track of our soul’s true nature. This scenario is prominent in Gnostic texts and is the premise of the “Hymn of the Pearl,” a text we will review and relate to our own journey in chapter 6, “The Quest for Enlightenment.”

Psychologically, we as individuals are the sum total of who we are as a soul plus our physical genetics and life experiences. We carry the baggage of painful encounters, negative mind-sets, emotional hurts and physical wounds accumulated during our earthly journey. And we frequently get stuck in the resulting morass of pain and confusion. The good news is, no matter how deep the pain, we can bind up

*The word *spirit* (derived from *spiritus*, Greek for “breath,” “vigor,” “life”) means “the animating force of life.”

our wounds, discard the baggage and move on.

Through my life experiences I have been shown, over and over, that heartfelt appreciation brings comfort to the soul. Every one of us wants to be loved and respected, whether or not we say it out loud. The source of that inner need is the longing of our soul to be understood, appreciated and encouraged to fulfill her destiny.

The moment we decide to relate to others with love and compassion, we ignite a transformational process that gradually heals our wounds and helps us express who we really are.

The journey of our soul has lasted many lifetimes, and our teachers have been our life experiences and the people from every arena of life who have helped us with self-mastery and our walk with God. Many such stalwart souls have already returned home to the heaven-world and are known as ascended masters—advanced souls who have reunited with God. These illumined beings are our willing mentors and guides on the spiritual journey.

Elizabeth Clare Prophet, spiritual teacher and devotee of the ascended masters, describes them in her introduction to the magnificent book *Morya*:

Those whose transition to the planes of heaven has taken them to the throne of God and to the dwelling place of his Lamb are called ascended masters. They have ascended to the plane of the I AM THAT I AM.* In the process of self-mastery in time and space, they have fulfilled all requirements of the Great Law for their soul's inner blueprint and divine plan. . . .

The stunning Truth of the ages is that the ascended masters are the true shepherds who come in the full

*The I AM THAT I AM is the individualized Presence of God focused for each individual soul, the God-identity of the individual. See Exod. 3:1–15.

power of The Lord Our Righteousness promised through Jeremiah.

In them we recognize and follow the excellence of their example of individual Christhood. We attach ourselves to them as our beloved and revered master teachers who show us how to multiply and perfect our own offering upon the altar of God. . . .

The ascended masters, our elder brothers and sisters, have so adored the living Christ that they have become one with him through the Lamb and share in the inheritance of perpetual communion with God. . . .

Their chelas [students] in physical embodiment are working side by side with other chelas who are continuing the mighty work of the ages in the etheric octave of the earth. This is the place . . . where we may “rest yet for a little season,” either between embodiments or while waiting for the fulfilling of the divine plan of those co-workers yet striving to bring God’s kingdom (his consciousness) into manifestation on earth by their witness unto the Truth.¹

Ascended masters, our spiritual wayshowers, are souls like you and me who have balanced their karma, fulfilled their divine plan on earth and reunited with the I AM THAT I AM.

Among the ascended masters are great historical and religious personages: Enoch, Abraham, Moses, Noah, Joseph, Mary and Jesus, Gautama, Maitreya, Padma Sambhava, Kuan Yin, Confucius and many others who are our elder brothers and sisters on the spiritual path.

Like these great ones, we too are working out our karma and fulfilling a mission for the Creator. Our experiences on earth become an opportunity for our soul to progress in illumination and self-mastery. And the earthly tests we meet

and pass are milestones on the journey. One day, by our own effort and the grace of the Almighty, each of us can realize union with God.

Death may claim the body, but the soul united with Spirit, the Infinite, can never die. As the Bhagavad Gita so beautifully expresses it:

Never the Spirit was born;
the Spirit shall cease to be never;
Never was time it was not;
End and Beginning are dreams!
Birthless and deathless and changeless
remaineth the Spirit forever;
Death hath not touched it at all,
dead though the house of it seems.²

All of us came from the heart of God in the beginning. We are destined to fulfill our purpose on earth and return Home in the victory of the ascension—if we will it so.

During our sojourn on earth, we are meant to be examples of love in action and to awaken people we meet to the inner spark of the divine. We are called to remind other souls of light (often called “lightbearers”) of their soul’s birthright and mission and that the ultimate goal of life on earth is to ascend to the heart of God.

This book on the reflections of the soul contains my gleanings from the fields of life as a woman, a spiritual seeker, a psychologist and an avid explorer of history and mysteries. What I have put into writing is the result of insights gained and lessons learned from my life experience and spiritual journey—and that of clients and friends.

I am forever grateful to Kuthumi, ascended master psychologist and tutor of my soul, whose path and teaching

gives us clues to our soul's healing. As a prelude to this book, I would like to tell you about the soul journey of this great master, who is also known as K.H., or Koot Hoomi, to many on the spiritual path.

In his path toward self-mastery, Kuthumi was the sixth-century B.C. Greek philosopher Pythagoras, who founded his mystery school at Crotona, Italy, which was reminiscent of education described in Greek and Roman legends of the golden age. He walked the humble way of Christian sainthood as Francis of Assisi (c. 1181–1226). In his embodiment as Shah Jahan (1592–1666), he inscribed his soul's immortal love for his beloved in the Taj Mahal.

In his final incarnation, Kuthumi was known as Koot Hoomi Lal Singh, a revered Kashmiri Brahman. Born in Kashmir in the early nineteenth century, he attended Oxford University in 1850 and spent considerable time in Dresden, Würzburg, Nuremberg and finally Leipzig, Germany. There he visited with Dr. Gustav Theodor Fechner, founder of modern psychological research.

His remaining years were spent at his lamasery in Shigatse, Tibet, where he led a secluded life. Some of the master's letters mailed during this time to a number of his most dedicated students are in the manuscript collection of the British Museum.

Kuthumi and El Morya, known as K.H. and the Master M., founded the Theosophical Society in 1875 through Helena P. Blavatsky, commissioning her to write *Isis Unveiled* and *The Secret Doctrine*. The purpose of this activity was to reacquaint mankind with the wisdom of the ages that underlies all of the world's religions—the inner teachings guarded in the mystery schools since the last days of Lemuria and Atlantis.

In the late nineteenth century, Kuthumi reunited with Spirit in the initiation³ of the ascension. Yet he is only a prayer away from each of us. In his tenderness and compassion toward all living beings, he answers prayers for people everywhere and assists the nature spirits who tend the earth.

Kuthumi maintains a spiritual retreat in the heaven-world over Shigatse. There he plays a majestic organ, drawing the harmony of cosmos through the fires of his heart. Through his celestial music he brings comfort, healing and peace to the soul at the time of death. As we go through this transition, he lovingly plays the organ to guide the soul moving from earthly existence upward to the octaves of light. And to this day, he inspires architects, poets and scientists with the mystical remembrance of their own soul's harmony in the celestial geometry and the rhythm of the stars.

Kuthumi, speaking through the messenger Elizabeth Clare Prophet,⁴ has given us a beautiful teaching about the soul's journey to Selfhood, our soul's ultimate destiny:

Self is interwoven with consciousness, and consciousness is the doorway to reality. In an impure state, consciousness puts out the light; in a pure state, it radiates light. . . .

Our subject, understanding yourself, is a broad one. We would softly yet skillfully pull the thread of man's consciousness through the eye of the needle into the world of crystal clarity. . . .

We come to fill the soul, the mind, the consciousness and the being of man with an awareness that will break the chains that have bound him to the limitations of his mortality.

We wish to restore the boundaries of the temple of God in man and in woman and to reassert the individual's

right to take dominion over his own life. We come to guide him in his search for ultimate reality and to assure him that we are very much present in the universe as his teachers, as his brothers and as his friends. As we represent God to the evolutions of earth, so may each individual.

To one who is beginning to understand himself as a component of God, the world is a *stella nova*. He is refreshed in the dawn of each new day. The world is born anew all around him. His weary soul sheds its fantasies and frustrations. At last he opens his eyes to behold reality.

From the beginning to the ending of time, God has sent ministering angels to instruct his children in the ways of self-mastery which would lead them to their reunion with him. He has sought the gradual and permanent elevation of all of his children into that vision of self that reveals the wholeness of the divine man, the Real Self.⁵

Awareness of the subtleties of soul and spirit broadens our vision of who we are and who we may become. In this book we will explore spiritual teachings about the journey of the soul—from heaven to earth and back again. I offer the reader therapeutic self-help techniques for healing the wounds of the soul incurred in hurtful life experiences (infancy, childhood, adolescence and adulthood) and for redeeming the wounded spirit masquerading as the inner critic.

We will broaden our view of the soul's journey by studying her connection with the stars plus many stories of saints and sages and valiant people in ancient and modern times. I bid you welcome to a vision of the homeward journey of the soul and a glimpse of the heaven-world that awaits each of us!

PART ONE

The Initiation of the Quest



1

The Merry-Go-Round of Time and Space



*I saw Eternity the other night
Like a great ring of pure and endless light.
All calm, as it was bright;
And round beneath it, Time in hours, days, years,
Driv'n by the spheres
Like a vast shadow moved; in which the world
And all her train were hurled.*

—HENRY VAUGHAN
“The World”

Many of my clients have asked me, “What is my soul? How does my soul relate to my conscious awareness of who I am? And why am I here on earth?”

I believe all of us have had similar questions, spoken or unspoken. The answers are both universal and unique because the soul originates in the Infinite but each of us walks our own path in the realms of time and space.

Some are blessed with a glimpse of the higher realms from whence we have come. One of my friends shared with me an extraordinary experience she had in meditation:

I was immersed in a wheel or what I would call a circle of eternity, in absolute peace. I could see beneath me another wheel or circle, kind of like a merry-go-round, that represented points of time and space. I felt I could choose any point and go there whenever I decided to leave eternity. So I sat there and contemplated coming back into time. Of course I had chosen the time and place I had left, because it was God's will that I be there. But the experience of having made the choice myself stayed with me for a long time, as did the experience of eternity. I suppose that is what the Hindus call the wheel of karma.*

A Child's Glimpse of a Past Life

My teacher and friend, Elizabeth Clare Prophet, tells of her remarkable out-of-body experience as a child that set her imagination on fire and propelled a lifelong quest to understand the mystery of the soul, of karma and of reincarnation.

One day when I was about four years old I was playing in my sandbox in Red Bank, New Jersey, where I was born. I was in my play yard that my father had made for me. It had a playhouse, a swing and sandbox enclosed by a white picket fence with an arch and gate. It was situated next to a delightful garden created by my parents.

It was a beautiful day. Big white clouds were moving through a deep blue sky. And I was alone, enjoying myself in the sun, watching the sand slip through my little fingers, drawing designs in the fresh earth and making mud pies with cookie cutters and tin molds.

Then all of a sudden, as though someone had turned

*Karma is the cosmic law of cause and effect: "Whatsoever a man soweth, that shall he also reap."

a dial, I was playing in the sand along the Nile River in Egypt and I was experiencing the beauty of that scene. It was just as real as my play yard in Red Bank and just as familiar. I was idling away the hours, splashing in the water and feeling the warm sand on my body. My Egyptian mother was nearby. Somehow this too was my world. I had known that river forever.

After some time (I don't know how much time had passed), it was as though the dial turned again and I was back at home in that little play yard. I wasn't dizzy. I wasn't dazed. I was back to the present, very much aware that I had been somewhere else.

So I jumped up and ran to find my mother. I found her at the kitchen stove and I blurted out my story. I said, "Mother, what happened?" She sat me down and looked at me and said, "You have remembered a past life." With those words she opened another dimension. And I have never been the same.

Instead of ridiculing or denying what I had experienced, she explained that the soul does not accomplish her mission in one life. She told me that my soul was eternal. She said that our body is like a coat we wear: it gets worn out before we finish what we have to do. So God gives us a new mommy and a new daddy and we are born again so we can finish the work God sent us to do and finally return to our home of light in heaven. Even though we get a new body, we are still the same soul. And the soul has a continuous recollection of the past but we do not.

She explained all of this to me in simple childlike terms I understood. It was as though I had always known it and my mother was reawakening my soul memory.

Over the years she was to point out to me children who were born maimed or blind, others who were gifted,

some who were born into wealthy homes and some into poverty. She attributed their inequality to karma and to their past exercise of free will. She said that there could be no such thing as divine or human justice if we had only one life, that God's justice could only be known in the outplaying of many lives in which we see past actions coming full circle in present circumstances.

Accustomed to praying to Jesus, my thoughts turned to him. I saw the logic of reincarnation and I said to myself, "God must have shown me this past life for a reason." But God didn't tell me the reason till I was well into adulthood. Then I realized that that life in Egypt was the key to the work I had to do in this life. No doubt through that glimpse into the distant past, there was transferred to me some substance of myself—perhaps some heavy karma that I had to balance today, thirty-three centuries later, or a mission I had not fulfilled whose time had come.

Since then God has revealed to me other incarnations and taught me lessons concerning positive or negative momentums that I must build on or undo. Thus, I have seen the causes behind the effects of bad karma that I had to balance in this life, and I have seen how my good karma put the wind in my sails to achieve my goals and more. Karma, in fact, is why we are all here.

You, too, have brought with you the momentums of your good karma as well as those of your bad karma that you must balance. You most certainly have positive or negative karma with family members and people you know or people you will meet. Life is a challenge and an opportunity.¹

The ascended masters teach that our soul originates as divine potential, as a living spark of the infinite fire of God.

In the kiln of the Great Sculptor, we are molded into individualized beings and clothed with mortal bodies for our earthly journey. And we come to earth to fulfill a special purpose.

Every one of us is a beloved child of the Father-Mother God, destined to become a mature son or daughter who will one day return to the heaven-world—mission accomplished! We are here for a particular reason, to play a special role on the stage of life. And inherent in our God-given identity is a unique gift we are meant to offer to our country, family, friends and people we meet.

Think about it for a few moments: What do you believe is your special gift? Let your heart's intuition respond. And take a few minutes to write down what comes to you.

As you reflect upon your gift, meditate upon the "God child," the holy innocent, who lives within you. This is your soul as a divine being, a Christed one aborning in the manger of your heart. This glorious being, whom God created and blessed with a special gift, is who you really are.

Confused and Entrapped by Karma

Why have we forgotten that we are divine beings? The answer has to do with our history on earth. Our soul has lived many lifetimes on this planet in different mortal bodies. We have made many choices, some good, some not so good. In the confusion of returning karma, most of us have forgotten who we are and what we are meant to do here. We only dimly sense our origin and purpose as sons and daughters of God.

How did we get here in the first place? As souls of light, we exercised God's gift of free will to enter the physical plane. We came with our special talent that could help people on earth. And some came to rescue brothers and sisters of

light who had lost their way and forgotten their mission. Today many of us find ourselves entrapped by confusion, unruly emotions and desires, and the karmic web we have spun.

So who am I? Who are you? Why are we here?

We are lightbearers; we carry the light of God within our heart and soul and body. Each of us is special in the eyes of God, whether or not we remember our divine origin. We may think of ourselves in terms of our “humanness” or who we seem to be from the reactions of other people. Yet our divine nature is still alive and well beneath the overlay of human memories, thoughts, emotional reactions and physical habits.

At some point, we awaken to wanting more out of life, something beyond the essentials of the human condition and what we have piled up in status or possessions. As we wake up, we begin to listen and respond to the still small voice of our soul. We may sense our connection with angels, masters, Spirit. And we begin to seek the path to the higher octaves.

As we do so, we may feel a conflict between who we really are and who we may think we are as a result of our karma. Our karmic condition in itself is confusing because it’s a mix of experiences—the victories and the defeats of many lifetimes.

When we find ourselves confused about our identity, it is comforting to remember: You are who you are no matter who you may think you are!²

A Cosmic Vision for Our Soul

In her reflections on the beloved master Morya, Elizabeth Clare Prophet portrays her vision of the divine destiny of the soul:

Morya is a master of change. He, the Magus, comes for the ordering of changes. He is the great astronomer-astrologer of the stars of your destiny. He knows every planet of your choosing . . . the worlds of maya that you have flung and hung in the sky of your solar system.

He knows the motions of causal bodies in orbit in the constellation of your personality. He knows the whys and wherefores of those effects that pound upon the rocks of the subconscious³ until there is that resolution. And the rocks are smoothed and the sea is calm and only the gentle lapping of the tide signals the rhythm of a life restored.

If you are smart, my friend, you will seek him and find him. And when you do, you will implore his intercession in your life. For . . . he holds the key to the will of God in your life. He unveils the blueprint of the soul—i.e., the solar fire, the solar wind and warmth, the solar rains and earthly energy, the seas and the mountain ranges of your solar body.

All this is inside of you and more, my friend. He has shown me my inner universe and more. Oh, that you could imagine the wonder of all he holds in store! For thee, for thee!

I myself was not always so smart as to seek him with my life. . . . When I did, I sometimes momentarily lost the grasp of his hand or took my gaze from his. He did not let go nor lose sight of me, but the holding on and the attention to his face—ah, his blessed face!—that was up to me, you see. And it will always be, for you and me, until the grand assimilation of the worlds.

To find him, then, is just the beginning. But to hold him and to fix the gaze fast and tight and not lose sight of the goal—this and more is what the ending is.

Of what ending do I speak? It is the ending of the

merry-go-round of time and space and the cycles of one's karma and that necessity of wearing these clay vessels that do not afford our souls the expression of our most grand and inner nature.

We are natives of other spheres and so is Morya. He comes from the home we all once knew. By his striving and his overcoming he has arrived at a station in the higher octaves where life is lived in purer potential and God-free beings and the saints await our return. They are waiting for us to finish the work they have started during these long centuries of our incarceration on this earth.⁴

Strangers in a Strange Land

The unfinished story of karmic happenings on planet earth emerges from the teachings of ascended masters, saints and sages and from the recollections of people who have pursued the path of enlightenment. This story is the soul's reflection and memory of personal and planetary consequences of choices made during her sojourn on earth. How the story ultimately concludes is up to each one of us.

Once we embarked on our mission to planet earth, we found ourselves outside of the ethereal heaven-world, in a realm of lower vibration. As we gradually integrated with that vibration and a physical body, we felt separated from the Infinite. Here we were in this dense place, strangers in a strange land. We were not used to the heavy vibration. It was hard to remember why we had come. We felt alone and vulnerable but still determined to fulfill our mission.

We knew that once we left the higher octaves, the law of free will would become very important to us. It would be the major key to our return. By right use of free will, we could keep our vibration up, make good karma, fulfill our mission

and make it back to the higher realms of light. By misusing free will, we would lower our vibration, make bad karma, forget our mission and get stuck on the earth plane.

Which was it to be? In the heaven-world, we knew we could be victorious. Yet when we got down here, it was far more difficult to discern good from evil and take right action than we had ever imagined.

Inwardly, we knew that our Father-Mother God, the angels and our Higher Self* still loved us. But they were in the etheric realm, the home of higher vibrations we had left behind. In the density of the earth, we didn't remember how to connect with them.

We dimly remembered we had vowed to work through these dense bodies. So we tried to pray, to meditate, to focus on God's love and to remember why we had decided to come in the first place. When we kept our vibration up through spiritual practices, we could make the contact. Then we didn't feel so alone.

When we didn't keep our vibration up, we felt bewildered, lonely and disheartened. We didn't remember we had a special gift to give. We couldn't easily find the people we were trying to help. And when we did, they weren't particularly receptive because they were now identified with the things of this world and the planetary lifestyle. Sometimes they didn't even recognize us.

A Web of Karmic Circumstances

In trying to fulfill our mission, we got entangled with the fallen angels who were running things on the planet. Now that was a big mistake. Those dark-angel types were all about power, tyranny and abuse, yet they had a charisma

*Real Self, Christ Self, Buddha Self, Atman, Tiferet

and charm that was beguiling. It was easy for the children of God on earth to fall under their spell.

You see, once the fallen ones cut themselves off from their divine source, they had only limited life (light) energy. When that energy was used up, they would no longer exist as individualized beings. So the only way they could keep going was to steal light.

How did they do that? They stole light through any kind of contact in which there was an energy exchange: by persuading the lightbearers to buy into their motives or mind-sets, to react emotionally to their power trips or to be on the receiving end of a fallen angel's touch, especially intimate contact. The dark angels stole the light; the lightbearers got enmeshed with the darkness.

Those who came as rescuers got tricked in much the same way people already living on earth had been fooled. They didn't recognize the fallen angels as such because of the vibration of stolen light around them. Some were even in high positions as priests or priestesses or respected teachers of seeming virtue. But they recognized the lightbearers. And they targeted them because they carried the light.

These dark ones were slick and deceptive. We find clues and warnings about their ways in our most ancient metaphors. Remember the serpent's message to Eve? "Thou shalt not *surely* die," he said, implying that God would make an exception in her case. Just as Eve believed the lie and Adam followed her lead, we did something similar that lowered our vibration. Soon we no longer vibrated in consonance with the etheric realm. We couldn't hear or connect with God directly anymore.

In the midst of the ensuing confusion, we were spiritually, mentally, emotionally and physically abused by the

fallen ones and their cohorts. Sometimes we tried to retaliate. But that made matters worse, and our consciousness descended still lower.

Wandering deep into the mists of maya, we slipped into forgetfulness. We forgot our inner compass, the higher intuition of our heart and soul. As we neglected to connect with our Higher Self, we began to lose our mastery of energy flow. Gradually we lost our spiritual bearings and forgot our purpose for being on earth.

Now we were at the mercy of our own density and entangled with the karma of the fallen angels. We only dimly remembered our origin in the heaven-world and that we came to earth on a rescue mission. If we did have a brief glyph of remembrance, it seemed like a dream. Eventually we considered ourselves human beings, inhabitants of planet earth.

Walking the Karmic Path

Our Father-Mother God never stopped loving us. Over and over again, they sent emissaries to remind us of who we really are. Avatars and ascended masters came to show us the way we once knew and had forgotten. Sages and spiritual teachers have offered enlightenment. Saints, past and present, have lived their lives as a demonstration of the path to reunion with God. And miracles, great and small, still happen every day.

It is up to us to wake up, to remember our divine origin, to reclaim our heritage as sons and daughters of God. Our Higher Self and the angels and ascended masters await our prayers and calls for help. And help comes forth in God's time and according to his will, whether or not we consciously perceive it.

In the etheric octave, the heaven-world, we knew God

through oneness with our I AM Presence.* Once we descended into the earth plane, we distanced ourselves in vibration from our Presence. And the law of cause and effect came into play. As the karmic wheel began to turn, whatever we sent out vibrationally, mentally, emotionally or physically returned full circle to our own doorstep. Our karma began to dictate our circumstances.

This is universal law as stated in the scriptures: “Whatsoever a man soweth, that shall he also reap.”⁵

When we radiated positive energy, we blessed others and received blessings in return. When we emitted negative energy, we inflicted pain on others and received pain in return. Whatever we gave out sooner or later came back to us. These were cosmic lessons for the soul, especially since the returning negative energy became as a dark cloud between us and our I AM Presence.

The “Why Me?” Syndrome

Now this is likely the point where we began what I call the “Why me?” syndrome. It goes something like this: “Why are these awful things happening to me? Why me? Why isn’t God, if there is a God, coming to my rescue?”

Of course God heard our cry for help. But by now we were firmly on a karmic path that only we could walk. We were still carrying the light and meant to return to our Creator, but we hadn’t realized how dense this planet was going to be. It would take all of our higher attunement to fulfill our purpose—and we didn’t even know what that meant anymore.

In despair we cried out, “I’m in so much pain. My God, why have you deserted me?” Then, of course, the fallen angels “sympathized” with our plight. When we bought into

*See footnote, p. xv.

their sympathy and our own self-pity, we aligned ourselves with the dark side and our consciousness kept plummeting. We began to feel petulant and angry at God.

Ultimately, many of us felt so bereft we didn't believe in God anymore. And in the process of disowning the Father-Mother God, we disowned our divine heritage. After a while, we didn't even remember it. That is the story of how it went for many of us.

If we want to get off this planet and return to the heaven-world, we need to redeem our karma because it acts as ballast tugging us down to the earth plane. When we transform that ballast into positive energy, our consciousness spirals upward.

As we strive for higher consciousness, we begin to pass our spiritual tests. We make headway in transforming the conglomerate of our darkness—our negative motives, thoughts, feelings and actions—known as the dweller-on-the-threshold.

If a story would help you understand the dweller-on-the-threshold, think of the popular movie *Lord of the Rings* and the book on which the movie is based, *The Fellowship of the Ring*, by J. R. R. Tolkien.⁶

This poem from a description of the *Lord of the Rings* captures the mood of darkness:

Three Rings for the Elven-kings under the sky,
Seven for the Dwarf-lords in their halls of stone,
Nine for Mortal Men doomed to die,
One for the Dark Lord on his dark throne
In the Land of Mordor where the Shadows lie.
One Ring to rule them all. One Ring to find them,
One Ring to bring them all and in the darkness bind them
In the Land of Mordor where the Shadows lie.⁷

In Tolkien's classic story, the "One Ring" gives mastery over every living creature to the one who wears it. Thus its bearer is able to manipulate dark powers and enslave the world. And since the original Ring was devised by an evil power, the Nine Mortal Men who are given rings controlled by the Master Ring are inevitably corrupted.

The men who possess the Rings may start out being relatively good people, but as their consciousness becomes increasingly wed to the dark power of the Rings, their dark side (their dweller-on-the-threshold) grows in power. The men gradually lose their soul—and ultimately turn into soulless, evil beings called "Ringwraiths."

As the tale unfolds, the Master Ring, the Ring of Power, is in the possession of the Hobbits, short, mild-mannered, quiet beings. And the task of Frodo Baggins (the main Hobbit character) and the Fellowship of the Ring (those dedicated to halting the Rings' evil power) is to destroy the Master Ring by casting it into the fire from which it came. That action would end the evil power of all of the Rings.

Frodo and his faithful servant, Sam, try to take the Ring of Power to Mount Doom in order to destroy it. If they succeed, Sauron, the Lord of the Rings, and all the other evil beings will no longer exist, thus ending their corruption of all that is good in Middle-earth. The problem is that Mount Doom is right in the middle of Sauron's dark kingdom, and the evil ones will use all their power to repossess the Ring.

Out of the struggle to possess and control the Master Ring arises a war compared both in magnitude and complexity to the great wars of our times. In the movie, the outcome of the battle between good and evil is left hanging, awaiting the actions of the characters in the sequels to come—a drama we can equate with the battles of good

and evil on earth today.

In the last of Tolkien's three-book series, *The Return of the King*, Frodo, the Ring Bearer, at the very moment he is about to cast the Master Ring into the fire decides that he wants the Ring for himself. His contact with the Ring on the long journey to Mount Doom has made him susceptible to desiring its dark, evil power.

This drama highlights the facing off of good and evil and what happens within a person who is struggling with it. In Frodo we see a well-meaning lightbearer increasingly mesmerized by the Master Ring (and his own dweller) and identifying more and more with its dark power. Ultimately, he barely escapes being taken over by evil.

As has been said, "Power tends to corrupt and absolute power corrupts absolutely."⁸ The moral of the tale is that evil masquerading as good or benign is still evil—and the soul who is tempted by it can be lost.

We see a similar story in Robert Louis Stevenson's classic drama *The Strange Case of Dr. Jekyll and Mr. Hyde*. As you may remember, Dr. Jekyll discovered drugs that allowed him to transform his personality into the vicious, cruel creature he named Mr. Hyde. By so doing he could allow his evil, lecherous side to prowl and prey without the disturbance of conscience.

When the drugs wore off Dr. Jekyll would regain his normal identity. He thoroughly enjoyed this game of playing with the darkness—for a time.

Dr. Jekyll thought it was relatively harmless to play Mr. Hyde, to experiment with his wickedly criminal alter ego—until suddenly he discovered he could not reverse his identity. The monster, Mr. Hyde, had taken control. Try as he might, he could not reclaim himself as the kind, mild-

mannered physician, Dr. Jekyll.

He had flirted with the dweller, thinking it a game. To his horror he discovered it was a no-win game. He had identified with the dweller one too many times and was now wed to the darkness he had courted.

If we would claim our soul's victory, we must recognize, confront and defeat the evil we have internalized. Only then can our soul be the victor in the midst of karmic circumstances. We are called to challenge the lure of evil, within and without. We are called to join forces with our Real Self. And we do so by praying from the depths of our heart and soul, "God, help me!"

When we pray in the name of the Christ for the dweller-on-the-threshold to be bound,* the conglomerate of our destructive "not-self" energies can be removed. Then we can replace those negative, incomplete or jagged patterns with positive energy through prayers, decrees,⁹ fiats, mantras and affirmations. Thus we change our vibration and begin to replace who we are *not* with who we really *are*.

A Path of Spiritual Acceleration

Throughout the ages, saints and sages and advanced souls have come to help us outwit the dweller, to show us the path home to God. Sometimes we have followed their counsel and example, but often we have ignored it—to our detriment.

We also have our intuition, the gentle prompting of our Higher Self. All it takes to make the connection is a prayer, a quiet moment of meditation, a "listening ear." Yet we tend to rush around in our busy lives, asking other people what they would do, stacking up books and tapes as our sources of enlightenment—and ignoring our own inner resources.

*See the decree "I Cast Out the Dweller-on-the-Threshold," on pp. 308–9.

When we forget to connect with our Higher Self regularly, a sudden setback in circumstances, a negative mind-set, emotional distress or physical pain will tend to override that inner guidance. But often these are the very promptings we need to remind us to reconnect with God and our Higher Self.

When we do not trust our spiritual intuition or consider the advice of elder brothers and sisters on the Path, we can end up in trouble. And we create more negative karma. When we take time to listen to and follow higher counsel, we make good things happen and accrue good karma.

Every good deed creates good karma, which is an automatic deposit in our cosmic bank account. Thus we establish a higher vibration that keeps us in contact with our Higher Self.

We are still learning. We learn as we go. And we also have the example of those who have walked the upward path before us—heroes and heroines, saints, avatars, ascended masters. The lives and teachings of these adepts show us the intricacies of the path of spiritual acceleration. Their walk with God teaches us how to pass our tests.

Soul Testing: Thorny Situations

We are all on the path of initiation. And we move a giant step closer to our victory when we decide to view challenging situations in that light. Everything that happens to us—prickly encounters, stirring experiences, karmic dilemmas, unexpected good fortune or calamity—is a teacher.

Sometimes we pass the test, sometimes we don't. But we can learn from our mistakes. Whenever life doesn't seem to be treating us right, we can take the situation as an impetus to learn a lesson and thereby make progress toward a victory.

Yes, life is challenging, and sometimes it's difficult to welcome those initiations. Isn't it true that we have all faced

situations where we couldn't see a single reason to be upbeat or pleasant, and then someone added insult to injury by scolding us for being negative?

We can lift ourselves out of the doldrums by remembering that whatever happens—go-aheads or setbacks, victories or defeats—it's either a karmic deal or a major test. And that includes interactions with difficult people. As El Morya has said, "If the messenger be an ant, heed him." When we view life this way, we move forward in the initiatic process. And we find it a lot easier to bless the human messenger who delivers that bundle of karmic payback.

Earth is a schoolroom, and we are intended to graduate one day. The lessons we learn along life's way propel us from one grade to the next. And inherent in every life circumstance is a key to our soul's victory.

So we do ourselves a favor by maximizing each opportunity. We can ask our Higher Self: How can I be my best self in this situation? What is the lesson for my soul? As we incline our heart and mind to God, we receive inspiration and intuitively sense what to do next. Then we can take enlightened action. This is a great way to pass life's tests!

Give Difficult Moments a Positive Spin

It isn't always easy to stay upbeat in the midst of a challenging circumstance. But we can make the effort to give ourselves, and people we meet, a positive spin anyway.

For example, we can choose to appreciate the finer qualities in ourselves and others. Everyone has a special something, a hidden beauty or uniqueness of soul if we just dig a little to see it. When we verbally appreciate that special quality, we make that person's day—and their answering smile makes our day.

As a child, I discovered that being happy about simple things had a certain infectious quality. My friends had so much fun teasing me about my Pollyanna nature that they too got happy. My intuitively giving difficult experiences a positive spin developed into a sense of humor that has been very helpful in life's prickly moments. That quality has been a boon to me all my life.

If you check in with your soul, you may discover a dancing being of light. If this isn't the case, it's time to develop insight into your soul's predicament. I remember a client of mine, Betty, who found her soul in tears, crying in despair. When she asked what was the matter, her soul responded softly, "I don't think anybody loves me—not even you. And I don't know what to do about it."

This was a wake-up call for Betty, who tended to gloss over her troubles. She realized that it was time for her to listen to, comfort and reassure the wounded part of herself. And she chose to do that in the therapy session. Here is a portion of that dialogue:

Betty touched the heart of the matter when she whispered to her soul, "I want you to know that I do love you, and I'm sorry I haven't been paying more attention to you. I know how much it hurts to feel unloved."

"Do you really love me?" her soul asked hesitantly.

"Yes, I do," Betty responded. "What am I doing that makes you feel unloved?"

"Sometimes you don't act like you love me," her soul responded, sadly and despondently.

"But I really do," Betty insisted gently. "How can I help you feel loved?"

"Remember when we used to look at the stars at night and pretend each one of them was an angel?" her soul asked.

“I felt so much love and light when we did that. And whenever we talk to God, I feel loved.”

“That’s true, and we haven’t done that since I started my new job,” Betty responded thoughtfully. “I’ve been so busy at work that I’ve neglected our spiritual time together. Is that what’s the matter?”

“Yes, and it makes me feel better to hear you say it,” her soul answered. “Don’t you love God anymore?”

Betty was shocked. “Of course I love God. I’ve just been kind of overwhelmed at work.”

Her soul’s response was quick and to the point: “Couldn’t God help us with that?”

Betty was silent for several minutes. And she told me it was difficult for her to stay with the pain she was feeling. I encouraged her to stay with her soul, who had such a deep yearning for closeness with God. So Betty resumed the dialogue.

With tears in her voice, Betty responded to her soul, “I feel your pain, my soul, and I am so sorry that I have neglected our time with God. I’ve missed him too. I thought I felt upset about the new job, but it’s really about missing God.”

“I get so scared when we don’t talk to God,” her soul replied. “Remember when we got so far away from God we thought he didn’t exist? I don’t ever want to go there again. And all those training seminars you’re taking—I know they’re necessary, but if we leave God out what’s it all for?”

“What would I do without you to remind me?” Betty asked, as she hugged herself to hug her soul. “I love you so much.”

“I love you too, and it feels really good when you hug me,” responded her soul. “I’m okay now, but I’ll keep

reminding you if you don't mind."

"Absolutely, remind me!" Betty responded. "And let's set a regular time that we talk to God about what's going on in our life. Would you like to do that when we take our walks together?"

"Yes," her soul replied. "That would be perfect."

Betty completed the dialogue by meditating on Jesus and envisioning her soul surrounded by angels of love. When we talked about it afterwards, Betty told me it had been difficult at first, but as she stayed with it, she had felt warmth in her heart.

"When I'm in touch with who I really am, I get that warm feeling," she confided. "It's like I've been pretending I'm okay, and that's gotten me through a lot. But I can't do it alone—I need to feel the presence of God with me. So even though it was hard to listen to the pain of my soul, I'm relieved she told me the truth."

Gradually, through an ongoing process of loving her soul and communing with God on a regular basis, Betty began to feel a glimmer of joy—the first in many years.

This has been my experience with many people. When we listen to our soul and accept that we feel hurt, we make progress in our lives. Why? We are no longer using our energy to hide from ourselves. The realization that it's okay to be real with ourselves is a huge relief. It's the beginning of genuine healing. And when we invite God to help us, everything lightens up.

So when life is tough, be real about it. Take time to feel your feelings and come up with a game plan. Talk to God about it. Love and care for your soul. And when you have a victory, take a few minutes to celebrate, to dance a private jig of joy.

Fanning the flame of joy in your heart ignites happiness in your soul and in others. You experience the truth of the words of the ascended master Saint Germain: “Joy is the motor of life.”¹⁰

The Art of Self-Mastery

Expressing joy doesn’t preclude being grounded and relating to other people where they are. Another young client of mine had to learn the difference between joyful and upbeat versus flippant and flighty.

Jodi came to see me because she felt misunderstood by her family. As she told me, “They tell me I’m ‘flighty’—that’s their favorite word for me. And that really hurts my feelings.”

“I can understand how it would,” I responded. “Do you know why they think you’re flighty?”

“It’s because I like to do fun things,” she replied quickly, “and my mind moves really fast from one thing to another. I don’t like to be stuck in a rut. I’m just spontaneous, but they think I’m being irresponsible.”

“Is there any truth to that?” I queried.

Jodi slowed down for a minute. “Well, sometimes I move a little too fast to do a good job of something that takes a lot of time and patience. I suppose that is being kind of irresponsible.”

“Okay,” I agreed, “that makes sense. What else might seem flighty from their point of view?”

Jodi thought for a moment. “I really can’t think of anything else except that I’m just a different kind of person than they are. It feels like they don’t accept who I am.”

“That’s hard, isn’t it?” I responded.

“Yes,” she sighed. “If your own family can’t understand

you, who can?"

"Do your friends see you that way?" I asked.

She quickly said, "No, absolutely not. But then my family think my friends are flighty, too."

Since I knew that Jodi was on a spiritual path, I asked her, "What do you think is the spiritual lesson here?"

She contemplated before replying, "That's a good question. I think it has to do with knowing when I'm really being true to myself versus just doing my own thing in a way that hurts my soul or upsets other people."

"How do you know the difference?" I asked.

Jodi responded, "When I tune into my heart, I know the difference. But when I'm moving fast, I don't always take the time to do that. Maybe that's part of the problem."

I agreed. "That makes sense to me. What could you do about it?"

"Slow down!" she replied with a smile.

I smiled as I responded, "I recognize that one. I've needed to say that to myself periodically all my life."

"Really?" she brightened up. "It's good to know I have company. I guess it takes time and practice."

I agreed, "Yes, it does. I think it's because it is a deep soul lesson for many of us. When we catch ourselves moving too fast or flying too high, even spiritually, we need to slow down and tune into our heart and soul."

Jodi responded, "That's true. I have been flighty if I look at it that way. When I'm excited, I don't take time to tune into my heart and soul. I just kind of leap into action! I guess my family has a point, and I do love them."

"Of course you do," I answered. "So what would you rather do instead of leaping into action?"

"I think I'll put a sign on my mirror that says 'Check in

with your heart and look before you leap!’ That would be a good reminder.”

“Great,” I replied. “What else might you do?”

“Pray,” she smiled. “I know the angels and my Higher Self answer my prayers. I just need to shift gears, and it’s already happening. I’m feeling good about this, and I can tell my soul is relieved.”

Jodi called me several months later to tell me that her prayers and the note on her mirror were working. As she put it, “I’m not totally down to earth yet but my heart and soul feel happy. And it’s been a month since anyone in the family called me flighty. That’s progress!”

Jodi was experiencing the joy of true self-mastery. And she knew it. As she put it, “It’s the greatest joy of all because it’s a win-win situation—for myself, my soul and my family.”

Jodi’s story illustrates the importance of learning to be true to ourselves without alienating our family and friends. We can determine to respect other people’s sensitivities while we pursue the fulfillment of our hopes and dreams. We can practice being thoughtful, diplomatic and compassionate in our interactions with others. And we can be practical, down-to-earth, no matter how high we may be flying inside.

The ascended master Morya once remarked that “your spirituality is expressed by your practicality.”¹¹ That is a message to remember—and to live by.

Although most of us would like to live our lives that way, we do not always reckon with the residue we carry from early-life or past-life experiences. Let’s look at how that carryover energy influences us at conscious and unconscious levels¹² until we deal with it.

Notes

Introduction

1. Mark L. Prophet and Elizabeth Clare Prophet, *Morya I* (Corwin Springs, Mont.: The Summit Lighthouse Library, 2001), pp. xvii–xviii.
2. Sir Edwin Arnold, trans., *The Song Celestial, or Bhagavad-Gita* (London: Routledge & Kegan Paul, 1948), p. 9.
3. Initiation refers to the spiritual testing that we encounter on the Homeward path, that strait gate and narrow way that leadeth unto life (Matt. 7:14).
4. A messenger is one who is trained by an ascended master to receive and deliver the teachings, messages and prophecies of the Great White Brotherhood for a people and an age. The Great White Brotherhood is a spiritual fraternity of ascended masters, archangels and other advanced spiritual beings. The term *white* refers not to race but to the aura of white light that surrounds these immortals.
5. Mark L. Prophet and Elizabeth Clare Prophet, *Understanding Yourself: A Spiritual Approach to Self-Discovery and Soul-Awareness* (Corwin Springs, Mont.: Summit University Press, 1999), pp. 1, 2, 7–8.

Chapter One • *The Merry-Go-Round of Time and Space*

1. Elizabeth Clare Prophet, “Karma, Reincarnation and Christianity 1,” in 1992 *Pearls of Wisdom*, vol. 35, no. 11, pp. 132–34.

2. To put this in context, El Morya has said: “What is the mastery of the self? To properly answer this question, we must first define the self. Know, O chela of the light, that you are what you are regardless of what you think you are. The affirmation of the Real Self of every man and woman—the declaration of being and consciousness—is I AM WHO I AM.” See El Morya, *The Chela and the Path: Keys to Soul Mastery in the Aquarian Age* (Corwin Springs, Mont.: Summit University Press, 1976), p. 24.
3. The term *subconscious* refers to mental activities just below the threshold of awareness, e.g., what we mean when we say, “It’s just on the tip of my tongue.” Psychoanalysts use the term *subconscious* to describe the zone between the unconscious and conscious levels of consciousness. The ascended masters teach that the subconscious is also the repository of the “electronic belt,” an energy field that contains the cause, effect, record and memory of the negative aspects of our karma.
4. Prophet and Prophet, *Morya I*, pp. xiii–xiv.
5. Gal. 6:7.
6. The movie *The Lord of the Rings: The Fellowship of the Ring* was released in December 2001.
7. See J. R. R. Tolkien, *The Fellowship of the Ring*, part 1 of *The Lord of the Rings* (New York: Ballantine Books, 1965), opening quotation.
8. Lord Acton, *Letter to Bishop Mandell Creighton*, April 5, 1887.
9. A decree is a dynamic form of spoken prayer used to direct God’s light into individual and world conditions. As Job 22:28 says, “Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.” Short decrees are called *fiats*, e.g., “Let there be light” (Gen. 1:3, the original fiat of the Creator). See Mark L.

Prophet and Elizabeth Clare Prophet, *The Science of the Spoken Word* (Corwin Springs, Mont.: Summit University Press, 1991).

10. In a dictation delivered October 29, 1966, the ascended master Saint Germain explained, “The self is a mountain of holy treasure, and within the domain of the self, joy must be brought forth and multiplied. And joy is indeed the motor of life, which when properly understood and harnessed will cause the regenerative processes within the forcefield of individuals to amplify the light energy within the cells. Thus, a renewal of the power of eternal youth occurs within the dimension and forcefield of the individual because God is there and pours out his limitless light, even as the sun gives forth her energy.”
11. Rev. Annice Booth writes: “There could be no question about the fact that Mark was a devotee, and yet he was firmly grounded on earth. El Morya once remarked that ‘your spirituality is expressed by your practicality.’ Mark was a very practical man who had a tender concern and loving care for every person on his staff and, in fact, for everyone he met.
“I have often thought that Will Rogers’ observation, ‘I never met a man I didn’t like,’ applied equally well to Mark Prophet. He would show his concern for others on an everyday practical level and yet be able to inspire them to seek a higher level of spiritual attainment.” This quote is taken from Annice Booth’s delightful book *Memories of Mark: My Life with Mark Prophet* (Corwin Springs, Mont.: Summit University Press, 1999), p. 2.
12. The “unconscious,” or “personal unconscious,” is the arena of our personal memories, wishes and impulses not directly accessible to conscious awareness but impacting our thoughts, feelings and actions. The “collective unconscious,” which we all share, is the repository of archetypal images that reflect mankind’s historical experience.

Emotions

Transforming Anger, Fear and Pain

Scientists have demonstrated the link between emotional balance and physical and mental well-being. When we learn how to handle our emotions, we can achieve balance in body, mind and soul. In *Emotions: Transforming Anger, Fear and Pain*, Dr. Marilyn Barrick, a transformational psychologist, takes the study of our emotions—and how to deal with them—to the next level.

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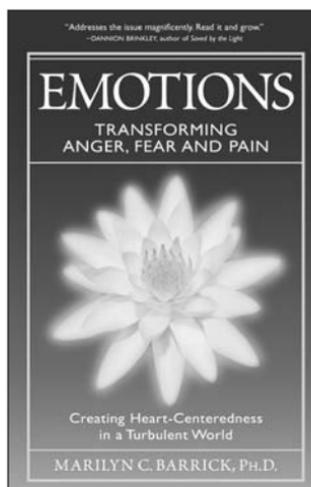
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“Written in an easily understandable style, Emotions: Transforming Anger, Fear and Pain offers a wealth of information. Dr. Barrick provides excellent methods for freeing ourselves from some of our most destructive emotions—thus opening the door to improved health at all levels.

This book is deserving of wide reading and rereading.”

—RANVILLE S. CLARK, M.D., psychiatrist, Washington, D.C.



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Dreams

Exploring the Secrets of Your Soul



ISBN: 0-922729-63-8
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Everyone and everything in our dreams is part of us . . . We spend one-third of our lives asleep—and most of that time we are dreaming. Dr. Marilyn Barrick's fascinating work shows that our dreams are not only meaningful and connected with events in our lives, but they also hold valuable keys to our spiritual and emotional development. In fact, our souls are great dramatists and teachers, and the scripts of our dreams often contain profound and valuable guidance.

Dreams: Exploring the Secrets of Your Soul discusses Tibetan sleep and dream yoga, lucid dreaming and techniques to help you more clearly remember and understand your dreams. Learn how to interpret your dreams through the powerful insights in this book and the author's visionary analysis of actual dreams. And discover how to decode the metaphorical messages of your own soul.

"This unique book on dreams integrates the soul's development on the spiritual path with personal dream work. . . . It invites us to consider a greater potential of the self beyond life's ordinary conflicts and helps us open up to a greater understanding of the purpose of life."

—RALPH YANEY, M.D.,
psychiatrist/psychoanalyst and author of *10,001*

"Dreams. . . helps the reader unlock hidden secrets thereby opening new vistas to awareness, understanding, healing and finally, higher consciousness. . . . Dr. Barrick carefully, cogently and expertly enables the reader to understand the dream messages psychologically and spiritually."

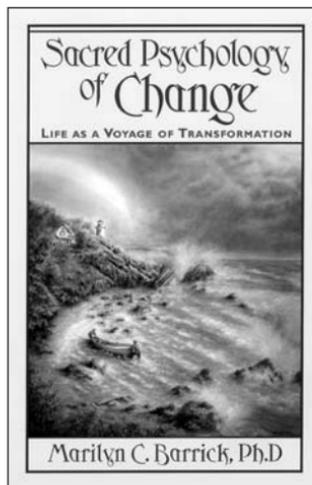
—RICHARD FULLER, senior editor, *Metaphysical Reviews*

Sacred Psychology of Change

Catch the vision of your role in the 21st century. *Sacred Psychology of Change* shows how you can welcome cycles of change and even chaos as transformational opportunities. It is jam-packed with helpful information from cutting-edge change theories, psychology and spirituality.

Dr. Marilyn Barrick teaches us how to envision and explore the future while living productively in the present. Discover the importance of a creative mind-set, an open heart and the maturing of soul to successfully navigate the waves of change. Learn how to meet the challenges of endings and beginnings and emerge from the darkness of grief and loss into a bright new day.

The storytelling chapters and exercises bring your personal journey to life and suggest practical approaches to the challenging scenarios of our fast-moving world.



ISBN: 0-922729-57-3

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“This book asks us to ‘focus our attention on the higher intelligence of our heart’ and then describes in loving detail ways of doing just that. Those interested in the heart’s ability to heal will find encouragement in these pages.”

—RUTH BLY, licensed psychologist, Jungian analyst, author

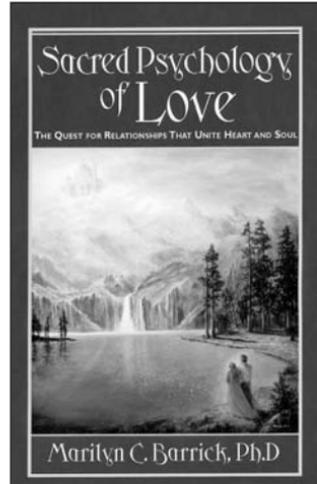
“A profound treasure of spiritual truths and their practical application based on the author’s many successful years of personal and professional experience. Written in the language of the heart and with remarkable clarity and sensitivity, this book will lead you, chapter by chapter and step by step, to a profoundly healing dialogue with yourself—and through an exciting spiritual and psychological journey of change.”

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Sacred Psychology of Love

Searching for your perfect love? *Sacred Psychology of Love* unfolds the hidden spiritual and psychological dramas inherent in friendships, love relationships and marriage. It tells the story of each one's inner beloved and offers tender ways to spark divine love in your relationships.

After 35 years as a clinical psychologist and relationship counselor, Dr. Barrick is uniquely qualified to reveal the impact of childhood experiences upon adult relationships and to awaken us to the benefits of the reflecting mirror of the beloved. She shows the key role your inner "other half" plays in the eternal dance of love and gives practical self-help exercises to guide you on your quest for relationships that unite heart and soul.



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"A wonderful marriage of the mystical and practical, this soul-nourishing book is beautiful, healing and thought-provoking."

—SUE PATTON THOELE,
author of *Heart-Centered Marriage*

"In our search for the Beloved, whether inner or outer, we seek that mysterious blend of beauty and practicality which Dr. Marilyn Barrick masterfully conveys on every page.

Synthesizing her knowledge of sacred text, her clinical expertise and her life's wisdom, she has written a book for anyone seeking to love or to be loved. With compassion and humor, she gives us an important tool for enriching relationships."

—ANNE DEVORE, Jungian analyst

Marilyn C. Barrick, Ph.D., is the author of a seven-book series on sacred psychology, a synthesis of her knowledge of sacred text, her clinical expertise and life's wisdom. The first five books, published in English and Spanish, highlight personal and spiritual growth through understanding the ins and outs of love, change, dreams, emotions, and the soul.

Dr. Barrick will complete the series with two books offering her professional and spiritual insights on children and family and on past lives.

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MARILYN C. BARRICK, Ph.D., minister, psychologist and transformational therapist, is the author of a seven-book, self-help series on spiritual psychology. The first four books are *Emotions: Transforming Anger, Fear and Pain*; *Dreams: Exploring the Secrets of Your Soul*; *Sacred Psychology of Change: Life as a Voyage of Transformation*; and *Sacred Psychology of Love: The Quest for Relationships That Unite Heart and Soul*.



In her fifth book, *Soul Reflections: Many Lives, Many Journeys*, Dr. Barrick takes the reader on a spiritual-psychological journey—the journey of the soul from heaven to earth and back again. She skillfully interweaves karma and reincarnation, psychological interpretation, client stories and self-help exercises. She introduces the magic of Milarepa, the heroism of Parsifal, the ancient and modern lives of Phyllos the Thibetan, plus stories of modern-day saints and heroic figures, such as Padre Pio and Helen Keller.

In addition to her private practice as a clinical psychologist, Dr. Barrick conducts seminars and workshops in the U.S.A., Canada and Europe. Over her 38-year professional career, she has consulted as a psychological expert to schools, churches, government agencies, professional advisory boards and mental health facilities. She has also taught graduate psychology courses and served as a Peace Corps training development officer and field counselor.

As a minister in a church that integrates the spiritual teachings of the world's major religions, Dr. Barrick integrates her considerable psychological expertise with a broad spiritual perspective.

Visit Dr. Barrick's web site at www.spiritualpsychology.com.

“Marilyn Barrick fervently believes in the power of lifting up deep, inner compassion as a potent tool for healing human sorrow and suffering. She offers us the possibility—nay, the promise—of spiritual companionship and support the moment we honor our brief time on earth as a gift to be opened, rather than as a problem to be solved.

“Dr. Barrick offers kindness, healing and hope to anyone who reads this book. She helps us heal the past while creating a luminous future for ourselves and for the family of the earth.”

—WAYNE MULLER,
N.Y. Times best-selling author of *Legacy of the Heart*

As we move into the 21st century, many of us feel a yearning for spiritual awakening and divine guidance. We look to therapists, coaches and ministers for answers, but ultimately the healing of soul and spirit is an inner quest.

The journey of our soul has lasted many lifetimes, and our choices resulted in both good and not-so-good karma. Life issues and trying circumstances often reflect the intertwining of karma with problems we face in our lives.

How does all of this relate to our soul? The author shows how love and compassion can initiate a healing process for the soul. Through inspiring meditations and practical exercises, she offers creative ways to help us transform painful experiences of the past.

Dr. Barrick presents intriguing studies of factual and legendary heroes in their quest for enlightenment. And she reveals alchemical formulas to enrich our quest for soul liberation.

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