

## Introduction

Dawn: spent dreams bleeding on a silent sea. Dragging leaden eyes from the sands beneath my feet I regarded the crimson spectacle before me and met the portent of my doom.

A bit melodramatic perhaps, but these words came to me one morning as I finished yet one more depressing and depressed cycle of day and night. I was on a beautiful beach in Vancouver, British Columbia in front of one of the most stunning harbors in the world, being entertained by a sunrise of the type that has filled poets' hearts and graced many rich movies. Yet I only saw the image as described by the bleak words above. This, from the heart and mind of a man in his early twenties, already successful in business and a husband and father. Those few words had stayed with me for decades, and now come back into my mind as I seek an opening for this collection of essays.

What I write about comes from personal experience and journey. I am pleased to say that for the last half decade the images and words above had left my consciousness even though I had spent my entire adult life in their thrall. Through pain and effort I have found the way to a better life, one in which I am at REST and believe that I am fulfilling what I came to accomplish. But it was a close thing. I almost missed the path. Only three years ago I was so certain that I had failed in my purpose that I saw no reason to continue. Yet here I am. I now know that it is never too late to make important changes.

I have had a full and complete life. I do not mean this in the typical sense; that is a life full of joy, love, family and wealth. Instead I mean that I have had a cornucopia of experiences; only some of which fall into more traditional definitions. The bulk of my life has been filled with heavy matter, events and relationships which have been difficult and educational. I suspect that one reason it took so long for me to GET IT is the fact that I was pretty much consciously unaware of my self and/or my emotional state of existence. I was instead rational, logical and scientifically inquisitive.

During my intense process of growing UP I had three marriages, the first of which produced my three adult children. I have had innumerable occupations, being gainfully unemployed from the age of 23. I was raised on a farm in central Alberta, and had military experience. My Masters and Ph.D. degrees in management were achieved after the age of 40.

For as long as I can remember I have had a keen interest in the human condition. My studies included observation (mostly through relationships), study and exploration. I have examined all of the major religions and many of the minor ones. I have studied a variety of languages representing peoples from each continent. Although not very good at them, it has helped me to understand the cultures and thought patterns of the people who speak them.

I was adopted as a baby and found out about it when I was thirty. My family life until that point had been difficult and troubling. When I was forty I was united with my genetic mother and two

sisters.

I was athletic, tending towards sports that were physically punishing such as Judo, Rugby and horse training. I have broken bones in most areas of my body, have survived Polio, a variety of life threatening diseases, and being burned to the point of death. I seemed to have had a steady war going on between my spiritual and physical self since I was a youngster.

My emotional bruising has been no less intense. As far as I can remember I was physically and emotionally abused and suspect that I was also subject to sexual abuse. Most of my childhood remains hidden from me. As an adult I endured many traumas before I fell to a crippling back injury. Finally forced into painful physical inactivity I was driven to look at myself. It took three years to peel back the onion skins of my life and DISEase. Now, more than a decade later, I am beginning to finally act congruently with my SELF. It is not easy and I still find myself slipping back into old habits. However, as I am now AWARE ,I can spot slippage sooner and take corrective action.

My life is different now. I have found REST without having to rest. I am proactive and continue to find and resolve issues that I did not suspect I had. It is easier now that I have a clear understanding of my core values and beliefs. I can avoid acting against myself. As a result I am able to be more in tune with others and have a healthier relationship with my children and family. I can better assess emotional risks and deal with them cleanly.

This background has been provided to give you a sense of the fact that I have lived through, and survived, a life filled with lessons and drama. Overall I can say that while it has not been easy, it has been a good life.

This book has been written to provide you with some short cuts through the lessons I learned. It will not relieve you from personal responsibility and action. After all, it is your life, not mine.

It will give you some tools and perhaps, a healthier perspective on life.

It takes a circuitous route, does not provide any magic pills, and makes some strong claims about what makes us what we are. It is filled with experiences from my life as this is the only way I can relate to you. By exposing my self to your scrutiny I hope that you can relate to something in your life, so that the tools provided herein have context and utility.

Not everything in this collection will interest you or be applicable to you. That is OK and normal. Just take that which does apply and think about how your life might be different if you tried another approach. If nothing else, you may finish this series thinking that your life is not that bad; as obviously there are some people who have had a harsher go of it.

Whatever works for you, I hope you enjoy it and find at least one thought, idea or phrase that will make a difference.

## **Disclaimer:**

Throughout this presentation I will make various statements of historical context which will not be precise. For example, when speaking of the shift of emphasis from the feminine to the masculine I use terms such as “about 5,000 years ago”. In doing so I am not being lazy or sloppy in research. Rather I am being very deliberate about avoiding one of the common traps of the Age of Reason - that is trivializing important concepts or ideas by arguing over technical specifications. This deflection technique has been very useful in diverting us from the essence of ideas, thoughts or discoveries.

Intuitive processes are not about exactitude of specification. Intuitive processes are about the nature of things, not the description of things. What something IS is not the same as what something LOOKS like. As my intention is to aid the re-introduction of the feminine into our world, I will not use the tools of the masculine except in broader terms.

We have become a people who relish complexity, who love to disassemble, study and bifurcate without end. It is a good way to avoid resolving or approaching core issues while appearing to deal with them. Overwhelming symptoms with exercise, pills, drugs and meditations is an engaging past time, filling idle hours and funding many industries and economies. But what does it really do for us; for you, for me? What does this activity really accomplish? What has really been contributed to the growth, health and well Being of the individual and the societies in which they live?

Speaking from deep and profound personal experience, and from observations of many troubled souls, I can say unequivocally - the answer is not very much.

This does not mean that I do not intend to be precise in meaning. It does not mean that there will not be solid, useful content.

It means that you, the reader, will be called upon to follow the ideas and concepts of this material with more than your left brain. Your intuitive, feeling, sensuous right brain must also be used. To realize the fullest benefit of what is contained herein you will have to ENGAGE, to allow yourself to float through the various planes of awareness, call forth a broader range of knowing than what you were taught in school. You must FEEL as well as read what comes next. Find truth in what you access throughout the entirety of your possibilities rather than meekly follow the safe path of logical discourse.

Challenge what I say by calling forth your entire SELF, tap into the bank of universal knowledge. Taste, smell, feel and touch the words and ideas instead of using only your eyes. What follows then will be an excellent adventure.

