

## THE ART OF EXPRESSING THE VOID

November 1, 2018

### REALIZATION 1: BEING ON THE PATH

Spiritual seekers, or those participating in their own personal development or conscious evolution, or who consider themselves to be awakening, sometimes refer to themselves as being 'on the path.'

A starting place for being 'on the path' is to know one's true identity and place in the scheme of things. Who am I, really? Why am I here?

Ageless wisdom, also known as the perennial philosophy and the esoteric tradition, answers those questions by specifying aspects of the individual — such as personality and soul, the lower and higher selves. In general, it says the soul is the authentic self and the purpose of the personality is to express the soul.

The esoteric tradition also says that soul is consciousness and that consciousness evolves. Does the ageless wisdom itself evolve? In some ways it seems to be stuck in its own tradition of pillars and rays. On the other hand, it is still rich with universal insights and uplifting inspiration.

### REALIZATION 2: THE CONCEPTUAL AGE

Concepts are mental and therefore limited. The story of the discovery of electricity and its development into practical applications is the story of evolving concepts. Without an evolution of conceptual understanding, the next page of that story would not have been written as it was in 'The Electric Universe' — neither in the book nor in human history.

The division of natural cycles into minutes, hours, days, weeks and months is conceptual. Every idea of a visionary is a mental concept.

Especially in the esoteric, concepts are never fully the actuality, are they? They serve only to ease the mind into a comfort zone of understanding. Even though the understanding is not literally accurate, it can be useful 'on the path'.

However, there is another way of living. That is, to live from an unknown understanding and to know what is needed to be known in the moment. It is to remain non-specific until specificity is required. This could be called the art of expressing the Void.

### REALIZATION 3: THE VOID

Sure, every word is a concept and to express the idea of the void in normal human terms requires language. Words cannot give an experience of the Void (capitalized because of its all-inclusiveness.) Even if a feeling of the Void is not conceptual, as soon as it is described in words it becomes a concept.

The void pervades all. I think of it as the self-aware substance of space, and the most complete of the consciousness spectrum. While having telepathic conversations with the consciousness of electrons, I heard the void referred to as non-specificity. However, each person may have their own term which 'works' for them for a time. Non-specificity seems to me the least conceptual, as it is exactly what it says.

The unmanifest void I understand to be pure potentiality which manifests through the whole range of dimensional existence. It does not have higher and lower, light or dark, as it is non-specific and beyond properties.

The unmanifested is the Absolute, the pure and formless ground of being from which creation and manifestation arise. As such, the unmanifested is free from change, the unmoved mover. It also, necessarily, cannot be explained or comprehended in terms of any manifest reality. - ?Unmanifest - Wikipedia

Consider that the unmanifested is free from change, and that the number of charges in the universe has not changed since its beginning:

The universe is very old now, and the original electric charges have long since dispersed. Many of the individual charges were destroyed as they travel the galaxies, but in their place — always — new charges were created. No exception has ever been found; the sum of electric charges in the universe has never changed. - Electric Universe by David Bodanis

The non-specific void and the specificity of personality have become useful concepts on my path. When I allow non-specificity into my awareness, I feel more spacious and expanded, more attuned to the whole and at one with all. In that space there is no division and no contention. Words such as bliss and joy are still concepts and inadequate to describe it. Unconditional love is more clear to me as non-specific love.

The further a person goes with their mental faculties into specificity, such as analyzing or becoming overly focused on detail and losing the larger picture, the further is their awareness and experience from the non-specific void. That may be generalizing but it feels so in my experience and I realize the benefit of balancing specificity which tenses and contracts with non-specificity in my awareness. Then I feel expanded and spacious again.

The Void on Whole Human blog.

## REALIZATION 4: THE CHOICES

A person 'on the path' has certain choices to make in everyday life, such as:

Do I choose to live for sensory stimulation only, or to experience the intensity of the underlying current?

Do I choose knowledge and power, or communion with the Void?

Do I choose to express the limited personality or the more complete consciousness of the soul or the most complete consciousness of the Void?

Certain of these choices may require a change of lifestyle, and that is another choice.

## REALIZATION 5: THE SOUL

The soul clearly is a concept, as it is defined in different ways by various traditions, each claiming authority. 'The Art of Becoming the Soul', an online course by Soul Bridging, makes these observations about the soul and the personality:

Soul references the larger picture, and sees that each is part of the greater whole.

Personality is always self-referencing.

When I see myself in another, soul is involved.

Soul love is broad, inclusive.

Soul is the agent of higher mind and love.

Personality judges through quantitative measures — how many, how much, how often.

Soul measures qualitatively — how well.

The inspiration of personality is in self-interest.

Inspirations impulsed by the soul decentralize you to make life better for the other.

In the esoteric philosophy, soul is understood as consciousness.

The individual soul is the highest aspect of that person's consciousness.

As consciousness, the soul is in everything.

The soul path is about you — your heart, mind and capacity.

As the heart awakens more, you feel yourself as being much more connected.

Awakening also means realizing the highest and best in you.

On the path, one moves into a higher value system.

When living more from the soul, the authentic self, one is living as life is designed to be lived.

The soul on Whole Human blog.

## REALIZATION 6: SELF-INQUIRY

Change the wording of questions for your way of understanding.

- 1) What does a person do or how do they act 'on the path'?
- 2) When and how did you find yourself to be 'on the path'?
- 3) What are some examples of moving into a higher value system?
- 4) How would you describe the soul?
- 5) How would you describe your level of commitment to living from the soul?
- 6) What motivates you to live from the soul?
- 7) What are the greatest hindrances to your living from the soul?
- 8) When do you feel most connected with the soul?
- 9) What are some measures of being connected with the soul?
- 10) What types of actions or events draw you more into personality?
- 11) What types of actions or events draw you more into the soul?
- 12) What attributes or characteristics of your daily life identify your living from the soul?

NEXT - REALIZATION 7: MAKING A PERSONAL MANUAL

## ANONYMOUS SURVEY

How would you describe your ideal self? What are its attributes or characteristics? Is it what you are living now, or is it 'other'?

I am living my ideal self now.

Other

If 'other' please write the characteristics here:

## HOW TO MAKE YOUR PERSONAL MANUAL

### REALIZATION 7

This continues from 'Realization 6: Self-Inquiry' in the post, 'The Art of Expressing the Void.'

When a person sees a higher potential for themselves than what they are living, and see what prevents them from living it, there is a choice to write a personal manual to assist with the actualization.

When an individual chooses to participate in their own evolution, that is, the betterment of their whole person, there is no more effective means than to infuse the personality with higher intelligence.

In this case, 'higher' refers to intelligence which has a more complete perspective and, on the spectrum of consciousness, is a more complete frequency. This intelligence carries the loftiest and most refined qualities such as non-specific (unconditional) love, compassion, empathy and wisdom.

Committing to the transforming process of infusing the personality with higher intelligence is the single greatest contribution one can make towards themselves, humanity and the earth.

The 'how to' of this is manual making ?is an individual path of closely examining one's ideals, shadows and the most effective tools for mastering the challenges while maintaining a steadfast presence.

Since each person is uniquely individual, with their own variations of the higher potential and hindrances they see, there can be no system that adequately customizes personal manuals. Matching a person to one of seven rays (as in the esoteric tradition) may hone in on certain unique characteristics, but I have found that going within is always more self-empowered than relying on any ready-made teaching or tradition.

So I write this not as a pattern for others to follow, but as an example of what has worked for me. Those who are pioneering can refer to it for their own inward journey and personal manual making. The manual is never finished, as it is continually revised with new realizations.

## STEPS FOR MAKING A PERSONAL MANUAL

The steps for personal manual making can be like this:

### The Ideal

1) Determine the finer points of higher potential for yourself, the characteristics or attributes which you choose to actualize.

### Hindrances/Shadows

2) Identify the hindrances to the actualization of that higher potential, that is, the challenges to be mastered, the shadows to be illuminated and the gross aspects to be refined and transformed. This requires total self honesty to be effective.

### Daily Practice

3) Reflect on what has brought out your higher potential in moments and what events have triggered the issues you see as hindrances. What strengthens you towards your ideal and towards mastering your challenges?

It is suggested that before beginning, you read 'The Art of Expressing the Void' and answer all the questions you can which are contained within the six realizations.

'The Art of Expressing the Void' diagram is part of the process of personal manual making.

In the diagram, to which terms do you relate and to which do you not?

What alternative words or terms would you use?

Do you relate to 'spectrum of consciousness', 'higher intelligence', and 'infuse personality with soul'?

Find the words, terms and concepts with which you feel comfortable, or which do not over-stretch your comfort zone.

If you have an ideal self, what are its characteristics?

If you recognize hindrances to living your ideal self, what are they?

What do you practice every day which you feel helps you towards your ideal self?

What tools have you developed for meeting specific challenges as they arise, such as known triggers?

It is enough for me to know that I choose to infuse my personality with higher intelligence and that the non-specific Void is the highest intelligence.

Some may relate more to infusing the personality with the soul. The online course, 'The Art of Becoming the Soul' presents a solid foundation with exercises based on the ageless wisdom (esoteric tradition.) That works for many, and Soul Bridging offers three preview videos full of rich insights, free of charge.

## MAKING THE PERSONAL MANUAL

This is provided as an example to help you with writing or making your own manual. It does not have to be written out, but writing will clarify and solidify it for you and give you something to refer to when infusing your personality with higher intelligence seems far away.

The 'manual' does not have to be long, it may be one to a few pages. It will be most effective when each question is answered as honestly and thoroughly as possible. Since the manual is never finished, questions can be re-visited and answered in more depth as the path progresses.

### 1) What are the attributes of my ideal self or highest potential?

#### The Ideal

When living the highest potential imagined, my personality is infused with the consciousness of the non-specific Void and I am manifesting the 'highest' qualities of consciousness possible in human experience such as:

- Compassion
- Empathy
- Equanimity
- Integration
- Presence
- Steadfastness

### 2) What are the issues, challenges or shadows which have hindered me from living my highest potential?

#### Hindrances/Shadows

The characteristics or shadows which hinder me from living my ideal include:

- The inner critic
- Defensiveness
- Reactivity - edginess
- Having aversions and shutting people out
- Self interest
- Wanting more, wanting what I don't have

### 3) What tools have been effective towards helping me living my ideal?

#### Daily Practice

The most effective means I have found to master the shadows include The 9 Elements of Empowerment and shifting my awareness and energies (mental, emotional and physical) to non-specificity. I have also found that when my mind-body is tense, bouncing on the re-bouncer and chanting help greatly to loosen me up, and that improves my overall state of well-being.

## The 9 Elements of Empowerment

Breathing  
Relaxing  
Letting Go  
Being Grateful  
Straightening Spine  
Centering in Heart  
Asking and Listening Within  
Giving and Receiving Freely  
Feeling Being

### REALIZATION 8: SUMMARY

- 1) The Void is not empty. It is non-specific.
- 2) Void consciousness is the highest intelligence because it has the most complete perspective.
- 3) The Void is 'the substance of space' and all-pervasive.
- 4) The Void is blocked from human awareness by the personality, which functions in specificity.
- 5) Infusing the personality with higher intelligence sparks it to unfold into its full potential.
- 6) The soul is higher in intelligence than the personality (which is conditioned to specificity,) and lower than the Void. Higher and lower refer to the completeness of perspective.
- 7) Infusing the personality with the soul also raises the frequency of the body-mind.
- 8) For those who cannot yet bridge to the Void, living from the soul is a 'first step.'
- 9) In addition to having a daily practice and tools to work with shadows, one who is 'on the path' can communicate with the consciousness of higher intelligence and 'call' it into the body-mind.
- 10) The tangible effect of this inner work is seeing less of the shadows and more of the ideal self in one's daily life.
- 11) Committing to the transforming process of infusing the personality with higher intelligence is the single greatest contribution one can make towards themselves, humanity and the earth.

The 7th realization is about writing one's own personal manual. Please contact me with any questions, comments or suggestions. I am here to help.

This silent screen capture video is meant to be felt more than read. It scrolls down two pages from the Whole Human site, 'The Art of Expressing the Void,' and 'How to Make Your Personal Manual,' with a spotlight down the middle. It gives an overview of the sense of the pages, not by reading all the text but by scanning it into one's own energy field for another kind of processing.

### ANONYMOUS SURVEY

What are the issues, challenges or shadows which hinder you from living your ideal self?

I am living my ideal self.

If 'other' please write the 'shadows' here: