

# DRAFT OF GARY'S ENTRY TO PURPLE WORLD

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+/- 2000 words

## A JOURNEY TO EMBODIED PEACE

### The Metaphorical Spectrum

Who I am has three primary colors, with gradients in-between:

The neuro-me (my human interface),

The intermediary me (soul),

The universal Self/non-self.

I am here to experience the spectrum and return to the one light.

### The Neurological Spectrum

Standing next to the proud father watching his newborn was a father of another kind. The baby screaming red-faced drowned out all others of the maternity ward. The priest turned to the man and commented dryly, 'That's an ornery one, isn't it?' The man thought, 'That's my son!'

Dad wrote this to me, of me, adding that it was difficult for him. I'd asked in a letter if he had memories of any unusual around my birth to help me understand what I called my highly sensitive hearing. His difficulty was with the memory of spanking me for screaming as an infant. I could feel the shame and regret in his words as he explained that in those days, parents were advised to spank their misbehaving children.

Dad was a product of an ignorant and underdeveloped society and had not the capacity to go beyond it for higher guidance. I do not fault him.

For days and years following 1953, there wasn't even a word for my 'condition' which much later came to be called misophonia and Asperger's or ASD 1 (Autism Spectrum Disorder, Level 1). Later in life I still refer to the combination as my neurological anomalies.

Looking back across seventy years, certain threads can be seen running through. Oftentimes personal loss has been somehow intertwined with my spiritual stages.

### Threads Woven

The anomalies thread has run through my life from age five, impacting and shaping it deeply. For most of those years I felt alone in my tormented experience of life. It was a revelation to learn of misophonia and that about 20% of the population has it to some degree. Mine has been extreme. It took years until I accepted the limitations of my Asperger's brain but it's better than not understanding why I am as I am. Another thread has been personal loss, and stages of psychospiritual development.

Writing prose, poetry, short stories, webpages and blog posts has been my main creative expression outlet, a journal of my journey. Finding a stone labyrinth in a sheep ðŸŒŸ pasture near the Baltic led me to hand draw eight labyrinthine designs, which over the next years were printed into cards and canvases and molded into clay. While walking the labyrinth, the inner voice said 'to find God, look into the atom.' That inward turning eased me later into the science-based understanding of plasma physics.

My older brother died at nineteen when the car he was driving went off a Wyoming mountain road. I was twelve and still Catholic which influenced my response to the family sorrow.

Nine years later my close younger brother Mark died at seventeen when the car he was driving was hit by a drunk driver in Denver. My determination to know God and the highest truth had immersed me in a metaphysical worldview. Mark had written a song two weeks before:

'Stargazing Wanderer'

The mountain is conquered,  
my sky is red.

Peaceful giant,  
and nothin'™s said.

Star-gazing wanderer is what I am.  
Eternal heaven grasps my mind

and carries it to a starburst field of flowers.  
Can'™t count the hours.

And the ebony god grants a vision,  
my soul is arisen.

Flightless clouds in timeless night  
suspend me with them.

Such unearthly delight is mine.  
Perhaps a sign.

Silver threads of a golden dream surround me.  
My being will be free.

- Mark Jonathan Smith  
1957-1974

Nine years later my mother went into a Denver hospital for heart surgery and didn't come back out. I had become a Bible-believing evangelical Christian and cried out to God at her deathbed.

Nine years later my wife had a first time epileptic seizure which due to my dualistic indoctrination was initially mistaken for demonic possession. Her personality and our relationship changed after her brain surgery. During this period I did some serious soul searching, realized how my belief system had deluded me, and sought to 'make sense' of my life.

Nine years later our divorce ended a twenty-five year marriage. When I crossed the country from Atlanta to the Pacific Northwest in 2000, my emotions were wooden. With the hard decision to leave the marriage, remaking myself became possible.

## New Cloth

In Ashland, Oregon, I met a German woman with a brave heart who'd come to the States guided by spirit and intuition. She and I started traveling "first for doing energy healing work together, then to the remote River of No Return wilderness in Idaho, where as a fifteen year old I hiked the river trails for a summer with my dog Kiche.

Following our excursion into Idaho, she and I traveled to India, followed by a year in Spain giving energy healing sessions. After that we moved more than 50 times between the Americas, Europe and Oceania, crisscrossing the States, and having magical adventures on the Hawaiian islands.

During this time, Dad reached the goal he'd set for himself of living to age ninety. After my mother's death he took early retirement from the university and rode the perimeter of the States on his bicycle. Then he wrote a book about it, 'One Mile at a Time.' On his deathbed, surrounded by family, he huffed and puffed as though pedaling up a mountain before he passed over.

The assignments from life which my partner and I accepted included providing care for the elderly and developmentally disabled. We were live-in therapeutic houseparents for young men on the autism spectrum.

"All is Everything" was originally inspired by my one ayahuasca experience, where I heard the inner voice say, "Embrace everything." Almost ten years after that, in 2013, the poem arose just before my partner and I became house parents to at-risk teen-aged boys. It helped me keep my balance during that turbulent year.

During this assignment, I first heard the term misophonia (the tormenter of my life) and afterwards began to realize my own place on the autism spectrum. Today misophonia and Asperger's come up in internet searches and a growing knowledge base provides some relief for those who suffer from them. This is a small segment from the longer poem:

All is Everything  
The All embraces Everything,  
the Everything is All,

and in the Everything,  
there is no rise or fall -

as the up is in the down  
and the down is in the up,

and taken all together,  
the content fills the cup.

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There is no good or evil,

there is no loss or gain.

Expanded into Everything,  
there is not really pain.

Neither is there special  
nor important as you see,

the All embraces Everything  
with equanimity....

The greatest challenge of my life is appearing towards the end of it, as my physical force wanes and the characteristics of Asperger's become more pronounced. Accumulated pain and inhibited emotional connectivity strains relationships.

My life partner always has a deep place of belonging with me, in my heart. But that has not always been evident due to my neurological limitations which also developed into unsupportive coping mechanisms and behavior patterns.

As the wisdom of the Tao Te Ching says, "The path into the light seems dark, the path forward seems to go back, the direct path seems long, true power seems weak...."

In the darkness of my dampered and conflicted emotions, the candlelight of the 'Embodied Peace' meditation burns by metaphor and faith with the eternal flame I am. The Embodied Peace meditation/invocation is read to me each morning by a natural voice synthesizer app, Voice Dream Reader. That also enables me or anyone else to revise the text as needed.

Embodied Peace  
Eternal flame, bright and true.  
Beam your light, and guide me through.  
The shadows, and the darkness deep.  
My mind, in peace, and presence, keep.

Pause for a moment of silence, breathe deeply, and focus on ..... Present moment, peaceful mind. Present moment, peaceful mind.

All that exists, seen and unseen, is a spectrum of frequencies, of waves and patterns. I am here to experience, realize, and embody the full spectrum, and return to the one light.

The elements " earth, air, water, fire, and ether " as geometric energies, can be a bridge and focal point, to center, and balance myself in this timeline. Consciously, we are resetting to the original blueprint, of harmony and equilibrium.

To the elements, I say:

EARTH: Anchor, and ground me, in the Present Moment, my body.

AIR: Clear and reduce my thinking, releasing tension with each breath.

WATER: Calm my emotions, be still, and return me to a Peaceful Mind.

FIRE: Purify and transform my whole human being, to my essence, love for love itself.

AETHER: Awaken my consciousness, to the most complete perspective possible.

'Hereby I consecrate these forms, as representations of the essence underlying the elements, and dedicate them to my embodiment of peace, ever-expanding awareness, and interpretation of the divine will, the highest wisdom for my life, from the most complete perspective of consciousness.'

I am not a drop in the ocean, but have lived, as though. I am the ocean in a drop, and like to live this way.

And then I ask, 'for this day, what is the message of highest self/non-self, to me.'

O, Solar Logos: align, attune, and synchronize the neuro-me; with you, my highest Self. Raise the neuro-me, including my brain and nervous system, to ever higher and more complete frequencies.

Flood the cells of my body, with the present moment, and a peaceful mind.

My brain: the neuro-me, my human interface with the world. Yield to a higher, more complete, perspective, and consciousness; and know deeply, who you are. As we align our frequencies, we are one. The human interface, the soul, and the Godself.

Therefore, Neuro-me: synchronize, with the Solar Logos, that is:

The Christ Consciousness.

The Central Sun.

The Source, I Am.

The Highest Self, Non Self.

The Unmoved Mover.

The Heart, of the Whole Human Being.

Let go of stress, anxiety, and tension.

Let go of judging, criticizing and labeling.

Let go of blockages, and let healing energy flow.

Let go of fear, and choose trust instead.

Let go of thinking, and choose the present moment, instead.

Let go of resistance, and choose acceptance instead.

Let it go, let it flow, and let it be.

Be calm, confident, and compassionate.

Be balanced, in harmony, and neutral.

Be the Essence, of Joy.

Be grateful, for what is.

Be guided, by the inner compass.

Be present, to the moment.

Be in service, to love, for love itself.

Be in constant felt connection, with divine intelligence.

Be in constant felt connection, with the One Being.  
Be free from mental wanting.

Rest in the innate Perfection.  
Rest, in the Zero Point, of Being.  
Rest, in the calmness, of Surrender.  
Rest, in the Stillness.

Breathe in, the Light of Source,  
Through the center of the heart.  
Allow the Light, to expand;  
Throughout the body, and beyond;  
In one unified field, of Divine Light.  
Feel, the Presence of the Light;  
and know deeply, who you are.

Breathe out the Presence, of Divine Light.  
Radiate the Light, from the unified field,  
and feel connection with the One Being, throughout the day.  
Abide in the Source, and Sustenance, of life....

Be, the presence of Light.  
Be, the essence of Light.  
Be, the radiance of Light.

I am, the Divine Light. I am, the Eternal Flame.

So it is, so let it be.

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Sometimes the brain is easily triggered to be in un-peace, and needs to be guided to return to peace. Speaking peace to a dysfunctional brain and calming it like a stormy sea, increases ones power of inner peace. It's generally more effective to catch un-peaceful thoughts and emotions early to prevent dysfunction than to return to peace from a full rage. The 'Embodied Peace' mantra/meditation builds muscles for handling the storms and experiencing who I really am.

In one stage of my life, knowing God and the highest truth was my primary focus. In another, gaining knowledge. In another, a hunger for diverse and out-of-the-box experience motivated me. Now, inner peace strong enough to withstand all daily storms is pre-eminent.

Calmness is one thing, stillness another, when measured as brain signals. Inner peace is something else entirely when measured by one's reaction or response to triggering stimuli. One who is truly peaceful (not just trained, conditioned or masked to appear so) in the midst of the most trying circumstances has embodied peace. The anchor of such a one is constant felt connection with Source.

Intellectual peace is empty and meaningless, social peace superficial, and peace activism a contradiction of terms (fighting for peace). Embodied peace, however, is the single thing most needed by humanity to advance, as whole human beings.

Amidst all the darkness of the world are beacons of light shining now and into future generations. Among those are decentralized blockchain technologies and crypto communities such as Cardano, with a promise of self-governance.

Harmonious self-governance is sustainable only by individuals growing into greater emotional or psych-spiritual maturity, with on-going inner work to embody peace in themselves.