

Lesson 30: Energy and Spiritual Growth

The psyche is a gestalt of aware energy in which your own identity resides, inviolate, yet ever-changing as you fulfill your potentials. You are your psyche's living expression, its human manifestation. Yet you allow yourselves often to become blind to brilliant aspects of your own existence.” – Seth

The quote above was dictated by the spiritual entity known as Seth in his book, *The Nature of the Psyche*, channeled through Jane Roberts (c. 1979). We chose to open our discussion on energy and spiritual growth using Seth's inspiring words as a foundation from which to build the lesson on. We wish to provide you with a variety of perspectives to help you understand on a broader level the awareness of energy and the connection to spiritual growth. In prior lessons we have addressed the matters concerning electromagnetic energy as it pertains to habitual thought patterns and the realities that are created as a result; or at least the perceived realities. But what we want to address in this lesson is the importance of becoming aware of the energy that is within you as it forms your identity and affects your ability to fulfill your potentials, even your seemingly latent potentials. Therefore the proper harnessing, containment and management of energy and the awareness of it are necessary to the expansion of your spiritual growth as well as the fulfillment of your human potentials. This lesson will serve as an introduction to the idea of energy awareness and its relationship to spiritual growth.

The sub-title of Seth's book is *It's Human Expression* which is descriptive of the fact that our psyche does, in fact, require a human manifestation for the purpose of experiencing physical life through the five senses which includes our perceptions of not only our own individual realities but the realities of the world we live in as well as the degree of our emotional involvement and evolution. The process of emotional evolution requires a spiritual growth, not necessarily by way of an organized religion but most definitely by way of internal energy changes that inevitably results in an exchange of negative to positive energy. Seth often describes the whole of the nature of personal reality as a gestalt which he considers to be more than the sum of its parts because the psyche is ever expanding, unfolding and evolving.

The awareness of energy contains two parts, the conscious ego mind and the unconscious aka the inner self. The difference between them is that the conscious ego is limited to sensory and intellectual knowledge whereas the unconscious is fully aware of itself and everything that exists from a spiritual perspective. The inner self has a greater sense of identity and purpose than the conscious ego and possesses an unlimited scope of its own conscious awareness. Thus it is the ego consciousness that hinders the awareness of positive energy and the powerful potentials that resides within it. The ego consciousness has to be spoon fed and is only given what it can handle without putting a

strain on itself in terms of provoking and instilling fears and insecurities. When one becomes aware of the universal connection to himself not just as an individual but as a whole he can begin to rely on the infinite stream of knowledge from the inner self which takes energy. The energy of the inner self can begin to form realities that are purposeful and insightful with a 'knowing' that surpasses the knowing of the ego consciousness because the inner self does not rely on sensory perception but rather builds on its own vast inner experiences.

The ego consciousness has a tendency to get caught up in the trap of strong emotions which influences what can then become well established biological behavior patterns negatively speaking. In this sense the ego consciousness loses sight of itself and its true purpose as it succumbs to the repetition of those same strong emotions. The ego consciousness is not able to maintain a true sense of individuality and universal unity at the same time but rather it tends to lean in one direction or the other to suit its most current needs. Consequently, spiritual growth is often hindered as the lopsidedness of the ego consciousness tries to overrule the realities the inner self is attempting to formulate and balance. This is precisely where we as humans get ourselves into so much trouble in terms of how we experience our realities and why. When we talk about the principle of like attracting like it is because the realities that our ego consciousness create, mostly as an illusion of our outer perceptions, is in actuality being created and formed in the electromagnetic energy fields within our inner consciousness. What is actually created either by the direction of the inner consciousness or the controlling ego consciousness then becomes conditions or physical objects - matter manifested in our three dimensional systems.

Now the reason why the psyche is inviolate is because it is the center of pure energy and intense creativity which is mostly ignored by the ego consciousness for a variety of reasons that in turn actually violates the creative processes of the inner consciousness. The ego consciousness prefers the zones of comfort it provides for itself rather than to allow the inner consciousness to expand its self-awareness through creative outlets - which to the ego mind is much to threatening. Julia Cameron, author of the Artist's Way, A Spiritual Path to Higher Creativity describes this menacing conscious presence as the Censor. The Censor is best described as loathing anything that sounds like real self-worth attempting to manifest through its creative channels. The manifestation of creativity requires the use of energy just as it requires the individual to be consciously aware of the powerful use of energy. Hence, the ego consciousness is in fact the shadow of the inner consciousness and not the other way around as Carl Jung suggested nor is Jung's 'unconscious' really unconscious but is actually very conscious of itself. The inner consciousness is, as Seth describes purposeful and highly discriminating. On the other hand the ego consciousness rises out of the so-called unconscious which of course is the inner self and acts out in various roles though always relative to sensory experiences and perceptions. People who meditate understand the distinct differences

between the ego consciousness and the inner self and know that the source of all creativity comes from the inner consciousness that is often depicted in symbolic form in dreams, visions and ideas.

In past lessons we have talked about infinite possibilities and what we like to identify as 'likely to occur' probabilities as they pertain to the fulfillment of your potentials. What begins as possibilities can become fulfilled potentials when there is a spiritual growth that begins from within and then manifests externally in some manner of speaking not limited only to the creation of physical objects constructed of matter. Hence, these possibilities become the most 'likely to occur' probabilities simply because they are in sync with the electromagnetic energy field that is largely controlled by the inner consciousness of which the ego consciousness has very little awareness of. The inner self directs the electromagnetic energy units into forms that become recognizable objects or conditions that one experiences as the circumstances and events of physical life. The ego consciousness perceives the formed objects or conditions through the physical senses. Whether it perceives it accurately or not is neither here nor there to the ego consciousness. It is, after all, happy to live inside the illusions of its comfort zone in the spacetime continuum.

Next we would like to address the matter concerning your identity which all by itself can lend to a great deal of confusion and chaos in your day to day lives. You have both an inner and outer identity but you are not always able to make the distinctions. It is to your benefit to understand the difference between your inner identity and the identity your ego consciousness chooses to be recognized as. Your inner identity consists of the experiences of all your past lives and designs an identity to suit each incarnation in accordance with the purpose of every incarnation. Now your ego consciousness, however, chooses to ignore this inner identity for something it deems to be far more suitable that lines up with the beliefs you will come to hold and begins to form and mold your outer identity. You think of this as the characteristic traits you believe you were born with which is not truly who you are but is a perception of who you are. What happens next is that your inner self knows who you are and who or what you are intending to become while the ego consciousness plays tug-o-war with your surface identity which, incidentally, is extremely subjective to your beliefs, perceptions and emotions. What is important to understand about your identity is that you are never stuck with the identity you and those around you have helped you to form. You have the freedom to alter or change your identity as you come to understand and connect to your inner self. Understanding yourself from within requires the same use of energy as it does to identify yourself by external standards and perhaps even less in many cases. So when you allow yourself the experience of spiritual growth you naturally come to realize that there is much more to your identity than what lies on the surface and that underneath your ego consciousness is an identity waiting to reveal itself through its own creative processes.

You are your psyche's living expression that you have elected to manifest in human form for your own individual intended purposes. As we have said in previous lessons these purposes can be to resolve a karmic debt, to experience various karmic relationships, to learn certain lessons and hopefully to evolve spiritually speaking all of which requires a relative degree of energy. Unfortunately you do so often and have allowed yourselves to become blinded to your own potentials, 'the brilliant aspects of your own existence.' On the surface you often struggle with your relationships, you forego your own dreams, visions and ideas and you leave your own goals unattained or unachieved. You unknowingly or perhaps even knowingly utilize strong negative emotions that steer you in the wrong directions heading down paths you never intended to walk upon. You may experience chaos in your lives never knowing that the same electromagnetic energy field can be polarized to return to you far more desirable results but this perhaps has not been your experience because you do not know or have forgotten the importance of your spiritual growth which becomes a beacon of light in the darkened harbors of your ego consciousness. Energy is energy no matter how you utilize it and it can be bent in such a way, hopefully voluntarily on your part, to synchronize with your intended purpose for your physical existence. In this sense like does attract like either as negative results produced from negative energy or positive results produced from positive energy which occurs when one becomes spiritually enlightened.

In any event do not be dismayed at the obvious outcome of your life experiences as all experiences, even those that produced undesirable conditions are not for naught. Everything that is experienced is a learning tool, the operative word being 'learning' or to learn from your own personal experiences. Generally speaking most people will gravitate toward a spiritual awakening and become far more aware of the energy that is within them. As you become more aware of the true nature of your reality in terms of its causes and its effects you will learn how to draw not only on your own internal energy but you can also learn how to draw on the healing energy of the earth on which you reside in your physical reality as well as to draw on the energies of the universe. As you pull in these energies you will experience a heightened sense of conscious awareness and insightfulness in which you will know things that come from within. You will experience a spiritual upgrade or what some like to label a spiritual expansion; either of these terms are suitable explanations for the attainment of spiritual growth.

In the lessons to come we will begin to teach you how to draw on the various sources of energy and how to shift them around internally through your chakras so as to not bring any undo physical, mental or psychological harm to yourself (or others) as these energies typically involve the raising of Kundalini energy. This might take some practice before you begin to realize your own spiritual awakening as you learn how to control the presence of the energy that is now within you. As you become more and more spiritually enlightened you will come to understand the matters of life in ways you did not know were possible. You will see these things from an entirely different

perspective as you strive to evolve and connect to the God-Consciousness. In so doing you will learn how to harness your own energy for a much greater cause that will not only benefit your own personal experiences but will ultimately benefit the experiences of the whole of the race. We look forward to the advancement of your spiritual growth in relation to the nature of your personal reality.

Thank you,

Linda, Z and the Collective We

Resources and Recommended Reading:

Cameron, Julia. *The Artist's Way*. 1992. Tarcher/Putnam: New York

Roberts, Jane. *The Nature of the Psyche*. 1979. Amber-Allen Publishing: San Rafael, CA.

Roberts, Jane. *The Seth Material*. 1970. New Awareness Network, Inc.: Manhasset