

# Profile

Unconditional Community Consciousness

9 March 2008

## DIS-INTEGRATION

*Reprinted with kind permission of Sharon Snir (below), whose organisation Triune Healing is about helping people re-member who they really are. She says, "Each person consists of a population of different selves, many members that make up one whole. Over the course of a life-time we sometimes, disown a part of ourselves we don't like. We overlook a part that speaks softly. We denigrate a part that once shamed us. We dismiss a part that caused us pain and before you know it, we have forgotten who we really are."*

*Triune Healing supports people to re-member these parts, always keeping in mind that the whole person is greater than the sum of his or her parts.*

Recently I told a friend that, "I feel I am dis-integrating." She looked at me with a modicum of understanding and then said, "At least you have your rock beside you." I told her that even that sense of having a rock was disintegrating.



What *do* I mean when I say I feel I am dis-integrating? Before I answer that, let's look for a moment at the pronoun **I**. The 'I' that lives its daily life in physical communication with family and friends is the same 'I' that worries, judges, complains, assumes, argues, fights, whines, becomes drained, disconnected, and depressed. It is the same 'I' that becomes impatient, hurt, rejected, and self pitying.

Recently, over the past few months my "I" has been faced with experiences of loss and grief. The reasons for my sense of grief are far less interesting than the significance.

### Loss and Grief

All loss and grief comes from attachment. Attachment means being dependent, either on someone or something, for your state of well being. As long as we identify with the external reality of our lives, with our position, possessions and with other people we remain attached to the physical 'I'.



Hello again Everyone!

Well I have to say how very surprised I was to realise that more than a month has passed since the last *Profile* was sent out. I feel time continuing to speed up because the energies now on the planet are much lighter, more vibrant and therefore move faster. Our relationship with time typically is that we use it as

a marker between the beginning and end of an experience, a set of events or a check list of things that need to be done. So, as the energies vibrate faster and faster, for lots of different reasons, many of us are finding it more and more challenging to 'keep up' and 'do'.

Very few of us are willing to take the time to 'just be', to be either ourselves, or to be *within* ourselves, because we have been taught to judge this and are afraid of either boredom, of being labeled as 'lazy', or of 'not getting everything done'. Frankly, in 5 or 10 years, would you honestly care about today's shopping or to-do list?. Or would you remember more how you *were* with people, and how they were with you?

Perhaps a different way *to be* is to manage ourselves differently within these energies.

The first thing we could consider is to stay *really really* present, which means we focus on living our lives here and now rather than daydreaming or worrying our time away. Not being present usually results in our constant recycling events from days, months, even *years* gone by; memories of conversations or experiences in which still remain charged emotions (usually of what people said or did - to/about us); judgments of what we/he/she/they should/should not be doing/could have done better, differently or not at all etc.

Another way to be fully present in our lives is to remember to breathe. You'd be surprised how many people forget to breathe consciously. The breath is the major physical tool for staying conscious, because when we don't breathe, we lose consciousness (at every level).

When we remember to breathe consciously, we become more conscious of what is going on in our lives. We can then more consciously manage them in-the-moment (or else choose not to), and could then perhaps choose to wake up every morning and make a

As long as we are dependent on other people and things we remain attached. Attachment can deceive us into thinking we don't really need to develop our own truth to its fullest potential. As long as we are being cared for, complemented, appreciated and supported, we can easily slip into believing we are doing very well. Then, when the unexpected occurs, as it does, we feel the rug has been pulled from under us and we go down.

So how have I been dis-integrating my physical I? Let's think of the physical 'I' as the ego. Usually, we feed the ego by becoming our pain. By caving into our grief. By dissolving into our righteousness. By holding onto our position. The physical 'I', the ego, loves all this drama. It gets fat and greedy for more drama the more we give it. My usual way has been to right a perceived wrong immediately. To jump into the optimistic me and try to figure out how this happened, why it happened and how to resolve it all. Not this time. This time when the proverbial shit hit the fan, I did nothing. I just stayed in the energy but did not become the energy.

### Disintegrating the ego

*I feel sad but I AM not my sadness.*

*I feel the pain of loss, but I AM not my pain.*

*I grieve the loss of an old relationship but I AM not my grief.*

*I support others only when I feel joy in doing so. Giving freely of our time, money, effort, care is never about sacrifice. If it is, then that is conditional generosity and comes only from the physical 'I'.*

When thoughts of 'what if..', 'if only..', 'she should..', 'why is he doing this..', 'what is she up to..' come up, they are only distancing us from ourself and others, and indeed, others from us.

As the physical 'I' dis-integrates, the spiritual 'I' comes forward. This 'I' is first and foremost in the present moment. Breathe. I know we read about how important breathing is but we rarely do it mindfully. Breathe in the word 'I' and breathe out the word 'AM'. Why do we breathe? Well, the obvious is to keep us alive, but the real reason is that the whole universe breathes and through breathing we can connect to The Whole. The universe expands and contracts continuously and so do we. So when we mindfully breathe we align ourselves to the

decision on how we wish our day to be.

If we decide to start our mornings in this way, that is, sitting quietly with ourselves, perhaps with a cup of tea or coffee, pondering our day, and breathing consciously, we will find that our day will work very nicely for us, thank you. This usually takes about 10-15 minutes. A lot of people tell me they don't have the time to do this, they are just too busy, which I find interesting because these are usually the same ones who spend the rest of the day chasing their tail, and then they get all upset about it. Oh well, never mind.



When we take the time to decide how our day is going to be, we can decide, if we wish, to have a *good* day. And so, because we have pre-determined this, consciously, it becomes so, because matter follows thought, not the other way around. In this instance, we are in process of *creation* of the most powerful sort - conscious creation.

After we set this parameter for ourselves, it's a good time to run though what needs to be achieved - and then decide how we are going to do it, so that we will it to be so, consciously. This is setting the Will, a very powerful part of creation because in fact it is the source of Creation.

Another thing I share with my clients and students, and am in process of working with my daughter Gabriella for her own growth, is that when we need/require something, we 'will' it, and hold this in our minds with a determination that it will be done. Because we *will* it, it becomes so. This has huge meaning at spiritual level, which we can explore together in class environment because in order to fully grasp full meaning, we need to see diagrams.

At the same time as holding our vision, or will, we remember that everything happens in Divine Right Order, so we don't need to figure out 'how to do something' and allow it do itself. When we do this, and stay present in our lives, we are able to see and feel how things develop and so neither miss opportunities nor spend time trying to shoulder down locked doors.

When we live our lives according to Divine Right Order, we find that time expands automatically and that everything can be achieved. We are fully present and enjoying ourselves, *being* Life, rather than focused on doing things. Remember, who we *be* or who we *consider ourselves to be* determines what we do, not the othe way around. When we are *being* ourselves, rather than what other people think we 'should be', we find we have more pleasure in the *doing* rather in the achieving, and then the *doing* too becomes more joyful. And being, expressing ourselves in Joy, is a huge part of what Life is all about.

energy of the universe and can replenish our selves at will.

As I release attachment to who I am *not*, the spiritual 'I' is free to remember who 'I AM'. I begin the process of integration.

I am free to embrace the people and things I love without needing to possess them. I AM open to seeing the beauty of this moment and know I AM part of that beauty. I AM aware of the time to say hello and the time to say goodbye and have no judgment about either. I AM not impacted by compliments or criticism. The I AM feels fully, wholly and completely yet knows it is far greater than the sum of its parts.

And finally, the spiritual 'I' knows that we can feel worried, judgmental, frightened, sad and angry etc. and at the same time, with no problem at all, claim who we are.

I AM Love.

I AM Joy.

I AM Peace.

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More of Sharon's work [can be read on her website, click here.](#)

And if things don't come through in the way we thought they 'should'? Well, guess what? It doesn't really matter, at the end of the day. There's always tomorrow, another equally-exciting project, or someone else. And we've had great fun in the meanwhile too, being and expressing ourselves. Excellent situation!

Lots and lots of love from me to you. Enjoy the beginnings of our beautiful Cyprus spring - it is truly wonderful.

Anna. Of Cyprus

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## WISDOM FOR TODAY

There are three sets of mental fetters to give up

If truly we want to be free:

Judging

Comparing and

Needing to know why.

## THIS MONTH'S ENERGIES

I felt the energies shift towards the third and fourth weeks of February, to be replaced by new, lighter energies that herald Spring, the time of rebirth and renewal. For many of us, new pathways are opening and the next three months will see a lot of consolidation as we all determine new ways to do 'old' things. It's a good time reflect a bit to see what in our lives no longer serve us well, both things and people, and to consider letting these go or make changes with due love, honour and respect.

The way it works usually is that new doors don't open unless we close the old ones first - it is a part of the uplift of personal response-ability that we are all growing into, with the energies of Ascension now pretty much grounded here on our beautiful Earth.

Perhaps now is a good time to make some time to do a review of your life, life processes and the people in them. Make that change, today (it doesn't have to be a big one, perhaps a series of little ones), and you will be surprised (well, maybe not) at how your life will change, for the better, for you and yours. Remember, no one will 'do' for us if we 'don't do' for ourselves. If things aren't working for you, in whatever way, there's no reason to continue with the same stuff.

If this 'same stuff' involves other people, there are *always* different ways either to change situations, or to change our response to them. Remember, Life is intended to be lived in Joy, Peace and Love. We listen to and agree with these messages at Christmas time, and then after the tree has been packed away and we are to a certain extent in spiritual and other hibernation during the winter months, we wake up to a beautiful Spring season - and almost immediately find ourselves going back into the same old approach to Life.



Remember, time moves on, as do situations and people so don't leave it too late (or you'll have to deal with *regret* for the rest of your Life, so unnecessary). If a situation is over, or someone has already passed on, we can still effect closure within ourselves, and we can stay connected with the Love that we really are.

What might this mean, specifically? For me, it's about living Life to the full, recognising that it's who we *be*, and *who we be* in certain situations, that determines what we do. We do not take our sense of self from what we do, because we are only human with all the taught concepts, belief systems, limitations, stresses etc. So if we feel something is stuck, getting too much for us or just going round in circles, we can take a choice to make a change for

ourselves. This will free us to be ourselves, or to be *with* ourselves, more. Always a Joy.

For me, I made a decision last month to simplify my life, it's been so busy for so long. Following my decision on deliberate placement of energy that I shared during the last Profile, I decided to continue clearing out internal clutter, physically, emotionally and intellectually.

I said last issue that I don't do anything unless I *feel* to so do and if I find I have to do something I feel I *should*, there has to be good reason for it. To be in this space means not only do we have to spend more time feeling out *what* we might wish to do or experience, but that we also have to determine whether something is meant *to be*, or not. To enable this, we have to spend time during the day in being very very still, in order to look within, and to speak with our Guidance (see above article on breath and Presence).

Guidance is always, always with us, It never leaves us - on the contrary it is we who might ignore it as we rush headlong into our Lives (usually in trying to achieve something that will validate ourselves in the eyes of others). If we were to sit very still, for a few minutes each day, and focus on our breathing - with eyes open or shut - we will always connect without Guidance, and then we will know, we will *just know* what is intended to be, or not.

When we listen to our Guidance (rather than deny it with 'logic' in the way we have been taught), we can all be deliberate in how and where we place our energies. It takes practice, of course, like all of new Life, but why not give it a go and see how this might work for you? If you need more specifics, come in for a session or send me a mail. I'm always happy to do a reading for you to see where a blockage might be to achieving this.

In this way, we can all of us more fully streamline our lives when we're not worried about this or that situation (usually, in being worried about being *more perfect* in this or that situation). When we stop being worried (another word for 'afraid') in terms of performance, we become free to just be ourselves. Being ourselves is an excellent situation, because not only are we fully present when we be this way, being ourselves, naturally, is in fact the greatest gift we can give to our loved ones and everyone else for that matter.