

the *aware* show

with Lisa Garr



Gary Zukav
Spiritual Relationship

THE AWARE SHOW

with Lisa Garr

Presents...

Gary Zukav Spiritual Relationship

Copyright © 2015 by The Aware Show.

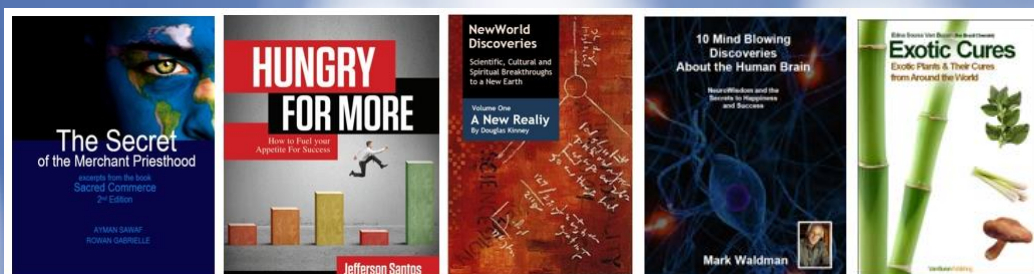
All rights reserved. No portion of this e-book may be reproduced, stored in a retrieval system or transmitted in any form or by any means – electronic, mechanical, photocopy, recording, scanning, or other – except for brief quotations in critical reviews or articles, without the prior written permission of the author.

This Edition published by Van Buren Publishing. All Rights Reserved. Editing, cover design and interior by Van Buren Publishing.

Van Buren Publishing
1171 S. Robertson #124
Los Angeles, CA 90035

www.vanburenpublishing.com

For more high-quality mini-ebooks, visit www.vanburenpublishing.com



Gary Zukav

Gary Zukav's gentle presence, humor, and insightful wisdom have inspired millions to realize their soul's greatest potential. A master teacher and eloquent author of four consecutive New York Times bestsellers, Gary is dedicated to the current extraordinary transformation in human consciousness – an unprecedented threshold in the human experience. This transformation is no less than a Revolution of the Soul, one that touches the heart of all humanity and is based on spiritual growth, conscious choices, and a celebration and reverence for Life.

His insight, thoughtful presence, and contagious enthusiasm have endeared Gary Zukav to millions of viewers through his 36 appearances on [The Oprah Winfrey Show](#). Over six million copies of his books are in print and translations have been published in 32 languages.



Spiritual Growth through the Spiritual Relationship

Lisa:

Today we are talking all about consciousness, but in the context of relationships –relationships with yourself, with others, with spiritual partnerships, spiritual relationships. Gary Zukav brings a valuable perspective on relationships. When he wrote *Seat of the Soul*, it resonated so much with people and so that he wrote another incredible book called *Spiritual Partnership*. So, let's start with understanding the spiritual partnership. What exactly does his mean?

Gary:

A spiritual partnership is a partnership between equals for the purpose of spiritual growth, and it's a brand new relationship dynamic. It hasn't existed before because previously, it wasn't necessary. It wasn't necessary for people who were limited in their perceptions to the five senses, who felt that they would live and die between two different dates – a birthday and a death date – people who felt that in order to evolve, all they needed to do was survive.

So, a lot of relationships evolved in this way. But, we are no longer these people. We are rapidly becoming another kind of species – a species that is not limited in its perceptions to the five senses, a species that is aware of itself as more than it thought itself to be. The news is that our species is in transformation; a new consciousness is now emerging, and this new consciousness is an expanded perception of who we are – and a big part of this transformation is a new potential and new understanding of the spiritual .

A new understanding of power as the alignment of the personality with the soul – a new understanding of relationship as *spiritual partnership* – partnerships between equals for the purpose of spiritual growth. This kind of relationship was not necessary in the past, but it is necessary now because now we cannot evolve, we cannot grow spiritually, without relationships of substance and depth, and these found through spiritual partnerships.

Finding Authentic Power in Our Relationships

Lisa:

Do you think that's why there is such a high divorce rate now and why partnerships are drifting apart, because it's so confusing to people?

Gary:

Relationships are difficult. But they are also the places where we have opportunities to grow. They are the places where frightened parts of our personalities, such as anger, judgment, resentment, jealousy, superiority, inferiority all emerge for us to see.

They are also places where loving parts of our personalities, such as patience, kindness, gratitude, appreciation and contentment emerge for us to see, and it's our job now, if we're going to evolve spiritually, to begin to recognize these different parts of ourselves.

There are parts that originate in fear, anger, jealousy and resentment. And there are loving parts of our personality, like patience, caring, appreciation and gratitude. We can challenge the parts that originate in fear by not acting on them when they come. This is creating authentic power. This is spiritual growth. As we talk about spiritual partnership, we are talking about creating authentic . When we try to evolve through older relationships, it doesn't work anymore because the new kind of power is all that allows us to grow spiritually.

Lisa:

I've watched you and Linda in relationship with each other. It's like watching two pillars stand next to each other, like the ones that hold up the White House. You have a very deep connection. Is that because you operate from what you call the "full power of your authentic self?"

Gary:

It's because we're *creating* authentic power. Creating authentic power is distinguishing within yourself the difference between love and fear and choosing love, no matter what you're experiencing inside or what's going on outside. What you're experiencing inside may be a power struggle. What you're experiencing inside may be resentment or jealousy. What you're experiencing outside could be anything from the trauma of a day like 9/11 to being caught in a traffic. Creating authentic

power is being able to distinguish love from fear, no matter what's happening inside of you or what's going on outside of you, and choose love.

No one can do that for me except me. That's my work. No one can possibly do that *for* me, and I can't possibly do that for Linda, or for you, or for anyone else, but I can support Linda in her own work. For example, if I see that a frightened rather than loving part of her personality is active, I can suggest that to her and make her aware of this, and she does the same for me.

Maybe I'm saying something that's cynical or judgmental and I didn't notice it, or I did notice it but it seemed so familiar to me that I didn't think about it, and my spiritual partner might say, "What was your intention when you said that?" or, "Do you think that came from a loving part of your personality or from fear?" She helps bring my awareness to something she sees that she thinks I may not see.

If she brings my attention to something and it makes me angry or irritable, then *I know* that this is exactly what I need to listen to because I've just had an emotional reaction to it. If I didn't have that issue, I wouldn't have a reaction. I'd simply know that she's barking at the wrong tree.

It's the same thing when you support your family or your marriage partner or your coworkers. Spiritual partnership requires commitment on your part to grow spiritually, and it also requires courage because when you say something about someone else it may or may not have to do with them and may be a projection of something in you.

I put my attention in my solar plexus or my throat area, and I see I'm feeling painful sensations. I look at my thoughts and I see that I'm thinking judgmental, critical thoughts. You may say, "I don't want to act on this part of my personality because it's going to create painful consequences for me as well as for others. I'm not going to act on it. I'm not going to let it control me, even though I'm feeling it." That's what spiritual partner who's is creating authentic power might say. One that is in the grip of a reaction might say, "That's nonsense. Look, I didn't ask you about this anyway, and what about you? Are you talking from love or fear – some kind of resistance?" And that's your signal that something *valuable* is being said to you.

Transforming Pain into Authentic Power

Lisa:

What about when there's outside stress coming in to the relationship, and each partner is stressed from something drastic. One of our listeners here is a former military person and wants to find out how to help their partner. How do you support each other in this kind of situation?

Gary:

You create authentic power with commitment, courage, compassion and conscious communications in action.

What happens if someone has been enduring some drastic stress? It is up to that person, not their partner, to grow spiritually. If a loving part of your personality is active you won't feel that pain, that terrible pain, because you'll know that this is an opportunity for something better to come into your life.

This is an opportunity for you to learn about yourself and grow in ways that you've never done before. But, if a frightened part of your personality is active you might say, "Oh my God, I lost my job. How am I going to pay the rent? This is a disaster. This is a full-on catastrophe. I'm going to be homeless. My children will have to quit school," and on and on.

These are the thoughts you'll think and you'll feel terrible pain, and you'll know that a frightened part of your personality is active. That is the time for you to create authentic power.

But, it's your job; it's not your partner's. If you use that as a reason not to relate, then you're not doing your work. There were times when I was in the military that I wouldn't have been able to hear this, but I know it to be so now, and for my nephews who are in the military now or just coming out of it, I want to give you the best that I can give you, and there's no sense trying to say, "I understand; things are tough. You've been through a lot."

Yes, all of that's true. It's difficult. This is your life. It's an opportunity for you to create authentic power, for you to experience the pain of what you're feeling, the trauma of what you're feeling, of what you have experienced.

You can call it a trauma, and you can also call it an opportunity that the life gave you. If you use anything that's happened to you – you just found out you have cancer, or that one of your children has a fatal illness, or that the person you wanted to live

with doesn't want to be with you anymore, or car doesn't start in the morning, or someone cuts in front of you on the freeway – that is your moment to create authentic power, to feel what you're feeling, and it'll be painful and challenging to not to be controlled by it. That is the creation of mastery in your life. That's what you were born to do.

Your Life is Happening for a Reason

We're talking about substantive things. We're talking about changing your life or not changing your life and not being judged one way or the other, but the question is, "Will you remain in pain and create more of it, or will you experience a new way of being in the world, a new way of relationship?"

There are young people who know what I know. There are young people who can speak this accurately. You might hear something in a conversation that will cause you to see something that you've never seen before, something that will help you become more grounded, more aware, more present and more constructive in your life. I'm glad to be able to say that I've had the experiences that I've had, and they've been many and varied, but listen to your life. Your life is happening for a reason, and there's nothing in it that's accidental.

Everything that you encounter and every interaction you have and every experience that you have, interior or exterior, is an opportunity for you to learn more about yourself, to create authentic power.

Spiritual partners naturally find one another because if you're not interested in doing this you're not going to be drawn to you potential spiritual partners; you're going to be drawn to people who will strive to make the frightened parts of your personality feel better for the moment. If you had just divorced, your friends, for example, might tell you, "Well, it's all right, but look, you're a great looking guy. You're going to find another partner. You're still young." Or they might say, "Look, you're just entering the prime of your life. In fact, there's someone in my office who's had her eye on you for months now. Let's go out to dinner together, my wife and you two." They're going to try to make you feel better.

A spiritual partner will not try to make you feel better. A spiritual partner will help you experience what you are feeling and then help you to explore where this feeling is coming from. It's not

coming from your wife or husband who wants a divorce. They have activated a part of you, a part of your personality that existed before you even met this person, that has become active in the past and will become active again in the future if you don't challenge it, if you don't take the time to experience what you're feeling and to make a responsible choice – a choice that will create consequences for which you're willing to assume responsibility.

You can learn more on these topics directly from my website, seatofthesoul.com, and we're posting more and more questions there. I write a blog article as often as I can – at least once a month. You can sign up for our mailing list and we'll send you our newsletter, again with more information of just the kind that we're talking about. The newsletter is called "Soul Connections," of course, because these are the kind of connections that are most important, not personality to personality, but soul to soul. When you see personality to personality there's no equality.

Linda and I have also created an online course called *Awakening to Spiritual Partnership*. It has seven chapters and unlike any course that I've seen before. It's filled with media rich, wonderfully produced thoughtful videos – more than one in each chapter. It has meditations and interactive questions. It has a soul log where you enter your answers to these interactive questions and come back, answer them again and compare your previous answers. The course also includes access to the online spiritual partnership community.

Experiment with what you hear me saying and with what you hear me discussing with Lisa. Not that you need to believe it; I suggest that you don't. I suggest that you remain skeptical – not cynical, but skeptical. Try it out. See how it works for you – becoming emotionally aware, making responsible choices. See the kind of people you draw to you because if you look at yourself as someone who needs someone else to take care of you, you're going to draw someone else like that.

Moving Beyond Powerlessness

Lisa:

Take me to that time in your life, Gary, when you thinking of suicide. How did you get out of that place?

Gary:

It was through creating authentic power. You don't get from that place by running away from it or distracting yourself from it as I tried to do with sex, drugs, being macho and joining the military. That doesn't mean that everyone who joins the military does it for those reasons, but I did. You create authentic power by becoming more aware in your life, and as you become more aware, you not only of your joy, but you become aware of everything, including the pain and the fear. Fear pervades our collective consciousness now, and so many people implode under the fear, but when that fear is in you it's yours, and that's your spiritual path, to challenge it by experiencing it fully.

If it's an emotion of a frightened part of your personality, like anger, jealousy, despair, hopelessness or worthlessness, it will be very painful, but you have to experience it if you're going to experience your joy. As you become aware, you'll find it's like turning on a flashlight in a dark room. Now you can see what's in the room. You just flash it around. Eventually you're going to turn on the overhead light and see everything, but as you become aware, you become aware of a lot of pain. But you don't create it by becoming aware. That would be like walking into a dark room, turning on a flashlight and saying, "Hey, I just created that couch." What happens is, you become aware.

You become aware of what's in your life. If it's pain that shows you a frightened part of your personality, then you were born to challenge that part, to experience it and to challenge it because at the heart of the human experience is a terrible pain. It's the pain of powerlessness. It's the pain of wanting to belong and feeling that you don't belong. It's the pain of wanting to love and feeling that you don't have the ability to love. It's the feeling of wanting and needing to be loved and seeing yourself as unlovable. It's looking at yourself and experiencing yourself as flawed, inherently defective and ugly. You think that if people could see you the way you really are, the way you see yourself, they wouldn't want to be with you.

This is the pain of powerlessness, and it's excruciating, and we all have it. In the past, when we were evolving through pursuing external power, the ability to manipulate and control, we

covered that pain by manipulating and controlling, by changing things around us. If a child died we conceived another. If a business collapsed, we created another one. If a marriage broke up we found another partner. We did our best to impress one another with more education, more beauty, more muscles, more curves, more sexuality, but now that doesn't work.

It's counter-productive; it produces only violence and destruction. Now, when we experience the pain of powerlessness, instead of looking outward at what we can change, we look inward – inward at what we can change, at what we must change if we want to move into our full potential. We look at not what we must change because there's a divine intelligence that says we'll be punished if we don't, but what we must change because we're in pain, and if we move beyond this pain, we'll find unimaginable potential, beyond the control of these limited, frightened parts of our personality.

If you want to move beyond that, here's how: Create authentic power. Develop emotional awareness.

Exercise responsible choice. Consult your intuition. Experiment with your life. To do that you have to keep on living, so for those of you who are thinking about taking your own life, I don't think that's a good idea because I know that you have gifts to give, that you were born to give gifts to this world. When you're in the grip of a frightened part of your personality, whether it's anger, jealousy, resentment, the addictive pull of sex, needing to shop, eat, watch pornography or gamble you can't give these gifts. It's in the giving of these gifts that your joy begins to flow and your creativity and your vitality and all of those things that you think you could never experience again become possible.

All of this has a remedy. The remedy is creating authentic power, and the reason it's the common remedy is because it's our way of evolving.

I suggest that you take this online course, *Awakening to Spiritual Partnership*, and then let's stay in touch. Send me your questions. You can send them to me at gary@seatofthesoul.com. I am also going to start answering questions and becoming more personally involved on our Facebook page and Twitter feed. A lot of people have joined because I try to make sure that there are supportive things to consider on a daily basis.

Spiritual Partnership

I would like to share a bit of my own story. I was in the military. I grew up in Kansas. I got a scholarship to Harvard where I graduated after leaving for a year and coming back, and then I enlisted immediately in the military, the infantry – the Army. Then I volunteered for the Special Forces – the Green Berets.

In those days, John F. Kennedy had given only one small elite group the right to wear berets, and those were the Special Forces. I was in Vietnam, and all the missions I was on were top secret, which meant that I was running patrols with mercenaries into Cambodia and Laos. So, I understand that service in the military, service in Iraq, service in Afghanistan, service anywhere in the world where there's violence and brutality is quite a jolt. You can use that experience to make yourself more callused, more brutal, justify your own anger, justify your own feeling of never being understood and never being able to be understood, *or* you can use that courage to look inside yourself, to experience the pain that you're feeling.

I was in a support group when I got out of the military and I loved being in the support group because vets can't BS each other. They can't play the war-is-hell card because everyone's been there, and they say, "Come on, what's happening?"

There was one fellow in this group who swore that he couldn't feel anything, that he had no emotions at all and he was just positively sure of that. Yet, he was the prickliest person in the group. It didn't take much of anything to set him off – his anger, his resentment, his rage, his resistance, his opinions. Anyone that bumped into him, looked at him wrong or said something wrong by the standards of the frightened parts of his personality would set off another spasm of pain, and he would react with anger, superiority, judgment, or inferiority. He was out of control.

Anyone that has this label, posttraumatic stress syndrome, is in pain. Forget about the label. Go to the heart of it. This person is in pain because he or she is under the control of frightened parts of his or her personality. The only way that's going to change is if he or she begins to do the work of experiencing those parts and changing them by not acting on them.

This doesn't mean that you can't respond with appropriateness and compassion and patience. But after awhile, if the person doesn't want to change, there's nothing you can do, and you

have to decide if you want to live with that person or not. You have to decide in what form you're going to love that person. Is it going to be from a distance or is it going to be up close? Because one of the dynamics of spiritual partnership is that spiritual partners stay together as long as they grow together spiritually. In other words, there's no security in a spiritual partnership.

Lisa:

So if two people are not in this spiritual relationship any longer, do you think they should end the relationship?

Gary:

No. I'm not a marriage or a relationship counselor, and it's not for me to give advice. But it is for me to share what I know with people who are open to the possibility of it being valuable for them, and if they feel that it is, then to provide them with some tools that they can use, like emotional awareness and responsible choice. I would say that if you're in a relationship, and you feel that you're growing in that relationship, and you feel there's love and there's trust and there's integrity, why leave it? If you leave it you're going to take with you everything that's in the relationship now; if you're feeling angry, inferior or entitled, you're going to take that with you into your next relationship. So if you're with someone and you have a respect for that person, if you have a reverence for that person, if you feel love, if you feel that person has integrity, courage and commitment, then why change your arena?

But if you feel that person is simply not interested in growing, they're not going to stop drinking, overeating, having sex with whomever is open to having sex with them, resenting, judging, belittling or bullying, then you have to decide what you are going to do.

What I'm saying is that everything is spiritual. It's not as though a relationship is spiritual because it's a spiritual partnership. I'm saying that there's potential for mutual support unlike any other relationship in spiritual partnerships, and that as more and more people begin to become aware of their own multisensory perception, the more they become interested in relationships of substance and depth, and only spiritual partnerships can provide that.

Everything in our world is spiritual; people who upset you and people who please you; people who try to make you feel better and people who try to bully you; people who try to convert you to their way of thinking and people who listen to your way of

thinking. It's all spiritual. This experience is a spiritual enterprise, not a material one, this experience is your time in the earth school, the time between the birth of your personality and the death of your personality.

Aligning your Personality With Your Soul

Your soul doesn't die. It existed before you were born and it will exist after your personality dies. As you become multisensory, you begin to see that the question is what could you do with this time between your birth and your death, and the more multisensory you become the more you will begin to see that it's an opportunity to align your personality with your soul. That's creating authentic power. That's spiritual growth, and this is how it's done, by becoming aware of everything that you're experiencing.

You want to distinguish love from fear, and there are very specific and unmistakable ways to do that. Linda and I wrote a book about that called *The Heart of the Soul; Emotional Awareness*. Spiritual partnership is not just for couples. It's for everyone who is open to growing spiritually and supporting others in growing spiritually. It is open to everyone, and that's why I'm saying it to those of you who are considering taking your life and those who are considering how to deal with someone who's had trauma because they've been in the military and those who are experiencing sometimes severe difficulties and frightening circumstances.

It's not you that's doing that. It's not you that's in fear; it's a part of your personality. It's not the unchangeable ground of your being. Once you begin to see that speaking in terms of frightened parts of your personality and loving parts is not a semantic trick. It's not just something that you can do to express yourself more accurately, it actually reflects something valuable and important: The reality that you can move out of a frightened part of your personality.

This doesn't mean that you can say to yourself, "I'm going to stop being angry now because I want to." That won't have anything to do with your anger; it'll continue, but while it continues you can experience it fully. Allow yourself to feel fully. That takes courage. That takes commitment. And while you're

doing that, decide that you're not going to act in anger. I'm talking about anger a lot because that was a big part of my life; it still is sometimes, but it doesn't control me the way it used to, and it doesn't come nearly as often as it used to.

Lisa:

What happens when it does come?

Gary:

When it does come it still hurts. The thoughts are still the same. The intention is still to change other people, but it doesn't control me anymore. You can feel all of that, but it doesn't have to control you. You can decide to be caring or attentive or patient anyway. Now you're becoming a master in your life as you develop these abilities. This is creating authentic power, creating the ability to experience everything that you're feeling and choose to act in love in that moment, no matter what you're feeling, no matter what others are doing. That is a power that no one can take from you, and that is a power that no one can create for you.

You Are Not Your Personality

Lisa:

You've said that anger or controlling parts of you are parts of your personality. Are you meaning that it's not your entire personality, even though it seems like it could be at the time?

Gary:

That's exactly what I'm saying.

Lisa:

And by separating it out that way, it makes it a little bit easier to focus on just that part of the problem?

Gary:

That part of the problem becomes your entire world if you want to look at it as a problem. When you're angry you become angry, and you feel justified in your anger, and you feel you have a right to be angry.

Everything appears to irritate you. That is the experience of a frightened part of your personality. It is like a mini universe; you're in it, and you can recognize that you're in it and you

don't have to act in it. You don't have to act in it even though you're experiencing it.

Let me give you an analogy. There is dream research that was done a long time ago at Stanford on lucid dreaming. That was the name given to it by the researcher. Lucid dreaming is a phenomenon in which someone awakes in a dream. Now, I'm not saying that you dream that you wake up in a dream. I'm talking about waking up in a dream. You look around you. The dream is still going on, but you're awake in it. You say, "I can do anything I want in this dream," and you do.

Becoming aware of a frightened part of your personality through the development of emotional awareness is like that. You become angry, you need sex, you have to watch pornography, you can't stop eating, gambling, smoking, drinking, or you can't stop thinking obsessive thoughts like, "I need her," "I need him," or, "He's so stupid," or "I'm so stupid," or you can't stop doing compulsive things like working 12 hours a day or arranging everything on your desk four times a day. You can recognize that this is a frightened part of your personality, but you don't have to be controlled by it.

You can reach for the healthiest part of my personality that you can access in this moment. Maybe you've been angry or have experienced this part of your personality that's angry all your life, and now here it is again. Instead of blaming someone else for that anger, you can look inside and you can feel it. Maybe the best you can do in that moment, as you have experienced several times, is just to stand with your fist clenched and your jaw clenched, determined not to speak in anger. It may not seem like much, but it's a big step.

Developing Courage

Lisa:

I was going to ask you about that clenched feeling that I get when I get angry and I clench my jaw and I clench my fist and I don't say anything because I don't want to hurt anybody, and because I do realize that the anger is all a reaction of just my fears. I actually always thought the anger was because of circumstance, because of whatever was happening outside of me, but I never really took responsibility for it bouncing inside of me, and my own fears bouncing off each other. Is that what it means to take personal responsibility for frustration and anger?

Gary:

Yes. That's right, and also the impulse or the need to caretake someone else, or the thought that you'll kill yourself because why is life worth living? These are all experiences of frightened parts of your personality, parts that originate in fear. You have other parts of your personality, parts that originate in love, parts that are content, parts that are caring. I'll give you a way to challenge a frightened part of your personality when you can't think of anything else.

I was listening to a kahuna on Maui once, and he was giving us a talk on Hawaiian culture. He said, "Part of our culture is that whenever you meet anybody, find something to bless about that person like, "He's a giving person," "Ah, she's got a lovely smile," "Oh, he does things for other people," or you might say, "He works so well with his hands," or "He can really paddle that outrigger." You find something to bless. And then he said, "I'm going to give you an emergency blessing now." This is a blessing that you can use if you meet somebody and you can't find a single thing about that person to bless. You say to yourself, "His exhalation feeds the plants."

Now, you may think that's a small thing or a humorous thing, but I don't. The kahuna laughed and we all laughed, but I felt that the kahuna was giving us a key, a powerful key, that no matter what, I can choose to bless another person. Even if it feels like hypocrisy on my part, I can use this blessing and know that it's true. That intention to bless rather than blame shifts – it shifts energy – and as you create authentic power you shift your energy again and again, even when a part of you doesn't want to shift, even when a part of you doesn't want to leave the power struggle because it feels right, because it knows it can convince the other person how wrong they are – in that moment – to access the most loving part of your

personality that you can, the most healthy one, is when you need to find this intention.

If you can do that you are developing courage. If you can do that you are developing substance and mastery in your life. If you think you can't – well, you can. If you choose not to then you remain powerless because all of these experiences that we're talking about, experiences of anger, jealousy, resentment in the grip of an addiction or a compulsion or an obsession, all of these are experiences of powerlessness. You have no power. I didn't realize that. I enlisted in the army and in the infantry and then in jump school and then in the Special Forces warfare school because I felt powerless. I never could have dreamed that at the time. I thought I was manly.

Lisa:

You were looking for external power.

Gary:

You bet.

If It's Love, Act On It

Lisa:

You mentioned earlier about partnerships and relationships with everyone that you interact with, people that you have interactions with throughout your life and throughout your day. It could be with your clients, your children – it could be with anything. It is all about moving from that external power into a place of awareness.

Gary:

That's right. In other words, becoming aware when you have a painful, emotional reaction, paying attention to it, experiencing it fully, and choosing not to act on it. You choose not to act on it because you don't want to create the consequences again and because you no longer want to be controlled by it.

If you feel it, it's yours. If it's love, act on it. Cultivate it. There's an old saying about someone who met a man and the man said, "I've got two dogs inside me and they're always fighting, but I'm not worried because I know which one's going to win." And a friend says, "Which one?" And the man says, "The one with the short hair, not the one with the long hair." And the

friend said, "Well, how do you know that?" And the man says, "Because that's the one I feed."

Every moment in your life you have the ability to ask yourself, when you have a reaction or when you feel love or fear, "Which dog am I going to feed? Which dynamic am I going to cultivate, and which dynamic am I going to challenge?" because in that moment, in that decision, you are shaping your future as well as your present. You are making the most fundamental choice that you can make – it is the choice between love and fear. Whether you recognize it or not, you are a powerful, creative, compassionate and loving spirit, and the pain in your life is a measure of the distance between your self-perception and this reality.

When you're in a fearful part of your personality, the challenge is letting yourself feel it, while not acting on it.

As you become aware, you don't become a more effective creator. You cannot become a more effective creator. You already are a powerful creator, so look at what you're creating. As you create authentic power, as you become more aware in your life, you become a more aware creator. You become freer in what you create because you have options. When you're under the control of a frightened part of your personality, like anger or jealousy, you have almost no options. You act robotically, mindlessly, and repetitively as you have in the past. But when you become aware then you have some choices. In other words, you can choose, and therein lies your ability to transform yourself – not others, but yourself. This requires commitment, courage and compassion.

As you begin to create authentic power, you realize that you have a life for a purpose. It is not just a random experience. It is not something that has no meaning and you go through hoping for the best and bracing for the worst – looking at things as good luck or bad luck. You begin to see from a multisensory perspective, which means from a perspective that isn't limited to the five senses of what you can see, hear, taste, touch and smell. You begin to see that your entire life can become a meditation, an opportunity for you to become more compassionate, more aware, more grounded, more healthy, more creative, more vital.

This is what you were born to do, to experience these parts of your personality that prevent you from moving into your full potential and challenge them by not acting on them until they

lose their control over you. It is about cultivating and loving the parts of your personality that are already aligned with your soul.

As you align your personality with your soul, the intentions of your soul begin to move into the earth school effortlessly, like the breath of a musician through a flute. The intentions of your soul are harmony, cooperation, sharing, and reverence for life. As you become authentically empowered, there comes a time in your life when you cannot tell where the personality leaves off and the soul begins. That is an authentically powerful human.

Creating Authentic Power is Your Way Into Heaven

Gary:

Authentic power offers *the* solution, and the solution is love. Love heals everything. There's nothing that love cannot heal, and sooner or later you come to realize that there is nothing *but* love.

But life is designed for us to experience that, and in order to experience that you first need to experience those parts of your personality that are not originating in love.

Everyone's curriculum in the earth school is different. You may be someone who feels the need to please or feels inferior. Someone else may feel superior and entitled, and there'll be times when you'll exchange roles, but everyone's curriculum is tailor-made, always up to date. That's a life in the earth school. You can always learn from it, and once you see that, your gratitude for your life will know no bounds and your appreciation of the universe as wise and compassionate will not require trust or belief because you see it.

I started my journey as a sex addict, riding motorcycles, experimenting with drugs, macho, wanting to be in the military where violence is institutionalized. That's where I started and here's where I am, and this isn't the end of the journey. I have a long way to go, but where I started was much more painful than where I am now, and more destructive than where I am now. Here's the thing: At the time, I thought I liked where I was. I thought I was manly. I thought I was admirable. I didn't realize that I was in hell. I just didn't realize it. Hell is something you

choose. It's not something you're sentenced to or have to go to. Jealousy is a hell. Anger is a hell. Resentment, the need to exploit someone else sexually, emotionally, psychologically, financially – these are all experiences of powerlessness, and every one of them is a hell. Creating authentic power is your way out of hell.

And it's your way into heaven – your way into a more balanced and harmonious realm and existence, right here. Right here while you walk and feel the earth under your feet.

Lisa:

To really call out the emotions of those controlling parts of you; the fear, the anger, the jealousy, the inferiority, the addictions, and to address that gets to the truth of it. It gets to what it's all really about. Then you can layer on all of the other feel-good stuff because you're coming from a place of love.

Gary:

Well, at that point you don't need to layer on anything because the joy emerges from inside you. The same awareness that allows you to become aware of the painful experiences of fear allows you to be nurtured and grow in the joyful experiences of love.

Lisa:

Thank you for your time, Gary. Your stories are incredible. It's a journey, but that's why it's lasting. It's not an overnight thing. It's a commitment, and that's what's important. So, thank you for your commitment to us and for your commitment to authenticity and for being a stand and a model for that as much as you are. I appreciate it, so thank you.

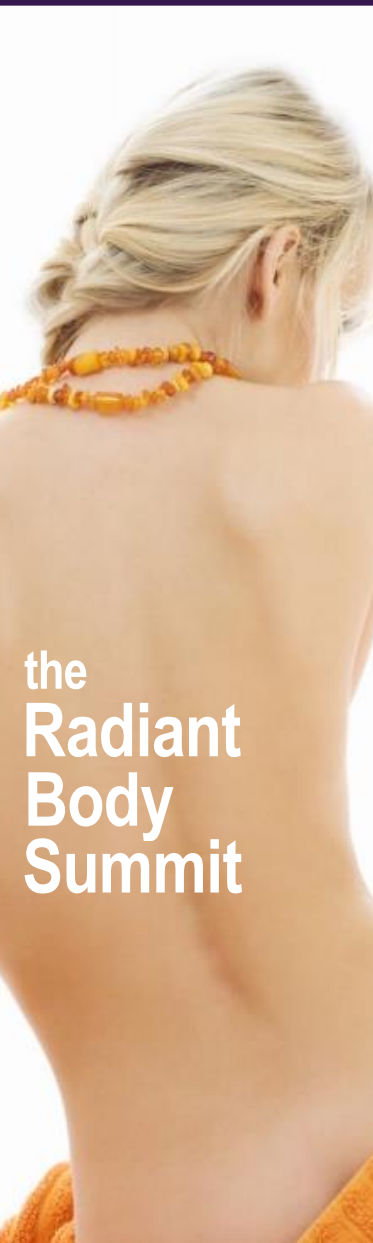
Gary:

It's a joy, Lisa.

the aware show

with Lisa Garr

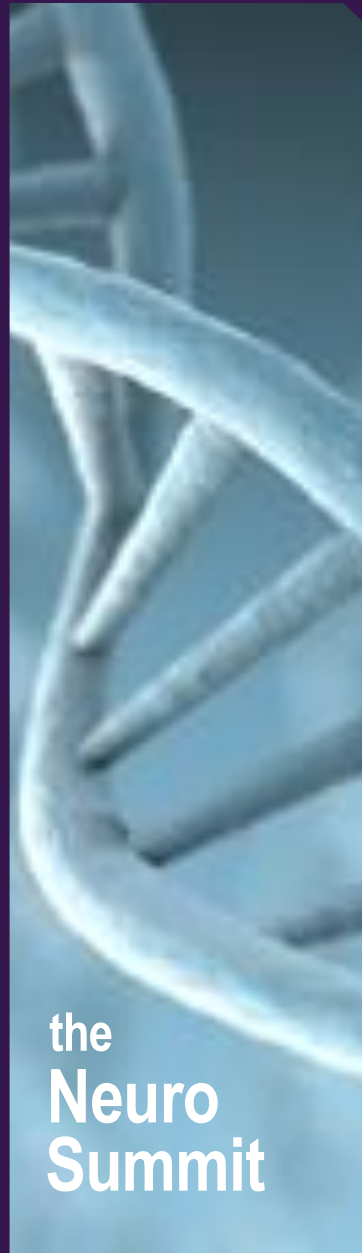
Register Free



the
**Radiant
Body
Summit**



**Money &
Manifestation
Summit**



the
**Neuro
Summit**



the
**Stress
Summit**

Register Free