

What is *the Way of Wholeness*?

Are you familiar with Russian dolls? Just in case, there is a picture of a set below; with the exception of size (and their clothes!), each one is a replica of the one above or below, and each one fits perfectly inside the other. However, instead of taking them at face value, then dismissing them, we will use them as models to explore the multi-layered nature of human consciousness.



Begin by placing your attention on the smallest doll. Use your imagination and pretend you are viewing the world through its eyes. This doll represents your physical body and all that you perceive is as a result of your sensory experience; the five senses – sight, hearing, taste, smell, touch - determine how you respond to and appreciate your physical environment.

Make this '*vision*' as real as you can. Include your family, friends, colleagues, your house, place of work etc. and then introduce the environment itself – the weather, nature, the birds, bees, and insects etc. Now expand your field of reference to include the stars and planets, and beyond, until the physical universe as we know it is perceived through the five senses of this tiny little doll.

Take a few moments to absorb the sheer magnificence of the physical universe in which we live and move and have our being. Know your place within it. Explore the miracle of your physical body, use all your senses to notice how every part is in perfect accord with each other, and how the atoms and molecules that make up the totality of who you are, match those found in the far reaches of the galaxy.

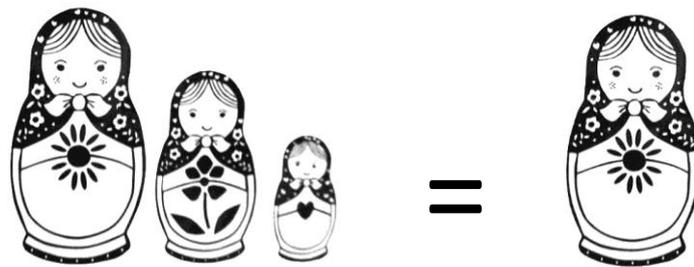
As you deepen into the wonder of this sensory adventure you notice a world beyond the physical begin to take shape – you step into the realm of feeling, and with it the next Russian doll. This realm, more subtle than the previous, lacks concrete substance, and even though you can't physically detect it, it is nevertheless equally as real; perhaps even more so?

Now, let the focus on the physical fade and turn your attention to your feelings, your emotions. The second Russian doll, aligned with the emotional body, is very fluid in nature, resembling the ebb and flow of the tide, and is expressed through uplifting or adverse feelings. All too often we become attached to particular emotions or feelings, for good or ill,

relative to our individual 'story.' We play the same record over and over again which causes the emotional body to become unnaturally exuberant, depressed or, in the case of anger for instance, overly turbulent. It is important to allow feelings to come and go as they arise without letting your mind turn them into a drama.

The third doll is aligned to the mental body – your thoughts. See how much larger it is when compared to the emotional and physical bodies. The field of thought and with it the mind is limitless. Pause for a while and reflect how far you can travel with your mind. You can explore the smallest cell within your body then travel to the end of the universe; distant memories may be brought to life, futures dreamed of, and all manner of 'visions' created or destroyed, in an instant! No wonder this doll is so much bigger!

The mental body, as the Russian dolls illustrate, is also the container for the two lesser bodies; they both fit neatly inside it. However, as well as holding the other two it also interacts with, and has direct influence, on how they perform. In fact, each of these three bodies, which are the sum total of who you are as an individual personality, are inextricably linked; each one has direct bearing on the health and well-being of the other.



Let us consider how this may play out in everyday life. Search your memory banks and locate a time when you were happy, really happy. Bring this memory fully into the present moment, so much so that you begin to feel happy deep inside. Concentrate only on the feelings, not the circumstances connected to the memory, and allow them to expand and grow until they are the only ones to exist.

Now bring into your awareness your physical body whilst still holding onto the happy feeling. Notice where in your body, if at all, it is at its most intense. This will vary with each person in both degree and location. Observe any changes in your body as a result of placing your attention on these particular emotions.

Now let the memory fade and with it the associated feeling. Again, pay attention to your physical body as you return to 'normality.' We will now do the same exercise with a different emotion. Bring into your mind a time when you were afraid. Follow the same procedure as we did with the happy time and notice where in your body you feel it together with its intensity. How does your body respond to fear? Allow some time to experience this new response then relax and return your feelings and body to its original state before we began. Let go of any memories or residual feelings and be in the present moment.

This simple exercise shows how our thoughts and feelings have a direct bearing on our physical body. The same can be said for physical pain or disease. Try it. Next time, or now if it is there, you feel pain notice your emotions and thoughts. What happens when you create a story around the pain using your mind and emotions? Does the pain intensify or ease?

Cultivating awareness of how these three bodies influence each other is vital to understanding the *Way of Wholeness*. How can we possibly relate to, or understand, others if we don't even know ourselves? How can we expect to be complete, whole, if there are elements within us we are completely blind to?

By virtue of the three primary suits aligning to the physical, emotional and mental bodies, *Visions of Reality* contemplation cards are particularly useful in assisting you to know these principal qualities of human nature; in short, they help you to 'know yourself' and to understand what 'makes you tick.'

Our five dolls may now be reduced to three, being body, Soul and Spirit. With a little practise it is relatively easy to gain a working sense of how the three expressions of the personality – physical, emotional, mental – work together to create you, as an individual, but what of the Soul, and the next in line of our Russian dolls? If you have no experience, awareness or even beliefs in the existence of such a 'body' how can you possibly get to know it, much less view the world through its eyes?



The answer lies in the world of imagination. Using this creative quality the 'Rainbow Bridge' between personality and Soul is forged. This takes place on the plane of mind, it being common to both. This also makes sense as it is the mental body that is closest to the Soul in our line-up of dolls.

Now place your attention on the fourth doll, and, as before, imagine a world viewed through its eyes. This world compares to no other and, with the exception of the mind of the perceiver, lacks earthly origin. Picture a scene filled with light, its inhabitants made of the same substance as the world itself, where even the 'buildings' issue the promise of some vital ingredient to ensure awakening of the light within.

Communication is beyond words, yet there is language. It is the language of light – symbol, image and geometric structure - so pregnant with possibilities it is tangible; so palpable you can almost touch it. It is the very essence of the air itself, and leaves no doubt as to its meaning, for each and every being is imbibed with its frequency.



Bridge between body and Soul

Another quality soon demands recognition; Love. However, this is not a transient version of love such as we experience in our dualistic earthly existence. This is love, beyond love; all inclusive, transpersonal love. As a quality of the Soul, love has as its foundation the all-embracing wisdom of an awakened mind, which at times, from our limited human perspective, can appear tough and lack understanding. This could not be further from the truth. Sometimes difficult choices must be made in order for a higher purpose to be fulfilled; such choices are the

ripened fruit sown from the seeds of clarity and compassion.

As you continue to view the world of light through the eyes of the fourth doll, the Soul, another detail of profound significance becomes increasingly obvious; purpose. Beings of light, and there are many, of varying creed, race and colour, are performing their individual tasks with a strong sense of purpose. No one is greater or more important than another, each has an essential role to play, each is a crucial facet of the whole, and each one follows their course with an intrinsic sense of unity and direction. This purpose is otherwise called 'Divine Will,' and is the quintessential nature of Spirit, represented by the fifth and largest doll.

There is very little to be said of the realm of Spirit. In a like manner to the Soul, it is light, but this is light that casts no shadow. Pure luminosity within which is purpose, whose intrinsic essence is to find form, be it human, planet, animal or galaxy, into which it may emanate its light. In short, anything you can perceive with your mind, feel with your heart or sense with your body is Spirit; Divine Will manifest in matter in its varying degrees of subtlety.

The kingdom of nature is an obvious example of Spirit united with matter and offers explanation as to why we, as human beings, gain so much solace from being in its presence; a simple walk in the park holds the potential to work magic in terms of lifting our spirits. *Nature's Way* contemplation cards, as well as featuring images from Mother Nature, encourage you to engage with the natural intelligence inherent in this realm; each turn of a card serving to nurture your spirit as does a stroll along a country lane.



In Summary

Five dolls, reduced to three, have now become a single doll containing all. This standalone doll illustrates the universality of Spirit; it appears there is only One, yet 'all' is within it.

In answer to the title question, the *Way of Wholeness* lies in cultivating awareness of the many realms and frequencies of light that make up the totality of man, such as has been described in the preceding pages. An important, and essential, part of this is to first know how your thoughts and emotions influence the quality of your day to day life. It is no use denying they exist, blaming others or escaping into the realms of light, feeling ecstatically blissful, if your life as a whole is a mess.

Know the process, YOUR process, and understand your behavioural responses. Just as the mighty oak begins life as a tiny acorn so does your journey into the realms of the Soul and Spirit. Given the right nutrients, such as shared within these pages, there is no reason why you cannot become as the ancient oak. Together with courage, commitment and dedicated effort they will help you to weather the storms of life on planet earth as you walk a path only you can tread.

Contemplation cards and guidebooks offered under the *Visions of Reality* umbrella serve as signposts or lights on a journey which might otherwise be devoid of sustenance. They define the *Way of Wholeness* in such a way that each step you take is placed in the certain knowing that the 'pot of gold' at the end of the rainbow is your birth right; it is YOU, right here, right now, and you deserve to BE it!

*“Man know thyself; then thou shalt
know the Universe and God.”*

Pythagoras.