

Becoming Whole

Becoming whole - what does this mean?

Life has a huge influence upon us -- from that precious moment of birth we are being affected and imprinted by the people around us, the environment we live in, the beliefs of the society we belong to, and the human laws of what is right and wrong according to the country and era we are born into. All of these surrounding conditions and circumstances leave their mark upon us, moulding the way we think, feel and act within our lives. We are taught what to think, how to feel or not feel, and we are given non verbal and verbal instructions on suitable and preferred behaviour.

Most of us don't question what we've been taught when we are younger, we just take it as gospel and live as if everything we've been instructed in and immersed in is "the truth". However, there comes a time when we meet "other" people who are just as strong as we are in their beliefs around what is right and wrong, the values they hold dear, their personal cultural and world views, but their beliefs are different from ours. That can cause a real dilemma for us. At first we'd most likely judge the person as wrong, and this is part of the problem we have had historically, and still have in our current society. When people hold opposing views and then try to force those views onto other people, it always creates a "war like" outcome. It's this fragmentation that requires healing. This fragmentation exists in the external world, but it also lives inside us.

What is reality?

It's such a huge question and we can only touch on a small portion of it here. It is all real in one sense and yet on a deeper level, none of it is real. It's just the sum of our conditioning, our upbringing and our personal experiences, it's all imprinting. So firstly there must be "something" in each individual that can be imprinted or moulded, so what is that part of us? If this is true then the part of us that is moulded by the exterior world is only "a truth", not "the truth". A type of truth, but surely it is surface truth, a learned truth, therefore not really truth at all, but the molding of a personality. And yet we hold so fiercely to this conditioning. Let's call this conditioned part of us the "outer self".

We've all had times in our lives where we've had a mental and emotional dilemma around a decision that we're making. It usually involves a "crisis of values" whereby the choice you "should" make (the conditioned outer self) is in conflict with another part of yourself which we'll call the "inner self". This internal conflict can trigger a strong emotional turmoil and can be extremely difficult to negotiate. If you make decision "a" you feel like you are letting people in your life down, and yet if you make decision "b" you feel like you are letting yourself down in some way. Sometimes it is a "gut feeling" about something, you just feel it inside you. You know on a deeper level (the inner self) that you have a new decision to make, one that is in conflict with your "outer self". This is where "becoming whole" is birthing itself into our lives. It doesn't feel very comfortable, in fact it can be very challenging, however it is a very important stage of life.

We have an "inner self" and an "outer self". We could call the inner self many different names, but let's call it the "soul" and the outer self the "personality". Becoming whole involves the motion of consciously moving towards the integration of the "soul" and the "personality". As the soul and the personality begin to merge more powerfully with each other, deeper and deeper levels of harmony, love and strength are reached within the individual. This integration process involves a "dissolving of density or discord held within the person. This density is initially created through discordant and resistant thinking and emotional disharmony, which in turn creates internal conflict. The internal conflict is registered in the body of the person as an unresolved event. It is these "events" or blocks of discordant energy patterns that cause fragmentation and take us away from experiencing "being whole". We become prisoners of our past unresolved events, and while these discordant energy patterns hold power within us, we cannot be free to experience wholeness.

Density sits in between the inner self and the outer self creating a barrier to our "becoming whole". It is this discordant energy which has already taken residence in the body, that must be healed.

How is it created in the first place? Density is created through a lack of harmony in the mental and emotional bodies. It is a combination of distorted energy, thought and emotion stored in the physical body. The energy used at the time of an event has been imprinted with discordant thought and emotion.

The bigger the discrepancy between the inner and outer self at the level of thought and emotion, the greater the intensity of density sitting in the body. The density becomes very thick, charged and reactive. As these blockages accumulate in the body, the further away from “wholeness” we are.

What can we do to turn this around and start “becoming whole”?

This also is a huge question of which we can only cover in part in this article. As density sits between the “inner self” and the “outer self” it requires a process that takes us beyond the conscious rational mind. These blockages are stored in the unconscious mind or cellular level of the body. We must follow a process of surrender, and go from the conscious mind through the unconscious mind to allow an unfolding and dissolving or collapsing activity to take place within the body. As a level of dissolution takes place at the cellular level of the body, simultaneously, another very important activity is taking place. As the density dissolves, it is replaced with the purity of the “inner self” or “soul” energy. The old energy is transformed and purified into its original purity. This enables a greater integration of the inner and outer selves to take place. There is a collapsing of the levels of density and a new level of vibrational potential is reached. This integration brings with it the feeling of increased harmony, stillness, happiness and wellness. A healing has taken place.

What processes lead to “becoming whole”?

The processes that move us quickly towards “becoming whole” are breathwork, correct breathing practices, meditation, daily practice of life and spiritual teachings like the “I AM”, and any pure activity that takes us into an altered state of consciousness, and leads us from the outer self or personality self through the unconscious dense patterning and into the soul or inner self. The integration from these processes are highly effective, providing permanent purification, transformation and nourishment to the individual.

People can reach incredibly deep levels of peace and harmony during these sessions. The blending of the inner self with the outer self is deepened as density is transmuted and transformed -- and of course the most important thing is that the individual is “becoming whole”.

© Christine Heart Savage
www.breatheforlife.com.au