



Illuminating

a

Way

to

presence

through

Steve Allat

as posted on Facebook

January 1, 2015 - December 31, 2016

January 3, 2016

***YOU are your Destiny** smile emoticon*

And you came out of this world to be in this world as an expression of this world. Living in connection with the rest of life, cooperatively and compassionately. Have dreams, make plans, set goals . . . realizing that being aware of who you are IS those dreams, plans and goals in the making, in a continuous process of experiencing life and sharing of your self with life, thus affecting the world around you.

Even when 'you' are gone, the energy you were will carry on, take new form and this gives a whole new meaning to the personal responsibility that you carry as a self-conscious human being.

That is right, by being a loving and compassionate being, you can actually contribute to the future well-being of other life, and this is an honour and a blessing.

If you came into this world with challenges - fears, negative energy, hatred - then this world should support you in transcending these things and recognizing the uniqueness of your being that can contribute to the world around you.

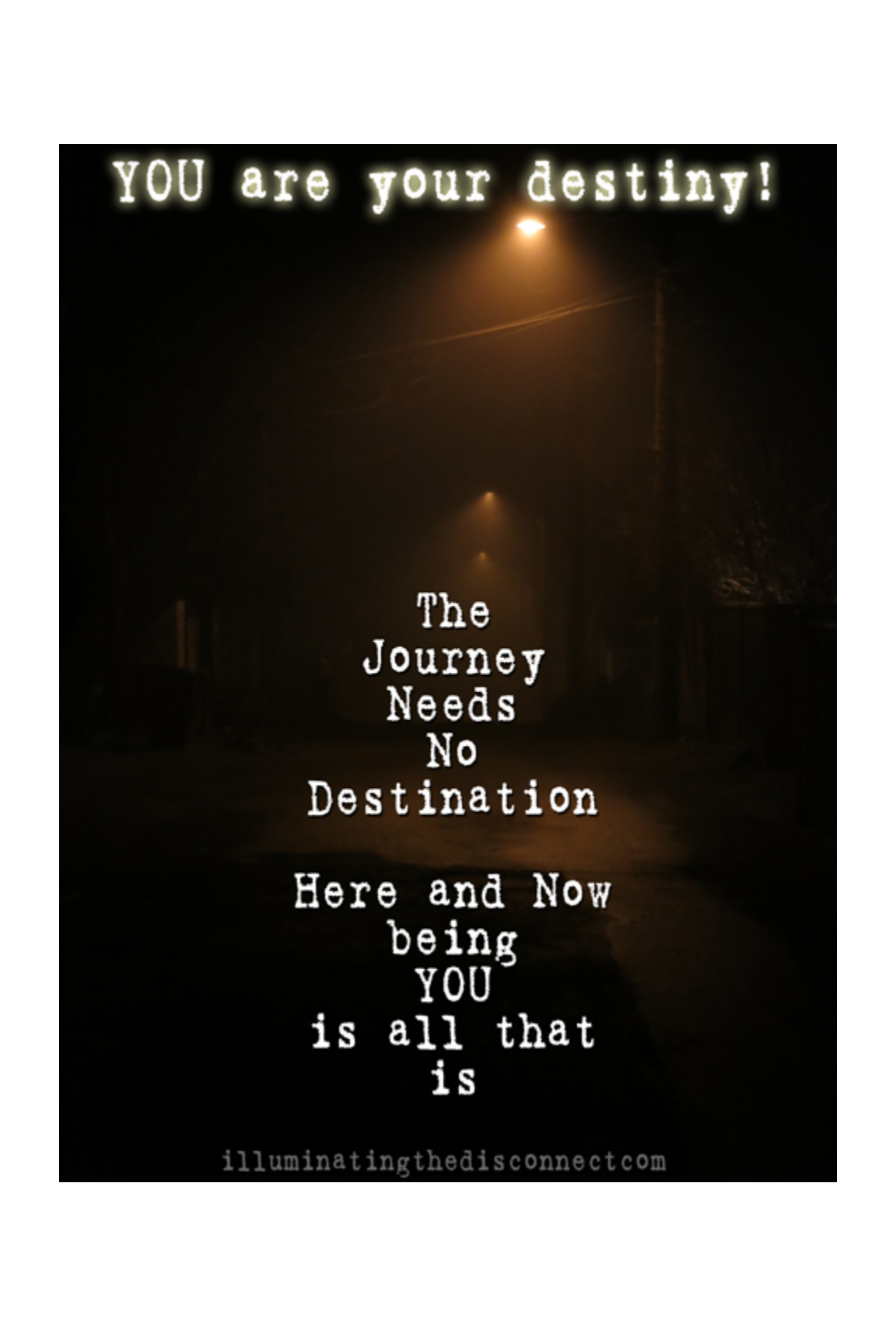
We have this power by being aware of who we are, who we want to be and how we fit into the world around us.

Simply recognizing who you are right now is just one step in the process, because you may honestly feel that you are not the person you would like to be - and this is where the work comes in: forgiveness, gratitude, open mind and open heart. Without blame, we can move forward more quickly to knowing who we are and get to feeling how we want to be.

Do it with love, compassion and a realization that you are a part of a greater life.

We are immortal . . . for a limited time *wink emoticon*

peace *heart emoticon*

A dark, foggy street at night. A single street lamp in the distance casts a warm, yellow glow, illuminating the path ahead. The fog is thick, obscuring the details of the street and trees. The overall mood is mysterious and contemplative.

YOU are your destiny!

The
Journey
Needs
No
Destination

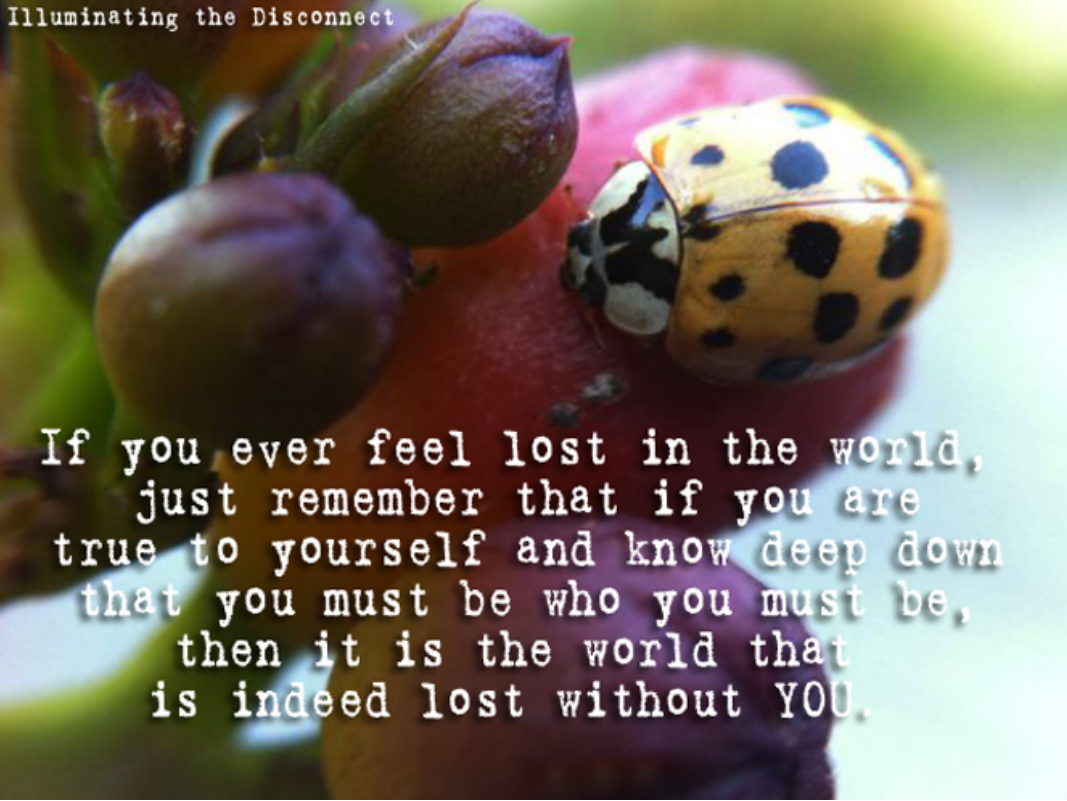
Here and Now
being
YOU
is all that
is

illuminatingthedisconnect.com

January 3, 2016

Life Needs You . . . to be compassionately You. heart emoticon

Illuminating the Disconnect



If you ever feel lost in the world,
just remember that if you are
true to yourself and know deep down
that you must be who you must be,
then it is the world that
is indeed lost without YOU.

January 3, 2016

*updated cover photo with announcement of upcoming books

Two years after a life transforming event, the first two books are nearing completion! *smile emoticon*

This year is going to be all about Illuminating the Disconnects that our species is currently becoming more aware of, and I will be sharing insights that have become obvious to me - through these books, more books to come, workshops, webinars, personal consciousness coaching and more.

I have been compelled to write, document or share something of my journey all along these past two years and just keep growing deeper into my experience of life and my only true desire: to love.

In it's many forms, love is sharing is compassion is connection is gratitude and is fulfilling. *heart emoticon*

I look forward to sharing with you . . . all that I Am.

Steve Allat



January 3, 2016

What are YOU being and doing?

Some say we are human beings having a spiritual experience. True!

Some say we are spiritual beings having a human experience

True!

We are life, experiencing itself . . . energy in form.

As highly self-conscious beings, we have become disconnected - thus the labels and identities as to what we are or might be. wink emoticon

The labels, the words do not matter as much as being present to your entire self: mind, body, spirit and . . . heart emoticon

By nature of our very existence we are already being.

And with every thought can arise an action, and then we are doing.

When we match up DOING with who and what we are BEING, then . . . freedom reigns, joy arises and a desire to share ensues naturally. To enjoy the gift of life with others.

Little thought is required if you can live your truth in as many moments as you can.

If you find yourself challenged, then examine the thoughts in your head and ask yourself (yes, there is YOU behind 'you') and take time in stillness to FEEL if this thought would feel right for you if put into action.

For we truly are what we do, a little more so than what we think we are wink emoticon, because it is our interaction with life that defines us.

So yes, it starts with thought, the sum total of our perceptions.

Our thought can come from our self-conscious mind or our deeper self.

Awareness will allow you to begin to identify the difference, and to act as you feel you must, in any given moment.

We tend to get stifled when we are not aligned with our deeper self, and this

disconnect from feeling true to our self is the cause of almost all unnecessary human suffering - and the voice in our head that judges is not really our own, but that of society or those close to us who we feel we should please or conform with.

If you can reflect on your nature and know that what you must do is best for your true self, with compassion and love, then pleasing that voice is secondary and, in time, it will fade away.

Then you are here, being and doing.

smile emoticon

Human Being, Doing



Scared?
Joyful?
Anxious?
Excited?
Fearful?
Lazy?
Doubtful?
Hopeful?
Depressed?

DO IT ANYWAYS!

January 4, 2016

My religion IS me.
Your religion is YOU.
Our religion is US.
A bear's religion is to be a bear.
An oak tree's religion is to be an oak tree.
A water molecule's religion is to be a water molecule.

And for all . . . to to be open hearted and open-minded to compassionate action and interaction.

Adapting and changing only as the moment requires.
When I say “My religion is me”, I mean this in the most fundamentally unegotistical way possible, of course.
Speaking from beyond the self-conscious mind, I KNOW that there is a force, an energy that is connecting and driving all things.
Do I know what it is? Nope, but my preferred word is consciousness.
Does it need a word? Nope.
Am I offended when you call it God or Allah or Source or the Divine or . . . ? Nope.
It is every where and every thing, and seeing life this way leaves the mind with much less to do and the heart more open to feel.

This is the next stage of the human story – to know ourselves by getting over ourselves.
Living and experiencing who and what we are, simply and honestly.
Not needing to know as a path to freedom to experience fully. *wink emoticon*
Religion means 'to bind'.
Yoga means union.
These are 2 of the oldest practices known to humanity, for good reason.
One must connect what is disconnected to feel whole, experience life deeply and be satisfied.
As soon as the self-conscious mind developed (to be explained in the upcoming **'Illuminating the Disconnect'** book), we began looking at the world outside of us for ways to connect.
But alas . . . our mind has become so excited, so creative, so good at looking out that we have forgotten to keep it still, and feel our way inside. *smile emoticon*
So what are we connecting? Mind, body, spirit in alignment as a human life form.
Due to our self-conscious nature, we must actually become aware that the very mind that is trying to know itself, cannot know itself fully, because we exist beyond it.

Illuminating the disconnects has become obvious to me now, because living beyond the self-conscious mind is natural.

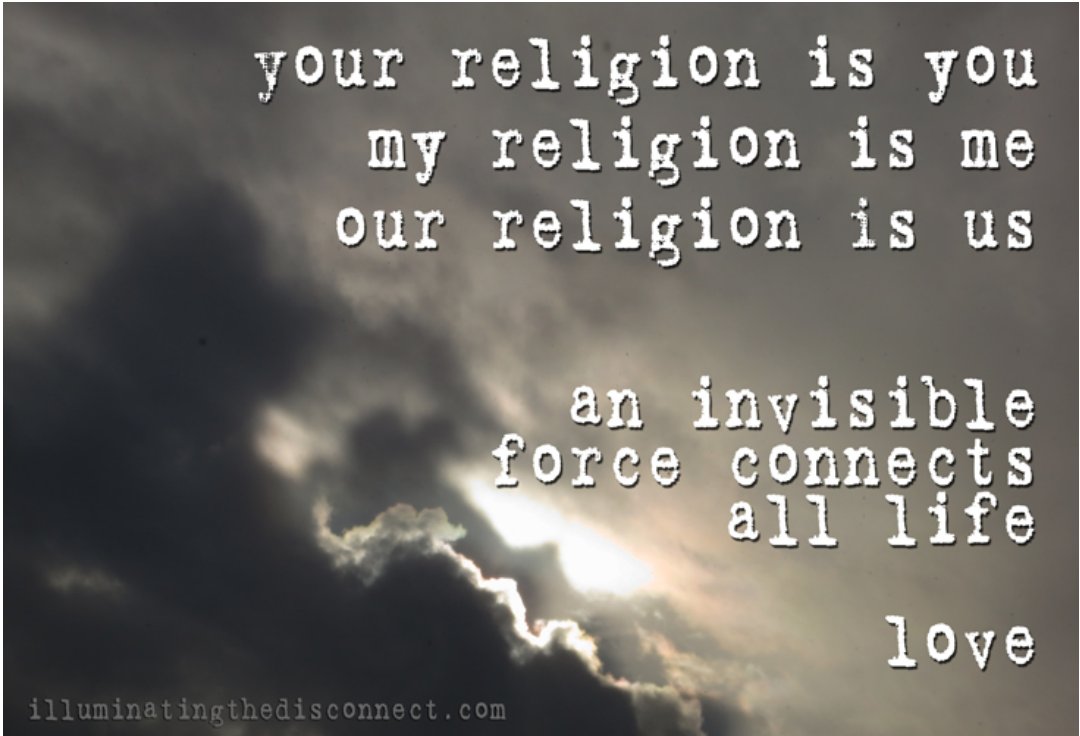
This life is a seriously un-serious adventure, and is best enjoyed when you know that you are you.

That life is life.

That knowing is far less important than loving.

No matter what, just try not to let the words get in the way.

We are all in this together. *heart emoticon*



your religion is you
my religion is me
our religion is us

an invisible
force connects
all life

love

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January 5, 2016

*announcing upcoming workshops and coaching

Healing from Depression, Anxiety and Stress

Likely 3 of the most common ways in which humans suffer, and the ones I would like to address very deeply in my counselling, coaching and workshop practice. Having gone through these conditions myself, very deeply, and having transcended them in a very real way, I would like to extend my services at my new downtown office in Vancouver, via online sessions (Facetime, Skype), or by phone.

These conditions arise naturally as mental and emotional disconnects for any true sense of self, and the healing of them begins with this awareness and then working towards a feeling of who we truly feel we are.

As we are here to simply be and express who we are, any thoughts in our head that arise can challenge this, and many of us actually become challenged from an early age without even knowing it, simply due to the conditioning of the society around us - without having to blame anyone or any circumstance directly.

Know this:

- You are not alone
- You are here to be yourself, to love and be loved
- Healing is a process, but we are in this together

Please consider helping your self by taking any step inward as self-love and self-care.

You do this for yourself, whether it is me or another or a book or a Youtube video that helps to enlighten you about ways in which you can heal.

I guarantee you, though, that you do not have to learn to live with these things, or to give in to society.

Rather, you need to learn to know your self, love your self, and give your self permission to not only live, but freakin' shine!

in service,
with Love,
Steve

Illuminations

*Coaching you to a higher
awareness to live your
authentic self*

Living in the moment to
END
stress, anxiety, depression

WE ARE ALL IN THIS TOGETHER

illuminatingthedisconnect.com

Steve Allat

604.928.0913



January 6, 2016

Life Choices

Winston Churchill described history as . . . "one damned thing after another."

And well, without the 'damned', that is life!

We are doomed to make choices.

Or we are graced to make choices.

We are doomed to the consequences of our choices

or we are graced by the consequences of our choices.

How you make your choices is . . . your choice! *wink emoticon*

"If you choose not to decide you still have made a choice", said Neil Peart (of Rush, on the song 'Freewill').

Yes, because we have the freedom of choice, we have freewill.

It is not about why we are here, nearly as much as how we choose to spend our time. *wink emoticon*

In this life that we are born into (coming out of the energy of consciousness) we KNOW that we are going to one day leave our form.

We KNOW this, and yet we GET to live a life story anyways.

This tells us that the journey is absolutely about the journey!

There cannot be a destination, an end, to a thing that has no end and no particular goal.

So, connecting with life, with your true sense of self, with consciousness is about being aware enough to transcend the self-conscious mind the majority of the time in favour of honouring consciousness itself

For it consciousness could 'want' for anything, I would say it wants for love or compassion or the path of least resistance in experiencing and enjoying this life.

Imagine that right now, as in any moment, you can be still (even if you are moving!) inside and know how you feel about who you are and HOW you are going to make a choice.

See?

Life then isn't so serious about making 'right' choices (because there are none) - it is about making compassionate choices.


By compassionate, I mean being aligned with your true sense of self, honouring who you are and how you want to live.

We can choose our state of being, of presence, which can be the foundation upon which we live our lives . . . and embrace the joy, the wonder, the ups and downs, while knowing who we really are all along.

THIS is the feeling of being alive and knowing it.

So, without worrying about being right or wrong . . .

With what feeling are you going to make your choices today? *heart emoticon*



How we choose will reflect
how much we truly love life

Know Thy Self

First with the heart
then with the head

illuminating the disconnect

January 7, 2016

You and Your Self

There is only one certainty in the universe - that there is a force behind, in and throughout everything.

Other than that, every thing is impermanent.

Each of us, therefore, is a manifestation of that force (of consciousness, source, divinity, god . . .) and an expression of it.

The beautiful thing is that we do not have to even prove what this force is, understand it or name it in order to access it, because -

YOU ARE IT!

Being connected to it, through self-awareness, is all that is needed.

The more connected you are to self, the more in love you will naturally feel with all life. Because the life that loves itself wants all other life to feel the same way - and unnecessary suffering can diminish.

When we become aware of our self, beyond the human mind that can confuse the issue by filtering perception and creating a whole bunch of other selves wink emoticon, then we are honouring our authentic selves and life to a higher degree.

heart emoticon

It simply takes awareness and getting in touch with feeling who you are as opposed to thinking of an idea of who you are. smile emoticon

While there are many methods, teachers and ways to get to your self, the answers you truly seek are with you all the time.

Because no matter what anyone says to you, does for you or whatever opportunity any situation provides - it is up to YOU to decide how to feel about it, and then what to think so you can decide what to do about it.

Feel. Think. Do.

No one can do this work for you - for only you know who you are.

What I can do with my current awareness is provide a foundation of understanding of WHAT we are as humans and how we work. Because fundamentally, we all do operate the same way, we just have different energies and challenges to knowing our selves along our individual journeys.

What we are is fundamental, and yet we each think about it way tooo much, as if there are 7 billion different species of humans on the planet, when it would be much healthier to work together to get over our selves and all the ideas (culture, society, religions, economic models, races) of ourselves that have become ingrained into ways in which we label and divide us.

But make no mistake - we are all in this together.

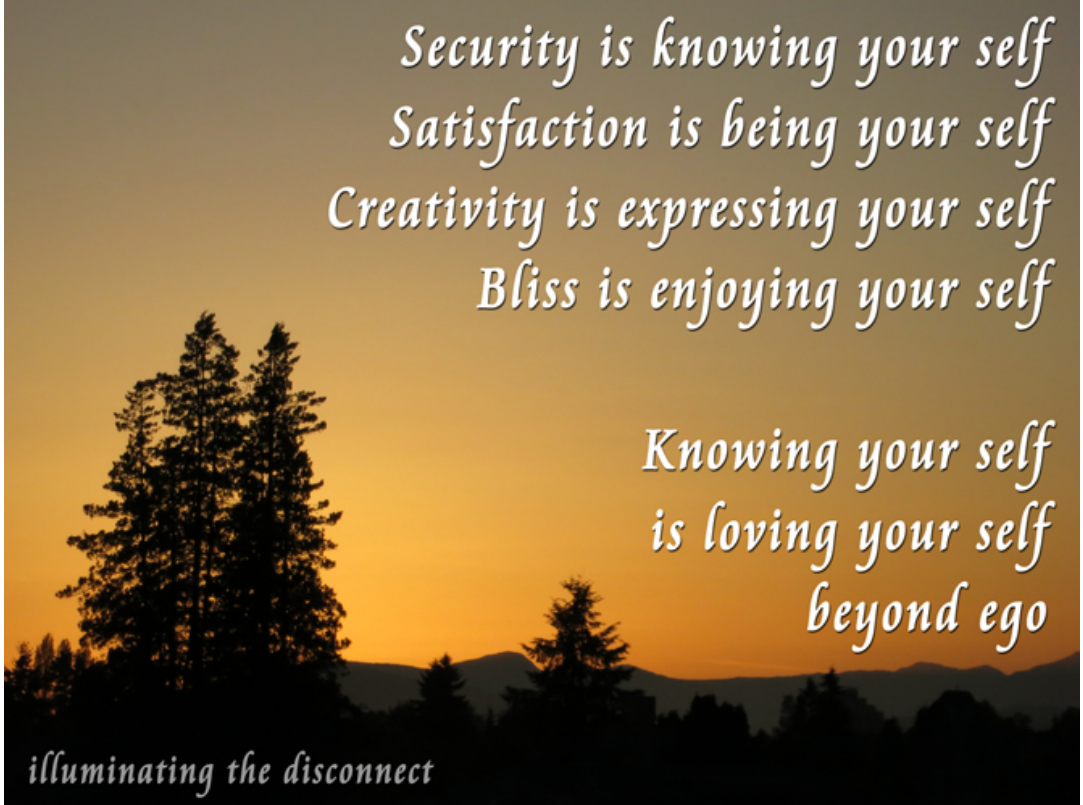
Your pleasure is my pleasure.

Your joy is my joy.

To be of service is an honour.

So, how can I help you?

And how you you help you?



*Security is knowing your self
Satisfaction is being your self
Creativity is expressing your self
Bliss is enjoying your self*

*Knowing your self
is loving your self
beyond ego*

illuminating the disconnect

January 11, 2016

Happy Today, Tribalmakers! heart emoticon

It should be a simple plan, being one's self . . . but the gig with us humans now is to learn to do just that.

Yes, learn.

A lot of this learning is really un-learning and allowing ourselves to be who we feel we are.

Yes, feel.

Because at it's most fundamental, we are energy.

Yes, energy.

The energy of consciousness expressing itself.

What can get in the way is thoughts that come from the self-conscious mind, whose job it is to help us process what our senses perceive and put them into context before we take action.

Trouble with this additional layer of mind is that it cannot see everything.

And, it cannot even feel who YOU are sometimes.

This is why your primary purpose here is to recognize who you are, independent of this voice, and then feel how you are.

Even then, just because you get to the root energy of who you are, that doesn't mean that this is who you want to be!!

True - as you are energy come back into form (yes, BACK - the energy of other life), this energy can carry with it many aspects which we call 'positive' or 'negative'.

But, the beauty of knowing our self is that we are, through our conscious thoughts, capable of changing who we are and transcending even what we came into this world feeling.
smile emoticon

To Do

1. Be yourself

2. Love yourself

3. Express yourself

Compassionately

Repeat, ad infinitum

There is more than meets the eye to life, because the pure loving energy of consciousness flows through all, without judgment, and with the power to change in any moment.

This simple plan will be simple, the more you practice.

Yes, we do have to practice being ourselves.

That is just how life works.

We are what we repeatedly do.

heart emoticon

January 11, 2016

*link to ralphsmart.com video, also on Youtube

No matter what your circumstance, your thoughts about it are yours . . .

Let go of the voice that is not truly your own and YOU will rise up and be felt, be heard and will spring into authentic action *heart emoticon*

Know They Self

Love It

Live It

Passionately *heart emoticon*

Thanks Ralph Smart *smile emoticon*

HOW TO GUIDE YOURSELF FROM NEGATIVE THOUGHTS TO POSITIVE
THOUGHTS

January 11, 2016

Evening Love Balm heart emoticon

Pass it around - we are all in this together.

Put a little love balm on that brain and let it rest a while, as you take some time in stillness to feel how you feel.

When you go to sleep tonight, remember that as you sleep, some invisible force (*ahem* the love of consciousness) is still operating and keeping you breathing, digesting, rejuvenating, repairing and countless other processes! smile emoticon
Your dreams are also the energy of your being trying to point the way home, often. wink emoticon

You are the miracle.

Without even thinking, look at you go!

Now, if you can bring that perspective to conscious awareness, and honour your self on all levels as much of the time as possible, then the show gets REALLY exciting. smile emoticon smile emoticon smile emoticon

You exist prior to the thinking of you as existing.

Just being that is the starting point to how you can feel as you experience the flow of moments that make up a lifetime.

When you wake up tomorrow, before your mind engages . . . be thankful.

When the mind engages . . . be thankful!

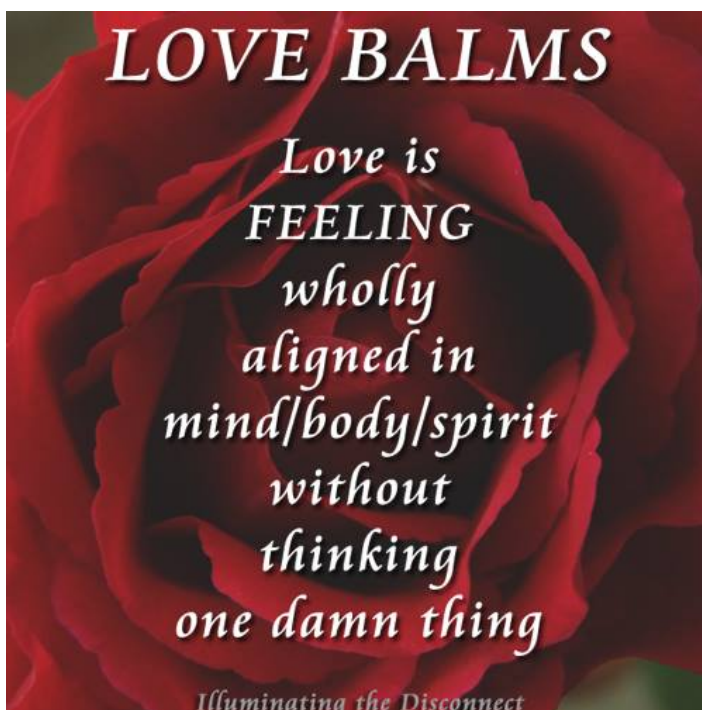
Watch that mind and make sure it is truly serving you and that you aren't letting it make your decisions for you.

As I love to say "The ego is like a good friend, whose opinion does not always matter".

Who to be and how to act
with that is ALL YOU,
baby!

Enjoy.

heart emoticon



January 13, 2016

*announcing a Sunday Night Healing Circle

Illuminating The Disconnect Presents . . .

a Sunday Night Healing Circle

Beginning this Sunday, I am happy to host a weekly gathering to talk about life and how we can each become more aware of who we are, what we are and how we are as we each journey towards living our best, authentic self every day. :)

There will be no specific focus, but we will likely dealing with some of the bigger issues that I know people face and which I have the most experience in overcoming, which are:

- anxiety & stress
- grief
- depression
- not feeling true to self

There is no pressure to share, simply being present will put you in an atmosphere of support, from which we can all raise our awareness about options that we may not have been aware of before in life.

I look forward to seeing you there.

heart emoticon

Steve

Illuminations

Healing Circle

A space where we will come together to share,
feel free to be our selves,
connect with the deeper truth of self
to raise awareness of
who we are, what we are and
why we are here.

Supporting one another with
open heart and open mind.

Sunday
6 to 8 pm

87 E Pender
Vancouver

We Are All In This Together

i am **Steve Allat of Illuminating the Disconnect**
Shedding light on the origin of, manifestation of and proliferation
of the 'ego' in the human species.
Defining the ego's use, misuse, identification and processes that
will allow our species to live in the moment, experiencing life as
it is, while being a responsible species within the field of life
on this planet. **For Answers, Inquire WITHIN**
illuminatingthedisconnect.com 604.928.0913

January 15, 2016

Shine

Behind the clouds, the sun always shines.
The warmth gets through.
Our lives are still affected.
Beneath your thoughts, you can shine.
Underneath your moods, you can create warmth.
Your life always has a light inside, no matter the situation.
Give yourself permission . . . to shine.
Shine for yourself that your shine lights others, and thusly, we give each other permission and support to be our best selves.

heart emoticon

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

— Marianne Williamson, *A Return to Love: Reflections on the Principles of "A Course in Miracles"*



January 18, 2016

You Be You and I'll Be Me

Imagine that world! *smile emoticon*

As well as being me, I have no complaints.

I will deal with this day as it is, and make out of it what I can.

Whether it is Monday, or Thursday, raining or sunny, I am single or in a relationship, working or looking for work, tired or full of energy, challenged or in the flow . . .

You are always in your element when you are thinking and acting aligned to your true nature.

It is that important and it should be the easiest thing to do in life.

But it can now be one of the hardest challenges, and mostly because we are all capable of NOT doing it!!!

And we empower the self-conscious mind to think too much, to have us believe things that do not empower us, to keep us too busy to enjoy the moment, to distract us from . . . ourselves!

Yet, it is all . . . up . . . to . . . you!

To watch your thoughts and act according to a deeper knowing, a heartfelt way.

The cure for almost ALL unnecessary suffering in the form of frustration, anxiety, stress, depression and even disease is:

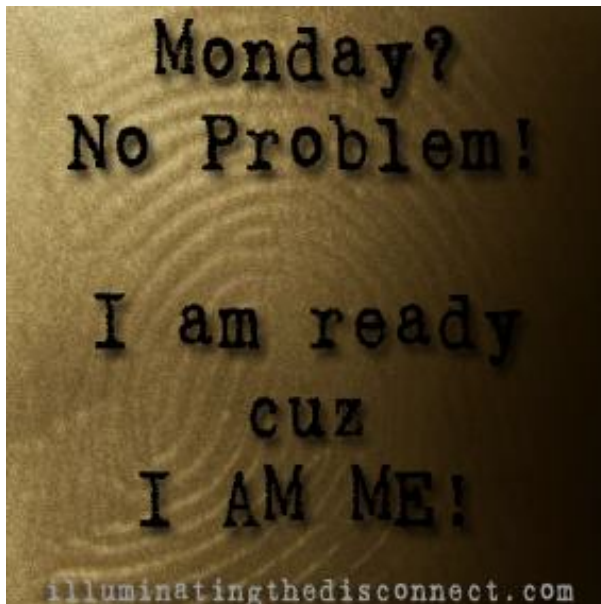
Be. Your. Self.

Then act compassionately with our world. *smile emoticon*

If you need assistance connecting to your heart, inquire within. *heart emoticon*

All you are, is in you.

Love.



January 18, 2016

Do Not Die With Your Music In You

With so many notable artists movin' on wink emoticon, are you reminded that you are still here and that, hopefully you do not still have your music (passions) still inside you, unsung?

If you do . . . now is your time, as always.

It is inevitable that we will pass, and should be obvious that this life is an experience that only ever happens here and now.

In 120 years, the 7 billion people on this planet WILL BE GONE!

But, what we do and how we do it . . . the energy we are, that we transmute, that we transmit . . . will live on. This is the true re-incarnation - the passing on of life from one form to another.

Yes, we mourn all the passings, as we absolutely should - in honour of the life that was, the lives that are and the best of us that lives on.

Whether it is a hero, an exemplar, a friend, a pet, that special rose bush, your old car . . . when life passes, it is a reminder to love and let love.

Know your self. *smile emoticon*

Love it. *heart emoticon*

Live it.

Share it.

Passionately.



January 20, 2016

*announcing Illuminations Conscious Coaching practice to begin

Illuminations Conscious Coaching

Working with you to see the bigger picture of awareness at play within you, within life.

Empowering you to get to the heart of the matter of who you are, how you wish to live and be.

Providing a safe and nurturing space, where you can feel free to work through anxiety, trauma, stress or depression without judgment.

My personal experience is directly related to how I can offer insight for anyone, but do know that the work of being you will take time and practice.

I will offer support long the way.

First 1/2 hr connection is free, as we get to know each other and assess a path towards your personal freedom.

peace and love,
Steve Allat



*updated profile picture



NO WINDING REQUIRED

January 20, 2016

the LIFE in Your Days smile emoticon

I always say quality of moments trumps quantity of moments.

After all, life goes on. Life changes form.

We think there is a guarantee about the future, about next year, about tomorrow, about a moment from now . . . but there isn't.

There is a very high probability that many things we think of and plan on will come to pass, but taking that for granted can take away from the feeling of being present to your current situation anywhere and anytime.

Imagine acting in a way that you chose to all the time, based on how you want to feel about who you know you are!

Inhabiting your self, beyond the constructs of the thinking mind will bring a joyful feeling to the moment when nothing is truly happening to cause you to feel any suffering.

Even then, when something does occur to occupy your heart and thoughts - the passing of a loved one, end of a relationship of any kind, remembering a past hurt - you have the choice to accept it compassionately, and thus not add another layer of self-imposed suffering on the actual suffering that is occurring.

I have read in quite a few philosophies, religions, masters and teachers come and gone that all suffering can be ended through dis-identification with the ego.

I would like to proffer that humans, like all life, can suffer in ways that are natural to the processes of a life lived - things like physical trauma and emotional challenges that are very real, but do need to be lived through in order to be healthy.

I find myself in a fantastic state of awareness in this life now, and I feel all things . . . just on a deeper level. And this gives me the opportunity to embrace joy and happiness while accepting real sufferings and let them go naturally so they do not linger and affect my life here and now.

If someone passes or I hear of someone suffering, their suffering feels like mine for the moment, but then it can pass, without guilt.

After all, feeling alive as our selves is what we all want and deserve at all times.

To enjoy our lives, free of needless suffering - most of which is self-imposed, and which I am here to help you transcend, should you choose.

We are all in this together.

Every single unique, wonderful work-in-progress that we all are.

Love you. *heart emoticon*



It isn't about the
days in your life

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as much as the
LIFE in your days!

January 21, 2016

*link to article about technology and anxiety

<http://brightside.me/article/a-thought-provoking-experiment-showed-what-happens-when-children-dont-have-the-internet-for-a-whole-day-42855/>

Illuminating a technological Disconnect *wink emoticon*

frown emoticon i am not surprised . . . while we tout technology as connecting us more than ever (and there are ways in which this is very true and appreciated), the PRIMARY connection in life is of that to one's self, one's true nature and knowing this as the foundation of all our other connections in life.

this is fundamental, as is shown in the study . . . when the mind THINKS it needs the material connections over the connecting of FEELING alright, content and trusting in one's self in the world.

This is why I do the work I do . . . connecting people with their true nature first and honestly, so they know how to handle all the other ways in which we then connect with life.

Illuminating the Disconnect <-- does not even know how to be bored anymore, with or without technology or people around or amidst the chaos of something I'd rather not be around.

Life can always be exciting and interesting, if we connect directly to the moment.

heart emoticon



A thought-provoking experiment showed what happens when children don't have the internet for a whole day

January 21, 2016

We Are Alchemically In This Together wink emoticon heart emoticon

Bonded by love, connected through consciousness, bound somewhat by matter.
Still, a pretty miraculous deal I would say.

Our minds, those processors of our perceptions, are amazing.

We can make ourselves feel things that are not based upon reality and we can
imagine realities that take us away from what our circumstances really are.

We have that capacity to make our mind up about something, and change it almost
immediately.

We can have these things called beliefs, and not even act according to them and we
can change them entirely based on new information any time.

What we take in from our environment through the physical senses -, including the
feelings our energetic heart processes about our situation - our mind then goes to
work on.

It tries to formulate a choice for us, and in the end it does.

But . . . with our highly developed sense of self-consciousness, we now have a
mind that is often at work simply working out possibilities, without considering
what is in our best interest.

By 'best interest' I mean how we feel about what our choice may mean to us, as we
are now aware of ourselves to be.

This could mean that we are making choices that please the ego (more self-
interested) or the whole of our being (conscious compassion), which knows that we
are connected to the life around us.

Try watching your mind (yes, it is yours to watch) to discern where your choices
are coming from. wink emoticon

This is the power of the mind, where we can take circumstances that are causing us
suffering or pain, and transcend them.

Pain will happen in this lifetime, as will some suffering.

But most suffering we seem to experience is actually self-inflicted by our own
minds. That does not mean we are sadistic and wish to harm ourselves -t more often
means that we are not aware of our own thoughts and patterns that lead to our
feelings of suffering.

When our own mind causes the suffering, it is our choice somewhere along the line.
And this is where we have the power!

Of choice.

Of allowing stillness between perception and reaction so that we can consult the
heart, which is our bigger mind and which is naturally connected to the bigger
picture.

All life has and is connected in a fundamental way to consciousness.

By tapping in, we can change our state of being, even if we cannot change our

current circumstances.

When we can change our circumstances to avoid unnecessary suffering, we should.

When we can change our thoughts to avoid unnecessary suffering, we should!

In many ways that are still not completely understood by science, we are alchemical machines - physically, mentally and spiritually.

Our bodies can change base ingredients into what we are.

Our minds can change thoughts, any time we choose.

Our spirits can soar, allowing us to feel free anywhere we are.

Inhabit your entire self, learning and growing in awareness with open mind and open heart, and you will learn the simple path to feeling free to choose, to be and to live who you truly are.

heart emoticon

the Alchemy of the Mind
can change leaden thoughts

into



golden opportunities
to experience freedom
here and now

illuminatingthedisconnect.com

January 22, 2016

*added a new Event

Meditative Mondays

Demystifying Meditation

Spend some time becoming aware of the way we process thoughts about the world around us. Without a goal or expectations, we will explore how to let go of unnecessary thought in any situation.

No specific technique or process will be taught, but will encompass and embrace many so that you can feel which works for you so that you can inhabit yourself more deeply, more often, learning to react to thoughts moment to moment, as you please


Monday
7 - 8 p.m.

presented by

Illuminating the Disconnect

by donation

87 E Pender St
Vancouver



Shedding light on the origin of, manifestation of and proliferation of the 'ego' in the human species. Defining the ego's use, misuse, identification and processes that will allow our species to live in the moment, experiencing life as it is, while being a responsible species within the field of all life.

with Steve Allat

illuminatingthedisconnect.com

604.928.0913

January 22, 2016

*added a new Event

Tuesday Talks on Conscious Awareness

Be. Here. Now.

As I speak to you about life and love.

Who we are, what we are and why we are.

Looking at human society and our interaction
with the world with and without the filter
of self-conscious thinking, I will offer
perspective on the nature of reality
and how you can inhabit yourself fully, now.

We Are All In This Together.

Tuesday
7 - 8 p.m.

presented by
Illuminating the Disconnect

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87 E Pender St
Vancouver



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of the 'ego' in the human species.
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January 22, 2016

Spiritual Retreat? Nope

Let's Spiritually Inhabit . . . Our Life.

Words are so interesting.

I read about spiritual retreats and it sometimes makes me smile. I know that people are seeking solace in many ways these days and for good reason.

And, yes, there is more peace naturally away from the 'rat race' than there seems to be in it.

But, I would like to offer that one can achieve a deep level of peace and contentment anywhere.

How?

Through absolute acceptance of the here and now, and the power to decide what to think, what to do and therefore how to feel.

No matter where you go, you cannot retreat from yourself, except inside your mind, behind your awareness.

Seems to me the simplest long-term solution to inner peace is simply inner stillness. *heart emoticon*

And THAT is all yours for the making.

The spirit is everywhere, and yours is with you always.

If the only you feel peaceful is when you meditate, then meditation is helping, but not teaching you how to live meditatively.

If you cannot sleep well because you cannot let go of the day, then it would truly help to live the day as it happens, meditatively, and then there would be little or nothing to let go of to ensure good rest.

If you feel like peace is 'out there' and is in certain situations, around certain people, then you are thinking about the expectations of peace rather than being peaceful.

You are here to inhabit yourself, in conscious awareness, and to then live that!

Take yourself on a spiritual journey rather than a retreat.

It is called 'life', and it is an ongoing experience.

Together.

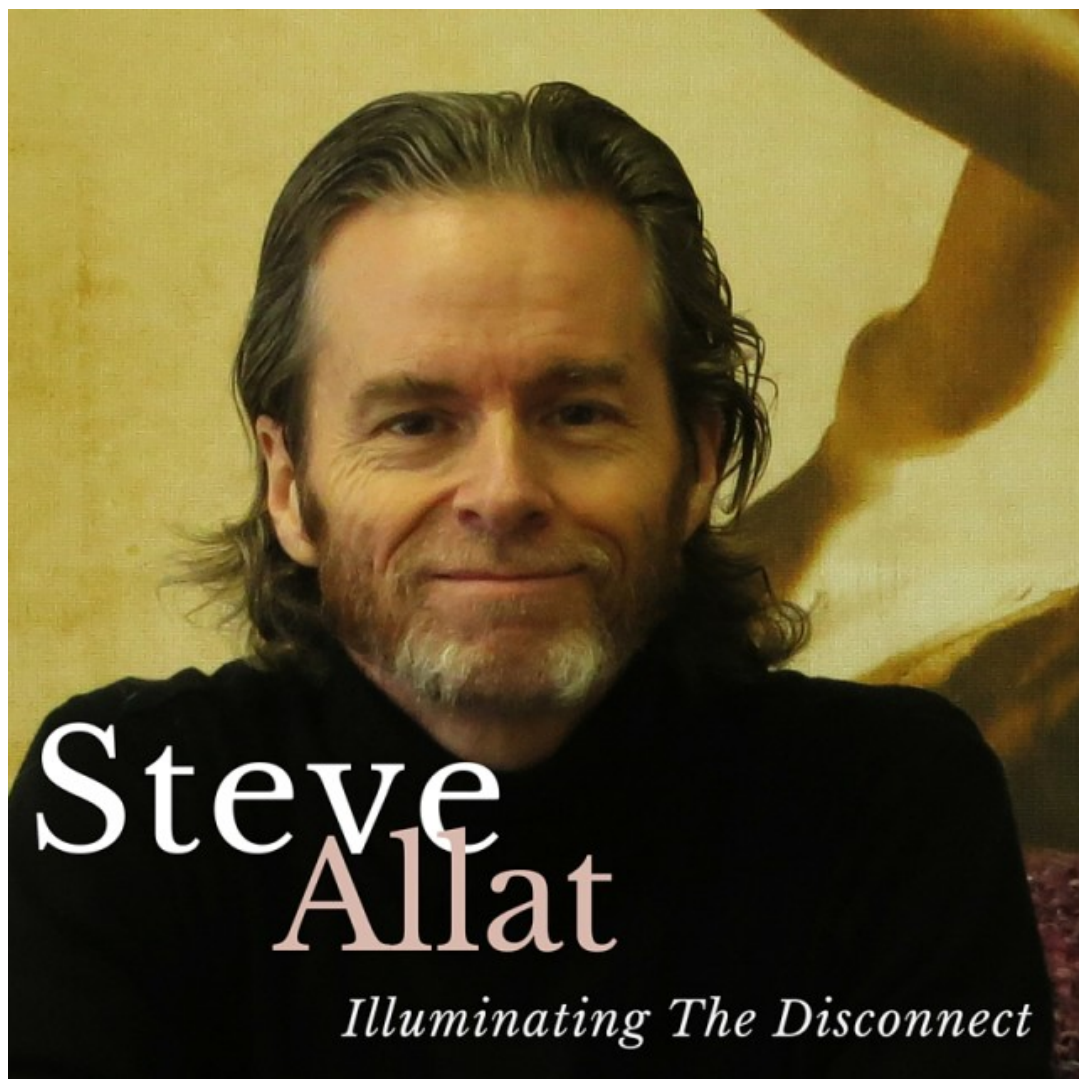
heart emoticon

January 24, 2016

*shared Chiganic's post – interview with 'me'.

Thanks David smile emoticon for taking the time to get to know me better and open the door to more connections for healing and growth. smile emoticon
Sharing of one's self makes the world go 'round heart emoticon

<http://www.chiganic.com/illuminating-the-disconnect/>



Steve Allat Illuminates Us On His Journey

Illuminating the Disconnect brings about mind stimulating and inspiring thoughts. Tell us a little about how you became enlightened to pursue the journey you're on now?

My journey towards a state of deep peace and awareness has been truly lifelong, and I remember when I was 13 years old, sitting in a chair at home in the dark late one night and wondering “What is life all about?”. I got a spine tingling feeling that one day I would find ‘answers’, though the journey has actually proven that there are always more questions, and that we each find our deep peace through a direct connection to a sense of self, beyond what we call ego (self-conscious mind).

No matter what I have been doing in life, for work or pleasure, I have always watched people and watched society, with a big picture perspective. Being highly sensitive and empathetic, I knew that what I was trying to feel was not just ever about me alone, because my awareness told me that my thoughts and actions always affect others and vice versa, so I strove to understand beyond my own wants or needs.

I know this is why I was able to let go of my self-conscious mind completely, because of that awareness.

Now, I see the disconnects that are ingrained in people and in society very clearly.

And, more importantly, I feel the way to teach people how to re-connect is my calling and my absolute joy to do in this life.

You talk about the universal truths beyond ego. For others that haven't heard you speak before could you explain what the universal truths are?

There are perhaps only a few, because even truths can be relative and dependent upon perspective. So, I try to be careful with language in speaking of such things.

In general, from what I have observed and felt about life, we are all connected through consciousness – what some call God or Source or the Divine or many other names.

So, the idea that consciousness is the connective tissue of the universe seems fundamental, as well as being backed up by science (not that it is necessary).

Going along with that, is the notion that compassion is innate to all life – and what I mean by compassion is, the awareness to get along for the greater good in any situation. With humanity, and even some other life in form, this has become filtered

or disconnected to a degree that we can choose to ignore our compassion, even though it is there still, and a fundamental truth.

Further to consciousness as compassion, we can see that there is nothing static in the universe. In that way, life is movement and everything is alive to some degree. It is only the forms that change.

Which is also universally true – that change is the only permanent thing in the universe besides the continuity of consciousness holding it all together.

Beyond these, we then need to speak of the rest as relative perspectives, because we each have our own truths and these can change, depending upon time and place.

In one of your talks you discuss the dark sides of manifesting. This intrigues me and I would love to hear more about the dark side?

THE GREAT THING ABOUT MANIFESTING IS.....IT WORKS

Well, I'd like to say that the first step is for me to correct myself a bit and say that the 'dark side' would relate to anything causes unnecessary suffering – as opposed to the 'light side', which would refer to those thoughts and actions that do contribute to the moment with little or no suffering as a result.

What I like to say about manifesting is this:

The great thing about manifesting is . . . it works!

The dangerous thing about manifesting is . . . it works!

So, you see, the concern with humanity is that we can achieve what we set our minds to. This has been proven countless times throughout history, and each of us does it in some form daily.

The real question is: From where are you manifesting?

If it is from your self-conscious mind, then chances are greater that it will have some degree of selfishness to it that could cause undue harm to other life (of any kind).

Whereas, if what you want or desire comes from your heart and has a sense of compassion and connectedness to it, then this will lead to a better moment for all life involved.

When we feel that our satisfaction is innately connected to that of others and that our feelings of suffering is also connected to how our actions may affect others, then we will likely make choices more connected to the 'light side'.

Meditation is becoming more and more common. In fact many entrepreneurs and athletes are doing more of it. If one wanted to incorporate meditation into their lives how would one do so?

TAKE A MOMENT TO PAUSE AND BE STILL, BREATH DEEPLY AND
WATCH YOUR THOUGHTS

I am showing people that meditation is more of an awareness and a state of being, than a practice.

In this way, the practice of meditation eventually becomes your life, as lived meditatively.

What I mean by this is doing things without peripheral thought. Focusing on the here and now, no matter what you are doing.

We do this automatically when we are in fight or flight mode, reacting quickly, risk-taking and in other ways. This happens when we get lost in an activity and enjoy it so much that we lose track of time. Thing is, we have given ourselves the ‘luxury’ of time and convenience, so our minds think a lot more, especially about past and future and expectations, worries and what-if’s.

So, the traditional practice of meditation is about slowing down thought and watching it (not stopping it) and recognizing when it is actually necessary. You become the watcher of your thoughts because YOU are!

But there is no reason this cannot be applied to every moment of life, it is simply a continual practice until it becomes a habit and thus, second nature.

I recommend doing short meditations while you are doing ANYTHING.

Take a moment to pause and be still, breathe deeply and watch your thoughts.

Then go back into whatever you were doing with one clear focus, and your energy on the awareness of what you are doing. This is akin to mindfulness, at all times.

Trust me, it will become easier and you practice and your general sense of peace, well-being and contentment will automatically raise up!

Tell us about your new e-book and the coaching you do.

The main book I am writing at the moment is called “Illuminating the Disconnect”, based on my journey and personal experience in transcending the self-conscious mind. I wrote the bulk of it in a few days almost 2 years ago, right after the

experience.

Since that day, I have been compelled to write, so share, to continue to learn about what happened and how it relates to all of us as a species and to all life on Earth. It is my absolute joy to be doing what I am doing because it isn't just a calling, it is who I am.

It will be out this spring, in various formats.

The coaching is simply a natural extension of who I am, as well.

I always found my preferred teachers were people who were living examples of what they taught, because it is who they are. Experiential teaching is tangible and more relatable, so in my new coaching practice I am guiding people home, to be themselves, in ways they may not see for themselves.

That is perhaps my gift – seeing the big picture of how we all ‘work’, how life work, and ways in which we can know that and live it authentically.

What are some ways our audience can begin to Illuminate the Disconnect?

It is all about awareness, and we are all at varying degrees of that. There is no right or wrong.

Everyone is enlightened about something, and sharing is how we truly help each other.

The key, once again, is to become aware of where we are at in life and how we are thinking, as it relates to the self-conscious mind.

I believe we are all innately decent and compassionate, and that we also want and deserve to be ourselves, so anything that connects us with our deeper sense of self is a step in the right direction.

I can offer help through coaching, the website, Facebook page and the books (up to 7 are in the works) coming out.

I also have begun 3 workshops, all by donation, on a weekly basis in Vancouver:

Sunday Night Healing Circle

Meditation Mondays

Tuesday Talks on Conscious Awareness

As well, as I did on my journey, there is support to be found everywhere and in ourselves.

The first step is to be honest with ourselves no matter where we are looking to learn from.

January 25, 2016

Why Be Like Fractals?

The universe is an intelligent place.

Did you think the stars were randomly placed? If so, they why bother with astrology at all? *wink emoticon*

Do you think YOU are randomly placed? Of course not, all life happens as it happens and you are here to live a life.

Why study the formation of things anywhere in order to learn about life, about ourselves?

And yet, this is what science does, ad nauseam – with some interesting insights and with a lot of distraction from the very self we are trying to understand.

Yes, there is an innate intelligence in all things.

Encoded in the DNA of life and likely more fundamentally encoded is a deep compassion, which is the heart of things.

The beauty of this intelligence is that it is all knowing, without knowing what is next.

The intelligence itself IS the trust that the next moment will unfold the way it can, as determined by current circumstances and the surrounding environment.

Do you see?

Every Oak tree in the world unfolds differently and yet they are all Oak trees. The growth pattern is a reflection of each one's unique environment, for no two life forms anywhere can share the exact same environment.

Every human in the world unfolds differently, and yet we are all human, encoded with the same opportunities to know our self and live it. We also all have the same self-conscious mind as part of our being, and this is where we can appear to make ourselves separate from others, from life.

Beyond ego, when a thing is known unto itself, then it already has what it needs to learn, to grow, to adapt.

This is why an oak tree can grow in certain climates and not in others.

This is why each species of animal lives where it does, with an environment and a range.

The intelligence of the universe has adapted it to it's environment, and the environment itself is an adaptation to itself, in a continual process of evolution.

In the grand scheme of life, life itself does not care how the living of it unfolds, but the optimal balance is that each life form has a chance to live free in it's environment and experience life as the life form it is.

All life comes equipped with all the senses necessary to perceive our environment and make decisions about how to proceed.

There are few exceptions, and when there are, life often takes steps to take care of that in the moment – offspring with a lack of survival skills are culled, sickly plants

die or succumb to disease (life forms in themselves). In the case of humans, we care for those who cannot take care of themselves – or at least, we are supposed to. Humans have evolved to a different level of adaptation, however. With our heightened self-consciousness we have learned to manipulate our environment instead of just using it as it is.

We have also created an environment OF THE MIND, which adds a layer of choice to every potential decision.

This has led to a whole host of advantages and some major disadvantages.

The reason for the disadvantages is a short sightedness that the thinking mind inherently has.

It has lost it's fractal edge, quite literally, by thinking it already knows what is best, and therefore it is blind to options and to feelings about the environment that could affect a decision for the better.

In the end, we are a species now living a very mind-based life, where the mind is feeding itself, instead of the mind being fed by the heart, or the soul.

Remember, the heart is an energy centre, a very real transmitter and receptor of signals many times more powerful than the mind. Do you remember any times when you have trusted you heart, your instincts?

The primary evidence for our mind-based society is the simple fact that we make so much of the world around us, building material objects outside of ourselves as we attempt to live practically everywhere on the planet, using resources faster than we balance them or replenish them (or allowing the Earth to – remember, oil takes millions of years to make and minutes to burn).

The secondary evidence for this effect is obvious and far-reaching in the fact that depression is the leading cause of human suffering on the planet.

This is why I focus on illuminating our disconnect between heart and mind. That IS the main cause of unnecessary suffering and I do not just know this intellectually, I feel it holistically in my entire being and in the energy of humanity. I know what we have become and how we can take steps to raise our awareness to go beyond the mind and still include the mind, in a positive way.

Raising our awareness really starts by not thinking . . . about thinking.

By realizing we have an innate intelligence and a unique energy seeking expression. Our unique expression is the WHO we are that there is only ever one of in the universe.

But beyond that, there is a WHAT we are as a species that has fundamental truths.

We are nearly identical in many ways unto ourselves and even unto life.

Our mind learns far more about how it thinks we should be in the world than we actually need to know. We learn about the systems and structures that we currently operate within, and this does have a level of importance. There is a fundamental reality to the material world being what it is, that is not to be dismissed. It is not an illusion if it can affect change and that change can create suffering, as it has.

However, behind that world is YOU. And no matter you circumstances, where you live, what era of humanity we are living in . . . YOU are YOU.

Do you see how even all the things you have learned that actually do help you

function in the world and in human society are not YOU?

You may choose to act a certain way at any time, but if you deeply identify with any of the ideas of you created in the mind or in the human collective unconscious, then you are at risk of not feeling like your self.

Yet feeling like your self is why you are here.

This should seem obvious, but we have made it hard to know by burying it under streams of thought that do not stop long enough for us to breathe, to allow ourselves to simply be.

Can you imagine going up to an animal or a plant and trying to tell it that it is not what it is!??

So, where is the off switch for this unnecessary streams of thoughts?

YOU are the off switch.

The conscious awareness that can watch your mind's thoughts just as your eyes can watch your hands do things. A direct connection between feeling, thoughts and actions.

Think of how many physical actions we make on a moment to moment basis that have become SO fundamental as to be sub-conscious because we have repeated them so many times in our lives: walking, going up steps, lifting utensils, driving, playing sports.

We are mathematical and engineering wonders, as is all life in form, KNOWING what to do without having to know it all with our minds.

And we can do these amazing things while we do more conscious actions above them as we go about our daily lives, hopefully doing things we enjoy doing.

Just as we can make repetitive actions subconscious, the mind tends to do much the same thing. It has piled up a reservoir of stock answers to situations based on what it has done before. And, the mind itself does not truly care what the outcome is, so long as it has been used and the user (YOU) survives the action so that the mind can think again another day.

This is how we get trapped in patterns of abuse, of suffering, of depression and self-loathing.

We survive it, so the mind accepts the thought as an option for another time.

It is so deeply rooted in the human collective unconscious that we almost accept suffering as a part of life.

We accept the current challenges we create as part of human nature.

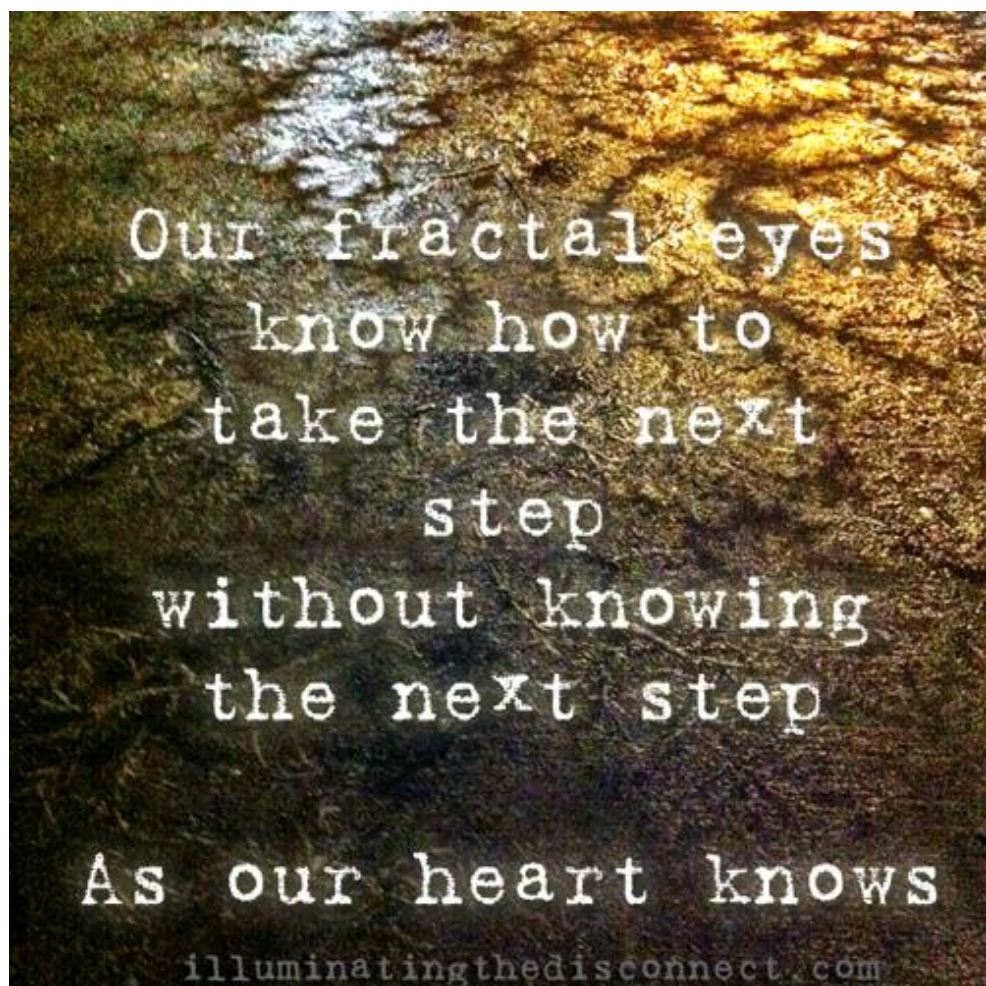
What if I told you this simply is not true!?

That the most security, satisfaction and joy you will ever feel in life arises from you being as fully YOU as possible.

That this feeling is your birthright and is always within you, it is likely just covered up with thoughts that disconnect you from your very real sense of self.

When you trust yourself to be yourself, and that this self will know how to be in any situation, independent of your mind knowing the outcome fully . . . then there is no room for depression, anxiety or stress because those things arise from the very thoughts that think they need to know things in order for you to feel secure, to feel alright.

You are here to be more than just okay, to cope with life as you think it is.
You are really here to be and express yourself in the enjoyment of your life.
So, let go of unnecessary thought by practising watching those thoughts and how they make you feel.
Choose to nurture the thoughts that lead to you feeling good about yourself, true to yourself in any situation.
The rest . . . can fade away.
And in time, they will.
In the present moment, you have all that you need to make a positive choice.
You have YOU! heart emoticon
Be the beauty of you without having to know what is next.
That doesn't mean do not make plans, set goals or have dreams.
Absolutely have them, but allowing the unfolding of them to flow from an inner knowing of who you are as you do them, not by ticking of a mental list of things done.
The sense of accomplishment will take care of itself as long as you are accomplishing BEING YOURSELF all along the way.



January 25, 2016

**note: i feel that Eckhart and I will cross paths at some point. I have known his work, as with many great teachers . . . from head, to heart. Being in his presence isn't necessary anymore for me, being present to life is the gift.*

I will not be attending, but please do take the opportunity if you feel compelled to be in the presence of . . . presence.

Eckhart is here, now . . . and was a beautiful peace of my puzzle *wink emoticon*
heart emoticon

If anyone wishes to discuss the work of being present, we are all in this together.



We are delighted to invite you to a rare and transformational evening with Eckhart Tolle.

Join us for this unique opportunity to sit with Eckhart as he discusses spiritual awakening and the transformation of consciousness. With his hallmark warmth, humour and compassion, this evening will connect you with the peace and serenity that arises from living in the moment.

Eckhart's profound, yet simple teachings have helped countless people from around the globe awaken to a vibrantly alive inner peace in their daily lives. The New York Times has called Eckhart Tolle "the most popular spiritual author in the United States", and the Watkins Review named him as "the most spiritually influential person in the world".

This is a one-night-only event and spaces are limited.

Eckhart Tolle's writings and life-changing public events have touched millions of lives, garnering fans to the likes of Oprah, the Dalai Lama and Deepak Chopra. He is the best-selling author of *The Power of Now* and *A New Earth* that are widely regarded as the most transformational books of our time, selling over 8 million copies.

Questions?

Please contact events@experiencegenie.com anytime. Thanks for your support in helping make this evening a reality.

Frequently Asked Questions: <http://www.iamgenie.org/eckhartfaq/>

January 25, 2016

If Not Now . . . When?

Oh no . . . the simplest question! *wink emoticon*

If we did not have a self-conscious mind, the answer would be . . . NOW!

But, as we do . . . we can make choices.

Choices that we think about, and that can be useful even when they do take us out of the moment.

The trick is to realize that even when thinking of the past or planning for the future, you are here now and so is your thinking. *wink emoticon*

Which means, that in any current situation, you can think anything you wish but you can only really DO a few things:

- accept the situation completely
- try to change the situation (as per your wants/needs/desire to avoid suffering or embrace love)
- remove yourself from the situation.

This is all within your power of thought, to quickly make decisions without allowing thought to spin around and around, where you may end up making NO choice, or being anxious about choices being 'right' or 'wrong', 'good' or 'bad'.

If you practice, you will become accustomed to using your mind more efficiently, as the tool it is . . . instead of having it working when it really isn't adding to the moment.

It is always now. It always was *wink emoticon*, and it always will be.

If you live through this deep knowing, then thinking becomes more simple and whenever that happens, your heart is much more open to feeling the moment as it is.

heart emoticon



January 25, 2016

Meditation IS Awareness

In the middle of a busy intersection.

At home in the dark with your legs folded and a candle burning.

Giving a speech in front of a large audience.

Playing tennis.

Having Sex.

Eating the food you have in front of you.

Life.

It is ALL to be paid attention to.

Things that please you as being the way you are, the way you do things . . . you can consciously repeat until they become a part of you.


All the rest are things you can raise your awareness about in the moment, while letting go the rest of the thoughts that are not leading anywhere. smile emoticon

Accepting the moment as it is IS meditation.

Deciding one thought at a time IS meditation.

Practice makes one more . . . meditative *wink emoticon*

heart emoticon



Paying attention to life
IS
your meditation practice

Still Mind
to experience
Full Life

Illuminating the Disconnect

January 27, 2016

The Past and Future are NOW

Make no mistake, whatever is happening is happening now.

The past can end now.

The future can only begin now.

No matter what, and I know some of us have had very real pain and suffering in our lives . . . the continuation of that suffering on the level of mental and emotional stress is only kept alive through the power of thought.

With practice, you can completely let go and thus free yourself to feel how you want to from now on.

Guaranteed.

Letting go does not mean you have to forget your past, or regret your past, or ignore your past . . . but it does let you not be a slave to it any longer. Forgive the past, even if those involved do not know they are forgiven - it is the forgiver who truly owns the weight of the forgiveness in the moment.

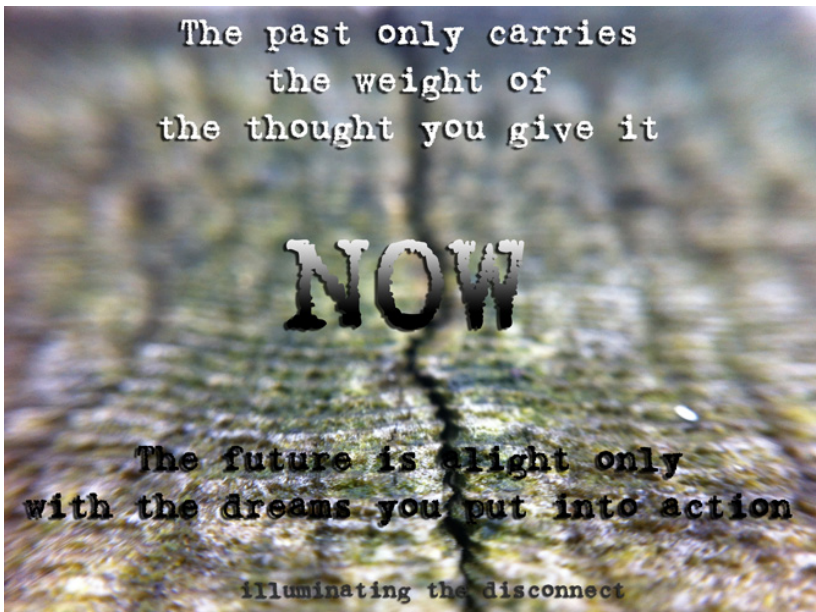
The future is also but a thought, but it empty without the weight of action.

What you think, you can do or at least try.

Without attaching thought to expectation, you are free to just do and not think of the doing as success or failure. It just is what it is, and you can adapt and change as you go, based on how you feel about yourself for the doing. smile emoticon
Take a moment . . . and take EVERY moment as a continual process of ending and beginning those things that make your life weightless with the spirit of alignment of loving who you are, where you are and what you are doing.

The choice is always yours and always right now.

heart emoticon



January 29, 2016

LIFE, UNFILTERED

Even though most of us are experiencing life day to day at some variety of levels, I am here to tell you there is more.

There is life . . . unfiltered.

Perceiving life through self/ego-consciousness gives us a unique perspective, but we need to begin to realize that it is just that - A perspective, not THE perspective.

The ego, which came into being eons ago for good reason, to aide a life form at survival, serves a purpose. The trouble now is, that the ego is almost completely self-serving - it is the 'ghost in the machine', the inmate that is running the asylum. It's goal has become so focused on the individual that it takes our attention away from seeing life and experiencing life as it is, as it is happening, and from feeling and acknowledging the energetic connection that holds us all together.

While the image through the rainy windshield certainly has a beauty, just as life already does when we experience those moments, the experience of life as perceived with our entire being through the senses (which our entire being IS doing at all times) is one of constant contentment, without the ego judging, labelling, separating and comparing before we even get a chance to just be there with whatever is happening.

To disconnect, watch your thoughts and ask yourself when they occur, what value do they have? Do they add to the situation or do they diminish it? Most often, we do not need any thought at all to be in a situation and experience it, reacting naturally and trusting our selves with who we are and what we know at this point in time to react and act in ways that honour life.

Please consider this page (and me) here for you - inquire if you have any questions, experiences to share, insights to offer . . . we are all in this together, and it is my pleasure to shed any light possible on you being all YOU, all the time.

heart emoticon

We should not live in fear, with stress or anxiety, questioning our very selves and our existence . . . and so we don't have to. We have the power of choice in any situation - and that is the power to live beyond thought and also to choose our thoughts as needed, which affect how we experience anything and everything.



January 29, 2016

Finding Yourself, Now heart emoticon

There is a past - it is a part of you, with and without thought.

There will be a future - it is inevitable, time marches on

But the road there goes through right now for both, always.

The energies of past and future can only become real when you pay attention to them now - and that is not always a bad thing.

If you are bringing them into the moment for a meaning, or a purpose.

With thoughts of the past, we can learn about who we are or want to be now be ending cycles of thought, empowering ones which serve us and letting go of those that are done.

With thoughts of the future, we can have goals and dreams . . . but they are only as real as the way we feel about them now and take steps towards with our actions in the moment.

Time is a tricky thing wink emoticon, and we do not need to dismiss the concept at all, we just need to work with it and honour the fact that now reigns supreme - past and future are servants of the now through the power of our self-conscious mind.

Do your best to listen to your mind and ask how it is serving you right now, where you are.

Are you empowered by your thoughts? Embrace them.

Are you challenged by your thoughts? Listen, and react from your deeper sense of self.

Are you scared by your thoughts? Face them or drop them, without regret.

Are you unsure of your thoughts? Be curious, and open to not knowing as a path to being in the moment much more often.

Now is all we have got, no matter what we think. *wink emoticon*

I am now offering pointers and portals to living in the moment through local workshops (in Vancouver), online coaching and via webinars to be starting soon.

If you want help being present, in any situation in life - to heal, to enjoy, to transcend, to love your self - then be present with me. *smile emoticon*

Now must stay *wink emoticon*

heart emoticon



Your Nature
is
Here
and
Now

illuminating the disconnect

January 30, 2016

The Dawn of Time exists wink emoticon

Holy crap, yes, there IS a beginning to 'time'.

In human terms, very definitely.

And since we are the only ones keeping track, we are the ones how have created a vested interest in the notion and can therefore get caught up in it.

Yes, time is a real thing - the moment, no matter how it is measured, is always followed by another moment . . . and therein we have a true measure of time.

Of course, we have also thought our way 'out of time' by doing what the self-conscious mind does: dividing it up, quantifying it, comparing it.

That does have it's advantages, of course . . . think of watching the skies in order to plan things like agriculture, seasons, events of significance.

Also, knowing the cycles of our universe can help in bigger ways.

Graham Hancock's recent work in the book 'Magicians of the Gods' shows how we have kept track of celestial events and may in fact have been warned of upcoming meteor storms that could affect our very survival - I recommend checking it out.

But, more importantly, I recommend that you check out this moment and how you can feel alive, and feel free now and at all times.

Because despite our cleverness, each of us gets one shot at a beautiful existence in form, which we should inhabit completely and enjoy, in compassionate expression our our selves. *heart emoticon*

While clock-time/human time can give us perspectives on the moment, they are still always secondary to the moment.

They have to be, as this is the universal truth of how things work.

Just as the self-conscious mind is secondary to who we are, having been borne out of consciousness itself in order to benefit us (at one point in time wink emoticon). I will be telling a very real story of the birth of self-consciousness in the upcoming book 'Illuminating the Disconnect'. smile emoticon Humanity will be wise to embrace all that we are, as we know our selves to be.

For now, use time without allowing it to use you.

Being a slave to time, to anything that takes you too far from the moment can truly be the difference between feeling your bliss and merely thinking about it.

You are here, now.

Live it.

Love it.


Passionately. *heart emoticon*

For help becoming present to your true nature, inquire within wink emoticon heart emoticon

or . . . speak to someone who only speaks from this moment.

As long as I am here . . . I am here wink emoticon to be of service to life in this moment.

With love.

The background of the entire image is a photograph of a sunset over a beach. The sun is a bright, glowing orb on the horizon, casting a long, shimmering reflection on the wet sand. The sky is a gradient of orange and yellow. In the foreground, the dark silhouette of a hand is visible, with fingers slightly spread, reaching towards the horizon. The overall mood is contemplative and serene.

The Dawn of Time:

that moment when self-consciousness overtook
the moment and replaced the joy of existing
with the thought of existing.

Despite all our thinking
it is still always NOW.

illuminating the disconnect

January 31, 2016

The Heart Runs Deep

We are equipped with very powerful connections with which we can live our lives. All of consciousness runs through us, and all life, innately connecting us to a higher intelligence that can truly help us be our best selves in any moment - when we align, synchronicities happen, healing happens, joyful living happens . . .

We are also connected to a universal mind, a shared morphic field of thoughts that help us know who we are as a species and as a life itself. Each life form shares a similar mind, plants and animals alike.

As humans, we have another mind, however.

The thinking mind of self-consciousness, or ego.

Without labelling it further, this mind came into being eons ago in order to help our species out and survive in a world where circumstances quickly changed and we had to learn to think our way to survival by using our environment instead of relying solely on instincts to live within it as it is, as much of the rest of life in form does on Earth.

(I will go deeper into this in '*Illuminating the Disconnect*', the first book).

While the thinking mind can do a lot of amazing things, the one thing it cannot do is see the big picture.

Why?

Because each person's thinking mind and the collective consciousness of our species is limited, as it is a sub-set of our being and really only has a vested interest in us surviving . . . which is why IT, the mind itself, has taken on identities and wants to survive, too!

The way past this limitation is to make it still.

Quiet the thinking mind so that it is used when needed, and not just running the show much of the time. *wink emoticon*

This opens the connections to both Universal Mind and Consciousness itself, through our heart. In a very, very real way.

I can attest, that when I am in 'the zone', I cannot even count the number of synchronicities that happen and how blissful I feel about life, for no apparent reason. *wink emoticon heart emoticon*


The reason is . . . it is awesome to simply be alive!

This is why I teach presence, and why Jesus did and Buddha did and Lao Tzu wrote about it and why Eckhart Tolle is the leading 'spiritual' teacher in the world today. Yet no one has a monopoly on presence, a universal truth.

It is right here, right now . . . for each of us.

And by making this connection, we heal ourselves, our environment and honour life on Earth . . for all.

heart emoticon

The background is a deep, textured blue. In the upper right, a single feather floats. In the lower left, a small white flower is in bloom. In the lower center, a small dark object is visible. The text is overlaid on the left side of the image.

Still water runs deep
Still mind runs deep

Still, **the heart**
runs deepest.

illuminating the disconnect

January 31, 2016

*shared a post

My bliss is being here and sharing with you *heart emoticon*
What moves you in this life?

(p.s. - do check out Joseph Campbell's writing and his own story, very inspiring)



January 31, 2016

Inhabit yourself. . . for optimal results. heart emoticon

There is only
one of you in
this universe.

BE THAT!

illuminating the disconnect

January 31, 2016

The Plan of Life

Is it ironic that we call our home a plan-it wink emoticon, when in fact the plans are always at work in all life, creating a balance in which the majority of life in form can live and thrive in it's environment?

Humans have become something of planners, due to our thinking mind thinking it is supreme.

But, is it?

Or is it just one part of us that can help us along the way.

A tree has all the information and intelligence it needs to germinate, to grow and to fit into it's environment. Yet, the next branch structure is not known and does not have to be planned in advance. It knows when to bloom, to go to see and even when to die. Naturally.

The planning in advance IS the innate intelligence the tree has in 'knowing' what it is right NOW.

Animals carry the same knowledge, knowing their environment, when to breed, when to migrate, when to bury seeds and also, when to move on, adapt, or die. Naturally.

Then, uh-oh . . . humans.

We also have all the intelligence we need to survive, and always have.

And yes, our thinking mind has made it seem like we are getting ever more intelligent by having taken us and put us into many different environments.

But, there are consequences to this path that the thinking mind cannot see. These things are the imbalance in the environment, increase in human disease from creating toxic environments and not consuming foods that we have adapted to over thousands of years (prior to self-consciousness).

It is neither 'right' nor 'wrong', but there have definitely been consequences that we are now seeing, and hopefully FEELING, which will lead us to more balanced choices.

The way there is to tap into the innate intelligence - you can call it instinct, human nature, consciousness - and use it along with our self-conscious minds to live more aware and in balance with all life - to the benefit of ALL.

You see, the self-conscious mind truly cannot see the forest for the trees regarding this, and has no vested interest, either. It is US who are paying the price, not this inferior mind.

Trusting your self, from a deeper sense of self (heart-centred) will ensure that you always to have a plan, because YOU ARE THE PLAN.

Knowing this will help guide you to feel secure all through life, instead of thinking your way to security based on the systems and structures the collective conscious has created.

After all, if the lights went out, power was cut off, food supply lines ceased due to infrastructure collapse . . . what would you do?

I know that I would be content to carry on and rely on my love of life, lack of fear and the capacity to accept the challenge of surviving, thriving and helping all around me to do the same.

There is always a way out of any situation . . . and it starts by finding the way in.
heart emoticon

All you are . . . is in you.

And is connected to . . . everything else.



The plan
exists
within
all life

You are
connected
to it
at all times

Feel it

illuminating the disconnect

January 31, 2016

A Good Night's Sleep

I know of far too many people who do not enjoy a good night's rest.

frown emoticon

And this is directly correlated to having a good day's rest in your mind AS you go through your day.

Once the day is done, and you can accept that it is what it is, and that you did what you did . . . then you can truly give yourself permission to let it go.

That is the first step to peace in the moment, as well as a great practice in the evening to get used to letting go - because with the onset of actual tiredness, it is (or should be) a little easier to let go with the reality of the day slowing down and being 'over'.

If you are lying there, however, and thinking about things undone, words unsaid, bills unpaid or anything that you are not going to resolve before you wish to sleep . . . then this practice is one that will help you realize that you are the watcher of your thoughts once and for all. The reality is that the issues of the day will not be taken care of this night, and that is okay.

By letting go, you give yourself permission to get the rest that will actually allow you to open up space for answers to come in - otherwise, our thinking mind keep spinning in such a way that we do not often figure things out in the moment.

"I never made one of my discoveries through the process of rational thinking", said Einstein. This applies doubly to trying to solve all your problems while lying in bed - using the same thinking that created them, to solve them! *wink emoticon*

Rather, contemplate your way to opening up to answers.

Watch your thoughts, and respond to them, definitively!

Tell unwanted thoughts to go away. *smile emoticon*

Answer repeat thoughts by ignoring them - they will quiet, as they need your energy of response to exist.

Quiet the mind by focusing on one thing like your breathing, humming a melody or smiling and counting the things you are thankful for even after a hard day.

I followed this practice for years until it become second nature to have no thoughts of consequence as I fell asleep, leading to a deep sleep every time. I cannot remember the last time a sleep was difficult, and this also led to being able to be peaceful with my thoughts all day as well - something that we could all use to be generally content, inspired and ready to take on the day, come what may.

When dreams come, they are often trying to work out that which you are not working out (mentally, emotionally and spiritually) in the waking hours.

If you would like some help with sleeping or dream analysis, ask away - it is all part of the connection between our self-conscious mind and any disconnects from our deeper self that are not aligned at the moment.

Sweet dreams, tribalmakers.

And love yourself to sleep *heart emoticon*.

(take that any way you like *lol* - that can help, too *wink emoticon*)

GOOD NIGHT

The day is done
let it sleep

Your mind is done
let thoughts go

Your body has moved
let it rest

PEACE

illuminating the disconnect

February 3, 2016

Unconditional Love

. . . is a feeling, beyond space and time and yet here and now.
. . . is an open, honest connection with whatever life you are being with right now
. . . honours the invisible feedback loop where you know that how you feel and act affects others and vice versa

ON LOVE *heart emoticon*

1 Corinthians 13:4-8

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.
8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

From 'The Prophet' by Khalil Gibran

Love gives naught but itself and takes naught but from itself.

Love possesses not nor would it be possessed; For love is sufficient unto love. And think not you can direct the course of love, if it finds you worthy, directs your course. Love has no other desire but to fulfil itself."

But if you love and must needs have desires, let these be your desires: To melt and be like a running brook that sings its melody to the night. To know the pain of too much tenderness. To be wounded by your own understanding of love; And to bleed willingly and joyfully.

Bhudda

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.

heart emoticon heart emoticon heart emoticon



Unconditional Love

a space without time where
you do not know where you end
and the other begins
because the idea of separateness
has disappeared

illuminatingthedisconnect

*uploaded 'On Unconditional Love' to Soundcloud

<https://soundcloud.com/illuminatethedisconnect/unconditional-love>

February 4, 2016

Naturally Meditative.

Look at nature, the world outside of the scope of humanity . . . and notice that everything is what it is.

That . . . is meditation.

24/7.

We are born meditative – no preconceived notions, no ego-based desires . . . just the natural instincts to live, to be loved, to know life as our self.

I never could truly 'get into' meditation in any of the traditional ways – postures, mantras, kundalini energy and so on along my journey to knowing my self more fully.

I am already and always was a very calm person and quite patient, which likely gave me a decent grounding to being present, but no matter how much you are physically moving or not moving, it is the uncontrolled movement of the self-conscious mind that is truly at work keeping us from a permanent state of peace. Being the calm in the middle of a storm is the true test of whether or not you can maintain awareness and presence in the moment.

You can be free-falling in a bungee jump . . . and be meditative.

You can get lost in singing a song . . . and be meditative.

You can hit the sweet spot swinging a golf club . . . and it is meditative.

You can get lost in another person . . . and it is meditative.

The circumstance does not dictate the degree to which you may or may not be able to meditate – rather, you can bring a meditative state to any circumstance. This is when you know you are aware of being you and not a thought of you, in any moment.

In fact, the reason we engage in sports, risk-taking activities, take mind-altering substances and much more is because they either give us no choice but to be in the moment or they quiet the voice in the head.

At it's simplest, being in the moment IS a waking meditation, regardless of what you are doing.

It is how you inhabit the moment, fully, that will determine the nature of your state of being.

Walking samadhi (a state of deep meditative contemplation which leads to higher consciousness, in Buddhism and Hinduism) is a term I often thought of as I would go for walks and just be 'in the world', seeing the world around me, without allowing the mind to label, quantify or identify anything.

You can take a walk around a park, around the block, and not have to know anything on the level of the thinking mind (direction, names of trees, identities of objects) in order to find complete deep meaning.

This does not mean that it is not useful to know what we actually do need to know

in order to live day to day in the world, in society. Rather, it is knowing these things, using them for what they are, but not making any more of a story out of the identity of things than they really are – and that includes YOU!

So, do not stress or become overwhelmed about the idea of meditation.

Rather, practice being aware of your thoughts more and more and keeping it simple in the moment by allowing the moment to be and interjecting thought more as necessary than 'just because'.

If a thought spins around and around, learn to watch it and not react - in not paying it any attention, it will diminish, as it is of no use in the moment without your participation.

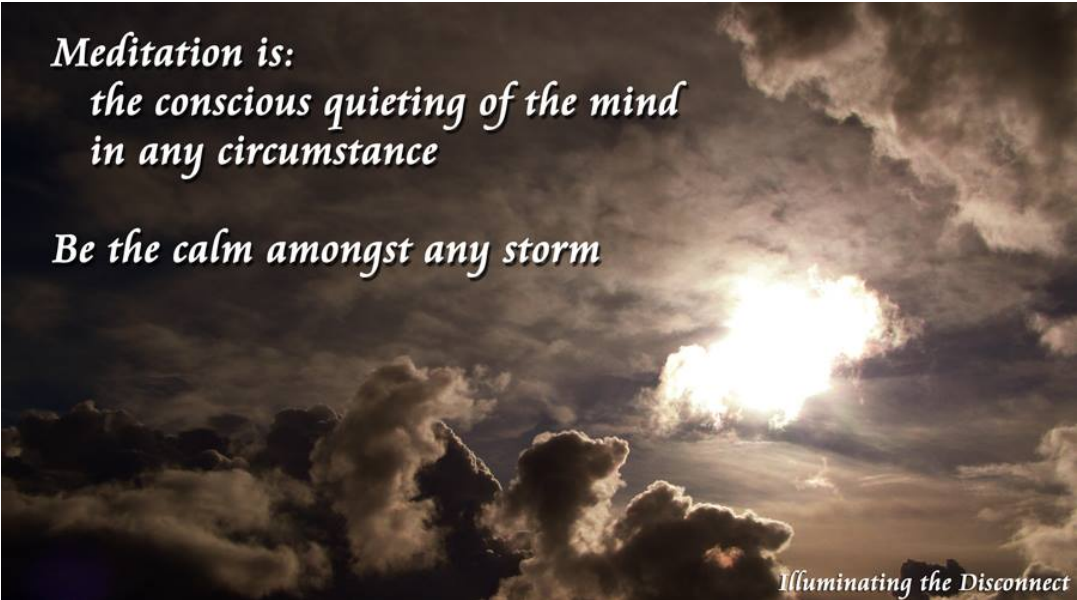
Your thoughts are yours, and your ego-conscious mind is simply another layer of filter to help you make decisions about being you in the world.

Watch those thoughts, and meditate on them as they arise, until you can more easily deal with them in the moment, making life's path more easily flowing from moment to moment.

****Join me weekly on Mondays in Vancouver for a meditative time.**

I will post an event each week, same time and location.

OR contact me for more information or to talk one-on-one.



*Meditation is:
the conscious quieting of the mind
in any circumstance*

Be the calm amongst any storm

Illuminating the Disconnect

February 6, 2016

welcome to . . . Conditioning

We think there is this thing called human nature, or the human condition. But truth is, there is consciousness and then there is how we express it. *wink emoticon*

Each life form, though true to consciousness in some very foundational ways, does express their life in form in unique ways.

Humans have evolved to beings with a very highly developed or sensitive self-conscious mind.

That, in itself, is neither good or bad . . . it is what it is, and what we currently are. The challenge I see if for our species to accept this very simple and objective fact and to learn to live with it and within it.

We HAVE a self-conscious (ego, thinking) mind, but we have become defined by it - because that is what it does to everything in doing it's job of 'helping' us along our journey.

This is why the practice of becoming aware of what we are (rather than WHO we are, that is for each of us to feel) is important, so that we can connect with the consequences of our actions on our selves and life around us, on which we depend and are interconnected with. This is conscious compassion.

This is why I live a plant-based, minimalist material consumption lifestyle - it makes me *feel responsible, peaceful, healthy, and literally high on the experience of life itself. heart emoticon*

Quieting the mind is not about putting it down, ignoring it or feelings a superiority to it. It is more about balancing what we are and where we live from - heart, head, body, spirit.

All life learns to be what it is through conditioning, but humans have an extra layer of mind-based environment.

Seeing this for what it is will allow us to connect with the deeper meaning in our moments, a more compassionate connection with life and a more authentic existence - based on a feeling of freedom and happiness.

Your life story is a series of choices based on thoughts in your head.

Those that you repeat, you become . . . always evolving.

In awareness, you can align to feeling as you think, choosing the thoughts in awareness and then inhabiting them as you become who you really want to be.

Practice . . . makes you who you are. *heart emoticon*

the great thing about your conditioning

it can be unconditioned

Illuminating the Disconnect