

TOOLS FOR TRANSFORMATION

ISA WORKSHOP NOTES

June 13, 2021 Zoom Meeting By Rev. Thomas Janssen

OPEN WITH MY STORY

1977-1982 Saudi Arabia Time of abundance and miracles.

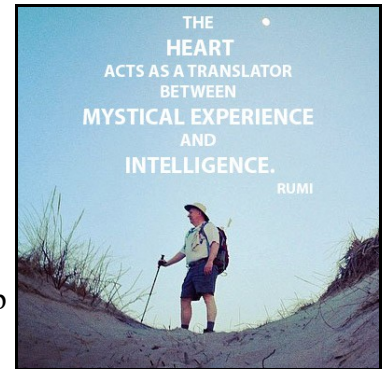
1982-1987 Florida Time of testing, divorce and loss of abundance.

1987-1992 Florida *Feeding frenzy* spiritual seeking (books, tapes, readings, classes, workshops, channeling, etc.), personal change, 12 step program, ministerial training & ordination. Voluntary end of lucrative employment with military contractors.

1993-1998 North Carolina Dark night of the soul, miracle trip to Egypt, ministry, Hermetic study, Reiki workshops, attempt to make my life *all spiritual*; income and associations. Revelation; *"It's all spiritual."*

1999 Michigan – Return *home*, jogging, marathons & extreme hikes. Extreme physical conditioning restored balance. Pursuit of the physical made a great spiritual experience possible.

2004 Grand Canyon revelation, an awakening, a transformational experience.
"I Am the Creator, experiencing the Creation, as the Created."

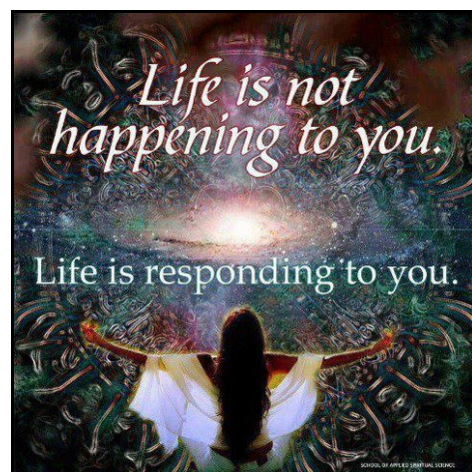
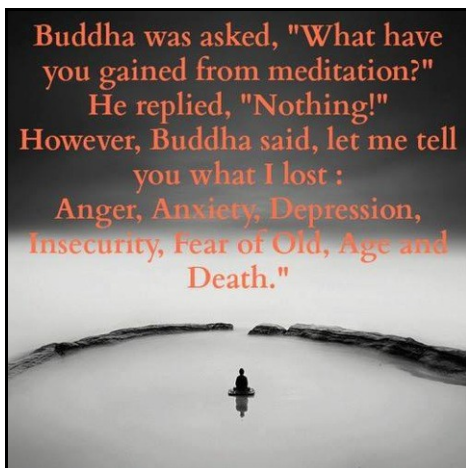


What is Transformation? Definitions:

1. a thorough or dramatic change in form or appearance.
2. a *metamorphosis* during the life cycle of an animal.
3. the induced or spontaneous change of one element into another by a nuclear process.

What is Metamorphosis? Definitions:

1. the process of transformation from an immature form to an adult form in two or more distinct stages.
2. a change of the form or nature of a thing or person into a completely different one, by natural or supernatural means.



Tools For Transformation

Butterfly – most often example used for metamorphosis.

Butterfly lesson: A man finds a cocoon and *helps* the butterfly.

Transformation – Macro and micro. Countless micro moments bring about a macro change. Likely not instantaneously but gradual over time. Transform each moment. Enough moments will eventually transform self. Enough transformed individuals will eventually transform humankind and the Earth.

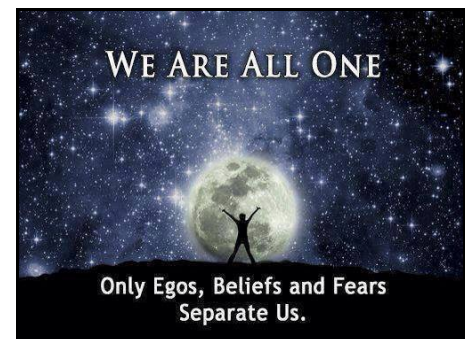
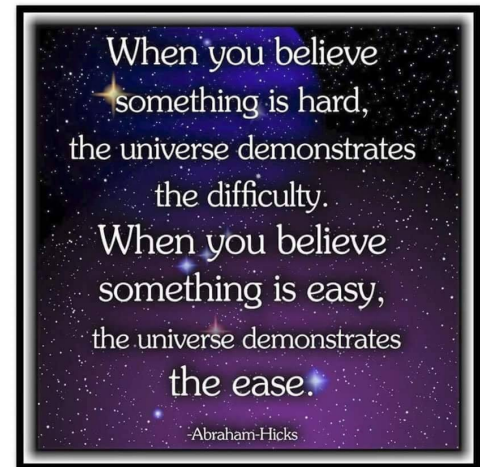
Carpe Diem! (Seize the moment!) Each new moment is an opportunity to contribute by advancing evolution or devolution. We each have an energy vote that we cast moment by moment, consciously or unconsciously.

Past, Present & Future: We can only act in the moment, but the emotional energy is most often due to something unresolved in the past or due to a fear of the future. Rarely is it due entirely to what is happening now. However, the more you resolve your past and release your fears of the future the more prevalent are moments about the present.

Who are YOU? *A spiritual being having a human experience?* Yes. The *illusion* is our separation. We intellectually may get this but do we bring it home to where we live moment by moment? We experience separation at this vibration level. As we awaken we vibrate higher and experience more connection we feel less and less separation.

We are made of the same elements as the Earth, the plants, the animals and the stars. And while we appear to be one body our physical body is a symbiotic system incorporating many more organisms (virus and bacteria) essential to life than the trillion or so cells in our body. Our body is the universe to those organisms who will spend their entire existence serving the greater good. Our food cravings are determined primarily by our digestive organisms. It is not “I” who has the sweet tooth but the sugar eating bacteria in my intestines. When communication breaks down or hostile invaders take over illness happens. Our physical health depends on making good decisions healthy for the whole body as a system. It is a great responsibility.

What is real? This reality is often called an illusion, but don't expect it to go away or to walk through a concrete wall simply because it is 99.99999999999996% empty space. (If the earth was compressed to no empty space it would be a ball about 1,000' in diameter.) What holds the wall together is all energy, the atomic force in the atoms and the gravitational force. And where there is gravity there is time. Energy is like spirit or may even be spirit. This presents to the metaphysical eye a means and reason for manipulation, that is, *a scientific basis for energy healing, effects of prayer and manifestation.*



Tools For Transformation

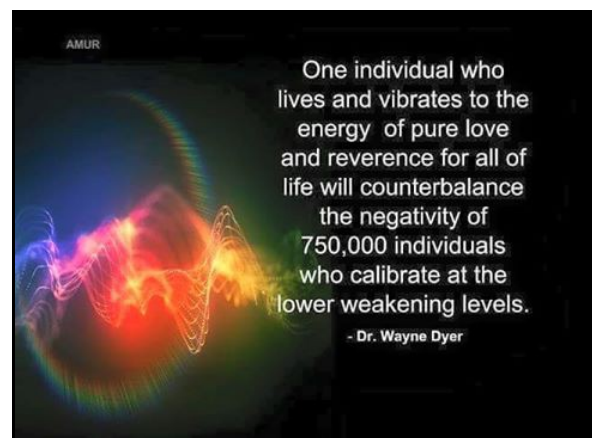
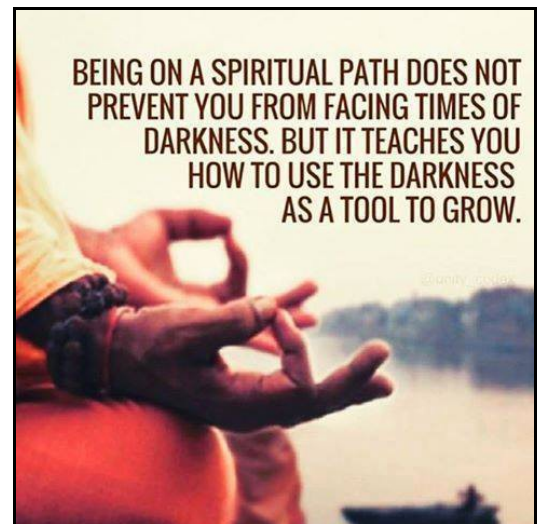
Soul's Record: Your Soul records your life experience while in this third dimension. It is primarily our emotional energy that records – the who, what, when and where details go unrecorded. This emotional energy is either love based or fear based (it is not binary but an analog spectrum). Love here meaning the energy of creation itself; life giving and affirming. Fear is defined as “*absence of love*.” And is similar to heat and cold, and light and dark. Cold is defined as *absence of heat* and dark is defined as *absence of light*. Both are measured along an analog spectrum.

Manifesting: We are made in the image and likeness of God (Creative Force). Our relationship with creation works whether we believe in it or not. We were born to the parents we needed according to our Soul's Agenda. And we will attract to us the experiences we need. This happens unconsciously until we take over to do it consciously. Some call this manifesting. The placebo effect gives some evidence we have influence over this physical world. On average over 30% of persons taking a placebo in drug trials have as good result as with the actual drug. Believing that one is taking a helpful medication is all that is required to have a benefit.

This Co-Creative effect is not limited to the spiritual person, it happens to artists, authors and musicians who often describe their work as coming through them rather than from them. Athletes describe getting into the zone. Magicians astound us with doing the *impossible* right before our eyes. The natural laws work regardless of the good or bad intent of the individuals. Law is neutral. We choose to use these skills for good or ill. We must choose the spiritual path to enlightenment separate from our path to developing skills.

Discernment can replace judgment. Discernment observes, evaluates and determines appropriate response. Judgment requires labeling and emotional involvement. If you are untrustworthy I don't need to confront or accuse you, I can be respectful and even friendly, and will keep a safe distance in our interactions. I will avoid putting myself and others in harms way, not out of fear but out of caring for myself and loved ones. Discernment is a useful and necessary tool.

Macro evolution: Moment by moment we each contribute to the evolution of all mankind, either forward or back. And in turn this affects the evolution of the planet. It goes on or solar system and galaxy, but this is enough to focus on here. Our *energy vote* in each moment contributes to mass consciousness. As we awaken we move away from influence of mass consciousness which allows for a higher perspective. This contributes to our interest and ability to align our personal decisions with the greater good. Only *win*, *win* solutions begin to make sense.



Tools For Transformation

Turn a *curse into prayer* and *fear into love*: Anger is a powerful human emotion, it is fear of something *not wanted* so convert that to a prayer for what *is wanted*. Judgment would have us label it to justify it's expression. However, anger is anger on the energetic scale, just as fire is fire whether baking bread or burning a forest. Letting go of judgment is key. Letting go of judgment allows for a more effective response.

Forgiveness is the key to the peace and happiness your Soul wants for you.

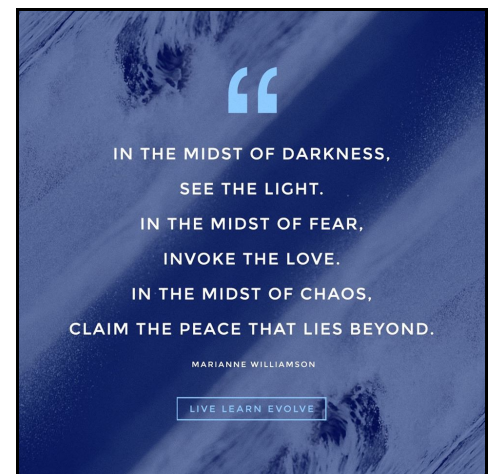
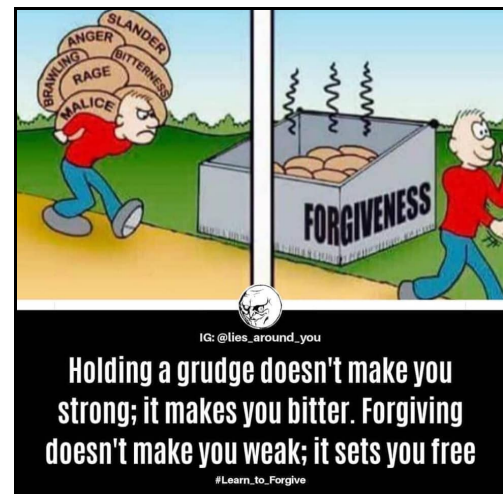
Jesus said, “*love your enemies*” and “*turn the other cheek.*” It's the higher road and the true antidote. This type of response deescalates situations and even transforms them.

Mother Teresa said “no” to all invitations to march *against* war, but said she would join a march *for* peace. She got it.

Nelson Mandela spent 27 years as a political prisoner in South Africa. When he came to power as president he gave amnesty and encouraged forgiveness – it transformed his country!

Prayer of St. Francis is a recipe for transformation, moment by moment:

Lord make Me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved. as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born to eternal life.



Be the peace you wish to see in the world. Gandhi didn't say this but it expresses well this natural law.

Politics and the news will get your dander up! Negative ads work. Fear is a powerful motivator and unfortunately too often wins elections. A more enlightened way is motivation by vision, vision of a new and better way. Consider transforming negative or fearful moments by praying/envisioning a better outcome. Pray for the well being or enlightenment of the politician you dislike – you don't have to vote for them, but will do well to pray for them. Do this and watch your world change. When your world changes you will see a different world, one that reflects more love due to the love you gave.

Tools For Transformation