

## ***Monograph Five:***

# ***The Transformation of Consciousness***

**A process has begun for humanity that is powerfully shifting human consciousness, and, as a consequence, many of us are awakening to and acknowledging truths that have long been hidden from us, both internally and externally. This process of transformation will, ultimately, raise human consciousness up, out of the quagmire of fear and ignorance, but there is a lot of water to flow under the bridge first. And transformation is not easy. On the contrary, it can be arduous and painful.**

### **The Caterpillar Consciousness**

The individual untransformed Caterpillar Consciousness\* is both a product of this human reality now and a part of the fabric of it. And, as a consequence of developing in this modern society, it has taken on the nutrients of society, or lack thereof, as is the case now, like a young sapling planted in infertile soil. Does this stunt its growth and development? Yes, of course. How can it be any other way?

And so, the untransformed Caterpillar Consciousness crawls in the dust of its own small-minded perspectives, seeing virtually nothing at all from its vantage point on the ground, and, therefore, of course, knowing virtually nothing at all, and focussing on, really, only trivial and shallow things . . . whatever will entertain and stimulate it, and what it will consume, most likely. It grovels in the dust of its own supreme and chronic ignorance. Its very small environment is all it sees and all it knows and, therefore, is all there is for it. It crawls, or moves, at a snail's pace, and its experiences of itself and its very small world are utterly limited.

Such is the current state of the human experience: a collective Caterpillar Consciousness.

To say it is frighteningly easy to manipulate and hypnotise such a consciousness, as humans currently are, is a gross understatement. Thus has humanity been deliberately and systematically brought low by an unimaginable Dark\* intelligence, and that same Darkness continues to dictate to humanity who we think we are, how we behave, what we choose, what we focus on, what we believe, what we see (or *don't* see), what we know, what we experience, and, most important of all, what we create.

The time has come for humanity as a collective – the human experience as a whole – to move, to grow, to evolve, to *transform* beyond the Caterpillar Consciousness.

### **Signs or Indications of Transformation**

As a collective, unfortunately, we don't get much warning. We just simply find ourselves in a place where transformation has begun . . . and so we have. And what we're experiencing at the moment is merely a precursor for what is to come. All the old adages

apply, like upsetting the apple cart of our so-called normal existence. We've been taken beyond what we thought of as 'normal' and we will not, now, find and settle into a new normal. That is no longer allowed. There are forces at play – forces that are confronting each other, pushing and pulling against each other – that preclude us settling back into any kind of normality.

Individually, however, a different story can tend to play out. There are often strong indications that transformation is either coming or has already begun, apart, that is, from the powerful events and circumstances, and the chaotic emotions they generate, that accompany any Process\* of transformation. Those classic questions that bubble up from the depths of the stirring within are, perhaps, the strongest indicators of transformational change. Is this really all there is? Surely this can't be all there is? Surely there has to be more than this? What is the purpose of life? What is the meaning of existence itself? What is it all for? What am I here for? What am I doing with my life?

Sound familiar?

### **A Trigger for Profound Transformational Change**

More often than not, transformational change is 'triggered' by a particular event or circumstance or incident. As triggers for profound change, these events are tailored to the individual and so they come in unlimited guises, but they are always deeply personal, so much so that when the triggered individual is describing the event to another, that other can scratch his or her head in bewilderment, wondering why the event had such a profound effect.

The event itself may, or may not, have physical expression, but the effect of it is entirely *metaphysical*. So the form the event takes, or its manifestation, is, therefore, deeply and *metaphysically* personal. And so, these events, as triggers, are often powerfully different from, and can therefore be distinguished from, events or incidents that bring about change, of which an individual can have many over his or her lifetime. Trigger events are powerful because they strike at the very core or essence of an individual, the deepest level of consciousness.

For anyone making the Metaphysical Transition\*, of which Transformation is the first very-powerful stage, an entirely spontaneous awakening is possible, but in the modern era, humans are so entrapped in physicality, a trigger event will usually be involved and will also usually have some sort of physical expression because, in that way, every level of consciousness will be involved, including the conscious awareness. Meaning, the conscious awareness does need to have some sort of point of reference so that it is included. This is important.

### **Beyond Choice**

A vital aspect of the transformational change occurring individually and collectively now is the fact that *choice plays no part in this Process*.

The reason for this is two-fold. First, Free Will\* is being removed from the human experience which effectively means choice is being taken out of the human equation. As

such, humanity has no choice but to go through the transformational Process now. Second, a consciousness locked or trapped in a state of Perpetual Separation\*, entrapped in an illusional reality, cannot be relied upon to make such a choice. A consciousness thus entrapped simply does not possess the necessary knowledge *to* make such a choice. How can you make a choice that requires you to *see* when your eyes are firmly shut tight, and, for that matter, when there is no Light that will allow you to see anyway?

## **The Impossibility of Writing a Recipe for Transformational Change**

Talking about transformational change in hindsight is so much easier than living it, particularly when you don't know what's happening to you – something I would spare others. For me personally, my transformational Process, which lasted about nine years or thereabouts, felt like someone had stuffed me into a tumble dryer or a front-loader washing machine and turned it on. And I couldn't get out. There were times when I didn't know which way was up, so to speak, and finding my equilibrium was all but impossible. Many times, it brought me to my knees. I'm not sure it will be so brutal for everyone, but it will be painful. Transforming consciousness is never easy.

But it's important to realise and recognise that, while I can talk about my experience with it, the Process itself is a completely individualised thing. So must it be, of course, because every consciousness is unique, as is every shadow in every consciousness. For this reason, while it's possible to talk about some general principles and underlying aspects of transformational change, it's not possible to ever create a definitive recipe or step-by-step guide or a road map for it.

I wrote *The Messiah Perspective*<sup>1</sup> following my own experience of transformation, and *The Metaphysical Transition*<sup>5</sup> is the culmination of everything I've Worked on, so, really, these are the best I can do in terms of a kind of manual. But the truth is, each of us must navigate the labyrinth of our own psyches, and the twists, turns, inner shadows and demons we encounter along the way will be different for everyone.

## **Different Analogies to Describe Transformational Change**

*Losing Caterpillar Characteristics and traits:* Speaking generally and metaphorically, transformational change is a Process whereby the Caterpillar Consciousness begins to lose, or transform, its caterpillar characteristics and traits, and these are both individualised – there because of the specific influences that have shaped it in its upbringing – *and* collective – a product of growing up in society and the human experience in general.

Old habits, conditioned responses and reactions, programmed mindsets, misguided beliefs, fears, attitudes, prejudices, perspectives, unhelpful focusses, obsessions and addictions – all of which we call 'shadows' – are touched by the Process, brought up into the conscious awareness, and then transformed *if* the individual is prepared to do the Work\* to confront the truth of them – their nature, their source and inception, their effects, consequences and psychologies, their distortions, their hold on the psyche.

*Free your mind:* *The Matrix*<sup>2</sup> sums it up perfectly. Before showing Neo the jump from one tall building to another Morpheus says, *You have to let it all go, Neo. Fear, doubt, 'n disbelief. Free your mind.* Wonderful. Brilliant script. This is exactly what

transformation is all about. But the fears, doubts and distorted beliefs don't exist in the conscious awareness. They exist far deeper in our consciousness and, so, freeing our mind does not just happen because we decide we're going to do it. It's a Process – layer by layer, shadow by shadow, misguided mindset by misguided mindset – and the Process will lead us or take us to and through every one. But it will do so in its own way and in its own time, paying no reference to our egoic wants, needs, obsessions, prejudices, opinions, attitudes.

*Preparing to re-use the canvass:* Another analogy I've used that facilitates an understanding of transformational change is that of re-using a canvass that has an old painting on it<sup>1</sup>. To be able to re-use the canvass, the old painting has to be cleared away so it doesn't bleed through and affect the new painting, or taint it. The Process of transformation clears away the old picture, the old story, getting you ready for the new one. You can think of the canvass as your consciousness, of which your reality is both extension and expression, and the old painting comprises all those things I've just mentioned: fears, old mindsets, habits, ingrained responses, perceptions, ignorance, recipes of existence that are underpinned by needs, wants, obsessions, prejudices, etc.

*Rumpelstiltskin - spinning straw into gold:* But the analogy I held in my own mind, when I knew what was happening, was that of Rumpelstiltskin spinning the straw of ignorant and shadowed mindsets and beliefs into the gold of self-knowledgeable ones, and transmuting focus and perspective. Thus is this Process, in every way, an alchemical transformation, and, as such, it cannot be undertaken lightly.

*Breaking the old self down - the Darklands of the subconscious:* In Guy Ritchie's version of the Arthurian legend<sup>3</sup>, there is an incredibly profound analogy for transformational change, and it's something Arthur had to do almost immediately after pulling the sword from the stone (his trigger event), certainly before he did anything else. They refer to it as the 'Darklands' – which is potently and profoundly apt – and they even portray it as other-dimensional – again, potently and profoundly apt.

The Mage explains it perfectly: *He has to go alone . . . We don't want all of him to survive. That's the point. You have to break his old self completely, wear him down.* The Darklands is the twists and turns and shadows of our own subconscious – the labyrinth of our own psyche. As you traverse the Darklands of your own subconscious, as you will during the transformational Process, you must confront and battle your inner demons or fears – demons that can feel insurmountably massive, as Arthur's were. Fears, some big, some small, some seemingly trivial, some profound, although no fear is ever trivial if left in the psyche, will come up and out mentally, emotionally, and psychologically, and as they do *you will create them in the landscape of your reality.*

And this will and must include memories of the past – memories of those things that hurt and shaped and wounded you. Even the injuries and the bruises and the brutality Arthur suffered in the Darklands are beautifully symbolic of how it feels to have yourself broken down and your fears brought up and out of you again and again. You may even wonder, like Arthur, and like me, if you will survive it.

## **Two Fundamental Aspects of the Transformational Process**

There are two important aspects of the analogy of the 'Darklands' in the movie I just

referenced that are extremely significant and need pointing out. First, going through the Darklands is something each of us has to do alone. No one can do it for you, and, while you can get help in many different ways and from many different sources, ultimately, you will discover that you have to do it alone because you're the only one who can walk through your *own* subconscious, your *own* psyche, facing your *own* fears and shadows as you do so.

It's like death. People can sit beside you, holding your hand, but you will still go through the death experience alone. No one can take your place, and no one can come with you. Morpheus says it to Neo in *The Matrix*<sup>2</sup>: *I can only show you the door, Neo. You're the one who has to walk through it.*

The second aspect is that of the Process having expression in your external reality, in this dimension, but, in truth, occurring in, and being sourced from, a different dimension within you. It may or may not help others to know this. Transformational Processes are not driven, or guided by, or coming from, the part of you that exists in this dimension. As such, you really should be careful about surrendering the necessity of following your *own* inner guidance because no one else can be or will be privy to or connected with that higher-dimensional part of you from which your Process is flowing.

### **Looking Away**

The idea of looking away, too, as portrayed in the movie is highly significant. The Mage knows the significance of looking away when she says to Arthur: *Did you see everything you needed to see? In the Darklands. Or did you look away? Don't get me wrong. I look away. We all look away. But that is the difference between a man and a king.*

If you look away, the fear will remain within you. Worse, if you look away, if you refuse to face and see, the Process will be forced to create the fear again and again in the landscape of your reality until you *do* turn and face. The only way to truly dissolve fear, to truly disempower it within you, is to look it full in the face. If you refuse to look any of your fears full in the face, you will hinder the transformational Process, slow it down, cause it to get stuck like a needle stuck on a broken record, playing the same song over and over again.

This is the truth of human reality, and it is the reason why human reality is so hellish. It's full of unresolved fear, all the fears humans aren't facing. But, if you do look away, know that I and anyone else who has gone through this Process will never judge or condemn you for it because we, too, looked away . . . many times.

Once you do stop looking away, though, and you face and confront your fear, you discover something quite remarkable. You discover that your fear is only an illusion. It's not real. I've described this Process before as standing steadfast while the wave of your fear looms over you, seemingly insurmountable, threatening to wash you away, only to have it become nothing but whitewash at your feet.

Only when Arthur stopped looking away from his fear internally, which he did in the final confrontation with his uncle, could he face, fight and defeat it. And the reason? He saw its true nature . . . its true *illusional* nature. He saw the illusion of the demon for what it was and knew he was really fighting a mortal person, his uncle. It's such a brilliant

analogy for what happens when we stop looking away from our fear and turn to confront it.

## **The Key to Transforming**

The Bible talks about the 'valley of shadow and death', and this, like the Darklands, is a perfect description. But the valleys of shadow and death are within us, and the only way to dissolve them and transform them is *to walk through them*. They can't be circumvented. They can't be avoided. You can't escape them. Often, they follow one another in quick succession during the Process of transformation, so that you just get through one and then immediately find yourself in another. Sometimes, too, there are valleys within the valleys.

The important thing to note is that you come to each valley as and when the Process needs you to and, therefore, leads you to them. You can't speed up the Process, although you can slow it down, and you can't skip steps . . . or valleys.

So, rule number one, or, I should say, the first general principle in the manual we can't really write for the transformational Process is that of *allowing the Process to flow through you and, as such, allowing yourself to be guided by it*.

It's natural to resist. No one can blame or judge anyone for resisting, but, first of all, resistance is futile, and, second, it will cause you to make things worse for yourself. Believe me, I know that from very personal experience. When you walk the road of higher and highest potential, as this is, *the key is allowing yourself to actually walk it*. The key to inner transformation is *allowing yourself **to** transform*, not an easy thing when you're brought to inner beliefs you thought were set in stone within you, and when you confront fears that feel insurmountable.

## **Embracing the Sword with Both Hands**

In the movie I've been referencing, the power of Excalibur when Arthur holds it with both hands symbolises the power of the Process itself that flows from within us when we Work with it consciously and allow it to do what it needs to do within and around us. This is the power to face, conquer and smite (resolve, dissolve, disempower) our own fears. Know this. Believe in the power of the Process. And, of course, learn to trust it, but know that you can't control it, and make the conscious choice not to try. Even Arthur recognised the power of the sword controlled him far more than he controlled it.

To this end, there is an essential, and I believe unavoidable, component of the Process that you must undertake and employ consciously – something you really must do if you are to hold the sword with both hands. I will never extol the virtue or the benefit of meditation because it's not for me, but I *will* do so for contemplation. And don't get me wrong here. This is not to say meditation is wrong. It is *not* wrong. In fact, for some people, it is very right. It is, however, not right for everyone, and, contrary to popular opinion, it is not an essential component of transformation, nor of true spirituality or spiritual practices. It is important to identify and recognise what is right and what works for *you*.

## **Mastering the Art of Contemplation**

Stilling your thoughts is calming, and, yes, as a technique it can and does centre you.

But the transformational Process will create circumstances in your reality *to stir up your thoughts and emotions, and so it must*. Stilling them again just to alleviate the stress and anxiety without doing the necessary Work\* with them will simply result in the Process having to stir them up again.

As such, it is *contemplation* that is a necessary and essential component that you must learn to do and then master. The Process brings your shadows up, out of the subconscious, so that you can see them, come face to face with them, recognise them for what they are, and the only way to achieve this is to utilise the power of your intellect. Contemplation is an exercise of mental discipline, not just *to think about something* but also to rein in your thoughts when necessary.

Contemplation is not pleasurable, so don't expect it to be. In fact, it can be damned hard work. Nor is it easy. In fact, it's incredibly difficult at times. Focusing your thoughts is an exercise in and of itself that can be extraordinarily difficult but also extraordinarily helpful. Talking out loud (to someone else, to yourself, to God or to the Universe) can help you focus your thoughts. For me, writing, or journaling does the same – two simple techniques you can employ to assist you in your contemplations.

But when you master the art of contemplation, as I believe you must, then you will discover a wonderful truth. Your intellect is not just limited to your conscious intellect. In fact, your intelligence comprises both your conscious intellect *and* your higher intelligence, and contemplation will allow you to merge these two and Work with them powerfully. Your contemplations will, in other words, generate insights, epiphanies, revelations and realisations within you that you will find extremely beneficial.

Often, in contemplating something, you are signalling a very powerful message to your subconscious that it will respond to, so when you stop contemplating, your subconscious will continue working on whatever it is you've been thinking about. Then, epiphanies and revelations come a couple of days later. You can Work with your subconscious in this way.

If you are to truly master the art of contemplation then you must find a way and make time to do something humans are, generally speaking, very bad at. Actually, they fear it greatly. You must spend time with yourself and by yourself. You don't necessarily need to be still, although this does help. I contemplate different things, different ways, at different levels, when I undertake different activities, like walking, gardening and playing the piano, and this is something I make use of.

Nor do you necessarily need to be in the silence, although this also helps. Listening to music is an extremely contemplative experience for me and greatly facilitates my contemplations. To truly and deeply contemplate, however, you will find it necessary to minimise in your environment those things that distract and stimulate and entertain you, and, of course, those things you consciously or subconsciously employ to escape. Contemplation is the opposite of escape. It will take you exactly where you need to go – within.

*Go within to find the meaning and purpose of your life.  
Pay attention to your thoughts, your dreams, and your feelings,  
For therein lies the path to God<sup>4</sup>.*

## **The Twin Pillars of Transformation**

In seeing all the old programming, mindsets and patterns of belief and fear – our wounded psychologies – we also see how they hijack our view of ourselves, our view of the world around us, and our place in it. In other words, we see how they hijack and distort and inform our *perspectives* and our *focus*.

In fact, this is a fundamental principle of true transformational change, and it is well worth remembering: *Knowledge and Wisdom will transform and are transforming, but it is focus and perspective that are transformed.*

## **The Tools in our Arsenal We've been Gifted to Assist Us**

We have actually been gifted amazing and invaluable tools to help us: our emotions, our intellect, our intuition and instinct, our ability to have insights, revelations and epiphanies. Learn to trust these and use them.

As you allow the Process to unfold within you, you will get better at it as you get to know the way it Works for and within you, and as you get to know the inner layers of your own psyche. Practice makes perfect, to use another old but true adage.

Pay attention to your dreams, too, both your waking and sleeping dreams, but especially those you have while you sleep. Learn your own dream language. It is, in fact, the same language as that of the Tarot and the Arthurian Legends because all are sourced from the same place. There really is a lot of valuable information for us in our dreams.

And, for the truly significant dreams, yes, it is true, if you've heard, that everything in the dream is an aspect of you. In other words, every image is symbolically reflective of something within you. Make use of the knowledge of that. Get to know the images your subconscious likes to Work with and what they mean for you. The more you learn to Work with it, too, the more you give it permission to be, the more it will come.

Also, the Process itself will not just lead you to every shadow you need to confront and resolve, it will lead you to anything that can help you, like a book or a counsellor. And it will lead you to these things at exactly the right time, in exactly the right place, in exactly the right way. You will create what you need in the landscape of your reality. Books and movies are good examples, whether fictional or not, because they are born of our creativity which is itself sourced from the higher-dimensional part of us.

There are, too, a million ways beautiful little messages and signs can come to you externally, in your reality. One such message and sign, for me, was a writing course whose advertisement kept coming at me from every direction. It was impossible to ignore, although I did try at first because I didn't want to do the course. My own Process was relentless, though, and I was forced to concede. I was led to the Tarot in the same way.

And that's not to say that every transforming person should also read the Tarot. On the contrary, the Tarot is part of *my* Process. Everyone has to find their own unique Way with its own unique tools of assistance.



## The Recipe of Life: Moving Beyond Hearth and Home

There is one specific dynamic I will mention (I have spoken about Transformation in more detail elsewhere and provided examples of my own Processes<sup>5</sup>). A dynamic that has most of us trapped, like an insect caught in a web, is what I refer to as the 'Recipe of Life'. And all the responsibilities, focuses, demands and obligations that come with it are the spider that is devouring us.

As such, the Processes of Transformation will and must touch it and stir it up, like shaking a rug to clear it of dust. Fundamentally, the Recipe of Life comprises the very-powerful and addictive constructs of physicality: career-marriage-mortgage-children, but there are, too, slight variations on this theme. Transformation will urge you beyond what I call 'hearth and home', with its ensnaring roles and responsibilities, so many will feel the urge to break free and go beyond the Recipe of Life. Don't be afraid of this. It's necessary, although it is, also, very painful.

### External Reflection of Internal Clearing

I would like to make a binding promise to you that is extraordinarily encouraging. As you clear out the shadows in your psyche; that is, as you authentically do the Work to face and resolve your inner shadows, *you will be able to observe the incredible effect this has on your physical reality*. Really.

If you stop to think about it, it makes perfect sense. As you clear out your shadows, you no longer need to create them in the landscape of your reality, and so your reality is not interweaved with and by your internal shadows. I can promise you, it is the difference between creating hell and heaven. Or, rather, it is the difference between *being in hell* and *being in heaven*. So do the Work, and you will reap untold and literally indescribable rewards.

And, for a moment, pause to consider your own answer to this question. If many of us, and I mean tens of thousands of us, begin to create heaven in our realities so that we exist in heaven right here, right now, what effect will this have on human reality in general, and what, then, will the human experience begin to look like?

\* Author's Note: I deliberately use capital letters to denote higher-dimensional, or metaphysical, concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

1 *The Messiah Perspective*, Jennifer Wherrett, 2014, Xlibris publishers.

2 *The Matrix*, 1999, Village Roadshow Pictures, Warner Bros. Pictures.

3. *King Arthur Legend of the Sword*, 2017, Warner Bros. Pictures, Village Roadshow Pictures.

4. *Lady of the Lake*, Jennifer Wherrett, 2013 (page 502), Xlibris publishers.

5. *The Metaphysical Transition*, Jennifer Wherrett, currently unpublished (expected publication 2021).

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