

Monograph Sixteen: ***Processes of Mastery***

Processes of mastery – mastering the illusional reality – are the most powerful of all the metaphysical Processes, and, in this modern era, they are incredibly difficult, and inordinately painful, because there is no infrastructure, like the temples of the ancient world, to support anyone within whom these Processes are Working. Nor is there any real acknowledged precedent, so individuals are on their own, without the means of understanding what is transpiring within them. Yet, these Processes are, and will be, increasing in prevalence. We need to know about them.

Knowing for Oneself

In going through my own Transitional Process* and as my eyes were opened more and more to profound metaphysical truths, I had a real problem with the construct of this illusional reality and the hurt and harm and the lacerations that are so easily inflicted on the souls who come into this human dimension.

I began to think that if the Guardians really existed surely they would not have allowed this human experience to deteriorate to the extent it has. Because, so bad is it here, now, that humans exist in a way that is the absolute antithesis to the way they *should* exist here. So why have the Guardians allowed this?

I have already partly answered this question. Until now, the Guardians have been duty bound to honour the wayward choices of humankind courtesy of the construct of this human reality, based, as it has been, on the premise of Free Will*.

And, as part of this construct, the Guardians cannot, under any circumstance, even one as god-awful as that horrific war (WWII), interfere with the ripple effect of consequence (although that war would have and could have been a whole lot worse without metaphysical intervention).

It is through choice and consequence that we learn in this dimension – a uniquely-subtle, and powerful, variant form of cause and effect. In fact, interfering with consequence and its ripple effects robs individuals of the learning experience and the opportunity to know. The Guardians would never do this, especially when the consequence comes from personal choice.

Protecting anyone from the consequences of their choices and actions is far more harmful than it is helpful primarily because it interferes with Process*, something the Guardians would also *never* do.

By way of illustrating the dynamic of this, I was given a very simple analogy¹, and I'm going to repeat it here because, perhaps in its very simplicity, it helped me understand:

“As to those souls who are hurt and harmed by experiences in this reality, does a child learn only from good, pleasurable, nice experiences? In fact, if you think about it, a child learns much more, and much faster, for that matter, if it has unpleasant, harmful or hurtful experiences.

“What if you were to tell that child not to touch something hot? The child knows it must not touch that hot thing, but it doesn't understand why or what the consequence will be if it does so. And if it blindly obeys you, it will never know why it must not touch that hot thing.

*“So, wanting to understand, it reaches out, touches the hot thing, and gets badly burned. It screams and howls in pain, yes, but it also understands, now, why it must not touch hot things. It has learnt for itself. So, will it touch hot things again? No, but not because it obeys, but because **it now knows for itself.**”*

The experience with the hot thing has been, for this child, a Process.

The Unique Learning Offered by the Illusional Reality

This is an example that physicalises the dynamics involved in metaphysical Processes so that they can be seen, connected with, and understood by those whose consciousness is trapped in physicality.

When you swap the hot thing for, say, Free Will and what may be done with it, or the personal experience of the Perpetual Separation* of consciousness and all its toxic ramifications, or Creating* out of fear and what occurs when fear is empowered rather than disempowered, or what it feels like to be disconnected, separate and alone, or the difference between illusional power verses real, metaphysical power, or karmic consequence and debt, or lacerations of the soul, then you can begin to understand what metaphysical Processes concern themselves with in this dimensional reality.

Concepts like Perpetual Separation, disconnection from the Universe*, and Free Will can only be experienced in an illusional reality, or as illusion, because they contradict the natural Truths* in the Universe, and, as such, they directly oppose the True Nature* of the soul, the higher-dimensional Self*. And no one, no matter how powerful they are, can Create an experience in direct opposition to their Truest Nature.

I said in Monograph Fourteen, even fear serves Love*. Everything ultimately serves Love, even the Dark Priests* themselves, as much as they would, no doubt, deny it. They can rail against it all they like, but nothing exists outside the Law of Love, *nothing*, not even them. That's because everything is part of the whole Universe, even the Darkness.

So, ultimately, the toxicity, the corruption, the distortion, the ignorance, even the brutality of what they have caused to be here is serving many souls because of the unique opportunity for learning – learning that can only be gained from this illusional reality.

Metaphysical PhDs (doctorates)

For some, mastering the dimension of the illusional reality, mastering materiality itself,

is a path they've chosen to traverse, and it's the reason they're here. For most individuals this is not the case, but for some, it is. Perhaps it's a test of their mettle, or their true capability, or their intelligence, or perhaps it's a master class, like completing a metaphysical PhD. Or all of the above. In all cases, it's an invaluable contribution.

What's important about this time we live in is the altered state of consciousness achieved with, through and by Processes of mastery is attainable, within our reach should we choose to reach for it. Just as many of us could attain a PhD if we applied ourselves, if we really wanted it, and if we were prepared to work for it, so, too, is it with the altered state of consciousness that accompanies the Great Work* of these Processes.

The Great Work

The 'Great Work' is an alchemical term that describes the transmutation of consciousness, akin to the transmutation of base elements, like lead, into gold, and it comprises three primary stages: Nigredo (black), Albedo (white), Rubedo (red).

In the Dark Ages, when it was very dangerous to practice any spirituality that violated the laws and dogma of the Church, or that called its authority into question, or caused you to gain knowledge that opposed its institutionalised programming, alchemists contrived of a way to hide the truth of what they were really doing, hence the chemical disguise of turning lead into gold, or transmuting matter.

Contrary to popular opinion, alchemists were not the forerunners to mad chemists. But the disguise does contain an aspect of truth they wanted to convey – danger. The practice of alchemy is dangerous for anyone who doesn't know what they're doing or who attempts the alchemical Process halfheartedly, or who undertakes it for entirely the wrong reasons.

That said, no longer are the Processes of the Great Work the exclusive domain of temples, priesthoods, alchemists, initiation and initiates. On the contrary, they are, as I said, within the reach, and the capability, of normal, seemingly-ordinary people – anyone who desires it and who is prepared to put in the Work.

And, I happen to know there are many people here, now, who are here to do exactly that – master this physical dimension – and in doing so, they are here to change human reality and, with it, the human experience. Permanently. This is why I am devoting a whole monograph to the very specific, and extraordinarily powerful, Processes of mastery.

I will give as much help to these people as it's possible for me to do so, hence, these monographs.

The Phoenix Arising from the Ashes of its Own Funeral Pyre

In the temples of the ancient world, the legends of the mythical Phoenix, born anew, rising from the ashes of its own funeral pyre encoded and encapsulated, at the level of the individual, the most powerful Processes of them all – Processes of mastery (or Initiation).

For anyone interested in knowing, the pyramids of Meidum, Dahshur, Abu Roash, Zawiyet El-Aryan and Giza in Egypt facilitated these Processes, and initiation, especially

High Initiation. I find it highly amusing when I hear Egyptologists desperately trying to defend their tomb theory, citing flimsy evidence linking each pyramid to its supposed particular pharaoh, and never more so than with the bent pyramid, which they believe was a mistake.

Instead of dismantling this 'mistake' of a pyramid and using the stones to start again, the pharaoh, Sneferu, apparently just decided to build another one, a red one. Quite an accomplishment for one lifetime, especially since he only needed one tomb.

For each of the pyramids, nothing is erroneous, and nothing is coincidental or insignificant, even, or especially, the distance they are from each other. On the contrary, every detail of them is precisely deliberate because each one has a different effect on consciousness, and, therefore, each one plays a different role in the Process of Initiation – *the resurrection of consciousness* (the tomb theory is a misconstrued distortion of this).

Plus, the geodetic, geometric, astronomical, and mathematical knowledge encoded in them, separately and together as a whole group, is phenomenal^{7, 8}.

For the Great Pyramid, much intense preparation and training, years of it, actually, was required before an initiate was ready for what it offered. Even with the knowledge and intense training and preparation they underwent, initiation in the Great Pyramid was still highly dangerous for an initiate. There was always the chance that in going into it, the initiate did not emerge with life and/or sanity intact.

Processes of Mastery

In this, our modern world, unfortunately we can no longer make use of the pyramids, nor are we able to partake of the guidance offered by a priesthood highly knowledgeable in the ways and Processes of initiation. We're on our own, and so we must find our own way.

For those of us here to undertake these powerful Processes of mastery, we can take comfort from the knowledge that the Way* is demarcated and laid out within us. We just have to allow it to unfold within us and learn to follow its guidance . . . not an easy process, as I know from deeply personal experience.

Again, as I said in Monograph Fourteen, everyone's Processes will be different because *we* are all different, but Processes of mastery, as with any metaphysical Process, still comprise specific aspects that can be grasped and understood, which may or may not make them easier to Work with (I wish I'd known about them from the outset of my Process).

As far as I can tell, there are four primary Processes, or overarching categories, into which Processes of mastery fall:

- Processes of Transformation – the transformation, or the transmutation, of consciousness (see Monograph Five) – the Nigredo stage of alchemy;
- Processes of Transcendence – the consciousness shifts beyond a self perception determined and defined by the physical, or by the illusional reality – the Albedo stage of alchemy;
- Processes of Transition – shifting cognitive awareness from physical reality to the

metaphysical realm – also part of the Albedo stage of alchemy;

- The Processes involved in Ascension – no longer identifying with the lower-dimensional character identity, the ego, at all, but, rather, existing in and living the truth of the higher-dimensional Self. This is the Rubedo stage of alchemy.

With these Processes, the old self dies, symbolised by the ashes of the funeral pyre of the mythical Phoenix. The death in this case is not physical. On the contrary, the old self dies, piece by piece, layer by layer, facet by facet, mindset by mindset, shadowed thought by shadowed thought, in a series of Processes, whilst still in a living body, whilst still alive.

Processes of Transformation

Although powerful, Processes of Transformation do not take the consciousness beyond the physical. Rather, these Processes facilitate the consciousness existing in physicality in such a way as to heighten the experience by reducing, limiting and eventually removing all the shadowed thoughts in the psyche that mar or hinder the experience. And, of course, that mar or hinder Process itself.

Processes of Transformation are usually, although not always, foundational for the three other Processes of mastery, and so they must come first. In the culture of chronic ignorance and Perpetual Separation that characterises the human experience, it would be a rare soul indeed who doesn't need to undertake at least some form of transformation.

How intense and painful these Processes are depends entirely on the individual and the shadowed thoughts in the psyche, but they are, usually, internally painful, and emotionally turbulent and chaotic, primarily because Transformation inherently involves the navigation of the labyrinthine psyche – a scary place if ever there was one.

Having written about these Processes in the first series and elsewhere^{4,5}, I'm not going to describe them in any more detail here.

Processes of Transcendence and Transition

These Processes Work together, in tandem, and I cannot think of any scenario where this would not be the case. But that could just be my own experience talking.

I am going to devote future monographs to these Processes (I'm not sure how many, but I strongly suspect I will require more than one), so, again, I won't explain them specifically in any great detail here.

Suffice it to say, Transcendent Processes will and must take us beyond the physical in terms of the way we see ourselves. And thus are these Processes, or series of Processes, a stepping *beyond*, not just transforming, what the individual has been, and what the individual has known and experienced. That's what transcendence is – going beyond, rising above.

If something transcends understanding, it is *beyond* understanding, which is apt because Processes of Transcendence and Transition often do belie and defy understanding, certainly the understanding of an entrapped conscious awareness.

Specifically, Processes of Transcendence take the consciousness *beyond* current collective, internal human programming, and, in particular, the human need to be defined by the physical constructs of human reality. Thus do they very particularly deal with the addiction to the illusory reality that lies at the heart of Perpetual Separation.

The Way of Ascension

Ascension is full awakening, and it results in the individual becoming a fully-realised consciousness. Some people refer to this as 'enlightenment', although there are, also, different definitions of what enlightenment actually is.

A fully-realised consciousness is one who knows itself above and beyond the confines of materiality and the egoic character identity. And, during the Ascension Process, the consciousness shifts identification completely beyond the incarnated identity.

I also refer to this as 'True Form' or 'turning your True Face upon the world'.

In the analogy I've used of the character and the actor⁵, during Processes of Ascension, the actor and the character become so fused, or *infused*, that the actor *replaces* the character on the stage. You have to remember, the actor is already on the stage, so he simply becomes aware of himself as the actor rather than the character. When this occurs, shades of the character still exist but they grow weaker in their expression and influence.

In the ancient world, the Knowledge held in the temples, and by the priesthood, was so powerful, individuals who underwent Processes of Ascension were able to achieve such altered states of consciousness they were able to consciously release the body thereby circumventing the death experience.

As Guardians, both Socrates and Gautama Buddha would have been able to do this, but they both chose the death experience, or the appearance of it, by deliberately ingesting poison (and Socrates did delight in the drama of it). They didn't need the death experience, so they did it not for themselves but for us. Humanity wasn't, back there, and still isn't, in any fit state to handle the magnitudinal truths that accompany Ascension.

Being *in* the world, but not *of* it

In this, the modern era, Processes of mastery do not *physically* take individuals away from the world around him or her, or not initially anyway, and this makes them extraordinarily difficult, and invariably painful, certainly discomfoting.

What's particularly hard, as I well know, is the fact that because you are not removed from the illusional reality, and, in particular, from those who are still trapped in the illusional reality, the people around you see you as they've always seen you, and they treat you as they've always treated you.

To them, you are exactly the same person you've always been, but the truth is, you are *not* the same, at all, and the contrast of this, or the juxtaposition of it, even the tug and pull of it, can be inordinately difficult to handle.

Those around you unwittingly demand of you that you be your old self, that you behave the way you always have, and think the way you've always thought, while powerful forces within you are sweeping you away from your old self – sweeping away those old thoughts and behaviours.

That is, these Processes are internal, so they make sweeping and momentous changes to our inner being, our inner world, but don't necessarily change our outer one.

And because most people have no personal experience of these Processes, you find that you are completely unable to explain what's going on . . . that's if you're aware yourself. If you're not aware, or knowledgeable, there is always that very great danger of believing others when they tell you you're having a 'break down' or suffering a 'midlife crisis', both of which could not be further from the truth.

The Temples of the Ancient World

In the temples of the ancient world, initiates were shielded from the difficulties of still being in society by *not* being in society. They were taken into a context where they were protected, and guided, and mentored, and encouraged, and educated, and supported – a context where they made perfect sense and where the changes taking place within them were fully recognised *and* understood *and* honoured.

The current lack of infrastructure, like the temples of old, forces Processes of mastery to be undertaken whilst still living a supposedly 'normal' life in society. As such, they can generate sometimes-extreme internal pain as the consciousness begins to shift and transform, taking individuals away from the 'norms' thereby bringing upon themselves punishment, certainly criticism, even ridicule. And definitely isolation.

Breaking Free of the Cloned Existence

Courtesy of the lack of recognition and understanding in the broader community, individuals experiencing Processes of mastery appear weird to others and are made to feel as if they are insane, unstable or even ill.

Such is the inherent difficulty of the breaking free of the clone-like existence, with its clone-like behaviours, that characterises these powerful Processes.

Another very great difficulty occurs because individuals undertaking these Processes are still surrounded by the traps and lures and pitfalls of physical reality – traps that can tug and pull at the transforming/transcending consciousness, like the pull of a rip, pulling it back into old habits and patterns and programmed mindsets – the very things that are being transformed and transcended.

As if that's not bad enough, the mechanisms of escape, like drugs and alcohol, for example, which are, indeed, temptations when you begin to go through these Processes, are all around you. Mercifully, these Processes are usually expressed and reflected in the body such that individuals develop intolerances to things like alcohol, and pharmaceutical and recreational drugs – intolerances that can make it impossible to escape in these things.

Analogous Examples of Processes of Mastery

The following examples from movies, coupled with my own personal experience, are brilliant depictions and examples of these Processes. Despite being fictional, they are rather accurate portrayals, complete with the associated internal and external dramas they generate.

I want to provide these analogous examples from movies because the movies are accessible to everyone, and they are good illustrations of the fundamental aspects of these Processes.

Life or Something Like it²:

Lanie's story typifies a Process of Transformation. She is a reporter who has constructed for herself the 'perfect' life. As her romantic interest in the movie, Pete, would say, "define perfect".

For Lanie, perfection is all about image: the 'perfect' job, the 'perfect' look (physical appearance), the 'perfect' boyfriend – an elite baseball player – the 'perfect' apartment with all the mod cons a perfect modern apartment should have. She also has the perfect plan mapped out for the way her life is going, and, when the movie begins, she's on track. Life is going according to her carefully and rigidly-mapped-out plan.

In other words, she epitomises the typical clone-like existence and its associated dynamic of being fully defined by physical constructs – money, success, what she does for a living, who she associates with, physical beauty, etc. It is with these and from these that she sources her sense of herself, her self perception, and her self worth. She's a perfectly-gift-wrapped package of physical pursuits, values, priorities, success, and achievement.

And then, she interviews Jack – a street prophet who hears the voice of God – for a local story. Jack predicts the football score, accurately, as it turns out, and then he tells Lanie she is going to die in a week.

Obviously, this is her trigger event, and it changes everything.

What follows for Lanie is a Process of Transformation that involves confronting the emptiness and meaninglessness of the life she's constructed for and around herself, and of her old pursuits, goals, aims, priorities and values. It is a Process of deconstruction – an intense one, too, because it all takes place in a single week. Her perfectly-gift-wrapped life falls down around her, like a house of cards blown apart in a puff of wind.

Field of Dreams³:

Ray's story portrays a Process of Transcendence. He is an ordinary farmer who hears a whispered voice in his corn field: "*if you build it, he will come*". There begins an extraordinary Process that he follows wholeheartedly even though it looks like doing so will cause him to go bankrupt and lose his farm.

The 'it' the voice is referring to is a baseball field. But to build his baseball field, he has

to tear down a sizeable portion of his corn crop, earning for himself the criticism and ridicule of his local community. He's also directed to seek out and recruit a retired, reclusive writer-activist. His baseball field, as it turns out, is a field of healing, a place where dreams come true, and not just for those in the physical dimension.

Curve Balls and Trigger Events

Processes of mastery are usually kick started when the Process causes us to walk into an event or an incident that comes out of left field, often with no warning whatsoever, and it cuts us off in our tracks. We cannot continue on the path we're on. The event or incident turns us in an entirely new and unexpected direction.

Although these events do come out of left field, so to speak, there is often preparation beforehand, but, usually, the individual is unaware of it. For me, although my own trigger event did seem to come out of left field, I was eventually able to look back and realise I had been prepared for it over the year preceding it.

In fact, that preparation was obvious when my eyes were opened to the truth of it because, in itself, it comprised three very significant things, one of which was physically going into the Great Pyramid at Giza. The pyramids at Giza were closed that day but they were opened specially for our tour group, and a couple of others.

As Lanie, Ray and I all experienced, these events change everything even though the landscape surrounding us may change not at all, and even though, to others, we appear to be as we've always been.

As I said in the last series, although they have physical manifestation, the sheer unadulterated power of these experiences is metaphysical, and is, therefore, *metaphysically* personal. They strike at the very core of us, stirring our consciousness at the deepest levels of us. This stirring is so strong it is an awakening to higher truths and the possibility and potential of a 'higher' existence.

As such, we may be able to explain them to others, as Lanie could, or we may not be able to, as I have not been able to. In fact, it took me many years just to understand why and how my trigger was so powerful. Or, like Ray, in explaining the experience, you run the risk of appearing unhinged or even insane.

And, the initial left field trigger event is not, by any means, the only curve ball these Processes throw at you. Curve balls don't have to be physical either. Epiphanies, revelations and realisations can be as life changing, or as consciousness changing, as any physical event.

Cracking Open the Psyche

So powerful are these trigger events that they effectively crack open the psyche, and it can feel as if stuff pours out of you through the cracks. Lanie's experience illustrates this dynamic, as she confronts old shadows from her childhood, but it also illustrates another truth of these events. Try as she might, she could not pull herself back together. Once cracked open, the psyche stays cracked open and will defy all and any attempts on our part

to pull it back together.

For me, I knew, even at the time, I'd somehow been cracked open, like an egg with a cracked shell. And I was helplessly and hopelessly unable to pull myself back together, so much so, I didn't even try. And then, what followed, courtesy of my own Processes of Transformation, felt as if the inner contents of the egg of me came pouring out – contents that were rotten. It wasn't pretty.

Neither was it for Lanie. She had constructed the life she had, packing it full of impressive physical constructs, because she believed, and felt, she was utterly inadequate underneath it all. The constructs were making her feel adequate, masking her, as they do for all of us. So what happens when the Process tears it all down? We're confronted, as Lanie was, and as I have been, with some unpleasant and painful truths.

Once Begun, Processes of Mastery Cannot be Stopped

Processes of mastery, once begun, or kick started, simply cannot, under any circumstances, be stopped. I strongly suspect even death could not stop them, but I can't confirm that because, as much as I yearned for it at times, I didn't die physically.

In the case of all three examples – Lanie, Ray and me – we had no choice but to be swept along in the powerful current of the Process. Resistance is futile, but it will also exacerbate the internal pain you tend to experience, especially in the early stages of the Process. This is because resistance actually exerts enormous pressure on the psyche, like an internal tug of war with the rope stretched to breaking point.

One of the reasons for this internal pressure is portrayed beautifully in both movies, although, for anyone who hasn't experienced these Processes, that reason will be difficult to discern. With the inception of the Process, an internal compulsion is also born within you, and you hold it within you.

This internal compulsion really should not be underestimated. When your resistance meets this compulsion, I can tell you the compulsion will remain relentless. And it wins, every time. So the more you resist, the more trouble you will be in psychologically and emotionally.

That's why I said very specifically in the last series, the key to true transformation lies in allowing the Process to unfold within you and to flow around you. The key to transformation is allowing yourself *to* transform, as Lanie did. But this applies equally to transcendence as well.

Choice

I have already said, in the last series, that choice plays no part in these Processes. We don't choose to trigger them, and, in fact, the physical manifestation of the trigger itself is invariably constructed to fulfil an important Purpose* – that of providing the conscious awareness with a reference point.

That is, the conscious awareness must participate in these Processes, right from the

inception of them. This is not just essential, it is actually the whole point. We are, then, able to look back at the trigger point and know that it *was* the trigger point for profound transformational/transcendent change.

Likewise, for each step that comprises the overall Process, and for each Process within the Process, there is no choice but to allow each to play out, to unfold. This is because we *will* and do Create in the landscape of our realities whatever will facilitate the Process, and whatever is needed by the Process, but it is also because of that same internal compulsion.

Any choices we seem to make in the context of these Processes are not choices at all. They are constructs that allow us to consciously connect with the metaphysical course, direction and Purpose of the Process.

There is one more powerful, profound and significant reason why choice plays no part. With the inception of Processes of mastery, Free Will evaporates like a puddle of muddy water in the midday sun. That is, Free Will ceases to be.

Blocked Doors and Open Windows

One of the ways the lack of choice, the removal of Free Will, expresses itself is through another intrinsic aspect of these Processes that I refer to as 'Blocked Doors and Open Windows'. With the inception of the Process, this actually becomes a principle of your existence, a *governing* principle, so the sooner you come to terms with it, the better.

Once triggered, Processes of mastery are in charge, and there's not a damn thing you can do about it. These Processes *can* block the way, and so they do, or, rather, they can block us from going down the paths that do not serve the Process itself.

To use another baseball euphemism, three strikes invariably characterises a Blocked Door – three attempts, three failures, three knock backs, or three disappointments. Blocked Doors are a clear sign you're not meant to go down the path you're trying to go down, and you'll have to find a way to let go of the mindset, intent, perspective and focus that's taking you down that path.

From vast experience with this dynamic, I can tell you it's always a good idea not just to recognise the Blocked Door for what it is but also to Work with the shadowed reasons why you're trying to go down that path *and* why your Process is blocking you. In other words, it pays to delve into all the dynamics involved, not just the Blocked Door itself.

Open Windows, often of opportunity, on the other hand, are an equally clear sign of rightness and right direction – a validation – and they tend to open around you without any conscious effort on your part. They are signs that point to and/or validate your way. And they act like green traffic lights.

Steps of Pure Faith

I said in Monograph Fourteen that these Processes often require steps of pure faith in the beginning. Not blind faith, pure faith.

Institutionalised religions have distorted the concept of faith. They practice blind faith, which, to me, is a paradox with no possibility of resolution. Their adherents are, in truth, simply believing what they've been told. An intrinsic part of the religious programming is learning to take things on faith. If you question, you're made to believe you're waning in your 'faith', or, worse, suffering a 'crisis of faith'. In other words, this is not faith, it is a manipulative distortion of faith.

Faith is belief without proof or evidence, but it's belief based on personal conviction, and the personal conviction aspect of it is important. Neo stepped out in faith when he jumped off the building, but it wasn't blind faith that was his impetus. Likewise Peter, when he stepped out of the boat to walk on water, wasn't doing so in blind faith. On the contrary, their faith was underpinned by the personal conviction that they could do it.

But in both cases, they risked a great deal in stepping out. And that's where, how and why faith was required.

Faith is often so intrinsic to these Processes, especially Processes of Transcendence and Transition, because, in the beginning, with your sight, focus, perspective, mindset and belief caught up in and bound by the illusory reality, you invariably can't see and so don't know where the Process is taking you and what it's causing to be within you.

Believe me, I know how much faith is required to move away from the mainstream, to let go of things like your highly-paid job, for example, if the Process is urging you that way. Lanie's Process led her into a situation where she thought she would lose her much-treasured job, but she was okay with it because, by that time, she could see another path, another possibility for her existence.

As for Ray, faith was the fuel that kept him going. But faith in what? The voice? For him, it was faith in the higher guidance he could not just hear, but also sense. This is my experience, too, which is one of the reasons why I love the movie so much.

At the beginning of my own Process, all I had, quite literally, was a powerful inner sense that something significant was happening to me and I just needed to see it through. My life, like Lanie's, was being torn down like the house of cards, but, unlike Lanie, I couldn't see another possibility or path forming so didn't know and couldn't foresee what it was all leading me to. *That* takes faith.

New and Different Tracks

Lanie was more fortunate than I was in that, for her, the track of new potentiality and possibility presented itself even while the old track was being torn apart. I did not have that luxury.

Processes of mastery are course corrections, but they are course corrections on a rather momentous scale. And, for many of us, I suspect, certainly for me, the new track, or path, doesn't always present itself easily or quickly.

This aspect is taken to whole new depths when the course correction involves us moving from a track that is perfectly defined by physicality and, therefore, has very clear

physical expression, to one that is purely metaphysical.

Lanie's new track was easy to connect with because it did still have clear physical expression and even definition, and it was both symbolised and presented to her by Pete, the romantic love-interest in her story. Pete already existed in Lanie's world, so he was right there, epitomising and personifying her new track for her.

As a purely metaphysical path, my new track has no physical definition or expression at all. So what is it? It is *being* – being everything I'm writing about in these monographs. Specifically, it's *being* the new paradigm of human existence. It's an existence in metaphysicality, as a metaphysical being. Perhaps now you can understand why and how it's been so difficult connecting with it . . . and letting go of the old path.

Course Corrections

Caught in physicality, as we are, our natural inclination, especially at first, is to reconstruct pathways we can see and are familiar with – that is, pathways that comprise physical outcomes and endpoints. And then, in forming physical outcomes, as opposed to the true metaphysical Purpose, we work towards them, altering our internal trajectory, often in direct opposition to the Process.

The result is misalignment that our Processes have to address, or correct, by stripping us of the misguided mindsets, usually underpinned by shadowed thoughts, that are taking us off course. The Process isn't taking us to the physical outcomes we latch onto. It's taking us somewhere else entirely, but we won't see what this is whilst ever we are latched onto the physical outcomes.

It's very much as if the physical outcomes we've formulated – outcomes that are not real at all – are pulling us on a path towards the horizon that veers left when our true, metaphysical path veers to the right. These course corrections, or internal trajectory adjustments, are usually, in my experience, not pleasant. On the contrary, for me, as they will be for most people, they are invariably accompanied by painful emotional states.

Internal Boundaries and Closed Minds

Processes of Transcendence and Transition innately involve experiences that are beyond the 'norms' of physical existence. So, to put it bluntly, you can't have a closed mind.

We won't and can't see the transcendent pathways that form within us until we learn to see beyond the physical, and certainly beyond the curtain of the illusional reality, which is exactly why my path was so difficult to connect with. I was never going to see it whilst ever my mindsets, thoughts and beliefs were still bound by physicality.

Right from the outset, or onset, of his Process, Ray did not question the experiences that formed part of his Process. He never questioned the voice he heard in the corn field, and he never doubted it. He was, in fact, wonderfully open to it despite never having experienced anything like it before.

He was naturally open minded and flexible, and he naturally had no internal boundaries that the Process butted up against. Consequently, the Process was free to move and flow fluidly and seamlessly, sweeping him easily and effortlessly through the whole experience.

A closed mind gets you nowhere where these Processes are concerned. And, you will find that your closed mind and the internal boundaries you've unconsciously erected will be swept away by the Process, which will not be easy. A closed mind, particularly one locked in physicality, is entirely at odds with the metaphysical nature of these Processes.

The Supernatural Nature of Metaphysicality

Because Processes of mastery are purely metaphysical in nature, they are not limited to, nor bound by, what's considered normal from the perspective of physicality, particularly the illusional reality.

Those things we label 'supernatural' or abnormal or weird in this physical reality are entirely natural in the realm of metaphysicality.

Ray's example of the voice heard in the corn field is actually a good one. Most people know what clairvoyance is (seeing or perceiving what is beyond the physical sense of sight), whether or not they believe in it, but they don't realise that clairaudience is the ability to hear what is beyond the physical sense of hearing.

Since, in truth, humans *are* metaphysical beings, as human consciousness shifts and changes, we're going to have to get used to these experiences. Clairvoyance and clairaudience are normal abilities for us, although, obviously, some of us are better at it than others, and some of us are more open to it than others.

We've switched off these abilities and shut them down because we fear what is beyond the physical, but Processes of mastery *will* switch them back on.

Turning Normal on its Head

Before my Transitional Process was triggered, when I was, admittedly, a Christian, if anyone had told me I would Work with the Tarot, be in constant telepathic contact with higher-dimensional beings, talk to my father and grandmother after they passed away, or be able to recall memories from lives lived in other times and places, I would have thought they were stark-raving mad. Actually, I probably would have freaked out.

Yet, not only are these all normal for me now but they've become rather vital, certainly an intrinsic part of my Processes and, therefore, much valued. Furthermore, when I've talked to other people about these things, they've often rather shyly admitted they've had experiences like these, too.

Working with and developing these new skills, talents and abilities isn't something that just happens, like flicking on a switch. They develop gradually, as and when you're ready, like our frog and his boiling water, or like an infusion so that you slowly but surely become comfortable with them.

From the perspective of the illusional physical reality talking to 'dead' people is freakishly weird. But, as Ray would tell you if he could, and as I will tell you, these souls are not dead. They just exist in another dimension.

We exist in Separation, but the rest of the Universe *does not*, which means those who have left are not disconnected from *us*, *we* are disconnected from *them*. They know, and exist in, the innate Truth that the Universe is a seamlessly-connected whole.

So, just because they're no longer in this dimension, does not mean they've ceased to be connected to the Unified Field of Pure Abstract Potential⁶. On the contrary, no matter who and where we are, we will always be plugged into this. Also, entanglement⁶ is not a dynamic that applies to us only in this dimension. So communing with those who have left us is not weird at all. Not at all. It's very, very normal.

And, if it serves Purpose, our Processes, those of mastery and otherwise, *will* utilise these or any other Universal Truths without paying any heed whatsoever to what is considered normal in this realm of physicality.

Regaining Your Equilibrium

As I said in Monograph Fourteen, drugs, especially psychedelic drugs, take us into altered states of consciousness, but, in doing so, they are potentially dangerously destabilising. Many people have found out the hard way that the mental illness triggered with the use of these drugs can be inordinately difficult, if not impossible, to recover from.

Processes of mastery will, and do, take us into altered states of consciousness, but they do so intelligently, compassionately, and carefully. Step by step, they lead us, preparing us for each step as we go, and often pausing to allow us to regain our equilibrium when we've experienced a significant shift in our consciousness.

Furthermore, they take us to each step in the right order, and at the right time.

Locked into this ignorant, Separated existence, as we are, we are not, in any way, experts at navigating the psyche. There is much we do not understand about the human psyche, and, like any labyrinth, the danger of becoming lost or trapped cannot be ignored or underestimated. But our Processes know the way, and they know the traps within us and how best to deal with those traps.

You just have to be patient. And you have to trust the inner guidance of the Processes. And, you have to be surrendered to them. Many people lose patience and this is often when they succumb to the temptation of drugs or magic, usually to their detriment.

There is no short cut to transcended consciousness. Really. So save yourself a lot of hurt, harm and heartache and don't try any short cuts.

Vertigo

The shifts in consciousness, often very significant ones, that characterise these Processes can make you feel as if you're suffering from vertigo. For me, the sensation that

always accompanies these shifts within me is a sense that nothing is familiar. It's actually such a powerful sense of change that it makes everything around me, even my own place, seem unfamiliar.

It's not nice. In fact, it's downright eerie, and, usually, I have to find a way to feel grounded again, or change the scenery around me to get my mind off it.

Is it any wonder then the massive shifts, for which people are wholly unprepared, brought about by psychedelic drugs and magic can cause a psychotic break with reality?

These shifts can often take a little while to permeate your conscious awareness, but when they do, you may or may not notice subtle changes in your thought processes, your mindsets, your attitudes and opinions. More often than not, these shifts generate insights, epiphanies and realisations that spring up from the depths of you.

The Snap of Adjustment

There is another dynamic that characterises these Processes, and it's best illustrated with the analogy of earthquakes.

The tectonic plates of the earth are constantly moving, as most of us know, and they're constantly moving against each other. Sometimes, for whatever reason, they become snagged on each other, until the pressure of them moving against each other causes the snag to break its hold, like an elastic band being stretched and then released. When this happens, the resulting adjustment is felt as an earthquake, depending on how close to the surface the snag and adjustment is.

Once begun, Processes of mastery are always Working, but they Work at different levels of our consciousness at different times. Sometimes, they Work at such a depth within us that our conscious awareness is not aware of it, or doesn't feel anything happening.

During these times, you can feel as if you're in a lull and nothing is happening. Contrary to how it feels, however, there is a lot happening, and sometimes all it takes to make us aware of the Work that's been going on deep within us is a single epiphany or insight or revelation, or an incident or circumstance in our reality. Then, it can feel like an earthquake as our conscious awareness catches up and snaps into a new place of understanding and knowledge.

I've learnt to recognise these lulls for what they are, but the snap of adjustment, when it comes, as it always does, can rock me on my feet at times. So, when a lull comes, don't be lulled into the false sense that nothing is happening, because your conscious awareness *will* catch up, so be prepared.

Preventing Interference from the Conscious Awareness

These lulls, as I call them, are often necessary because the conscious awareness, or, more specifically, the ego, can, all too easily, interfere, so lulls are our Processes keeping the conscious awareness, the ego, in the dark, preventing the interference. They can be thought of as a conscious awareness down-time.

But the conscious awareness will, also, always be required to catch up when we're ready. Often, when it's time for the conscious awareness to catch up, the Process has moved the consciousness beyond the window of opportunity for the conscious awareness to physicalise the shift, to misinterpret it from a physical perspective, and try to control it accordingly. These Processes don't require us to 'do' anything except try and keep up.

Fusion and Infusion

Ray's baseball field was a beautiful synergy, or fusion, of physicality and metaphysicality, and, as such, it's a wonderful metaphor for what *we* become courtesy of Processes of Transcendence and Transition. Even Terrence, the activist-writer who Ray recruited, was invited to go beyond the field – beyond the physical – so he could return and write about it.

There is so much more going on, within us, around us, beyond us, and it's time we knew about it. It's time we connected with it. It's time we restored it, here, in this dimension.

If a Process of Mastery has Begun for You

If these Processes have begun for you, you're *not* going insane. On the contrary, you have been insane and now you're regaining your sanity. You're *not* weird. You're *not* having a break down. You're *not* mentally ill.

If these Processes have begun for you then you *are* capable of transforming, transcending and transitioning. Your higher-dimensional Self, your soul, knows the way, and it knows what it's doing. Trust it, and know that I and others have gone there before you. You're not alone. We know what you're going through.

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

1. *Transcendence*, Jennifer Wherrett, <https://www.thelady.com.au/books-publications>
2. *Life or Something Like it*, 2002, Twentieth Century Fox film Corporation.
3. *Field of Dreams*, 1989, A Gordon Company Production.
4. *The Metaphysical Transition*, Jennifer Wherrett, (currently unpublished; expected publication 2021).
5. *The Messiah Perspective*, Jennifer Wherrett, 2015, Xlibris.
6. *What the Bleep!?! - Down the Rabbit Hole* (Director's Cut) or *What the Bleep Do We Know?*, Hopscotch Entertainment, Village Roadshow Entertainment.
7. *Fingerprints of the Gods*, Graham Hancock, Century Books, 2001.
8. *Magicians of the Gods*, Graham Hancock, Coronet, 2016.

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