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## **WORLD – IS – FLAT’ BELIEFS**

### **Who Am I?**

**For only when I know who I am.... will I know what is possible!**

*Who am I, anyway?  
More than this, who do I think I am?  
What am I afraid I am?  
Who/what do I hope I am?*

How did I develop these ideas? From ‘stories I made up’ based on other’s critical remarks or their own inadequacies? From my own hopes and fears? From my misperceptions about who I ‘should’ be? From clear thinking and observation and deep knowing?

Few of us have a self-concept based on clear thinking and clear awareness about who we are and our capabilities, worth, and value. The problem is that we get stuck in inaccurate observations, fears of our inadequacies, unwillingness to believe that we are talented and capable, valuable and meaningful human beings. In short, we begin to believe our own ‘World is Flat Beliefs’!

Do you dare to venture beyond your beliefs? Do you dare to take your blinders off and see clearly who you are?

*How can I see that dormant part of me which is pregnant with resources for creative, full living if I am afraid to venture outside of who/what I “know”/think myself to be?*

Follow me with this analogy. Prior to Christopher Columbus, the world was thought to be flat and anyone venturing beyond the “edge” would fall off into nothingness. This was the accepted belief, sanctioned by the church and society. Not until a brave, totally outrageous man had a ‘crazy’ idea and dared to act on it, did the edge of our known world really begin to open up to include our solar system, our galaxy, other galaxies. And now, we’ve discovered a string of galaxies at the “edge of space” that strings from horizon to horizon. It’s so far away that apparently its light has just reached us and our technology is just able to pick it up. And, we don’t know how big it is, or what is beyond it. And, the universe is continuing to expand!!!

I have a wonderful picture in my office of Christopher Columbus’ 3 ships sailing off the edge of the world into a vertical drop! Our worst fear that indeed there is nothing out there except disaster.

This is a model for our own psyches as well as our world. We live, and many, if not most of us must, die, locked in a “world-is-flat” inner belief system about ourselves. We must dare to sail off our edges... dare sail into unexplored territory of our selves. We can dare to open to the possibilities that are as of yet unknown to us. We could dare to see that we’re pregnant with possibilities.

We notice that when Columbus and his ships dared, they sailed off the edges of their beliefs and moved into the wholeness of the Earth, into the adventure of exploration.

And here we are, tempted to stay landlocked in the limitations of old beliefs. Some of the beliefs about our selves may not be bad, they just may be inaccurate; they just may be keeping us in a container that keeps us less than we are, keeps us from exploring the ranges of our own being. And, in reality, here we are with the opportunity to realize that deep in our heart centers is pure essence, the Living Breath of God breathed into us, Spirit of Life come down into our bodies.

Instead of continuing to live within these restrictions, we, as humans housing a divine essence, can sail off our edges again and again, as we explore, develop, and integrate these four inexhaustible:

- (1) The physical aspects of the body that operate all the life functions and provide support for the other three realms. The fact that we are alive and our consciousness inhabits this miraculous body is in itself a mystery, not to mention the divine process of incarnation of the Divine into a human body.
- (2) The intellect, of which we use only a minute portion, enables an exploration of the mind, the realms of creation and invention and discovery. Do we not marvel when we see everything that the intellect has invented and discovered in the world: our medical advances, computers, and all manner of vehicles for travel, to name just a few. This is not to mention our ability to engage in the creation of art and architecture, to engage in abstract, creative thought and research in mathematics, physics, and chemistry. We continue to push the boundaries and experience the exhilaration at the journey. Hilary was asked, after climbing Everest, was asked why he did it. He said, "Because it is there."
- (3) The realm of emotions and feelings, that part of us through which we feel and bring forth aliveness and warmth... and closeness... and feeling—feelings of joy, sadness, regret, grief, elation, surprise, love, hate, revenge, compassion, empathy, which exist in us in that deep place so autonomous and powerful. I wonder at this deep emotional resource every time I hear a great orchestra and choir who have the abilities to reach my soul with a flooding of feeling, and the depth my soul can go to when I am feeling fear, loss and hurt and love. Indeed a great mystery, without it, we would be 'heads on a stick', dead inside, emotionally unresponsive to life and disconnected from others.
- (4) And bringing life to all of this is Spirit... the Breath of Life whose resources in us we have just begun to tap, no matter how deeply we've attuned to Spirit. Here indeed is the mystery of Life. We can discover and invent, but we have not learned to create *from nothing*, as it appears that the cosmos was created. We cannot comprehend the emptiness which is also pregnant with Life, nor the radiance of Unconditional Love out of which it is all created and held together. It is vastness of the Universe Itself.

Psycho-spiritual psychology, through the process of exploring these four realms, provides the opportunity to move beyond our 'world-is-flat' beliefs and our ego defense systems so that we can see more of who we are and be able to unlock the door to the talents and capabilities we have locked away within our unconscious.

Once we've committed ourselves to the process of transformation of our limiting view of ourselves, then there's the engaging of the process. Transformation, or growth, for that matter, is never what we imagine it to be. First, the old must fall away to provide space for the new. During this time of the old falling away, we may experience confusion and perhaps fear. We find that this new way of being is played by different "rules" than the old. We no longer try to 'fix' the ego. We appreciate the ego as it is, often fearful, feeling inadequate or unloved, and we also open to the direction of the soul. Some people experience this period as a 'dark night of the soul' in which they feel disconnected from their spiritual connections. We will have emotional reactions and fearful thoughts as we go beyond our known personal territory that we've mapped, fenced in with our belief systems, and on which we've built comfortable dwelling places. We can engage our journey, with Christopher, as well as Indiana Jones (contemporary explorer) and move into unexplored, unmapped exciting new spaces within. We just keep stepping out, following our own inner map.

This process is analogous to the butterfly and its transformational process from its caterpillar state through the 'meltdown' in the chrysalis to emerge as the butterfly. Our soul, or psyche, which in Greek, means butterfly, therefore, can be guided through this collapse and rebirth process by remembering this metaphor. And indeed, as we transform out of our limited self-beliefs into the experience of our magnificent beingness, we become beautiful butterflies.

It's a time of trust as we find ourselves jumping empty-handed into the void, as the Runes say. It may feel like we are awakening out of a deep sleep. We find that our intention to awaken must be as strong as is our desire to live if our heads were being held below the water. The journey of finding out 'Who I Am' is a life time commitment that requires a strong intention and desire for change, a willingness to let go into the process, and trust that whatever comes up in the process is appropriate to the process and necessary to our awakening, and a willingness to let of 'world-is-flat-beliefs.'

Are you ready to undertake you adventure of Life? Then, run, and  
Jump off your edges and entrust yourself to your own awakening,  
As a bird entrusts itself to space.