

Lightning Path

Workbook Three

Connection

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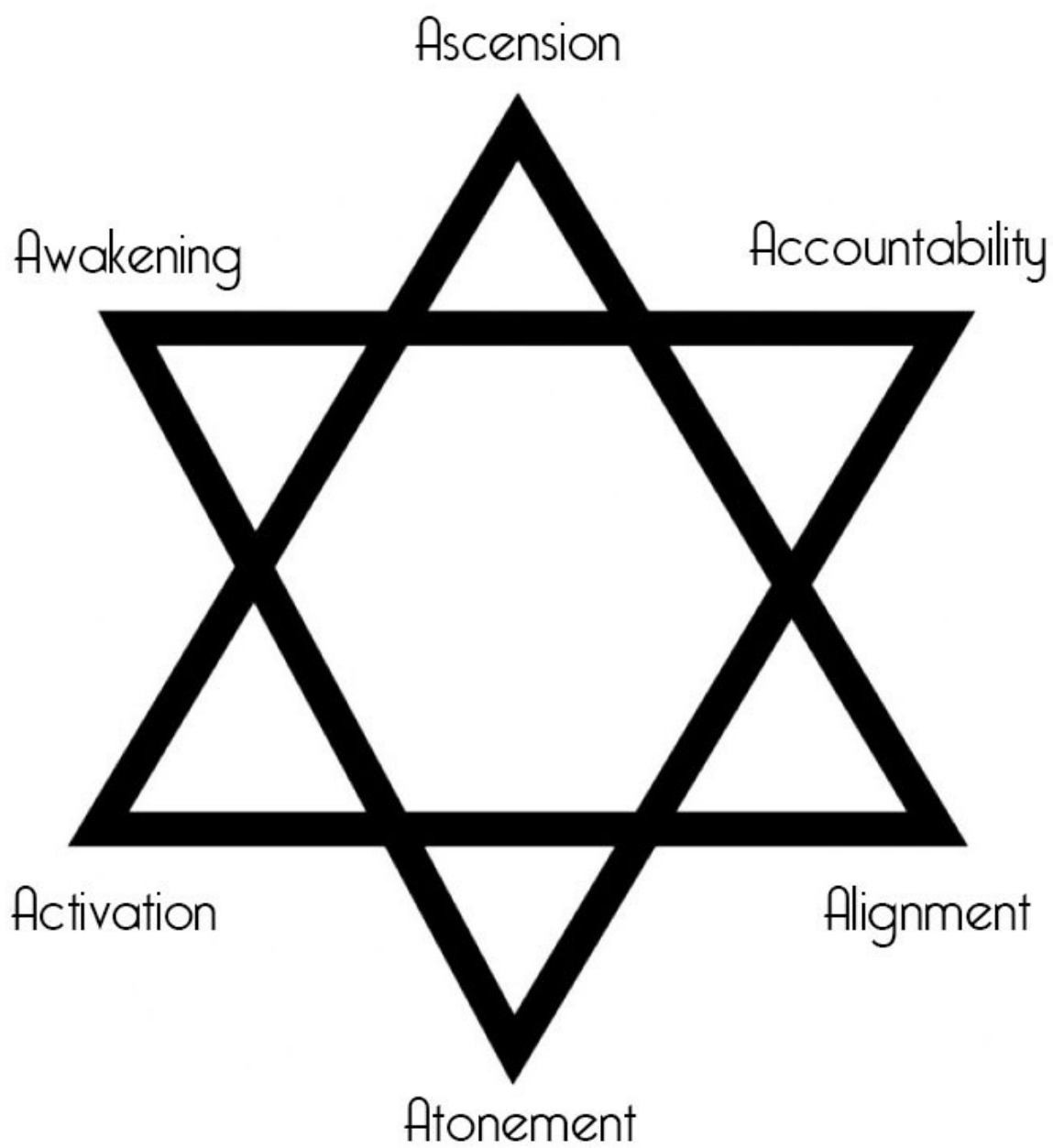
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LP Workbooks in the Series

- LP Workbook One: The Basics - the basic spiritual concepts you need to move forward
- LP Workbook Two: HEALING Framework - some general guidance on how to organize your healing journey.
- LP Workbook Three: Connection Framework – some general guidance on how to initiate and manage reconnection
- LP Workbook Four - Archetypal Study (draft at the Intermediate level of study)



As I have gained knowledge and seen others share their visions with me, I conclude that our ancestors lived in a strange condition in which they were in touch with the spirits constantly, and I see that as a goal for our present activities.

Vine Deloria - God is Read

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Preface

Greetings and welcome to the Lightning Path (or just LP for short). The Lightning Path is a modern and Human Development Framework that blends [Authentic Spirituality](http://spiritwiki.lightningpath.org/index.php/Authentic_Spirituality)¹ and connected science into a powerful representation of core human and spiritual truths designed to take you from disconnected and depressed to healthy, connected, and empowered, quickly and safely.

Recognizing that the elites, the [Accumulating Class](https://spiritwiki.lightningpath.org/index.php/Accumulating_Class),² those who create the realities of this world to favour themselves, have been interfering in our understanding and practice of spirituality for thousands of years, the Lightning Path offers a decolonized spiritual perspective and practice. It strips elite influence from the corpus and provides a grass-roots spirituality rooted in mystical, religious, and transcendent experiences through a refined and a critical scientific lens.

The workbook that you have in your hand is Book Three in the Lightning Path Workbook series. This book is preceded by *Lightning Path Workbook One: Introduction to Authentic Spirituality*, and *Lightning Path*. This book covers spiritual concepts designed to help you expand your knowledge and understanding of what connection is and why it is important to you. The book also covers spiritual techniques which you can use to prepare and work towards stronger *connection* to your individual spiritual ego, and to Consciousness more generally.

Note, there is a lot of information and material contained in this and

¹http://spiritwiki.lightningpath.org/index.php/Authentic_Spirituality

²https://spiritwiki.lightningpath.org/index.php/Accumulating_Class

previous Lightning Path workbooks. It will take time to process, integrate, and ground the information into your reality. If you want to derive full benefit from the information provided here, be prepared to read through this workbook more than once. Also, if you have not read LP Workbook One and Two, make sure you do so before proceeding. Otherwise you may struggle with the concepts and guidance provided in this workbook.

Workbook Goals

At the end of this book, you will:

- Understand the nature of Connection between the Spiritual Ego and Bodily Ego, and understand what you have to do to prepare and work towards achieving sustained connection.
- Understand the six points of the Lightning Path Connection Framework and be able to use that framework to guide your own healing and connection work.
- Recognize Awareness Reduction Mechanisms (ARMs) and other obstacles that might prevent you from making solid progress on awakening, alignment, accountability, atonement, activation, and ascension.
- Begin developing and putting into practice several basic spiritual practices including intent, visualization, and deep breathing, which can help you achieve and handle stronger connection experiences.

Key Concepts

By the end of this book, you should be familiar with the following LP concepts.

- Accountability
- Activation
- Alignment
- Alignment Rule Sets
- Ascension
- Atonement
- Automobile Metaphor
- Awakening
- Awakening Affirmation
- Awakening Experience
- Alignment
- Awareness Reduction Mechanisms
- Alignment Rule Set
- Awakening Mantras
- Bodily Ego
- Boundary Violation
- Breathing
- Connection
- Connection Appliance
- Connection Cocoon
- Connection Event/Connection Experience
- Connection Pathology
- Connection Practice
- Connection Preparation
- Connection Procedures
- Connection Processing

- Connection Supplements
- Connection Technique
- Consciousness
- Consistent and persistent intent
- Disjuncture
- Egoic Bloating
- Ego Explosion
- Emotional Semaphore
- Flow, The
- Flow Control
- Flow Purification
- Focus Points
- Intent/Will
- Internal Resistance/External Resistance
- Learned Helplessness
- Maladaptive Adaptation
- Nadir Experiences/Zenith Experiences
- Normal Consciousness
- Old Energy / New Energy
- Old Energy archetypes
- Psychic Infection
- Punishment
- Recognize, Root out, Replace
- Right Action, Right Environment, Right Thought
- Spiritual Ego
- Steering Emotions
- Three “Rs” of Alignment
- Three “Ws” of Alignment
- Toxic Socialization

- Wrong Action, Wrong Environment, Wrong Thought
- Water Glass Visualization

Introduction

Greetings and welcome to the third workbook in the LP Workbook series. Before proceeding with this workbook, you should know the basic LP concepts like Spiritual Ego, Bodily Ego, Physical Unit, Highest Self, Connection, Connection Experience, Toxic Socialization and so on. You should also have considered your need to heal from the damage done by Toxic Socialization. Hopefully, at this point, you have also put into practice some of the many suggestions provided in the LP course on HEALING, like creating a healthy environment, dealing with your addictions, fulfilling some of your unmet needs, and so on. You certainly do not have to be shiny and unsullied at this point, but it is wise to be actively involved in the process of creating a healthier you.

Beyond making progress on your healing journey, you should also have a good idea about what spiritual awakening and connection is, what its benefits are, how to initiate it (i.e. intent), and how to anticipate some of the traps and pitfalls (i.e. **Internal Resistance** and **External Resistance**) that may slow or even halt your progress forward. It is important to understand that while making a connection is relatively easy, especially if you use **Connection Supplements**,³ handling a connection can be quite a challenge, especially if there is underlying psychological and emotional damage, and particularly if you harbour significant [Wrong Thought](#).

If you are not comfortable that you have made progress on your HEALING journey, and if you are not confident you understand the

³A connection supplement is a dietary supplement (like Cannabis, Psilocybin, Peyote) or substance (like DMT, LSD, Ketamine, MDMA, etc.) that forces and facilitates stronger Connection to Consciousness.

basics outlined above, review the first two LP workbooks before proceeding with this book.⁴

If you are comfortable that you are ready to move forward, then great. In this course, we are going to go into a little bit more detail about what you need to do to attain a stronger, more persistent connection to your [Spiritual Ego](#).⁵ Specifically, we are going to introduce you to the LP Connection Framework. The LP Connection Framework is a framework that provides you with six [Focus Points](#). These focus points provide guidance on where you should put your effort and attention if you want to make progress towards stronger and more persistent connection between your spiritual ego and your bodily ego. The six focus points are *awakening*, *accountability*, *atonement*, *activation*, *alignment*, and *ascension*. Briefly,

1. **Awakening** is the process of seeing, realizing, and understanding the reality you live as it is—accurately. Specifically. Awakening involves understanding the personal, social, political, economic, and even cosmic/theological truths that inform your life.
2. **Accountability** is the process of accepting the fact that things are not as great as they seem and that you have probably done some bad shit in your life, like using violence to socialize children, treating your spouse like dirt, exploiting employees to enrich yourself, etc., shit that require reparation. Accountability is taking responsibility and being accountable for any toxic actions you have taken, consciously or unconsciously, past or in

⁴<https://repo.lightningpath.org/assets/workbooks/>

⁵https://spiritwiki.lightningpath.org/index.php/Spiritual_Ego

the present.

3. **Atonement** is an extension of accountability. Atonement is the process of making reparation for the bad shit you have done. This does not mean lip service, bandage solutions, or charity work. This means fundamental revolution and reform in your life spaces and in your behaviours towards others (spouse, children, co-workers, employees, citizens, etc.). Atonement requires helping and supporting others. It means being an advocate and an ally, particularly for those whom you have disadvantaged as a consequence of your own sleepy behaviours.
4. **Alignment** is the process of using your creative power and ability to bring your thoughts, actions, and environments into correspondence (i.e. alignment) with the nature and wishes of your own spiritual ego. When you are in alignment, you are fully functioning at a physical, emotional, mental, and spiritual level. When you are in alignment, you are a fully functional living being.
5. **Activation** is the process of embracing your creative power to become an empowered change agent in the world. Activation is a psychological process and an energetic process. We'll talk
6. **Ascension** is the actual process of merging your bodily ego with your spiritual ego, of becoming more of who you truly are, which is a divine light of powerful, immortal, Consciousness. Although brief connection experiences are always possible, pure and persistent union, which is the point of spiritual practice, can only occur after awakening, accountability, atonement, alignment, and activation have been achieved. It

cannot occur without those.

We will go into more detail about these focus points in the associated chapters. Before moving forward, there are three things to keep in mind.

The **first thing** to keep in mind is that the work you do on healing and connection is not linear, but iterative. You can visualize the process of healing and connection like climbing a spiral out of the sickness and toxicity of disconnection. The more you climb up, the farther away you get from the toxicity and trauma of the “normal” world and the closer you get to your own inner light and power. You might start with a single healing step, like addressing your toxic environment, but you will not end there. For best effect, you will jump back and forth, doing a little healing work, then a little connection work, and then back to healing, and so on. There are no rules on what step to take first and what step to take next. For best effect, trust yourself and follow your own intuition.

The **second thing** to keep in mind is that there is a practical component to all this. You can understand the ideas conveyed in this and other courses all you want, but if you do not engage in the practices suggested, you will not move forward as expected. This might sound like a bold statement to some, but it is really quite simple. If you want to learn guitar, you can read about music and look at chord diagrams all you want, but if you do not pick up a guitar and practice, it is an academic exercise. It is the same with connection. Read all the theory and guidance you want, but if you do not actually practice connection, you will not make any forward progress.

Finally, never, ever, ever think that you have to follow this path alone. Although you might start off down this path alone, that will change,

perhaps more rapidly than you might think. As more and more people step on an authentic path of healing and connection, more and more the road we travel will be populated by our fellow humanity, those new on the path and those who are already seasoned travellers. Be patient and be hopeful. The more people travel an authentic path of healing and connection, the faster we will transform not only ourselves, but the entire planet.

With that said, let us begin our examination of the Lightning Path Connection Framework by looking at the first focus point, awakening.

Awakening

As noted in the introduction to this booklet, the **LP Connection Framework** contains six focus points that you need to work on before stronger connection can occur. The first focus point in the LP Connection Framework, the first thing that you have to do when you begin your connection process, is engage in a bit of authentic spiritual awakening. In *LP Workbook One* you learned that spiritual awakening involves drawing Consciousness into the physical unit, and so that is what you have to do. You have to draw some of your higher Consciousness into your physical vehicle.

The LP conceives of spiritual awakening like walking into a dark room and turning on a light, or waking up from a deep sleep to observe the room you have been sleeping in. When you walk into a dark room, at first you cannot see anything. Then, you turn on the light. Suddenly, you see the entirety of the room. Similarly, when you are sleeping you are oblivious to the realities of the room that surrounds you. You sleep. You dream. Things go on about you. However, when you wake up and open your eyes, suddenly you see what is in the room.

Waking up is not necessarily a pleasant experience. *What is your experience when you wake up? How do you feel as you wake up and see the room?* What your experience is and how you feel about things depends on the condition of the room. If the room is clean and shiny, with happy people going about their lives in safety and freedom, your [Awakening Experience](http://spiritwiki.lightningpath.org/index.php/Awakening_Experience)⁶ will be pleasant. However, if the room is messy with abuse, violence, and exploitation, or worse if the room is completely destroyed by violence, neglect, chaos, and indoctrination of

⁶http://spiritwiki.lightningpath.org/index.php/Awakening_Experience

toxic socialization, your awakening experience can be quite unpleasant, especially as you realize the damage that has been done and the amount of work that might be involved in cleaning up the room around you.

It is exactly like this with spiritual awakening. Drawing Consciousness into the body is like turning a light on in a dark room or waking up from a deep sleep to suddenly see what is really going on around you. Sometimes this can be OK, but sometimes what you see can be disconcerting, shocking, or even horrifying. What you see and feel depends entirely on what has been happening around you while you have been sleeping in your dark room.

Now that you know what you might expect when you initiate your spiritual awakening, the next question is how do you wake up. The answer is you wake up spiritually the same way you wake up in the morning. As with everything that you do in your life, it is a question of intent. To wake in the morning, you intend to wake up. You decide you are going to wake up, set your (internal or external alarm clock) and when the time comes you wake up. It is the same with spiritual awakening. You can signal your wilful intent to spiritually wake up with an [Awakening Affirmation](#) like this:

- I wish to wake up
- I wish to gain enlightenment
- I wish consciousness to descend into the vessel.
- I wish to move forward as fast and as *safely* as possible.
- I wish *only* the highest information for *greatest collective good* of all of creation.

As you can see, the concept of spiritual awakening, the idea of becoming aware of the realities around you by turning on the light of your higher Consciousness, and the actual initiation of that awakening through intention and affirmation, is simple. However, the experience of awakening itself is not simple at all, nor is it always a positive, light-filled, angels-singing, crystal-song sort of affair. It can be very positive, that is true; but awakening can also cause a lot of emotional and psychological consternation as well, especially when combined with a powerful [Connection Experience](https://spiritwiki.lightningpath.org/index.php/Connection_Experience).⁷ In some cases, where there is a lot of damage and trauma to the [Bodily Ego](https://spiritwiki.lightningpath.org/index.php/Bodily_Ego),⁸ if the “room” you are waking up in is really messy, if there is lots of repressed guilt and shame, or where there are addiction and mental health issues, awakening can be extremely challenging. In rare cases, awakening can even tip you over the edge into despair, neurosis, “spiritual emergency,”⁹ and even paranoid psychosis..

As already intimated, whether you experience awakening in a positive or negative fashion depends entirely on two things. It depends on

1. the condition of “the room” you are waking up in and
2. your own mental and emotional condition, your own internal state.

To be clear, any clutter and toxicity in the room (condition of the room), any *damage* you may have experienced while enduring the [Toxic Socialization](https://spiritwiki.lightningpath.org/index.php/Toxic_Socialization)¹⁰ process we all go through will impact your

⁷ See https://spiritwiki.lightningpath.org/index.php/Connection_Experience.

⁸https://spiritwiki.lightningpath.org/index.php/Bodily_Ego

⁹Stanislav Grof and Christina Grof, *Spiritual Emergency: When Personal Transformation Becomes a Crises* (New York: Putnam, 1989), <https://amzn.to/2KbTh6s>.

¹⁰https://spiritwiki.lightningpath.org/index.php/Toxic_Socialization

awakening process. Clutter and toxicity in the room and damage from toxic socialization will make it harder to awaken and harder to accept the insight of awakening, it will increase the likelihood that you will have a [Nadir Experience](#),¹¹ and it will increase the probability you will experience denial, confusion, and be led astray.

Let us look in a bit more detail at these two factors in turn, starting with the condition of the room.

Room Condition

As regards the condition of the room, the best situation to wake up in is when the room is ordered, clean, and tidy. If you wake up in a room like that, you can get up, go brush your teeth, and get on with your daily business. On the other hand, if your room has been hit by a bomb, if the floor is so cluttered with junk that you cannot even get to the bathroom, then before you get on with your day you have to clean up, at least a little bit.

It is the same for spiritual awakening. Spiritual awakening in a clean and tidy reality means you are waking up in a healthy environment with minimal toxicity, abuse, ideology, resistance, neurosis, and pathology.

When the room of your life is ordered, clean, calm, free of toxicity, chaos, and violence, you can get on with the business of waking up

¹¹A nadir experience is a negatively felt connection experience. Nadir experiences are unpleasant moments of stress, anxiety, anger, confusion, fear, paranoia, and even psychosis caused when [Connection](#) occurs and the individual is unprepared, damaged, embedded in a toxic milieu, or filled with ideologically rooted wrong thought. A Nadir experience is the opposite of a [Zenith Experience](#).

See http://spiritwiki.lightningpath.org/index.php/Nadir_Experience and http://spiritwiki.lightningpath.org/index.php/Zenith_Experience

with no troubles. When you wake up in a healthy (or healthier) environment, awakening proceeds in a fluid and easy-to-ground and integrate fashion. When you wake up in a healthy environment, you can skip past all the preliminary work of detoxifying your environment and healing the damage done (see LP Workbook Two) and you can get past all the subtle and sometimes not-so-subtle distractions and distortions that keep you confused and spinning your wheels. When you wake up in a good environment, you can speed through awakening and get down to the business of accountability, atonement, alignment, activation, ascension and all the other things you have to do to pave the way for increased levels of Consciousness in your body.

If, on the other hand, the room you are waking up in is a mess, then things can get a little complicated intellectually, emotionally, and spiritually. The first time you actually see the mess, you can be frightened, confused, shocked with guilt and shame, and even (if you are filled with a lot of [Old Energy Archetypes](#)¹² and ideas) traumatized to the point of mental and emotional breakdown. You may, in other words, have a nadir experience. If that happens, you may be so put off by the experience that you may decide to go back to sleep, to return to the [Normal Consciousness](#)¹³ of your average, disconnected modern citizen and never try connection again. If you wake up in a messy room, and if you want to avoid being pushed back into the grey somnambulism of normal consciousness, there are three things to watch

¹² The ideas behind old energy archetypes are complex. We learn more about old energy archetypes in *LP Workbook Four* but if you want to read ahead, check out the definition at the SpiritWiki (https://spiritwiki.lightningpath.org/index.php/Old_Energy_Archetype) and also Mike Sosteric, “A Short Sociology of Archetypes,” 2020, <https://www.academia.edu/44254363/>; Mike Sosteric, “The Triumph of Spirit Archetype System,” *Academia.Edu*, 2021, https://www.academia.edu/45822163/The_Triumph_of_Spirit_Archetype_System.

¹³https://spiritwiki.lightningpath.org/index.php/Normal_Consciousness

out for, these are:

1. Internal Resistance
2. External Resistance and
3. The Enormity of the Mess

Number one, watch out for **internal resistance**. Internal resistance is resistance to awakening caused by your own confusion, guilt, shame, greed, or other negative emotions triggered by what you see when the light suddenly goes on in your head. For example, if you are a parent and you have been abusing your children, then waking up to the reality of that might cause you painful guilt and shame. In order to not feel that guilt and shame, you may decide to simply turn off the light, close your eyes, and go back to sleep, pretending it is “just not that bad” or that the abusive practices toughen them up, make them stronger, better prepare them the world, or whatever. Or, maybe you wake up in a room where you find your spouse is harming others, through exploitation, violence, abuse, economic exploitation, etc. Rather than confront your spouse and deal with the backlash, you decide it is better to just pretend and say nothing, thereby going back to sleep. Or, maybe you are the CEO of a major corporation and you just cannot give up the profit generated from your exploitation of others. Or, maybe you are a lying, greedy politician and facing that truth is just too hard to bear, so you would rather close your eyes to reality and just pretend you are a nice person.

You get the picture.

If the reality in the room you are waking up is ugly, if you are being hurt by others or if you have done things to be guilty and ashamed of, if there are a lot of things to clean up, your preference might be to just

cover your head with a pillow and pretend the reality is not what it is. You can do that if you want, but if you do, you are not waking up, you are engaged in self-delusion. Whether you like it or not, if you want to achieve stronger connection, you are going to have to “face the music.” Therefore, our recommendation to you is, deal with your own internal resistance, face whatever it is you have done or whatever is happening around you, and deal with that no matter how hard it might. That is the only way to wake up and move forward

Note, you do not have to deal with things on your own. If you need, get help from credible experts and resources..

In addition to your own internal resistance, you also need to watch out for **External Resistance**. External resistance is resistance from family, friends, co-workers, and others who are still sleeping and who, for various reasons associated with their own internal resistance, do not want to be presented with what you have suddenly become aware of. For example, if your spouse is abusing your children and you wake up and suddenly realize this, you will need to confront them in order to stop the abuse and clean up the environment. You might do this, but when you do your spouse might resist and push back out of guilt, shame, or even fear of punishment. They may become angry, even hostile. They may cajole, even threaten. They do this so they do not have to admit their behaviour, so you will quit confronting them with reality, so they can gaslight you into believing you are the problem, so you will go back to sleep and stop bothering them with the realities of their actions. They do this because it is to their emotional, psychological, political, and even financial advantage that you stay asleep. In cases of serious emotional, psychological, or physical violence, it may seem like you have no other choice but to close your eyes and go back to sleep.

Of course, it is not just your spouse who may resist. Other family members, friends, and even workplace colleagues may resist, particularly if they feel emotionally, psychologically, politically, or financially threatened in some way by your awakening. If you experience a lot of resistance from people (friends, family, etc.), this may be because your awakening threatens their complacency, their way of life, or their distorted self-image and self-delusions. Maybe your awakening is pushing them to change their eating habits. Maybe your awakening is causing them to feel bad about their consumerism or their past actions. Maybe your dad thinks he was a great dad despite his violence and abuse. Maybe your mom thinks she was a wonderful mom despite her mental illness and narcissism. You can see the problem. Your awakening may push them to change things they would rather not change, or acknowledge behaviours they would prefer to ignore. In short, your awakening may expose them as “not as good” as they thought they were, and they may simply not want to go there. If this is the case, they will resist and try and suppress your awakening back down. This resistance can be a problem. If you experience a lot of external resistance you may, consciously or unconsciously, decide it is just too much to deal with and simply go back to sleep.

The Overwhelming Enormity of the Mess. Sometimes it is not your own guilt and shame that causes you to shut down and withdraw from awakening. Sometimes it is not even the resistance from others who would rather you stay blissfully ignorant than challenge and change your world and theirs. Sometimes when you start to wake up you can simply be overwhelmed by the enormity of the mess. Given the state of this world and the state of many of our lives, it is easy to be overwhelmed by the enormity of the work involved in cleaning it up.

Consider, for example, your own misaligned behaviours. Consider the guilt and shame you might experience if, when you wake up, you wake up to the fact that you have psychologically, emotionally, physically, sexually, or spiritually abused your spouse and children. Imagine the horror you might feel as you realize the extent of the damage you have consciously, unconsciously, or complicity caused. Imagine that in this situation, the work of understanding, accepting, atoning, and cleaning it all up is so overwhelming that you think that you cannot possibly do it, and so you just throw up your hands, cover your head, bury yourself under the covers, and go back to sleep. It's an all too common outcome.

Of course, waking up to your own bad behaviours and the consequences of these is not the only room condition that might challenge you and make you want to go back to sleep. Consider the situation where you wake up to the reality that others in your family have created huge messes. For example, perhaps there exists a sexual predator in your family or friend group. Waking up to that particular reality is quite unpleasant, especially if you or one of your children has been assaulted or you are one of the adults who will have to deal with it. There is a gargantuan amount of emotional, psychological, and even legal work involved in stopping a sexual predator and healing victims from any trauma. And even if you personally are OK with doing all the work you may, as already noted, experience intense resistance from other members of your family who are more comfortable in somnambulistic avoidance. Waking up is a big challenge and a lot of work, and you and your family may prefer to go back to sleep rather than deal with the train wreck.

And of course, all this applies not only to your home environment, but to your school, church, workplace, state, economy, and social

environments as well. The truth is, as you wake up, you will also become more aware of toxicities and problems at your workplace, in your society, and all across the planet. Depending on how deep your previous sleep was, the whole thing can be one long and disturbing shock to your system. It is unfortunate that it is like this, but it is what it is. Just like waking up in the morning forces you to confront the mess in the room you have been sleeping in, spiritually awakening forces you to confront the reality that you have been living in. If the reality is clean and tidy, if the reality is positive and aligned, no problem; however, if it is a massive mess, your awakening experience might be so unpleasant, and you may be so overwhelmed by internal resistance, external resistance, and the enormity of the mess that you will shut down and gradually pass back into normal consciousness. Going back to sleep and ending your journey because you do not want to deal with the mess is an option, but a disappointing one. You can reduce the probability of that happening if you anticipate some of the room challenges ahead of time.

Mental and Emotional Damage

As noted, awakening can be a challenge when the room you are waking up in is a mess. In that case, you can experience internal resistance, external resistance, or you can simply become overwhelmed by the mess. All of this can make you want to hit the snooze button and go back to sleep.

Awakening can also be a challenge if you struggle with emotional and psychological damage caused by a violent, neglectful, and toxic socialization process we all endure. If you are mentally or emotionally

damaged, and the truth is all of us experience some damage because of the toxic socialization process we endure, the process of awakening (indeed all points in the connection process, like atonement, activation, etc.) can become much more difficult. Let us spend a bit of time examining some of the awakening challenges that can arise as a consequence of mental and emotional damage.

Low Self-esteem and Self-worth

In terms of obstacles to awakening, low-esteem can be a major problem. This is because low self-esteem and low self-worth undermine your progress by causing you to cast doubt on your own abilities to heal and grow into a healthy and fully connected human being. Low self-esteem may make you shy away from the process because you feel you are “not worthy” or incapable of succeeding in any way. These feelings may also lead you to accept abusive situations because you feel you do not deserve better, thereby leading to more damage. Low self-worth may even make other focus points in the connection framework harder to accomplish, like being accountable, or activating and taking action to align and clean up your world. Without a certain degree of self-esteem and self-worth, you might awaken and see a messy room, but not feel confident enough or strong enough to tackle the mess or go against the resistance of other people. As a result, you might go straight back to sleep.

You can use psychological tests to measure your self-esteem. The [Rosenberg Self-Esteem Scale](#) is a good one. Take the test and if you score less than 15 you may have self-esteem issues.

If you do find you are a little on the low side of the self-esteem scale, you can do an Internet search for “how to improve self-esteem.” These

days there is lots of great guidance on how to improve self-esteem and self-worth. We also do a little bit of self-esteem work later on the **Lightning Path Curriculum** when we learn about existential narratives, examine this planet's dominant existential narrative, and explore how we untangle ourselves from it and heal from its devastating emotional and psychological impact.

Powerlessness, Depression, and Learned Helplessness

Low self-esteem caused by the damage of toxic socialization is not the only psychological issue that can undermine your ability to awaken to the realities around you. Years of living in toxic and oppressive home and work spaces that you have no control over may leave you feeling depressed, dis-empowered, demotivated, helpless, apathetic, and hopeless. You may come to feel and believe that nothing you do or say can make any difference at all, so what is the point of even trying. Psychologists call this psychological state [Learned Helplessness](https://spiritwiki.lightningpath.org/index.php/Learned_Helplessness).¹⁴

Learned helplessness, depression, and feelings of powerlessness can undermine your healing and connection process simply because when you are in a state of learned helplessness, you may not feel worthy of life improvements or motivated to make the necessary changes. You may be feeling impotent and powerless even in the face of relatively minor challenges. These feelings of impotence and helplessness will weigh on you and make it harder for you to take the actions necessary to move forward. Put that together with a lack of self-esteem and the guilt and shame that rises from unaligned actions (more on this in the next unit), and going back to sleep might seem like the best (and only) thing to do.

¹⁴https://spiritwiki.lightningpath.org/index.php/Learned_Helplessness

The LP provides an implementation of the [Learned Helplessness Scale](#) which you can use to assess the extent to which you have become learned helpless as a result of violence and toxicity in your life.

If you do think you may have learned to be helpless as a consequence of chronic toxicity, you can do an Internet search for “how to overcome learned helplessness.” A general guideline is to find a thing that you know you can do well and practice that. Mastery of skills, relationships, and so on can help you build self-esteem and self-efficacy. It will also help to work with the *Triumph of Spirit Archetype System* (TOSAS), which you will learn more about in *LP Workbook Four* and in our book *Rocket Scientists’ Guide to Neurodecolonization*. As a final note here, overcoming learned helplessness is very important. It is not enough to just wake up and see what is in the room. As you will see in subsequent units, you also have to take action to change. You are going to have a hard time taking action if you struggle with helplessness and lack of motivation.

Anger and Hatred

Low self-esteem and learned helplessness caused by toxicity in your childhood and adult environments can stop your awakening and connection process before it ever gets started, but so can anger and hatred. Of course, anger is not a bad thing in and of itself. Anger is a natural emotion. Anger is what your body uses to alert you to a [Boundary Violation](#).¹⁵ If I stand before you and step on your toes (a violation of your physical boundaries), if I insult you and call you

¹⁵A Boundary Violation is a form of [Violence](#) common in this planet's [Toxic Socialization](#) system. It occurs when one person violates another person's psychological, emotional, or spiritual boundaries in an aggressive, assaultive, manipulative, selfish, or otherwise unwelcome fashion
https://spiritwiki.lightningpath.org/index.php/Boundary_Violation

names (a violation of your psychological and emotional boundaries), if I exploit you financially, you will naturally get angry. The anger helps motivate you to stop me, to shove me away from your feet. leave the room, or engage in transformative social action., and that is all completely healthy.

However, often in our societies anger goes unexpressed, unreleased, or inappropriately expressed. For reasons we will not explore here, within this toxic socialization system we all endure, we are not taught healthy ways to deal with anger; instead, we are taught to **suppress** anger, to keep it inside, or to redirect it to scapegoats. If you do that, if you suppress it down or redirect it to inappropriate targets, the anger does not go away, it just becomes sublimated¹⁶ (i.e. redirected towards others) or internalized (directed back at you).¹⁷ Once sublimated or internalized, your anger becomes a controlling emotion and this emotion tainted your vision and blinds you to the things you need to see and the things you need to do as you awaken to the world around you.

As for hatred, hate is the consequence of years of sublimated, repressed, and misdirected anger. It is the outcome of years of bottled-up resentment at chronic, painful, and exploitative boundary violations. Hatred blinds you like anger, only worse. It also damaged your heart in ways that are difficult to repair.

¹⁶ Sublimation is the redirection of energy and awareness from an appropriate target to an inappropriate target. For example, an adolescent angry at their father may, because the father will respond to their anger with more abuse, redirect their anger to weaker children at school, or their spouse at home.

<https://spiritwiki.lightningpath.org/index.php/Sublimation>

¹⁷<https://spiritwiki.lightningpath.org/index.php/Internalization>

A lot could be said about anger and hatred and how to deal with it, and there's lots of decent advice online on how to recognize, resolve, and release anger. If you have anger, we encourage you to find healthy ways to express and release it because if you don't, you'll find it impossible to heal and properly connect. In addition to what you can find online, we'll only say two things.

The first thing we want to say is make sure the solution you are trying isn't gas lighting you. Remember what we said at the outset, anger is a reasonable emotion. If you are angry about something, not only does that anger need to be appropriately expressed, but the "something" that you are mad about has to be dealt with. If the focus is just on you and how you deal with it, you're being gaslit. Put another way, you can release anger at your exploitative boss or oppressive teacher or boundary-violating friend all you like, but if you continue to experience assault, the anger returns. As you'll learn in more detail a bit later, if you want to deal with anger and hatred you have to deal in an appropriate and non-violent way with whatever is causing that anger to boil up. If you don't, the anger always returns.

The second thing we want to say is that when it comes to resolving your anger, make sure you've got the right source. The truth is, the anger inside us is generated from multiple sources over years and decades of life. Some of these sources we might not even remember. Our parents and siblings do lots of things to anger us growing up, as do our friends at school, our teachers, our priests, our intimate partners, our bosses, and so on. All that anger can build up and if suppressed or improperly resolved, can become sublimated and projected outwards. This projection usually travels "downhill," at targets that you have power over, like your children, or your spouse, or your employees, or

even your pets. If you're taking your anger out on inappropriate targets, you're not resolving anger, you are abusing others, and that's just going to add to your connection troubles down the road. So make sure you have to right source. And don't worry. Identifying the source is not as hard as you think. If you are mad, focus not on the person per say, but on the behaviour that is making you mad. For best results, identify what the behaviour is, ask yourself why that behaviour is making you mad, and focus on strategies to change the behaviours and the conditions that trigger that anger. Don't judge and punish the person. That's not helpful. If you focus on the behaviour and not the person you'll find it easier to understand your anger, easier to release that anger, and easier to trace that anger to its original source, which, frankly, is probably in how you were treated as a child, adolescent, and young adult. Express your anger at the behaviour, *not* the person, and find ways to change the behaviour and the environment.

Hitting the Snooze Button – Invoking ARMs

So far in this chapter, we have learned that authentic awakening is an important step in the reconnection process. Awakening means becoming fully (socially, politically, economically, emotionally, etc.) aware of the reality that you live in. We have also learned some of the things that can interfere with the awakening process. In particular, a messy room and emotional and psychological damage caused by toxic socialization can undermine and prevent authentic spiritual awakening in various ways. Messy rooms can lead to internal and external resistance and toxic socialization can leave you feeling helpless, hopeless, powerless, and filled with anger, hatred and mistrust to the

point where it is simply too painful for you to stay awake and move forward.

So what do you do when you find it just too hard to move forward?

Generally, you turn off the light and go back to sleep. How do you do that? Well, it is not like going back to sleep in the morning. You cannot close your eyes and un-see the pedophile uncle. You cannot just forget you are exploiting workers or wish away childhood trauma. Instead, your bodily ego engages what traditional psychology will call defense mechanisms but what we on the LP call [Awareness Reduction Mechanisms](#) (ARMs). ARMs are psychological/behavioural methods deployed by the bodily ego to help deal with low self-esteem, low self-worth, powerlessness, depression, anger, hatred, mistrust, anxiety, anger, sadness, and other strong emotions caused by mental and emotional damage, the sometimes overwhelming nature of the situation, the recall of trauma, and the guilt and shame caused by disjuncture. Awareness reduction mechanisms help the bodily ego reduce awareness of internal states and external realities so that the bodily ego can return back a functioning state.

There are many Awareness Reduction Mechanisms that the bodily ego can use to reduce an awareness that has become painful. We will review a few of these below. For more, see the [associated SpiritWiki Page](#)¹⁸ and more advanced LP content.

- **Suppression** is the conscious, brute-force removal of unwanted ideas and feelings from your awareness. When you repress, you simply say to ourselves “I’m not going to think about that or feel about that at all.” We do this either because we do not want to deal with the thing at a particular moment (our spouse is

¹⁸https://spiritwiki.lightningpath.org/index.php/Awareness_Reduction_Mechanisms

behaving badly at a gathering but we “can’t deal with that now” so we push it aside till the guests leave) or we don’t want to deal with it at all (yes there’s a pedophile in the family, but I don’t want to think about that; it’s not my problem and what can about it anyway). With suppression, the ideas and feelings are still there, we just push them away whenever they float up.

- [Repression](#)¹⁹ is the unconscious forgetting of painful memories. We repress memories either of our own actions towards others (we forget we were a bully in school), or other's actions towards ourselves (we forget the abuse we suffered at the hands of our parents). When we repress, we push painful memories out of awareness. Repression is different than suppression in that with repression, the memories don’t typically pop up. They are deeply buried and functionally gone. Repression is the primary or root defense mechanisms. Many “higher level” defences are built upon the basic action of repression.
- [Regression](#) is the reversion to childlike emotional and psychological states that allow the individual to avoid painful awareness. Regression facilitates repression by allowing the individual to distract themselves and others with immature and inappropriate behaviour.
- [Dissociation](#) involves a complete detachment with reality (derealization) and with self (depersonalization). Like regression, this detachment facilitates repression of painful awareness.

¹⁹<https://spiritwiki.lightningpath.org/index.php/Repression>

- Projection,²⁰ occurs when one projects awareness of an uncomfortable memory or thing onto others. Instead of acknowledging your abuse of your own children, you see abuse in the children of other parents that surround you.
- Rationalization,²¹ whereby an individual finds justification and excuse for their own behaviour, or the behaviour of others. The CEO of a major corporation rationalizes exploiting child labour by suggesting the exploitation benefits the children because their families need money.
- Intellectualization,²² which is when an individual engrosses themselves in the cognitive aspects of a thing, thereby avoiding the emotional aspects. An abusive spouse engages in cognitive analysis of the behavioural patterns in the home as a way of avoiding guilt and shame over their actions.

Awareness reduction mechanisms are important and deserve serious consideration, particularly because chronic reliance on awareness reduction mechanisms can compound difficulties. Chronic repression and avoidance of painful memories and disjunctive realities through the deployment of ARMs can compound psychological, emotional, spiritual, and even physical illness. In addition, suppressed and repressed memories impact actions and behaviours. Repressed emotions like fear and hatred fester and may grow toxic and infected over time. Unresolved traumas can manifest in physical illness.

So what do you do if you find that as you awaken, pain, anger, hatred, disjuncture, bad memories, awareness of your own toxic actions, etc.

²⁰<https://spiritwiki.lightningpath.org/index.php/Projection>

²¹<https://spiritwiki.lightningpath.org/index.php/Rationalization>

²²<https://spiritwiki.lightningpath.org/index.php/Intellectualization>

lead you to try to attempt to reduce awareness and go back to sleep?
That depends on what exactly you are dealing with.

If you are dealing with trauma and damage from toxic socialization, if your bodily ego suffers from low -self-esteem, lack of boundaries, then healing is what you need. For some basic guidance on how to approach your healing process, go back and start with *LP Workbook Two: Healing*. Work through that and if you think you need additional help and guidance, get it.

Before closing this unit I would just like to say that in addition to using ARMs to reduce awareness of painful realities, your bodily ego can also behaviours, like shopping, or substances, like sugar, alcohol and certain drugs, to reduce awareness, numb emotions, or give one the good feelings one cannot, because of toxic environments and emotional damage, achieve naturally. Understand, engaging in behaviours or using substances to reduce awareness of internal and external realities is antithetical to the process of awakening, and antithetical to healing and reconnection. If you are doing this, you will have to stop at some point at some point, face and change reality, and find authentic healthy sources of joy. This will be a challenge, particularly since these behaviours and substances are addictive, but there are good resources and help is available. Just don't go back to sleep once you've started to wake up. Don't give up.

And with that, we come to an end of this unit on awakening. In this unit, we have looked at the nature of awakening. We have seen that awakening is filling the vessel with the consciousness of your higher self. Waking up is becoming more aware of your internal and external realities. Awakening is easy to initiate. An awakening affirmation gets

the process started. The challenge comes when growing awareness leads you to confront painful realities inside and out. When you begin to confront painful realities, your bodily ego *naturally* works to reduce pain by reducing awareness so you can function in normal life. If you want to move forward, you will need to address, in an appropriate fashion, whatever issues need to be addressed so that you don't run off back to sleep. Otherwise you'll be firmly stuck in normal consciousness and unable to take a step forward.

Connection Coach Questions

1. The room you wake up in can impact whether your awakening experiences will be positive, negative, or some combination of the two. Think about the condition of your "room" (i.e. your family, workplaces, friend spaces, etc.) Does anything about the condition of the room *stand out* as something you might need to address as you begin to move forward towards connection? Write your thoughts down and share with the group if you like.
2. Emotional and psychological damage can influence whether you have positive or negative experiences on the road to stronger connection. Think about your childhood, adolescence, and young adult hood. What comes to your mind when you ask yourself the question, "Is there any damage I have to deal with before I can wake up and face the room?" Write your thoughts down.
3. Review the ARMs introduced in this unit, as well as the information on behaviours and substances that can help you reduce pain. Do you think you use any ARMs to reduce your awareness of unpleasant realities and emotions? Do you use

substances or engage in behaviours that help you reduce awareness and painful disjuncture? If so, write these down and briefly discuss them. Can you see the operation of these ARMs in others around you? Give a couple of examples and discuss.

Accountability

Awakening, becoming more aware of the truths and realities that surround you and make up your life, is the first focus point in the LP Connection Framework. It is the first step on the way towards stronger and more permanent connection. The second focus point is accountability. If you want to move forward, heal, and connect, then number one you have to awaken and number two you have to be accountable.

What does it mean to be accountable? That is easy. Being accountable means taking responsibility for all your actions, good and bad, but especially bad. Being accountable means seeing and admitting that you have done something wrong, usually something that has harmed yourself or others. Being accountable means saying to yourself and others whom your actions have effected, “Yes, I did that and I take full responsibility.”

When we are accountable, we do not make excuses, we do not pretend, and we do not dissemble. When we are accountable, we make an honest assessment of our actions and the impacts that these actions have had on others. When we are accountable, we own what we have done.

Accountability is something that becomes very important as you walk a path towards health and stronger connection. Indeed, the requirement for accountability comes immediately upon the heels of awakening.

When you wake up and see the mess in the room, you also wake up to the awareness that you are responsible for some, though perhaps not all, of that mess. For example, if you are an abusive spouse, when you wake up you will become aware of that abuse and the mental health and

physical consequences of that abuse, both for yourself and for the people who are your victims. If you are a CEO that exploits employees and manipulates consumers, when you wake up you will become aware of that exploitation and manipulation and its negative consequences. If you are a teacher that bullies some students, when you wake up you will become aware of this fact. If you are a parent that has failed your children, well, you get the idea. If there is some mess in the room, and if you have contributed to that mess, when you wake up you will become aware of that fact. Once you become aware, you will have to be accountable for your contribution to the mess.

Understand, the reason for this is not so much moral as it is simply the nature of your spiritual ego. Your Consciousness, your spiritual ego, your highest self, your true self, or whatever you want to call it, is not evil or bad or stupid in any way. Your higher self, your soul, is an entity of intelligence, wisdom, power, responsibility, strength, compassion, and love. When you connect, you connect with your spiritual ego. When you connect with your spiritual ego, you bring this spiritual ego down into your body and forward into awareness. When you connect, you gradually merge this with your bodily ego. When you connect, you become this spiritual ego. When you become your spiritual ego, even if it is only for a moment or two, you look at the room, you look at the mess, and you do not ignore it or pretend it away—you assess and take responsibility because that is what your spiritual ego, which is a being of love, light, awareness, compassion, and strength, would do, without question and without hesitation.

If you like, you can think of your spiritual ego as the most responsible, loving, wise, intelligent, compassionate, and loving parent that there ever was. Like any responsible and loving parent, when your spiritual

ego peaks through and sees the mess its body has created, it does not pretend, avert its eyes, or make excuses; it assesses and takes immediate responsibility for whatever it has to be responsible for.

Or at least, that is what should happen.

Unfortunately, that is not always what happens. As noted earlier in the section on awakening, often what happens when you awaken is that your bodily ego may experience guilt and shame.

This is not a bad thing.

As we will see in more detail in the unit on alignment, guilt and shame are actually good emotions. Guilt and shame are what we might call Steering Emotions.²³ Steering Emotions are emotions that are triggered either by your spiritual ego. They are part of an evolved system of Emotional Semaphore²⁴ that your spiritual ego uses to try and “steer the ship,” so to speak, when the bodily ego is blind and asleep.²⁵ Positive steering emotions of happiness, joy, and contentment tell you that you are “on the right path,” i.e., the path towards alignment and connection. On the other hand, negative steering emotions of guilt, shame, and fear tell you that you are on the “wrong path,” that you are thinking or doing things that are out of alignment with your spiritual ego.

Because steering emotions guide you towards alignment and

²³https://spiritwiki.lightningpath.org/index.php/Steering_Emotion

²⁴ https://spiritwiki.lightningpath.org/index.php/Emotional_Semaphore

²⁵Under healthy conditions, your Highest Self would not need to use emotions this way. When you are connected, you are aligned and in constant communication with your Highest Self. When you are connected, you *are* your highest self, one hundred percent; when you are aligned, you easily know the difference between right and wrong just like you know your birth name. However, when you are disconnected, you are “driving blind,” so to speak. When you are disconnected, you do not know who your Highest Self is and what your Highest Self wants. Therefore, when you are driving disconnected, your Highest Self uses the emotional mechanisms of the physical unit like a steering wheel.

connection, steering emotions, even negative ones, are functional and healthy. They give you actionable information on how to change your behaviour. If you feel them, you should definitely change your behaviour. Do not do what makes you feel guilt and shame. Do what makes you feel happy and good (so long as you cause *no* harm). If you feel guilty because you are screaming at your children, or shame because you are exploiting your employees, take responsibility for your actions and stop, period. When you do that, the painful negative feelings of guilt and shame begin to go away and you take a step forward towards easier and more persistent connection.

Appropriate Response

Under healthy conditions, our response to steering emotions like guilt and shame would be unproblematic. If we were taught the true purpose of guilt and shame, the true purpose of steering emotions, then when we felt a negative emotion like guilt or shame, we would automatically figure out why we are feeling that emotion, we would modify our behaviour, and the guilt and shame would go away. We would respond appropriately. The problem is, most of us are not taught about steering emotions and so instead of responding appropriately, we respond inappropriately. As we saw in the last unit, we use awareness reduction mechanisms and substances to repress awareness of our disjunctive actions, repress our guilt and shame, and generally just tune out our suffering. Instead of being accountable and changing our behaviours, we stick our head in the proverbial sand.

Inappropriate responses to steering emotions is bad. Repressing guilt and shame or pretending the world is different than it really is does not

make the emotions go away, it just pushes them down below conscious awareness where they fester and build up over time. By the time we are thirty, forty, fifty, or older, our contribution to the mess might be quite significant, and the suppressed guilt and shame quite substantial. The more accumulated guilt and shame there is, the harder it becomes to acknowledge, atone, and release. As a parent, as a CEO, as a sexual predator, as an advertiser manipulating the masses in the pursuit of corporate profits, when awareness floods the vessel and we realize exactly what it is we have done over so many years, the guilt and shame can be so overwhelming and so seemingly beyond our ability to process that instead of taking responsibility, instead of being accountable, we instantly and instinctively use ARMs to reduce awareness and repress the emotions. We can be so forceful in our avoidance and repression that we even become violent when awareness is triggered.

So what do you do if this is your experience?

As silly as this might sound to some, if you find yourself filled with guilt and shame over actions in your past, simply forgive yourself. No matter what you have done, no matter how horrible it is, simply forgive yourself. Sure, you may have done some horrible things in your life. Sure, you may have hurt a lot of people, perhaps even children. Sure, when you finally start to wake up you are going to realize you may have done a lot of bad things. But regardless of what you did, if you want to move forward, you simply have to forgive yourself.

What else is there to do?

If you do not forgive yourself, you invoke ARMs or consume substances to repress awareness and suppress guilt. If you do not forgive yourself, the guilt and shame caused by your awareness will

eventually overwhelm, and you will shut the light off and go back to sleep. If you do that, you will not be able to move forward, and that would be a bad thing because we need “all hands on deck,” so to speak to fix all the things that are broken. Therefore, the only way forward is to face whatever it is you have done and walk through the guilt and shame. Only by doing that will you be able to be accountable.

Weaponizing Your Emotions

Of course, saying we should forgive ourselves because this is the only way forward and actually doing it are two different things. The reality is, forgiving ourselves can be hard to do, not only because we may have accumulated a lot of guilt and shame and that guilt and shame can be hard to process, but also because guilt and shame are weaponized against us by our familial, cultural, and religious traditions. Guilt and shame are steering emotions, that is true; but these emotions are also used to manipulate and exploit by people, institutions, governments, and corporations that want to control your behaviour. And they do. Many cultures and many religious traditions weaponize guilt and shame to one extent or another, and most people have learned from their parents, priests, or the media to use guilt and shame to hurt others. Until we are taught differently, many of us participate in this weaponization of steering emotions. Parents, siblings, teachers, priests, coworkers, even friends regularly use guilt and shame, often to control behaviour, but sometimes just because that is what they’ve learned to do. Parents are usually the worst. There are virtually no checks on parental behaviour towards their children, and some parents literally torture their children with guilt and shame in order to keep them in line and under control. Priests, of course, use threats of exclusion and

eternal damnation to invoke and reinforce guilt and shame to control. Teachers often do the same, in the old days going so far as putting dunce caps on children in order to publicly beat them with shame. The weaponization of guilt and shame is everywhere.

Of course, as already noted, guilt and shame are not bad emotions. Guilt and shame are supposed to help you control your behaviour. Guilt and shame are steering emotions and when they are properly linked to your internal compass, they do their job well. But when guilt and shame are weaponized in the interests of external control of your behaviour, particularly when that control is aimed at fitting you as a cog into the System, they do not function properly. Instead, they become pathological. When guilt and shame are used against you by external sources, they become not something you respond to in order to steer the vehicle, but something to avoid at all costs because of the intense pain that is involved. When guilt and shame are weaponized, you learn not to be accountable and change your behaviour, you learn to avoid taking responsibility and lie about what you have done so that the external influences (parents, teachers) do not hurt you by invoking guilt and shame.

You can understand this more clearly if we do a simple thought experiment. Imagine you are a six-year-old boy playing with a frog and you accidentally squish that frog. A healthy six-year-old will feel bad about killing that frog, and this bad feeling will reduce the likelihood that this behaviour does not repeat in the future. Now imagine that the child's abusive parent sees the dead frog and instead of assuaging the guilt and explaining gently about being careful with live animals, the parent guilts and shames the child mercilessly. What do you think the child will learn from that? When guilt and shame are weaponized like

this, then the next time the child does something that invokes guilt and shame, its post-traumatic response will not be to change behaviour but to desperately hide what it did so it will not be exposed to further emotional trauma.

This is the same for all of us who have experienced the weaponization of guilt and shame. If, as you awaken, awareness of your own bad behaviour is brought to our awareness you are not going to say, “Yes, I did that,” even to yourself; instead, in order to avoid the pain of guilt and shame, you will desperately try to cover it up so you can a) pretend that it never happened and b) avoid being accountable for your actions because c) you have been taught that being accountable brings on the pain. If you do that, if you pretend that you never did that, or if you make excuses for the shitty things that you did, you will neither be awakening nor acknowledging your disjunctive actions; you will be repressing awareness and avoiding. If you repress and avoid, you are not moving forward, you are going back to sleep.

Punishment

Obviously, the toxic weaponize of guilt is a problem because it makes it harder to heal and connect by making it harder to stay aware and acknowledge your past actions, but there is more. Punishment (hitting, smacking, screaming, incarcerating, etc.) is also something that is associated with social control and punishment of any kind also makes it harder to acknowledge your bad actions.

Remember the little boy with the frog? Chances are he was not just shamed for his actions. Chances are he was punished (read abused) for them as well. This is true for everybody. As children, as adolescents,

even as adults, we are often assaulted when we do something “wrong.” This assault can be psychological, emotional, physical, or even spiritual.

The use of punishment to control behaviour is ubiquitous. Why? It is programmed into us. As we will see in *LP Workbook Four* and in *Rocket Scientists’ Guide to Neurodecolonization*, the use of punishment to control is built into Western secular and religious ideology. In this ideology, we are told that punishment is good for us, that punishment is something that is God-given and justified. After all, if you are bad, God is going to send you to hell or karma is going to get. We absorb this ideology as children and learn from this ideology that it is OK to judge, punish, and harm people when they do something we see as wrong. Our parents tell us, as they hit and yell, that we deserve it. Our priests speak of damnation or karma for our sins. Our legal system hurts and punishes us when we do something wrong. And when we grow, we do the same. When we see something we see is wrong, we feel justified and enabled towards violence. We all do it. The ideology that supports this is so pervasive that we all do it—and frankly, we are going to have to stop.

Why?

Because punishment is an ineffective way of controlling behaviour and it does incredible emotional, psychological, physical, and spiritual damage to people. *While it might work in the short term, in the long term all it does is teach us to avoid accountability.* If you do something bad, for example, and you think that people finding out about it will expose you to some form of punishment, like verbal assault, physical assault, or jail time, you are not going to admit it for fear of pain and assault. Instead, you are going to hide and deny. If being aware and

accountable means you are going to be punished, you are going to do whatever you can to suppress awareness and avoid accountability. Of course, if you do that, you are not going to be able to move forward, spiritually speaking. If you are not accountable for the bad things you have done, you are going to stay stuck in the somnambulism of normal consciousness, constantly invoking ARMs in order to avoid painful guilt, shame, and violence.

So what do you do? When you wake and realize you have done some bad stuff, how do you forgive yourself and move forward past the ingrained guilt, shame, and fear? That can be a challenge, especially when you live in a society, or go to a Church, or hang out with friends, or live in a family, where guilt, shame, and punishment are regular weapons of choice. However, here are a couple of things you can do to make it easier to forgive yourself and move forward.

Number one, remember that guilt and shame are steering emotions. They are not designed to hurt you; they are designed to help your spiritual ego communicate. They are there to help your bodily ego steer the physical unit. If you feel bad about doing something, stop doing that and you will feel better. If you are worried about telling others, do not tell, but do atone (more on atonement in the next unit) and do change your actions. Figuring out what your spiritual ego wants and doing that is the fastest and only way to alleviate guilt and shame. Everything else is simply repression.

Number two, if somebody around you is weaponizing guilt and shame, protect yourself. To protect yourself from this weaponization, first ask people politely to stop weaponizing your emotions. If they do not immediately stop, then avoid these people altogether. Remember, these

people, these organizations, are not performing a useful social or spiritual function for you. In fact, exactly the opposite is true. People who weaponize guilt and shame are discouraging awareness and accountability, damaging your body's emotional systems, and making it harder for you to move forward and connect. If you keep exposing yourself to that abuse, you will not be able to get things under control and you will never be able to acknowledge and move forward.

Number three, to deal with guilt, shame, and fear, it might help you to use a cleansing visualization. A [Cleansing Visualization](https://spiritwiki.lightningpath.org/index.php/Cleansing_Visualization)²⁶ is a visualization that helps you remove emotional toxins, like accumulated guilt and shame, from your body's emotional systems. To do a cleansing visualization, see your body covered with a thick coating of wet, gloppy, black gunk. This gunk is guilt and shame, fear and anger. Tell yourself that you are awake and aware and that you will do what you need to move forward towards stronger connection. Say to yourself that you no longer need to carry this guilt and shame. Now, with these thoughts in mind, visualize your hands scrapping the gloppy mess off. Start at your head and work down to your toes, slowly and carefully scrapping the black tar with your hands, and wiping it off your body. As you do this, you slowly begin to reveal a beautiful, gold-glowing figure previously hidden by the inky gunk. When you have finished scraping the gunk off your body, stand tall, strong, proud, powerful, and with the bright light of your powerful spiritual ego shining through. Repeat as necessary.

Finally, **number four**, practice self compassion. Be kind and compassionate towards yourself. Understand that making mistakes is part of being human. Speak to yourself as you would to a close friend

²⁶https://spiritwiki.lightningpath.org/index.php/Cleansing_Visualization

who is in distress.

And that's all there is on accountability. To summarize, if you want to move forward towards connection, one of the first things you have to do after you awaken to reality is to acknowledge whatever bad actions you have committed in the past. You have to acknowledge the mess in your room. This is a necessary step, but it can be a challenge because acknowledging and admitting can invoke deeply buried guilt, shame, and even fear coming from those who have violently shamed and punished you in the past for doing something wrong. If you do find you struggle with guilt, shame, and fear, avoid the people that continue to harm, do a cleansing visualization to help remove the guilt and shame. Most importantly, change your behaviour. Once you awaken to reality and acknowledge your past "sins," stop the actions that cause you guilt and shame. If you do not, no amount of cleansing will help you clear the emotions. Acknowledging your sins and changing your behaviours is the only way to finally clear guilt, shame, and fear.

Of course, it needs to be said here that just admitting you have done something wrong and stopping the disjunctive behaviours is not enough. It is only the second step. You have to become aware, you have to acknowledge and change your behaviour, but you also have to make up for the rotten behaviour that has hurt others. In other words, you have to atone. We shall talk more about atonement in the next unit, but before we do, understand, atonement is not punishment. Just like guilt and shame are not meant to provide an avenue of torture and social control, atonement is not meant to harm or hurt you. Atonement is just "making it right" so your spiritual ego, your highest self, can come sit in the body. We will look at this aspect of the LP Connection framework in the next unit. Until then, do not forget, forgive yourself.

Connection Coach Questions

1. What are steering emotions? What are they used for? Think about your own emotional responses now. Do you feel guilt and shame? Do you feel joy and bliss? Around what actions, activities, or thoughts (past and present) do you feel these emotions?
2. As noted, people unintentionally and intentionally weaponize guilt and shame. They do this to control behaviour or simply because this is what social ideology has taught them. Think about your family, friends, coworkers, and employers. Do any of them use guilt and shame to manipulate your behaviour? Do any of them engage in emotional, psychological, spiritual, or physical violence when you have done something they define as wrong? If so, what are some things that you can do to stop that weaponization?
3. Ask yourself the same question as above. Do you use guilt and shame as a weapon to control? Do you hurt others and then justify your abuse by saying they deserve it for their bad actions. If so, what are some things that you do to stop this damaging behaviour?
4. What are some actions you can take to overcome guilt, shame, and the fear of punishment that make it harder to acknowledge actions. What would you say to others about the importance of acknowledging past actions? What would you tell others if they were experiencing debilitating guilt and shame that made it difficult for them to acknowledge their actions?

Atonement

So far in this workbook, we have looked at awakening and accountability as two important focus points in the LP Connection Framework. Once you have made progress on these first two points, once you wake up and see the true state of the room you are in, and once you own up and take responsibility for your part in any of the messes that surround you, the next step in the process is to atone.

What is atonement? Basically, atonement is reparation for the harm you have caused to other people and other living beings. More to the point, atonement is taking responsibility and cleaning up the mess that you made. It does not matter what that mess is or how extensive it might be; once you get past the guilt, shame, and fear, once you acknowledge your part in the mess, then you have to atone.

As regards atonement, a couple of preliminary comments are in order. **First off**, atonement is not a moral requirement, it is a technical one. Atonement is not about following somebody's orders or rules. You do not atone because some priest, imam, guru, or even God tells you to. This is about your relationship with your spiritual ego, the capital "Y" You deep inside. You atone, you "make it right," because that is what your own Higher Self requires you to do.

You can think of it like this. Your higher self, your spiritual ego, is the spiritual adult in you. Like all adults, it takes responsibility for the things that its vehicle, its body, does, and it works to clean up the messes that it makes. A child might spill milk and walk away from the mess, but an adult does not. An adult cleans it up. An adult breaks something and fixes it (or has it fixed). *An adult will even help clean up*

the mess of others if it can help because that is what responsible adults do. Your spiritual ego is the spiritual adult in you and when you wake up and see the mess in the room, it immediately moves to take responsibility and take action to clean up the mess. Its body can resist, of course, but that does not matter. As we shall see in the next unit on alignment, until the body aligns and does what the spiritual wants it to do, it cannot move forward towards connection.

Second of all, in addition to understanding that atonement is not a moral requirement. Understand that all actions that harm another living being require atonement, even if you find you had good reason to harm. For example, you might think that hurting somebody in self-defence is an act that does not require atonement. You might think that you are justified in taking brutal actions to protect yourself, and of course, you are. You have every right to protect yourself and your family. But you also have a responsibility to the person you harm, not only because that's the right thing to do, but also because just heaping abuse on others, whether you think that is justified or not, simply causes more problems. Without going into a lot of detail here, let us just say that when violence occurs, whether that violence is physical, emotional, psychological, or spiritual, everybody involved in the act is harmed. It doesn't matter if you think the act was justified. If you caused harm, this harm must be addressed otherwise you'll struggle to heal and connect.

The idea that all harmful acts require atonement may seem a little strange to many, especially in this modern world where we hide the brutal torture of animals from our awareness so we can eat meat, ignore the exploitation of women and children in factories in other countries so that we can have lots of clothes and things, and just

generally lash out whenever we feel justified. Nevertheless, it is true. When we engage in harmful acts, we must be aware of the damage, we must be accountable for their impact, and we must atone for the damage we cause, even if we find ourselves justified in our actions.

Third, and despite what we just said that all actions that harm another living being require atonement, it is important to understand, not all actions that harm another being are unaligned or require atonement. Perhaps this goes without saying, but it is important to be aware, it is possible to hurt others and not be out of alignment with higher consciousness. A doctor who stitches a wound or a dentist who sticks a needle in your mouth to fill a rotten tooth is hurting you; however, the actions lead directly to healing and are therefore in alignment with spiritual ego. Actions like these require no significant atonement because there is positive/healing intent behind them and healing outcomes flow. Of course, a connected doctor or dentist will do what they can to minimize pain, and you might even find them apologizing for the hurt they cause. That is great and indicates alignment, but it is not technically necessary because the acts are not contributing to toxicity and decline.

Atonement requirements

Now that we understand the nature of atonement, that it is about cleaning up your mess, and now that we have an idea under what conditions it is necessary, the question now becomes how to atone.

The first thing to be aware of is that when you atone, and this really should go without saying, you first need to **stop the actions that are causing harm**. Apologizing and making amends, but then turning

around and continuing to harm other beings, is not awareness, accountability, and atonement; it is hypocrisy, self-delusion, and the sign of an underlying pathology of some sort. If you do find yourself engaging in self-delusion and hypocrisy, just stop.

The **second thing** you need to be aware of is that whatever you have done, you need to **atone in appropriate measure**. This means that the more damage you have done, the more you have to make up for. If you have abused your children for two decades, an apology and a few dollars are not going to cut it. Similarly, if you have stolen a hundred billion dollars from the people of this planet, if your company is responsible for climate change, charity and philanthropy are not nearly enough. *Making it right means fixing the damage you have done in measure*. If you want to move forward, you have to stop hurting and exploiting others, and you have to make amends in measure. This requires more than just a few pennies, good intent, and a few choice words. It requires fundamental changes in how you exist in the world.

If you bristle at and resist what we are saying at this point, remember this; you need to do this not because we say you have to do it, not because “God” wants it that way, and not because karma is going to smack you down if you do not. You need to do it because the driver of the physical vehicle, your spiritual ego, expects it that way. If you are a billionaire and you feel good about giving away a hundred bucks, if ten hours of volunteer work is enough, or if being a little nicer as a manager is what it takes to satisfy your Self and make you feel good, then that is great. But if it is not enough in the eyes of your own spiritual ego, then it is not enough. If you get that niggling feeling that you should be doing more, then do not suppress and do not make excuses; do more. Either awaken, acknowledge, atone in measure and

move forward, or understand, you are just going back to sleep. It is as simple and straightforward as that.

The **third thing** you need to be aware of is that **you need to be honest with your Self** about the nature of the damage and the extent of the atonement required. Do not try and kid your Self, your spiritual ego, on this, because you cannot. Your spiritual ego knows what you have done, it has expectations about what you need to atone for, and ideas about how much you need to do. To be aligned, you need to respond to the requirements of your spiritual ego, period.

If you are paying attention, responding to your spiritual ego is not that hard to do. As already noted, if your connection isn't all that well developed yet, your spiritual ego will use steering emotions to get the message through. It will send you feelings of discomfort and make you anxious if there are things you need to be doing, and it will send you joy and good feelings if you are atoning in the right direction and with right measure. Pay attention to your emotions and you will find it easier to move forward.

Speaking of paying attention to your spiritual ego, the **fourth thing** you should be aware of in this regard is that **nobody can tell you what atonement means for you except you**. We cannot tell you what the right measure is or what you should do to make things right, and neither can a judge, lawyer, priest, or a guru. Only you, ideally in connected consultation with your spiritual ego, can figure that out. You may ask for advice, that is true, but nobody can tell you what you need to do. This is something you need to figure out for yourself. And once again, trust your gut on this one. Figure out something to do that makes you feel good about yourself and that gives you joy, and do it as long

and as much as you need until you feel that you have done enough.

If this sounds a little complicated, or if you are struggling with confidence and self-esteem here (i.e. you doubt your ability to figure it out), relax. It is not as hard as you might think. In fact, chances are good that when you are ready to atone, opportunities will already be available for you. Pay attention to your life spaces and seize the opportunities to atone when they arise.

Atoning in right measure and finding something appropriate are both important. It is also important, and this is **the fifth and most important thing** we would like to say, to **have as much fun as you can while you atone**. To be sure, you have to fix what you broke and you have to make amends for damage you have done, but you do not have to waste effort breaking rocks in a ditch or doing hard time in a penitentiary while you do it, despite what you may have heard.

Spiritually and psychologically misinformed people make out atonement to be all about punishment. They say “justice” demands isolation, deprivation, labour, and hellfire, but that is ridiculous.

Hurting another being because they have hurt doesn’t move our species closer to healing and reconnection, it just makes things worse. As Gandhi said, “An eye for an eye makes the whole world blind.” To be clear, this is punishment and punishing people just causes more damage. You definitely have to atone for the harm you have done, but you do not have to be miserable while you do it. Always remember this: the easiest and fastest way to atone is to find something you love doing, and do that for as long as it takes to balance the scales, so to speak. Make your atonement work and the atonement work of others fun. Embrace the good feelings that come. Not only is this best way forward to healing and stronger connection, it is how it was meant to

be. God, Consciousness, your spiritual ego—whatever— does not want you to suffer on a downward spiral to hell. It wants you to dance back to the Garden.

Finally, the last thing we want to say here is that **you do not necessarily have to atone directly to the people you have harmed.** It would be best if you could, that is true. If you have harmed your children, your parents, your workers, children in a factory, or whatever, it is best if you make amends to them directly. However, doing that is not always possible. Sometimes, the people you have harmed hate you and do not want to have anything to do with you. Sometimes, they are far away and direct atonement is not possible. Sometimes, they are sick and lost in their own hellish experience of disconnection and will not benefit from your assistance. Sometimes, they are dead. Whatever the reason is, understand, sometimes direct atonement with the people you have harmed is just not possible. Try direct atonement first; however, if you cannot for whatever reason atone directly, make up for it by finding a way to help others and then do that in the measure required. Just be honest with yourself about how much you need to do, be in tune with your spiritual ego, and find a joyful way to do it.

Commitment and Foundations

At this point, we have said all there is to say about the requirement of atonement. As you can see, it is fairly simple and straightforward, at least theoretically. Be aware of the mess in the room, be accountable for the damage you have caused, and atone in appropriate measure. If you do that, you are building the foundations of connection.

Now, as simple as this all is, as we have seen, it is not always so easy to

do. As much as we say you should forgive yourself, as much as we say you should forgive others, and as much as we emphasize it should be joyful, nevertheless, it can be hard work. There are emotional obstacles to overcome (guilt, shame, fear); there are motivational obstacles to overcome; there are even healing issues that have to be addressed.

And that is not all.

Waking up to the reality of the world, acknowledging the things you have done, and taking steps to atone and align can be hard because it can mean giving up things you otherwise like to do. I like a good hamburger, but I will no longer eat one because it is unnecessary, because doing so harms another living being and is therefore out of alignment with my spiritual ego, and because it is hard on the environment. Some people find gambling exciting, but addicts harm themselves and their families, and so that has to stop as well. That can be hard. Just as a side note, it can be particularly hard to move forward if you are rich and addicted to money.²⁷ As a rich person, socialized as you are in all the exclusive little indoctrination spaces you move in, are you really just going to do the right thing by giving “your”²⁸ wealth away, back to the workers who made it for you, or into society through heavy taxation and redistribution? Are you really going to allow capitalism to die and be replaced by a less toxic and dysfunctional economic system? It is clear from the actions of the global oligarchy on the world stage that the answer here is no. The rich would rather harm

²⁷See Mike Sosteric, “How Money Is Destroying the World,” *The Conversation*, 2018, <https://theconversation.com/how-money-is-destroying-the-world-96517>.

²⁸As pointed out in Rocket Scientists’ Guide to Money and the Economy, the wealth that the rich accumulate isn’t really theirs. They do not really “make” that money. They steal labour from the workers and accumulate that labour in the form of money. In light of this, some form of redistribution as atonement is required. Anything else just perpetuates the problem

their own people and go to war with other nations than let the planet properly evolve. It is a camel through the eye of the needle sort of thing, meaning to say, the more powerful and privileged you are, the harder it is to acknowledge the exploitation that got you there, the harder it is to give up that privilege, and the harder it is to atone by giving it *all* back. Nevertheless, no matter what, you have to do it; otherwise you will not be able to move forward and you will not be able to connect.

If you do find you are having trouble with awakening, accountability, and atonement, perhaps because you have addictions (like [addiction to money](#))²⁹ or perhaps because of other issues (low self-esteem issues, for example) that prevent you from engaging with and sticking to the process, take a step back to *Lightning Path Workbook Two* and the healing stage. There is no point trying to push through when the healing foundations are not in place. If you do not build a proper foundation, then you will not be able to atone properly and you will only be able to manage a connection or two here and there, if that—and that is not nearly enough. Remember, the point of this is not to have one or two mystical experiences here and there. The point is to develop a strong and permanent connection. To do that, you need to build a foundation. Take your time and do it right. This is not a race and no connected person is going to think poorly of you if you got some healing work to do. Be methodical about this and do not skip steps. You are just wasting time if you do.

²⁹Sosteric, “How Money Is Destroying the World.”

Natural Consequences

Before closing out this unit and moving on to our next unit on alignment, there is one more thing to say and that is this: just because the requirement of atonement is not moral or ethical, just because you will not be punished or damned for failing to move forward from here, does not mean there are no consequences for your choice. There are consequences, for you and others, if you choose not to atone in appropriate measure.

One of the biggest *personal* consequences is that if you do not take the necessary steps to process and move forward, you will never be able to connect more than a moment or two, and thus will never be able to raise your level much above Normal Consciousness,³⁰ which is the everyday waking consciousness of your average disconnected modern citizen. That might not seem like a big deal now; after all, everybody walks around in normal consciousness these days, but it is a big deal because *as more and more people heal and connect, “normal” is going to look increasingly like the broke and disconnected pathology that it really is*. That is going to make it harder and harder for people stuck in normal consciousness to repress their guilt and shame, and harder and harder for them to live a comfortable, self-delusional life. For some, the disjuncture could become so intolerable that they descend into despair, addiction, anger, hatred, and fear. For others, the existential anguish might be so great that awareness reduction with drugs and alcohol might not be enough, and suicide may feel like their only solution, as it was for Dr. Van Koinis, who forged vaccination records and then later took his life because he could not stand the guilt and shame.³¹

³⁰https://spiritwiki.lightningpath.org/index.php/Normal_Consciousness

³¹Meaghan Wray, “Doctor Who Allegedly Forged Vaccine Records Cites ‘Regrets’ in

A second consequence of failure to atone and move forward is this. Normal consciousness is a consciousness characterized by the slow decay of your body and mind. Remember the seven essential needs. Just like your physical body needs food, your physical unit *needs* to connect, not for some hokey spiritual reason, but because connection keeps the body and mind healthy and alive. If you do not connect, your mind will slowly harden and become brittle, and your body will suffer as well. It is a fate that is totally unnecessary and preventable, so long as you move forward, heal, and develop a persistent connection.

Understand, this is not about punishment. This is not a judgment issued for failure. Growing disjunctive pain and decline of the body and mind are simply the natural consequences of a failure to connect. It is the same if you avoid exercise and eat nothing but junk food. If you do that, then naturally your body and mind will deteriorate and you will get sick. This is not a judgment. It is simply a natural consequence of your bad exercise and eating habits.

The bottom line is, if you choose to live disconnected from your spiritual ego you will, at best, live as a shadow of your true Self and potential. At worst, you will twist, distort, embitter, get sick, and become increasingly uncomfortable in the ascending consciousness of this planet. It is not a question of judgment or punishment. It is just a natural consequence of your choices and actions. If you want to avoid all that, awaken, acknowledge, and atone.

Suicide Note,” Global News, 2020, <https://globalnews.ca/news/6552342/doctor-suicide-note-vaccines/>.

Connection Coach Questions

1. What is atonement? Why is atonement necessary? What is atonement in right measure?
2. What actions have you taken in your life that have harmed another being? Include direct harm, like assaulting your children, shaming others, eating meat, and also indirect harm, like purchasing clothes made in sweatshops, unnecessary purchases that harm the environment, etc. Be thorough. Write these down and do not be shy or ashamed. We have all engaged in harmful acts. The point here is not about shaming, judgment, and punishment; the point is awareness, accountability, and atonement.
3. What are some of the natural consequences that might accrue to you if you do not acknowledge and atone? What are natural consequences that might accrue if you fail to establish a pure and persistent connection?

Alignment

So far in this workbook, we have looked at awakening, accountability, and atonement. These three connection focus points form the bottom or foundational triangle in the LP Connection Framework. Focusing here and dealing with the associated issues helps build the foundations for stronger connection. In this unit, we are going to continue our connection training by discussing the second connection framework triangle, alignment, activation, and ascension. We will start our exploration with the all-important concept of **alignment**.

We have previously looked at alignment, but there is a lot more to say. This is because alignment is a critical spiritual concept and it is important to have a clear understanding. To fully understand what alignment is and why it is so important, let us take a step backwards and briefly talk about what it means to live a spiritual life and be a spiritual person. Let us ask two questions the answers to which fully define the nature of spirituality.

- What does it mean to be spiritual?
- What does it mean to lead an authentic spiritual life?

You already know from previous LP study that being spiritual means connecting and filling the water glass (your body) with the water of your own higher Consciousness. You already know, from previous units in this workbook, that an authentic spiritual life is a life conducted in pursuit of a better connection to your spiritual ego. This is great as a general conceptualization and root for visualization, but it leaves many of the specifics out. To deepen our understanding of authentic spirituality and connection, and to answer the above questions more

specifically, let us revisit the [automobile metaphor](#),³² initially discussed in *Lightning Path Workbook One*, in the lesson on connection. To use the automobile metaphor here, think of your body as a car, a powerful red Ferrari, and think of your spiritual ego like the experienced driver of that car. Using this visual, you can understand what it means to be spiritual, what it means to live a spiritual life, and what the full nature of spirituality is as nothing more or less than the processes involved in getting into the car (i.e. the physical vehicle) and driving it around creation in an effective, sensible, safe, and spiritually aligned way.

That is all there is to it.

If you want to live a spiritual life, if you want to be a spiritual person, if you want to complete the spiritual awakening and connection process, then get your spiritual ego fully into the car (your physical body) and drive it around in an aligned fashion.

Of course, the million-dollar question now is just what is an aligned use of the physical vehicle? That's not rocket science. If you think of the automobile as your physical unit and the driver of that car as your spiritual ego, then *alignment occurs when you get into the car and the car drives exactly the way you (the body in the seat) want it to drive*. If you press the gas, the car accelerates; if you hit the brakes, the car slows down; if you turn right, the car turns right; if you bank left, well, you get the idea. Your car is in alignment when it does what you, the driver, wants it to do, but it is out of alignment when it does not. If you are driving in your car on the highway and you hit the brakes to avoid an obstacle but the car accelerates, then the car is dangerously out of alignment with the will of the driver. Similarly, if you turn the wheel

³²The automobile metaphor is a metaphor used to illustrate the relationship between spiritual ego as driver, and physical unit as vehicle.
https://spiritwiki.lightningpath.org/index.php/Automobile_Metaphor.

left but the car turns right, it is out of alignment.

It is the same with your physical unit. Your physical unit is in alignment when it does what your spiritual ego wants it to do. It is out of alignment when it does not. If your spiritual wants its body to do a certain thing and it does it, it is aligned. If the body refuses to act in accordance with the intent of the spiritual ego, it is not aligned. Simple.

Note, the above alignment advice applies not only to behaviour but also to thought and to environments. When you think in accordance with what your spiritual ego thinks, you are in alignment. If you think in a way that is not like your spiritual ego, you are out of alignment. When you organize your environments in accordance with what your spiritual ego wants, you are in alignment. If you do not, you are not.

We can now return to our two questions concerning the nature of spirituality. Recall these questions:

- What does it mean to be spiritual?
- What does it mean to lead a spiritual life?

With the automobile metaphor and concept of alignment in mind, we can say that *being spiritual means being aligned and fully connected*. We can also say that *you are living a spiritual life when your physical unit is aligned with the thoughts, wishes and intent of your spiritual ego*.

Alignment is Important

Alignment is important, so important that it appears, in one form or another, in all major belief systems, religious, indigenous, pagan, and secular. In Zoroastrianism they call it **Asha**. In Vedic teachings

Brahmacharya. In Buddhism **Rectitude**. The Huron call it **Ondinoc**. Christians call it **Holiness** or **Righteousness**. Even secular folk get in on it. Philosopher Aristotle called it **Eudaimonia**. Author Tolstoy called it **Divine Perfection**. Psychologist Erich From called aligned living *Sane Living*. The concept is everywhere, and for good reason. As we will see below, if you are out of alignment you will find healing and reconnecting with your spiritual ego difficult, if not impossible.³³

Why is it important?

Because if you are not in alignment, you will have difficulty connecting.

The Push Pull of Alignment

Why?

Understand this best with the **Autonomous Vehicle Metaphor (AVM)** or just **Automobile Metaphor** for short.

As a vehicle for Consciousness, your physical body is exactly like an autonomous automobile and your consciousness is exactly like the individual who gets in and drives the vehicle. The only significant difference between the physical unit your Consciousness drives and the car you drive is that your physical unit has a sophisticated brain and Central Nervous System (CNS) and this brain and CNS is capable, for evolutionary and survival reasons, of operating independently of its own higher self. In other words, your physical unit has a mind of its own.³⁴ This “mind of its own” feature means that the physical unit can,

³³You can explore alignment more by visiting the SpiritWiki entry on alignment.
<https://spiritwiki.lightningpath.org/index.php/Alignment>

³⁴ Neurologically, the “mind” of the body is located in the Default Mode Network (DMN) of the physical brain. Spiritually we may call the mind of the DMN the bodily ego (or little ego) to distinguish it from spiritual ego (a.k.a. big ego). Typically, psychology has focused exclusive attention on the little ego of the physical unit, with

under certain toxic conditions, operate independently of the wishes of its RMS. That is, the body can do what the spirit does not want it to do! When your physical unit does this, it is exactly as if you were driving in your car and you turned the wheel left but the car, because it had “other ideas,” turned right instead. Obviously, if the vehicle does not respond as the driver wishes it to respond, there is a serious problem. If for whatever reason your physical unit has its own ideas and does not follow the will of its own “higher consciousness,” if it makes its own decision in isolation from the Consciousness which animates it, we say it is out of alignment with its RMS. Lack of alignment between your little ego and your big ego, between self and Self, between the car and the intent of the driver, is the root of disjunctive emotions of guilt and shame. *When your physical vehicle is acting out of alignment with its higher Consciousness, higher Consciousness pushes guilt, shame, regret, and other negative emotions to try and communicate the misaligned state.* In serious cases of misalignment and disjuncture, the guilt, shame, and regret can become so painful that the physical unit, specifically the bodily ego, can push higher Consciousness away (specifically “You”). When little ego pushes big ego away, when bodily ego shuns **spiritual ego**,³⁵ you are left in a state of lower consciousness, with a lower Consciousness Quotient (CQ).³⁶ In other words, bodily

no awareness of the larger, and vastly more intelligent, spiritual ego. For more on the DMN see Mike Sosteric, The Science of Ascension: Bodily Ego, Consciousness, Connection, 2016, Available: <https://athabascau.academia.edu/DrS>.

³⁵ Your spiritual ego is the ego of your higher Self. It is the sense of identity that emerges out of an intensification of consciousness in The Fabric. Spiritual ego may be contrasted with bodily ego, which is the ego that is attached to your physical brain. For more see Sharp, The Book of Light: The Nature of God, the Structure of Consciousness, and the Universe within You. Also http://spiritwiki.lightningpath.org/index.php/Spiritual_Ego and http://spiritwiki.lightningpath.org/index.php/Bodily_Ego

³⁶ Consciousness Quotient (CQ) is a number between 0 (dead) and 100 (full) meant to

ego is diminished as a result. And note, it is not just you that can push. The RMS (i.e. big “Y” you) itself can become uncomfortable with the disjunctive behaviors. Your RMS is a pure reflection of the compassion, power, and glory of Consciousness (i.e. God) and it has difficulty existing in the muck, mire, and mud of a disjunctive world. Thus, if your physical unit is engaged in misaligned and disjunctive behavior, your RMS can be too uncomfortable to make a stronger connection. If the physical unit does not respond to the **steering emotions**³⁷ of guilt, shame, and regret by changing its actions to be more in alignment with the wishes and intent of its RMS, the RMS may choose not to allow fuller connection, and to gradually withdraw and eventually exit instead. Whether it is the physical unit that is pushing away the RMS, or the RMS that is maintaining a spiritual distance, the result is the same—inability to initiate and/or maintain a connection. I speak in a lot more detail about alignment and disjuncture later on in the lesson corpus, particularly in LP Book Three and LP Book Four. Here I just want to note that the potential conflict between the actions of your physical unit and the intent and desire of your RMS (your RMS is represented here as the fiery angel in the Halo/Sharp *Passage* card³⁸),

represent the amount of Consciousness present in a physical unit at any given moment. For more see <http://spiritwiki.lightningpath.org/index.php/CQ>

³⁷ Signal Emotions are emotions your “higher Self” (capital “S” Self) uses to communicate to its physical unit. For more see http://spiritwiki.lightningpath.org/index.php/Steering_Emotions

³⁸ The *Passage* card from the Halo/Sharp deck illustrates an important psychological and emotional dynamic between your RMS and your physical unit. The path illustrates your journey to reconnection and the angel on the path represents your RMS, in particular the will and intent of your RMS. The Halo/Sharp image represents the idea that in order to progress on the Path your RMS must allow you to pass. Passing is not an issue of struggle, domination, competition, or aggression. Passing is an issue of doing what your RMS wants (i.e. acting in alignment) so that your bodily ego can successfully *merge/connect* with your RMS. In other words, in order to pass you must be in alignment with your RMS. As noted in the main text, I talk more about alignment, disjuncture, and the blocking action of your RMS in the *Book of the Triumph of Spirit* series on planetary archetypes. Also see

sets up a bit of a spiritual obstacle. Because the physical unit belongs to the RMS, and because the RMS is the ultimate authority over the physical unit (just like you are the ultimate authority over the car you drive), your physical unit must do what the RMS wants it to do, **otherwise only an attenuated connection will be possible.** The RMS will not abide disjunctive behaviors and it will send clear messages of guilt, shame, and regret in order to push the physical unit to change direction. For your part, you will be unable to cope with powerful guilt and shame. In order to preserve your sanity and avoid the emotional pain, you will push higher consciousness away, effectively turning your back on the “angel” that is your higher self.³⁹ If you turn your back, you settle back into a state of attenuated disconnection, otherwise known as normal consciousness.⁴⁰ Or, if you can handle the guilt and shame (perhaps because you have suppressed your emotional responses, as many, in particular men, are taught to do), your own RMS, because it cannot abide the disjunctive acts you engage in, will push itself out and refuse a better connection. Either way you are blocked from entry into the Kingdom of Consciousness. Unfortunately, this blockage happens all the time, every day, to just about everybody on the planet. The blockage caused by disjuncture, misalignment, and ignorance is powerful, and most people walk around chronically disconnected,

<http://spiritwiki.lightningpath.org/index.php/Passage>

³⁹ The dynamic that I am speaking about here is also discussed by Sri Aurobindo in his short work, *The Mother*. Sri Aurobindo, *The Mother* (Pondicherry: Sri Aurobindo Trust, 2013).

⁴⁰ On the LP the phrase normal consciousness refers to the average everyday waking consciousness of your average global citizen. On the LP, average consciousness is not considered particularly healthy or high functioning. In fact, normal consciousness is disconnected consciousness. For more see http://spiritwiki.lightningpath.org/index.php/Normal_Consciousness

experiencing only brief connections to Consciousness.⁴¹ This is clearly true. If it were not, then we would all be walking around in the permanent bliss of full connection, and clearly we are not. The truth is, misalignment, disjunctive behavior, lack of appropriate training, erroneous ideas and archetypes, and even damage to the mental and emotional apparatus of the physical unit prevent a better connection. If your goal is achieving better connection, that's a lot to do and a lot to overcome, and this is where the Lightning Path comes in. The goal of the Lightning Path is not temporary reconnection, intermittent "mind-blowing" psychedelic experiences, or a one-off mystical experience. *The goal of the LP is complete and permanent reconnection with the glorious Fabric of Consciousness.* Towards that end, the Lightning Path not only provides you with the guidance and direction you need to enable a mystical experience, it also provides you with the direction and support you need to create an environment, and a world, where you can stay permanently connected. And that, in a nutshell, is the Lightning Path.

Knowing what the Spiritual Ego Wants

Given how important the concept is, the million dollar question at this point must be how do you know what your spiritual ego wants?

On the one hand, determining what the spiritual ego wants to do with its vehicle can be easy. When you are in a state of awakened connection, when your bodily ego is connected to your spiritual ego,

⁴¹Abraham Maslow was perhaps the first to note the transient nature of mystical experiences. He said "Some of the effects or after-effects may be permanent but the high moment itself is not." As he himself wisely noted, the transience is not because of the nature of the experience itself, but because "the world" cannot currently support continuous ecstasy and joy. Maslow, "Lessons from the Peak-Experiences," 14.

you know exactly what the spiritual ego thinks and exactly what it wants because when you are connected, the spiritual ego is present and its thoughts and desires flow easily and freely in your **Stream of Consciousness**.⁴² When you are connected, it is like your spiritual ego is sitting in the room with you, freely talking. In this situation, to be aligned, just listen and surrender to what the spiritual ego wants. No problem.

Unfortunately, for most folk, alignment is not-so-easy, and this for a couple of reasons.

The first reason why alignment is not-so-easy is because we are, to one degree or another, disconnected. We all experience a toxic socialization process designed to damage and disconnect us. When we are disconnected, we do not communicate easily and openly with the spiritual ego. Because we do not communicate easily and openly, it can be difficult to figure out what your spiritual ego thinks and wants so that you can be more fully aligned and connected. It is a bit of a catch 22. The best way to determine alignment is to be connected, but you need to be aligned to get a better connection.

A **second reason** alignment can be not-so-easy is that there is a lot of disinformation out there concerning the nature of spirituality and what you need to do to lead a spiritual life. People have been told that spirituality is about going to church, worshipping God, learning lessons, seeking forgiveness, going to confession, paying off karma, working hard, seeking redemption, and all sorts of nonsense. As you should know by now, spirituality is about none of those things. Spirituality is about healing and reconnecting. As long as you believe

⁴²http://spiritwiki.lightningpath.org/index.php/Stream_of_Consciousness

any of the disinformation, you won't make any progress towards alignment because you won't be practising the things required to heal and reconnect.

Finally, a **third reason** alignment can be not-so-easy is because the environments we live in and the jobs we do are not conducive to alignment. In fact, they're absolutely opposed, and in so many ways. If you work in a weapons factory, for example, there is no way for you to ever achieve alignment because there's no way your spiritual ego wants its body building weapons. Every day you go to work drives your spiritual ego away. The same goes for those who work in marketing, for soldiers who go to war, and anybody really who works in a job that harms other living beings. And it's not just jobs that are obviously harmful that is the problem. Even jobs that should normally be in alignment, like health care jobs, or service jobs, aren't because of the toxic ways these jobs are organized, the toxic environments that exist within them, and the toxic ways they take away all your time from other important things, like family, children, friends, etc. Unfortunately, because of the way **The System** is organized, our jobs, our social structures and our institutions are fundamentally toxic. Because of this, because of the way the world is right now, unless you are living in a temple, monastery, or an isolated cocoon, there is no way for you to live your real life in a completely aligned fashion.

For all the above reasons, alignment can be difficult. Still, you have to try. One way or another, we all have to learn to live more aligned lives. Otherwise, it's game over. If you want to try to align even though it will be difficult, if you want to make forward progress even if you are profoundly disconnected, there are two things you can do. You can

- a) Follow somebody else's alignment rules and you can

- b) Listen to *emotional semaphore* to determine how to think and behave.

Following Alignment Rule Sets

The first thing you can do if you want to work towards alignment despite it all is to follow somebody else's [Alignment Rule Sets](#) (AR Sets).⁴³ For your information, an alignment rule set is a collection of rules and guidelines designed to help a physical unit achieve and maintain alignment with its spiritual ego, despite being in a state of confusion and disconnection, and despite existing on a toxic planet. Alignment rule sets⁴⁴ stipulate how to think and behave (i.e., don't kill, don't steal, don't harm others, don't think ill of your neighbour, etc.) in a spiritually aligned way. Alignment rule sets are designed to facilitate alignment and move you towards connection even when you are completely disconnected, toxic, and confused.

This idea that you should follow someone else's alignment rule set might sound odd at first, but it is not. Following somebody else's alignment rules, that's actually a very important thing. Indeed, there is a long history in religious and spiritual traditions of this planet of providing alignment guidance. Consider the Christian Ten Commandments, the Buddhist Eightfold Path,⁴⁵ and even the LP's own alignment rule set (which we will discuss in more detail at the end of this unit).

⁴³https://spiritwiki.lightningpath.org/index.php/Alignment_Rule_Set

⁴⁴You were introduced to ARSets in the [LP 135 course "An Introduction to Wrong Thought,"](#) [Lighting Path Foundations – The Lightning Path Institute](#)

⁴⁵https://en.wikipedia.org/wiki/Noble_Eightfold_Path

Following alignment rule sets is a good way to get started on alignment, but there is one caveat to keep in mind. The general rules provided by alignment rule sets only provide general guidance. The rules do not contain specifics that might be appropriate for you. A rule that says “thou shall not kill” or “do not steal what is not yours” or “engage in right livelihood” is an important alignment rule that applies to everybody without exception. However, lots of other actions and ideas are relevant to alignment but do not always apply across the board. For example, I have an alignment rule that says “wake up and write every morning for a few hours.” I need this “rule” because that’s what my spiritual ego wants me to do. When I get up and write every day, I am aligned with my spiritual ego. Others, like musicians, healers, empaths, parents, etc., need different alignment guidance. An alignment rule for parents might be, do not verbally, emotionally, or physically assault your kids. An alignment rule for a musician might be, practice three hours a day. An alignment rule for empaths might be “avoid toxic environments.”

You get the picture.

These sorts of *specific* rules cannot be formulated into general alignment rule sets because they do not make sense for everybody. That is ok because you can formulate both general alignment rule sets and specific alignment rule sets. We could develop alignment rule sets for empaths, for teachers, healers, doctors, and so on. In fact, we often do. The ethical guidelines that some disciplines formulate (think Hippocratic Oath for doctors) are, in essence, disciplinary alignment rules.

Listening to emotional semaphore

Alignment rule sets are not the only way to achieve alignment when you find yourself disconnected. A complementary way to aim towards alignment is to pay attention to emotional semaphore. [Emotional Semaphore](#)⁴⁶ refers to the alignment guidance your spiritual ego provides by manipulating the emotional mechanisms of the physical unit. It's simple. When you do something out of alignment, the spiritual ego will “strum” negative [Steering Emotions](#)⁴⁷ like guilt and shame to indicate misalignment. When you are doing something aligned, the spiritual ego will strum positive steering emotions like pride, joy, bliss, indicate aligned actions, thoughts, and environment.

Listening to emotional semaphore is easy. If an action or inaction makes you feel bad, if it makes you feel anxious, guilty, and shameful, then *do not* do it because it is certainly out of alignment. On the other hand, if an action or inaction makes you feel good, if you feel that something is the “right thing to do,” then do it. To gather the specifics of your alignment, do what makes you feel good about yourself and do not do things that make you feel bad. If you do that, you will be travelling a fast path towards greater alignment, even if you are profoundly disconnected from Consciousness.

One word of warning. Sometimes, if you have incurred a lot of damage growing up, your emotions can be messed up. In this case, being mean and hurting others, whether directly through physical or emotional assault, or indirectly through exploitation at a workplace, can make you feel good, make you feel powerful and in control. That's not cool.

⁴⁶https://spiritwiki.lightningpath.org/index.php/Emotional_Semaphore

⁴⁷https://spiritwiki.lightningpath.org/index.php/Steering_Emotion

Emotional semaphore never, and we mean never, leads you to harm yourself or others. If hurting others makes you feel good in some way—makes you feel powerful or whatever—seek psychological help.

To recap what we have said so far, you are aligned when your physical unit thinks and behaves as your spiritual ego (i.e., the driver of the vehicle) wishes it to. You are out of alignment when it does not. If you have a strong connection to Consciousness already, determining how to think and act in an aligned fashion is easy. If you are early on in the spiritual training process, if you are as yet disconnected, then following general and more specific alignment rule sets, and learning to pay attention to emotional semaphore, can get you pointed in the right direction.

The Push/Pull of Misalignment

At this point, you should have a good idea what alignment is and how to achieve it. Alignment is doing what you (and by “you” we mean your spiritual ego) wants your body to do. The only question left to answer here is, why is alignment important? The answer is simple. You cannot go very far on any spiritual path if your body is not making progress towards better alignment with spiritual ego. This is not for moral reasons, it is for technical ones. You cannot connect unless aligned not because God will punish you for being bad, not because some karmic principle will “get you” if you do not act correctly, but because it is technically impossible to do so.

Why?

It has to do with a “push-pull” that occurs between the bodily ego and spiritual ego when things are out of alignment. When the bodily ego is

out of alignment, your spiritual ego **pulls away** from the bodily ego unit because it does not want to be close to the disjunctive actions of the body, which are painful to it. For its own part, when it or its environment is out of alignment, the bodily ego **pushes** its own spiritual ego away to try and avoid the painful guilt, shame, and disjuncture that inevitably occurs when it thinks and acts out of alignment. Let us look at each of these in more detail, starting with the spiritual ego.

Spiritual Ego

As regards the spiritual ego, there are at least three reasons why your spiritual ego might pull away from the bodily ego when it's body is doing and thinking things that are out of alignment. The spiritual ego might pull away because

- a) It wants to avoid unnecessary pain and anguish to itself.
- b) It wants to avoid unnecessary pain and anguish to its body.
- c) It wants to “power down” its own body to reduce its negative impact on the world.

The first reason your spiritual ego might pull away from an unaligned physical vehicle is because **it does not want to cause itself unnecessary pain and anguish**. The truth is, being present in a body when the body is far out of alignment is painful to your spiritual ego. Your spiritual ego is a being of love, light, compassion, and empathy. As such, your spiritual ego does not like negativity at all, and it certainly does not like pain, suffering, and violence. It does not like it when its body is surrounded with negativity and toxicity, and it does not like it when its body participates in that negativity and toxicity. It

does not like it when its body harms itself or others. When its physical unit exists in toxic environments and when it is doing unaligned things, the spiritual ego pulls away because the negativity and toxicity is painful to be around. To be perfectly clear, your spiritual ego is so positive, loving, empathic, and sensitive that negativity and toxicity is literal fire to your spiritual ego. To be crystal clear, the world as it currently exists, with all its exploitation, self-delusion, hatred, anger, pain, suffering, and horror is hell. Your spiritual ego avoids the toxicity and nonsense of the old energy world like you avoid putting your hand into an open flame. It withdraws because it cannot stand the fire that surrounds it.

The second reason that the spiritual ego might pull away from an unaligned physical unit is because it does not want to cause unnecessary pain to the physical unit and the bodily ego. As we have seen, when the physical unit is out of alignment, the spiritual ego uses steering emotions to try and align the behaviour of its disconnected physical unit. Sometimes, for various reasons, the physical unit does not listen to emotional semaphore. Sometimes, because of ignorance, psychological or emotional pathology, self-defence, external resistance, or cursed stubbornness, the emotional messages either do not get through or the bodily ego simply ignores them. When that happens, when the bodily ego does not respond to emotional semaphore, painful negative emotions of guilt and shame can build up. Eventually, these can become intolerable. In these situations, the spiritual ego might pull away from its own physical unit in an effort to reduce the existential pain its body is suffering. Withdrawing from the physical unit helps reduce the pain because withdrawing reduces painful disjuncture by lowering awareness. The less aware and awake one is, the less sensitive one is to pain. It is like being poked with a pin while you are in a coma

versus being poked with a pin when you are awake and alert. When you are in a coma, you do not feel the pain. When you are awake, you do. The general rule here is, the more conscious you are, the more sensitive and aware you will be. Thus, in disjunctive, toxic, and oppressive realities where the body will not or cannot make changes, your spiritual ego will withdraw to reduce awareness and avoid causing ineffectual and, as a consequence, unnecessary pain. To put it simply, when your body is suffering a lot, the spiritual ego will pull away.

A third reason the spiritual can pull away from its physical unit is when its physical unit is itself causing suffering to others. If the body is hurting others, if you are hurting others, your spiritual ego will pull away. This might seem a little odd at first, but when you put a bit of thought into it you can see, it makes perfect sense. Recall the automobile metaphor here. Your spiritual ego is the owner of the physical unit like you might be the owner of a motor vehicle. When you get into a motor vehicle, you expect it to drive the way you want it to drive. If the car does not do what you want it to do, that is, if it is not aligned with your intent, if it accelerates when you brake or unexpectedly veers into pedestrians, would you continue to drive it around or would get out of the vehicle and go have it fixed?

The answer is obvious.

It's exactly like that with the spiritual ego. As your spiritual ego enters the vehicle, it puts pressure on the vehicle to act in alignment. If the physical vehicle is healthy, aligned, and functioning properly, everything is OK. However, if it is acting badly, if it is not responding to the intent of its spiritual ego or, worse, if it is recklessly harming other people then, just like you get out of a car that is not functioning

properly to avoid harming others, your spiritual ego will withdraw in an attempt to power down the physical unit and reduce the harm it is causing others.

Bodily Ego

As noted, when the body is not in alignment with its spiritual ego, the spiritual ego will pull away from the body, thereby lowering the awareness, sensitivity, and power of the physical unit. The other side of this push-pull coin comes into effect when the bodily ego pushes its own spiritual ego away. The bodily ego will push the spiritual ego for one reason and one reason only, when it experiences [Disjunctive Emotions](https://spiritwiki.lightningpath.org/index.php/Disjunctive_Emotions)⁴⁸ of anxiety, guilt, shame, stress, fear, confusion, and even paranoia as a consequence of connection. In short, when it experiences pain. It can experience these painful disjunctive emotions for several reasons, including

1. Lack of preparation.
2. A damaged bodily ego.
3. Lack of Alignment

We will examine each of these obstacles in turn, starting with lack of preparation.

Lack of Preparation

One of the first things that can cause painful disjunctive emotions, thereby causing the bodily ego to push the spiritual ego away, is **lack of preparation**. Lack of preparation is a problem because the Consciousness of the spiritual ego is bright, aware, compassionate, empathic, and powerful. The light of your spiritual ego is nothing like

⁴⁸https://spiritwiki.lightningpath.org/index.php/Disjunctive_Emotions

the dim candlelight of your bodily ego. Consciousness is bright like the sun and powerful like an atom bomb. This powerful light can be hard to handle even under the best of circumstances. If you, and by you I mean your bodily ego, brain, and CNS, want to be able to handle even a little bit of that Consciousness, if you do not want the bodily ego to be exhausted by the experience, blinded back into normal consciousness, cast dramatically into a [Nadir Experience](#)⁴⁹ of anxiety, confusion, and fear or, even worse, hurtled into a full-blown [Connection Pathology](#)⁵⁰ like egoic bloating⁵¹ or full ego explosion,⁵² you have to prepare. Without proper preparation, you increase the chance of having a difficult connection experience. If you have a difficult experience, the bodily ego may push its powerful spiritual ego away either temporarily, if the experience is really traumatizing, permanently.

Of course, the question now is, how do you prepare for connection? The answer is simple. Engage in [Connection Practice](#).⁵³ The term connection practice refers to the regular and disciplined daily preparation for and practice of [Connection](#) using various techniques

⁴⁹For your information, a nadir experience is a negatively felt connection experience. Nadir experiences are unpleasant moments of stress, anxiety, anger, confusion, fear, and even paranoia that can sometimes occur when you make a connection. https://spiritwiki.lightningpath.org/index.php/Nadir_Experience

⁵⁰A connection pathology is a psychological/emotional breakdown of the bodily ego caused by a negative connection experience. https://spiritwiki.lightningpath.org/index.php/Connection_Pathology

⁵¹Egoic Bloating is a pathological and artificial bloating of the Bodily Ego caused by a Connection Experience for which one is improperly prepared. Egoic bloating is represented by unwarranted beliefs in one's intellectual, emotional, evolutionary, or spiritual superiority. Egoic bloating often occurs in individuals with severely damaged self-esteem. https://spiritwiki.lightningpath.org/index.php/Egoic_Bloating

⁵²An Egoic Explosion is a temporary or permanent collapse of the Bodily Ego caused when an unprepared Bodily Ego makes a strong Connection to Consciousness. https://spiritwiki.lightningpath.org/index.php/Egoic_Explosion

⁵³https://spiritwiki.lightningpath.org/index.php/Connection_Practice

and strategies. To be more specific, connection practice consists of the **3Ps of Connection Practice**, Connection Preparation, Connection Procedures, and Connection Processing. We won't go into the details of connection practice in this unit. You can find out more about the 3Ps and how you can apply them to your own situation in Appendix One of this Workbook.

A Damaged Bodily Ego

In addition to lack of preparation, a second thing that can cause your bodily ego to push your spiritual ego away is when it is **weakened or damaged by toxic socialization**. Weakened and damaged egos struggle with the powerful light of the spiritual ego in the same way that unprepared ones do, only worse. Why? In a nutshell, emotional and psychological distortions and damage caused by the violence, neglect, and chaos of toxic socialization distort the bodily ego's thinking and perceptions and cause anxiety, fear, anger, hatred, and even paranoia. To be clear, the toxic cognitive, psychological, and emotional soup caused by ego damage makes it hard to cope with the blinding light of the spiritual ego. Damage to the bodily ego's caused by abusive parents, teachers, friends, coworkers, and so on can contribute to confusion, anxiety and fear. Ideology seeded during the toxic socialization process can cause confusion and even paranoia. Damage caused by toxic socialization can, when severe, even cause complete [egoic collapse](#).⁵⁴ For all the reasons noted above and more, if your bodily ego is damaged and weakened by toxic socialization, you have

⁵⁴**Egoic Collapse** is the pathological collapse of the [Bodily Ego](#) that occurs when a severely damaged ego makes a [Connection](#) to some point in [The Fabric](#). Ego collapse is the complete collapse of the boundaries between the Bodily Ego and the Spiritual Ego to the point where there is continual, open, and unwanted flow between the two. Egoic collapse is characterized by anxiety, confusion, a disordered sense of self, and an unconstrained and distorted connection to [The Fabric](#).
https://spiritwiki.lightningpath.org/index.php/Egoic_Collapse

to work to heal and strengthen it, otherwise you will find yourself suppressing your own spiritual ego and pushing away opportunities for better connection.⁵⁵

Lack of Alignment

A final reason your bodily ego will push your spiritual ego away, and the reason for this unit, is lack of alignment in thought, action, and environment. Remember, alignment refers to the extent to which your bodily ego is lined up and in sync with your spiritual ego. When things in your life are wrong (i.e., out of alignment), when you live your life in a **wrong environment** (violent, toxic, non-supportive, neglectful), when you engage in **wrong action** (directly or indirectly harming others or yourself), and when you fill your brain with **wrong thought** (old energy archetypes, violent/negative thoughts, excuses and justification for wrong environment and wrong action, etc.), things can become quite uncomfortable for your bodily ego, particularly when your spiritual ego is present. This is essential because *when your spiritual ego is present, awareness is enhanced*. This enhanced awareness brings all the toxicity, violence, negative thought patterns, excuses, justifications, and unaligned behaviours into clear view in a way that you simply cannot ignore. This clear view heightens the discomfort and pain caused by misalignment. Your bodily ego will do anything it can to reduce that pain. This typically involves pushing the spiritual ego away, either wilfully through gaslighting misdirection and desperate distraction (shopping, eating, etc), or with various what we call **Crown Stupifiers** like opiates and alcohol and such.

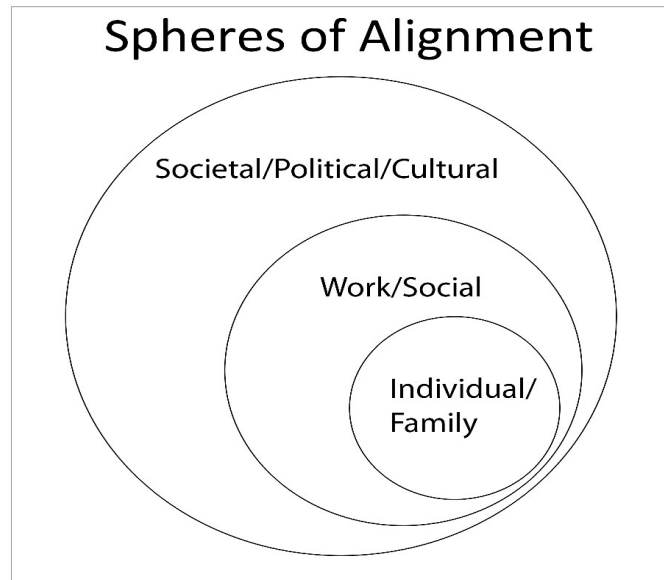
⁵⁵There's lots more to say about your bodily ego, the damage it incurs, and the consequences of that damage for you health, well-being, and connection. We'll take this up at the LP Advanced level of study when we discuss in more detail the psychology of the physical unit.

Of course, if your bodily ego is working to push awareness away, it's is not aligning and connecting, is it disconnecting and going back to sleep. Therefore, if you want to make progress towards stronger connection, you'll need to work on aligning things up. As noted earlier, there are various ways to do that, like following alignment rule sets and listening to emotional semaphore. On the former, you follow any alignment rule set you like, including the LP Alignment Rule Set. You will find the LP ARS detailed in Appendix Two of this workbook.

In closing this unit up there is one more thing to say and that is this. When we talk about alignment, we are not just talking about personal alignment and personal behaviours. We are talking about everybody environment and everybody's behaviours, at multiple levels. We are not talking about just aligning our individual thought, environment, and behaviour, we are talking about aligning family environments, work and social environments, political environments, economic environments, entertainment environments, and cultural environments as well. Ultimately, if we want to establish pure and consistent connection, we have to align the entire world.

To conceptualize this wider process of alignment, we cast alignment into ever-widening spheres **Spheres of Alignment**.⁵⁶ Spheres of Alignment are personal and collective life spaces within which an individual interested in connection must work to achieve alignment.

⁵⁶https://spiritwiki.lightningpath.org/index.php/Spheres_of_Alignment



These spheres are progressive. When you start working on healing and connection, you start with the individual sphere, which is just you and the spaces that you have personal influence over, like your home, or your room. When you have achieved alignment in these spaces, and when you begin to connect and gain strength, you move out from your room into your family and social network and begin working on achieving alignment there. Working on your family and social network is harder than establishing individual alignment because, as we have seen, people may feel threatened and resist. Depending on how much resistance there is, you can keep trying or, if it looks like a hopeless cause, you can (and should) avoid further trauma to yourself by finding a new family, a “chosen family,” and new friends more in alignment with you.⁵⁷

⁵⁷“Facing Isolation, Some LGBTQ Parents Create Loving ‘Chosen Families,’” HuffPost Canada, November 12, 2018, https://www.huffingtonpost.ca/2018/11/12/chosen-families-lgbtq_a_23587267/; Brianna Sharpe, “‘Chosen Families’ Give LGBTQ Parents And Kids The Support They May Lack,” *Huffpost*, 2018.

As you make progress on the individual and social/familial spheres of alignment, as you gain strength, your next step—our next step, really—is to help align the larger, work, social, societal, political, and cultural spheres. How you do that is entirely up to you. You can draw a progressive comic, work to eliminate racism and sexism, quit your job in the arms industry, get a job as a healer, volunteer your time to help out a good cause, donate your time to fight homelessness, write a progressive spiritual blog, help out the LP, or whatever. Pay attention to your inner guidance and do what you are called to do. It is important. At a certain point in our individual development, we are all called to contribute to aligning the wider social, economic, and political spheres. If you do not do that when you are called, you will experience disjuncture and you find it difficult to maintain connection. Don't stop working at it until all of us, our environments and our societies, are healthy, aligned, and connection

If you are thinking that this is a big call to action, you are correct. Even aligning the limited sphere of your own life can be a challenge. If you do feel overwhelmed by the enormity of the task of aligning the wider spheres, remember these two things:

1. you do not have to do it alone and,
2. it is going to get easier over time.

Maybe at the start you'll be alone, but if you persist, that will change and pretty soon more and more people around you are going come online and be ready to help. When they do to

And that brings us to an end of this section on alignment. To summarize, lack of alignment leads to a push-pull that makes connection difficult. When your body thinks and acts in an unaligned

fashion, your spiritual ego will pull away from the body in order to avoid causing itself and the body it inhabits pain and unnecessary discomfort. It will also pull away to power down its dangerous physical unit. On the other hand, when the body is not aligned, your bodily ego will find connection painful, difficult to handle, and (if damaged by toxic socialization) discombobulating and possibly dangerous. In these conditions, the bodily ego will push the spiritual ego away. When you put all this together, you can see that lack of alignment is a serious obstacle to forward movement. Nevertheless, as difficult as it may be, you have to align, first in your individual sphere, and then (as possible) in your family, work, and wider societal spheres. Individual alignment is simply not enough. If you want to create a world where we can all enjoy permanent connection, if we want to create the conditions for **graduation** (more on this in LP Workbook Four), we have no choice; we have to align the world.

Connection Coach Questions

1. According to the text, *alignment* is a key LP concept. Using information provided in the whole unit, in your own words, describe why this concept is so important.
2. What are the reasons the bodily ego can *push* consciousness away. Examine your own life and any connection events you might have had. Can you think of examples where you yourself have pushed awareness away? What were your reasons for doing that?
3. What are the three reasons provided in the text why your spiritual might pulled away from the physical unit? Once again,

examine your life. Do you feel that there are areas in your life where Consciousness may have pulled away? Write them down and share.

4. What is emotional semaphore? What is an Alignment Rule Set?
5. What are the spheres of alignment? Why are they important?
6. Do you feel that you are completely aligned? If not, identify misalignments using the concepts provided in this unit.

Activation

So far in this workbook, we have discussed awakening, accountability, atonement, and alignment as points in the LP Connection Framework. As we have seen, in order to progress towards connection, you must make progress on all these points. You must wake up, be accountable for your actions, atone for any harm you have done to others, and seek perfect alignment with your own spiritual ego. Doing all this allows the bodily ego to avoid painful disjuncture and it allows the spiritual ego to comfortably enter into and seat itself in its own physical unit.

It is important to note that you do not have to be perfect on all points right out of the gate, nor do you have to pursue the points in a linear fashion. You can awaken a bit, align a bit, become accountable here and there, awaken a bit more, etc. It is an iterative/spiral process of lifting yourself (and others) up out of the muck and mire of the toxic regime we all currently endure. Still, if you come to these words through the LP curriculum, you have probably already made a lot of progress; however, if you wish to continue moving forward towards greater connection, there is yet more to do. In fact, it's at this point that the harder work really begins. That's because at some point you are going to begin to feel a very strong push to do **bigger** and **bigger** things to change the world. At first, the push will be gentle, like a light tap on your shoulder telling you it is time to stand up and step forward. As time passes or as you progress, the push will become even more insistent, persistent, and bothersome. If you steadfastly refuse to make the really big changes that are required, the push will turn into extremely painful disjuncture.

Activation

So, what do you do to avoid that painful disjuncture that will inevitably arise if you continue to refuse to make the really big changes that are required? There really is only one thing to do and that is to make those big changes. Here, activation means essentially stepping fully into your *purpose* and then using the *power* that is available to you to make the big changes you need to make.

That's all it is.

There is nothing mystical or magical about it.⁵⁸ Activation is something that flows automatically from the awakening and alignment that goes on as part of connection practice. Activation is what happens naturally when you wake up from a deep sleep in a filthy, chaotic room and see that you need to clean up the grime and the chaos. When you are asleep, you do not notice how bad the room is; however, when you wake up, suddenly you notice. Once you become aware of the mess, once you are awake and steady enough to move, you naturally want to clean up the mess around you.

The activation that naturally occurs in the morning when you wake up is also the activation that occurs as you make progress towards healing and reconnection. As you become more aware of the world as it really is, as you become more aware of the toxic and abusive mess that surrounds, the more you see the world for what it is, and the more you will be pushed to make some big changes. Activation is what happens when you stand up, identify, resolve, and then actually carry out those

⁵⁸Well, that's not quite true. Activation does involve energy activation in your body, specifically activation of chakras and eventual kundalini connection. This might seem mystical and magical to materialists. But it is not. We'll discuss that aspect of it in more detail at the LP's advanced level of study.

changes. To be clear, activation is waking up to a huge mess and then stepping into your power so you can make the big changes that are necessary to clean up the mess.

What are those big changes you will need to make? As with alignment, we can make a couple of general statements, like activation involves making the world a better place for everybody and not just a few of the privileged ones, but the details are really up to you. Maybe it involves changing your job from one that harms others to one that doesn't. Maybe it involves changing the way you do your job. Maybe it involves donating money, time, or expertise. You'll know what to do when the time comes, but we will say these two things. **Number one**, whatever it is, it's a big thing, relatively speaking. **Number two**, it will be something within your immediate power to do. Obviously, if your name is Bill Gates, owner of Microsoft, you're gonna be able to do a lot more than your typical working or middle class Dick and Jane, so what's big and within the power of Dick and Jane may not be so big to you. Your big changes will be big to you, relatively speaking, and something within your power to do. It will be a transformation of your workplaces, your business practices, your social communities, and your entire elitist view on life. It's gonna be a big job for you, but you're gonna have step up, activate, and do it. Otherwise, why bother.

And that is activation. Activation is what happens when you wake up, atone, align, step into your power, and use that power to change and transform the world.

For your information, activation is depicted visually in the Triumph of Spirit [Power Archetype](https://spiritwiki.lightningpath.org/index.php/Power_Archetype).⁵⁹ The Power archetype shows you the

⁵⁹https://spiritwiki.lightningpath.org/index.php/Power_Archetype

consequences of full activation, which is empowerment. The card also shows you the negative consequences on those that surround. You will be learning more about the Triumph of Spirit Archetype System (TOSAS) in the next *LP Workbook Four* and in *Rocket Scientists' Guide to Neurodecolonization*.

Activation Challenges

We have to say, activation is a big deal. Activation joyfully connects you with your power and purpose; however, it is also a major challenge and, as with other focus points, you'll . It is a major challenge for you and it is a major challenge for those around you.

Internal Challenges and Resistance

As regards the challenge for you, think of it like this. Imagine that your body is a powerful red sports car. A Ferrari, let's say, with 600+ horsepower and a performance-tuned system. Right now, you are sitting in that high-performance vehicle with the engine on, but for some reason, you are not pressing the gas pedal. While idling, you are able to move around a bit, but you cannot get anywhere very fast. Then one day somebody comes along and after a brief exchange of niceties says, "Oh and by the way, if you want to go faster, press that pedal." You do and all of a sudden the powerful engine wakes up and you go blasting forward.

What happens when you press the gas pedal the first time depends on a lot of different things. Maybe you manage to get going safely. Maybe, you do not. Maybe you hit the gas pedal a little too hard the first time. Maybe, as a consequence, you lose control, smashing into the cars, people, and trees around you. Maybe, you careen out of control. Maybe

you are so freaked out by the power of the vehicle that you reach up and turn off the ignition while you try and collect your wits. It might go well: it might not. The point here is, the first time you hit the gas pedal of a super car, you may be surprised and unprepared for the power.

Activation in the spiritual sense is like that. When you activate, it is like slamming down on the gas pedal of a high-performance vehicle. When you do that, the power goes *shocking* through you. If you are not ready, if you are not careful, if you are not properly prepared, you may have a hard time controlling the power that suddenly becomes available. Your mind might be confused. Your ego might become inflated. Critical cognitive and emotional boundaries might collapse under the force. If you are not careful, you might hurt yourself and maybe even others as well.

This is the challenge for you. The challenge is not only handling the awesome power of your spiritual ego, but also handling the high-performance vehicle your spiritual ego has incarnated into. Both of those are a challenge. Put them together and watch out.

If this seems a bit concerning, even frightening, take a deep breath. All the LP material you have read so far on healing and connection, all the advice on awakening, accountability, atonement, and alignment, and all the material on archetypes we cover later in *LP Workbook Four*, is the safety and driver training you need in order to “step on the gas” and get moving forward at power. If you have been paying attention and putting into practice the things you have been learning, you should be fine. If not, or if you feel you have missed some stuff, follow your intuition and go back and read the materials again.

External Challenges and Resistance

The challenges noted above are some of the internal resistances you experience when you activate your power and purpose. They are the fears and resistances that emerge as a consequence of lack of preparation, ideology, and so on. There can also be external resistance to activation. External resistance specifically arises from the people that surround you who resist your activation. They do this for a couple of different reasons.

For one, with awakening comes awareness of problems and a deep desire to change things. With activation comes the power to make those things happen. When you activate, you will push for change. On a healthy planet, that would not be an issue. On a healthy planet, pushing for positive, life-affirming changes would be welcome. However, Earth is not a healthy planet, it is a sick planet and on this sick planet there are many people who are sick, afraid of change, and comfortable with the status quo. These people will feel threatened by your awareness and your push for change and they will often do whatever they can to suppress and prevent that change from happening.

We see this all the time. **Patriarchs**, for example, will feel uncomfortable as their wives specifically, or women in general, advance forward into their true purpose and power. They will push back, individually and collectively, often resorting to physical, psychological, emotional, political, or sexual violence against women who activate. We see this happening on the planet right now. Male managers are leading a backlash against women and the #MeToo movement by withdrawing their support in a passive-aggressive fashion.⁶⁰ In the United States, conservative actors are systematically

⁶⁰“Me Too Backlash Is Getting Worse,” HuffPost Canada, May 17, 2019,

stripping women of their rights. In some countries, women may be the targets of violence, even assassination. Consider, for example, Tara Fares, an Instagram model and activist in Baghdad pushing for women's empowerment. She was assassinated by drive-by shooters while sitting in the vehicle of her car.⁶¹

Rich folks and the politicians who serve them will also have a problem with your activation. Politicians who work for the rich and support the System, and the rich themselves, will feel uncomfortable when people start to awaken, activate, and change things. As their citizens advance towards emancipation and full power, they will push back, and hard. Part of the push back will be psychological and emotional. The media's power to indoctrinate will be exploited in full measure. Efforts will be expended to stop re-activation of the people by dumbing them down and trying to re-indoctrinate them.

Part of the push back will be military. If psychological and emotional manipulation does not work to stop individual and global activation, police and, finally, military force will be used. This is not open to argument. History has demonstrated over and over again that political and economic elites will not willingly release their power and privilege to an activating population. They will use whatever means at their disposal, including genocidal violence to ensure they retain their power and privilege. We are seeing this quite clearly right now. Since 2016, conservative elites the world over are increasingly inciting division and violence, pushing authoritarian changes, and engaging in brutal genocides, all in order to suppress awakening and activation. As,

https://www.huffpost.com/entry/me-too-backlash-getting-worse_n_5cddd96de4b00e035b8ce786.

⁶¹Google *Tara Fares* for news and analysis.

inevitably, more and more people awaken and activate, the violence will escalate. The end game for them is, as it has been in the past, maintenance of the status quo, no matter what. They will not willingly let go of their power. They will violently resist activation.

Note that resistance doesn't always come from "big" sources, like patriarchy or capitalist greed. Sometimes resistance can come for smaller reasons, like simple fear of change. This is the type of resistance you're likely to get from parents, friends, and adult children who see your awakening and activation and don't like the changes that it is bringing in you and your relationships. They will often feel fearful and threatened and they will resist in whatever ways they can psychologically and emotionally by lying, gas lighting, getting aggressive, shaming you, laying down the guilt, or whatever. They may even physically resist. Pay attention to relations and look for this resistance. Identifying it is the first step towards mitigating and avoiding.

A lot more could be said about external resistance to activation and how that plays out in each of our lives. However, these are short workbooks meant to sensitize you to various key issues so you can focus and work on things for yourself, so here we'll just say you need to be aware that activation will bring resistance and you need to focus and pay attention so when resistance comes up you can take actions to mitigate, reduce, and eliminate.

With that said, the question now becomes, what do *you* do? What do *we* do as we collectively awaken and activate? Certainly, we cannot ignore the push to activate and transform and just ignore, pretend, and continue on business as usual. If we do that, we are not waking up, we are not activating, we will not achieve a pure and persistent connection,

and we certainly won't be able to save the world. At the same time, we cannot run willy-nilly into the fray, else we risk triggering a more violent backlash that will harm us and shut the process down. Instead, be careful. Take measured and considered steps. Understand, you will get push back from spouses, family, friends, coworkers, managers, and even government forces. Do not let that stop you, but do not foolishly ignore the inevitable reaction. Protect yourself against assault. Push for change, but do so without violence, judgment, and condemnation. If you run around angrily wagging judgmental fingers at all the people who have oppressed and suppressed you, you will only trigger their defences. As a planet, we need to activate and we need to effect change, but we need to effect that change in an inclusive manner. Activation needs to lead to healing and reconciliation, not judgment and condemnation.

Of course, be realistic. Sometimes, conciliatory pushes for change do not work. You might live in an abusive household and you may try to make change by, for example, pushing violent members to stop or get treatment for their behaviours. In an attempt to suppress change, they may lash out violently no matter what you do. Do not reciprocate the violence. Instead, exit the home and create your own safe place. This goes for your home environment, your work environment, and in fact all life spheres within which you move. If you activate and try and change and if that push elicits violent backlash, build your life up somewhere else if you can.

Before closing off this section, one final comment is in order and that is simply this, just like awakening, acknowledgement, atonement, and alignment are required if you want to achieve persistent and pure connection, activation is required as well. If you want to connect, you

have to activate and you have to use your power and purpose to make the big changes in your life spheres. It's a natural process and the inevitable consequence of authentic healing and reconnection. Indeed, activation has always been an important part of authentic spiritual paths. It is an extension of the alignment process. The more your spiritual ego enters into the body, the more aware and aligned you become, the more you become who you truly are deep down inside. Since deep down inside you are a being of light, life, compassion, love, and *power*, the more you become who you are, the more you are going to want to change things for the better, and the more you will feel pushed and empowered to do so. If you do not activate and transform, then you are not aligned with your spiritual ego. If you are not aligned with your spiritual ego, you might be able to accomplish temporary connections here and there, but you will not be able to take the next step which is ascension, i.e., permanent reconnection with your spiritual ego. If you do not activate and take the final step, you will inevitably return to a self-deluded and diminished normal consciousness where you will find yourself making excuses for your inaction and pretending you are powerful, connected, and spiritual when in fact you are not. Do not let that happen to you. When you get to the point of activation, find a way to make change however small and insignificant it might be. Always remember this, even small initial changes can lead to complete life transformations in due time.

To summarize, activating can be a challenge for you. When you activate, you may find yourself startled and unprepared for the power. You may also experience challenges like fear, self-doubt, and confusion. Remember, activating means confronting your full power and purpose, and that can be a challenge. You can do it, however, if you just pay attention and prepare.

Connection Coach Questions

1. In this unit, we say activation is about purpose and power. Purpose is something you love to do. Right now, spend some time thinking about what you love to do. Do you love painting? Do you love gardening? Do you love teaching? Do you love research? Do you love working with your hands? Do you love sex? Right down your loves and reflect. Are you working towards a life of doing what you love, or are you stuck in somebody else's purpose?
2. As noted in this unit, stepping into your power can be a challenging process. There are internal challenges as well as external challenges. Think back on your life now. Have you experienced glimmerings or glimpses of your full power. Have you experienced internal activation challenges, like self-doubt, surprise at your own power, fear, confusion, etc. How about external activation challenges? Have you tried to stand up and empower only to be pushed back down? If so, by whom? Strategize to yourself, and share in this response, how to move forward, stay empowered, and make positive change.
3. Note that there are many ways to actuate your purpose and activate your power, some which are in alignment with your spiritual ego, and some which are not. If you love teaching, for example, you can teach truth or you can be involved in seeding ideology and misconception. If you love administration, you can use that power to uplift others, or you can use it in service to The System. If you love building things, you can be involved in building instruments of war or building houses for the poor.

Ask yourself the question, are you currently “living your purpose” and if you are, is that purpose aligned with your spiritual ego. If you are not living your purpose in an aligned fashion, what sorts of adjustments can you make to bring your life work into better alignment so that you can activate and transform the world?

Ascension

At this point, we have discussed five of the LP Connection Framework focus points, awakening, accountability, atonement, alignment, and activation. As noted, these points do not represent a linear connection sequence but circular/spiral path. Focus on one or the other as you feel drawn to it. If you feel you need to awaken a bit, do that. If you have some atonement to do, do that. If your life is out of alignment, make adjustments as necessary. If you feel called to change something, do that. Throughout this process, follow your gut. Do what feels right when it feels right to do it and you will make progress forward. With that said, in this unit we are going to complete our examination of the LP Connection Framework by looking at the final focus point, ascension. The question before us now is, what is ascension?

At its most basic level, at the level of discrete short-term connection events, which is the level we will be concerned with in this workbook, ascension is just another word for connection. More specifically, ascension is what happens when your bodily ego and spiritual ego connect. When that happens, when you make a connection, we might say that, from the perspective your your bodily ego, you ego “ascend” to meet the bright and powerful spiritual ego. At point of connection, your bodily ego will have some sort of verbal, visual, auditory conversation with your spiritual ego, a conversation that can appear quite significant and transformative to the limited spiritual ego. When the connection experience is complete, the bodily ego then “descends” back down into normal consciousness as communication tapers off. After the connection experience is complete, the bodily ego, the mind, then takes the time it needs process, integrate, and ground all the

amazing and awesome things it learned as a consequence of the enhanced flow that occurs during the connection.

As you can see, the idea is not rocket science. Ascension is what occurs when you connect and when that connection brings a feeling of “rising up.”

Now, technically, this brief connection with the spiritual ego is a form of ascension, but there are three things to note. **Number one**, it not a real ascent, obviously. Your body does not float up into the sky to meet some angels, though you can certainly visualize this happening. What is really happening is you are engaging in a form of direct information exchange with Consciousness. Your connection has opened up a channel, so to speak, to a being (your spiritual ego) of power and light. Unless your connection experience is a [Nadir Experience](#),⁶² in which case it can feel like you are descending into a cognitive and emotional hell fire, it does often feel like an ascent, like you are rising up to meet something bigger, more powerful, more grand, and “higher” than your normal little self, your bodily ego—which it is. This feeling of being uplifted to something higher, even if only for a moment or two, is why the word “ascension” is used so often in the spiritual corpus of the planet (art, literature, music) to describe the thoughts and feelings associated with connection.

Number two, although brief connection is technically an ascension, it’s not the full thing. A brief connection is just that, a brief connection, *glimpse*. It is real, but temporary—lasting, depending on certain factors, from a few moments to a few hours. When we reference ascension we reference a *permanent* connection, one that you go to

⁶²Remember, a nadir experience is a negatively perceived connection experience.
https://spiritwiki.lightningpath.org/index.php/Nadir_Experience

sleep with and wake up with. That's the goal. Not a glimpse here and there but permanent, wide-open connection. We should note that right not that's not possible. Unless you are living your life hidden away in a temple safe and protected from the toxicity that surrounds, the only thing any of us can accomplish is short term connection. The world is too toxic, too messed up right now to support much more. That will change of course, and sooner than you might think. But for now, safe in a temple-like cocoon is the only way any of us can achieve longer and stronger connection. And since almost none of us can manage that on a daily basis, almost none of us can manage true, permanent connection.

The **third thing** we want to say here is that characterizing connection as an elevating ascension is legit but it is, notably, from the perspective of the bodily ego. We can also think from the perspective of the spiritual ego, in which case it looks more like a descent, as in your spiritual ego *descends* into the vessel and connects with the bodily ego. In the Kabbalah, this process is conceived of as a “Descent to the Chariot.”⁶³ In Christian terminology, this is the descent of the Holy Spirit.⁶⁴ When we think of the process of connection as a descent, the process becomes “filling the vessel” with the water of Consciousness, as portrayed in the LP Water Glass Metaphor.⁶⁵

In the final analysis, it does not matter how you look at it, either as

⁶³Joseph Dan, *Kabbalah: A Very Short Introduction* (Oxford: Oxford University Press, 2006).

⁶⁴For example, Luke 3: 20-25 notes the baptism/initiation of Jesus involved the descent of the Holy Spirit, “like a dove.” Similarly, Jesus is able to initiate connection in others, i.e., the descent of the Holy Spirit, by his very presence.

Peace be with you! As the Father has sent me, I am sending you.” And with that he breathed on them and said, “Receive the Holy Spirit.”

⁶⁵https://spiritwiki.lightningpath.org/index.php/Water_Glass_Metaphor

ascent of the bodily ego into “heaven” or descent of the spiritual ego into the physical vessel. Either way, the same process of connection between spiritual ego and bodily ego is being referred to. When we “ascend,” we unite with spiritual ego, open an information channel, and have a connection experience of some sort.

Connection Practice

So, how do you achieve ascension? How do you achieve a pure and persistent connection? How do you fill the vessel with consciousness? How do you achieve union? If you have been following along with LP teachings, you already have all the pieces to the puzzle. It is just like anything really. It takes preparation and practice. Specifically, you have to engage in what we call **Connection Practice**. Connection Practice refers to all activities that prepare your body and bodily ego for stronger and more persistent connection to your spiritual ego.

Connection practice is like soccer practice or guitar practice. When you practice guitar, you sit down every day in a disciplined fashion, do exercises, play scales, run through chord progressions, and play songs. In essence, guitar practice consists of various components, techniques, and practice strategies that you use to become a better guitarist. It is the same with connection practice. Connection practice is the regular and disciplined practice of connection using various techniques and strategies for improvement. The only difference between guitar practice and connection practice is in the things you do. When you practice guitar, you sit down and practice scales, chords, and songs. When you practice connection, you

- a) practice opening a wider connection and
- b) practice handling that connection.

For analytic clarity, we break connection practice down into the 3Ps of Connection Practice, these being Connection Preparation, Connection Procedures, and Connection Processing.

Connection Preparation refers to any work you do to heal the [Bodily Ego](#) and prepare it, cognitively and emotionally, for stronger and more persistent [Connection](#). **Connection Procedures** refer to any procedure or practice you might use to initiate and strengthen [Connection](#). Connection Procedures can be further broken down into [Connection Techniques](#) (e.g., meditation, mindfulness), [Connection Appliances](#) (e.g., archetype cards, singing bowls, and [Connection Supplements](#) (e.g., cannabis, LSD, peyote). Finally, **Connection Processing** refers to any emotional, cognitive, reflective, and research work you might undertake in order to process, understand, and ground the often complicated realizations, insights, and enlightenments that derive from your connection experiences.

This sounds like a lot, and it is. But there is good news. If you have been following along with the LP and taking it seriously, you have already done a lot to prepare. You have also learned a few of the procedures you can use to connect, and you have already been learning how to think critically and process your experiences. Still, there's a lot left to do. Before we get to all that, three more things.

Number one, *step forward carefully from here*. Establishing a stronger connection is not a trivial matter. Establishing a connection exposes your bodily ego and brain to a vast ocean of Consciousness. When you open a pipe to that ocean, ideas, images, concepts, visions, etc. can flow like high pressure water through a large hose. If you do not know how to *control that flow*, you can easily be overwhelmed, particularly if

you are unprepared and particularly when you have been indoctrinated with fear-based archetypes that emphasize obedience, judgment, punishment, and that justify violence. We talk a lot about fear based archetypes and how to “control the flow” in *Lightning Path Workbook Four* and elsewhere. Until then, step carefully.

Number two, be disciplined about your connection practice. If you want to make progress towards stronger and more persistent connection, you are going to have to be disciplined. Being disciplined means engaging in connection practice in a disciplined, ideally daily, manner. Disciplined connection practice is important for the same reason that guitar practice is important, or any type of practice is important; it is the only way you make progress forward. If you want to make progress, if you want to stay healthy and alive, connection is something you need to achieve often, ideally every day. We are meant to be more connected. Our bodies are evolved to be connected full time. The only reason we are not more connected right now is because a) our societies, which are geared towards exploiting the masses, do not support connection in their environments and institutions and b) the toxic socialization we all endure traumatizes our bodily ego and causes it to restrict and shut down connection. If it was not for those things, we would find it easier to be connected more often. Because of those things, we have to work hard to bring disciplined practice into our daily lives.

Finally, **number three**, in addition to going slow and being disciplined, impose some structure onto your life. Life structure means essentially having consistent routines. Go to sleep at the same time every night. Wake up at the same time. Engage in activities in a structured fashion. Having structure in your life is important for at least three reasons.

Structure can help with connection practice for several reasons. **Reason one**, structure brings energetic efficiency. Having a structured day reduces time and energy use and increases focus and productivity in everything you do, not just connection. If you do not have to figure things out every day anew, if you can settle into easy routines, you will save time and energy. It is like having a place for your tools, art supplies, kitchen implements, etc., and always putting your tools back in their place when you are done. When you do that, you do not waste time and energy looking for your tools when you need them. You know where they are. You grab them. You get the job done. It is the same thing when structuring your day. When your day has structure, you spend less time and energy seeking about trying to figure things out, less time on the job, and more time for everything else.

A **second reason** structure helps you with connection practice is because structure encourages and **supports discipline**. Having a solid life structure gives you the space, time, and routine to practice things, like connection, or an instrument, every day. The routines you build are like train tracks that keep your energy and actions focused along the same lines. If you have structure and routines, if every day you sit down after supper and practice connection, or if every day you get up in the morning, connect, and write, the tracks you lay make it easier to sit down every day to practice. It is a question of simple habit. Develop the habit, lay the tracks, create the structure, and things flow in regular and controlled directions.

Speaking of controlling direction, **the third reason** for having solid life structure is that having solid life structure helps improve control of your connection by reducing complexity and uncertainty. Reducing complexity and uncertainty are important because reducing complexity

and uncertainty allows you to reduce mental and emotional distraction and distress, and focus energy in on controlling the acceleration of consciousness that occurs when you make strong connections. It works like this. If every day is a different day, if every day you are exposed to new things, new people, and new intellectual, emotional, and spiritual influences, you add complexity and uncertainty to your life. This complexity and uncertainty, while interesting, can bleed into your connection practice and make control harder to establish. This is especially true if the influences and experiences that come through in your unstructured life are not conducive to, or even hostile towards, connection. Exposing yourself to these confused, chaotic, and hostile influences undermines your connection practice, especially at the beginning. It limits your exposure to “new things.”

Finally, a fourth reason structure is important is simply that having life structure gives you an easy out. It gives you an excuse for skipping out of the toxic environments. Putting another way, structure facilitates the construction of boundaries. Boundaries allow you to stay away from people and places that just aren't good your health, well-being, and connection practice. Being able to establish boundaries like this is extremely important, especially in the beginning stages of your practice, because boundaries help you reduce the frequency and unpredictability of what we might want to call, for lack of a better name, **Negative Energy Insertions (NEIs)**.⁶⁶ Negative energy insertions are insertions of negative energy into your life space. When somebody freaks out at you in a road rage incident, when your boss at work yells at you, when somebody tries to feed you negative spiritual ideology, when you watch violence on the screen, when you are

⁶⁶https://spiritwiki.lightningpath.org/index.php/Negative_Energy_Insertion

exposed to anger and stupidity, you receive an NEI. NEIs are anathema to the health, well being, and connection of your physical unit. Like wrong thought, NEIs undermine, weaken, and corrupt connection. For these reasons, it is important to reduce the frequency and unpredictability of negative energy insertions. Reducing NEIs by establishing structure and boundaries helps with connection, reduces damage, and frees up energy otherwise wasted in perpetual defence. Reducing and eliminating NEIs also makes it easier to defend the integrity and purity of your intellectual and life spaces and to put your energy where it is needed most.

To summarize, the last focus point in the LP Connection Framework is ascension. Ascension is simply the process of connecting up with your spiritual ego. The goal here is not one-off connection experience that occur here and there, but strong, persistent, daily connection. To establish strong and persistent connection, heal the bodily ego and then engage in regular and disciplined connection practice. Be careful though, opening your mind up to the vast ocean is great, but can be quite overwhelming if you are not prepared. From this point forward, go slow, be disciplined, and establish some solid structure.

Connection Coach Questions

1. What is ascension?
2. What is connection practice. What are the 3Ps of connection practice.
3. Browse the SpiritWiki entry on [connection techniques](#). Pick one, research one, try it for yourself, and then, in 250 words or less, share what you learned.

4. As noted, structure and discipline are key. List the various ways structure are important to your connection practice. Examine structure and discipline in your life. Do you have enough structure and discipline? If not, what can you do to get some more structure?

Conclusion

In this workbook, we have looked at the Lightning Path Connection Framework. As you now know, this framework provides a set of six focus points which you can use prepare and facilitate connection. These focus points are awakening, accountability, atonement, alignment, activation, and ascension. Along the way you have learned some theory, some technique, and have been given some guidance on how to approach your connection practice. We dare say you are a long way from where you started in LP Workbook One. We hope your journey on the LP so far has been pleasant and rewarding. Still, there's more work to do.

So what's next?

You can start by reading Appendix One and Appendix Two of this Workbook. Appendix One gives you the low-down on Connection Practice while Appendix Two provides you with the LP's own Alignment Rule Set. Once you're done that, when you're ready, you can move onto *LP Workbook Four* where you learn important concepts like archetypes, creation templates, flow control, flow purification, and more. In Workbook Four you will also be introduced to the [Triumph of Spirit Archetype System](#), or TOSAS (pronounced tahsis) for short. TOHSIS is a set of twenty-two archetype cards (like tarot cards, but not) and associated commentary which you can use to engage in flow purification and flow control. Don't worry if this isn't one-hundred percent clear at this point. It will be by the time we are through.

Appendix One

Connection Practice

The phrase [Connection Practice](#)⁶⁷ refers to all activities that prepare your body and bodily ego for stronger and more persistent connection to your spiritual ego. Preparation is necessary because the spiritual ego is powerful, intense, bright, wilful, and aware. If you don't properly prepare, you can have difficulty dealing with the wilful awareness and power.

For analytic clarity, we break connection practice down into three categories of thought and action, these being Connection Preparation, Connection Procedures, and Connection Processing.

Connection Preparation

[Connection Preparation](#)⁶⁸ refers to any work you do to prepare your spaces and your body, specifically your [Bodily Ego](#), to handle, in a safe and grounded fashion, strong and permanent connection. Connection preparation includes creating calm, relaxing, clean, quiet, safe, aesthetically pleasing spaces where you can practice connection (what we might call [Connection Cocoons](#)).⁶⁹ Connection preparation also includes any work you do to heal your bodily ego of any trauma it has experienced as a consequence of growing up in toxic families and toxic societies. Finally, connection preparation includes any cognitive work

⁶⁷[Connection Practice - The SpiritWiki](#)

⁶⁸[Connection Preparation - The SpiritWiki](#)

⁶⁹[Connection Cocoon - The SpiritWiki](#)

(like doing research, thinking critically) and emotional work (learning to regulate your emotions) that help prepare your bodily ego for stronger and more persistent connection.

We have to say here, if you have been following along with the LP workbooks, courses, and stuff, you are well on your way to being fully prepared for connection. This is particularly true of LP Workbook Three which, as you know, gives you six focus points (awakening, accountability atonement, alignment, activation, and ascension) you can work on to prepare and improve for connection.

Connection Procedures

Once you are comfortable that you have sufficiently prepared, then you can engage in some connection procedures to help you connect your self up to Self. [Connection Procedures](#)⁷⁰ refer to any procedure or practice you might use to initiate and strengthen [Connection](#).

Connection Procedures are many, complex, and varied—and naturally so. Connection practice is not a new thing. **The truth is, humans have been practising connection in one way or another for millennia. Over those millennia,** humans have developed a plethora of procedures to help establish and maintain stronger connection. Indeed, this planet is rich with connection lore and connection practice. Every culture, every time, every place has had its connection procedures. It is only in our so called “modern,” religious and secular worlds where we have come to pay this no mind.⁷¹

⁷⁰[Connection Procedure - The SpiritWiki](#)

⁷¹Why do modern societies not talk much about connection? Why don't we all know all the many and various ways we can engage in connection practice. The short answer is that connected people are a serious threat to the accumulating class and their regime of accumulation.

Because there are so many things you can do to facilitate stronger and more permanent connection, and because modern societies have lost much significant knowledge of connection and connection practice, it can be hard to sort connection procedures out in a meaningful way. To help sort it out, the LP breaks connection procedures down into three separate categories, [Connection Techniques](#), [Connection Appliances](#), and [Connection Supplements](#).

Connection Technique

A [Connection Technique](#)⁷² is any single technique, such as intent, affirmation (recitation of mantras), meditation, writing, [Holotropic Breathwork](#),⁷³ and so on, that helps one strengthen and purify [Connection](#)

Connection Appliance

A [Connection Appliance](#)⁷⁴ is any technology used during connection practice that can facilitate/enhance/purify one's connection. Over the centuries, people have used many things to enhance connection, like bibles, drums, crystals, [guardian boards](#), sweat lodges, and even archetype (a.k.a. oracle) cards. For your information, the LP has its own connection appliance in the form of a deck of archetype cards we call the [Triumph of Spirit Archetype Deck](#),⁷⁵ which is part of the [Triumph of Spirit Archetype System \(TOSAS\)](#).⁷⁶ The TOSAS, which we will learn

⁷²[Connection Procedure - The SpiritWiki](#)

⁷³https://spiritwiki.lightningpath.org/index.php/Holotropic_Breathwork

⁷⁴[Connection Appliance - The SpiritWiki](#)

⁷⁵http://spiritwiki.lightningpath.org/index.php/Triumph_of_Spirit_Archetype_Deck

⁷⁶http://spiritwiki.lightningpath.org/index.php/Triumph_of_Spirit_Archetype_System

about in some detail in LP Workbook Four, is a collection of images and commentary designed to help you open, expand and purify your connection.

Connection Supplement

Finally, a [Connection Supplement](#)⁷⁷ is any supplement ([Cannabis](#), [Psilocybin](#), [Peyote](#)) or substance ([DMT](#), [LSD](#), [Ketamine](#), [MDMA](#), etc.) that forces and facilitates stronger connection between the spiritual ego and the bodily ego, or some other location within the [Fabric of Consciousness](#).

The ingestion of connection supplements is a very important connection procedure and has been used by humans and animals for thousands of years to facilitate connection experience. As anthropologist Michael Harner points out, there is ample evidence to suggest that connection supplements were used to heal and connect throughout the ancient world.⁷⁸ Indeed, in some traditional societies, connection supplements are understood as powerful and safe supplements; they are even taken by the whole family in social gatherings, or given to children who are misbehaving.⁷⁹ For example, the Mazatec indigenous of Oaxaca Mexico use psilocybin mushrooms for connection, and "usually several members of a family eat the mushrooms together: it is not uncommon for a father, mother, children, uncles, and aunts to all participate in these transformations of the mind that elevate consciousness onto a higher plane."⁸⁰

⁷⁷[Connection Supplement - The SpiritWiki](#)

⁷⁸Michael J Harner, *Hallucinogens and Shamanism* (New York: Oxford University Press, 1973).

⁷⁹Michael J Harner, *The Jivaro: People of the Sacred Waterfalls* (London: Robert Hale & Company, 1972).

⁸⁰Henry Munn, "The Mushrooms of Language," in *Hallucinogens and Shamanism*,

On the LP, we recommend connection supplements for three reasons. **Number one**, because they are healing. Indigenous traditions the world over use these substances to facilitate healing⁸¹ Consider cannabis, for example. The human body has cannaboid receptors throughout the body and science is revealing more and more the power of this herb to provide emotional, psychological, and even physical healing. Cannabis helps with depression, anxiety, PTSD, and a host of other emotional and psychological problems. There is also, as indicated by [A National Cancer Institute document](#), cites evidence that cannabis can inhibit and even shrink cancerous tumours.⁸² And that is just cannabis. There is also growing research on the healing properties of [psilocybin](#),⁸³ [LSD](#),⁸⁴ and other powerful connection supplements.

The **second reason** we recommend the use of connection supplements is that when you are using a connection supplement, you are almost guaranteed⁸⁵ to open a connection every time, particularly when you engage in appropriate affirmations and visualizations. Being able to efficiently open a connection facilitates regular and disciplined connection practice, something which is very important if you want to make progress.

Finally, the **third reason** we recommend connection supplements is

ed. Michael J Harner (New York: Oxford University Press, 1973), 86–122.

⁸¹Harner, *Hallucinogens and Shamanism*.

⁸²https://www.cancer.gov/about-cancer/treatment/cam/hp/cannabis-pdq#cit/section_4.15

⁸³http://spiritwiki.lightningpath.org/index.php/Psilocybin_Mushroom

⁸⁴<http://spiritwiki.lightningpath.org/index.php/LSD>

⁸⁵We say almost because even powerful supplements like LSD can be subverted by a bodily ego that is traumatized and too terrified to let go of control. Nevertheless, in most cases, ingesting or inhaling a connection supplement will facilitate/force a connection experience.

because with them you have better control over the onset, intensity and duration of the experience. This gives you the ability to properly plan and structure your connection practice and to *aim* for specific types of connection experiences. Note that the ability to control your experience is primarily true only with high-quality supplements and not street-level materials. With street supplements, you roll the dice on quality and concentration, whereas with high-quality supplements, the quality and concentration is carefully controlled, allowing you to experiment with precise dosages. You can go “low and slow” in the beginning when you are just starting out, and you can ingest higher dosages later to experience more powerful connection experiences.

Connection Processing

In addition to connection preparation and connection procedures, connection practice also includes something we call connection processing. [Connection Processing](#)⁸⁶ refers to any emotional, cognitive, and research work you might undertake in order to process, understand, and ground the often complicated and massive realizations, insights, and enlightenment that derive from your connection experiences.

Connection processing can take many forms, like mindful reflection, journaling, talking to a knowledgeable therapist or spiritual guide about your experiences and so on and so forth. Note that connection processing. In addition to all that, the LP has two specific processes.

Flow Control and **Flow Purification**, that we teach to help you properly process connections.

⁸⁶[Connection Processing - The SpiritWiki](#)

Flow Control

[Flow Control](#)⁸⁷ is basically the ability to stem and control [The Flow](#)⁸⁸ of ideas, images, and visions that can attend an open connection. Flow control is necessary because sometimes, particularly in the beginning, the flow that arises during powerful connection experiences can be copious. You can receive thoughts, images, music, and emotions. Entire cosmic truths can be revealed in a very short period of time. This can be quite overwhelming, especially when you are just starting out. Flow control means being able to slow or even stop the flow of ideas and images if they become too overwhelming. A very important skill indeed.

Flow Purification

[Flow Purification](#)⁸⁹ is basically the ability to purify the powerful flow ideas of any *wrong thought* that may occur. Flow purification is necessary because, as we will see in a lot more detail in *Lightning Path Workbook Four*, we are taught a lot of spiritual, psychological, and emotional nonsense as part of our toxic socialization process. From a very early age we are filled with wrong thought and this wrong thought can undermine our ability to properly understand the information we are getting *and* it can seriously corrupt the flow.

Flow corruption is a problem always. We always have to pay critical attention to the flow and we always have to work hard to make sure we are properly understanding the information we receive, not only when we receive, but as we process it and integrate it over time. Wrong

⁸⁷[Flow Purification - The SpiritWiki](#).

⁸⁸[The Flow - The SpiritWiki](#)

⁸⁹https://spiritwiki.lightningpath.org/index.php/Flow_Purification

thought in our minds can twist the information we receive or even cause us to reject it. And even if you do receive and understand the information accurately in the beginning, over time the toxic wrong thought can shift your understanding away from the truth, tainting and corrupting it over time. You really do have to be careful.

Flow control can be a particular problem if you are not aware of the problem, which many are not. Indeed many people, perhaps most, take the information they get from connection experiences as gospel truths. It comes from inside, it comes from higher up, it feels powerful, ineffable, and true, and so they hold it as sacred and don't think critically about it. Many people actually get offended when you advise them to think critically about their "revelations." That's definitely a mistake, particularly in or modern toxic societies where so little is known about connection and connection experiences and where so much spiritual disinformation exists. If you just take information that comes through as gospel truth without thinking critically, any benefit you might have received from the revelations will dissipate either immediately or over time and you'll be back exactly where you were in the beginning.

So, how do you engage in flow purification? How do you remove wrong thought? We talk about this in much more detail in LP Workbook Four. Here we will just say you do that that in a three-step process of recognize, root out, and replace.⁹⁰ Basically, **recognize** the limiting ideas and ideologies that have been implanted in your consciousness and that disconnect and corrupt your flow; then, **root out** these ideas by consciously examining them until you are clear about what they are. Finally, make a decision and replace those archetypes

⁹⁰https://spiritwiki.lightningpath.org/index.php/Recognize,_root_out,_and_replace

and ideas that you do not want to keep with new, life-affirming new ideas and archetypes.

This process of flow purification is simple to conceptualize and absolutely essential if you want to make forward progress towards pure and strong connection, but it can be a challenge in practice not only because the ideas are deeply embedded in your mind, but also because there are no extant alternatives to dominant narrative frames. You might be all motivated to engage in flow purification, but what exactly do you replace the toxic ideas with? What alternatives are there?

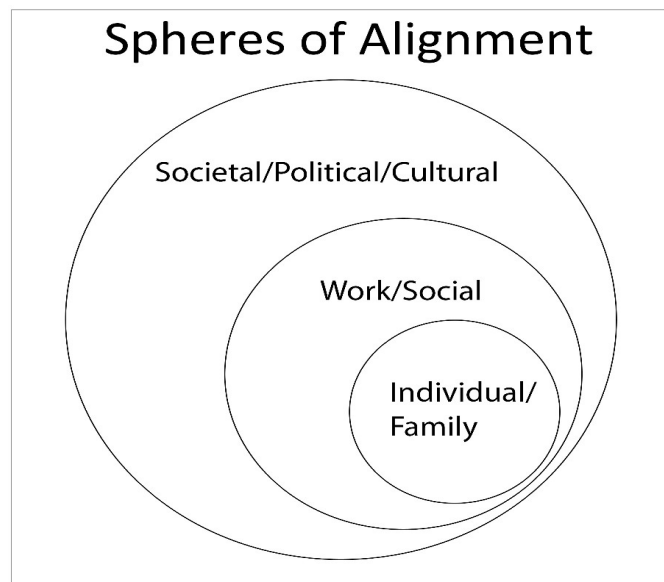
For your information, the LP provides an alternative narrative, the [Triumph of Spirit Narrative](#). The TSN is described and elaborated in *Lightning Path Workbook Four* and elsewhere, so we won't get into the details here. For now, we'll just end with a summary.

Connection Practice refers to all activities that prepare your body and bodily ego for stronger and more persistent connection to your spiritual ego. Connection practice is divided into three main aspects: Connection Preparation, Connection Procedures, and Connection Processing. Connection Preparation focuses on creating conducive environments and mindsets and healing from trauma, Connection Procedures encompass techniques, tools, and supplements (e.g., meditation, archetype cards, and psychoactive substances) to facilitate connection. Finally, Connection Processing involves reflective and analytical practices (Flow Purification and Flow Control) to integrate insights and manage the flow of ideas post-connection. This comprehensive framework emphasizes the importance of careful preparation, diverse connection methods, and thorough processing to achieve and sustain a meaningful spiritual connection.

Appendix Two

LP's Alignment Rule Set

As noted in the unit in Alignment in *Lightning Path Workbook Three*, alignment is the extent to which one's [Bodily Ego](#) thinks and acts in concordance with the will and perspective of one's [Spiritual Ego](#). Alignment is when your body (your vehicle) does what its driver (the spiritual ego) wants it to do. For reasons explained in the Workbook Three section on alignment, alignment is incredibly important. You cannot develop a stronger, more permanent connection until everything in your life, until all the spheres, are properly aligned.



As noted in Workbook Three, alignment is easier when your bodily ego is healthy and connected to the spiritual ego, but not so easy when it is damaged and disconnected from source. When your bodily ego is damaged and disconnected, it can be hard to see reality for what it is

and hard to know what is aligned and what is not. That is a problem because if you cannot align, you cannot connect. That's OK though because there are things you can do to move in the direction of alignment even when sick, disconnected, and lost in the darkness of **maya**. You can listen to **Emotional Semaphore** and you can follow **Alignment Rule Sets** (ARSs).

We discuss both emotional semaphore and alignment rule sets in *Lightning Path Workbook Three* and we won't repeat that discussion here. Instead, we want to use this opportunity to introduce you to the Lightning Path's own Alignment Rule Set, the *Lightning Path Alignment Rule Set*. This rule set is similar to other alignment rule sets (e.g., The Ten Commandments, the Buddhist Eight Fold Path) in that it provides strong statements on the types of things you need to do (and not do) to establish aligned behaviours and create an aligned life when you are just starting. It is different than previous attempts because it is analytically rigorous, theoretically grounded and, consequently, open to empirical verification.

So, what is the Lightning Path Alignment Rule Set? The LP Alignment Rule Set is a collection of three rules, what we call the [Three Rs of Alignment](#)),⁹¹ which you need to follow if you want to step forward towards stronger connection. For your information, the three R's are **Right Thought, Right Environment, and Right Action**. If you want to create an aligned self, family, community, workplace, and world, you need to think right thoughts, engage in right actions, and create right environments—pretty much in that order.

And how do you do that? How do you think right thoughts? How do you engage in right actions? How do you create right environments?

⁹¹[Three Rs of Alignment - The SpiritWiki \(lightningpath.org\)](#)

It's not rocket science. To create an aligned self, think thoughts, engage in behaviours, and create environments that meet *all* seven of our seven essential needs.

To create right environments, create environments that support the satisfaction of one or more of the seven essential needs. For example, we have an **environmental need** for safe, secure, nurturing, and stable environments. Therefore, to create a right environment, create stable environments where everybody is safe, secure, and nurtured. We also have a set of emotional needs that includes the need for love, belonging, acceptance, inclusion, and connection to others. Therefore, to create a right environment, create an environment that is loving, where people are accepted and included and where they can safely belong.

It is the same with right action. **To engage in right actions**, only engage in actions that meet essential needs, yours and everybody else's. For example, we all have a biologically rooted need for truth. We all *need* to know and understand the world. Therefore, take actions that help inform both yourself and others about the truth. Create information (and not disinformation) rich environments. Give free access to tools of knowledge and wisdom (books, journals, AI interfaces, etc.). Be open to the truth. Answer questions. Things like that.

Finally, **to think right thoughts**, think only thoughts that encourage you to take actions and create environments that meet essential needs. Think thoughts that encourage you to get lots of rest, and to eat right. Think thoughts that encourage you to be kind and helpful to everyone, not just the people you like. Think thoughts that encourage you to build a world where everybody is taken care of. It's not hard to think right

thought, theoretically. Unfortunately, practically, it can be quite tough. The problem is toxic socialization, specifically indoctrination. The truth is, we've all been told a lot of lies about who we are, why we are here, what we should do with our lives, and how we should treat other people. These lies are deeply ingrained and reinforced every day by the messages and media that drown us. Consequently, they are extremely resistant to change, even when you are open to challenging them. For this reason, we spend a lot of time on the topic of right thought in more advanced studies, specifically *Lightning Path Workbook Four* and also in future *Rocket Guides*. Because we talk about it more later, we won't say too much about thinking right thoughts here except to say that to think right thoughts, try to think thoughts that encourage you to help and support yourself and others, in whatever you can in any particular moment of day. As an example, instead of thinking how you are better than everybody else because you are rich, or beautiful, or sexy, or smart, or a member of the secret club, or whatever, think how we all need help and support to be healthy and to reach our full potential. If you want to be a little more systematic about it, think thoughts that encourage you to support not only your own **health, healing, and connection**, but the health, healing, and connection of everyone else. The best thing you can do here is to make this your daily mantra...

I will only think thoughts that contribute to the health, healing, and connection of myself and all other living beings.

...and then use this mantra to help force out negative thoughts. Do this and you will have taken your first step towards a healthier state of right thought.

And that's just about all we have to say, except for this one last thing.

Although we said the Lightning Path Alignment Rule set includes only three rules, because the world is in such a sorry state, in addition to the three basic Rs we also have three basic Ws, specifically the **Three “Ws” of Alignment**, Wrong Thought, Wrong Action, Wrong Environment. We can stipulate this side of the alignment equation quite easily. To increase alignment, avoid wrong thought, do not engage in wrong action, and do not create (or live in) wrong environments.

Avoiding **wrong environments** is easy. Just don't undermine people's needs. Don't create environments where people go hungry. Don't create environments where people can't sleep properly. Don't create environments where it is OK to scream, yell, and hit. Don't create environments of stress and drama. Don't create environments that excluded others, or that make people feel unloved in any way. Don't create environments that facilitate disassembly and disinformation. Don't create environments where people will feel bad about themselves. Don't create insecure environments, physical, financial, or otherwise. Don't create environments that encourage misaligned behaviour. Don't create environments that disconnect people. Don't create ugly environments.

See, not rocket science.

The same thing goes for **wrong action**. To avoid wrong action, don't engage in actions that undermine people's needs. Don't undermine people's sleep patterns. Don't scream, yell, and hit others, for any reason however justified you might feel in your own mind. Don't get angry and mean. Don't create stress and drama. Don't engage in actions that exclude others. Don't make things up. All these things make healthy, healing, and connection harder for yourself and others, so don't

do them. Let us be crystal clear here. Hurting others does nothing but make health, healing, and connection harder. Hurting others moves in the opposite direction of connection, always, for both per. There is never a time or a place where it is OK to shit on another person, no matter what justifications might percolate in your mind. Just stop.

Finally, we come to wrong thought. To avoid wrong thought, **do not** avoid stereotypically negative thought; after all, there's lots of negative things happenings in the world right now. Ignoring that and putting pretend happy thoughts in your mind is not avoiding wrong thought, it is embracing self-delusion, no matter what a "positive" psychologist might tell you. Rather, to avoid wrong thought, simply avoid thoughts that encourage you to harm others. This can be a challenge because, as we will see in some detail in *Lightning Path Workbook Four*, we are all trained from a very early age with encouragements and justifications for violence against others, not against people we like, of course, and certainly not against "good" people, but people we don't like, people who have harmed us, people we paint as evil, it is OK to treat them like shit. Don't feel bad here. We are not trying to make you feel bad. We just want to point out, we all trained from a very early age that there are certain classes of people whom it is ok to treat as dirt. If you want to avoid wrong thought you'll have to dig out all the thoughts that encourage that and replace them with thoughts that encourage love, respect, and empathy for all beings.

And that's really all we have to say. To summarize, if you want to move towards alignment even when you are almost completely disconnected from your own spiritual ego, pay attention to emotional semaphore and follow an alignment rule set. You can practice one of the many available alignment rule sets developed over the centuries or you can

practice the Lightning Path's Alignment Rule Set, a set which includes the Three Rs and Three Ws of alignment. The actual rules, which are theoretically grounded in the circle of Seven Essential Needs, are pretty easy to follow. Think things, do things, and create things that help others meet their needs; avoid things that lead to neglect or subversion of the same needs. Most of it is pretty straight-forward, except for the idea of right thought and wrong thought. That can be pretty complicated, but that's ok. As noted, the LP spends quite a bit of time exploring right thought and wrong thought. We start that process in *Lightning Path Workbook Four*.

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