



The Dignity Project

Guiding the Way

Promoting awareness and understanding of dignity
through education, communication and spirit.

Navigating Chaos 13

The Compass

When calling on our deepest resources, as we must now, we would include intuition. A function of our design that communicates more than our humanness and surroundings, intuition has an indefinite range of ascertaining information and relating experience, conditions, and relationships to our current existence. If we were making a long journey across the globe we would have the benefit of maps created from satellite images that provide a view of the entirety of our journey. I experience intuition as affording this for our life journey, in touch with a map of our themes, challenges, and the overall curriculum that promotes growth in necessary directions.

Many years ago I experimented with lending my intuitive abilities to help police investigators solve a much publicized homicide. They began by testing me, placing a number of items on a table that I was told were found at the scene of the crime. I first selected a piece of rope, stating that rope was found at the scene but it was not this particular piece. I saw that two items had no connection to the crime and the remaining items were indeed found with the body. This gave me an experience of reading the energies in solid objects, directly in front of me, quite different from remote viewing which I had done for government officials or seeing and communicating with ghosts that moved about in the offices of a national television corporation! More importantly though, was that through intuition I connected these objects to an event that occurred many months prior, a good twenty miles from the interrogation room where I was sitting.

Another way to see this interconnectedness occurred when a friend consulted me about the timing of his move from California, ideally for the month of November. I saw an earthquake and fires in his area and recommended he leave by a specific date. He heeded my warning. The day after he headed east, an upthrusting earthquake, that creates cavernous openings in the earth, swallowed his former home and caused electrical fires that spread through the hills and canyon. I call this 'triangulating', when a date and situation opens me to the larger picture and other factors or events show up in relationship, as happened the night Trump was declared the winner in the 2016 election and I saw a virus spreading from China.

Direct knowing began suddenly, when I was 27. I had to learn how to allow for it and work with it. I had to become still and quiet, and drop attention from my head to my heart. Eventually

accessing a flow of information and perspective took less time focusing. I no longer turned it on and off, and the larger field became the place that I live. I consider this faculty a compass that orients me to my surroundings, to aspects of a situation, to what's next in the movement of my daily life. I spent two months in silence on 600 acres of untouched nature near the California Coast. One day I was immersed in experiencing the light at play in the forest and meadow, wandering and chanting, when I realized that I didn't have a clue where I was. I attuned to the inner compass and after a lengthy hike through varied terrain with no paths, no markers, and occasionally putting my hands on the trunk of a tree and listening - for what I didn't know - I ended up back at the retreat center, as though I had a map of the property in my hand!

We cannot follow both the mind and the flow of information coming from the larger field. We will notice the mind commenting, but conscious participation is with the intuitive process. Intuition is only as clear as the ego and conditioned mind allows. If we have strong feelings and preferences or judgments about something, they can influence the information that's coming in. My intuition was heightened over time as I developed such trust in it that "I", the personality, didn't influence it. "I" was open and humbled to be learning from the information and perspective. When I want to be clear in making a decision I will put the question to my intuition, go on with whatever task is at hand, and notice that the best decision comes forward as knowing. When I take vitamins I know which ones I need for that day, as if as simple as my fingers hovering over the containers are reading yes or no. There's no thought involved. Hearing the voice of intuition is like having the television on but when a phone call comes in and intuition speaks, what's on television becomes background.

Chaotic times involve navigating more variables. We are dealing with things we've not encountered. The tendency may be to move faster and make assumptions and quick judgments because we are uncomfortable, but it's actually a time to slow down and listen for the knowing voice. Intuition saves a lot of trial and error and the time and energy that goes into that. Every thing we encounter is linked to other things. (We should be trained to see relationships from an early age.) I remind myself that a single act taken by President Trump is part of a chain of acts that are connected to his perspective of reality, which is connected to his history, and his history is connected to countless influences.

This exercise of looking at issues as not bound by time or person is reflected in the way I greet a meal before enjoying it. I state that I am thankful for all that brought me this nourishing food, and sometimes I begin naming: soil, birds, rain, farmers, irrigation, trucks, rubber for the tires, employees at the market, electricity, the invention of refrigeration, and I keep going until I come to a natural stop. By then I feel expanded, connected to the planet, one with the trees outside the window and the light that surrounds the cottage in the glen. What a state of awareness from which to consume a meal! Relationships remind us of the endless sphere of influence and cooperation we live in. The mind has divided this sphere and with each division comes the possibility that we will negate overall function and value. For every person we meet and like,

we have cast out millions we've never met because of the mind's ability to divide and separate according to what threatens and what supplies what it wants.

Our inner compass isn't disturbed by storms. It is steady because it is oriented outside the construct of time and perception of location as separate or isolated. As civilizations fall, cultures vanish, resources diminish, and governments organize for domination, we cannot use the mind to get our bearings. In emergencies that I have experienced, I switched to the inner compass to guide my actions. I'm not sure that "I" consciously switched as much as the switch happened, but I was collected and made decisions or took action that my mind might not have agreed with or come up with.

When in a private meeting of government officials I was presented questions regarding dealings between several countries, a long view of the future opened up, far beyond the situation at hand. The destruction of the Middle East as sovereign nations, the takeover of fossil fuels, and establishing military presence or protecting existing military bases, showed me what would be Desert Shield, Desert Storm, the second Persian Gulf War, airplanes used as weapons on 9/11, and attacks by an Russia-Iran Coalition on US soil yet to occur. There are countless and continuous ripple effects from this secret plan. I have felt frustrated by the failure of leaders to connect the dots publicly, denying or ignoring recent history, and fragmenting the larger picture, which precludes accessing solutions inherent in the broader view.

We cannot fully relate to our country or to life itself without recognizing the continuum that contains and determines today. The larger view of our personal journey shows us themes and challenges that have defined our behavior and the direction our lives have taken. We cannot isolate anything from those given themes and challenges. The United States cannot divorce its history, as it thinks it can. And it cannot act unilaterally without bearing the ramifications, or at least bearing witness. Intuition involves conscience and consciousness.

We are lacking leaders who utilize intuition. As a people, we do not value this function as we did in times past. Science and technology are not driven by heart and so cannot connect us to the larger picture. Pieces of information can be dangerous. It is time to put pieces together. It is time, as the people who cause a nation to function, to know more than our leaders if necessary, and join leagues to build societies from the grass roots level. Communities are the heart of a nation, so may we build community from the heart, and its direct knowing of relationship, patterns, and evolution.

All along the way we have forfeited the best of what there is in earthly life: awareness of basic principles of living as one people, equanimity begotten through cooperation and trust, and action taken upon deliberation and inspiration from the heart. We can return to the source of wisdom and vast vision. We can repair the 'sins of the forefathers' and petition for mercy. "Have mercy on us" means to me, "show us we are more than we think we are."



My heart swells with the truth that I cannot become lost.