

## Sense of Belonging Bella & Edward

I wonder is the quest for wholeness a quest to belong? Belonging to a group, a family, to a person, to a faith, to a way of living, to something outside of our real self. Can we be with our self? Can we be with the simplicity that everything we seek being within self? Trusting self, directing our life, being at one with all we experience inside of self. Then we can really focus on enjoying what exists outside. Then the journey is no longer ME focused it truly is about what is real, physical and in existence.

It seems we have within our culture a deep interest in aboriginal culture. This culture affirms oneness, belonging, a key relationship to mother earth, space and nature. They express this with ceremony, movement, pictures, art and the cycles of nature. A culture that speaks beyond the mind, a culture that appreciate sense, REAL intelligence™, pure awareness and dream time.

*"Aboriginal ceremonies are concerned with acting out The Dreaming, its laws and stories. Men and Women had different roles in ceremonies and these roles varied from language group to language group. In many areas men were given the role as guardians of a special spiritual site where a ceremony was performed. This role meant that the site would need to be cared for accordingly so that that particular spirit would continue to live there. Women were the guardians of a special knowledge and therefore hold great religious and spiritual power within the language group. Roles in ceremonies would vary considerably depending on the reasons why the ceremony was being held. Some ceremonies were for men only, others were for women only and both men and women had their own particular Spiritual and sacred objects. Sometimes this is talked about as men's business and women's business. Neither men nor women posses greater spiritual needs than the other, they just coexisted in different ways to ensure that sacred elements of The Dreaming would be practised and passed on."* <http://www.indigenoustralia.info/culture.html>

Everyone has a perspective and opinion on this cultural dilemma. I am wondering if much of this spiritual tradition is what we do need to embrace. For apparently 40,000 years this indigenous race has been on earth so their relationship with the earth is one that is evidently profound. There is no doubt in their connection and inter connection with the earth. Yet the domination of this debate is not really about saving a culture it might be about us? Often the projection of a cause and/or stand regarding a person/cause and or fight is really only the fight within an individual. When this is healed the desire to create and/or save outside of self no longer exists as a compulsion. It becomes a genuine expression of our inter dependant life. Just maybe those of us passionate about this issue are really passionate about our own journey into oneness, coming into unification with self and this culture is just one that has aspects that help us find this with self.

*" Our spirituality is a oneness and an interconnectedness with all that lives and breathes, even with all that does not live or breathe" Mudrooroo, Aboriginal Writer*

### MOTHER EARTH

What we have found is the embracement of our relationship to the mother, the earth mother of self and our relationship to the planet – Gaia. This is key as our original mother, the nurturing of self as connected to the earth sets up a grounded connection with self to the world we live within.

This is also NOT enough and/or where we are to reside.

We suggest a few other ingredients are appropriate for the modern ride into wholeness.

## MATERIAL WORLD

The material world is critical and we are not living in tribes, hunting and gathering yet we act in a similar way ironically still stuck with survival as our biggest driver? Whilst the basis of our existence is driven by this need to survive we will be dependant on belonging. Yet we are living in the physical world of money, work, careers and technology. This element is not something we can avoid. It is key and the mastery for us now is to embrace this and wish to live as LIFE itself. Yet stand in our unification alongside of the progress we have made in technology and communication. Included in this material world is the physical body. Our body is the element that makes this whole ride unique at this time - because the physical body is the connection between worlds. The earth we walk on and the space/universe that we access. This does not mean exercising everyday, eating organic vegetables, having baths at night.... This means what you consider as 'normal' that is sensation in your body for example: fatigue, head pain, migraines, digestive issues, allergies, back pain, reflux, sinus and dermatitis... Are all examples of very common physical complaints we take for granted. The physical body tells the truth, its our sensory guidance system and we have tended to abandon it by consuming drugs to suppress conditions and/or through believing in faiths outside of our body floating into delusional out of body experiences.

## HOLY TRINITY

Most of us want a spiritual faith and/or journey at some point in our lives so we go to cultures from the past, wisdom written centuries ago, we follow some form of faith that we resonate with. Mostly these affirm a relationship with either a mother (gaia) or a father (god). This relationship is to our own feminine and masculine selves. That relationship can never be whole unless we include the child, the needy child. This holy trinity makes ONE. All of this explains the unification and/or wholeness of self, the amalgamation of our child, father and mother. Now when we have created this sense of wholeness with self we have transcended playing out unhealthy mother, father and child dynamics in triangulations with people. There is no comfort in this with

other and therefore the dynamic of relating we once knew no longer exists. The oneness we seek is felt within as the united family within ourselves.

## SPACE

This aspect to be realized in the modern journey to unification is the place of space -this inter-dimensional galactic and universal dark matter of our world. We do not see this nor relate to this other than following our star sign astrology reading for the month and/or we pray to the universe to give us what we want. We are culturally really motivated to be in the light and to experience more light and love. What expands the mind is opening into space, utilizing our REAL intelligence™ is key for us to come into unification with self. Reversing back into self, having the ability to go beyond seeking. Saying NO to what you accept and allow. Discontinuing how you stay engaged in internal processing - when we come into wholeness there is no processing and or insights.

We become grounded to this earth, in relationship with the healthy father/mother & child, accessing our REAL intelligence™, fully alive and keen to be here in the physical with relationship to our bodies no longer abandoning aspects of who we are we enter a NEW territory.

## EXPLORATION

What stops this exploration?

The sense of belonging we seek in these traditions and/or in faith and/or a guru/teacher is the sense of belonging we want with self. Our desperate need to belong is what stops exploration. When we seek to go beyond what is known, when we seek to heal self, when we seek to explore self or life we may hit a road- block – this is like a lead plank inside of self - a veil is how it is referred in many traditions as the veil between two worlds. We may perceive the road- block as separate from self projecting this onto an external situation. The veil exists inside of who we are. This veil apparently is light. It is what keeps reality/the

physical away from the meta-physical/ inter dimensional. We interpret this as if it is real and as if these worlds are separate from self. Its like we think we have no access to the dimensions, and we live only a 3 D life accessing the physical matter existence of what we see, touch and feel. Others of us truly believe in the meta- physical and inter dimensional realms and live there out of our bodies, floating, disconnected from reality and in fantasy. Healthy exploration of both worlds is possible - all exist as life.

## VAMPIRES

We watch a move like TWILIGHT and it merges both worlds. We see the love story of Bella and Edward and we watch the inter play of apparent darkness and light coming together as one. Yet both characters at some level felt they did not belong in the world they existed within. That is what actually bought them together even though one was human and one was a vampire.

How ironic when we share the same sense of not belonging and in coming together we realise we are the same? Is there any separation? I think we create it - there is no separation between worlds yet all we have known is separation from our body, space, earth, self and one another. Twilight has been a blockbuster for many reasons and what is wonderful about the movie is it merges and amalgamates worlds, people, light and dark..

## EINSTEIN

If we want to belong in this world we must cease to contribute to the separation we all fuel. I DO NOT BELONG may be what lies dormant for many. "I belong and I need you to belong to me" maybe running for others driving their community, need to contribute and/or fight a cause.

Creating community and our group dynamics is where we appreciate the vastness of difference. It is also imperative within this we develop the capacity to find and align with self. Conceptually we know this with our minds yet today we can align to this within our body. Become this

physically aligned with our REAL self and all worlds. There is no separation between the earth and the dimensions they all exist as one with self. To transcend and include this belonging BLOCK we will go higher than the level in which we exist to come into communion with our holy trinity. The one ride – wholeness gig can probably be integrated in a variety of ways. It could take us a lifetime, it may not be certain people's gig we must accept and appreciate this and/ or it could take a minute.

### To review this in its simplicity:

1. Definitely find relationship to MOTHER EARTH
2. Embrace the material world we are here at this time for this purpose, to be one with the whole of existence, not aspects of it
3. Heal and integrate your holy trinity
4. Cease to conceptualise ideas – embrace your physical body as a reflection of the earth/space and material world
5. Access space – inter dimensions of dark matter
6. Start to explore life

## THE PUSH

This quest is actually not dependant on anyone but self, the push you feel is the pushed from inside of you to integrate and become one. The seek to find salvation in a teaching, one way, one perspective, a solution – is all a quest to belong. This cultural and collective mind pattern will keep you away from accessing the whole. It keeps us wanting to join other for unification, keeps us away from being able to stand alone with self and it keeps us going back to the past. It also keeps us rigid, unable to move forward experiencing inertia and /or delusion regarding some new exciting 'quick' fix.

## **MASTERY**

The mastery comes with the ability to take and appreciate the wisdom of each and also know that you are this. The words you speak, the way you act – becomes the expression of a human being who is at one with self. The relationship to self, becomes the relationship to nature, space, the earth, other, people... The inside and outside, the external and internal, the earth and the sky all exist within us. The human being is the vortex between the worlds, these worlds exist inside of who we are. Unification of self, wholeness, one ness all of this is what we are here to experience.

## **WHAT NEXT?**

Yet beyond this – when human beings actually start to experience this, then what? Then we have a new place of residence. We go from seeking to finding. Just maybe this is what we are afraid of, what happens when the human being reaches this place within self – he and she is then open for EXPLORATION. We have deep trust within self. The journey begins there is no past, there is now, there is exploration, there is fullness and freedom without any separation of self. From people, self, worlds, the earth, space – whatever. The separation and duality we have known and accepted and allowed as if it is normal no longer exists in self and in what we accept or allow in life.