

SCRIPTURES OF THE SPIRIT

Module 13

Bypass

In the search for meaning and happiness in our existence, one of the biggest hindrances to true happiness is often called 'Bypass'. In this module, we're going to explore this concept and how we can be free of it

Our psyche is a complicated thing and is more evolved in its understanding than we can know. Within us all is a mechanism, sometimes known in the spiritual community as 'Bypass'. I call it a mechanism, because I believe it is an essential function that exists within us, much like breathing or our blood pumping. Visualise a road system that has a bypass built over it. Except with what we are talking about here, the old highway road system is like a dysfunctional part of ourselves. Our psyche builds bypasses to avoid these areas of our consciousness, usually because we do not have the skills or inclination to want to visit these places within.

There are times in our experience when bypass is very important and helpful. For example, there was one aspect of my child abuse I could not recall. When I was in therapy working through some of these things, I started having a memory surface. My mind was giving permission for this information to be released to me, cancelling the bypass. As a 17 year old girl still very much healing, I didn't have the capacity before this moment, to process all I needed to from this experience, so my psyche kept it hidden from me with a bypass, until I had the support and willingness to experience the information, being retrieved safely. If we retrieve information with traumas like this, before we are ready, it will usually cause us to have a mental or emotional breakdown. Bypass is a protector of our sacred psyche and keeps the delicate things treasured, until we have the inner resources to process them.

Bypass can also be a physiological experience. There is one moment of my life that has been totally taken away from me and even to this day, I cannot retrieve it. It is the moment after I escaped from a parent trying to kill me. I remember contemplating how I was going to get out of the house without encountering them. The next memory I have is when I was out of the house and away from the situation. My brain did not store the memory of how I left the house. This is quite common after really traumatic events. The brain uses so much energy to process the trauma in that moment, it does not have the resources available to store the next memory, which is irrelevant in its importance, comparable to the massive trauma. So it leaves it out. This is a brain resource usage strategy to ensure the individual continues function. In essence, it uses bypass to be able to have the resources in the moment it is needed.

Bypass is most certainly a mental choice at other times as well. When we don't want to deal with something, when it is uncomfortable, when it dealing with it would invite us to take a look at some deep dark place of feelings we hide from ourselves, we may mentally choose, at a level we may or may not be conscious of, to ignore the situation. We may decide to do this consciously until we have the resources to deal with it. Or, we may do this more unconsciously, because inwardly we do not feel ready to be honest with ourselves about what we are cocreating or what we would have to change within ourselves, to cocreate a better experience.

Bypass can be useful. When our children play a song over and over again, we may be able to tune out the noise. This is a form of bypass. In the same way our brain can tune out irrelevant information through the reticular activation system and the light spectrum, we can leave out information that is not important, bypassing this from our conscious experience.

We often use this with family or co-workers we have to have in our lives, who we may understand have personality quirks that are difficult to be with, but are just part of who they are. Those with true mental illness, and no capacity to understand their actions any longer, are an example of this. They cannot and will not change, so we must be accommodating and yet still survive our encounters with them. Bypass is a way to do that. We can tune out the unchangeable that is difficult to love in that moment.

We can bypass things physically. For a time we may let go of our physical body, stop our exercise routines, eat a little badly. We may

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bypass things emotionally, not giving ourselves the space to feel completely during overwhelmingly tough times. Mentally we can bypass thinking about something on purpose. We may even bypass spiritually, when we want to focus on some other counterpart more. So long as we dwell in each of the four counterparts 25% of the time in our lives as a general average, we're doing great.

Bypass is often looked down upon by the spiritual community, as a less 'evolved' state of being. My first point about bypass is don't judge it within yourself. It can be very important and useful. Sometimes we are out of balance and we know it. There are times in our lives we have to 'get through' something. There are people we must be around who are challenging, just because they are. There are traumas perhaps, that we are not ready to deal with. There are times in our life when bypass is how we cope and this is 100% ok, especially if we are able to acknowledge what we are bypassing and why. We make bypass a choice.

Conscious bypass is ok. We can measure our capability to deal with process at any time and decide something is too much for us right now. Perhaps we will decide to deal with something fully later, when we have more personal resources. This is ok. What we are trying to avoid is unconscious bypass. Unconscious bypass is life sucking. We won't know why the pain is here, just that it is. As a student of consciousness and dedicated to the Life Force Principle within us, we must make a commitment to evolve ourselves towards greater personal freedom, letting go of these bypasses and being dedicated to become more deeply one, with our nature all the time.

Grow in Week 1...

Please spend week one just noticing how you bypass, where you think you might bypass. Pain is a good place to start looking. Is anything painful for you in your life? Have a good look at your life and choices, when you react, why you react. Begin to notice where you might be bypassing without judgment and just by noticing yourself more.

We must also realise that permanent bypass is very unhealthy. When we bypass, we are shutting off some part of full experience. We will feel as though life is vacant and missing something. We will never feel complete. Coming back to the roads example, there is some scenery along the way, we are not going to see. That scenery may seem irrelevant and unimportant compared to the powerful reason why think bypass is better, but long term, it will deny us from an experience we are supposed to have.

I always say that our journey through life is like we are sitting in a car, in the back seat. Our Source/ Guides/ God/ Goddess/ Universal Wisdom/ Higher Self is driving and knows way more than we do about the destination we're heading to and what we're supposed to see and experience along the way. Bypassing is like reaching the wheel from the back seat and trying to change our course, when the wisdom in the front seat driving, has a profoundly vaster perspective than us. When you understand this, it is actually a little arrogant to try and drive!

To admit that each experience is perfect for us, requires great humility and humble acceptance. We must also have great faith in the wisdom of our Source, by whatever name we give it, to know what is best for us. If the road we are on drives us into an experience of massive pain, we must ask, why and have the full experience of the pain. This is what higher consciousness does. However we are always driven by our lower animalistic nature, sometimes called the reptilian brain, which always just wants to try and avoid pain.

A dog being harmed will bite back. It does not have the capacity to have a larger viewpoint of its experience and ask, why it put itself in the position to be harmed in the first place. It simply reacts, because it is bypassing the higher functions and reacting. Human beings are capable of greater understanding in a moment such as this. They are capable of not just reacting, but often, they do just react, because they are bypassing the responsibility that is theirs, for cocreating the moment. They have cocreated it, because it is their Source that is driving. As we are one, it the vaster awareness of you driving, the part that already knows where you are going and all the things you'll need to experience to get there. It is not something outside of yourself that dictates your present magnetism. Only your will changes this in each moment.

So just reacting, usually causes great pain in the moment, as two human beings reacting, will keep harming each other, over and again. But it also causes great pain afterwards. Not only from the physical wounds, but from the emotional guilt and shame we often feel, when we have functioned from this lower state of being. Inwardly, we all know we are capable of responding in a more conscious way, regardless of how far along the journey into full consciousness we are. We usually don't like being this person responding this way, but if we are bypassing, it will feel like we can't help it.

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Grow in Week 2...

The kind of bypass we must be most aware of, is when we are avoiding emotional hurts or mentally choosing to check out of the fullness of an experience. As I said above, this is not going to work very well, unless we have faith. Faith allows us know we will be safe through an experience. Remember what a trigger safety can be. Most of us respond like the dog who bites, when we are afraid. So safety is of paramount importance. What makes you feel safe? Who or what is driving your car of life? How can you trust that you are able to handle working through your bypasses? What strength within you allows this? Please spend week two answering these questions.

People bypass differently depending on their personality type. A visual personality type will not take action. An auditory person will not talk about it. A kinaesthetic personality type will ignore their feelings. Likewise, to remove the bypass, the personality type normally defines how we can move through something. If you are visual, you will need to take action. If you are auditory, you may need to talk about it. If you are kinaesthetic, you will need to allow space to truly feel the fullness of your feelings.

How do we choose love and yet fully experience emotions, without getting caught up in them. Lets say we feel massive anger. Is it ok to dwell in this for a moment. You bet! A few moments, yes! Even a while? Absolutely. We are 'allowed' to have feelings we do not deem to be 'spiritual'. Life is not always going to be filled with peace, joy, rainbows and butterflies. When a loved one dies, you might feel moments of being angry, sad, betrayed, lost, alone. When you have financial problems, you may feel stressed, frustrated, powerless, scared and tired. When your children are ungrateful, you may feel listless, sad, crazy, questioning or mad. In the same way that you drop into the deliciousness of ecstasy, joy, hope, freedom, true peace and harmony, you will feel each opposite. You are meant to, in a world created for the experience of duality. To shut off one side of the feeling spectrum is to shut off the other. You cannot experience the profound sense of finding yourself, without knowing intimately, what it feels like to be lost. The more you know how you feel constricted, the more freedom you will feel. When you experience sadness fully, you will fully experience joy.

Most people avoid feeling. We have been trained socially to make certain emotions unacceptable. We feel such shame around emotions we deem 'negative'. There is a great book called 'Healing Through the Dark Emotions' by Miriam Greenspan that is wonderful to help you, if you have trouble giving yourself permission to feel everything. For Tele-Empaths who have shut down feeling to survive, this is even more important. We need to learn to navigate feelings and be ok through the muddy waters, as well as the shimmering and pure moments.

Most people these days use tools to bypass. They switch on the television when they are tired, instead of acknowledging they are tired and resting with an early night. They also use the tv for entertainment, when they have nothing to say to their partner anymore or want to numb out, so they don't need to talk to their kids. People use alcohol to create 'good' feelings and then usually purge when they are drunk. This gives them an excuse to be nasty and permission to let it all out, while taking no real personal responsibility for the experience. It's ok that they are angry and they really don't need to drink to give themselves this permission. Drugs offer the same kind of bypass. People often have a bad time on drugs, when drugs are being used to shield them from pain that emerges, when it has the chance to. Food also allows us to experience the highs more often that we might naturally feel this. Sugar and caffeine are two food drugs that allow us to ignore our real state of unhappiness or exhaustion.

So how do we really ensure we are not bypassing? Firstly, slow down. Think of the experience, each experience, as a nice hot spa, you are lowering down into. Imagine you need time to feel every bubble on your skin, the swirl of the water, the temperature change on your body. You even want to smell the minerals in the water, notice how the emotional self feels as you enter, watch your thoughts as they emerge. Spiritually, you maintain awareness on the larger meaning of the experience, but only once you have had the experience. First get in the spa!

Pause. It's ok to be there for a while.

We often dip our toe in the water and decide it is too hot and get out really quickly! But we need to trust, whatever is driving our car of life, filled the spa. The temperature will be ok for us. The conditions will be perfect, even if it takes us a moment to adjust to them. We need to stay there, dwell there and fully engage the experience.

If we realise we are avoiding love for example, 'getting in the spa' might be journaling if we are visual, talking about our feelings hon-





estly to a counsellor or good friend if we are auditory or making love and seeing what feelings it emerges within us, if we are kinaesthetic. We need to immerse ourselves in the experience of the feelings around the bypass topic, until the physical world experience changes. Maybe this outcome would be seen when we manifest love, when our relationship gets better, when our self love summit is reached? We have only fully had the experience when we meet the joy on the other side of it.

In modern day life, we need to create spaces in our busy lives to experience. This may be regular meditation or doing one meditation out of every seven with the express intent of looking at what we might be unconsciously bypassing. (Try my Explore the Shadow Self or Chakra Blowing Aura Explorer or Explore Your Core Health Issues meditations.) We might go on retreats, have regular therapy, enjoy breathwork, practice moving awareness like Tai Chi, Chi Gung, Ecstatic Dance, do workshops, make art, take personal development classes or just journal every day. Maybe taking a moment in your sanctuary space at home to ask yourself 'how am I?', is your way of tuning into the within. The 'practice' is often the way to experience. What is your practice? How do you check in with you?

The practice also has to be in our daily lives. We must slow down. Our humanity is moving so fast. We are evolving at such an unfathomable rate. We have so much going on, so much technology to keep us going, all the time. We must unplug. We must get back into the true experience. The true experience is your body and how it is. It is the feelings you encounter within yourself. It is the experience of your mind recording and your spirit informing you. It is encountered through the relationships we build, through the meaning we place on our experiences. If we are running around at a 'mind numbing' pace and losing the meaning of our experience, we are not doing the practice.

This is a real choice of life style. Most are not aware of it. They are in the machine of social normality. They think they are living. They bypass most of the experience. Then they wonder why they feel empty and try and fill this inner space with more 'stuff', activities and acquisitions. They run around this bypass cycle like a mouse on a mouse wheel. It never ends until they die resentful with so much anger, potentially with something like cancer - which could be said to be one of the major anger-bypass conditions of our modern times.

If you were drawn to do this program, you are ready to get off the mouse wheel. Maybe you've been off it for a while already?

We must look clearly at our lives and see if it leaves room for us to experience. If it is filled with too much, we are likely to be avoiding the experience, simply because we cannot do everything we are trying to do, fully. Sometimes we must clean out the clutter, prioritize what is really important, make space to have the experiences that we want to invest our precious time in, fully.

We must surround ourselves with other conscious individuals who are accepting of full experience and love the process of illuminating bypass as much as we do. We often say, 'we are only human'. We consider our humanity a weakness. We talk about this humanness (weakness) as a failing. Humanity is Divine. Experiencing all we have to offer as a human being, is Divine. It rips us to pieces and rebuilds us. It is both beautiful and painful, messy and magnificent. We need sacred others around us who can witness the strength it takes to allow ourselves to be messy. Dealing with bypass causes us to look messy from the outside and to feel messy on the inside. Those who judge this state, are used to judging themselves and do not allow themselves the freedom to be as empowered as they can be. When we have friends we can be messy with and in process around, we can just be with the experience. Not every 'spiritual' seeker is like this. My advice is to seek out other conscious people and to let yourselves honestly relate. There is such freedom in this. You will find these like-minded Souls at places that share true consciousness.

If you're starting to understand what I am saying, living as free of bypass as we can, is a way to deep joy. In order to stay this way, we need to have the right environment, commitments level, support and practices. This is an ongoing commitment. I often see teachers reach a level of conscious awareness, only to fall back into massive bypass over time. Becoming clearer does not stop. It takes life long dedication. The more you practice it, the easier it becomes.

Judgment of others is a key indicator of bypass being present. At these moments we must stop and look within. What are we not experiencing fully, physically, emotionally, mentally or spiritually?

Bypass is often occurring when we are 'failing to reality test'. This is also the simple definition for mental illness, according to the DSM, the diagnosis document currently followed by those who make a living from 'mental illness'. When I studied psychology at university, I did a really interesting unit called 'abnormal psychology, the psychopathy of everyday life'. I am so grateful I chose this unit, as it gave me an awesome perspective about how normal, being 'abnormal' according to these definitions, really is. The truth is, most of the

human race is bypassing in one way or another. If this is true then almost the entire human race is mentally ill and 'failing to reality test'. This makes the abnormal, normal. If you're bypassing, know you are not alone. We have not been trained to notice reality, only our judgements and opinions of it.

For example, look around in the place you are right now. What do you see? If you are a busy person, you might notice the mess you haven't cleaned up yet. You may notice the cleaning you have yet to do, the improvements you are yet to make. Maybe your car needs a clean if you are listening to this while driving. If you are at work, you might be noticing the pile of work left to do in your desk. Where ever you are, you are experiencing the environment, based on your opinion of it. You are bypassing what is really there.

What is there if you are in your car, is your car, the steering wheel, the seats, the stereo etc. At home you might see the lounge or seat your are sitting in. Maybe a table or other furniture in the room. The pictures or things on your walls or other objects. Perhaps you could see the view from the window. If you are at work, then you see your office furniture, maybe a computer or whatever else is physically in the room. These are the things that are actually there. This is actual reality. Your judgments about your situation, what you need to do or what you have done, cloud your viewpoint of reality and make you bypass what is really there. Bypass is always occurring when we are not present with what is actually there. We can get so caught up in the bypass, we miss the beauty of the facts. We have a roof over our head. We have a car to drive. We have a job that sustains us. These facts of our reality can bring us joy, as much as the bypass of them, can lead to stress.

Think of this from the point of view of our emotions. The most common bypass I see, is when someone wants to be someone other than they perceive themselves to be. They wish they had other qualities, personality traits or experiences. They are often so busy trying to live as this person they would like to be, trying to meet that reality, that they are completely out of touch with the person they are. This often happens during spiritual enlightenment training, where the student wishes to be in a certain perceived state, yet doesn't feel they are 'there'. In this way we can often avoid what Shaman's call 'The Shadow'. This is the place within us that feels 'bad' things. Our society has taught us that feeling experiences we have labelled anger, depression, sadness, resentment, jealousy and other 'negative' emotions are bad. So we tend to try and avoid them, to keep 'looking good'. We've bypassed these states as a society and made it so socially unacceptable to feel anything like this, that the suppression of these feelings builds up and leads to people going into work and shooting everyone or doing this in schools. Sadly, even our children are not given the sacred space they could be, to experience feelings before they reach this level.

I have often seen spiritual teachers get to a place where they feel they have a certain standard to uphold. 'Trying' to be happy all the time and supremely judging themselves when they are not, they bypass the emotions and eventually find it severely stagnating their growth. I have seen this particular bypass lead to teachers with genuine suicidal tendencies on many occasions. You can't live, while only feeling half of life.

As I said previously, being fully conscious is messy and magnificent. We are both luminous and dark. We experience it all. Yet in our society we are not trained to accept this, so if you've had trouble reaching these emotions within you and giving yourself permission to explore the whole you, know you are not alone. Most of the human race feels the same limitation when it comes to accessing their emotions. Most of the human race is absolutely terrified at feeling what they think they might feel, if they let themselves.

Emotional expression is like giving birth to something. First we must let it grow within us and be mindful of it. Then we must allow it to experience us. We must ride the ebbs and flows as the contractions of its expulsion begin. There will probably be a moment, just before we near its birth (called transition in actual human birth), where we are not sure we can continue, whether we are strong enough, whether we can 'do this'. Usually at these points we must have support to help us believe in ourselves. Then as the birthing comes, we must express our will to relieve ourselves of what we are birthing. Once we have expressed strongly enough, it will be given life in the world. We will feel a rush of amazing feelings of love, connectedness, belonging, peace and great beauty. Then we will spend the next months learning how to be, with this thing we have birthed in the world. Each birthing process is the same, whether we are growing a human, healing an old emotional wound, letting ourselves become more of our great beauty or clearing great trauma.

Most people stop willing themselves to birth, during those final moments before the newness arrives in life. They see it as too painful or scary. Then they go back to the same old person they were, except they started a process and it is now like carrying a dead baby inside them, eventually they are going to have to get it out. The ancestors say, 'never start what you don't intend to finish'. This is why. My job is often to help people as they reach 'transition' or to help them remove the old energies that have accumulated by past halted births of their emerging consciousness. I can tell you what I see every single person I have ever worked with, experience on the



other side of their 'delivery', is empowerment to their true nature. It is such a privilege to hold that space and witness them emerging. The human spirit is SO powerful!

So when healing bypass, make sure you are really ready to go the distance. You can be mindful of your bypass and also be aware you don't want to work on them just yet. This is fine. This is being conscious of yourself. When you are ready to work on a bypass, go the distance. Finish the process. Then you will get to the other side of it, which is like entering bliss itself. Anyone who has ever beaten an addiction, faced a fear, had a baby or birthed something equally as precious or done something they always dreamed they might, will know this bliss.

Remember also, there is a spiritual component to bypass. If your Soul has indeed been overseeing this journey you call life, then trust it has attracted everything to you for a reason. This means, up until the point at which you change your will, you are meant to be bypassing what you have. If I hadn't had so much trauma growing up, I would have been fully open spiritually, way before I had the tools and support to deal with this. I have absolutely no doubt, I would have ended up in a mental institution, where no one understand the gifts of a luminary. Everything that shut me down or stopped me from being all that I AM, was perfect, to prepare me for opening, at the absolute perfect time, where I had the resources to help me understand my psychic, shamanic and mediumistic gifts. I can assure you that no matter where your life journey has taken you, the same is true for you also. We wait in caterpillar stage for as long as is needed, before it is time to become a butterfly.

This also means that when you get the motivation to work through a bypass, when it feels right and you feel like you have the tools to do so, you can absolutely trust that it is time. You can also therefore trust that the right people, support and tools will turn up to guide you through it. Have you ever noticed this? When the student is ready, the teacher appears. You can trust that when you listen, not to the 'shoulds' of your inner conversations, but the real 'I must' and 'I must now' moments of your inner dialog, that you are being reminded, you are ready. And, if you are being awakened to a possibility for wholeness in this way, you have both the inner and outer resources at your disposal, to make your way through your transition moments. You can do this.

You will always hear me say, don't rush process. This is why. When you are listening to the authentic voice of 'I CAN' inside yourself, you will move through bypass gracefully and easily, with full conscious awareness and loads of support, as well as heaps of inner oomph to make it through whatever difficult moments await you. No one explained this to me when I first started working through bypass. I was totally terrified. I thought I had Pandora's Box inside me and if I opened the lid, it would make my experience even more of a 'hell on earth'! For me, there were moments I would say where challenging, but also, handle-able. The more I believed in myself, the easier they became. Now I actually look forward to discovering a bypass, because I know the deliciousness of the bliss that awaits me, when I am fully conscious of this limitation.

My advice is always, to feel the fear and do it anyway. If you have a sense of Pandora's Box lurking within you, just lift the lid for a moment and then shut it again. Let a little out at a time, at a pace that feels safe for you. Allocate a specific amount of time per week or day to explore your emotions around it. Dedicate yourself to this time. Avoid it, at other times. Change the mental subject. You can have this much control, if you choose to. Make sure you've got lots of support if it is big trauma you are working with and remember, your Soul already knows, you've got this. So tune in to find your way through.

Most often, it is the mind that allows us to bypass. It creates excuses, new rules or paradigms of non reality, that blind us from what is real. For example, if I cannot face the fact I have hurt someone by taking actions that were harmful, I may bypass the guilt I feel and in my mind, come up with a whole bunch of reasons why the other person is at fault. In reality, the person is not at fault. I am. But as I cannot process the emotion of my feelings and take responsibility for this, I bypass, to save my psyche the processing, I do not have the capacity to do.

If I am eating too much or not exercising and I am overweight, I am bypassing something in my body and emotions. Maybe I don't have enough sweetness in my life, so I crave sugary foods. Perhaps I am not getting enough nourishment, so I crave fatty foods. The craving is reality. The bypass is that I am not getting enough nourishment of sweetness. The truth will be, I don't choose to nourish myself or slow down to enjoy the sweetness. Instead I have found a shortcut to the mirroring of what exercise, endorphins and good foods will give me, through the false short lived highs in sugars and other foods that alter our chemistry. This bypasses what we all know our bodies truly need, good food and movement. We are what we eat.

If I am not attracting love right now, there is often an internal bypass going on. Perhaps I am scared of love. Maybe I am afraid of being hurt. Potentially I am scared of reliving some part of my parents history or my own. Maybe I believe I am unlovable. Or maybe it is

some other deep feeling I am not acknowledging. While these undercurrents are ignored, the bypass on the surface may inform me that love doesn't really exist, it's not possible for everyone to fall in love, I've had my chance and blew it, I am destined to be alone, I am incapable of love, I always... etc. the permanent story that I am 'always' going to go without this experience for one reason or another. The reality is, I am afraid. The truth is, you are entitled to love, we all are. You do deserve it. You can have it, whenever you allow it. Moving through the layers of fear, allows it. This allows the bypass to be no more and sets your reality up, as you really want it.

Self care is another area where bypass is strong. I am honoured to mostly work with my sacred sisters in my work and I can say that for women, self care comes often, with so much guilt. If we haven't looked after everyone else's needs before our own, often we feel such guilt and shame about this. The amount of conversations I have with women, who immediately justify why they did something for themselves, after admitting they took care of themselves, is astonishing. As a society so much is happening for women, in terms of our perceptions of our entitlement in this world. I can say that most of the women I work with are challenged around self care and their absolute entitlement to care for themselves. Instead, they often bypass this guilt and shame, by using a number of excuses/ bypasses. Some of them I hear are, I am too busy, I will do it when I have done....X, I just can't say no, I have too many things to do, I must look after [person] first, then I can care for myself and the list goes on and on.

You are given a chalice to hold your life force in for this lifetime experience. If you do not give only what is overflowing to others, you will get sick and die. That is the reality I have seen. If you truly care for those you care for and your bypass story is, you are burning yourself out for them, remember how they will be when you are dead. They will be addicted to your life force, incapable of looking after themselves and desperate without you. If you care for others, you need to care for yourself first and if at any time your cup is not overflowing, say 'no', instead of 'yes'. We are not supposed to be used up like batteries. 'Spend' your energy sustainably. All rechargeable batteries die if they are left on low too often.

The Life Bypass is one I see very commonly as well. Many feel so alien from this world, because they were born with such connectedness to Oneness. This knowing remained, even at a deep level within them. As a result they look at this world and see it as a sad, bad place to live. It can feel so harsh, compared to the loving and beautiful place they remember they come from. As a result of feeling external, they attract situations in life where they are externalised, socially, emotionally, in their career choice, in family groups. Their experience is always one of not belonging. While we bypass the awareness of our magnetism, knowing that we are actually creating the externalisation in our experiences, through the feeling of being external in our sense of being, we continue to blame the outer world for our sense of difference.

The reality is, we all belong to something so much greater, a unity of consciousness that is universal. Once we realise this, we can move into the world experiencing sameness, instead of difference, with our fellow kin journeying here. We realise we do belong. We can all feel at times that we do not belong at some level. In this unified understanding, we are part, of the human 'condition'.

Psychologically, generally speaking, we usually bypass reality for one or all four of the following reasons. We will notice these operating at some level through every bypass.

- 1, we believe, 'my life is wrong' or 'I am wrong' or 'I am not ok'.
- 2, we think, 'I/ they, should have acted differently'.

Fundamentally these bypass beliefs cause us great anxiety. We go into yang hyper drive to try and control our reality.

- 3, we tell ourselves, 'I am missing out'.
- 4, we convince ourselves that 'my life or I as a person, are worth less'.

These last two bypasses cause depression. We go into yin, stilling to the point of stagnation, unable to move through.

Think about your life now. Think about one area of bypass you feel ready to address, just one. Try and apply these four concepts to your bypass. Do they fit? What is real? I'll example this for you.

Right now I am looking at addressing two areas of my life I have noticed are very out of balance. One is my health. I am more overweight than I am comfortable with. The second is my stress level. I have actually noticed myself feeling 'stressed', a state I don't feel often and I don't want to feel.

Bypass in the past has lead me to consider a whole range of external factors to justify these two things. I do a lot! My impact is really





big in the world and I always have a lot going on. My bypass story has told me that I am doing too much, then I feel empty, then I am eating things I know are not healthy for me. I am also telling myself I don't have time to move as much as I need to. But these things are all external. They are part of the Bypass Story. So the first thing I will do is ignore all of these excuses/ reasons/ story saga pages.

1. I am wrong because:

Bypass Story says: I know my physical counterpart is out of balance. Reality: Of course it is, I've just had a huge experience, having a baby and learning how to walk with that life change.

Bypass Story says: I need to embody better. Reality: I am human too and perfect in my imperfections. I am overweight.

Bypass Story says: The problem is I don't feel enough is wrong about this. Reality: I have worked so hard on self love, I love myself. I look in the mirror and the overweight woman looking back at me seems like a stranger, not me. Inside I feel like a Goddess. I feel energised. I feel beautiful. This is not what I see in the mirror. This reflection person is unhealthy. She is not loved enough.

Reality: I am actually not wrong. I am simply experiencing the effects of choices I have made. Now it is time to make different choices.

2. I should have acted differently:

Bypass Story says: I have eaten the wrong foods. Reality: I have needed some help to get me through some challenging times and I have been using food chemicals to do this.

Bypass Story says: I should have moved more. Reality: my body has had a fractured coccyx, wobbly pelvis, lower back impairment limiting movement and a fractured foot. My body has been clearing some major crap out of my lower Chakras since I had a baby. Boo yar! (This gets me feeling very excited for all I have shifted!) I am doing great to be ready to rid myself of all this old energy and I have been in a holding pattern to safely process all those energies from my physical. The reality is, I am feeling ready to make a change now, for a reason. It's time!

Reality: I acted as I was able to. Now I have the motivation to act differently.

I notice the stress I described has been a level of anxiety, both from the foods I have been eating and their effect on my body and the fact I have had no physical outlet to release all that energy, so it has turned to fat.

3. I am missing out if I change:

Bypass Story says: If I don't have the chocolate I've been eating a lot of, I am missing out. Reality: I am missing out because I eat the chocolate. This causes me to be unavailable for life, as it doesn't let me show up with as much enthusiasm.

Bypass Story says: If I loose weight, I am loosing something. Reality: I will gain so much more enjoyment of life and I know this. Loosing weight would be such an emotional gain.

Bypass Story says: Being overweight helps me to stay visible. Reality: overweight people make thin people feel uncomfortable a lot of the time. Healthy people often avoid relationships with unhealthy people. This is actually causing me to loose potential relationships and friendships and truly miss out on the joy they could bring.

Reality: I will gain so much by being authentic.

4. I as a person am worth less.

Bypass Story says: I am powerful because I feel worthy, despite my physical appearance. Reality: to be truly evolved and embodying consciousness, I would have all my four counterparts in harmony and unison. This state is a measure of work to do, not work done.

Bypass Story says: I come last in my life. I am the least valuable thing. Everything else gets attention before me. Reality: I hold the place of value in my life, I choose to, with every choice. This is cumulative.

Bypass Story says: I have devalued myself. The first year of a babies life does require enormous input. That is a fact. Reality: It is time to bring things back into balance, to care for myself as I normally would.

Reality: This has not been a measure of my value. It has been a choice of investment. I can choose to invest in myself more now.

These are just some of the examples of thought process I have been through over the years and the reality checks that have brought me out of bypass as I have met them.

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Grow in Week 3...

You start by asking the questions of the four points. These will identify projections and Bypass Stories you tell yourself. Correct each one with a reality check, one that is not projective. Then allow yourself to move toward the reality you are creating with action and intention. Don't stop re-centering in this reality until you reach your intended embodiment.

The reality is, it may take us many years to unravel a Bypass Story and there may be many layers to it. When we can tap into the deep story beneath it, we can stop the behaviour or pain we are experiencing without effort. This requires that we show up in our lives with deep authenticity and bravery. It may require us to be humble, to know our faults, to accept ourselves with complete and total understanding. We know we have succeeded when we see physical results.

This is hard to do when there are motivations driving you to continue lying to yourself. It is easier to blame another or something external, than to admit you are making bad choices because you don't care about yourself enough to bother doing differently. It may be easier to have a story about being unlovable, than to deal with the feelings from your upbringing that may have cemented this idea and realize the opposite. It may be easier to simply not have sex, than to deal with the feelings around it that remind you of abuse or trauma. Maybe it seems easier to shut off, switch off, turn off the parts of our self that are damaged. But the reality is, that bypass of any sort is a limiting of our aliveness and our potential to experience the life force. If this (as we discussed in module 1) is the key to life itself and honouring the Life Force Principle is the whole point of our existence, then bypass is like honouring death. It is the opposite of living. Most people who describe the way they feel when they are bypassing, say they feel dead inside. Most people say when they heal a bypass, that they have 'never felt more alive' or experienced more joy in life.

Most of my work in the world is simply about holding the space for people to experience their feelings, to become fully conscious of their bypass choices and to move beyond them. Moving beyond these places is the absolute path to liberation and living a life of great beauty. It is the key to real fulfilment. In it we have a disciplined container for the full experience of everything within. We relate better to others and feel part of the world. We belong to our human tribe, because we can. We also feel more content and happy more of the time, because we are truly living. We are the expression of life itself.

Your mission is to befriend your bypasses. Right now they might be strangers to you. Get to know them. Know there might be many. Know that is perfectly ok. Choose one bypass and only one at a time. Then work on getting to know this bypass. Choose one that feels right, that feels ready to be healed. If you do not feel ready to heal any right now, then just start by becoming aware of what is there potentially, for you right now. Make your bypasses not something to be ashamed of, but friends who walk with you.

If you were queen of your world, these are the soldiers who protect you, until you are ready to win the battle with yourself in each area, they have been saving you from interacting with.



We don't start a war with everything at once. We choose our battles carefully. We must know our opponent well. Then we know how to disarm them, to see their needs or if we are clever enough, to not go to war at all.

We bring these aspects of our internal kingdom to our table, to get to know them, to talk, to learn from them. We love them. We heal them. We see them for what they really are, sacred carriers of our energy burdens, we have not been ready to release yet.

We are grateful for each bypass
on our journey to total freedom
and maximum life force.



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