

Bringing it all Together

This whole program is about helping you to remember what and who you are, gain conscious awareness of that one, and then choosing to be that one through practice, intention, and action. This is living in the zone of creative mastery. This is also what is called awakening. And this is where we can experience extraordinary success in our lives.

As you practice, you continue to shift your level of consciousness - move from ego/victim awareness to soul awareness. Your perspective and priorities shift. This is what we are pointing to as living in the Zone. Your level of consciousness determines *everything*. It is what living a Divinely Guided Life is about. But it is not about taking directions from a separate God who has a plan for you, it is about tapping into the truth of you as God and remembering that plan you – your High Self/Soul/Divine aspect/as for you. You have been giving everything you need to create the life you want to experience. Finding what that is, is what we have been doing. Learning how to move out of fear and doubt, and into peace, power, and clarity is the point of the course. What I have found is that the results will be/are extraordinary – if you have made the effort.

You have free will and that is an important aspect of this life as we must have free will to realize that we are the one empowered to make this choice. We are the only one that can make the choice, and only with that, can we realize that we are God – the highest authority of our life. So with this, we must accept that is our responsibility alone to create the life we want-to achieve the success that we want to have.

Take a look at your life through the lens of the Divine and see the perfection in the parts and the perfection in the whole. Remember that your life is a work of art in progress.

Meditation on Bringing it All Together.

What Would You Do if You Knew You Were God?

I channeled the song, *What Would You Do if You Knew You Were God?* when I was trying to understand this relationship between God and myself as she kept telling me that “You are Me!”.

The world that we live in lives mainly from the lower levels of consciousness and thus does not know that we are so powerful or empowered. The stories of God that are based on separation create the belief that we are not completely responsible or powerful. So we live in various versions of victim consciousness.

But when we realize and decide that we are solely responsible and wholly powerful, and both human and Divine, we can co-create with the Universe what we have come to express, experience, and create. It is from here that we stop waiting for our lives to become what we want, and take the responsibility and actions to create it.

Today's Exercise and Exploration Question: What Would You Do if You Knew You Were God?

Levels of Consciousness

As you move into the next level of work, you are now going to learn more about who and what you are and how to expand your levels of consciousness. There are three sections here. Work with one section a day for the first 3 days, and then bring what you have learned into your daily practice, both your introspective practice, and everyday life.

Introduction - The 5 Levels of Consciousness and 4 Levels of Engagement

Another way to understand our "soul" is to see it as Divine Realization, or as a "level of consciousness." Divine Consciousness is infinite and, I believe, beyond our human capacity to comprehend. But, we can tap into an expanded level of consciousness in our earthly experience for a glimpse into the infinite and understand more clearly, our place in the Divine plan. When we expand our awareness into the soul, we understand that everything is in perfect Divine order and therefore, we are able to feel the peace that comes with that understanding.

This next section was channeled to me as part of the teachings. It helps us understand how to shift our consciousness into Divine Realization. This is the foundational understanding that can help you use the 4 Levels of Engagement described by Alan Seale in his book, *Create a World that Works*. The 5 Levels of Consciousness represents our inner experience and the 4 Levels of Engagement represent the outer experience.

Section One - The 5 Levels of Consciousness

This message from my Journals with God shows us how life on earth is currently evolving and how we can evolve within it.

"You all have many levels of consciousness, and your awareness of them continues to grow and evolve. The first part of the teaching provides the knowledge that these levels exist. When you are born, you are connected to your soul level of consciousness, but you are not able to integrate that into your mind, since this part of you is just beginning to form. As you become more immersed into earth consciousness, you are taught not to remember and integrate your soul wisdom; so it fades.

This has been part of the complete plan of evolution on the planet. Some children are starting to remember their soul wisdom and will be leaders in the next phase of the planet's evolution. Currently, those who are in pain, are actually feeling their disconnection from Source. Once you become aware that that is what's causing the pain, you can awaken to the desire to connect with and live from the soul level. As you begin to remember that there are levels of consciousness, you begin to recognize them.

As I talk about the levels of consciousness, know that we live in all of the levels at different times and in varying degrees. The goal is to have awareness of them and our Selves and to be in a state of constant choice as to where we live.

*The lowest levels of consciousness are 100% earth-based **Victim** physical awareness. A person on this level lives as the "victim" of circumstances with the predominant energies being fear-based. Emotions and a sense of well-being are completely conditional, dependent on external forces, where the individual holds very little personal power. This is a very common place for most of society, and most education systems teach people how to function on this level.*

*The next level is the **Dominator/Judge** level. This is the place where awareness of personal power is attained. The person has a desire to move out of the victim level and moves into being the "dominator" and "judge." Here there is the added energy of resistance and anger and the intermittent high of winning over others. This is the place where people also become the rescuer and help others, so they may achieve a sense of importance. This is also the realm where the ego is most predominant. The underlying motivation is still fear-based. Mastery of the*

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earth plane, may be achieved by some, which reduces the pain as external comforts and goals are attained, reinforcing the "dominator/judge.". Since it is still a disconnected state of being, a truly peaceful state is not possible.

These lower levels of consciousness are also where many religions fill the false role of providing some form of spiritual fulfillment. There is a feeling that the person is doing what is right, but it is still an external pursuit. It is about moral structure instead of a truly spiritual experience.

The next level is **Disillusionment**. It is the place of knowing that the first and second levels don't provide you with true happiness, fulfillment and peace, but you aren't yet consciously connected to your soul. This is the place for facing all the stories, beliefs, and structures of society built on level one and two and the place of final realization that there is another choice. Most people enter this stage several times, only to go back to "solve" the problem in the Victim or Dominator/Judge levels. Eventually, the time will come, when you become aware that there must be something more. This is the First Awakening."

At this point, you step into the level of **Seeker/Finder**. You begin to experience your body's energy in a different way. You are starting to disengage mentally from the dramas of your life and are becoming more aware of what is true for you. You understand that you have a choice in responding to outer drama and instead choose your inner peace without any external reference. You are now connecting to your soul consciousness on deeper levels. You can see the different levels of consciousness and you can choose where you want to be. You more easily connect to Source through your soul and are now beginning to create what you truly want at this level.

The final level is that of a **Soul Realized** being. The ability to achieve this level of consciousness is living in Divine Mastery. For once we know how to reach this level, we are able to return to and remain in it, at will. When you experience this level of existence, you will realize that there is no better place to be. Absolute mastery at this level is possible. When you hold the intent to live here with complete compassion for yourself, the beauty expressed in your life is Divine. It is here where complete surrender to Source and Soul is lived every day. It is also here, where attitudes of "victim", "dominator" and "judge" are transmuted to love, joy, acceptance and peace. Compassion is a way of being, and

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everyone in this place of consciousness is a healer. This is the place of **Divine Mastery**.

Each of these levels has many facets of "work" to facilitate your ability to forgive, release and accept. The final phase requires the release of your old self in order to re-emerge as your new self. This step is taken at the appropriate time and requires an external shift in this process. Then it will be up to you to bring your new self back into the world in order to transform and heal those who you touch. This is how it is done. This is how heaven is brought to earth."

Love, God



Journals with God, 10/25/12 Canvas # 19

"So God, as You, what do You want me to do?"

"Diane, you ask this as if you are asking someone outside yourself. Know that on a spiritual level there are no expectations of you. You don't have to do anything. You have been given free choice plus the ability to know (feel) what is preferable and what is not. Your heart knows a longing to connect with me. So, whether you realize it or not, your search for truth is the result of that desire. Diane, I don't want you to do anything. But in every moment of every day ask yourself what you want to do. Your religions talk about obeying God. Well, if God is within you, then whom do you obey? My hope is that you experience a life of joy. You have all the choices available to do that. Because you and I are One.

Love,

God"



Exploration:

1. At what level of consciousness do you operating at now? Write about that. Can you see yourself in each of the levels? Can you see patterns in your life where you can recognize your levels of consciousness? What behaviors do you possess associated with your levels of consciousness? How do they make you feel? How does it feel to shift to a higher level when you have the urge to

- behave from a lower level? Do you resist shifting to a higher level? Why?
2. As you begin to do your meditations, can you see yourself shifting your level and staying in a new place for a while?

Exercise:

Watch how you are being in your day-to-day life and observe what level you are operating from. Spend a day watching your levels of consciousness before reading the next section, then see if you can see a relationship between your levels of consciousness and your levels of engagement.

Do Audio Meditation 3, "Levels of Consciousness"

Section Two – The Four Levels of Engagement

We can see the levels of consciousness within our Selves, and we can then begin to see how we interact with others from these levels. One of my favorite authors and teachers is Alan Seale. His teachings on the Levels of Engagement from his book, *Creating A World That Works*, helps us to see and choose how we interact with others and enables us to change our experience from being the Victim, Judge/Dominator to allowing our Selves and others to step into a place of seeking/finding and Divine Realization. The following Section is from *Creating a World that Works* by Alan Seale.

The Four Levels of Engagement by Alan Seale

"The Four Levels of Engagement provide a structure for getting to the true essence of what is going on as quickly as possible. In leadership and service, when we introduce this simple structure to those we serve, we give them an awareness tool that helps them begin to make significant shifts in how they approach challenges and situations. The simplicity of the model quickly expands awareness. Understanding these 4 levels (similar to understanding the 5 levels of consciousness) is also the first step toward Transformational Presence and creating a world that works.

Drama lives at the surface. The Drama level of engagement is the "he said, she said, then this happened, and then she said, and then he said..." level. It is easy to get caught up in that level and start *reacting* to the emotions of the situation or story before pausing to consider how we want to respond. Reacting can be a significant trap when we want to be sensitive to others' needs, feelings, and circumstances. Even for those who are more experienced in leadership and service, some people and situations can

easily pull you in, especially if you have an emotional stake in what is going on.

At the Drama Level, the focus is usually on finding someone to blame. Typical questions are, "Whose fault is this? How did this happen? Can you believe he did that? What were they thinking?" Bring to mind a time when you have gotten caught in the Drama level in your personal or professional life. How did that feel? What happened to your focus and energy? Going to the Drama level can happen to any of us; you are not alone! Yet with heightened awareness and practice, you can learn to quickly drop beneath the drama and begin to perceive and understand more clearly. As you keep practicing, you get caught in the Drama level much less frequently.

As we drop below Drama, we come to the **Situation** Level. Because we've stepped beyond the drama, we are able to see what is going on much more clearly - what really happened or is happening. The typical question here is, "How do we fix it?" The main focus on the Situation Level is usually damage control. How quickly can we fix the problem and get things back to "normal?" We move on and put the situation behind us, usually without learning from what has happened. As a result, a similar situation or challenge is likely to come up again, because the real underlying issues were never addressed. Unfortunately, too often this level is as far as we go. We are well-trained to look for who or what to blame or to be problem-solvers and remain at the first two levels.

The third level, **Choice**, invites us into a shift of consciousness. Here we are not speaking of choices of how to fix a situation, but choice about who we will be within the situation - our relationship to what is happening. At this level, the questions are, "Who am I within this situation? What is my role in how the situation came to be? What is my role in what is happening now? How do I choose to engage going forward?" This third level invites us to recognize that although we may not be able to change the circumstances or situation right away, we can at least choose who we will be within them. And that's a huge step beyond where most people go. Now, we and those we serve, are claiming responsibility and choice in the matter, and for the possibilities of transformation and sustainable change.

Finally, there is the fourth level, the deepest level, the one that we rarely get to in our culture, and the one where the most profound leadership and service occur: **Opportunity**. When we move to the Opportunity Level, our first question becomes, "What's the opportunity here?" or "What wants to happen?" This level is where the true power lies. Here we get to the Gold. This situation has happened for a reason. It wants to tell us something - to

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help us clearly recognize what is not working or what wants to change or heal. In fact, there is usually a direct correlation between the Drama and Opportunity levels: the bigger the drama, the greater the opportunity. The drama is a wake-up call, alerting us that something wants to shift or transform.

Once we have indentified the opportunity, we then choose how we want to engage with it and what role we will play. As we engage with the opportunity, we continue to move back and forth between the Choice and Opportunity levels. Each choice reveals more about the opportunity, and the deeper we go into the opportunity, the clearer our choices become. As a result, our perception of the situation starts to change, and we are able to move forward with the new levels of insight and clarity.

When we live in Drama and Situation, life tends to be about struggle and problem solving. We give the power to something outside of us, and we reinforce the presence and action that keeps us stuck. However, when we move to Choice and Opportunity, we take the power back. Consciously choosing who we will be in relationship to the situation empowers us to break free from struggle and create new circumstances and realities."

Recap

So, to recap, there is a direct correlation between The 5 Levels of Consciousness and Alan Seale's Levels of Engagement as shown in this table below. It is at the point of Disillusionment that we can choose to return to the Victim, Judge, Drama and Situation, or move into Seeker/Finder, Choice and Opportunity – ultimately to Divine Realization.

The table below outlines the relationship between the Levels of Consciousness and Levels of Engagement:

Level of Consciousness	Level of Engagement
Victim	Drama
Judge	Situation
Disillusionment	Back to Judge/Victim, or  Forward to the next Levels
Seeker/Finder	Choice
Divine Realization	Opportunity

Exploration

Over the next few days, pay close attention to how you respond to situations and circumstances in your life - to challenges, conflicts, and opportunities. Do you tend to get caught up in or even create drama? Do you go straight to the Situation level and look for solutions as quickly as possible? Or do you pause and reflect on and move quickly to Choice and Opportunity? Make no judgment about what you observe. Just pay attention and see what starts to shift in your awareness, especially by noticing your default reactions.

1. Of the Four Levels of Engagement – Drama, Situation, Choice, and Opportunity - which do you live in most frequently?
2. What is your default level?
3. How does each level show up in your life?

Exercise:

Listen to Audio Meditation 3.1, "Levels of Engagement"

Responsibility

As you can see, It is up to you to take responsibility for it all: your level of consciousness, your efforts, your reactions and responses, and your choices. My friend Kathy Jacobson is a great life coach. She says that the only thing God can't do is choose. I replied that I believe that it is always God choosing, as we are God. I think she is pointing to the reality that it is up to us to do our part – we must do it. I believe that the quality of the choice that gives us the quality of the outcome. And it is how aligned with what we truly want that gives us better results. So, as God, what are you taking responsibility for in your life?