

BE an Enlightened Observer: Overcome Your Brain's Catch 22 Wiring

The mind is a powerful energetic tool. In fact, I argue that it is the most powerful energetic tool available to any of us -- as powerful as hands-on healing, or an acupuncture needle. Used skillfully, your mind can heal anything. Used skillfully *in the body*, it can make the impossible, possible. I have seen clients heal breast cancer, torn ligaments, deep trauma and chronic depression simply by putting their mind in the body. Yet, as an energetic tool, it is important you notice what vibration the mind is holding when you use it in your body and energy system.

If your mind fixates and loops through negative images and thoughts, the energy loses its healing qualities. As a result, the energy of LVC spreads like a virus throughout your mind and your body. Yet if your mind focuses on connecting with the Enlightened Observer, HVC flows.

Over time, as you remember to invite connection to your Enlightened Observer, it becomes a positive habituation throughout the day. On days that I find this difficult, I often exercise, ride my horse, dance, sing or chant and before I know it, my mind is reconnected to its HVC. If the mind is running judgments and LVC you risk creating more judgments and LVC. But if the Enlightened Observer raises your mind's vibration, it can more effectively transform energetic distortions, trauma, and painful emotions into wisdom and light.

Many mindfulness techniques teach about the objective observer. Meditators can use an objective mind so they don't judge feelings, images, pain -- or anything else that arises during the meditation practice. The objective observer is a technique used to achieve a balanced and nonjudgmental meditative practice. Unfortunately, too often meditation students get

lost in the illusions and pain that arise during deep practice. They think their mind is objective, but in subtle ways the observer's objectivity dissolves and people can feel victimized by meditation practices. So in Me-B Transformation, you develop the Enlightened Observer to raise the vibration of your mind to promote your highest good when it is used in the body and in your energy system.

For instance, imagine a bucket of beautiful white paint (representing the Enlightened Observer and HVC), to which you only add a dropper full of black paint (LVC) representing a painful emotion. If you mix the two paints together, your white paint will still have its beautiful white color (or HVC). But if you dump too much black paint (LVC) into your white paint, it turns grey or even completely black. So if you don't engage your Enlightened Observer in times of stress, you risk creating more pain for yourself.

This is why you learn to develop an authentic connection to your "white paint" or Enlightened Observer before you jump too deeply into feeling and resonating at the level of your negative ego and Core Distortions. Over time, as you develop your skills, you can more easily return to HVC when life becomes challenging. This helps you re-anchor into Core Being. If too much "black paint" is created, you cannot re-balance. This can re-traumatize you and activate your nervous system so that the energies of fight/flight, freeze, ego, anxiety and depression are magnified.

There are many ways to cultivate "Right" Mindfulness and thus HVC. They range from Level I (beginner) to intermediate (Level II) to advanced (Level III).

Developing a strong Enlightened Observer is the most important ingredient in this process. As you invite your mindfulness to resonate at the vibration of the Enlightened Observer, it will have enough HVC to be clear,

focused, wise, and knowing. It holds bucketfuls of “white paint.” It doesn’t judge or collapse or merge with the LVC. It simply resonates at a high enough vibration so when it connects to a thought, a sensation in the body, illness or distorted energy, it promotes health and healing.

People processing trauma can energetically, cognitively, and somatically merge with the trauma and create further discomfort and fear. We can’t heal trauma if it overwhelms us, developmentally regresses us, or suppresses our ability to believe in ourselves.

When mindfulness connects to the body and feels emotions, energy and sensations, it is a powerful tool for health or harm. *If mindfulness is vibrating at the frequency of the Enlightened Observer, it protects us from lowering our energetic vibration and from losing our insight.* With its help, we heal and re-pattern the traumatic past—and create a productive future. The Enlightened Observer is like a life preserver in an ocean of pain: it keeps us afloat so we don’t drown. It is our metaphorical anchor in the hurricane—the calm, clear eye that sees that we are more than the trauma inside of or around us.

A Strong Enlightened Observer

Shaking, heat building, with stomach cramps and nausea, I quickly excuse myself from my client. I close the door behind me as I crawl to the bathroom, almost blacking out. The trauma from my client’s recent operation has triggered my own trauma from birth. Using my Enlightened Observer, I regain my balance, and within minutes I am able to finish the Me-B session. Mentally, I note to revisit my birth trauma at my next supervision session.

A strong Enlightened Observer can assist us even under harsh circumstances. At my next supervision session, I invited the trauma to reappear. Once again the shakes, confusion, and fragmentation ripple through me. Tears run down my cheeks as I sob. On my mind screen was the vision of me being pulled from my birth mother’s arms and taken away for adoption.

Even though part of me was feeling the effects of the past, my Enlightened Observer was strong—even happy for the opportunity to release and move forward. ***The Enlightened Observer allowed me to self-acknowledge my own divinity while at the same time experiencing trauma, pain, and sorrow. Its frequency was high enough to transform pain into higher consciousness.*** I had enough “white paint” to transmute the pain.

As you use your clear intention to move energy, you better support transformation. As you learn to work the different parts of your **Me-B System** in coordination with one another, you may be surprised at how natural it can be to live life with your Enlightened Observer.

Enlightened Observer Connection

(Practice this when difficulty sets in. It melts the intensity away to find the gifts beneath.)

Step 1

Imagine that your energy field is charged and balanced. To help it balance, dance, exercise, and imagine it charged and balanced—from front to back, top to bottom, and left to right. (More technical methods to balance and charge your energy field are taught later.)

Step 2

Imagine, feel, or sense the energy of your Enlightened Observer floating downward from above through the top of your head. As it melts into every cell, it fills every cell. Head, forehead, center of head, chin, jaw, tongue, lips, neck—receive it in—shoulders, chest front and back, mid-back, mid-chest, stomach, all of your internal organs, receive it in. Keep moving downward through the body. Sometimes its high frequency will bring up challenging emotions as it melts deep within, cleansing and cleaning along the way. Let the emotions come, and then let them go as you soak in the love, acceptance, and wholeness of your Enlightened Observer.

Levels I, II, III of Mindfulness/Enlightened Observer

MIND: Level I is when someone can conceptually understand the Enlightened Observer but can't yet use it to transform LVC into HVC of Core Being. Level II is when we can begin to use the HVC of the Enlightened Observer to self-assess and self-regulate so LVC (negative thoughts/emotions and core distortions) transforms to HVC. Level III is when this process is more effortless and more effective.

BODY: Level I is when we are only beginning to feel sensations of our Enlightened Observer and LVC and describe them such as cold, soft, tingling and

flowing. Level II is when we can sometimes feel the Enlightened Observer as a sensation in the body and are beginning to be mindful of how its HVC is transforming LVC. At this level we can reduce unproductive thoughts and emotional looping. At level III we can clearly identify the consciousness (feelings, trauma, negative beliefs...) of the sensations, we know where they are located in the body and can easily engage our Enlightened Observer to transform the LVC into HVC.

ENERGY: At Level I, we might be using the strategy of faking it to make it. Sometimes we need to pretend we know what we are doing in order to succeed. So at this level we are only imaging and inviting the energy of our Enlightened Observer into the mind and body. At this level we can cognitively describe the Auric field (such as chakra functions, outer energy egg and Core Being) but can barely feel or self-assess it in the body. Level II is when we can somewhat invite the energy of the Enlightened Observer into the body. We can also somewhat self-assess the Auric field and higher energetic vibrations.

At level III our mindfulness skills are advanced. We can easily invite the energy of our Enlightened Observer into the body and mind. We also use our Enlightened Observer to easily self-assess all energetic vibrations and identify the Core Distortions that create any misalignments.

See the Indicators of “Right” Mindfulness/Strong Enlightened Observer in our Me-B System on the following chart:



Energy and Consciousness Transformation	LEVEL I (Stage1-3)	LEVEL II (Stage 4)	LEVEL III (Stages 5-7)
MIND	<p>Noticing thoughts/emotions.</p> <p>Conceptually understands LVC and the Enlightened Observer.</p>	<p>Using Mindfulness/Enlightened Observer we can begin to reduce unproductive thoughts/emotions and LVC.</p>	<p>Many times there are no thoughts; just direct input of knowledge.</p> <p>Experienced use of Enlightened Observer.</p>
BODY	<p>Beginning to feel sensations in the body of their Core Being/ Enlightened Observer and LVC and describe them such as cold, soft, flowing...</p>	<p>Can somewhat use the Enlightened Observer feel sensations in the body. Sometimes can identify basic neg./pos. emotion and know where they are held in the body. Can sometimes feel Core Being/Enlightened Observer as a sensation in the body.</p>	<p>Can clearly identify the consciousness (feelings, trauma, negative beliefs...) and feel the sensations and know where they are located in the body.</p>
ENERGETICALLY	<p>It is more faking it to make it to invite the energy of the Enlightened Observer into the mind and body. Cognitively describes the Auric field such as charka functions, outer energy egg and Core Being but can't feel or self-asses it in their body.</p>	<p>Can somewhat invite the energy of the Enlightened Observer into the body. Can somewhat self-assess the Auric field and higher energetic vibrations in the body.</p>	<p>Can easily invite the energy of the Enlightened Observer into the body and mind. Can easily self-assess all energetic vibrations and identify the Core Distortions that create any misalignments.</p>

**PRESENCE -- From a Strong Connection to CORE BEING, Thanks to our
Enlightened Observer**

Presence is a State of Being. As we move higher in the 10 Stages of Me-B Transformation, we cultivate our connection to Core Being and increase our ability to be present.

Understanding your life patterns can help you map out solutions. In Me-B Transformation™, you learn to identify and transform our **Core Distortions** and let the higher consciousness of our Core Being anchor deeply within us. As we do this, we become more present.

Everyone has a divine Core Being or spirit that is part of the oneness and wholeness around us. Being fully present is being fully in Core Being. However, there are many degrees of presence. Each higher stage of Me-B Transformation™, represents a stronger ability to be present.

When you are present, you can use your aligned intention to be mindful and engage your Enlightened Observer, cultivate HVC, transform (LVC) Core Distortions and return to Core Being.

As mentioned earlier, Core Being has many names. Some call it the God Consciousness, the light of Jesus, Spirit, True Self, Core Being, or Higher Self. Our Core Being is an actual energetic vibration that each of us can claim. It is your right to embody this Core Being—it is your path to freedom, god, and joy. *As you learn how to resonate at this vibration, you cultivate presence and return to it more quickly. Your life changes for the better.*

A Core Distortion is anything that causes you to lose your connection with Core Being and it dramatically impinges upon your ability to be present. It is located in the lower levels of the Auric field. The external situations of trauma, genetics, developmental wounding, relational attachment issues—and even everyday life—create our Core Distortions. Core Distortions also include your reactive feelings of anger, fear, pain, hurt, depression, anxiety, and confusion. These distortions perpetuate our negative beliefs and cause you to maintain a false identity.

Lost my Presence -- Lost my Cell Phone

For instance, today when I was riding my horse, my business phone fell out of my pocket. I borrowed someone else's phone so I could walk the 40-acre field to find where my phone might have landed. It was like finding a needle in a haystack. I was flustered. My ego was in charge. It said, "My phone is my livelihood. How could I have been so 'stupid' to leave it in my pocket?"

I definitely was not present. In fact, the first time I called my business number, I accidentally called my home number instead. My husband answered. "Oops," I said to him. I dialed the wrong number.

Heck, I wasn't present enough to even remember what number to call so I centered, engaged my Enlightened Observer and reconnected to Core Being. I assessed the energy in the field. I sensed where it was. I walked toward the spot and dialed the correct number. I could hear the ring four steps away and I had it!

For more information on this and other programs from the Mind Energy Body School of Transformation, please visit us as: <http://MindEnergyBody.org>