

Subtle Energies, Intentionality and Consciousness

Clare Hedin 11/01

"Real progress requires people evolution and it is wasteful effort to force it to proceed faster than people can change their deep-rooted habits, their mindsets or their developed capabilities" W. Tiller 'Subtle Energies, Intentionality and Consciousness', Pavior Publishing, CA '97 (P.289)

In the final chapter of his book 'Subtle Energies, Intentionality and Consciousness', Tiller is exploring how we can approach the living of our lives in Stewardship to the planet and to each other. He comments on page 295 that 'My Webster's Dictionary defines stewardship as "the individual's responsibility to manage his life and property with proper regard to the rights of others." As he suggests in the title quote, we can only progress from where we are and not some imagined ideal in terms of our own 'individual' Consciousness' evolution and therefore that of our surrounding society. He recognizes us as intelligent creatures with 'bad' (socially learned) habits that can take years to unlearn and grow away from. An interesting way that he looks at our Consciousness is through the eyes of S. Paddison from her book "The Hidden Power Of The Heart", Planetary Publications, Boulder Creek, CA 1992. He states;

"Paddison provides a useful perspective on different dimensions of consciousness taking the view that a dimension is actually a specific frequency range of perception and intelligence" (P.281)

Given this idea, Paddison speaks to three available frequency ranges that we, as a society, exist in. They are named dimensions three, four and five. It seems that perhaps the largest body of people's awareness is locked into the third dimension where the frequency bands are the slowest to incorporate - indeed, rely on - that which can be perceived by the physical senses.

To quote Paddison; "Third dimensional frequency perspectives see people, structures - everything - as separate from each other, with tremendous duality, antagonism and opposites...There are thick boundaries and strong limitations in the thinking of the world" (P.282). She sees mindsets as very rigid and potentially volatile when amplified by strong, uninformed emotions in this dimension. As she points out "Because it [third dimension frequency] sees with separate eyes, there are many enemies." (P.282). I think about this and I know what she is talking about. This is the region of frequency where one can not only be stubborn and self-protective but that one is most likely to meet others who are also stuck in self-defeating patterns of behavior. The irony being that, even though we might be uncomfortable with our inability to be emotionally or mentally flexible, we seem to have no recourse out of ourselves and simply act involuntarily and, often, with deep regret (as a consequence) towards ourselves or another. We want to be free but seem unable to manage

this and so we suffer and create suffering. This is the frequency range where adults can create war, separation and isolation.

Paddison talks about the fourth dimensional frequency range which is, of course, an easier, 'smoother', place to reside and to function from, in this world. She says that "fourth dimensional consciousness develops in an individual when the level of self integration and perception lift one beyond the illusion of limits and separateness." (P.282). There is still pain, guilt and 'practicing' going on in terms of self-management (inner and outer) but the transitions are more reachable for the individual and change is beginning to take place with a greater awareness of how and why one is operating the way one is and there is an ability to choose differently. This place is referred to as the lower fourth: "the lower fourth allows one to philosophize, ponder new possibilities and refine old inefficient patterns of human behavior." (P.282).

There is, according to Paddison, also an upper fourth: "At the upper fourth, the frequencies of love, care, compassion, forgiveness, inner peace, hope, etc., dominate one's behavior." (P.282). As she sees it, this is where we are headed, as a global consciousness. We are aiming to shift. "As the global transition from the third to the higher fourth dimension continues, more people will become unwilling to participate in actions that do not promote real wholeness and well-being for themselves, their country and their world." (P.282).

I think this is true, in that, the more we know and understand, the more obliged we become, energetically, to behave 'well' and elicit 'better' responses from ourselves and those around us. The important thing, and the difficulty, is in getting out of the third dimension which is thick and sticky. The lighter one gets, and the higher up the dimensional scale, the easier it is to transition so it must be with great intent that we exit the third dimension. It is an act of pure will. Sometimes brought about by a catastrophe in one's life, sometimes by something we see repeated over a period of time until we eventually begin to notice it. Sometimes simply by following another's example, someone who we hold in high esteem or even envy! But this is, as Tiller points out in the heading to this piece, something that cannot happen by external force alone, it has to be in conjunction with internal changes, corresponding with our own timing and unseen forces.

It doesn't stop there, however - according to Paddison, there is also a fifth dimension;

"In the fifth dimension you comprehend the third and fourth dimension perspectives without being limited by them or judging them. You understand why people think and act the way they do, even though it may not be efficient or in their best interests. The fifth is a powerful dimension for good, for creative manifestation and self-empowerment. It is the dimension where you truly create your own world and are not a victim anymore. From a fifth dimensional perspective, stressful times are seen simply as untransformed opportunities for more love and empowerment." (P.282/3)

One begins to see how life becomes a more and more interactive process the more you focus on your own development. Instead of living a reactionary, 'stuck', life in the third dimension, you start to realize that you not only can have more choices but that you are capable of creating them! This is good news! I think that humans do possibly have an innate drive towards simplicity even as we crowd ourselves with 'stuff' (whether physically or emotionally and mentally). I wonder if we make our lives more and more complicated in order to trigger the 'simplicity' button sometimes, if we are not hearing it call us. In which case, who is doing the choosing? (as one colleague in our class questioned last week). Is it really us with our stubborn, individualistic free will? Or is it our higher selves trying to get our attention, remind us, as it were, to do things differently so that we don't have to suffer under our own hands? As Paddison said, we are not victims but we are sometimes just unaware of that, because our eyes of perception are tied by the limiting frequency range of the third dimension.

So, to return to the idea of Stewardship for the planet, it does, of course, start 'at home'. The more we elevate ourselves to higher planes of experiential perception and vibration, the more we create a space to loosen people up out of their own quagmire. Not just by example, but by actual physics. We alter the field around us as we alter ourselves and that radiates out and touches other people who can be automatically - consciously or unconsciously - helped in their own shifting and personal/spiritual development. It's a very gentle, unobtrusive process. Our own evolution puts out a 'call' to those around us to join us and for them to join themselves at their highest possible potential.

With thanks.
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