

Are We There Yet?

Self-discovery is an active process. Done consciously, this process of unfolding can be beautiful and profound and will allow your new discoveries to be integrated into your awareness. Setting a goal for your own spiritual development, on the other hand, is not useful; it is a waste of time in fact, because it is not possible to know in advance where you are headed. Where your path will take you is a mystery, impossible to foresee, just as a child cannot and need not know what it feels like to be forty-five years old. By design, you can only be where you are, in this moment.

Your feedback systems exist to support and protect you, and to encourage your spiritual growth and development. You are developing the skills to recognize the meaningful and significant messages you are receiving. Here are some examples of conditions to pay attention to along the way: illness, injury, anxiety, headaches, physical discomfort, highly charged emotions, or feelings of being emotionally triggered by someone or something.

Also be aware of flashes of insight, strong intuitions, coincidences, and synchronicities. Observe the situations that make you feel comfortable, relaxed, and contented. Being conscious of when you are in alignment and in tune with yourself encourages and heightens the expression of your Essential Qualities.

You don't need to analyze each experience—that would become tedious. But it can be enjoyable to become more aware of your reactions to your world. Each moment in time then becomes a portal into your own psyche.

The Runes: Essential Quality Runes and Shadow Runes

This book comes with two sets of Runes: sixteen Essential Quality Runes and sixteen Shadow Runes. The Runes are meant to be catalysts for Self-Inquiry, Journaling, and EFT (Emotional Freedom Technique). There are many ways to work with the Runes. Feel free to invent your own approaches.

Working with the Runes

The process of working with the Shadow Runes is simple yet penetrating. Ask, “What Essential Quality wants to emerge today?” and then “What Shadow Aspect is blocking this Essential Quality right now?” Pull a Rune from each bag. When you work with the Runes you engage the unconscious, giving voice to the depths of your mind. As stated in Part One, the unconscious mind has the ability to process and take in multiple pieces of information at once, while the conscious mind can only focus on one thing at a time. When you pull from the bag of Shadow Runes you are giving your unconscious the opportunity to select and prioritize a repressed emotion.