

Out of the Closet, into the Sun

A Personal SE Account by Alli Lawler

My first Spiritual Emergenc/y experience in 1990 was totally unexpected and lasted for many months. At the time I was very much aware that I was going through a spiritual awakening. It was as if someone had decided it was time for me to wake up, and that was that! Perhaps this was prompted by my long-term developmental neglect and stagnation — if I had been making steady and gradual progress such a sudden and violent opening might not have been necessary.

The catalyst for this first experience was probably falling in love again with an old flame, who I still keep contact with. My heart chakra opened wide and I became so creatively inspired that I often stayed up very late writing poetry, ‘tuning in’ to the deeper meanings of life, and soul searching into past-life connections with this person. I loved these quiet hours of night when everyone around me was sleeping. The clarity and pristine stillness allowed me space to think/see/feel more clearly, without interference from the collective psyche — so distracting during the day.

Then one night it started. I felt like I was blasting off in a rocket ship. Like I was being purified and crucified simultaneously ... my ego was dropping away and my consciousness expanding into an awareness I can only describe as being similar to early experiences on LSD — only this was so much clearer and excruciatingly beautiful. I felt like I was being blessed a thousand fold — that I was breathing pure light into every cell of my body. I was a living flame dancing in the Great Heart of the Divine!

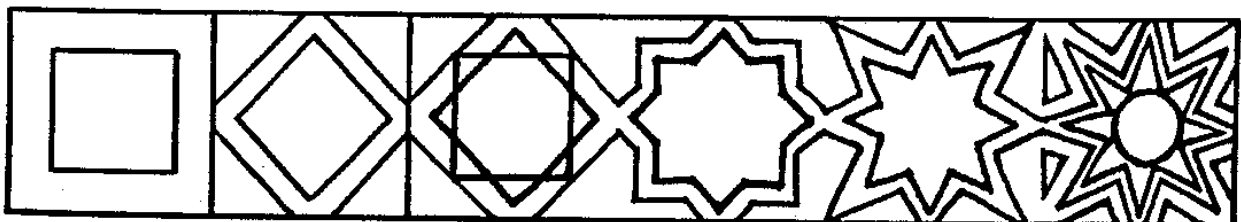
Ancient memories, long forgotten, flooded in — the most notable being a remembering of God (surprising for the devout agnostic that I was) — such All-Encompassing love and joy that I longed for nothing more than to return home, flying on silver wings straight into the great golden heart of the Sun ... exploding/dissolving/merging! So much of what I ‘saw’ came in this sort of archetypal symbolism ... a visionary language which bypassed words altogether. It was a language of symbols, shapes, colours and energy patterns.

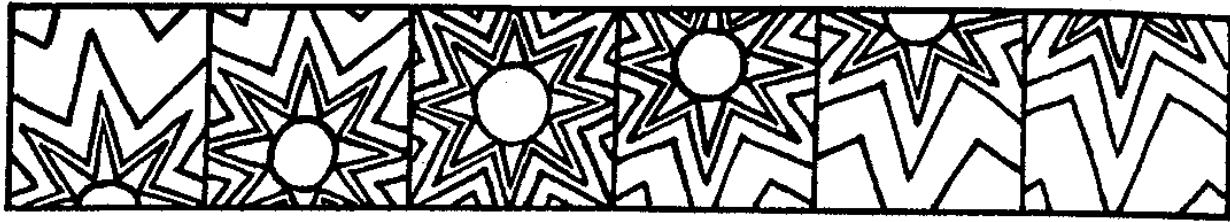
At times I saw myself as Joan of Arc, Alice in Wonderland, a butterfly, a leopard, a flame, a star, the moon or a bell in the wind. I devoted much time to exploring myself, my inner essence and my purpose for being here. I also wondered about everyone and everything else which I encountered — searching deeply to uncover the essential nature and hidden meanings and purposes of all things. I was constantly awe-struck by the divine beauty of these wondrous beings with whom I shared the Earth. It was as if I could see their full potential — the divine qualities which were their strengths and gifts to the world.

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Most of the people I encountered appeared to be ‘sleeping’ — unaware of their divine glory. I wanted to shake them and wake them up. Then there were times when I thought that what was happening to me was simultaneously happening to everyone else and the whole world was waking up with me ... Who knows? Perhaps it was true for I seemed to be experiencing two realities at once ... as I will explain shortly.

I felt that I had access to a vast library of information — the wealth of knowledge of all of humanity throughout time — which I referred to as ‘the cosmic library’. When I wondered about something a massive amount of information flowed into me at such a rapid rate that it was impossible to grasp and retain by the analytical mind. Occasionally I would come across blocks to my accessing certain information — information which I was not ready for or for which the time was not right. Other times I was given short-term or restricted access to certain information. All in all, the cosmic library was sheer delight to explore!!!





I became aware that there was perfect order in the universe — universal laws, eternal truths, and beings and forces operating on different levels creating order out of chaos, helping to teach us what we need to know and guiding us to where we should be. I explored the 'nature' of so many things: animals, people, substances, numbers, letters, words, sounds, song, dance, symbols, energy patterns, etc. Never before (or since) have I felt so alive, clear, awake, aware, sensitive and sensuous. I was creation-energy, living and breathing pure light. It was a state of Grace; I was in everything and everything was in me.

If this sounds too good to be true — it wasn't. I saw everyone in their highest potential and felt no boundaries between myself and others. Furthermore I was un-restricted by cultural and societal conventions. Consequently, I did and said a lot of things which were totally inappropriate and unacceptable by conventional standards. I try not to judge myself too harshly because I know that what is experienced in higher levels of reality cannot easily translate or be understood from here. I have no doubt that by 'normal' standards I appeared totally crazy. It became clear to me that I needed to learn some lessons in discretion, containment and discernment.

As part of the process I also had to face and resolve my deepest fears. I felt that every thought was based in either fear or love. All love was truth and all fears were illusions which needed to be brought to light, reconciled and released to set me free. I believed I was coming into a state of wholeness and healed of all emotional baggage which impeded my total clarity — an undoing of old patterns which prevented me from being what I truly was.

When I recognised a fear-based thought, I allowed myself to fully feel the fear, holding it in my conscious awareness. Somehow this process of holding something in awareness showed me that I was separate from it — that I was watching it from somewhere else. Then I would concentrate deeply on it to find its source, feeling a flash of positive affirmation and recognition when I found the original cause. There was no fear which was not understandable or forgivable and this was the key to healing. Once I understood the cause of fear I took it into my heart and flooded it with loving compassion and forgiveness. After full acknowledgment I gently let it go (and it left). It is

a bit like weeding your garden ... its essential to pull these hindrances up by the roots in order to eradicate them. I worked a lot with my fears of darkness, rape, loneliness, rejection, damnation and death, but the fear I became stuck on was linked with feelings of inadequacy and unworthiness. I still have some work to do here.

After some early exploration in the 'cosmic library' and into the 'true natures' of things I began another extraordinary journey which I referred to as "travelling in vision". It seemed to be a journey along a maze of time-lines into the future — or one possible future. I felt like I was sharing a vision of what could be, my companion was a man I had barely known in life who had recently 'died'. I recognised him as a very close soul-mate in spirit and we were in constant and total mental communion for many days. We shared such a closeness as I have never experienced with anyone before or since ... so much JOY — I have never laughed so much ... my life still feels empty without him.

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Together we propelled ourselves directly into a distant future time which seemed to overlay with present time — like I could see and feel it all but I wasn't quite there yet. Here I found myself enacting all that I was to do in that time. This was the time which I had come into being for; a time when all that I had come to Earth to do finally reached resolution. I went go into all that I saw and did because it makes little sense from this perspective of reality, but I now hold great hope for the future.

Physically, during this stage, I could feel my heart chakra wide open and gaping in my chest and I often had to stroke and soothe this area trying to calm down these energies which were excruciatingly intense.

I was particularly oversensitive to sound vibrations which seemed to resonate within every cell of my
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body, especially the sounds of machinery, aeroplanes and trucks. Smells were much more intense. Everything looked different ... clearer, brighter and more colourful. Although visually I did not hallucinate or see spirit beings, I could 'see' other realities in my mind's eye. I could only sense the presence of spirit beings from inside. They usually spoke to me via thought-transfer of symbols which conveyed meanings.

I also noticed that my heart beat was very, very rapid and my speech had sped up to such a pace that people could hardly understand me. It was as if my 'bodies' were vibrating at such a high frequency that I was about to vibrate right out of my physical body altogether. At several points I became aware of a group presence (in spirit) who were expressing grave concerns for me. They were worried that I had gone up too high and fast without proper preparation, and told me it was time to go back down.

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I, on the other hand, was having the most fantastic experience of my life and had no desire to come back down. I wanted to go further and higher having no regard for bodily safety or survival requirements such as sleep, food or drink, in fact my body was an encumbrance which I thought I would be much freer without. Eventually I realised that I could not abandon my body quite yet ... I was waiting for other loved ones to join me and did not want to move on without them.

The concerned 'presences' monitoring my experiences told me I had to go back down because my heart wasn't strong enough yet to maintain this higher rate of vibration, and it would soon expire. I was to return to where I started and work my way back up gradually. So I began a laborious journey back through time.

I get the feeling I must have 'blown a fuse' around this point because the return journey was very difficult, disorienting and confusing. Nothing was as clear and powerful as it was in the beginning. I seemed to come back gradually in

'hops', becoming aware of certain events at these stops along the time-line. Instead of distinguishing between the overlapping realities I thought that what was going to happen was actually happening in present time. I was receiving many messages about events about to happen which did not eventuate. I was also very confused because as I travelled back through time I would experience an event; then as I rested at the end of a 'hop' and began moving forward, I would experience the same event a second time. Occasionally I would experience it a third time as if caught in some kind of time-loop. It took about three months before I felt fully grounded again.

At one point I encountered an extremely powerful Aboriginal group-spirit, who were initially very alarmed at my awareness of them. They scutinised me as to my intentions, then seemed to grant me paternal acceptance as a spiritual daughter. I was grateful that they did because they were an awesomely powerful entity.

As an anticlimax to this most extraordinary experience, my partner got me a prescription for some nerve-numbing drugs to try and bring me back to normality. I can't blame him ... In his eyes I was totally crazy, I had hardly slept or eaten for about a month, and I was not the same person he thought he knew — the person he wanted me to be. I believe I finally slept then for several days. When I awoke I felt a little more 'normal' but was still very much in touch with my inner voice which urged me to continue taking the tablets. I couldn't make any sense of the directions on the bottles but my 'voice' prompted me about which pill to take and when. I was even told when and how to wean myself off them (which was well before I was meant to). I was then in control enough to seek out the alternative healings I felt would be more appropriate.

This first 'awakening' had a profound effect on my life. Initially, as I became increasingly more grounded, I doubted the validity of my experience. My partner, family and most of my friends almost convinced me that I had experienced a period of mental illness. I had no alternative framework to understand the experience by. Much to my annoyance nobody ever asked me what I believed had happened. Perhaps it was too threatening to their view of reality to consider that my experiences held any validity. It seemed so much easier for me NOT to believe, but there was this intuitive lingering doubt ... How could something which felt more

real than any reality I had previously experienced be delusional? Should I invalidate an experience where, for the first time in my life, everything made perfect sense ... where I had experienced more love, joy, beauty, ecstasy, unity, insight and intense 'aliveness' than ever before? Discounting the experience made life seem very mundane and pointless. I eventually decided that I must believe in my own concept of truth above that of others, otherwise there was little point to my individual existence. Then I began a journey of exploration to try and understand what the experience was all about. I began reading a wide variety of spiritual and religious texts ... anything which resonated with my own experiences.

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Three years later I had another awakening which was very different from the first. My body was going through a massive cleansing at the time and a lingering fever seemed to be the catalyst which set it off. It is too long a story to tell you now, save that this time I landed briefly in a psychiatric hospital. There I experienced the 'darkest night of my soul', from which I awoke into a state of perfect peace, bliss and relaxation. I managed to avoid taking psychotropic drugs but still required some alternate healing to balance my energies and realign my chakras.

One curious feature of both awakenings was that I spontaneously and effortlessly gave up my addiction to smoking. It held no appeal, served no function and was simply unnecessary. It was as easy as tossing a dirty tissue in the rubbish bin.

Although I believe that these first two awakenings were vitally important for my personal development, they both took a toll on my long-term relationship with my partner. I became almost obsessed with my spiritual quest, while he reacted against it by becoming more materialistic. There was so much I felt I couldn't share with him. Living together required much compromising and pretending that I was still the person he wanted me to be. Although I loved him dearly, I felt stifled and restricted in his presence.

I remember during the first SE experience, while exploring the deeper nature of my relationships, I was told that it was time for me to leave my partner ... I had to move on to other things and he had to join up with his next lover and teacher. My remaining in the relationship was only hampering our developmental progress. When I explained this to him at the time he refused to accept it. When I tried to leave him it tore us up inside so much that I finally made a commitment to stay with him ... at least until he might decide otherwise.

Several years ago we eventually did separate. He fell hopelessly in love with a woman he first met shortly after my first awakening. Now I often wish I had heeded that advice back in 1990. I feel that I wasted many years with someone who has now consciously amputated all the good feelings he once felt for me.

I came very close to a third awakening last year (five years after the 2nd) where I felt I was being called into an expanded state of awareness, along with a girlfriend of mine, to adjust some Earth energies. The fact that it wasn't just happening to me finally convinced me that I was not suffering a 'mental illness'. This time I was well aware of many of the pitfalls of Kundalini rising and monitored my progress closely. I ate small, frequent, light, nourishing meals. I forced myself to 'shut-down' and sleep at least six hours in every twenty-four. I restricted my contact with people to only those I felt comfortable with and was much more discerning about who I said what to. When I felt fearful or panicky I tuned-in to it from a detached perspective and searched for the cause. I worked constantly to stay grounded and to balance my energies so as to remain centred, clear and calm. If things got out of hand I knew of several healers who could help bring me back into balance.

I came through the experience relatively smoothly on my own, gaining a new feeling of self-control and harmonious balance.

I believe now that I have integrated some new energy into my system and that I can access heightened states of awareness at will. I am a very different person than I was back in 1989. I look at the world, myself and others in a new way. I wouldn't go so far as to claim to be an 'enlightened being' but I do feel that I have moved into a greater awareness of Self— and a little closer to a state of wholeness.

