

THE DOLPHIN'S DANCE

DISCOVER YOUR TRUE SELF THROUGH A POWERFUL
5 STEP JOURNEY
INTO CONSCIOUS AWARENESS

MICHELINE NADER



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THE CLEAR LAGOON

Go inwards. Find your inner space, and suddenly, you will find an explosion of light, of beauty, of ecstasy— as if suddenly thousands of roses have blossomed within you and you are full of their fragrance.

—Osho

I still vividly remember the first time I discovered the infinite space within myself. The words came out of my mouth unexpectedly during a transformational workshop:

“I am nothing. I am only a space through which things happen.”

Angelo, the workshop leader, asked me to repeat it. “It is music to my ears,” he declared. I said it again. “I am really nothing; I am only a space through which things happen.”

Every time I echoed the phrase, I felt lighter and lighter. When I stopped restating it, Angelo asked us all to pause and take a break. During the break, many fellow participants came up to me and told me that something had shifted for them as I was repeating the words, even if they did not fully get the meaning. One participant said that he saw light in the room. Another felt chills. A beautiful old lady realized that whatever she was holding onto became nothing. It was a true “aha” moment for me, early in my transformational process. The insight I had that day continues to be foundational to my work: who and what we really are is empty space. As we have discussed in the previous chapter, our true nature is pure consciousness. Consciousness is not a thing; it is a space, within which things like thoughts, feelings, and beliefs arise.

Everything that occurs in the universe has a space allocated for it. We exist as a function of space. When we come to this earth, we are granted a space that we occupy on a physical, psychological, mental, vibrational, metaphysical, etheric, and energetic level. It is a visible and invisible space. Our consciousness occupies a space that is invisible to us. The gift of life is a gift of space.

The empty space between thoughts—that interval of time where the mind goes blank—is the space that connects us to who we are, to our true nature, to the deep feeling of oneness with everything, to God. But as the ancient philosopher Aristotle said, “Nature abhors a vacuum.” Nature requires every space to be filled with something. The same principle applies to us. As soon as we feel the emptiness, we try to fill it with our thoughts, opinions, and conditioning. We crowd the space with our fears of not being good enough or lovable enough, our ideas on how to self-improve, our “shoulds” and “shouldn’ts.” At times, we try to fill our space with food, addictions, and distractions. How do we hold an inner open space against all odds? Is there a way for love and connection to emerge in this space instead of all the mumbo jumbo that we tend to hold within us?

The process of conscious awareness is about clearing the inner space to make room for your real self to emerge. When I refer to “clearing the space,” I mean releasing the emotions that are holding thoughts, patterns, and blocks. I will be showing you how to do this in the

chapters to come. Basically, we need to access the deep space within and awaken to what inhabits it—the beliefs and patterns that control our psychological and emotional states of being, which generate our actions and expressions in the world. We need to clear the space within, much like the process of removing the weeds prior to planting a garden in order to allow the good plants to blossom. The junk certainly does not serve us anymore, but it occupies a space nonetheless, which prevents our true selves from showing up.

Another way to understand the process of conscious awareness is that it is about decreasing the space between you and the Source and increasing the space between you and your thoughts. When you can create a space between you and your thoughts, between you and your emotions, between you and your beliefs, between you and what you do, between you and what you have, between you and your core patterns, between you and your shadows, you become the observer of all the above and you start dissociating yourself from all of it. It becomes more difficult for you to identify with your thoughts, your emotions, your beliefs, your possessions, your core patterns, and your shadows. And simultaneously, when you reduce the space between you and the Source, you get closer to the Source. When you eliminate the space between you and the Source, you can identify with it, merge with it, and become it.

By achieving conscious awareness, we become a space for the Source to manifest through us. We can't become a space for the Source if who we are as a space is filled with false beliefs and limiting patterns. Once we become aware of these beliefs and patterns, we start disempowering them. In doing so, we clear the space and allow true consciousness to flow through us. We become a conduit for it as whatever was cluttering the space dissipates.

First, however, we need to learn to access the space itself. This will be the foundation of all the exercises in this book; it is where we will start each time. We need to access the deep space within us and be aware of its occupants, because what is within us manifests itself outside of us. Quietening the mind and stopping the agitation within is an essential component for this access. The ancient practice of meditation, along with deep relaxation, hypnosis, self-hypnosis, subliminal mind work, and dream work, is a vehicle by which we can access the subconscious.

Meditators from the East and the West, among many traditions, agree as to the relevance of meditation practice in the process of awareness. It was even referred to in the scriptures as the presence of God. The prophet Elijah found God not in the wind, the earthquake, or the fire, but in “the sound of silence” (1 Kings 19:11, 12). Silence and stillness are a means to connect to your true self and give you access to the higher power outside of you.

Because conscious awareness is a process by which the subconscious or unconscious becomes intentionally conscious, I propose that accessing the deep inner space will help us access our subconscious mind with time.