

LUCID VISIONING

Calling Ourselves Forth



**A Training in Remembrance and Charting a Path Forward
with Kelly Blaser, LMFT, RYT**
www.somapsychotherapy.com



First steps for initiating visioning:

GET OUT OF YOUR HEAD and beyond ordinary conceptual thinking

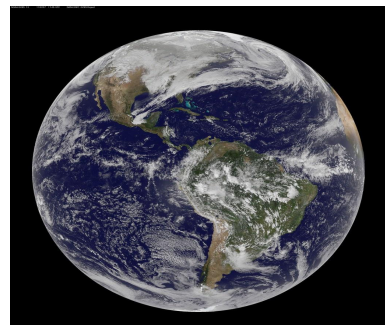
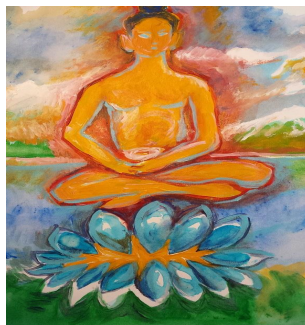
OPEN UP YOUR BODY, touch into your feelings, and pay attention

Light a candle, call in your guides, and open to the mystic.

Whether it's Ganesha or Jesus or Shiva or Kali or Allah or Orula, open up to whomever you lean on.

One of the important things that reflection like this offers is the remembrance that in order to get clear, we often need to throw out a line to some invisible means of support...

We simply cannot be too humble.
This being human is a wild ride.



TAKE A MOMENT TO REMEMBER WHY THIS MATTERS TO YOU, AND WHAT WE ARE DOING..

We are here to call ourselves forth

To dream ourselves awake

We are here to see where truth has been obfuscated
And to reflect on what we most deeply love

We are here to sculpt light for the new decade ahead
And to beckon forth our own fortitude and willingness

We are here to carry ourselves into who we most deeply are
And open ourselves to the guidance of the mystic beyond.

Waking up relies on the remembrance that we are woven together in an endless web of sublime complexity.

**This work, the work of deep reflection and inquiry, impacts our relationships infinitely,
and our relationships impact everything.**



Feel the Power of the Portal

Take Refuge

Part 1: Enter into a Retrospective: Celebrate the Blessings as we look into the 6 Life Arenas

Part 2: Look at the year's breakdowns - through the lens of the poisons

Part 3: Build the case for ACTION
Action is either the launchpad to freedom or the karmic cage that closes walls in around you.

Part 4: Investigate Mandala Goals/Mandala Goals Worksheet

Part 5: Build the SUPPORT for Action.



Take Refuge

In the deepest Self
In the remembrance of the deepest intention.

Remember the intention that we all sincerely share: to awaken beyond the suffering of confusion, to awaken to our own true nature. Awaken that wanting as deeply as you can. Land in the indisputable truth of it. And then want it not just for yourself but for all sentient beings.

When you are within refuge, everything that shows up is arising to be healed, to transform, to receive the light of true nature. So when you come across that dark thought, that shame, that brutishness that inevitably will arise, you can know that it is arising to be transformed. We all have work to do. To the extent that we have turned from, repressed or ignored the undigested traumas and confusions of the separate self, we have suffered. When we remember the interconnectedness of our deepest nature, and turn towards all that arises, rather than away, all that arises is nutritious, and feeds our endless opening towards the truth.

Make 2020 a year of inner Refuge. This does not mean the year will be easy. Refuge is a choice, not a set of life circumstances. You don't take refuge in order to be comfortable, or to protect the ego, you take refuge in order to wake up all the way. So when the day is dreary and you feel yourself closing down, when your people don't show up for you in the way you've come to expect, you will know that you are the center of the mandala of your reality, and that you can take each aspect of yourself under your wing, and mentor yourself all the way to freedom. On those dark days you will still look up and see the light lining the clouds. You will recall that any little glimmer of light that shines through is an offering for all beings - and you will extend yourself, on behalf of others, so that you can move aside and allow the awakening that life is creating through you, so that you can be the catalyst, so that you can be the change.

Part 1: A Retrospective

A YEAR IN REVIEW

2019

January							February							March							April						
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24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	24	25	26	27	28	29	30	24	25	26	27	28	29	30

2019 HIGHLIGHTS: What happened?

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

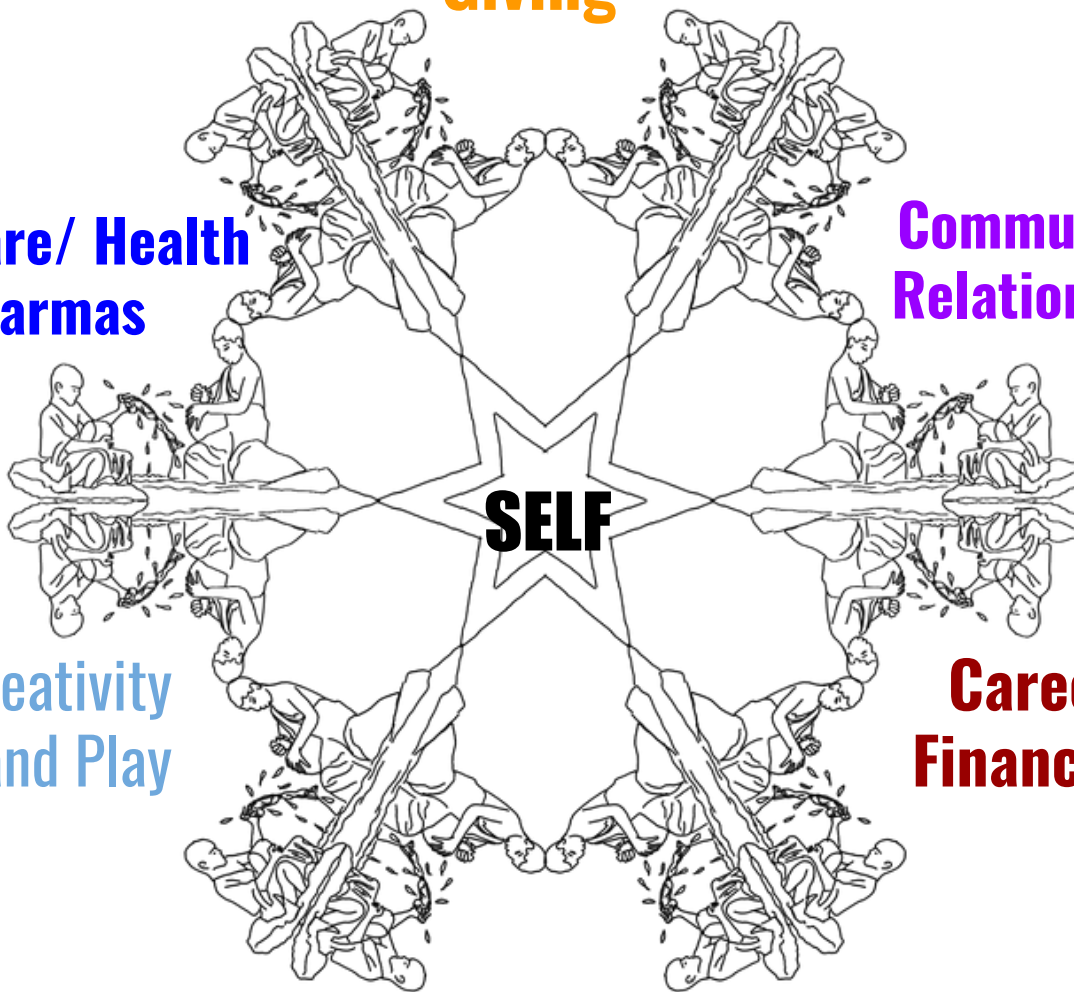
NOVEMBER

DECEMBER

**Service/Stewardship/
Giving**

**Self-Care/ Health
Nitya Karmas**

**Community &
Relationships**



**Creativity
and Play**

**Career,
Finances**

**Spiritual Life/
Self Expansion**

In the realm of Relationships and Community, focus on the blessings.

What did I create? Who were my most intimate lovers, allies, partners, friends?

How did I give? How did I receive?

Where did I thrive? When was I clear in my communication?

What did I learn? What did I let go of? What am I grateful for?

JANUARY

FEBRUARY

MARCH

APRIL

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AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

In the realm of Career and Finances, focus on the blessings.
What happened? When was I lucky and what am I proud of?

What did I create? Who helped me?

What did I let go of?

What am I grateful for?

JANUARY

FEBRUARY

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AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

In the realm of Spiritual life, and Self-Expansion, focus on the blessings.

What was my practice like?

What was my relationship with Sangha, and with my teachers?

How did I stretch myself?

What did I let go of?

What am I grateful for?

JANUARY

FEBRUARY

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AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

In the realm of Creativity and Play, focus on the blessings.

What was I awake to? Where did I relax and create?

Who did I play and create with?

How did I let go?

What was I willing to pay attention to?

What am I grateful for?

JANUARY

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AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

In the realm of Health and Self care, focus on the blessings.

How did I care for myself? What did I let go of?

What habits sustained me?

Were there moments where I cared for yourself with ease?

What were the blessings?

What am I grateful for?

JANUARY

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AUGUST

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OCTOBER

NOVEMBER

DECEMBER

In the realm of Service, Earth Stewardship, and Giving, focus on the blessings.

How did I respond to the pain the Earth is going through?

Was I able to be joyful, and play, celebrate the beauty of the Earth?

Where did I stretch myself in service to others?

What were the opportunities and the blessings?

When was I generous? What am I grateful for?

JANUARY

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JULY

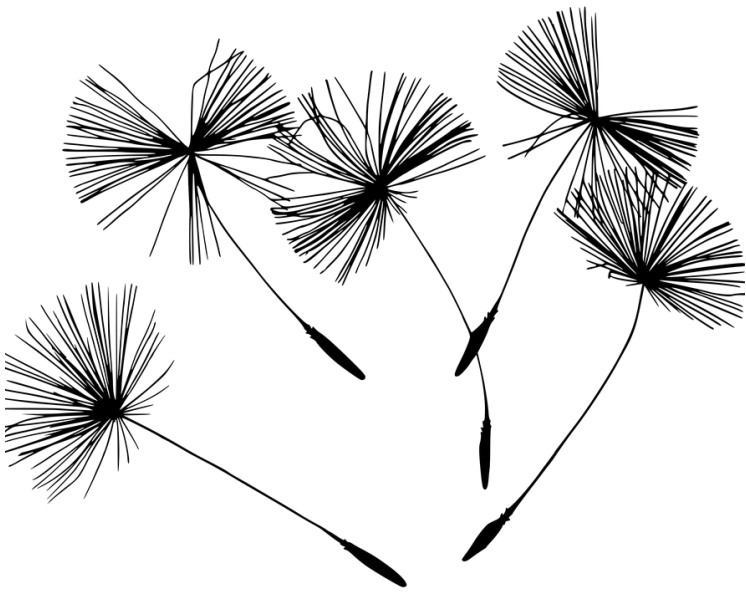
AUGUST

SEPTEMBER

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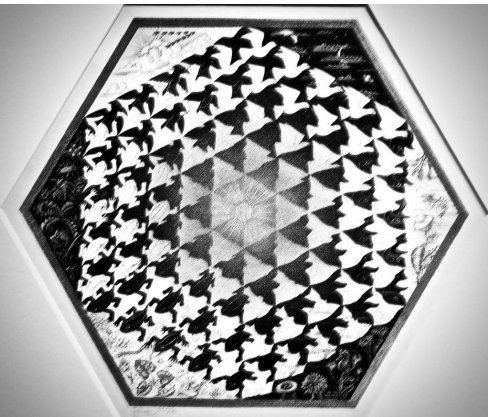
DECEMBER



NOW ASK YOURSELF, and notice your very FIRST THOUGHT:

WHAT DO YOU REALLY VALUE? WHAT DO YOU WANT TO CALL FORTH? WHAT DO YOU REALLY WANT?

Give yourself 1-2 minutes to answer. Keep it simple.



Part 2:

LOOKING FOR THE BEAUTY IN THE BREAKDOWNS

This section is about finding patterns in the dark. So, right off the bat, notice what that brings up for you. Some people really like to do this sort of work, but they do it intellectually, and then go on creating the same sorts of confusion in their lives. Some people prefer just to ignore the breakdowns.

**THIS SEGMENT OF OUR WORK INVARIABLY BRINGS SOMETHING UP.
Often, it's RESISTANCE.**

But remember:

"A teacher is a problem that you can't get away from."

And the river wears down every stone.

There is a lot of value in looking more closely at where things are breaking down, and we can train ourselves to be more comfortable with this work.

AGAIN, remember that we cannot take it all in from the analytical mind. The teachings emphasize that the truth is generally 'cloaked'. In Shaivism this is due to the malas, maya, and the kanchukas, which prohibit the individual from seeing clearly. Western psychology calls this shadow work. Nobody takes to it, but every bit of shadow material has a liberated energy sequestered within it.

Modern cognitive science, especially Evolutionary Game Theory, agrees: there's always something we cannot see. We are not evolutionarily optimized for seeing the truth.

If we want to see reality, we have to re-train ourselves.

NOW take a few minutes with your 2019 calendar. Where did things get really messed up?

What were the biggest losses, breakdowns in communications, failures? Where did things fall apart?

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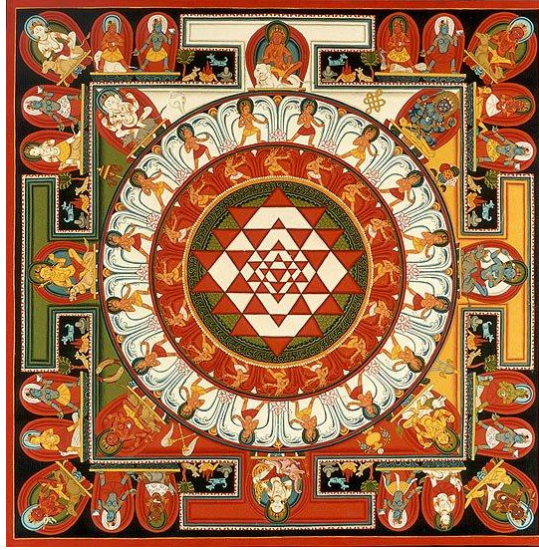
AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



REMINDER: **We have taken Refuge**

All this occurs within the Protection of the Refuge. So while you do this inquiry work, remember that anything that shows up, shows up to be healed.

We're going to look through 6 life arenas, to create structure in the inquiry process..

You'll investigate each arena, and specifically look at the ways conditioning has gotten the better of you. For this to be effective, you need to get really interested in the ways things tend to fall apart.

When you look at where things fell apart, what was going on for you?

Don't just look at what 'happened to you'.

Life happens FOR you.

Try to look closely at the shadows - into the emotional energy that came up for you that you'd prefer not to admit to, or have a hard time even seeing.

Also - look closely for riddles.

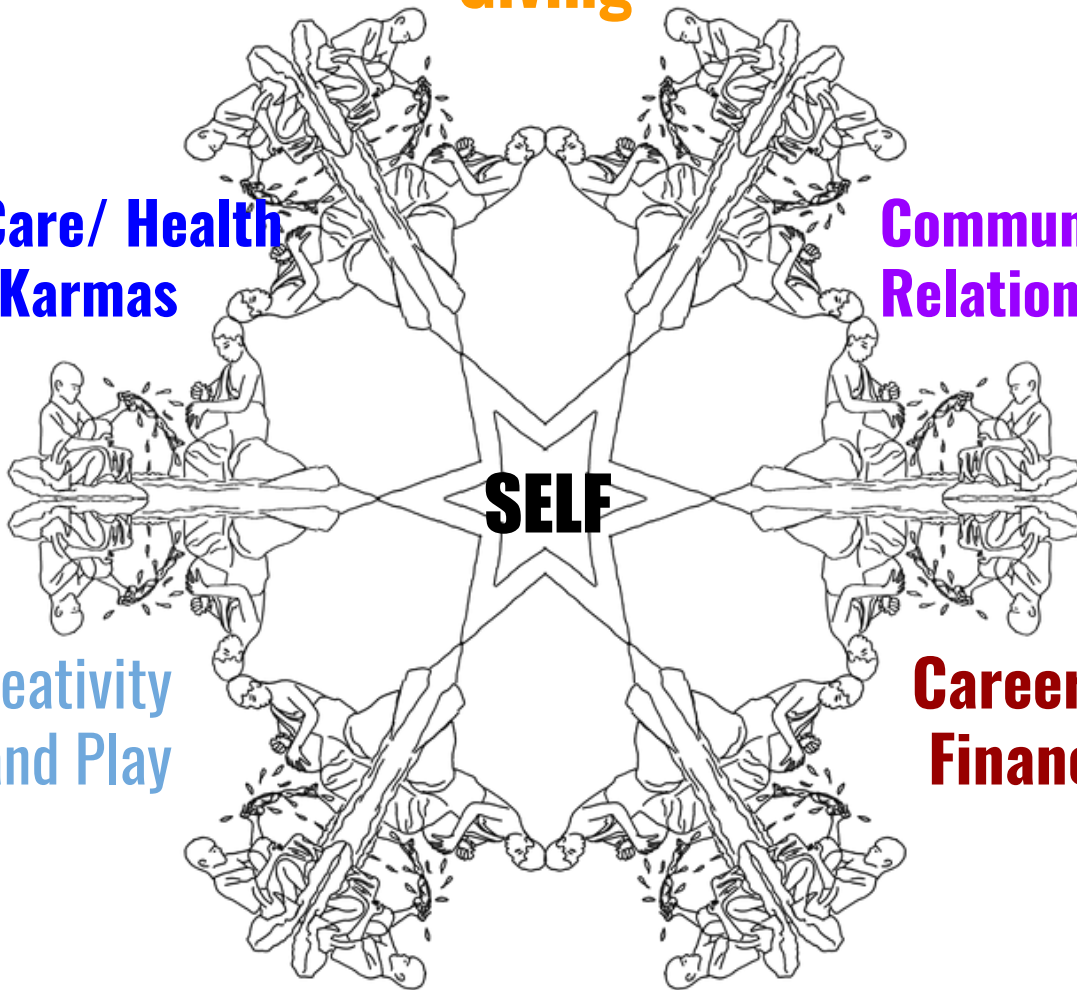
The teachings appear in riddles. It's sometimes said that "the goddess speaks in twilight language", which is a reminder that sometimes our conceptualizing, analyzing mind cannot grok (truly comprehend) the totality of what life is teaching. So it behooves us to get out of our heads and listen closely.

Look again into these 6 Arenas of Life:

**Service/Stewardship/
Giving**

**Self-Care/ Health
Nitya Karmas**

**Community &
Relationships**



**Creativity
and Play**

**Career,
Finances**

**Spiritual Life/
Self Expansion**

**Now as you look at the breakdowns,
look for the qualities are referred to
in Buddhism as the 'poisons':**

Ignorance Anger Craving Pride Envy

**The Teachings are Quite Clear that Interacting with the
Poisons is essential.**

Conditioning tells us otherwise. Conditioning tries to cloak the suffering in shame. You heard it on Star Wars, and you will hear it in Eastern as well as Western Traditions: conditioning's tactic (allow me to anthropomorphize here) is to convince us that we are somehow deeply flawed, and that we ought to hide out and numb it until it goes away.

But the pressure of the poisons will transform us if we let it. When we sit in the midst of the dark feelings and really breathe them through, going beyond all narratives about the suffering and into the raw experience of it, we get access to a quality of grace that opens the path to healing.

If we pay attention, honest relating to the poisons carries us all the way through to their equal and opposite liberated qualities.

THE WORK:

The idea in this section is to go beyond a general review of the arenas, and now review the year's unfoldings through the lens of the poisons. So let's first look at the unique qualities of the poisons so we understand them.

As you look back over 2019, and ask yourself when you got taken over by conditioning, notice if those moments carried a certain emotional energy, that didn't allow you to see clearly.

GET OUT THOSE COLORED PENCILS AND MAKE A MESS. Where things broke down, how were the poisons at play?

Ignorance
Anger
Craving
Pride
Envy

JANUARY

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IGNORANCE/DISASSOCIATION

This is the root poison.

How has **ignorance or confusion** shown up for you in life this year?

Is life **CALLING** for you to look at the tendency towards

**Distractibility,
Numbing out,
Depression,
or Denial?**

Go back through your calendar for a minute and circle any of the breakdowns that had a quality of **IGNORANCE or **CONFUSION** with a **BLACK MARKER**.**



ANGER OR AVERSION

How has anger, or aversion shown up for you in life this year, in self or other?

Is life CALLING for you to look at the tendency towards

Frustration,

Impatience,

Entitlement,

Aversion,

or Anger?

Go back through your calendar for a minute and circle any of the breakdowns that had a quality of ANGER or AVERSION with a BLUE MARKER..



Pride and Insecurity

How have the paired energies of pride and insecurity shown up for you in life this year?

Is life CALLING for you to look at the tendency towards

Pride,

Arrogance,

or its Underlying Insecurity?

Go back through your calendar for a minute and circle any of the breakdowns that had a quality of PRIDE or INSECURITY with a YELLOW MARKER.



Craving and Attachment

How has Craving shown up for you in life this year?

Is life CALLING for you to look at the tendency towards

Craving,

Seduction,

Manipulation,

or Addiction?

Go back through your calendar for a minute and circle any of the breakdowns that had a quality of CRAVING or ATTACHMENT with a RED MARKER.



Envy and Urgency

How has envy shown up for you in life this year?

Is life CALLING for you to look at the tendency towards

Rigidity,

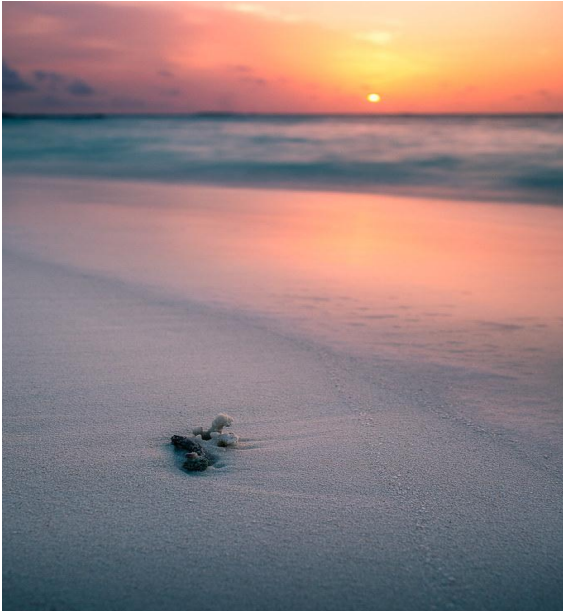
Urgency,

Pressure,

Envy,

or Ambition?

Go back through your calendar for a minute and circle any of the breakdowns that had a quality of ENVY, URGENCY, or AMBITION with GREEN MARKER.



Each of the poisons, sometimes called encumbered patterns, also has a flip side, a liberated quality.

Intimacy with the poisons carries us to the liberated side of the encumbrance, and the willingness to be with all sides of the experience brings the grace, and guides us back to wholeness.

Transformation of Essential Energies

Ignorance => Complete Fullness, Omnipresent Pervading Wisdom

Anger => Clarity and embodiment

Pride/Insecurity => Equanimity: Knowing that all arises from one source and one consciousness

Craving => Tarka, the capacity to discern

Envy => The Wisdom of knowing that all is complete, full, and interconnected

So let's now journey through each of the life arenas and see what was really operational in each sphere.

In the realm of Relationships and Community, what encumbered energies are showing up? (Regardless of what side of the dynamic you are on, the encumbrance is your material to digest)

Ignorance **Anger** **Craving** **Pride** **Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?

In the realm of Career and Finances,
what encumbered energies are showing up?

Ignorance**Anger****Craving****Pride****Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena
of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?

In the realm of Spiritual Life,
what encumbered energies are showing up?

Ignorance**Anger****Craving****Pride****Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena
of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?

In the realm of Creativity and Play,
what encumbered energies are showing up?

Ignorance**Anger****Craving****Pride****Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena
of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?

In the realm of Health and Self-Care,
what encumbered energies are showing up?

Ignorance**Anger****Craving****Pride****Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena
of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?

In the realm of Service, Earth Stewardship, and Giving,
what encumbered energies are showing up?

Ignorance**Anger****Craving****Pride****Envy**

What poisons figure most prominently, and what is your evidence?

What are the stories that conditioned mind tells about this arena
of life?

How do you feel that in your body when you get caught in it?

Have you ever had a glimpse of the liberated energy of it?



See if you can shed a little light into where the BIGGEST breakdowns are occurring, and what the 'poison' is that overtakes that arena of life.

What do you see?

IF you imagine that this breakdown is happening FOR you, rather than to you, how do you feel?



Each of the poisons, sometimes called encumbered patterns, also has a flip side, a liberated quality.

Ignorance => Complete Fullness, Omnipresent Pervading Wisdom

Anger => Clarity and embodiment

Pride/Insecurity => Equanimity: Knowing that all arises from one source and one consciousness

Craving => Tarka, the capacity to discern

Envy => The Wisdom of knowing that all is complete, full, and interconnected

PART 4: Mandala Goal Setting: A Game we play in Service to the Light



**Prime Directive: Don't get attached to outcomes, and
play til the end!**

“Abandon All Hope of Fruition”

Lojong Slogan #48

“This slogan undercuts our attachment to either success or failure.” -Acharya Judy Lief

**You’ve also heard this in the Bhagavad Gita.
You are heir to action alone, not to the fruits of action.**



**So if the goal is to
release the goal
completely and focus
only on the process of
coming home to our
true nature, then why
on earth would one set
goals of any sort????**

One reason: Lila. (Play!)

Play makes things interesting

So can goals, or resolutions - as long as we remember that the point is to remember our deep interbeing with all sentience. At the deepest level, we are here to remember our primordial awake-ness, and evolve the outer form of our lives to match the inner space of our intentions!

In Mandala Goal Setting, we simply experiment. We choose actions that stretch us beyond habit, which **might** bring us more into the present, or perhaps further us down the path of evolving our lives to be in line with the transformed, liberated energies, and in line with our deepest intentions... knowing that there is never any guarantee.





Guidelines for Mandala Goal Setting

Don't Overdo this. Keep it Simple!

Don't tackle too many goals at once.

In some arenas of life you may not be able to define the vision yet. Timing is everything. Don't force change everywhere. In some arenas, you may want to focus on general priorities.

BUT DO DEFINE SOME ARENAS OF YOUR LIFE WHERE YOU CAN SET MANDALA GOALS



- 1. When setting a Mandala Goal, or habit change, be bold!**
You need to be at least a little scared to stay interested
Aim high but not so high that you're overwhelmed!
- 2. Be Specific and Measurable**
If you are not clear, you will get vague, soupy feedback.
w/o clear feedback you won't know what's happening.
- 3. Test your motivation. Do you really want this? If Yes, then:**
How can you build Structures of Support around you?
 - Keep it Front of Mind (Lest you forget!)
 - Build a Support Network

Stay Positive!! Small Changes Matter.

Eschew Despair.

Don't get taken down by conditioning. Yours or anyone else's! Don't get distracted by naysayers, or people who don't share your vision. Just assume your commitment will be tested in every possible way.

Chart the Progress and the Transformations of **all people** in relationship with the goal.

For instance, if your goal is around Earth Stewardship, collect any information you come across that inspires you to stay positive.
e.g. The Swedish government recently **implemented tax breaks** for citizens who repair broken goods rather than throwing them out and buying new ones. (!!)





NOW PICK ONE MANDALA GOAL

Define it briefly.

A horizontal bar composed of five colored segments: dark blue, red, orange, yellow, and light beige.

Mandala Goal Worksheet:

Relating to the Goal:

- What is the Quality of Being you are creating in yourself through the goal? What Poison is being transformed? Re-write the goal with that transformation in mind.
-

Refining the Goal:

- Is the goal bold enough to keep you interested? Can you make it a little juicier? How? If necessary, re-write the goal again.
-
- Is this goal specific and measurable? If not, re-write again.
-
- Develop a micro-version of it if possible. Define it.
-

Remembering the Goal:

- How will you keep the goal Front of Mind? Post-it note on your Mirror? If possible, write the post it or poster now.
-
-
- How will you Build Support around you? Whose support might you enlist?
-
-

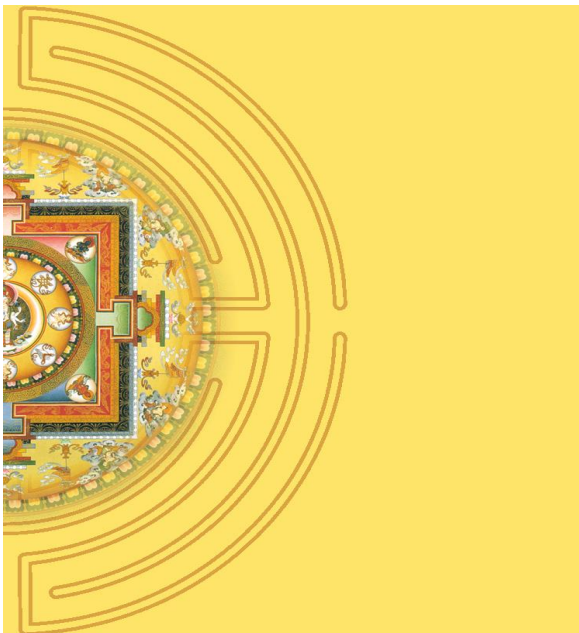
Taking Action on the Goal

- What is ONE first Step you can take and WHEN will you take it??
-
-
- What do you anticipate getting in the way of you taking that first step? Be prepared to integrate it and move forward anyway.
-
-

NOW: Spend a moment
imagining the quality of being
you are drawing forth in yourself
through pursuit of this goal.

**Imagine the Goal is already
Complete.**

**Practice feeling the way you
would like to feel then, NOW.**



If we stimulate the process of the “I” wanting, we will just get more of that. More of the “I”, and more of the wanting.

We are looking to draw from something deeper than the wanting of the “I” who thinks of itself as a separate isolated self.





Hold the Paradox in your hands:

**You are already perfect, exactly as you are.
And you are stronger when you allow growth, and
participate actively in change.**

**You, as an individual, matter. And most of us cannot
create deep change without a sense of deep
interbeing, and a good deal of support.**

THIS PART CANNOT BE OVERSTATED.

INTRODUCING: SUPPORT

Introducing Lucid Path

LUCID PATH

*Clarifying Your Vision
and Bringing it into the World*



A Four Month Quest for Lucidity Inside a Circle of Support

In this short term coaching program,(Jan-April) Kelly will guide you to clarify the "Mandala Goals" that we laid the groundwork for here, during the Lucid Visioning session and empower you to take action for manifesting the full potential of your True Self.

What's included in the program?

- An initial "Lucid Manifesto" Call with me to help talk you through the priorities of your life, get clear on your vision and embark on the Lucid Path journey.
- Group calls 3 times a month to support you in clarifying your vision, orient you to applied dharma teachings, and give you a weekly practice focus & assignments.
- Ongoing support using the Voxer app to stay in accountability and remembrance.
- Instruction in "Temple Gate Process."
- Final call with me to celebrate the journey





And the crown jewel...

Attendance at the DharmaBridge Live Retreat, April 24-26, in Boonville, CA.



How to Enroll:

Two Options are Available for Registration:

Pay in Full Now to receive 10% off and book your first choice of retreat accommodations

OR

Reserve Your Place with a Non-Refundable Deposit of \$575



To see full pricing details and join the Lucid Path, go to:



bit.ly/lucidpath

(Lucid Path pricing varies according to your retreat accommodation choice.)



IF YOU WANT TO EXPERIENCE the POWER OF ACTION, JOIN US.

Forge a new path. Focus on what is real and valuable to you. Join forces with support and launch 2020 with purpose, creativity, and commitment.

AND IF YOU ARE NOT QUITE READY TO COMMIT...

IF you are really inspired to get clear on your lucid vision for 2020, but are not quite sure if you are ready for the Lucid Path, then you have the option to sign up for the initial call, Lucid Manifesto, for \$97, without having to commit to the Lucid Path. Sign up here: (limited time!) bit.ly/lucidmanifesto

On the call I will take you through your Mandala Goals process and help you get clear on how to move forward with commitment. If at the end of the call, you feel clear that you are ready to sign up for Lucid Path, it's go time! And if not, you will have more clarity as to what your next steps are on the journey.

bit.ly/lucidpath



I think the main thing is: Just do it. Plunge in!

Being Canadian, I go swimming in icy cold lakes, and there is always that dithering moment. ‘Am I really going to do this? Won’t it hurt?’ And at some point you just have to flop in there and scream.

Once you’re in, keep going. You may have to crumple and toss, but we all do that.

Courage! I think that is what’s most required.

- Margaret Atwood

bit.ly/lucidmanifesto - to book a call to discuss!

bit.ly/lucidpath - to plunge in! And change the future!