

# Introduction

We are witness to and participating in an exceptional point in the unfoldment of this reality. Our currently regressive-dominant cycle of consciousness evolution is in the throes of transitioning to the next cycle.

This transition can be likened to a grand-scale birthing process—one in which unimaginably powerful planetary, solar, galactic and other cosmic energies are rippling and reverberating not only within and through us but throughout this reality, the cosmos and the whole of existence and consciousness, steadily growing in intensity as this transition nears the convergence point wherein the current cycle ‘ends’ and the new cycle ‘begins.’ The unfoldment and tumultuous nature of this macrocosmic and microcosmic interplay of energies is clearly evinced by the turmoil many are experiencing within themselves and in their lives, and by the rise in the frequency and extremity of regressive behaviors and occurrences around the world.

Whether one is aware of this processional transition or not, these potent cosmic energies and forces of consciousness—both regressive and progressive—are bringing into our awareness those aspects of ourselves and areas of our lives that are not in energetic sync with its unfoldment. These are the energies that many who are awakening to the truth of what they and this reality were created for are being called to transmute and transcend (heal) within themselves.

For those on a conscious journey of awakening being called to heal themselves and re-attune to their innate self-wholeness, this essential work comprises *the process of self-mastery attainment*. Choosing and taking conscious actions to engage in this work enables us to crest the unfurling wave of transition rather than being overcome by it so we can continue progressing on our journeys.

This is in contrast to those who may be feeling overwhelmed by the influx of these powerful energies and forces within themselves or around them, but are either unaware of the currently unfolding cycle transition process or are aware of it, but see it as being apart from them. Consequently, the consciousness of most of these individuals will continue regressing as the transition proceeds.

All that becomes manifest throughout the whole of reality arises from and unfolds through co-creational output (both witting and unwitting) by its manifest constituents. This dynamic applies to our evolution cycle transition as well.

The process of self-mastery attainment facilitates restoration of our innate faculties for fully transducing and anchoring within ourselves and the collective consciousness higher-order knowledge and forms of co-creational energy via embodiment of Divine/Core Self-consciousness and will. In turn, we activate our inherent ability to generate the higher-vibration co-creational output that is requisite to manifesting our inherent potential for transitioning to a more progression-oriented evolution cycle.

The current regressed state of human consciousness and conditions of this reality reflect an abysmal lack of knowledge and understanding of vital objective truths about ourselves and reality. Knowledge and understanding of these truths provides an operational framework that empowers our ability to attain self-mastery and the resultant higher-level-of-awareness informed co-creational capacities it enables.

A number of vital truths have come to the fore and been made available to the public in the last 20 to 25 years by way of the internet. Because many of them are embedded within ancient esoteric texts, extracting their true meaning and greater context can be challenging. In itself, however, the age of a particular teaching doesn't necessarily correlate to its validity or accuracy. Sections of various esoteric texts and sometimes texts in their entirety are intentionally cryptic, if not deceptive. Many modern

interpreters have oversimplified, omitted, misrepresented or otherwise distorted certain truths, both intentionally and unintentionally.

Humanity as a whole can only end its suffering and transform the human condition when these truths once again become common knowledge—when the aggregate of humans consciously, responsibly and wisely apply them in their day-to-day life situations with an essence-level understanding that reality transformation can only arise from and unfold through *self-transformation*... which unfolds along the path to *self-mastery attainment*—the epicenter of progressive, self-responsible co-creation. Therefore, the preponderance of material in this book revolves around helping you attain and apply in your life greater awareness and deeper understandings of [that] higher-order knowledge.

I've consciously participated in my awakening process (to greater and lesser extents along the way) since early childhood and embarked on my self-mastery journey 23 years ago. The content afforded herein is the culmination of in-depth research into diverse, wide-ranging topics and disciplines, intense self-observation and observation and study of others and this reality, extensive self-mastery work, direct knowing, personal experience and the knowledge and experience I've gained through helping clients attune to, honor and self-progress on their unique journeys.

Along with some of the more overt aspects of the 3<sup>rd</sup>-density-dimension (3DD) tier of the system of control in this reality, a number of its more covert aspects and their metaphysical and interdensity-dimensional underpinnings and implications are broached as well. I've included this material not for the purpose of soliciting your belief in any of my conclusions, but to inspire *your own* internal and external investigations and contemplation of these pertinent matters in the context of soul's progression, the evolution of collective human consciousness and the process of self-mastery attainment.

My intention in creating and offering this guidebook is three-pronged. Because each self-mastery journey is particular to the individual and

[meant to be] self-directed, the first prong of my intention is to help you recognize and proceed in line with the unfoldment of your own unique path in ways that augment your efforts to do so. Self-responsible restoration and maintenance of your physical, psychological, energetic and soul level well-being are integral to activating your innate faculties for accomplishing those things, and thus, integral to the process of self-mastery attainment.

We are complex, multi-faceted, multi-layered, multi-density-dimensional beings existing within a complex, multi-faceted, multi-layered, multi-density-dimensional reality. For this reason, the self-mastery process constitutes numerous multi-modality components. Thus, the first prong of my intention is to provide a comprehensive overview and approach to the process including knowledge of its foundational constituents and how to address them, along with key perspectives and a diverse compilation of techniques for engaging it and accelerating your progress.

Regardless of how long we may have been on our journeys, new situations we encounter along the way or the escalation of existing situations can quickly throw us off course and back into self-regressive perspectives, perceptions and behavioral patterns. When we're in the thick of these difficult situations, we sometimes lose sight of knowledge or tools that could help us course correct more smoothly and rapidly.

As such, the second prong of my intention encompasses presenting this material in a condensed handbook format for quick reference purposes. In my efforts to fulfill this prong, I often felt as if I were trying to fit an elephant into a tiny pillbox.

This book is by no stretch of the imagination all-inclusive of every single facet, detail and nuance of the self-mastery process. Even so, the *essence* of the elephant in its entirety is intact within its pages.

Each of you has your own method of perusing non-fiction books. Some of you like to start at the beginning and work your way through to the end,

while some of you might prefer diving into the material by way of the various segment titles to which you feel most drawn from one sitting to the next.

Obviously, there is no ‘right’ or ‘wrong’ way to read and the manner in which you choose to approach this text is entirely up to you. However, I invite you to consider going through this material in its ordered sequence the first time you read the book.

Though they comprise stand-alone content, each segment flows from and expands upon prior segments wherein vital information that undergirds and facilitates deeper understanding of subsequent material is outlined. For this same reason, I invite your consideration of reading this book to its completion before putting the material to use.

The third prong of my intention pertains to the day-to-day application of the information provided herein. As such, it is related after the main body of text.

Those who know they are incarnate in this reality for the purpose of counterpoising regressive-dominant co-creation with progressive-dominant co-creation at this decisive point in evolution cycle transition are the true explorers in the unfolding story of humanity. They are bootstrapping pioneers who are willing to look past the illusory certainty of the familiar and venture beyond it into the unknown—not for personal gain or glory, but because they are beginning to remember they are adventurers at heart.

Perhaps some morsel of knowledge, viewpoint or turn of phrase in these pages will either stir or embolden direct inner knowing of that which you are here to contribute to the story—whatever it may be.

Your sincere aspirations and enduring efforts to bring forth that contribution are ceaselessly supported in ways that are tangible and comprehensible... and in ways you can neither touch nor apperceive.