

The Holder of Our Experiences

Mind, “I get these insights, and recently, I mean very recently, like a few days ago I was intrigued, very much so with the insight that that unwanted pop-up thoughts are emanating from an aspect that is hidden yet wants to come out from the dark, so to speak. As you have been reading in my previous articles, I have been relating consciously to many elements of our Self: my body, my intellect, my emotions, my spirit, my trauma self, my memory, and my subconscious. Our conversations have been so enlightening, supportive, and accepting. So it isn’t so surprising that other aspects of us are seeking to join our Consciousness. Anyway, this insight was such that I am now reframing these “unwanted thoughts” as a kind of smoke signal, signaling the presence of a part of us that hopes to draw our attention and to have us ready to be open to experience its presence.

Emotion, “Are we all ready?”

Together, “Yeah. We’re ready.”

Mind, “From deep within me...that’s what I am assuming, I get thoughts that incite in me frustration and the wish that they wouldn’t pop up. Many of them are mini-sexual fantasies with totally inappropriate partners. Some of these thoughts are more like daydreaming scenes and sequences that I fear that I might experience. Other thoughts are vengeful ideations of wiping out someone who has hurt me in an ongoing way. Usually I kind of visualize them. In fact, they all have a visual aspect to them, like I’m actually engaging. Only for a few seconds though. There are other thoughts too, but the one element that they all have in common is that they are unsolicited and hopefully, truly unwanted. Oh, in the past, yeah, these types of thoughts were intriguing and gave me a vicarious satisfaction, pleasure and or excitement. But, now I don’t want them; not anymore. Yet, they persist. Does this mean that I still want to experience them? No Way! But then, what do I really know about My Self.

Actually, I’ve been working internally with denying them access. Them, being these unsolicited thoughts.

I tell My Self, “Hey man, this is Bullshit. I didn’t ask for them and I don’t want them.”

Them, “Here honey, eat, you’ll love it.”

Me, “I’ve already had enough. Go away.”

Them, “Aw, that really hurts. That’s not nice. After all, you know all the work that I did to make them for you. You want to be nice don’t you?”

Me, “Get Lost!”

Them laughing, “That’s no way to talk. How rude! Look it. The more you push me away, it just results in you drawing me back to you at with the same force that you made to push me away. It’s futile you know. Action with an equal and opposite Reaction.”

Me, “Come on now. You know I’m working hard not to have these thoughts anymore. OK, like I wrote above, yeah, for a long time I dug them. But, I’m changing and for me all these fantasy thoughts are including parts of us that I used to get off on, and now I realize this and for me at this time, well it’s not right. Now, it’s all about us and getting to know each other and definitely treating each other with respect and integrity.”

Them, “Well, am I not part of Us?”

Me, "Hell no you aren't. Like I said it's time for you to cut out."

Them, "Well, you're always talking about how you believe that everything is part of The Whole, so don't you think that there will be some heavy repercussions if you cut part of yourself, that being me, out and toss me away? Oh I get it. It's a control thing. You don't like having uncontrolled events impact you. That's it isn't it?"

Spirit, "Hmm. You know Mind, Them has a point. Oh, sorry, couldn't help but to step into this conversation. Maybe, We should consider what part of us is about to be ejected from our Collective Self. Come to think about it, I don't remember us even discussing this as a possibility."

"Mind, "Hey Spirit, I've been working hard to step out from under these thoughts. They undermine my effort to remain focused on being in the Groove of our Consciousness. It's like working so hard to get off an addiction, and then to have someone close inside repeatedly stepping up with the goodies when they know how susceptible I am to losing it again."

Spirit, "Hmm. That's rough."

Mind, "It sucks to be taken down by a part of us that I didn't even know was inside. It's so insidious."

Emotion, "Gee Mind. Being so vulnerable and all is kind of frightening, Huh?"

Mind, "Frightening and sends me into a tailspin, kind of a panic that I can be taken down after all the work of getting myself Up and Right."

Trauma, "I get where you're coming from Mind. It's like something is boring into you that hurts and feels so threatening. I guess that's kind of how it felt about me when for all those years I couldn't connect to our Consciousness and I could only reach us through harsh images and such. Still, look at us now and how I no longer have to reach out in this manner now that I've been accepted openly into Our Sense of Awareness. I kind of feel that this is the same case, just a different part of us."

Subconscious, "I wonder if I've had a hand in this. A lot of what I do is on automatic, you know. Once I've been given a command and have the program up and running, I kind of don't pay attention to it any longer because I have the new work to do."

Mind, "Don't you know how much help I need from you to stop these thoughts? You must be working on this."

Subconscious, "Yes, I am but you know when you get these thoughts, well some of the time you really get into them, although less so than before. So when you start tripping on one of these thoughts it "confuses" me as to what command you're giving me."

Mind, "Well, why don't you let me know so that I can be more clear about my intentions to clear myself from them."

Subconscious, "Whoops. Dang it. I know better. I should have done that."

Emotion, "Don't be too hard about this forgetting. We're here now, so that's in itself a huge improvement over the way we were all so fragmented in the past when we didn't even know we could get together. Huh? We've learned that none of this can work out unless we're hanging in as a team. Right?"

Mind, "Yeah, I guess it's still so hard to remember all the time."

Memory, "Especially when We get all worked up about something."

Mind, "I guess my frustration got away with Me. It's so frustrating that I don't deflect everyone of these thoughts and instead trip on them before I catch myself."

Trauma, “Yes, that’s bound to happen every once in a while. You know, with all that we’ve experienced.”

Emotion, “I guess I kind of got caught up in your mind, Mind. Funny to say that. Well, anyway we are joined together on these feelings of anxiety and frustration. I am learning all about myself also while I am learning how I am part of each of us. I need to develop a means of alerting us when anyone of us is beginning to lose it. I mean, I’m the one in the team whose main role is managing emotions. Best for me to improve my focus and call for help when I’m unable to calm things down.

Them, “Well, this is all starting to sound better. By the way, My name isn’t Them. It’s Holder. Well actually The Holder of Our Collective Experience. I hold all the experiences. Anyway, Holder for short.”

Body, “Hey Holder. Really, You and I are very well connected, since physically I get to be the one to experience this level of Holding...holding Pain that is when We operate without consulting each other like we had to in the past.”

Emotion, “Well, that true for me too.”

Spirit, “Even me.”

Memory, “You guys can throw me into the mix too.”

Subconscious, “Of course, We’re all in it together.”

Holder, “It’s been rough holding all of Our Experiences. See, Experiences comes in many forms, within endless dimensions, and a lot of times covered with innumerable veils. The memory of experiences that we’re conscious of is really as they say, Just The Tip of the Iceberg, and I’m the Iceberg.”

Mind, “This all a bit confusing to me.”

Holder, “ Well, there are some aspects of me that are tough to digest. Because I’m a part of Our Team, but not an aspect that ever gets recognized, while I’m attuned to elements of Our experience that have a strong affect on our Life, I haven’t had any clear channel to share my input. I mean, it feels to me that I am even more hidden than Subconscious, who is pretty darn buried. Outside of us, Subconscious in most everyone else is never permitted a conscious interaction. I don’t mean in every culture, but from where I’ve been “sitting” it’s only the psychologists that even know to refer to it. I mean who gave Subconscious this name anyway but them. In other cultures, not the one’s that are booming high technology, but those of The Earth, Subconscious and me were not separated from The Awareness of us. In these cultures, The Shamans, which I feel we really are like have been able to focus our Attention in such a manner that allowed us to communicate so we could provide our input to each other.

Emotion, “Man, what You are sharing is really connecting. But still, I don’t yet grasp what your role is.”

Holder, “Sure, I’d like to share that. I’m Our Experience. Not like memory though, which records events and stores information. I hope I’m saying this right, Memory.”

Memory, “Yeah, that’s about right. I’m a giant storage unit, all right. Kind of an inherent internal Google Search engine.”

Holder, “I guess I’m what memory remembers, but not only those happenings with which we are familiar, but all the happenings that we’ve experienced in this life time and all the previous life times. Yeah, going all the way back to Creation and even before. I hold these experiences as living beings so to speak, no matter when they occurred; this

year or billions of years in the past. As life is a cycle, so is all experience and no matter how far in the future these experiences will occur, they have already been and are and will happen again. I hold them also.”

Spirit, “Wow, now this is getting very close to where I’m at, or actually learning to be at. I mean The All is All, and that includes past, present and future. But conceptualizing this Being, well, like We’re coming to understand is beyond any one of us and so requires our total Being to combine into The Encompassing Consciousness. So Holder, share some more.”

Holder, pausing for a moment then laughs. “Yeah, sure, share some more. Well, because we have been living consciously in the Present, as We are acculturated to believe and accept, we are operating on a short rope. I mean because All events already exist, and events that we are approaching seem to be coming “unknown” from the future, however as they already exist, we somehow sense the outcome before it occurs and that may or may not be pleasant. If it is an unpleasant sensing, as We are not yet attuned to these emanations, unconsciously they will enter our experiences as a feeling of anxiety. These feelings are then transmuted into some form of symbolism that activates as “a pop-up thought. It works kind of like this. As these thoughts stimulate our emotional receptors, just like light does to the nerves of the eyes, we see a kind of acculturated filtered visual video, a representation of them that our focus dives into. All of this is a symbolic thought/visual representation of the stream of happenings that we have already experienced, probably in truth not to well, and which is coming around again. The problem is due to the slant of Our Acculturation; we can’t interpret it and just take it as literal. So the sexual fantasy is attractive and seductive and given the intense visual devices that we are subjected to in our techno-life, we are acculturated to get into them just like we do when we watch a movie or play a video game. We’re into it and not being able to filter it through a symbolic interpreter, we are kind of victims. Being so easily tripped out makes us feel apprehensive and thus vulnerable. Because you Mind are the part of us that receives these thought/images, yeah it’s easy to understand why you are pissed off and frustrated because you incorrectly feel guilty that you are responsible for the never-ending stream of them that won’t stop coming. Well, the message of the images is critical to our welfare, and because I previously had no manner in breaking it down for us, I kept on sending them anyway. I mean what else could I do? Kind of like an internal voice ‘Its incoming! Duck down. But duck down from what? Who cares, just Duck!’”

Trauma, “Before I reached us consciously I too sent messages and images working hard to reach us, but not being able to interpret my messages for us as we weren’t yet awake to each other, the flashes were not properly processed by Mind, also no fault to you Mind. The best-shared image I can come with now is how in Star Trek if there was a malfunction in the transporter, and the formation of the transported person or object was “muffed,” the result was horrifying. The same happened to my effort to transport a concern to the unconscious Us. The only way the signal could be interpreted was through the acculturated experience that we’ve been brought up with, in seeing movies of violence being processed by us as benign, when in actuality they should have been terribly upsetting. So, what I was sharing was filtered through these cultural experiences and I’m so sorry, resulted in terrifying nightmares, or panic attacks, etc. Thankfully We are moving beyond that now. Right Mind?”

Mind, “Yes, absolutely.”

Emotions, “Deep!”

Holder, “Trauma, that was a wonderful analogy and connection to what I am sharing. The imagery issue has been symbolic of our lack of awareness of the presence of The Continuity. Our increased awareness of The Continuity is Our Bridge into the Consciousness of how The All communicates within Itself. So to Mind, as my communication was filtered through the acculturated processor, the imagery of the message was corrupted into meaning that Mind is used to. Again, no fault to Mind as without our selves being hooked up directly through Consciousness as it is at this moment, it evidently couldn’t be any other way.”

Spirit, “So the Big Bang of our Being that blew up the Unity and caused us to instantly dissolve into disconnected individual aspects lead to our history of confusion, the misdirection of intent, and the resulting disharmony and conflict among our Selves as living beings. Hmmm.”

Emotion, “Very Sad and if there is anything like Fair, this has been so Unfair.”

Trauma, “Yeah, Eons of living with the guilt of having my messages filtered into terror dreams, which at times evolving into violent reactions as we weren’t able to differentiate between being in a dream and reality. Yes, this what was causing us to see the projection of these terror dreams in people around us? To us, suddenly being in a disconnected, but totally real appearing immediate threat to us and our Loved Ones, of course we erupted into Aggression in our attempt to save everyone including Our Selves as we attacked the Projections.”

Memory, “Carrying this role of remembering has been demoralizing.”

Subconscious, “Carrying out the programming of Denial, so deeply impaired you, Memory, without your knowing it. So much so that having difficulty functioning properly inhibited your ability to access your Knowledge of Happenings, eventually leading to the disconnection of your ability to transmit to Mind key words that Mind now at times struggles to “remember.”

Mind, “So that’s what is happening. It felt so much like I was losing my Self. I mean in our culture, losing my Mind. Yeow. Memory loss is a sign of dementia and the impending Alzheimer.”

Emotion, “Oh, so that’s what it has been for me. The advancement of our break down increasingly freaked me out. Of course Fear. Sending messages of Fear in response to Our Perceived advancing deterioration is my way of communicating that something is very wrong. It isn’t meant to paralyze us but rather to motivate us to action. Sorry guys.”

Holder, “Wait a minute You Guys. My sharing this as we’ve seen is very deep stuff and I sensing that “as usual” it is having a disturbing affect on us. We need to acknowledge this so that in Consciousness we can anticipate this occurrence happening at times and be ready to pick up on it as these Insights affect us.”

Spirit, “Holder is right. We have is to reassert our Unity and upgrade our ability to recognize how coming into Awareness is not only exciting and so helpful. It also has elements of intensity that are so powerful that that the surge of Knowledge as we are experiencing even right now, can overwhelm, confuse and misdirect us. Looking at what’s been happening to us, up to this explanation, that by our experiencing this surge unconsciously has too often lead to a self-protecting mechanism within each of us that was forcing us into the feeling of intense regret as to our role in what now appears to be self-defeating behavior. This intense feeling of remorse as to our previous self-defeating

behavior isn't something we ever want to fall back into. Of course being previously Unconscious has affected each of us and we affected each other in a negative isolating manner. In now seeing this we can wrap ourselves in the healing embrace of our Progress and with the inclusion of Holder, gain valuable insight into how We function as a result of our injuries and as a result see the steps and the support we need for further healing."

Mind, "I believe that as each aspect of ourselves manifests and we consciously embrace an inclusive attitude we will experience varying degrees of excitement and also discomfort as we expand our boundaries."

Body, "Kind of like the pain we experience when We were young and had pain in our legs as the growth plates did their work to make us taller and longer."

Mind, "Exactly. By anticipating this challenge in the future we are gaining knowledge on how to respond to the various feelings that inclusion brings us through."

Spirit, "I am getting a much better sense of not only what we're experiencing, but also its context. There is much more to this than just our Self-Inclusion into The Team. This all seems just so much more Self-discovery that comes only from within. Maybe I rather should say through the inner realm. Still from the way I'm made up the inner realm is part of a greater realm and as such I can sense a connection to that which we as a team are just one part. The way I'm looking at it is that yes, we're a team and at the same time as a team we are part of a League of other teams. I'm wondering if this feelings is being felt by you guys?"

Mind, "Something like stars being part of a galaxy and the galaxy part of a greater celestial body like the Universe."

Spirit, "Yes, something like that. But at the same time what Holder has been sharing about the vast or limitless body of experiences that stretch so far into the past and so far into the future that at some point the past and the future in The Great Cycle meet up as the past becomes the future and the future is connected to the past and at some point we too are experiencing in every Cycle, that exact moment or should I say, experience. This point of the past, the future meet the present in one culminating happening."

Holder, "And to be increasingly conscious of this moment emanating within our Life Experience. Wow!"

Emotion, "This being true, and I can feel each of Us experiencing this in Our own way. For me, I need some downtime to process all of this. Perhaps we could take a break and maybe get some rest. Holder, I'm so pleased that you are here to help us to understand how you work and this all leads to our benefit and most importantly through our increased teamwork, to our healing."

All Together, "Right On. Break Time!"