

THE 4 STAGES OF LIFE VISIONING

Stage One - Victim Consciousness by Rev Michael Beckwith

There are stages to our growth development and unfoldment. These stages are non-linear, even though they will be described in a progressive manner from one to four. In reality, they don't have a linearity to them.

You may be in a dimension of your life where you are feeling totally at one with excellence, totally at one with the life of God, operating from a Stage 4 awareness, while at the same time having areas of your life where you feel absolutely victimized by external circumstances. So, it is best not to look upon this as a linear stair step. It is instead a way of identifying areas of your life in which you may have attained a level of mastery, while at the same time having other areas of your life where you have not yet attained mastery.

So, this is a method of describing these stages in order to achieve greater understanding of the technology afforded by Beckwith's Life Visioning Process and where that emerges from in our spiritual practice and unfoldment.

Stage One - The Victim

The victim has a tendency to think that life is doing something to them. The victim says that something is doing something to me. It's an external deity, a God, it's a circumstance, a situation, one's parents, in more superstitious cultures it might be described as The Devil. The victim stage is characterized by "What is Life Doing to Me?", "What are Those People Doing to Me?". Every victim has a powerful "they did it to me" story. They have a powerful BLAME story.

If you ask a victim, why aren't they happy?, why aren't they evolving?, why aren't they successful? why aren't things going right for them? - they will immediately have a story. About 90% will have a story about how somebody else did it to them. Some force, something out there is the cause of their not moving forward with their life. All victims have a blame story. It's not their fault. They are not to blame. They have a tendency to live from the awareness of "why me?". "Why is God doing this to me again?" "Why is the universe doing this to me again?" They live constantly asking that question.

Their prayer life or their meditation is erratic. It is often filled to overflowing with a begging or a beseeching, or

they try to win favor from an external deity, trying to convince this God outside of their self that they are a good person, to forgive them or for God to Love them. They live practicing gossip, they live practicing blame, they live constantly hanging in the frequency of fear and worry, incessant worry often times. They have a tendency to project their unresolved issues about life onto the future. They believe that the future or unknown is going to be bad and negative. They are constantly preparing for this unknown, negative future - not realizing that they have just projected their unresolved issues into the unknown by calling it "their future".

The victim is saying "Why is Life doing this to Me?" This is an individual that is living from reaction to reaction, they are being pushed by the universe through oftentimes painful measures to get them to grow. The Rev Beckwith likes to say "Pain pushes you, until your Vision pulls you." But the victim has not yet been pulled by any vision of a higher vibration, a higher frequency, or that which is seeking to evolve through them, so they are being pushed by pain, and feel that life is drudgery, boring or something to be protected from. Much of their resources are being used to cope with life, to defend themselves against bad things that might occur and all of their energy, that would normally go into being creative, is siphoned off by compulsive behaviors, coping mechanisms and defense mechanisms.

This is NOT to be our lot in life. As the spiritual image and likeness of the Divine, as a re-presentation, a representation, of the Omni-Presence, we are not here to live a life of victimization. We are here to live a life of growing from one level of complete-ness to another level of complete-ness. You may know victims in your life, you may feel that you are identifying your self as a victim. The Rev Beckwith may have just described your life. Be heartened. You can change this.

Just your ability to identify any of these patterns described above, just becoming aware that those patterns are there, just the awareness allows you to begin to change that. Your thinking will begin to shift. Here is an exercise to self-assess, notice whether this applies to you, does it apply to any area of your life? Are you walking around trying to appease an external deity? Are you involved in any superstitious practices that would beg or beseech a God outside of your own life to give you something or to do something for you? Are you constantly influenced by immediate circumstances but have no real vision pulling you, to pull out the best within you? Is your entire life a reaction to the immediate issue of the day?

Or has there birthed within you an overarching idea that you are living your life for and from? Or are you just living from survival, just seeking to survive, afraid of death, afraid of loss, afraid that there is not enough to go around, just basically afraid? If this fits you, or any one you know, then you know what the victim consciousness feels like.

In order to move out of the victim consciousness and into a higher order of being, one must begin to take responsibility for one's life. The victim must begin to release blame from their daily practice. You must begin to

let go of blaming - any one, any circumstance, any situation - for your dilemma. The only thing there ever is to blame is ignorance. If someone has done something to you, they were living under the vibration of ignorance. If you stumbled and you have fallen, then you made a mistake, you were living under the vibration of ignorance.

So, we don't blame a person. We understand that ignorance was in operation. You want to give up all of your blame stories, in order to become empowered, in order to understand responsibility, to have dominion over your thinking and your life, we have to give up blame. One spiritual practice that is often misunderstood but has been highly valued by spiritual adepts for 100s and 1,000s of years is the practice of forgiveness. Forgiveness is a practice that is not rooted in sweet sentimentality, or syrupy emotionality. The practice of forgiveness when embraced fully and completely can begin to set one free from being a victim. (deb's note - don't miss Byron Katie's comments on Verse 31 of the Tao Te Ching, it gives examples of how to change one's perception, so that one is not coming from a victim consciousness.) Forgiveness is not letting anyone off the hook, that may have done you harm or caused a degree of destruction in your life. ALL forgiveness is SELF forgiveness..

What does that mean? A thought is a unit of mental energy, that has a tendency to transmute itself into speech, behavior, perception and experience. Thought forms of animosity, resentment, blame, hate, revenge, avarice, unforgiveness - those thought forms wreck havoc on your body temple, your mental body and are preventing you from living out the true meaning of creativity that is seeking to express itself through you.

The spiritual practice is to release blame and when it creeps into your awareness, you become aware "I have fallen into the BLAME GAME - again" and you forgive. You are not doing this work to let the other person off the hook. You are doing this inner work to free your self from the toxicity that is running through your spiritual architecture, your spiritual veins. So, you are really working with your self and not with the other individual. You are saying in substance that they can not determine your destiny, whatever it is that they did.

Forgiveness is not "I'm forgiving this person, and now I get to hang out with them, and we get to be friends again". That may be true in some cases but in some cases, you may never like that other person, that person may not ever be a part of who you would want to associate with or call friend. That's not what we are talking about here. Forgiveness is eliminating toxicity from your being. You are coming out of being a victim and stepping into a greater sense of empowerment, having dominion over your attention, taking responsibility for your life. You don't want to give your power away to any one or any circumstance, saying incorrectly that they determine your success, your health, your happiness, your wholeness.

Know that forgiveness has been given to you by the universe but must be received by you - mentally and spiritually. This is what you are doing. Victim no more.

Stage 2 - The Consciousness of the Manifester, we begin to have a degree of power, mental power (this is the stage that is a beginning practice of metaphysics). The stage is called to it, by us. We begin to exercise dominion over our awareness, coming to a greater understanding that our thoughts have a relationship with our experience and we begin not only to monitor our thinking, but we begin to exercise dominion over the thought processes, and begin to even creatively participate in ways that allow for greater insight and inspiration to begin to flow through us.

This is a stage that is often called **Make It Happen** stage. We're going to make something happen with our minds. This is a powerful stage in our development because in this stage we discover that there are universal laws that govern our experience. You've probably heard about the **Law of Attraction**, that life is simply not a happenstance, it's not accidental, there are things that are occurring in our experience, they are not just something that happens by chance. The saying goes "***They don't just happen, they happen just.***" There is an underlying meaning; and causative factors that are providing the basis and condition for what we're experiencing.

It is in this awareness that we understand that there are universal laws. We come to a greater understanding of the power of thought. Scientists are now corroborating that thoughts are units of mental energy that have a tendency to become our perception, they have a tendency to become our experience, all under the awareness that energy can never be created or destroyed but that it just transmutes itself into higher or lower frequencies. Thought is a unit of energy that can become speech, can become behavior, can become perception, ultimately can become our experience.

In this particular stage, we begin to take a little bit more control over our life by the thoughts that we are thinking. This is an important stage because we come to an understanding that things are not just happening to us, we're participating in that which appears to be happening to us, by our thought patterns, our beliefs, our positionalities, our opinions, our points of view, our perceptions. To the degree that we begin to alter that and to change that, to that degree, we begin to transform our life.

This is to come into the awareness of metaphysics, that leads to a mystical awareness. **Metaphysics** is that branch of knowledge that believes in oneness. That believes in a whole, unified field. That there are not other powers to contend with. That there really is only one thing going on. We can call that Omnipresence, Omniscience, Omnipotence, Omniactive. All of this speaks to the ONE power, the ONE mind that is all knowing, all powerful, everywhere present, BEING itself.

Through our thinking and our perception, we're either in alignment with that, participating with that or we're out of alignment with that. When we begin to understand that, one of the primary things we learn at this level is the principle of oneness, what the quantum scientists would call a unified field, the metaphysicians or mystics would say oneness or a field of unity, that becomes our basic, rock bottom principle. That there is only ONE. ONE POWER, ONE GOD (regardless of how many names God has), regardless of our point of view or how we describe the infinite, the limitless, the inexhaustible, the illimitable goodness that is everywhere. There is only ONE and perhaps we're only seeing a little bit of it based on our point of view but there is only ONE.

In this stage, thoughts and the thoughts that emerge from our awareness have a tendency to reproduce after their own kind and so, provide for us the context and the condition for experiences. In this stage of Making It Happen, some of the tools that are used in this stage are affirmations, declaration, visualization (where we use our creative imagination to become available to particular outcomes we would like to see in our life), some people use denials (denying things that are in the world of appearance and saying that they are not really real, just experiential or temporal) but these particular

tools allow us to begin to experience a level of improvement in our life. The Rev Beckwith often says that this is the entry level to metaphysics or the practice of New Thought/Ancient Wisdom or the perennial religion. This is the entry level.

The understanding of these particular tools to better our lives, to stabilize the life structures that describe us as a human being. Those life structures include our Ego, where we learn at this particular stage as we are working with our Ego how to have a level of self-worth. How to honor others and not enter into competition or superiority or inferiority games. We enter into self-worth and fall into a level of self-love and appreciation and we confer that same blessing on everyone we meet. We stabilize Livelihood (an area often called Divine Right Employment), where we have a place of creativity and a place of prosperity. We stabilize the area of our life called Relationships, we begin to learn that no one can make us happy, there is no one on this planet whose job it is to bring happiness to us or love to us. We mature in this area and discover that our relationships are places where we jointly participate in the field of Love and in the field of Beauty, in the field of Creativity - together.

Our body temple is a life structure. Here we understand wholeness, we understand health, vitality, we allow the body temple to become strong enough that it does not hinder us living our true meaning, living our true vision, releasing our talents and capacities. There is the financial structure where we learn about money, that money is a promissory note for energy to be delivered at a later date. We learn in this particular structure that you never spend money, once you spend money, it's gone. We understand that you circulate energy in the form of money and as your mind begins to wrap itself around that awareness, that you are circulating energy, it always comes back to you. But if you believe you are spending it, it is gone forever.

You stabilize the structure called your beliefs. You begin to mature until you move out of simply being a believer but your beliefs have produced someone who has a practice and your practice has provided a context for insight, so you begin to have conviction and a real knowledge about what you say you believe and you always know, if you really know something because if you really know something, you don't have to fight for your beliefs. People who are fighting for their beliefs, really don't believe what they say they believe because at bottom, they're afraid that what they believe is not a truth. The world does not need any more believers, the world needs people that are practicing their beliefs spiritually and providing the context for insight that causes them to know what they know that they know. Once you know something, you don't fight for it, you live it.

Then there is the structure called community. This is where you find that you are a valuable member of a community sharing your gifts, you have grown out of Ego and Ethnocentricity. It's no longer about me and mine, my tribe, my family, my people, my self. We become a part of a large community on planet Earth and are here to contribute being a beneficial presence, allowing for the gifts, and talents and capacities within our self to express themselves.

When these particular structures are stabilized, we have leveraged energy so that those particular areas of our life are no longer a liability but are an asset. The entry level metaphysician is using the power of their creative imagination, their visualization powers, their declarations, their affirmations, the establishment of their intention, their denials to stabilize those structures in their life, so that they are healthy, they are prosperous, they are able to get along with people. Their Ego is not running a-muck. That becomes a launching pad for the individual to really begin to express the deeper intention of their

soul

Please remember, this particular stage, even though you are learning how to use the law, you are not to get caught up in your acquisitive nature, falling prey to consumerism, to a materialism and becoming addicted to the law of manifestation. No. That is one of the dangers of this particular stage. As a being, an individual becomes adept at the utilization of these particular laws, they can fall prey to getting and acquiring as a way of life, which is just using the law to appease the addictive aspect of our being. It is not for that. Often times there is a lot of criticism, particularly from people who are farther down the line in their growth development and unfoldment of people who come into this stage because they look at these individuals and they'll say "these people are being materialistic, they're being consumer driven".

We need to always remember and have compassion. We need to have mindfulness; so, that we do not fall prey to elitism. We should not criticize the doorway that people walk in to this conversation. We celebrate the way people come into this conversation. Whether a person comes into the conversation through seeking to quit smoking or to better their relationship or to attract some good into their life, now that they are in the conversation, they can become a candidate for greater growth and unfoldment, through greater insight and revelation, through greater practice.

The **Rev Beckwith's Life Visioning Process** is about getting you to practice, so that ultimately, you are available for transformation. You are becoming a candidate for an insight and an insight is this - that there is an order that we all depend on, that you and I did not create this order. Order, it is often said, is heaven's first law. That we live in a cosmos of order. As a matter of truth, as a matter of fact, in the quantum physical understanding of this, the Chaos theory says in lay man's terms, if you could step back far enough from any circumstance or any experience, you could see the underlying order behind every event, so what looks chaotic, behind that there is order operating. Much like puberty, you look at puberty and it looks very chaotic but it is a part of the maturation process of becoming an adult. With the understanding, that there is an order that we all depend on, and you gain this understanding through your affirmative prayer, your contemplation, your meditation, your affirmation, your visualization, your creative imagination - you begin to understand that there is an order and you did not make it.

You become willing to surrender your life to this order, this harmony that is already here. You did not create this order, you are a participant in the implicate order and this unfolding whole that by means of us, wants to express it self. The understanding of the law takes you to a leap off point where you can surrender and allow something else to begin to take over your life. Now don't get nervous because many individuals don't like that word - surrender. They think that they are surrendering again to an anthropomorphic God outside of themselves that has human emotions, that is going to determine It's will for you to be poor, or starving or some negative state of being. No. Surrender is not giving up, it's not acquiescing to negative circumstances.

Surrendering is Yielding to Excellence. Surrender is yielding to the next stage of your evolution. Surrendering is making your self available to the next stage of what wants to evolve in us. Letting go of the lesser for the greater. We let go of the training wheels that we may ride our bicycle, pop some wheelies and do some fantastic turns. Giving up control is leaning into and becoming aware of the truth, that there is an order we all depend on and we've gained enough confidence to release our self to that order.

The Rev Beckwith says that he is aware that when we speak about manifestation, visualization, segwaying into the conscious act of surrender that this idea may seem paradoxical, it may seem contradictory at times. Please understand that these are developmental stages that are not contradicting each other, they are building upon each other. As you begin to develop a level of control over your life, cutting your teeth on these principles, at some point, you will have enough awareness, to then let go and surrender to the next stage of your development. Surrender to that which is trying to express through you and it won't be contradictory. It may appear to be that way now but as you continue to practice, you will see that it is not.

The Butterfly does not contradict the Caterpillar. The butterfly is the next stage of caterpillar development. At some point, the caterpillar must surrender to the impulse of transformation within it in order to give birth to its next level. Even what the caterpillar wants, is quite different than what the butterfly wants. You are in the process of unfolding and growing.

Stage Three - the Channel Consciousness - Rev Beckwith

It has been some time since I started, or posted to, this thread. In case you have lost track, the following comes from **The Rev Michael Beckwith's** concept called **The Life Visioning Process**. You can read more about him at the beginning of this thread and about the stages that he describes as coming before this one as well, above this posting. I continue his discussion below -

From Stage 2, we enter Stage 3 - where we are identified as a channel, a vehicle, an instrument, an opening through which Life has it's way with us. We say in substance, that something is operating >>>*through*>>> us, which is why we are identifying our self as a channel now.

Remember **the first stage of Victimization**, something was happening **TO** us. **The second stage as a Manifestor**, is where individuals are growing into honing their manifestation skills, *they were doing something TO IT*. Stage 3 is **THROUGH** us. This is where we have opened ourselves up to a deeper level of surrender, based on the awareness of unity and oneness, based on the awareness of Divine Order, something begins to operate through us. This is akin to being in The Zone. In this case, **the Spiritual Zone**. (deb's note - some think of this as being in The Flow of Life, when things happen effortlessly. That is a good word "effortless" because the result is beyond anything we could cause by our effort.)

Everyone has probably had a moment in their life, where beyond what they had planned, beyond what they were thinking, something began to operate through them that took them beyond the level of excellence previously achieved or attained. Singers have talked about this, poets have talked about this, artists have talked about this, athletes have talked about this. They prepared, they visualized, they planned.

They did so much to be prepared for their particular act, whether they were an actor that had to act out a part, whether an athlete who was running an event or swimming, suddenly time stopped and beyond their planning, something beyond themselves began to operate through them and **they were a witness**. They witnessed this excellence, this spontaneous goodness, this moment of sheer creativity begin to take over their life and when the event was over, they said something like **"Something just used me. Something took me over. Something beyond me began to sing through me or run through me, or act through me, or write through me"**.

This is the stage of being a channel. Something operating through us. Of course, this is born from the planning that we have done in Stage 2. The recognition that there is only One Power and One Presence and then, that gives birth to a moment of surrender and releasing and letting go. This stage of operating through us, is a stage in our development where just like an airplane surrendering to the law of aerodynamics, we release and we let go and something begins to take place.

Now, let me remind you that your moment of surrender again is not the old concept of surrender where you're surrendering your will to a God outside of your self - NO. You are surrendering to the next stage of your own development, the next stage of your own evolution with the awareness that **your life IS the Life of God**, your life is the life of God, you see? So, surrender takes on a whole other vibration. Stage 3 is about being an instrument, a channel, an opening and a place for Life to happen, with the awareness that Life is magnificent. Life is beautiful, life is alive, Life never compromises itself, so we can let go.

When next I post, it will be regarding what **Michael Beckwith** has to say about **Stage Four - Being Consciousness** of his **Life Visioning Process**.

Stage Four - Being Consciousness - Rev Beckwith

It has been some time since I last posted to this thread. In case you have lost track, the following comes from **The Rev Michael Beckwith's** concept called **The Life Visioning Process**. You can read more about him at the beginning of this thread and about the stages that he describes as coming before this one as well, above this posting. I continue his discussion below -

Stage 4 - which is called AS US. Stage 4 represents those moments in life when there is no sense of separation between us and life, between us and God, us and Love. We can hear our soul, perhaps, cry out "I AM what THOU ART and THOU ART what I AM".

In Stage 3, we are a vehicle, an opening for it, something is coming through us, in Stage 4, it IS our identity, the veil that appears to be separating ourselves from life has dissolved, whether that has happened for an instant or whether that is for an elongated period of time, we've entered into the 4th Stage.

This is a stage that you can't make happen at all. It is almost as if it is a moment of grace from the universe. However, your preparation of all the inner work that you have done has served as a preparation for these moments to leap into an awareness of your Oneness with ALL of the Power and ALL of the Presence and ALL of the Love.

This is a moment that is different from being a channel or an instrument of the Divine. Here, something within you says, "I Am what Thou Art and Thou Art what I Am". You feel at ONE with Life. Sometimes this occurs when you feel at ONE with ALL of Nature. Sometimes this occurs when you feel at ONE with ALL of Humanity. Sometimes this occurs when you feel at ONE with the Cosmos, with EVERYTHING.

These are various descriptions of different dimensions of this state of ONENESS, this state of AS US. It is a state of BEING. And even in this state, this state is NOT a final resting place. You still are aware that even though you are at ONE with Life, and at ONE with Love, and at ONE with Beauty, because of the nature of emergence, because of the nature of this Infinite Life that is always seeking to express Itself, and because It's nature is Infinite, there is always MORE within you to be expressed.

So, when we hear the terminology "I shall not rest, until I rest in Thee, O God", we are saying in substance that we are resting in the evolutionary impulse of the universe but we are resting from a sense of being at ONE with It, not separate from It and trying to find It or get it. We ARE IT.

The Koran would say perhaps "It is closer to you than your neck vein". The Bible would perhaps say through Jesus "It is closer to you than your breathing, nearer than your hands and feet". It is EVERYWHERE throughout ALL of Nature, which I believe, caused Jesus the Christ to say "If I do not find one worthy, I will command the Rocks to shout out My Name". Everything is holding or able to reveal this connection, this connectivity with Life Itself.

This state, where the Spirit of God, the Spirit of Love, the Spirit of Intelligence, the Spirit of Beauty, operating AS US is a sublime state of Being, that of course, we cannot coerce, we cannot storm the gates of Heaven, the gates of ever-expanding Good but we are incrementally preparing our self for this kind of opening, which we know theoretically is true.

The Principles of New Thought / Ancient Wisdom are based upon Oneness. That there is One Power, One Presence, One Life and that THIS Presence is Everywhere. It is Omnipresent. Being Itself totally and completely. And in certain moments, we find ourselves participating in this Oneness. Sometimes it's a nano-second, sometimes it's hours, or even days, or weeks. And then our role after that is to integrate that state into our life and then to discover what is to emerge from that state of Being.

(deb's note - If you participated in International Peace Day on Sept 21, 2008 - then your work now is to integrate a response of Peace to all actions, that you may pass on the Energy of Peace in every moment of your day - and you will probably fall short of that goal at times and must simply shift your awareness back into the feeling of Peace and move forward with that awareness once more.)

Remember, we're not here to be inert Beings, sitting, not creating Karma. We are here to be creative, expressive agents of the transcendent qualities of the Spirit, allowing them to be eminent as the activity of our awareness. So we are constantly growing, becoming more ourselves, that we may deliver an emergent Energy, the qualities of the Spirit, through and ultimately AS US. This is Stage 4.

Similar, to being in a Zone, except that there is NO separation whatsoever. This was one of the central themes of the man, who I believe, revealed the next stage of human evolution. One of the individuals, who revealed the next stage of human evolution, when we talk about Jesus the Christ, who a part of the central theme of his message was "I and my Father are ONE. When you see me, you see HE who sent me." There is no difference here. That was a part of his central message.

The Buddha simply said "I am awake". He had awakened from the intoxicated sleep, the illusion of separation, and was awakened to the reality that was not transitory but eternal. The reality that our Life and the Life of the Divine is the SAME Life.

Those 4 stages are just a little template of the evolution of our soul, beginning with The Victim (Life is doing something TO us), moving into The Manifestor (we are doing something TO IT, we're making something happen with our Mind). Stage 3 is operating through us. We're yielding, we're allowing, we're letting, we're open. Stage 4, IT is what WE ARE. We've become aware that our life and the Life of God and the Life of Joy and the Life of Life Itself, IS OUR VERY OWN LIFE.

Our **Life Visioning Process** begins at Stage 3. We are opening ourselves up to be aware that something wants to emerge, something wants to express through us, something wants to use us, something wants to BE us. We are moving out of merely manipulating Life to manifest something, which is NOT a bad thing, but we've evolved to the next stage where we are letting something that is within us, even beyond what we could imagine, beyond what we could visualize, begin to take shape within our life experience.

It takes a level of Courage, Commitment, Sincerity and Earnestness to begin to leap into an area that is beyond your imagination, beyond your power of visualization but when you begin to understand that the universe is governed by Law and ruled by Love, you find that it is easier to make that leap because you are NOT projecting your Fears into the Future.

You are aware that this Power, this Presence and this Love, of which YOU are it's image, it's likeness and it's Divine Substance wants to express Itself fully and completely as YOUR LIFE.. A scientist once said that "We are the way that the stars are looking back at themselves." We are UNLIMITED BEINGS capable of revealing such immense Power and beauty and creativity and heretofore, we have only been touching but a small bit of the potential that is within us.