

# Mystical Oneness: Adapting to The Soul Level

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Behave as best you know, do what you think you should. Don't be afraid of mistakes; you can always correct them, only intentions matter. The shape things take is not within your power; the motives of your actions are.

- Nisargadatta Mahara

# After the Leap

YOU'VE COME TO realize that you *are* a Soul. You've taken the leap of faith and vowed to *live* as a Soul. So now what? How will your life be different? What can you expect? Exactly how do you go about *living as a Soul* anyway?

## What Now?

The goal of this phase of Mystical Oneness is to learn to *adapt* to living as a Soul. Your identity—who you think and feel you are—is still deeply *conditioned* to live as a Mortal. It will take time and practice to de-condition these ingrained thoughts and reactions, and *that* is the purpose of this phase—to *adapt* to this new way of living.

For example, say you are a very thrifty person. You have always put a lot of time and energy into getting the very best deal possible. This conditioning is based on the Mortal's desire to win (which is the same as the Mortal's *fear* of losing). As a Soul though—as someone who will live thousands and thousands of years—saving a few dollars now should feel as irrelevant to you as if you had lost a nickel when you were a child. When you first start living as a Soul, your conditioned thoughts and actions will simply not be in harmony with your new Soul identity.

A large part of adapting to living as a Soul is to recognize these conditioned Mortal reactions, examine them, and to see how *ridiculous* they are to someone who is eternal. Repeating this process gradually de-conditions these reactions, softens your identity, and helps you live in harmony with your new life as a Soul.

## Adapt First - Act Later

Freedom from fear is the greatest gift living as a Soul provides. Without the fear of death, practically all other fears fade and vanish. But before you quit your job, leave your wife and kids, buy a sailboat and go cruise the seven seas, you'll want to learn to recognize what is truly *important* to a Soul—what exactly your *values* are as a Soul.

## Mystical Oneness: Adapting to the Soul Level

Besides overcoming our conditioning, this phase of Mystical Oneness also focuses on learning to recognize our unique purpose for this life and how our actions today will affect our future days in both this and upcoming lives. Understanding the reasons we are here and recognizing the consequences of our actions are key to helping us make decisions—decisions both large and small—while living as a Soul.

This phase of Mystical Oneness—adapting to living as a Soul—is about dropping old Mortal conditioning, about learning more about ourselves as a Soul, and about what is important to us as a Soul. *Adapting*, not *acting*. It is about acquiring our sea legs, readying our rigging, unfurling our sails, and charting a course into the vast expanse of our new life—but it is *not* about making that ocean crossing just yet. We need to run a few sea trials first, to be sure we won't sink.

This is just a *training* phase. This is *not* the time to make any large or rash decisions.

# What's Important To a Soul?

WHAT IS IMPORTANT to someone who lives forever? Without the fear of death, what *guides* the mystic's actions? With the shackles of mortality removed, what does the mystic *value*?

## A New Perspective

One of the first things a mystic experiences upon making her leap of faith to live as a Soul, is a profound shift in perspective. Suddenly, the lifetime ahead of her feels *vast* and *timeless*. With this massive extension to her lifespan, her mortal troubles dramatically decrease in both size and weight.

With this extraordinary lengthening of time and the dropping away of her problems, a thrilling sense of *freedom* is felt.

This vast freedom has a price though, and—like someone who has suddenly struck it rich in a multi-million dollar lottery—the mystic is quickly overwhelmed with both a distinct lack of *purpose* and a confusing absence of *core values*. Much of what used to feel important seems meaningless now, and the mystic experiences both confusion and disorientation as she struggles to find a solid foundation—a core set of values—on which to stand and function.

## A New Set of Values

What does a Soul who lives forever value? What is right for her? What, if anything, is detrimental? How does she make her way upon this boundless ocean of unrestricted freedom? Is there some universal moral compass which can guide her though the vastness of time and space that stands before her?

The mystic finds her answers not from looking without, but from looking within. She realizes that unless she does something about it, her next life will carry forward all her issues of *this* life. All her current guilt, regret, anger, cynicism—all her negative emotions—will follow her from life to life to life unless she does something to *assuage* them.

Positive and selfless actions feel good, do good, and help relieve the emotional pain of past negative actions. She *knows* this. She feels the *truth* of this core tenet—and so she uses this insight to help guide her through this new life.

Positive and selfless actions become her *moral foundation*. Creating positive karma becomes her *moral compass*.

### A New Purpose

As the mystic starts to explore her new life, she quickly realizes that there is a huge disparity between her *intentions* to live as a Soul, and her body's *reactions*. She realizes that her body and mind are still deeply conditioned to act in very Mortal ways.

Relieving this disparity—the differences between her intentions and her actions—becomes the primary focus of the mystic's life. It is only in finding harmony with herself that the mystic can fully adapt to this way of living.

Easing the disparity between her intentions and her conditioned actions becomes the *purpose* of her life.

# Karma

LOOKING AROUND HER, the new mystic-as-a-Soul wonders, “What is to keep me from doing anything I want? Why shouldn’t I steal these diamonds from this jewelry store? Why shouldn’t I cheat my neighbor out of his possessions? Why shouldn’t I kill my enemies or anyone else who displeases me?”

What is the worst the authorities can do to her? Imprison her? Execute her? Punishment holds no fear for the mystic because in the back of her mind, she knows that with her death, she starts over with a fresh life. Another clean slate. Another life to live with selfish abandon.

What, if anything, is there to keep the mystic from devolving into a life of pure, selfish, hedonism?

## An Insight From Past Lives

Before her leap of faith—the mystic studied various texts and resources in order to strengthen her belief in the Soul. In her studies of reincarnation and the accounts of psychologists treating patients using past life therapy, the discerning mystic, if she were observant enough, noticed a common theme—a universal truth—shared by all patients as they recalled their past lives: *Emotional and psychological scars from past lives carry forward into the current life.*

The mystic may have also noticed *something else* about the former lives of each patient—something very subtle but critically important: The patient invariably felt it was *he himself* who lived those past lives. Not someone *else’s* memory, but *his own*. In each past life recalled, the patient *always* had his current personality, his current emotional outlook, his current intelligence. In essence—even though he had a different body—he always felt like the same *person* he is now.

To a large extent his essence, his *Soul*, remained unchanged through all of his lives.

This realization was key to the mystic’s leap of faith. “I don’t die. I continue on. I am immortal. I am a Soul.”

What the mystic may not have realized at the time though, since painful emotions carry forward into future lives, is this, “What was done to me in my past will need to be resolved or forgiven, but also *what I did to others* will need to be atoned for.”

In other words, “Unless I do something about it, my past will continue to haunt my future.”

## The Life Review Archetype

Ultimately, the mystic wants nothing more than to be One with the Divine.

Almost all cultures and religions share a common belief—a human archetype—of Man originating *from* the Divine, and his universal yearning to *rejoin* the Divine.

Additionally, nearly all religions share another common theme: The Great Evaluation, the Life Review, the Judgement. Are you good enough to merge with the Divine? Are you pure enough for Heaven? Are you worthy?

“What is keeping me from the Divine? How am I blocking Her Light? Am I acting as God would act?” These are the questions that guide the mystic.

“Am I causing other’s pain? Is this the way of God?”

“Do I still feel guilt or regret? Will my actions *cause* more regret?”

“Have I atoned for my sins? Is my conscious clear?”

...

“Am I worthy?”

The answers to these questions are the key to the mystic’s behavior. They are the light which guides her across the ocean of eternity. They are the key to her greatest desire: To become One with God.

## The Mystic's Golden Rule

The mystic understands her own version of karma. She knows any feelings of guilt will act as a barrier between her and her Beloved. She knows that any harm she does others, will *come back onto her*—in this life or some other.

While in the mysterious realm between lives, the mystic *consciously chooses* a



life “weighted” with the same pain she has caused others. She voluntarily opts for this pain in an effort to deeply learn the lesson of her selfishness: That her selfish actions keep her separate from God.

The Mystic’s Golden Rule is this:

“As you do unto others it will be done unto you.”

## The Road to the Divine

*Selfless* actions wear away *Selfish* actions.

Regrets pull the Soul *apart* from the Light.

Love pulls the Soul *into* the Light.

A guilt-free life erodes the barrier to the Divine.

How you treat others, is how you will be treated.

The clearer the Soul, the closer to God.

Karma is the mystic’s moral compass.

# Conditioning

WHILE HER INTENTIONS are pure, the new mystic-as-a-Soul quickly realizes that it isn't at all *easy* to live as a Soul. Though she knows *what* she should do and *how* she should act, it seems as if her body and actions have a mind of their own.

To be selfless, to be fearless, to be unconcerned with Mortal issues—these are very simple things to *say*, but it turns out that they are very difficult to *do*. Even though the mystic wants to travel *North*, like a passenger who has boarded the wrong train, the tracks of her conditioned actions keep taking her *South*.

## The Old Script

From the moment we are born, we are programmed by our parents and teachers, by the media and culture, to believe that we are mortal beings with a limited lifespan. We are taught that death is the end and it should be avoided at all costs. The constant message—repeated over and over again—is that we have little time, that we must strive to win, that we must stay healthy, prosper, make money, protect what is ours, and at all costs... avoid dying.

This message has been programmed into our minds—and to a certain extent our bodies. We are programmed to be afraid. Mortals rarely even *think* about this, let alone *question* this powerful script which largely runs their lives.

Mortals may not, but the mystic *does*.

## The Rut

Even though she is aware of the old script—*avoid death, avoid losing, win, win, win, me, me, me*—the mystic is largely helpless to *change* it. This can be very disheartening, and the constant failing to live up to her beliefs can be extremely discouraging.

What is important for the mystic to remember though, is that it is a *script* running her mind and actions and *not the mystic herself*. She's not to blame—the script is. Like a wagon wheel stuck rolling inside a deep rut in the sun baked clay, her

brain has been literally wired over the course of her lifetime to act and react in accordance to the old script. It is very difficult to get the wheel out of the rut.

It is *difficult*, but it can be done. It takes commitment—and it takes time.

# The Practice

TO GET OUT of the rut of her conditioning, the mystic needs to write a new script for herself—a personal, ideal way of living as a Soul. Once this script is written, it is then time to put her plan into action and discover firsthand the differences between her *ideals* and her *reality*.

## Writing The Ideal Script

Before she can start carving out the new wheel rut for her wagon to follow, the mystic must first know *where* she wants to go. She must first write a new, *ideal* script of what it is like to *live* as a Soul.

The Ideal Script is what she, as a Soul, wants to live by. It is her ideal vision of how a Soul lives while incarnate.

Some examples of an Ideal Script:

- “I will live selflessly, clear my past karma, and create only positive, new karma.”
- “I will interact with life from the broader perspective that I will still be alive in 10,000 years.”
- “I will do everything in *this* life to make my *next* life as pleasant as possible.”

This script is her *ideal* vision of how a Soul lives while incarnate. It should be short and clear but most of all it must *resonate* with her. She must *feel the truth* of it.

## Mortal Knots

The ultimate purpose of the mystic’s Ideal Script is to help her overcome her old, fear-based, Mortal conditioning. Conditioning is never overcome by just thinking about it, nor by just reading or writing about it. It is only overcome by *living life* and meeting the conditioning head-on.

So the mystic, with her new script in hand, heads out into the “real world” and

attempts to put it into practice—to walk the walk. She tries to *live* as a Soul, with a Soul’s vision and values.

She tries... and she fails.

Though discouraging, this failure is to be expected and should even be welcomed. It is through her failure to live up to her ideals that the mystic discovers her “Mortal knots.”

Mortal knots are simply deeply embedded conditioned beliefs, thoughts and unconscious conditioning that were programmed into her psyche as the result of a lifetime of living as a Mortal. They are almost always based on the Mortal script of “Win. Succeed. Make Money. Be Safe. Protect Yourself. Me. Me. Me. (I don’t want to die. I’m so afraid.)”

Mortal knots are her *unconscious* beliefs.

What *failing* to live up to her Ideal Script does—with a brutally harsh, bright and glaring light—is to reveal those deeply hidden knots. It is to make them *undeniable*.

Once these knots are revealed, they can be *untied*.

## Journaling

Because Mortal knots are deeply embedded in her unconscious mind, the most important thing a mystic can do is to journal her encounters with them. By writing down her experiences with her Mortal knots—by *confessing* them—she *maintains* the light of awareness shining brightly down upon them. Without journaling them—without writing them down and reviewing them—her ego *will re-repress* them, will push the knots back down into the darkness of her unconsciousness.

If she doesn’t consciously bring them out into the open, her ego—to protect its Mortal identity—will make her conveniently “forget” her Mortal knots.

So the mystic—in going about her day-to-day activities—is constantly *reviewing* her actions. She is not trying to *change* her actions, she is just trying to *catch herself* acting from her old, conditioned, Mortal script.

As soon as she catches herself, “Oh, I shouldn’t have gotten so angry just now,” she writes down the event on a note pad, speaks it into a voice recorder, shoots an email off to herself, or somehow other records what happened.

At the end of the day, she collects these notes and enters them into her journal. If it is apparent what Mortal knot is at the source of her actions, she writes its “name” down also (ie: “Taking arguments too seriously”) and highlights it.

These Mortal knots are revealed by the discrepancy of her actual, *lived* actions (her old conditioned Mortal script) and her still *mostly mental* Ideal Script of living as a Soul.

## Focused Scripts

At first it can be very discouraging, even overwhelming how *poorly* the new-mystic-as-a-Soul is doing at *actually living* as a Soul, but by journaling her experiences, by highlighting the *discrepancies* between her ideal life and her real life, the mystic soon starts to notice patterns emerging. Certain Mortal knots appear *far more often* than other knots do.

With this information, with her troublesome knots clearly revealed, the mystic can now get serious about dealing with these problematic and deeply conditioned knots.

Taking *one* knot, one conditioned unconscious habit that conflicts with her ideal life as a Soul, the mystic writes a second script, a *focused* script.

Some examples of focused scripts:

- “I will only focus on acting selflessly *with my friends.*”
- “I will focus on trying to view *arguments with my husband* from the perspective of eternity.”
- “I will try to see *my road rage* from the perspective of a Soul.”

Like her Ideal Script, her focused scripts must *resonate* with the Soul. She must *feel* the truth in them.

By only working on one or two knots at a time, the mystic is able to target those knots with all her attention. As a targeted knot *unravels*, the mystic will notice that similar knots of the same type will automatically *soften*.

For example, when the mystic has re-conditioned herself to act selflessly with her *family*, it will be much easier for her to act selflessly with her *friends*, which in turn will make it much easier to act selflessly with *strangers*.

Important: Your focused scripts *should not* be karma-based issues (your *grand purpose* or the *reason* you chose this life). Karma issues are too large to take on during this *adaptation* phase and will be addressed during the next phase of *living* as a Soul (the *stabilization* phase).

### The Constant Soul

Always—as she adapts to the Soul level—the mystic must remember the core issue: *I am not a Mortal, I am an eternal Soul*. To help her keep this in mind, to help her re-write this core script, the mystic maintains a constant visualization.

As she goes about her day-to-day life—even while she works on her scripts—she “fantasizes” that she is a ghost or spirit or entity who is *inhabiting* her body. She isn’t the body. She isn’t the job she does. She isn’t the roles she plays. She isn’t even a woman. She is an ethereal spirit “driving” around in this body, using its physical being to help her learn her lessons, to clear her past karma, and to create new, positive karma for her future bodies.

She is the *driver* of the body. She is a driver of the *person*. She is only *playing* with the person’s roles, she isn’t those roles. She is a Soul, not a person.

By practicing this visualization diligently—day in and day out—the mystic re-writes her *core* conditioned Mortal belief of “I am human. I am going to die” into “I am immortal. I have an eternity ahead of me.”

### Spiritual Guidance

Throughout the process of adapting to life as a Soul—writing her Ideal Script, unveiling her Mortal Knots, writing her focus scripts, and unraveling those knots—the mystic gradually adapts to living as a Soul.

An important concern though, is the possible danger for the mystic who tries to “go it alone.” It can be very easy for the lone mystic to get side-tracked, to lose focus, and to miss otherwise glaring patterns in her conditioning. Other problems can also arise: Her ego can cunningly sabotage her growth; a “holier than thou” attitude can develop; and—and this can be very dangerous—rash and unwise decisions can be made well before the mystic has fully *stabilized* her life as a Soul.

This “dark side of the Soul” can be destructive—even fatal—to the mystic’s physical life, harmful to her close relationships, and detrimental to her spiritual growth

overall.

A spiritual guide can be of considerable help here.

Much like a recovering alcoholic can confess his fears and failings to a sponsor who has “seen it all before,” the mystic can benefit greatly by having a “sponsor” of her own. Someone who is already living at the Soul level or higher. Someone who can help her find her way, guide her out of the darkness, and stay focused.

The mystic who is adapting to the Soul level should endeavor to find a more advanced mystic who has “been there, failed there, and overcome the Mortal knots.” Someone who is already living as a Soul (or Radiance or Oneness) and who can help the mystic assuage her doubts, temper her ego, and keep her living true while she adapts to this magical new world.



# From Adapting To Living

THE MYSTIC'S GREATEST desire is to become one with her Beloved. To merge with the Divine.

She knows it is a *path*. To step from Mortal to Soul to Radiance to Oneness is a much easier route than trying to jump from Mortal directly to Enlightenment.

When the knots of her Mortal conditioning have unraveled, when the mystic truly *feels* like a Soul, it is time for her to review her new core values—the Mystic's Golden Rule, her karma, and her purpose. With these guidelines in place, and her lessons well learned, it is time for the mystic to throw off her student garbs and graduate to *being* a Soul.

Keeping her Beloved in sight, the mystic finds the faith to live *authentically*. She steps out into the world and *lives as a Soul*—opening herself to fantastic new heights previously unattainable.