

# State of Ease



Essence

State of Ease

State of Survival

Healthy Life Style + Commitment to Greater Self-awareness = State of Ease

Commitment to greater self-awareness gracefully guides you out of a  
State of Survival, through daily adversities to a State of Ease.

4Aspects™ Journal Included

By Walker McDonald

## **Addendum**

**The contents viewed here present graphic works pertinent to the book and rendered by Terry Rosen.**

**Some few pages are included for context.**

**Terry also provided invaluable editing support throughout the text pursuant to adaptation into an eBook format.**

# **Flora**

Acknowledging my teachers for their patience, guidance and love

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*God has promised forgiveness to your repentance; but he  
has not promised tomorrow to your procrastination*

— *St. Augustine*

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*When we examine the relationship between mind – or consciousness – and body, we see that wholesome attitude , emotions, and states of mind, like compassion, tolerance, and forgiveness are strongly connected with physical health and well-being.*

*– Dalai Lama*

## Preface

### State of Ease

*Nothing has a stronger influence psychologically on  
their environment and especially on their children  
than the unlived life of the parent.”*

— Carl Jung

*There is a great difference between who a person really is and who they think they are. We have  
a need to rationalize unconscious processes to keep the self-image that we have built intact.*

— Sigmund Freud

What I know is that there is a stage within a State of Ease where self-image doesn't exist. And living your purpose fulfills and sustains you as much as food or water. In this reality, unconditional love and purpose are as present within you as the air you breathe. You may awake in the morning feeling stiff and sore as your feet touch the floor. And, if you open up and become present (Being present is defined on page 12) the discomfort fades significantly. In becoming present you are claiming your life, taking ownership of it. You are no longer the victim of your life. Because you are no longer the victim, life's discomforts are not multiplied by the pains and frustrations of the past. Once you become present and take ownership, you allow yourself to experience the beauty of each moment. Your moments then become filled with gratitude, unconditional love and ease.

A good friend said to me recently “If I had \$100,000, I would be in a State of Ease.” I looked around her beautiful clinic where she brings healing and wellness to her patients and thought... ”she’s living her dream, she’s living her purpose, yet she experiences the dis-ease of worry and stress”. I have watched her create this incredible healing place. However, because some days are financially challenging for her, she can become stressed. When she is engaged in her purpose, present in the now, she is free of stress and worry.

How do you keep your fearful, uncomfortable thoughts from owning you? How can you allow those thoughts to present themselves only as questions? Questions which support you in becoming present and will allow you to maintain a State of Ease?

*Dis-identifying is like hitting the pause button on the remote.*

*It gives you a moment of freedom to feel what’s up.*

*– Paul*

I am sure you’ve experienced moments of ease, even though a difficult situation may arise and you’ve easily handled it. Those moments of ease do not have to be far and few in between. A State of Ease is within you and is easily accessible. This book is meant as a map for your journey. It will guide you to a State of Ease. It provides exercises that support you in being present and releasing your self-image and conditioning. When you are present you make aware empowered choices. These choices build authentic empowerment (authentic empowerment is defined on page 107). Authentic empowerment is stronger than the neurotic empowerment (neurotic empowerment is defined on page 107) generated by your self-image.

*“My experience with the 4Aspects program has been incredible. After thirteen years of traditional therapy, I felt stuck in my growth process. The 4Aspects has presented an entirely different approach of healing and learning. I’ve enjoyed the way the 4Aspects program has demanded me to be present through my growing process and how the program toggled my memory daily as to intentions for growth.”*

*–Stacy*

I've been a student of human behavior and the human potential for over twenty-five years. During this time, I have become increasingly aware of an altered state of consciousness. The description of this altered state of consciousness has escaped western psychology and eluded contemporary definition. My experience with this state has continued with increasing frequency and power. I have seen this amazing state appear in others, without reason. This empowered state appears to glow from the inside out. I refer to this state as "Essence," and when I'm in it, I feel empowered and free. My life is in a State of Ease. I'm living my purpose and I feel unconditional love and compassion toward others. I am simply at peace, life is easy, and the truth is effortless. A.H. Almaas wrote "Essence is the fulfillment of all our deeper longings. Essence is the answer to all our fundamental questions, absolutely, without exception."

Essence, your real-self is the goal, a state of consciousness free of self-image and conditioning. The path to Essence is a State of Ease and the 4Aspects™ Journal program is the compass that provides the guidance as you journey down your path. Without fully understanding what a healthy life style (describe in detail on page 20) was, I worked toward Essence and was successful in discovering it and unsuccessful in maintaining the connection. I knew how to be present and disidentify (disidentifying stops you from thinking and removing you from your conditioning – instruction; chapter five, page 161) and yet I still struggled to maintain Essence. I wasn't aware of the power my unhealthy life style and my self-image had over me. Now, as my feet touch the floor, my daily focus is on being present and making sure that my lifestyle is healthy. When issues arise I become present and disidentify. Being present and disidentifying allows me to maintain a State of Ease when dealing with my issues. I highly recommend that you start practicing disidentifying as soon as possible.

*"The 4Aspects Journal process was helpful in four specific areas:*

*(1) it helped to focus on specific problem areas;*

*(2), it gave a daily log to chart progress in these areas;*

*(3), the 4Aspects journal process helped to go a step further in these problem areas;*

*(4), it gave a visible, concrete evidence of my progress."*



– Beverly

## Self-image & Conditioning

The Dictionary of Psychology defines Self-image as “The self as the individual pictures it or imagines it to be. The self-image may differ widely from the true-self”. With self-image, you’ve consciously and/or unconsciously learned to project the image that rewards you best. This image is either how you believe you are being perceived, or want to be perceived. Your Self-image may change throughout your life; however it stays within the self-imposed and self-maintained boundaries it has created. Your self-image is not who you really are. It is simply who you see and believe yourself to be, and who you wish other to perceive you to be. Your self-image is a defense against an inferiority complex. If you are ashamed of who you are, and your community judges you as being bad; it will negatively affect how you see yourself. This self-rejection and being rejected by your community may cause unbearable emotional pain. The image you project is in defense of the rejection. If you feel belittled by society, you may project the image of being better than. If you feel yourself to be dumb, you may compensate by projecting the image of being cool or strong.

*The persona archetype serves as a mask. It enable one to portray a character that is not necessarily his own. The persona is the mask or façade one exhibits publicly, with the intention of presenting a favorable impression so society will accept him.*

– Carl Jung

Your self-image defines and controls your behavior, beliefs and values. Self-image determines whom you will be relational with; it defines your friendships, and determines the depths of your loves. Self-image sets the parameters on how you act in any given situation and if your actions are not in accordance with it; you are punished and thrown in to self-rejection. Self-image chooses your professions and interprets your needs and life’s purpose in accordance with its limited beliefs and vision of who you are. Your self-image has a consciousness of its own. Your self-image is protected by an Unconscious Self-Image Defense Mechanism (USIDM page 3). Your self-image is simply an illusion generated by an unconscious defense mechanism and based

on unconscious neurotic needs. You feel weak and the need is to feel empowered. The solution could be to carry a gun, go into politics, or join a gang. You spend your whole life trying to cover up your feelings of inferiority, weakness and insecurity. Your self-image allows you to understand only degrees of the truth, freedom and awareness. No matter how much personal work you do, if you are not willing to examine your self-image; the results will be limited.

Your self-image interprets your basic needs, beliefs, motivations, and values according to its neurotic desires. These neurotic desires are the foundation of your self-image.

The Austrian psychiatrist Alfred Adler writes

“It is the feelings of inferiority, inadequacy, insecurity, which determines the goal of an individual’s existence. His goal is so constructed that its achievement promises the possibility either of a sentiment of superiority, or an elevation of the personality to such a degree that life seems worth living.....We orient ourselves according to a fixed point which we have artificially created, which does not in reality exist, a fiction. This assumption is necessary because of the inadequacy of our psychic life. The mechanism of the striving for compensation with which the soul attempts to neutralize the tortured feeling of inferiority has its analogy in the organic world. The soul, under pressure of the feeling of inferiority, or the torturing thought that the individual is small and helpless, attempts with all its might to become master over this “inferiority complex.”

Your self-image is your comprehensive neurotic solution; it defends you against inferiority complex. This comprehensive neurotic solution (self-image) along with your story and the way you interpret your past make up your conditioning.

*A great deal of our suffering comes from having too many thoughts. And, at the same time, the way we think is not sane. We are only concerned by our immediate satisfaction and forget to measure its long-term advantages and disadvantages, either for ourselves or for others. But such an attitude always goes against us in the end. There is no doubt that by changing our way of seeing things we would reduce our current difficulties and avoid creating new ones.*

— Dalai Lama

In graduate school a fellow student asked “what your self-image?” I responded rather quickly with: “I’m cool, don’t mess with me”. I was surprised with my response and how fast it came. The benefit I received from this was the elevated status in which I would not be challenged. I was happy, cool, people liked me and others wouldn’t mess with me. It concealed my fears and insecurities of growing up dyslexic on the streets of Los Angeles. My self-image wasn’t a bad thing. It could be seen as morphine and a bandage that concealed my inferiority complex. It repressed the pain and hid the shame, and that allowed me to have a “normal” life. I say “my normal life” in that self-image is the norm.

#### Exercise 1: Self-image

a) Describe your self-image?

*Write down your responses to the following questions in your journal*

b) Describe the benefits you receive from having your self-image?

*Write down your responses to the following questions in your journal*

## Introduction

### State of Ease

*Nothing has a stronger influence psychologically on  
their environment and especially on their children  
than the unlived life of the parent.”*

— Carl Jung

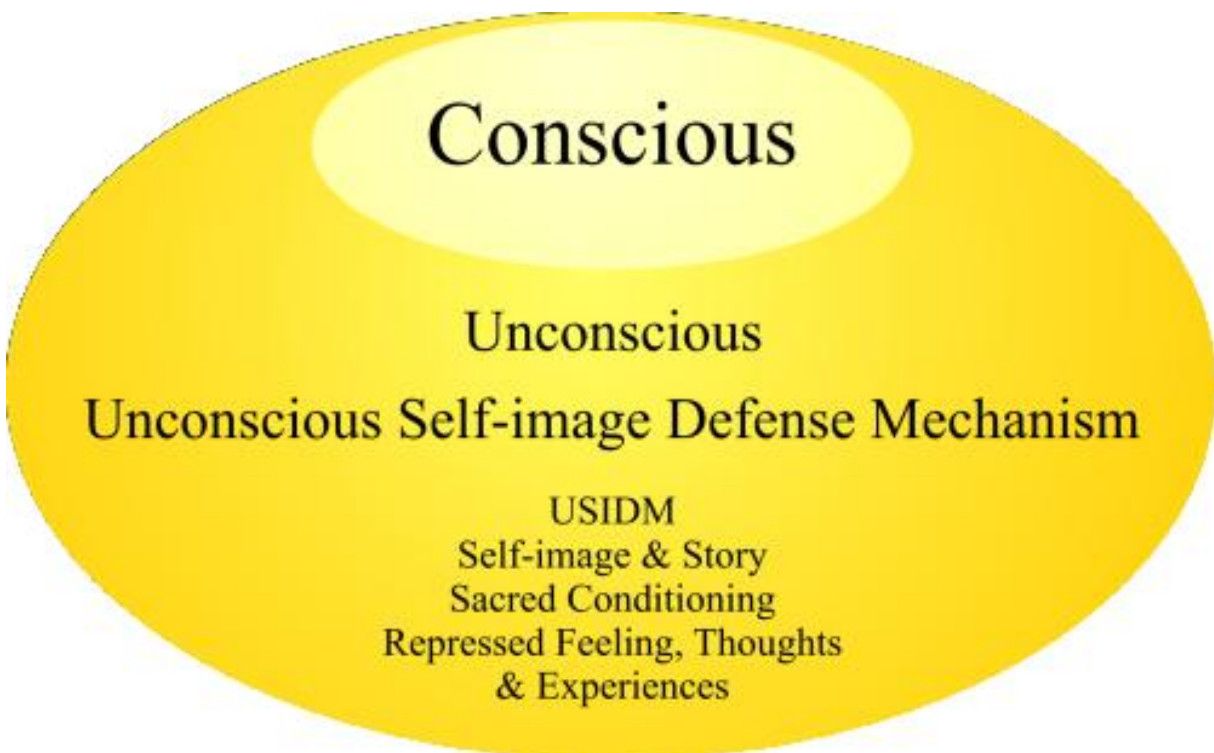
As a psychotherapist, I have become painfully aware of the power that our self-image and conditioning (Tolle refers to conditioning as the pain body) has over us. I would seek authentic empowerment and work toward greater self-awareness. I tried my best to take that next evolutionary step. And, I would find myself being pulled back by an irresistible force. This force would throw me back to my old unbeneficial habits, beliefs and behaviors. I would attend retreats and workshops with my partner and close friends. We would reach incredible states of consciousness and empowerment. We felt like we had made leaps forward in our personal evolution. Yet, as time passed, instead of this empowering state growing stronger within us; it faded. We were left experiencing the fear and confusion of our conditioning. Three steps forward and two steps back. Yes, we were evolving. We would experience Essence, then feel it slowly slip away, it was heart wrenching. We would do the workshops and learn new practices. We would go home and continue the work. Yet inevitably, we would return to a state of survival and live a life of longing. Why couldn't we maintain this blissful state? What was this gravity-like force that kept pulling us down?

I'm a student of psychology. I've studied shamanism, meditation and Neuro-Linguistic Programming. I've restructured beliefs and I've had kundalini experiences. Yet as I struggled to

move forward I found it difficult not to judge myself and lose hope. Slipping out of Essence and back into my conditioning felt like failure. I would make every effort not to judge and to be present. But still the cold reality was that as hard as I tried I could not maintain a State of Essence. Was I destined to live a life of longing?

What I came to discover is that your self-image has a consciousness of its own. Your self-image consciousness is protected by an Unconscious Self-Image Defense Mechanism (USIDM). Your USIDM's total function is to protect the false-self. When awareness comes in that threatens your self-image; your USIDM fights for its basic survival. Your USIDM sole purpose is to deny and repress the new awareness that threatens your self-image. When your self-image is threatened, your USIDM activates and you become even more unconscious. Eckhart Tolle addressed this idea in his book "The Power of Now," when he describes how the mind is threatened by the Now and is continuously trying to cover up the present with the past and future. The mind is the frontline of defense for your USIDM. Your only defense against your USIDM is to become present. Once you become present, your USIDM becomes disengaged and sits dormant. It awaits an opportunity to pull you out of presence.

The Collective Unconscious is everything outside the Golden Egg



Your USIDM acts like any psychological defense and is similar to your physical body's immune system. If you have a liver transplant, your body's immune system wants to attack and reject it. It rejects the new liver even though it's healthy and will keep you alive. Your psychological defense mechanism protects the self from conflict, anxiety and trauma through denial, avoidance and repression. The greater self-awareness you gain, the less the self depends upon its psychological defense mechanism for protection. The benefit of understanding the concept of USIDM is that it protects you against self-sabotaging and energy draining judgments. The judgments that say you are doing something wrong or not doing enough. If you understand that the awareness work you are doing will be challenged from within your unconsciousness, then you can stop feeling guilty and start treating yourself with greater love and compassion.

The above diagram illustrates your consciousness, unconsciousness and your unconscious self-image defense mechanism. Research indicates that the "normal person" is about 20% conscious and 80% unconscious. Your personal unconsciousness includes all your life experiences that are not conscious. Your personal experiences become unconscious because you have either forgotten or repressed them. Your personal unconsciousness may be influenced by the collective unconscious. Shamans say that your sensitive issues (guilt, shame, fear ...) are influenced by the collective unconscious and as you heal, so does the collective. What's your responsibility to the collective and to the planet? If you repress your violent tendencies they may be stimulated by the collective; school shootings, war, violent films and video games. You're an activist, an environmentalist with repressed rage. You justify your anger due to your political activism, unaware that on an unconscious level your anger is supporting your opponent. On an energy level your anger (which stimulates anger in the collective) could result in global warming. We know that anger rises your blood pressure, which rising your bodies temperature. It's easy to say your physical temperature rising when you get angry is going to have little effect on global warming. And, isn't that the excuse of the opponents of global warming use when they wish to justify their actions. Too far out there? Isn't it best to error on the side of caution?

It's difficult to get the full benefits of awareness work when your lifestyle is draining your energies. If you have low self-esteem, are stuck in inappropriate relationships, out of balance, and your basic needs are not being met, your lifestyle is unhealthy. If your lifestyle is unhealthy

it is not supportive of your personal growth. If your lifestyle is unhealthy and you're spending money you don't have on an awareness retreat. You could be sabotaging your process by adding debt and stress. Isn't this like reaching for the stars when you should be standing on solid ground?

Can you have breakthrough from an unhealthy lifestyle (survival) to Essence? Of course you can, and I've had them. It is much harder to maintain Essence and a State of Ease when your basic needs are not being met. When your body is not getting the nutrients or rest it needs, you lose energy and empowerment. When your behavior is not in alignment with your core values, you lose energy and empowerment. Internal values conflicts, conscious or not, drain your energy. The loss of energy and empowerment make you more vulnerable to your USIDM. I fully understand the idea of breakdown – breakthrough. How do you maintain the breakthrough if you're addicted to drama and survival? How do you maintain your Essence when you're lying to your partner or overcharging your clients? How do you build energy when you are committed to staying in an inappropriate romantic relationship?

*“Since there are different levels of freedom and different levels of liberation, most people cannot expect to be liberated from everything all at once.”*

— Sheng Yen

If you have a breakthrough, won't that shift you out of your value conflicts or bring clarity to your relationships? It will, but how will you maintain the breakthrough when your life style is draining your energies and your USIDM is doing everything it can to sabotage it? Breakthroughs vary in degrees and they all must be reinforced. Breakthroughs shift you out of your self-image and conditioning. The breakthrough breaks down your USIDM. This process then allows you to gain new insights. To be able to fully incorporate these new insights, you must keep working and building energy. There are no breaks, no vacations and no time off. It takes energy to maintain this new state of awareness. You're USIDM will start to creep back and try to pull you back into your old patterns. If your lifestyle gives energy; you are empowered to resist your USIDM. If your lifestyle is draining your energies; you are less empowered and more vulnerable. You've all had the experience where some days it's easier to resist temptation and work through adversities, while other days it's more difficult. You can say that it was easier because on that

day you felt better about yourself. Exactly! When you feel better about yourself, you are more empowered. You have greater energy to resist the temptation of your neurotic desires and mind's games.

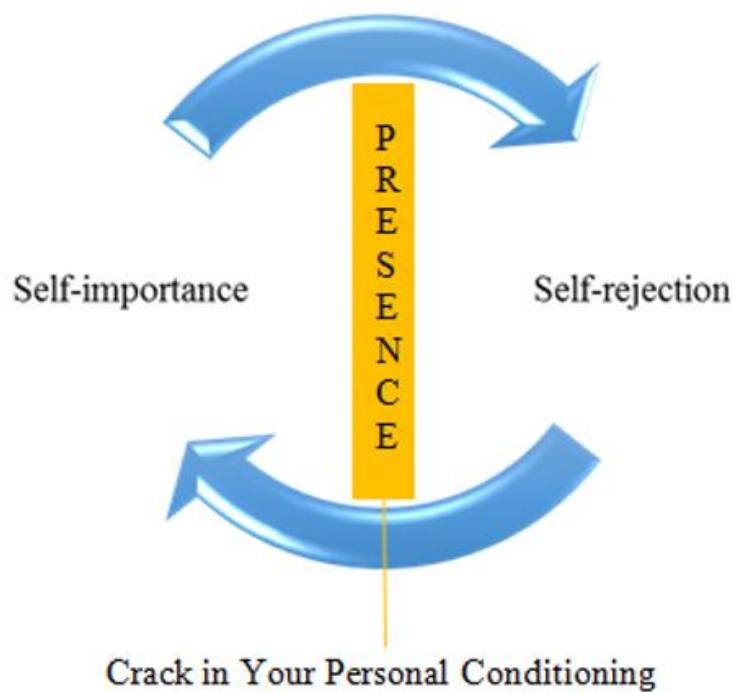
In my psychotherapy practice, I've spent hours teaching my clients breathing and energy moving techniques. I've watched them experience breakthroughs and reach higher states of awareness. Only to have them come back after two or three weeks with little evidence of the breakthrough. I would immediately start moving energy with them and they would shift back to a state of higher consciousness. As they would be leaving, I would speak to them about the importance of doing the practice daily. When the clients returned, there was little evidence of the breakthrough. I would ask if they were doing their daily practice. They would make excuses as to why they were unable.

“....challenging and inspirational. .... the 4Aspects challenges our deepest truths... about how we invest our time, how we celebrate our life journey, how we live ... The daily logging kept me honest, and helped me “map” the space between intention and action. ....As a psychologist, I found the process in daily journaling and self-reflection to be consistent with my work as an executive coach and counselor. The process has sound psychological foundations and a valid developmental approach.”

Ego

Ordinary Reality, 5-Sensory Stage of Evolution

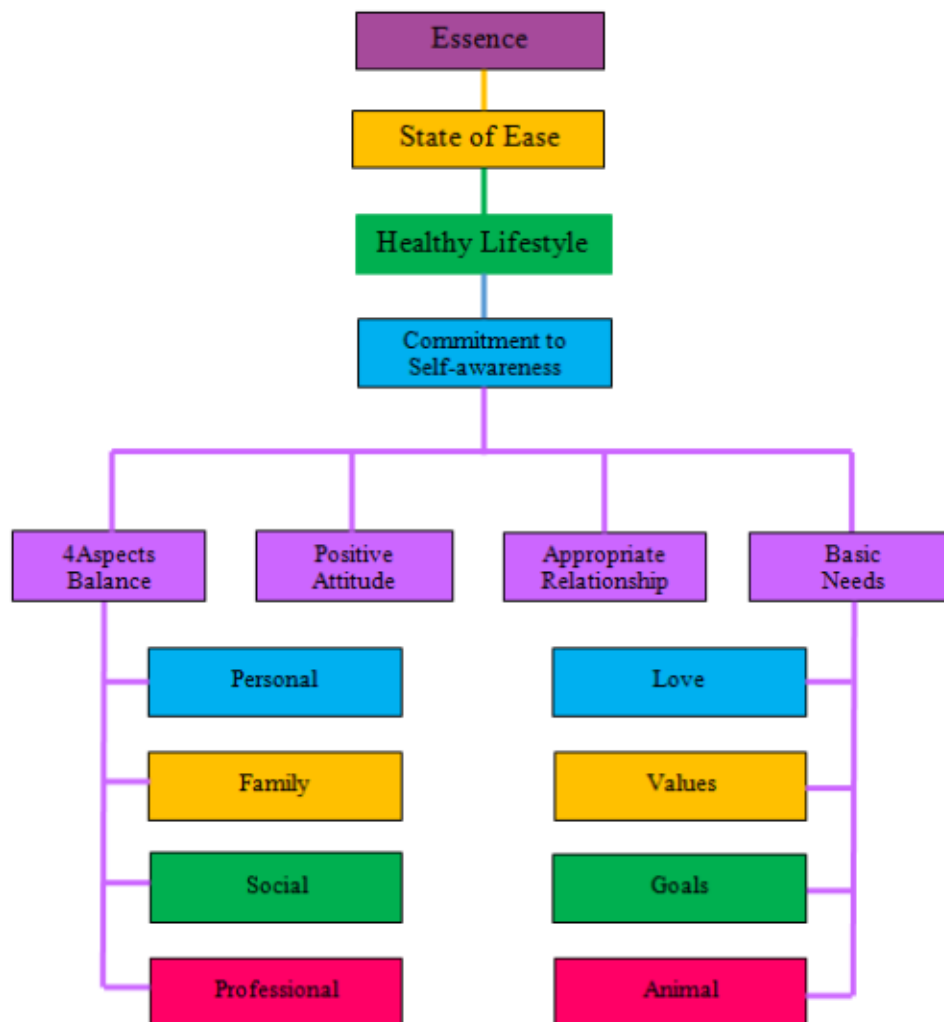




### Crack in Your Personal Conditioning

The tiny golden hair like crack in your conditioning could be compared to the concept of the crack in the cosmic egg. Your journey through it changes your reality. Establishing a feeling tone and then visualizing the golden crack can shift you to presence. The closer you are to the middle, the more grounded you'll be and the less martyrhood will influence your beliefs and behavior.

*Infographic from Page 23*



As human beings, your next evolutionary stage is to move away from the five-sensory stage (rational minds interrelation of the physical; smell, taste, touch, hear, and sight) to the multi-sensory stage.

*Infographic from Page 55*



### **Essence**

Enlightenment, Self-Actualization – Multi-Sensory Evolutionary Stage. Shaman, Sage, Teacher, & Healer

*Infographic from Page 82*

## Chapter 4

### 4Aspects™ Journal Program



*Success • Balance • Passion*

#### **Personal Development**

*Like a compass, the 4Aspects journal shows  
you where you are and points you  
toward your purpose*

*Infographic from Page 142*