

# 5. STATIONS OF OUR LIFECYCLE — SCRIPT AND DIRECTIVES IN THE BOOK OF LIFE

◀ Recordings ✧ #HBB.005 ✧ LINK  OGG  PDF 

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Our story of life unfolds and the pages of our book of life keep turning. There are stations of awareness and concern in our evolution. A compass of underlying elements influences us and provides deeper bearings. Our fifth chapter includes:



1. The First Path — Evolution of our insights, feelings and aspirations.

2. The Second Path – Evolution of our direction, action and actuation.

3. The Compass – Elements of guidance in our passages and crossroads.

Then do not race through your journey; mind the stations you meet; and mature in awareness at each step. Let not whim and desire lead you astray; consult your compass of balance; discover and account for the elements that shape your tale.

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## 5. Reading Passages from the Book of Life

Let us continue reading from the Book of Life. The major story of your growth and evolution, from birth through death, and the significant passages in your journey. The stations you pass through – the frames of your consciousness.

### 5.1 The First Path of Life – Nature, Nurture and Potentials

1. In the mother's womb we brew, our *vessel* is maturing. We gain a particular *body* with a particular *baseline* for our mind, wirings in the brain and so forth. In this, we are *embodied* into a certain nature. Then, this underlying *base nature* is nurtured.

2. We *open our eyes* and begin our *orientation* to the environment. What is all this that I have landed in the midst of? And we begin to craft our *basic frames* for *navigating* the environment we've landed in.

3. Then, of our encounters with the environment. As the environment nurtures us, *impressions* are made. Impressions *coloring* and *flavoring* our underlying

nature. These impressions generate affects, or in simple terms, likes and dislikes. Reactions that evolve into *feelings*, into *emotions*. The wireframe of our orientation, the dots we connected, is painted in many flavors and colors.

4. As the painting of our lives begins to gain depth and shape, we *dream*, we *imagine*, we *aspire*, we *explore our potentials*. As the wind blows in many directions, so too our awareness journeys across paintings of our possible futures.

But alas, we cannot forever live our lives in castles in the clouds. The ideas, the *wishes* emerging in our *daydreams* and *fantasies*, at some point should turn into a living reality. We enter a phase of transition. We face a junction where the *vapor of our dreams* must *concentrate into a clear direction*.

## 5.2 The Second Path of Life – Into Embodiment and Actuation

5. As a lightning strikes the ground, we implant our *will* and *direction*. The first path of exposure and aspirations has come to its end. We enter the second path of embodiment and actuation.

It's not that your dreams from before are lost, scattered with the winds, discarded. They will carry with you into the future – but they are no longer the thousand possible paths that you might pursue – but they would become branches of the *trunk*, the tree of life you are cultivating. Now *firmly rooted*, well-established in your will, *intention*, direction and *concentration*.

6. As you enter the world of concrete *action*, *works* and *engagements*, this containment of intention, direction and concentration becomes the empowerment, the nucleus of your *engine* of actions, in *transforming* your outer and inner environments. Of this, as we hone our *crafts* and *skills*, as we *implement* the essence of our will, there are outcomes, there are yields.

7. And as the *yields ripen* across our fields of engagement, the time comes for *harvest* and *integration*. The seventh major phase in our evolution, we take account and we begin to *reconcile* all that we have accomplished. No longer do you pursue more, but you attend to what you have acquired. You dive into your *pool of assets* as a whole.

External, internal, all the same. What you've accomplished out there, you've accomplished in here.

And where you've made errors out there, you've made errors in here. A time of *introspective reflection, self-refinement*. This is the second major transition – one that many never ever reach in their lives.

8. Our first transit was from exposure and aspiration into action and actualization. Our second transit is from a phase and a path of engagement into *harmonization* and *complete alignment*. The *culmination* and seamless *fulfillment* of all of your life's potentials.


### 5.3 Compass of Orientation – Stations of Awareness

Then, as we pass through the stations in our lives and reach junctions, reach crossroads. However shall we orient, discover the best path forward? The *best path forward* is certainly a path of the greatest *balance and synergy* between your potentials – not the path of mere whim and desire.

For guidance into your dilemmas, into your quandaries, then – seek guidance from a *plane higher* than the *stations of your path*. Reflect on the underlying *influences* that guide and govern all things. Find your bearings with the *help of the compass* – *elements* that are all-present.

- 1. Consult **Earth**. Contemplate on your *structures* and *containment*. Discover and account for your *blueprint*.
- 2. Consult **Water**. Contemplate on *flow* and *adaptations*. Discover and account for the *continuum* of your life.
- 3. Then consult **Fire**. Contemplate on *interaction* and *reactions*. Discover and account for the *catalytic potentials* in your life.
- 4. And also consult **Air**. The *network of relations*, the *emergent meanings* in your life. Discover and account for your *existence* and *life-cycle as a whole*.

With the help of the *compass of four*, with attention to your *eight stations* of evolution, you gain deeper insight and orientation into your life as a whole. The *threads of the loom* of life begin to *reveal their patterns*. The *script* of the *book of your life* begins to make sense on a level deeper than ever before. Safe trails, my friend. May your journey be of *high definition* and *broad spectrum*.

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