

Terminology

Traditional/Blue

Post-Modern/ Green

2nd Tier / Yellow/Turquoise

Resurrection

Transformation

Re-Birth

Evolution

Sin

Separation/Duality

Salvation

True Self/

Unique Self

Non-Duality

Forgiveness

Wholeness/Healing

Prayer

Awakening

Spirit

Spirit

Trinity

3 faces of Spirit/God

Baptism

Emergence

Heaven

Spiritual Wisdom/

Transcendence

Unity

Stages or “Purposive Activity”

Toward Transformation

Father Richard Rohr

Order -----→	Disorder-----→	Reorder
As it is	Death	Emergence
The Known	Wound / Trauma	Transformation
	Upheaval	Resurrection

Georg Wilhelm Friedrich Hegel

Thesis-----→	Antithesis-----→	Synthesis
Ideas	Negation	Resolution
The Known	Conflict	Reconciling
		Something new

Ken Wilber – Personal Transformation/Development

Growing Up

Mythic notions: Saint, Elders, Grow in Faith

Moving up stages (spiral); Higher, inclusive perspective

Increasing openness to change

Accepts mystery and paradox

Waking Up

Mythic notions: Born Again, Saved, Baptism

Moving into states of consciousness

Enabling profound experience

Cleaning Up

Mythic notions: Forgiveness, Sin, Repent, Penance

Overcoming or working with Shadow

Letting go of the False Self

Showing Up

Mythic notions: Service, Preach, Prophets, Evangelize

Being your unique self

Giving of yourself, Bodhisattva

Taking your place in the mystery

3 Faces of Spirit / God

1st Person – I Am

We are all Spirit in the Flesh

At One with the Divine

True Self

I am in God, God is in me

Inner Face of God

2nd Person – I-Thou / We

Relationship

Communion

Connection/Reciprocity

Intimate Face of God

3rd Person – It

Wholeness

Ground of All Being

“Holy” ness or perfect goodness

Mystery

Infinite Face of God

White Dove Imagery



Image by Victoria Martino

Settle comfortably in your seat. Close your eyes. Take a few deep cleansing breaths. Notice the air entering your body, life affirming. Notice the air leaving your body, renewed.

1st Person- the I AM,

Now visualize a large white dove. The white feathers, the alert eyes, the soft body. You are the spirit of the white dove. You are the messenger. Of peace, of calm.

Synchronize your breath with the lifting and lowering of your wings. As your wings lift, you are releasing, resurrecting, free. As your wings lower, you are grounding, being in the now, settling in.

Your wings lift and you are light and breath. Your wings lower and you are energy and love. A cycle of swooping it up and releasing into the world. Lifting, releasing, gathering and sharing. Being free and being grounded.

Feel yourself as this divine presence. The spirit of peace. The exquisite balance between limitless, eternal spirit and solid, but temporary matter. The connection between the spiritual and physical worlds.

The shift of your wings, lifting and lowering, is soothing. You have much to offer. You are open. And willing. And realizing your soaring spirit that extends and extends and extends beyond.

2nd Person- We, I-Thou-Relationship

Now look at the dove. Give the dove a welcome, a greeting. Enter into an interaction, a shared space with the dove. You notice how white the dove is. Purity and beauty.

The dove is beckoning you closer. And as you move closer, you feel a profound grace and love emerging. It is you, and it is the dove. Sharing an experience of support and love. The presence of the dove is felt as a shelter. A calming presence that feels so personal and profound.

The dove wants you to know the peace, the calm, the soothing that it offers you. You need only to be with the dove to receive these gifts.

Listen to the coo, the song of the dove. The lilting call that signals the divine among us. The dove calls its message to you. A message of enduring spirit, redemption, salvation, and divine love.

3rd Person- It, the Whole

Now you notice the vast, open beyond. You see it all. The beauty of the Kosmos is laid out before you. It is all new, and yet all familiar and known.

The dove will guide you on a journey into the mystery, the wonder, the harmonious. You can feel into the mystery and the vastness that keeps everything humming, united, connected, and evolving. There is no separateness or division.

The spirit that flows through and around the Kosmos is there in your view, your experience, your soul. It is not the physical bird. It is not the symbolic bird. It is the ever present, the eternal, and the whole. The Alpha and the Omega.

The dove offers harmony and a release from discomfort and limitations. The dove can release you into the mystery. Into the eternal and the infinite. Into the *always and already* nature of divine spirit.