



Travelers Within Society

Member Monthly Newsletter

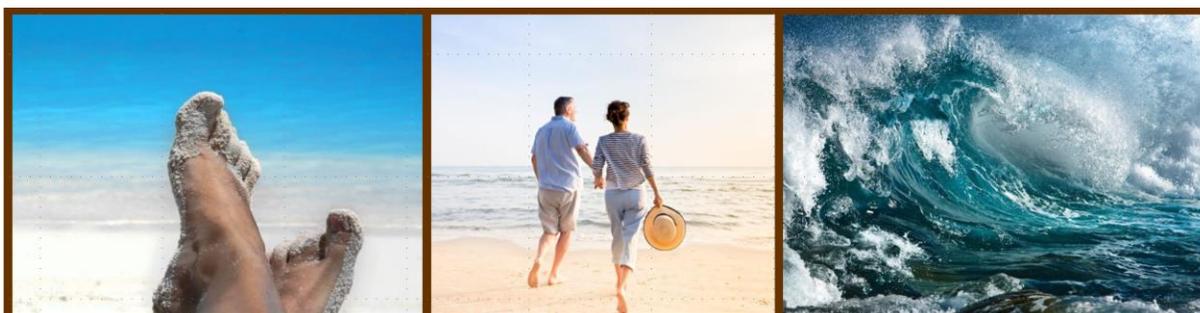
The One Essential “Traveling Within” Navigational Principle

Hello I hope you are all well and are finding joy and contentment within the life-changing solitude we are all enduring. It's also a very reflective time and I personally am finding it a very useful situation I can use to deepen my relationship with myself and plumb the depths into the extraordinary invisible energies and dynamics dwelling far below the surface of my everyday awareness. As a result of this deep diving I've brought to light some valuable distinctions which I want to offer up to our virtual community. In this month's feature article I want to share with you what I consider to be the most essential navigational principle we “inner travelers” can ever practice in our daily lives. It's the one guiding light I constantly return to over and over again when facing challenges in my own life. (And believe me I'm currently facing some sizable ones, and I thank Spirit every day that I have this navigational guide I'm about to share with you to draw upon.) ~ Val Jon



“Above all stay within the inner terrain that's most nurturing to you.” – Val Jon

So what is this guiding light? It's the fundamental principle that my book, Travelers Within is based upon . . . that no matter what we're experiencing, feeling, thinking, or believing in any one moment, (or in any series of moments), all these sensorial effects are the direct result of where, within the inner terrain of our psyche we place ourselves. That's a big statement so allow me to explain. This internal cause and effect principle I'm pointing to is no different than what happens when we physically move into or out of diverse terrains within the outer world. For example, we will evoke a very different experience if on one hand, we choose to lay on the beach and dig our toes into the sand, and on the other, wade too far out into the ocean waves. In my estimation, anyone who refuses to acknowledge they are the ones who get themselves into difficult life situations ought to give up traveling altogether and remain trapped within the confines of their own self-imposed limitations.



“Within Is Without,” Without A Doubt

The key principle to grasp here is that we evoke our experiences from within, and specifically from the inner terrain we unconsciously lead ourselves into. This is not to say our external reality plays no role in what we experience, because it does. It simply means that we are the ones who evoke our experiences from our inner terrain and then cast those experiences into our external reality. Think of this projection process like observing a blank computer monitor; the moment we open a software application, its underlying programming code projects images, colors, and information onto the display. We immediately interact with what we perceive and without a thought about the internal code that is generating the images and information, we make choices based on what we experience. Because we are mostly unaware of our internal emotional and cognitive processes and how they affect our conscious perceptions, we automatically assume our experiences are originating from the external world rather than from the inner landscape of our psyche.

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It's well-known within the behavioral genre called the “Psychology of Perception” that we human beings unconsciously project the assumptions and meanings we unconsciously formulate onto the circumstances arising in our external reality. For example, it is our internal visual and cognitive faculties that deduce “color” from the colorless presence of all external objects. It's a proven fact that nothing in the physical world possesses any inherent color whatsoever. Likewise, our olfactory senses fabricate smells from odorless chemical compounds existing in the world around us. Just like color, smell exists nowhere within our external reality. This is a challenging notion to come to terms with, but nonetheless the truth is we each generate our own reality, and no two self-generated realities are the same. What this means is that projected upon the basic structures of the physical world around us, (which we have no idea of its true appearance) there exists over 7 billion unique realities.

Expanded Degrees of Freedom

While a disconcerting notion at first, as we engage with this powerful self-generative principle in our daily lives we come to realize that it is far more freeing than we may have first concluded. This is so because there are “degrees of freedom” that become available to those who embrace being the source of their own experiences. By degrees of freedom I mean greater possibilities in terms of our choices, how we experience ourselves and the world around us, how we engage with the challenges we must face, and perhaps most importantly, the degree of fulfillment, belonging, and harmony we manifest as we live out our daily lives.

The very moment we take responsibility for being the source of our experiences, and acknowledge that whatever we may be feeling, thinking, and believing arises from the inner terrain we lead ourselves into, it changes everything. Suddenly we are no longer at the effect of our circumstances, or experience being consumed by our emotional reactions and fears. We are instead at cause of our experiences, and as such can choose to either continue to engage with them as they are, or shift their energy and meaning to align with our Higher Self's intentions.

Another degree of freedom that becomes available is that we begin to realize our inner emotional material, (and the landscape from which our experiences arise) is shared by the collective unconscious of all human beings. (I suggest researching Carl Jung's work on this fascinating phenomenon.) So for example, if you're being betrayed and feeling the effects of violation, you're

not only experiencing your own psyche's violated material, you are also tapping into all the violated material within the psyche of every human being who has ever been betrayed. The awareness of this shared experience and the sense of interconnectedness with all of humanity helps us to embrace our personal challenges with greater resolve and a more inclusive perspective.

One doesn't gain these degrees of freedom by simply agreeing with or believing what I'm pointing to. They become available only through actively taking responsibility for generating our own experiences and working with this deeper reality until we expand our consciousness and awareness into its moment-by-moment truth. It's easy to accept being the cause of our experiences when everything is going well, but the true test of our degree of understanding is when we find ourselves in the throws of devastation, loss, confusion, betrayal, or sorrow. It is here, within the very heart of our deepest struggles that we have the profound opportunity to rise above the illusions of victimhood and reaffirm who we are as self-generative spiritual beings having a human experience.

My Four Essential Navigational Affirmations

There are four specific affirmations I use in conjunction with one another in order to deepen my understanding of this powerful navigational principle of causality. They are to "Stay Grounded," "Stay Open," "Trust The Process," and "Be With What Is." Whenever I experience overwhelm, or feel "consumed" by some intense emotion such as sadness or fear, (or its stretched out expression of anxiety) I lay back, close my eyes, and engage in a deep breathing exercise that incorporates these four affirmations until I experience a release and freeing up within my inner space. Let's explore each of them so you can begin to interact with them yourself and access the degrees of freedom they lead us to.

#1 Stay Grounded:

With each of these affirmations, beginning with "Stay Grounded," I utter the phrase silently as I inhale, hold momentarily, and exhale. I also repeat the process a number of times until I feel into it deeply, and once I do I then move on to the next affirmation. The "grounding" I visualize includes my connection with the soil of the Earth all the way to its molten core . . . and then I extend the terrestrial connection out into the solar system and beyond. In essence, I allow myself to feel my grounding connection with all the stars and celestial bodies within the universe. While it may seem abstract and vastly tenuous, the reality is that I personally feel very "at home" and grounded within the expanse of the entire cosmos. "Star-anchoring" I call it.

#2 Stay Open:

This affirmation is about keeping my heart open to whatever it is I want to close to. While counterintuitive, the very issues that we want to withdraw from are the very issues we must fully embrace in order to move beyond them. I utter the phrase "Stay Open" as I open up my chest wide in such a way that I can embrace fully the challenge I am facing. Keeping one's heart open is a vital practice when it comes to staying well, reducing the impact of negative energy, and keeping one's self humble and compassionate. Regardless of how much I may want to close off my loving, I choose to keep loving no matter what or who I may be dealing with. This is not an easy affirmation to engage in, but it is extremely powerful and by staying with it we become elevated into a state of Grace.

#3 Trust The Process:

This affirmation is also challenging to embrace, at least for me during times of fear or anxiety. The more equipped we are mentally and willfully, (in terms of fooling ourselves with the illusions of being able to "figure our way out of trouble") the more trapped we become in not trusting. "Trusting the process" means surrendering our fear and doubts and placing faith in Spirit to lead us to where we need to be. I find I need to repeat this affirmation a number of times before I actually believe what I am uttering. All my catastrophizing and the mental machinations that go along with it are not easy to let go of . . . but by staying with this affirmation and continuing to realize that all the "figuring" in the world isn't going to help, in fact, it just makes the situation worse, brings the needed release.

#4 Be With What Is:

This fourth affirmation is about acceptance of things just as they are (or just as they are not). The truth is that if we cannot accept what is so for us in this moment of time, there is no way to ever receive something different in the future. Without the space of acceptance nothing comes into our space or leaves our space. Breathing into "what is" is challenging and yet when we do so we open the way for change to begin to occur. From acceptance comes peace and in peace things begin to naturally shift. No matter how much we may want (or not want) a certain situation in our life, it is there for a reason and until we accept it and grant it room to be just as it is (or isn't) we will not be able to move on. We don't have to like what is, we just have to give it permission to be.

To conclude and integrate the exercise I repeat each of the four affirmations sequentially and timed to my breathing. They begin to take on a wonderful methodical cadence that is almost organic in its feel. I highly recommend the exercise and would be interested in hearing about your experiences with it. I've found this one essential traveling within principle we've discussed makes a contribution to you. I personally have found it to be invaluable in my life. Blessings to you!
~ Val Jon

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