



Part One – Exploring Our Transcendental Nature

By Val Jon Farris

“An unexamined life is not worth living.” – Socrates

Not everyone agrees with Socrates about the need to examine one’s life. While the personal growth movement has gained popularity in recent years, in my experience many people do not venture beyond the fundamentals of yoga, mindfulness, or meditation to explore their deeper, more profound nature. I wouldn’t go as far as to devalue life because of it, but I agree with Socrates that self-examination, (the practice of “traveling within” as I refer to it) is an essential activity for living a fulfilling life. By being willing to travel into the unknown terrain of our psyches and explore its hidden interiors we open the way to connecting with our transcendental nature, or what I call the *SupraSelf*. In part one of this article series, we will explore this extraordinary inner resource as well as investigate its benefits and advantages. Let’s get started.

Just as the human brain is composed of over eighty billion interconnecting neurons and nerve cells, the human psyche also possesses a vast network of its own. Rather than a biological system, however, the psyche is an emotional and cognitive container that holds our identity, experiences, memories, feelings, thoughts, personality traits, and belief systems. It also includes consciousness and awareness, two essential faculties that provide us with our sense of self and with its potential to expand in capacity. Awareness is our basic sentience, our ability to perceive and react to sensory input, but not necessarily to understand it or grasp its relevance to us individually. Consciousness, on the other hand, is an expansion of awareness in that it pertains to both what is being perceived as well as to the perceptions of the perceiver. Another way of understanding consciousness is that it is an inclusive, relationship-oriented presence whose primary job is to evolve our basic faculty of awareness into higher orders of self-awareness.

Self-Awareness and The Power of Choice

Self-awareness differs from awareness in that it transcends mere sentience by providing us with the expanded capacity to not only be aware but *to be aware of our awareness*. This up-leveling into self-awareness means we are not only able to experience and process moment-by-moment sensory input, but that we also have a choice over the meanings we assign to the input we are processing. This is hugely important because our assigned meanings color our experiences with highly charged emotional energy; which in turn, (and without our consent) evokes a sequence of corroborating behaviors and actions. A good example of this automaticity is how fear escalates into panic. The emotion of fear itself is not powerful enough to produce panic. But the moment we assign it the highly-charged meaning of *“imminent danger”* our fear magnifies into full-blown panic.

Self-awareness and the *power of choice* are crucial distinctions when it comes to understanding and accessing the *SupraSelf*. This is so because they are transcendental capabilities that are only available to those who travel deep within to access them. In terms of how it functions, the *SupraSelf* is a benevolent overseer or wise observer of our moment-by-moment experiences; a supra-aware inner mentor we can call upon for guidance and direction. While some may question the existence of such a transcendent resource, those who do live an *“examined life”* have no doubts about its reality. Whether it’s referred to as a higher power, universal truth, guides and angels, or our better conscience, the *SupraSelf* is a very real resource with very real advantages.

The Advantages of The SupraSelf

As a long-time personal growth facilitator and leadership development consultant I’ve witnessed thousands of people traveling beyond their self-imposed limitations and into their transcendental nature. Sharing in so many inspiring and powerful awakenings over the years has deepened my faith in people and taught me that we humans are far more capable than we give ourselves credit for. The *SupraSelf* offers many capabilities and advantages that are readily accessible to us and I would like to discuss a few with you now. If you find value in what I share, I invite you to learn more about *traveling within* by exploring part two of this series as well as getting familiar with our community website and the resources it offers to our members.

SupraSelf Part One – Exploring Our Transcendental Nature

The Advantage of Sustained Gratitude

Perhaps the greatest advantage that accessing the *SupraSelf* affords us is the experience of sustained gratitude. Life is a challenging journey and being thankful for what we gain as well as for what we lose is essential when it comes to our ongoing well-being. It's easy to appreciate the nurturing things that bless our lives, but what about our disappointments and devastations? At best, most people tolerate their misfortunes and hope for better days. But the *SupraSelf* offers us something more empowering – the capacity to accept our misfortunes and embrace them in a way that has us not only appreciate them, but learn from them and grow stronger as a result. When we can “smile into our tears” and feel gratitude for everything from joy to grief, it's a good indicator that we've tapped into this inner supra-resource.

The Advantage of Staying Out of The Way

While being highly focused and exercising willfulness regarding doing whatever it takes to succeed in our lives can be effective, there are times when this approach gets in our way. For example, we cannot force love into or out of existence or feel differently than the way we feel. Nor can we make ourselves do, or not do certain things that require a deeper communion of faith or surrender. Staying out of the way is about releasing our need for ego-driven control and trusting the process of life to deliver us to exactly where we need to be . . . regardless of whether or not we agree with the destination. By stepping aside and letting go of our emotional investments and ego-agendas we lead ourselves (and others) into effortless outcomes and magical windfalls that would never otherwise occur for us.

The Advantage of Wise Inner Guidance

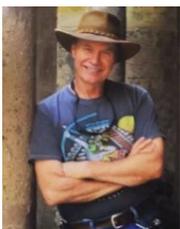
Possessing reliable inner guidance is invaluable for making wise choices in our everyday lives. Just as the ancient mariners used heavenly constellations to navigate the vast oceans of the Earth, each of us possesses a similar internal navigational resource concerning matters of choice, well-being, and clarity of mind and heart. As an example, I'm presented with choices and ways of responding to the myriad of circumstances that arise in my daily life. How I relate to what shows up and the path I take as a result depends on two navigational factors – first, is what meaning my ego-self assigns to my circumstances, (e.g., my perception filters of “good/bad,” “right/wrong,” “fair/unfair,” etc.). And second, is how I choose to deal with what I've just led myself into feeling and believing based on my assigned meaning. By choosing my responses after releasing my ego-meanings I lead myself into much more nurturing inner terrain and outer fulfillment. ~

In *part two* of this series, we will explore how we go about accessing the *SupraSelf* and discover how best to leverage its transcendental advantages in our daily lives. You can download the next article in the series from our public *Travelers Within Society*, (TWS) website with the link below. You will find the series in the “Library” section. While you are visiting the site feel free to explore our services as well as join our growing community. For information about our corporate leadership programs please visit Diamius.com.

Public Website: <http://www.travelerswithin.com/> **Corporate Website:** <https://www.diamius.com/>

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Join us for our next online *SupraSelf* workshop beginning in September. Val Jon will host a weekly one-hour Zoom session for a maximum of 20 participants. If you would like more information about the schedule and costs please email Val Jon directly at valjonfarris@gmail.com.



Val Jon Farris is an award-winning author, behaviorist, and leadership consultant. For over thirty years he has conducted personal-growth programs for more than 30,000 people and championed large-scale workforce transformations for Fortune 100 corporations. He was one of Sir Richard Branson's senior leadership mentors for XTC, (Extreme Tech Challenge), and has authored two award-winning books. Val Jon is also an expedition guide into the Mesoamerican ruins of South America and lives and operates his expedition retreat center in the World UNESCO town of San Miguel de Allende, Mexico. LinkedIn Profile: <https://www.linkedin.com/in/valjonfarris/>