

# Lightning Path

## Workbook Three

LP Connection Framework

Version 1.02



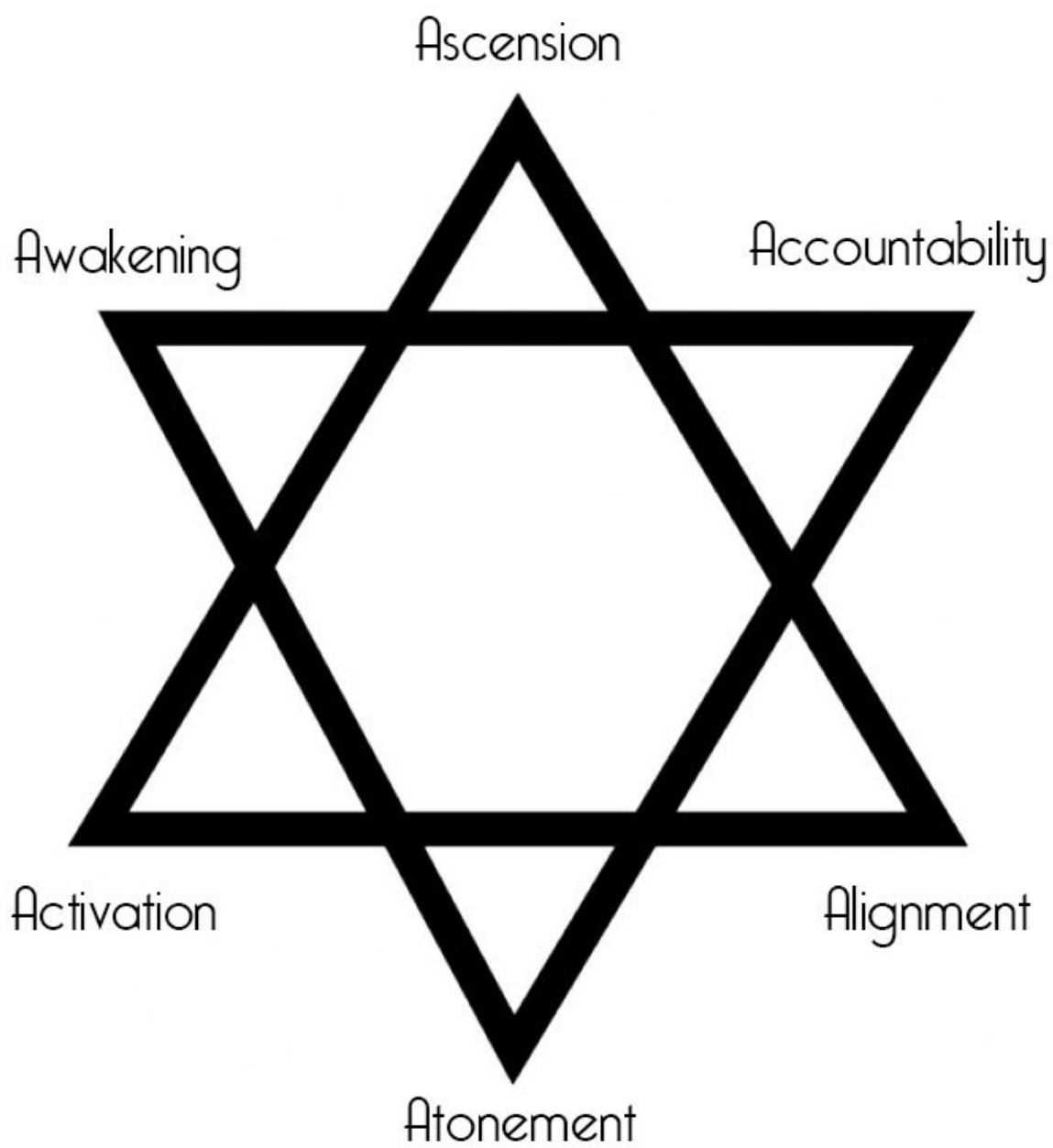
**Published by Lightning Path Press**

St.Albert, Alberta Canada

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As I have gained knowledge and seen others share their visions with me, I conclude that our ancestors lived in a strange condition in which they were in touch with the spirits constantly, and I see that as a goal for our present activities.

Vine Deloria - God is Read

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# Preface

Greetings and welcome to the Lightning Path (or just LP for short). The Lightning Path is a modern and Human Development Framework that blends [Authentic Spirituality](http://spiritwiki.lightningpath.org/index.php/Authentic_Spirituality)<sup>1</sup> and connected science into a powerful representation of core human and spiritual truths designed to take you from disconnected and depressed to healthy, connected, and empowered, quickly and safely.

Recognizing that the elites, the [Accumulating Class](https://spiritwiki.lightningpath.org/index.php/Accumulating_Class),<sup>2</sup> those who create the realities of this world to favour themselves, have been interfering in our understanding and practice of spirituality for thousands of years, the Lightning Path offers a decolonized spiritual perspective and practice. It strips elite influence from the corpus and provides a grass-roots spirituality rooted in mystical, religious, and transcendent experiences through a refined and a critical scientific lens.

The workbook that you have in your hand is Book Three in the Lightning Path Workbook series. This book is preceded by Lightning Path Workbook One: Introduction to Authentic Spirituality, and Lightning Path. This book covers spiritual concepts designed to help you expand your knowledge and understanding of what connection is and why it is important to you. The book also covers spiritual techniques which you can use to prepare and work towards stronger connection to your individual spiritual ego, and to Consciousness more generally.

Note, there is a lot of information and material contained in this and previous Lightning Path workbooks. It will take time to process,

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<sup>1</sup>[http://spiritwiki.lightningpath.org/index.php/Authentic\\_Spirituality](http://spiritwiki.lightningpath.org/index.php/Authentic_Spirituality)

<sup>2</sup>[https://spiritwiki.lightningpath.org/index.php/Accumulating\\_Class](https://spiritwiki.lightningpath.org/index.php/Accumulating_Class)

integrate, and ground the information into your reality. If you want to derive full benefit from the information provided here, be prepared to read through this workbook more than once. Also, if you have not read LP Workbook One and Two, make sure you do so before proceeding. Otherwise you may struggle with the concepts and guidance provided in this workbook.



# Workbook Goals

At the end of this book, you will:

- Understand the nature of Connection between the Spiritual Ego and Bodily Ego, and understand what you have to do to prepare and work towards achieving sustained connection.
- Understand the six points of the Lightning Path Connection Framework and be able to use that framework to guide your own healing and connection work.
- Recognize Awareness Reduction Mechanisms (ARMs) and other obstacles that might prevent you from making solid progress on awakening, alignment, accountability, atonement, activation, and ascension.
- Begin developing and putting into practice several basic spiritual practices including intent, visualization, and deep breathing, which can help you achieve and handle stronger connection experiences.

# Key Concepts

By the end of this book, you should be familiar with the following LP concepts.

- Accountability
- Activation
- Alignment / Alignment Rule Sets
- Ascension
- Atonement
- Automobile Metaphor
- Awakening
- Awakening Affirmation
- Awakening Experience
- Alignment
- Awareness Reduction Mechanisms
- Alignment Rule Set
- Awakening Mantras
- Bodily Ego
- Boundary Violation
- Breathing
- Connection
- Connection Appliance
- Connection Cocoon
- Connection Event/Connection Experience
- Connection Pathology
- Connection Practice
- Connection Preparation
- Connection Procedures
- Connection Processing

- Connection Supplements
- Connection Technique
- Consciousness
- Consistent and persistent intent
- Disjuncture
- Egoic Bloating / Ego Explosion
- Emotional Semaphore
- Flow, The
- Flow Control
- Flow Purification
- Focus Points
- Intent/Will
- Internal Resistance/External Resistance
- Learned Helplessness
- Maladaptive Adaptation
- Nadir Experiences/Zenith Experiences
- Normal Consciousness
- Old Energy / New Energy
- Old Energy archetypes
- Psychic Infection
- Punishment
- Recognize, Root out, Replace
- Right Action, Right Environment, Right Thought
- Spiritual Ego
- Steering Emotions
- Three “Rs” of Alignment
- Three “Ws” of Alignment
- Toxic Socialization
- Wrong Action, Wrong Environment, Wrong Thought
- Water Glass Visualization

# Introduction

Greetings and welcome to the third workbook in the LP Workbook series. Before proceeding with this workbook, you should know the basic LP concepts like Spiritual Ego, Bodily Ego, Physical Unit, Highest Self, Connection, Connection Experience, and Toxic Socialization. You should also have considered your need to heal from the damage done by Toxic Socialization. Hopefully, at this point, you have also put into practice some of the many suggestions provided in the LP workbook on HEALING, like creating a healthy environment, dealing with your addictions, fulfilling some of your unmet needs, and so on. You certainly do not have to be shiny and unsullied at this point, but it is wise to be actively involved in the process of creating a healthier you.

Beyond making progress on your healing journey, you should also have a good idea about what spiritual awakening and connection is, what its benefits are, how to initiate it (i.e. intent), and how to anticipate some of the traps and pitfalls (i.e. **Internal Resistance** and **External Resistance**) that may slow or even halt your progress forward. It is important to understand that while making a connection is relatively easy, especially if you use **Connection Supplements**,<sup>3</sup> handling a connection can be quite a challenge, especially if there is underlying psychological and emotional damage, and particularly if you harbour significant [Wrong Thought](#).

If you are not comfortable that you have made progress on your HEALING journey, and if you are not confident you understand the

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<sup>3</sup>A connection supplement is a dietary supplement (like Cannabis, Psilocybin, Peyote) or substance (like DMT, LSD, Ketamine, MDMA, etc.) that forces and facilitates stronger Connection to Consciousness.

basics outlined above, review the first two LP workbooks before proceeding with this book.<sup>4</sup>

If you are comfortable that you are ready to move forward, then great. In this course, we are going to go into a little bit more detail about what you need to do to attain a stronger, more persistent connection to your [Spiritual Ego](#).<sup>5</sup> Specifically, we are going to introduce you to the LP Connection Framework. The LP Connection Framework is a framework that provides you with six [Focus Points](#). These focus points provide guidance on where you should put your effort and attention if you want to make progress towards stronger and more persistent connection between your spiritual ego and your bodily ego. The six focus points are *awakening*, *accountability*, *atonement*, *activation*, *alignment*, and *ascension*. Briefly,

1. **Awakening** is the process of seeing, realizing, and understanding the reality you live as it is—accurately. Specifically. Awakening involves understanding the personal, social, political, economic, and even cosmic/theological truths that inform your life.
2. **Accountability** is the process of accepting the fact that things are not as great as they seem and that you may have done some bad things in your life, like using violence to socialize children, treating your spouse like dirt, exploiting employees to enrich yourself, etc.. Accountability is taking responsibility and being accountable for any toxic actions you have taken, consciously or unconsciously, past or in the present.

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<sup>4</sup><https://repo.lightningpath.org/assets/workbooks/>

<sup>5</sup>[https://spiritwiki.lightningpath.org/index.php/Spiritual\\_Ego](https://spiritwiki.lightningpath.org/index.php/Spiritual_Ego)

3. **Atonement** is an extension of accountability. Atonement is the process of making reparation for the harm you have caused. This does not mean lip service, bandage solutions, or charity work. This means fundamental revolution and reform in your life spaces and in your behaviours towards others (spouse, children, co-workers, employees, citizens, etc.). Atonement requires helping and supporting others. It means being an advocate and an ally, particularly for those whom you have disadvantaged as a consequence of your own behaviours.
4. **Alignment** is the process of using your creative power and ability to bring your thoughts, actions, and environments into correspondence (i.e. alignment) with the nature and wishes of your own spiritual ego.
5. **Activation** is the process of embracing your creative power to become an empowered change agent in the world. Activation is a psychological and energetic process.
6. **Ascension** is the actual process of merging your bodily ego with your spiritual ego, of becoming more of who you truly are deep inside. Although brief connection experiences are always possible, pure and persistent union, which is the point of spiritual practice, can only occur after awakening, accountability, atonement, alignment, and activation have been achieved. It *cannot* occur without those.

We will go into more detail about these focus points in the associated chapters. Before moving forward, there are three things to keep in mind.

The **first thing** to keep in mind is that the work you do on healing and

connection is not linear, but iterative. *Visualize the process of healing and connection like climbing a spiral out of the sickness and toxicity of disconnection.* The more you climb up, the farther away you get from the toxicity and trauma of the “normal” world and the closer you get to your own inner light and power. You might start with a single healing step, like addressing your toxic environment, but you will not end there. For best effect, you will jump back and forth, doing a little healing work, then a little connection work, and then back to healing, and so on. There are no rules on what step to take first and what step to take next. For best effect, follow your own intuition.

The **second thing** to keep in mind is that there is a practical component to all this. You can understand the ideas conveyed in this and other courses all you want, but if you do not engage in the practices suggested, you will not move forward as expected. This might sound bold, but it is really quite simple. If you want to learn guitar, you can read about music and look at chord diagrams all you want, but if you do not pick up a guitar and practice, it is an academic exercise. It is the same with connection. Read all the theory and guidance you want, but if you do not actually practice connection, you will never advance towards it.

**Finally**, never, ever, ever think that you have to follow this path alone. Although you might start off alone, that will change, perhaps more rapidly than you might think. As more and more people step on an authentic path of healing and connection, more and more the road we travel will be populated by our fellows, those new on the path and those who are already seasoned travellers. Be patient and be hopeful. The more people travel an authentic path of healing and connection, the faster we will transform not only ourselves, but the entire planet.

With that said, let us begin our examination of the Lightning Path Connection Framework by looking at the first focus point, awakening.



# Awakening

**Awakening** is the first focus point in the Lightning Path (LP) Connection Framework. It marks the beginning of your conscious journey back towards connection. As outlined in LP Workbook One, awakening involves drawing your higher Consciousness into the Physical Unit. In practical terms, it means becoming aware—perhaps for the first time—of your true nature, the state of your internal and external environments, the world around you, and even the cosmos as a whole.

## The Light Metaphor

The LP likens spiritual awakening to walking into a dark room and switching on the light. At first, you see nothing. Then, the light floods in and suddenly everything becomes visible. You begin to perceive the "room"—your life, your thoughts, your relationships, your society, your environment—as it actually is. This can be exhilarating or deeply unsettling, depending on what that light reveals.

## Awakening as Intent

Initiating the awakening process is simple. You wake up spiritually the same way you wake up in the morning. It is simply a question of intent. To wake in the morning, you intend to wake up. You decide you are going to wake up, set your (internal or external alarm clock) and when the time comes, you do it. It is that simple. It is the same with spiritual awakening. You signal your wilful intent to wake up, use an [Awakening Affirmation](#) like the ones below to set that intent, and then you do it. It is that simple.

## Awakening Affirmations

- I wish to wake up
- I wish to gain enlightenment
- I wish consciousness to descend into the vessel.
- I wish to move forward as fast and as *safely* as possible.
- I wish *only* the highest information for *greatest collective good* of all of creation.

The concept of spiritual awakening, the idea of becoming aware of the realities around you by turning on the light of your higher Consciousness, and the actual initiation of that awakening through intention and affirmation, is simple. However, the experience of awakening itself is not simple at all, nor is it always a positive, light-filled sort of affair. It can be very positive, that is true; but awakening can also cause a lot of emotional and psychological distress and disruption as well, especially when combined with powerful [Connection Experiences](https://spiritwiki.lightningpath.org/index.php/Connection_Experience).<sup>6</sup> In some cases, if there is a lot of damage and trauma to the [Bodily Ego](https://spiritwiki.lightningpath.org/index.php/Bodily_Ego),<sup>7</sup> if there is lots of repressed guilt and shame, or where there are addiction and mental health issues (if the “room” you are waking up in is really messy), awakening can be extremely challenging. In rare cases, awakening can even tip you over the edge into despair, neurosis, “spiritual emergency,”<sup>8</sup> and even paranoid psychosis. You definitely want to avoid all of that.

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<sup>6</sup> See [https://spiritwiki.lightningpath.org/index.php/Connection\\_Experience](https://spiritwiki.lightningpath.org/index.php/Connection_Experience).

<sup>7</sup> [https://spiritwiki.lightningpath.org/index.php/Bodily\\_Ego](https://spiritwiki.lightningpath.org/index.php/Bodily_Ego)

<sup>8</sup> Stanislov Grof and Christina Grof, *Spiritual Emergency: When Personal Transformation Becomes a Crisis* (New York: Putnam, 1989), <https://amzn.to/2KbTh6s>.

## Challenges to Awakening

As we will see in the paragraphs below, there are many challenges to the awakening process you will have to face. If you are going to deal with those challenges, you have to understand some things and you'll have to take some steps.

Number one, you need to understand that *awakening is not a single event*, it is a series of thousands of individual and discrete connection experiences and realizations which, over time, build into an aligned, accurate understanding of reality. This makes it a complex undertaking. Some experiences and realizations will be pleasant and positive experiences of bliss, wonder, oneness, and enlightenment, but others will be confusing, distressing, even traumatic. Indeed, some awakening experiences can be so traumatic that they can traumatize and scare you to the point where you refuse, consciously or unconsciously, to go any further. If that happens you have been bumped off the path. Once bumped, even wonderful and enlightening awakening experiences will fade and you will “go back to sleep;” that is, you return to the [Normal Consciousness](https://spiritwiki.lightningpath.org/index.php/Normal_Consciousness)<sup>9</sup> of your average, disconnected modern citizen. You might try again later on, but you might not. You might decide, like many people do, that you are satisfied with your little glimpses and never try try connection again. If you do that you lose out on your full life potential.

How do you avoid being knocked off the path? How do you avoid going to back to sleep? There's a few things to watch out for and a few steps you can take. Let's look at these, starting with what to watch out for.

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<sup>9</sup>[https://spiritwiki.lightningpath.org/index.php/Normal\\_Consciousness](https://spiritwiki.lightningpath.org/index.php/Normal_Consciousness)

### **What to Watch out For?**

First, **pay attention to the condition of the room** you are waking up into, the **external state**. The best type of room to wake up in is one that is ordered, tidy, and clean. When the room of your life is ordered, clean, calm, and free of toxicity, chaos, and violence, awakening proceeds in a fluid and easy-to-ground and integrate fashion. If, on the other hand, the room you are waking up in is a mess, if there is considerable violence, toxicity, enmeshment, resistance, ideology, and pathology, if there is conflict and war all around, if the environment is collapsing, if the end appears to be near, then you can become frightened, confused, shocked, overwhelmed, and traumatized to the point of breakdown.

As with the condition of the room, the condition of your mind and emotions, i.e., **the condition of you internal states**, are also a major factor in the quality of your awakening process. Disordered internal states cause disordered awakening. If you have sustained psychological and emotional damage growing up, if your thoughts and emotions are corrupted, damaged, ungrounded, clouded, and fragile, and if you are filled with feelings of guilt, shame, and fear, then awakening can be quite unpleasant and your progress may be disrupted or completely pre-empted.

How do you deal with the challenges of awakening? How do you avoid an unpleasant and disrupted experience? You don't, really. Even if you your first experiences are positive, bliss and wonder filled enlightenments, you are still gonna face challenges and you will still be at risk of pre-emptive shutdown. It's inevitable because the room we are waking up in is a mess and our internal systems are disordered because we've all incurred considerable psychological damage.

So what do you do?

If you want to avoid being pushed back into the washed-out grey somnambulism of normal consciousness, there are a few things few steps you can take.

### **Internal Resistance**

First, deal with **Internal Resistance** to awakening. Internal resistance to awakening arises when shame, guilt, confusion, and disordered thinking become so painful that you shut down the awakening process.

There's lots of reasons why you might resist and shut down your awakening process. Awakening might reveal to you your own bad behaviour and this revelation might cause overwhelming feelings of guilt and shame. This is particularly true if you have done lots to be guilty and ashamed of, like hitting and abusing children, exploiting workers, engaging in corrupt politics, etc.).

If this is the case, if waking up brings you oceans of guilt and shame, my advice to you is to simply accept it. Embrace the guilt and shame. Accept that you've been a shit. Experience the toxic flows. Full on acceptance is really the only way forward, and this is so for a couple of reasons.

1. That's the point of feelings, to feel them, good or bad. Feelings are **Steering Emotions**<sup>10</sup> that tell you when you're right and

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<sup>10</sup>Steering Emotions are part of an evolved system of **Emotional Semaphore** that your spiritual ego uses to try and "steer the ship," so to speak, while the bodily ego is blind and asleep. Emotions like guilt, shame, joy, and even satisfaction are design features of the physical unit designed to facilitate alignment. Positive steering emotions of happiness, joy, and contentment tell you that you are "on the right path," i.e., the path towards alignment and connection. On the other hand, negative steering emotions of guilt, shame, and fear tell you that you are on the "wrong path," that you are thinking or doing things that are out of alignment with your spiritual ego.

Because steering emotions guide you towards alignment and connection, steering emotions, even negative ones, are functional and healthy. They give you actionable

wrong. Good feelings of love and bliss and such tell you you're aligned and on point. Feelings of guilt and shame tell you you're engaged in unaligned actions (i.e., when you are doing something wrong). You'll make faster progress forward if you learn to experience, and not repress, painful feelings of guilt/shame.

2. If you don't accept and express guilt and shame, you're gonna look for ways to suppress them. That path leads to repression, self-delusion, alcohol, and eventual self-destruction.

Bottom line, if you want to keep moving forward, you are going to need to need to face the things you have done and feel bad about it.

Just don't feel too bad.

Don't beat yourself up.

What good is harming yourself going to do? It's a complete waste of energy. And besides, most people on the planet have a done a lot of things to be guilty and ashamed of. Forgiving yourself (and forgiving others) is really the only way forward, individually and collectively. It's an important step towards **clearing** and full reconnection.

To overcome internal resistance, just face what you've done and forgive yourself. We'll talk about what you can do to make "make it right" as we proceed through this workbook.

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information on how to change your behaviour, and you should definitely change your behaviour. Do not do what makes you feel guilt and shame. Do what makes you feel good (so long as you cause no harm). If you feel guilty because you are screaming at your children, or shame because you are exploiting your employees, take responsibility for your actions and stop, period. When you do that, the painful negative feelings of guilt and shame begin to go away and you take a step forward towards easier and more persistent connection.

## External Resistance

In addition to internal resistance, you will also need to deal with **External Resistance**. External resistance is resistance from family, friends, co-workers, bosses, and all people who are still sleeping and who, for various reasons associated with *their own internal resistance*, do not want to be presented with what *you* have become aware of. In these cases people can and will resist, often aggressively and violently, and for good psychological, emotional, and legal reasons. Predators, family pedophiles and abusers, carnivores, murders, corporate thieves and exploiters and abusers of all stripes all have a lot to feel bad about, a lot to be accountable for, and a lot to fear, not because of retributive justice/karma or any bullshit like that, but because we live in societies that punish even the smallest of children for even the smallest transgression.<sup>11</sup> If you've done something bad you have legitimate fears.

So how do you deal with this external resistance?

Well, whether you are the source of the focus external resistance, you as an individual aren't going to be able to do too much about it, except avoid it. The only true way to resolve external resistance caused by past bad behaviour is a collective, global amnesty. That way people don't have to be afraid they'll be harmed just for being honest and accountable. If we can do that then maybe everybody can calm down and maybe we can all sit down and talk it out without everybody becoming so defensive.

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<sup>11</sup>It starts in infancy and doesn't end until we're dead. By time time we enter adulthood we've been punished so many times we've lost count. It's perverse, useless, and does not improve us—in fact, it damages us, physically, emotionally, cognitively, and neurologically. Punishment teaches us not to talk, empathize, and resolve, it teaches us how to avoid exposure. It teaches us to hide, justify, and excuse. It teaches us to be repress and defend.

Until then, the best advice I can give is to see external resistance for what it is and protect yourself from it when it occurs, especially if you are being abused as a result. Build boundaries, exit toxic relationships, and get professional help. Exposing yourself to reactive external resistance is a waste of your energy and potential. It will surely slow you down and it may even block you completely.

### **The Extent of the Damage and the Overwhelming Enormity of the Mess**

Another thing you are going to want to watch out for is the feeling of being overwhelmed. As your awakening progresses may find yourself becoming overwhelmed by the state of the enormity of the mess and the work that will be involved in cleaning it up. Given the state of this world and the state of many of our lives, it is easy to be overwhelmed.

Consider, for example, your own misaligned behaviours. Consider the guilt and shame you might experience if you wake up to the fact that you have psychologically, emotionally, physically, sexually, or spiritually abused your spouse and children. Imagine the horror you might feel as you realize the extent of the damage you have inflicted. You might look at that and think nothing you do or say could ever make up for your “sins” and so you just throw up your hands, cover your head, bury your sins, and go back to sleep.

Or, consider waking up to the reality that others in your family (your pedophile uncle, your abusive sibling) have created huge messes.

Consider waking up to a toxic school, a toxic workplace, a toxic society, a toxic planet.



Not gonna lie. When you get a full view it can overwhelm to the point of despair.

So what are you going to do?

Unfortunately, the only advice I can give you here is keep your head down, do the [work](#), and have faith that things will improve. It might be overwhelming now, it might seem hopeless and dark, but if enough of us keep our heads down and do the work, eventually things will start to change for the better.

Keep your head down, do the work, and have faith.

### **Mental and Emotional Damage**

In this section of the workbook we are discussing the things you can do to avoid getting bumped off the path. We've discussed internal and external resistance that arises as a consequence of guilt and shame and the enormity of the damage and mess that you will be confronted with. Another thing you are going to have to deal with is the mental, emotional, and spiritual damage you have incurred as a consequence of your experience of **toxic socialization**. This damage, which is quite severe in most of us, can create serious obstacles to the connection process.

Let's examine a few common internal obstacles that arise from emotional and psychological damage: low self-worth, learned helplessness, and unprocessed anger or hatred.

### **Low Self-esteem and Self-worth**

The first obstacle caused by damaged systems is low self-esteem and self-worth. Low self-esteem is a major barrier to awakening. It erodes your confidence and your belief in your right to live a joyful,

connected, and empowered life. It undermines your ability to enact change. When self-worth is compromised, it's easy to believe that you're unworthy of healing or incapable of change. You might avoid the connection process entirely, or stay in abusive situations because you feel you deserve no better. Without a baseline of self-respect and belief in your own value, it becomes difficult to move forward—especially when the awakening reveals a “messy room.” Consequently, you may “turn of the light” by numbing yourself, denying what you saw, and retreating back into the fog of normal.

To assess your self-esteem, use the [Rosenberg Self-Esteem Scale](#). A core under 15 suggests significant self-esteem issues. Take the test and if you score less than 15 you may have self-esteem issues.

If you find yourself struggling, don't worry—there are effective tools. Start by searching online for resources on building self-esteem. The LP also addresses this later, particularly when we confront and dismantle the planet's dominant **existential narrative**, and begin to rewrite the internal stories that damage our sense of worth.

### **Powerlessness, Depression, and Learned Helplessness**

Low self-esteem is not the only psychological issue that can undermine your ability to awaken to the realities around you. Years of living in toxic and oppressive home and work spaces that you have no control over may leave you feeling depressed, dis-empowered, demotivated, helpless, apathetic, and hopeless. You may feel that nothing you do or say can make any difference at all. Psychologists call this psychological state [Learned Helplessness](#) (LH).<sup>12</sup> When you've internalized helplessness, you may feel that nothing you do makes a difference. This

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<sup>12</sup>[https://spiritwiki.lightningpath.org/index.php/Learned\\_Helplessness](https://spiritwiki.lightningpath.org/index.php/Learned_Helplessness)

makes it hard to take action—even when you know what needs to be done. The emotional weight of powerlessness can be paralyzing.

The LP provides an implementation of the [Learned Helplessness Scale](#) which you can use to assess the extent to which you have become learned helpless as a result of violence and toxicity in your life.

If you are LH, start by finding something small you can do well and build from there. **Mastery**—whether in relationships, creative expression, or simple skills—restores confidence and efficacy.self-belief.<sup>13</sup> A general guideline is to find a thing that you know you can do well, or a thing that you are motivated to do well, and do that.

In the long term, the **Triumph of Spirit Archetype System (TOSAS)**, introduced in LP Workbook Four, is designed to help you shift out of learned helplessness. You'll also learn about neurodecolonization techniques in a future draft of the *Rocket Scientists' Guide to Neurodecolonization*.

*Remember, you cannot heal or reconnect without reclaiming your power.*

## Anger and Hatred

**Anger** is not inherently bad. In fact, anger is your body's response to a [Boundary Violation](#).<sup>14</sup> It is a natural and healthy signal. When someone steps on your foot (physical boundary), insults you (emotional

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<sup>13</sup>Helen C. Reed, Paul A. Kirschner, and Jelle Jolles, "Self-Beliefs Mediate Math Performance between Primary and Lower Secondary School: A Large-Scale Longitudinal Cohort Study," *Frontline Learning Research* 3, no. 1 (April 21, 2015): Not specified-Not specified, <https://doi.org/10.14786/FLR.V3I1.139>.

<sup>14</sup>A Boundary Violation is a form of [Violence](#) common in this planet's [Toxic Socialization](#) system. It occurs when one person violates another person's psychological, emotional, or spiritual boundaries in an aggressive, assaultive, manipulative, selfish, or otherwise unwelcome fashion [https://spiritwiki.lightningpath.org/index.php/Boundary\\_Violation](https://spiritwiki.lightningpath.org/index.php/Boundary_Violation)

boundary), or exploits you (economic boundary), you should feel anger. That anger is meant to motivate corrective action—to speak up, push back, or create change. If you don't feel anger, something is wrong.

On a healthy world we would all be taught to express anger correctly. But in this world, we're not taught to express anger correct. Instead, we are taught to repress it, redirect it, or internalize it. The result? Anger doesn't disappear, it gets [sublimated](#)<sup>15</sup> (pushed onto others) or [internalized](#) (directed back at you).<sup>16</sup> Misdirected anger is never cleared. It becomes toxic. It clouds your vision, distorts your judgement, and blocks the healing and connection processes.

As for **hatred**, that is the long-term consequence of years of sublimated, repressed and misdirected anger. It builds slowly, fuelled by the bottled-up resentment caused by chronic, painful, and exploitative boundary violations and the associated repression and suppression that the System forces on you. As it develops, it blinds you, hardens you, and makes healing and reconnection impossible. If you want to move forward, you are going to have to recognize and process the anger. Here are some basic steps.

1. **Validate your anger.** Don't feel bad about yourself for being angry. You're not "bad" for being angry. It's a legitimate response.
2. **Express it appropriately.** Appropriate expression of anger means releasing it in ways that do not harm yourself, others, or

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<sup>15</sup> Sublimation is the redirection of energy and awareness from an appropriate target to an inappropriate target. For example, an adolescent angry at their father may, because the father will respond to their anger with more abuse, redirect their anger to weaker children at school, or their spouse at home.

<https://spiritwiki.lightningpath.org/index.php/Sublimation>

<sup>16</sup><https://spiritwiki.lightningpath.org/index.php/Internalization>

the environment. Avoid bottling it up, but also avoid projecting it destructively. Instead, channel your anger into constructive action. Scream into a pillow. Write an angry letter you never send. Stomp in the woods. Paint it out. Dance it out. Cry it out. Talk it out with a trusted friend or therapist. If you feel physically volatile, engage in strenuous physical activity in a safe setting—punch a bag, run hard, lift heavy. The goal is not to suppress anger or let it control you, but to let it move through and out of you.

3. **Transmute the energy.** Once anger is validated and expressed, use its energy to fuel transformation. Anger is a signal of misalignment and injustice. Let it motivate you to create boundaries, end toxic relationships, join movements for justice, or begin the work of healing trauma and repairing harm. Anger used consciously becomes the fuel of Emancipation.
4. **Be wary of gaslighting.** If people tell you your anger is “wrong” or that *you’re* the problem, when the source of your anger is real—like abuse, exploitation, or injustice—you’re being gaslit. Effective healing requires addressing the cause of your anger, not just managing the symptom.
5. **Target the behaviour, not the person.** Ask: *What behavior is triggering me? Why does it hurt? What boundary is being violated?* Don’t attack the person. Focus on naming the behaviour, understanding your emotional response, and changing the underlying conditions.
6. **Trace the source.** Anger does not always originate in the present moment. Often, it has roots in childhood, adolescence, or early adult experiences. By exploring its origin, you make it

easier to release and resolve.

Remember: unprocessed anger directed at inappropriate targets leads to abuse, and abuse creates more disconnection. Healing begins when anger and hatred are acknowledged, understood, and transmuted into action.

## **Hitting the Snooze Button – Invoking ARMs**

As we've seen so far, authentic spiritual awakening is not always pleasant. When the light comes on, you may see trauma, guilt, abuse, dysfunction, and all the devastation of toxic socialization. If the pain is too much, the natural response is to turn the light off and go back to sleep. However, unlike physical sleep, this is not a simple matter of closing your eyes. You can't *un-see* what you've seen. You can't *unknow* the abuse, the exploitation, the damage. Instead, what happens is your bodily ego deploys what traditional psychology calls *defense mechanisms*, but what we call [Awareness Reduction Mechanisms](https://spiritwiki.lightningpath.org/index.php/Awareness_Reduction_Mechanisms) or ARMs.<sup>17</sup> ARMs are neurologically rooted methods used by the bodily ego to reduce awareness of painful internal states (like shame or guilt) or toxic external realities (like family violence or systemic exploitation). These mechanisms allow you to remain “functional” in everyday life, but at the cost of truth, integration, long-term health, healing, and connection.

There are many Awareness Reduction Mechanisms that the bodily ego can use to reduce an awareness that has become painful. We will review a few of these briefly below. For more, see the [associated](https://spiritwiki.lightningpath.org/index.php/Awareness_Reduction_Mechanisms)

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<sup>17</sup>[https://spiritwiki.lightningpath.org/index.php/Awareness\\_Reduction\\_Mechanisms](https://spiritwiki.lightningpath.org/index.php/Awareness_Reduction_Mechanisms)

[SpiritWiki Page](#)<sup>18</sup> and more advanced LP content.

- [Denial](#) (a.k.a. suppression) –The *conscious* decision to push unpleasant thoughts or feelings out of awareness. E.g., “I’m not going to think about that right now.” With suppression, the ideas and feelings are still there (there is a pedophile in the family, gross), we just push them away whenever they float up.
- [Repression](#)<sup>19</sup> --The *unconscious* burying of painful memories. Unlike suppression, repressed content is typically inaccessible to conscious recall. Repression is the foundational ARM, upon which all others are often built.
- [Regression](#) – Reverting to childlike emotional states or behaviours to avoid dealing with painful truths, or for healing/protection purposes (as in psychologically evoking happy childhood experiences in Agere play). Regression can include acting out, tantrums, or dependency behaviours. Regression facilitates repression by allowing the individual to distract themselves and others with immature and inappropriate behaviour, thus creates a psychological buffer against trauma or extreme discomfort
- [Dissociation](#) – A detachment from reality (*derealization*) or from the self (*depersonalization*). Individuals deploying this ARM create fantastical and often deeply distorted representations of their realities and themselves.
- [Projection](#)<sup>20</sup> – Attributing your own uncomfortable traits or experiences to others. For example, accusing others of abuse

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<sup>18</sup>[https://spiritwiki.lightningpath.org/index.php/Awareness\\_Reduction\\_Mechanisms](https://spiritwiki.lightningpath.org/index.php/Awareness_Reduction_Mechanisms)

<sup>19</sup><https://spiritwiki.lightningpath.org/index.php/Repression>

<sup>20</sup><https://spiritwiki.lightningpath.org/index.php/Projection>

while denying your own abusive behaviour. Doing this helps redirect attention (yours and everybody else's) thereby reducing awareness of your toxic behaviours.

- [Rationalization](#)<sup>21</sup> – Constructing logical justifications for unethical or harmful behaviour. E.g., The CEO of a large corporation proclaiming that “Child labour helps feed their families.” “Spare the rod and spoil the child.” “Whatever doesn’t kill you makes you stronger.”
- [Intellectualization](#)<sup>22</sup> – Over-focusing on the abstract, cognitive aspects of an issue to avoid engaging with its emotional content. E.g., analyzing domestic violence patterns to avoid acknowledging one’s own abusive behaviour.

These ARMs may help you avoid immediate emotional collapse, but they carry long-term consequences. Chronic use of ARMs can lead to emotional stagnation, cognitive dissonance, relational dysfunction, [disjuncture](#), and even physical illness. Repressed memories and emotions do not disappear—they fester. Unresolved trauma continues to shape behaviour, perception, and neurological function.

### **When You Feel Yourself Slipping**

As noted, awakening is not a single discrete event. It is not a wonderful natural experience of unity. It is not a binary that is “turned on” by a psychedelic experience. Awakening is the growing awareness of internal and external reality, about who you are really and what this world is all about. Because of the toxic conditions on this planet, awakening is a massive personal and collective undertaking. It is hard

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<sup>21</sup><https://spiritwiki.lightningpath.org/index.php/Rationalization>

<sup>22</sup><https://spiritwiki.lightningpath.org/index.php/Intellectualization>



and you are going to face challenge. At some point you are going to think about giving up and forget. You may even invoke ARMS to help you return back to normal.. If you do that, nothing is going to change, current trajectories will continue, and sooner rather than later all the systems which sustain the human species will collapse, with completely predictable consequences. For the children's sake, you want to try and avoid that.

In order to avoid doing that, pay attention to your emotions. Journal them if you can. If, during your awakening, you feel overwhelmed by pain, fear, anger, or guilt, and you notice yourself trying to go back to sleep—stop and take inventory. What are you feeling? What are you avoiding? What mechanisms are kicking in? Your next steps depend on the nature of your challenge:

- If you're overwhelmed by low self-esteem, learned helplessness, or boundary damage, then healing is what you need. Go back and work through LP Workbook Two: Healing.
- If you're overwhelmed by addiction, avoidance, or emotional numbing (e.g., shopping, alcohol, sugar, dopamine-driven escapism), recognize that these are **behavioral ARMs**. They are antithetical to awakening and must eventually be addressed.
- If trauma is rising to the surface, seek support. There are many resources available, and you do not have to do this alone.

You may not be able to stop every defence from activating, especially at first. But even just learning to be mindful/self-observant, learning to watch out for activates ARMs, are important steps forward.

### **Final Thoughts on Awakening**

In this unit, we explored the nature of awakening. Awakening is

essentially becoming increasingly aware of your internal and external realities. We saw that awakening is easy to initiate: all it takes is an *Awakening Affirmation* and a clear, heartfelt intent. We also saw that awakening is often difficult to sustain. As awareness increases, so too does confrontation with pain, guilt, anger, trauma, fear, and all the toxic realities of this planet. Processing these painful emotional responses and changing the things that cause them is part of the healing and reconnection process. If properly addressed, you can take your next steps forward towards full reconnection. If not properly addressed, they activate ARMs that drag you back into the somnambulant grey of normal consciousness.

The choice is yours, but if you want to progress, you must engage the discomfort, work through the damage, change conditions, and refuse to go back to sleep.

### **Connection Coach Questions**

1. The Room of Your Life – Your awakening experience will be shaped by the condition of the “room” you wake up in—your family, workplace, friendships, and social environment. Reflect on the current condition of your room.
  - What specific issues, patterns, or relationships stand out as challenges or barriers to connection?
  - Are there any changes you already know you need to make?
  - Write your thoughts down. Share with the group if you feel comfortable.
2. Personal Damage Inventory – Emotional and psychological

wounds from childhood, adolescence, and early adulthood can deeply affect your awakening and connection journey.

- Ask yourself: “Is there damage I need to acknowledge and address before I can fully wake up?” What memories, patterns, or emotional pain arise when you ask this?
- Be honest and compassionate with yourself as you reflect. Write your thoughts down privately, or discuss with a trusted guide or group if you choose.

3. Awareness Reduction Mechanisms (ARMs) in Your Life – Review the ARMs introduced in this unit, as well as the substances or behaviours that may serve to reduce pain and awareness.

- Can you identify any ARMs you currently use to avoid discomfort, painful emotion, or disjuncture?
- Do you use food, alcohol, sugar, shopping, scrolling, or other behaviours to escape or suppress awareness?
- Can you observe these mechanisms operating in people around you? Provide 1–2 examples (no names necessary).

Write down your observations and insights.

4. Resistance Mapping – Awakening often triggers resistance—internally and externally.

- Have you noticed any internal resistance (e.g., guilt, fear, avoidance) arising since beginning this unit?
- Have you encountered external resistance (e.g., pushback, ridicule, sabotage) from family, friends, or

coworkers? How have you responded so far? What might you do differently going forward? Reflect honestly and write down one small step to help you move through resistance.

5. Feeling the Emotions – Emotional processing is essential for awakening and healing.

- Think of a recent moment where strong emotion (anger, shame, grief, etc.) surfaced during your awakening.
- How did you respond? Did you suppress, express, avoid, or work through the emotion? What would a healthier emotional response look like for you next time? Reflect and journal what you're learning about your emotional patterns.

6. Courage Inventory – Awakening takes courage—emotional, psychological, and spiritual.

- What courageous thing have you done (recently or in the past) that supports your awakening?
  - What act of courage might be required next on your path?
  - What support might help you take that next step?
- List one act of courage you've taken and one you are preparing for.

This workbook is incomplete but I'm working on it and other things daily.  
While you wait for new chapters to drop you can support this work.  
Supporting this work helps to accelerate the development, completion, and  
distribution of these materials

Visit the SpiritWiki support page for options.

<https://spiritwiki.lightningpath.org/index.php/Support>