

SURRENDERING INTO SOUL

A Heroine's Journey

DR. JANET SMITH WARFIELD

Published by
Hybrid Global Publishing
333 E 14th Street
#3C
New York, NY 10003

Copyright © 2024 by Janet Warfield

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the written permission of the Publisher, except where permitted by law.

Manufactured in the United States of America, or in the United Kingdom when distributed elsewhere.

Warfield, Janet.

Surrendering Into Soul

ISBN: 978-0-9778324-2-2

eBook: 978-0-9778324-3-0

Audiobook: 978-0-9778324-4-9

LCCN: Requested

Cover design by: Frank Watson
Copyediting by: Wendie Percharsky
Interior design by: Suba Murugan
Author photo by: Nikki Incandela

www.planetarypeacepowerandprosperity.org

All rights reserved under International Copyright Law. No part of this publication may be reproduced, stored in a retrieval system, or transmitted

in any form or by any means electronic, mechanical, photocopying, recording, or otherwise without the prior written consent of the author and publishers

Table of Contents

Preface

Introduction

Chapter 1 – A Heroine’s Journey - Overview

Chapter 2 – The Ineffable Call - The Passion to Solve Problems, Create, Co-Create, and Manifest

Chapter 3 – The Threshold - Exploring the Unknown

Chapter 4 – Challenges - Moving through the Unknown World, the Void, the Mystery, Seeking Answers

Chapter 5 – The Abyss - Who am I, Separate and Apart from My Conditioning?

Chapter 6 – Atonement

Chapter 7 – Helpers and Mentors

Chapter 8 – A Gift for a Suffering Humanity

Chapter 9 – Creating, Co-Creating, and Manifesting Planetary Peace, Power, and Prosperity—Together and Forever

Chapter 1

The Journey - An Overview

Evolving into:
Self-Awareness and Other-Awareness
Self-Forgiveness and Other-Forgiveness
Self-Compassion and Other-Compassion
Self-Respect and Other-Respect
Freedom, Personal Integrity, and Accountability

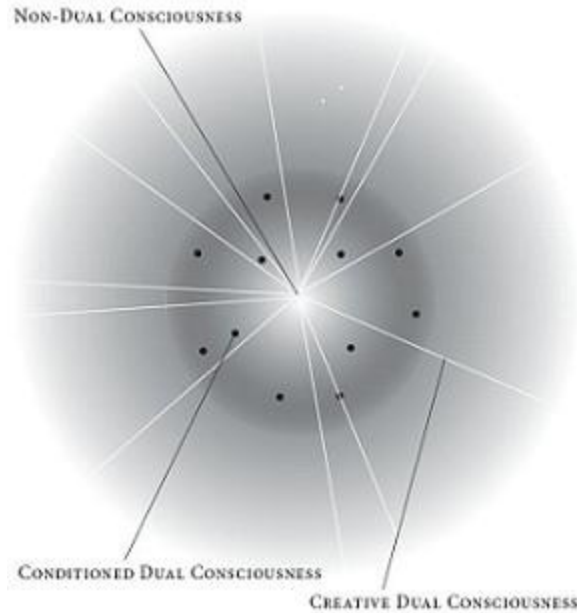
“Out beyond ideas of wrong-doing and right-doing, there is a field. I’ll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase ‘each other’ doesn’t make any sense.”

—Rumi, “A Great Wagon”

THE CONSCIOUSNESS DIAGRAM

The consciousness diagram below is a map of my Heroine’s Journey. It appears in modified form on the cover of this book.

It is not new. I birthed it on page 83 of my first book, *Shift: Change Your Words, Change Your World*, in a chapter entitled Science and Religion: Hypothesis, Faith, and Creativity, which is included within Part Three, Words as Dualistic Dividers. The diagram also appears on the website of our recently created educational foundation, Planetary Peace, Power, and Prosperity Legacy Foundation, Inc.¹



Non-Dual Consciousness is a center point of pure Beingness—that pure connection with all that is—a state of pure awareness. It cannot be conceptualized with words. It can only be experienced and allowed to flow through like a stream of pure, cleansing water. People have called that center point of Non-Dual Consciousness God, Jehovah, Allah, Brahma, the Tao, a Power Greater than Myself, and many other human-created words.

Conditioned-Dual Consciousness consists of all those little, limited, separated black boxes (seen as black dots in the diagram) of human-created words and worldviews, which the human mind has manifested through the creation of separating, dividing, and categorizing words. These words and worldviews are exceptionally useful tools, but they are not what has been called “Truth.”

When we disconnect from the *experience* of Non-Dual Consciousness and believe that our human-created words are Truth, the little black boxes fight with one another about whose words are right and whose words are wrong. Our human challenge is to learn to release ourselves from the limiting words and worldviews into which our souls, spirits, and life forces have been imprisoned. Through release, we free ourselves to reconnect with an “Energy” I sometimes call Non-Dual Consciousness.²

Creative-Dual Consciousness is a human skill of *using* separating, divisive, categorizing words to manifest, within our physical world, a clear intention that serves ourselves, others, and our planet. We can use that skill

to reconnect back to that core, experiential energy of Non-Dual Consciousness, or to create, co-create, and manifest outwardly the kind of world in which we want to live. Ultimately, the inner and outer movements integrate into a moral/ethical, functional, integrated practice and way of life. We can analogize it to the breath—breathing in and out, expanding and contracting, with or without consciously thinking about it.

I don't remember exactly when I created this diagram, but clearly, before 2007, when I first published *Shift*. At that point, I was attempting to create a map of my own Heroine's Journey out of my then seventy years of life experience, walking step by step through the labyrinth of my own existential, experiential Heroine's Journey. I hoped that somehow the words that flowed through me might resonate with other hearts and minds.

I still find the Consciousness Diagram useful. Perhaps it will be useful to you.

In 2007, I talked about the Consciousness Diagram within a specific context, with a specific focus and a specific conscious intention. The specific context and focus were science and religion. My conscious intention was to open and conceptually explore new ideas and opportunities and then connect what I understood to a single broader conceptual context: what appeared to be the conflict or paradox between the worldviews and disciplines of science and religion.

It is now 2024. I am now using different words to talk about the Consciousness Diagram.

I now see this Consciousness Diagram as a possible consciousness map of the psyche for all humans, particularly those stuck in some little black box of a single conceptual worldview, suffering either consciously or unconsciously, from terror, rage, shame, or not feeling good enough. I now see this Consciousness Diagram as having meaning and offering guidance to every human who has the perseverance, commitment, and courage to take that first step on his or her own Hero's or Heroine's Journey.

Sometimes, as we walk along our life path, we are simply thrust into circumstances over which we have no control despite our best intentions. A flood destroys our home. We lose a son to a drunk driver on the wrong side of a divided highway. We lose a parent to a sudden heart attack. Our home is brutally reduced to rubble by bombs in an attack ordered by a dictator,

orchestrated by a butcher, and implemented by soldiers willing to simply follow orders to earn a living to support their wives and children.

Suddenly, we are devastated. Our everyday lives have been turned upside down and inside out. We are suddenly thrust into suffering and grief. We face hard moral choices. Are we going to die alongside those crucial parts of our lives that we have lost, or take another breath, pick ourselves up, and take the next step, and the next, and the next?

Ultimately, the Hero's or Heroine's Journey through what we call "Kronos" or "Chronos" time collapses into that non-dual center point of pure, present-moment, energetic, creative, and co-creative awareness and manifestation.

That non-dual center point is the state of consciousness that Ram Dass refers to as *Be Here Now*.³ It is T.S. Eliot's "still point of the turning world."⁴ It is Rumi's "field."

Is this Consciousness Diagram a possible map of human consciousness for each person on this planet? Is it a map of each Hero's and Heroine's internal, consciousness-shifting, and mentally expanding, deepening, and heightening Journey? Does it map a journey through the psyche, into the depths of the subconscious and unconscious mind and then out again to Abraham Maslow's state of self-actualization⁵ or Carl Jung's individuation⁶?

BLACK BOXES

In the Consciousness Diagram, I use the words "Conditioned Dual Consciousness" to point to the small black dots in the image. I further use the words "little, limited, separated black boxes" to add deeper meaning, context, and focus. But when I research the meaning of that one word, "black," I discover it has a multitude of meanings, as well as different meanings to different people.⁷ I would like to clarify the sense in which I am using the words "black boxes" within the context of a discussion of the Consciousness Diagram.

I am *not* intending to inject the word "black" with any pejorative meaning, such as evil, or childhood experiences of having been whipped or raped by an angry father. I am using it simply to describe a consciousness

that has limited experience, education, and skill—a consciousness shaped by the limited experience, education, and skill of our parents and teachers.

MY LITTLE BLACK BOX

I was born into that center point of Non-Dual Consciousness totally naïve, innocent, unaware, and fully dependent on the earthly resources that supported me—the archetype of the Innocent, Magical Child. I was born into a nonconceptually structured world of pure experience with which I constantly interacted. When I was hungry, I cried until my mother fed me. When my body needed restoration, I slept. When I had gas in my belly, I cried until my mother burped me. My tiny, little human, dependent body simply did whatever it needed to do to live, breathe, and survive. I was born into Non-Dual consciousness.

Then my parents, teachers, peers, and the environment began conditioning me, without my knowledge, through words and experiences, into one of those little black boxes of a specific environment, culture, language, and values. As a young child, it was my *known world*.

Mommy and Daddy, on whom I was dependent for food, water, and shelter, were eager to teach me human-created language so that I could learn to talk, think, conceptualize, and become successful in the world. “This is Mommy. That is Daddy. This is our dog, Rascal. That is a tree.”

I was fortunate. I was born to kind, loving parents, both of whom were teachers. They both truly desired the child born of their physical union. As a child, that little, black, conceptual worldview box created by my parents felt very safe and secure. My parents loved and supported me, allowing me to learn, grow, and explore within a safe, loving, supportive family structure. I thought that every child’s life was just like mine.

But as I left that beautiful, nurturing worldview cocoon into which I had been born and began moving out into the world, I started bumping into other worldviews. I encountered the worldviews of children abused by ignorant parents—parents who didn’t want their children—children born solely out of raging male hormones and sexual lust. These resented, abused, ignored, and battered children had never learned a better way.

As I grew, I became exposed to other little black boxes of environments, cultures, languages, and values. Each was slightly different from my own.

All were fascinating.

Some were fun and exciting. Some were supportive. Some were educational.

Some hurt. Some were terrifying.

That was my Heroine's Journey—one tiny step at a time, trying to make sense of it all and integrate everything into a coherent pattern so that I could live a peaceful, powerful, prosperous, meaningful life.

Ultimately, through my own "Dark Nights of the Soul,"⁸ I had no choice but to surrender back to that center point of Non-Dual Consciousness or pure, present-moment awareness. Having lived every human archetype and experienced every human emotion, having lived in five different cultures and environments with different languages and societal structures, having visited many other cultures and environments, I ultimately chose to settle into navigating my own mind, emotions, and actions in each and every moment, fully immersed in and supported only by that center point of "Living, Breathing Energy" that my mind could not conceptualize, but that my Soul had learned to trust and allow to flow through me.

From one perspective, I had returned to the point where my life began—Non-Dual Consciousness. From another perspective, I was a new person, no longer naïve and dependent on other people as I had been as an infant. I had now acquired years of breadth, depth, context, and experience within a myriad of little black worldview boxes of what appears to be a physical world. During my Heroine's Journey, I had weathered trials and tribulations, defeats and successes, hell and purgatory, and then emerged again—like a diver returning to the water's surface, gasping for life-giving air, like a phoenix emerging from the ashes—centered, restabilized, reconnected, safe, empowered, and aware—detached from all the human-created turmoil and chaos—compassionate, grateful, appreciative, and serene.

I had now acquired an entire toolbox of useful human understandings. I now knew how to detach from other peoples' unconscious emotional reactivity, protect my own soul, release fear, transform rage into right action, and shift an entire human dynamic by merely choosing my own thoughts, actions, words, and presence. Everything became a constant living, breathing, dynamic, energetic creativity, co-creativity, and manifestation. Human-created concepts of time, space, and separation

collapsed into an experience of infinite immersion in all that is. Greeks and many religions call this kairos⁹ time.

I was fully connected with everyone and everything. I now was experiencing myself as a minuscule but vital part of that infinite, co-creative dance of eternity.

SUBJECT/OBJECT DUALITY

Words separate, divide, and categorize. Early in life, we are taught by other, separating, dividing, and categorizing human beings how to separate ourselves from and stand outside of this pure flow of energy and experience. We stop the flow at a single frame, chop it up into pieces with our minds, analyze what we have chopped up, chop it up into smaller and smaller pieces, and move the pieces around to make it all “work better.” Our parents have taught us how to step into dual consciousness by creating a subject/object duality.

This human-created tool of subject/object duality is extremely useful for many purposes. We can communicate with one another—at least to some extent. We can separate the pure flow of experience into tinier and tinier parts, and then put the pieces back together again in new ways. We can build cars, skyscrapers, and rockets that go to the moon. We can go on forever, creating and co-creating our tiny little conceptual black boxes—our individual worldviews—to achieve what we want to accomplish in what appears to be a very physical world.

But while our minds separate us from the pure, energetic, spiritual flow of experience, the flow continues, carrying us with it.

When we believe our own little, human-created, limited, conceptual black box or worldview is Truth and other people’s little human-created, limited, conceptual black box or worldview is Not Truth, we fall into self-righteousness (Jewish and Christian words), stray from the path of righteousness, sin (Christian words), or function from ignorance (Buddhist words).

The human mind has used human-created words to separate, divide, and categorize so that it can feel good about itself when controlling, abusing, and using others or enabling the dysfunctional conduct of others—a “power over/power under” dynamic.

We start using words to call each other names—stupid, wrong, ugly, incompetent. Those abusive words hurt, particularly when we are small children, dependent on the adults who are sticking those word labels on us, or when we are mothers, dependent on the man who impregnated us if we are going to continue to thrive and nurture the child we together brought into this physical world.

We try harder to please the parents who are calling us negative names, the husbands who are running off to have affairs with other women or screaming at us and slamming their fists on the table.

To protect our own body and soul, we sink into a “power under” position. Like the tortoise, we pull into our shell. Like the embattled warrior, we crouch into our foxhole and pull camouflage over our heads. We cower in corners. We become victims and slaves.

Why do we do this?

Because we are dependent on these bullies/abusers for food and shelter; because we have been taught to honor our parents and support our husbands regardless of their conduct; and, finally, because we want to be perceived by others as kind, loving, and patient.

Sometimes, out of pure anger and frustration, we fight back and become rebels or destroyers. Then, we shift into a “power against” dynamic.

We want to feel okay. We want to feel loved. We want to feel safe. Yet, as children and women, we rarely do. It is easy to find fault with ourselves because so many other confused, dysfunctional human beings have found fault with us. The self-righteousness and fault-finding cut us off from that center point of Non-Dual Consciousness—contracting and limiting our creative energy field, imprisoning us, turning us into servants whose only use is to support another human being’s unconscious ignorance and egotistical control.

RECONNECTION WITH NON-DUAL CONSCIOUSNESS

So how can we use analytic, divisive words consciously and intentionally to attract lost, confused, constricted, imprisoned, suffering human beings (including ourselves) to their original connection with that center point of Non-Dual Consciousness? How can each of us regain our birthright and become the powerful, aligned co-creators we were intended to be? How can

we manifest and maintain a peaceful, powerful, prosperous planet— together and forever?

Can we learn to use the Art of Word Energy Alchemy?¹⁰ Ask questions? Tell stories? Use consistent grammar? Learn to use metaphor and analogy to clarify abstract terms through example and down-to-earth simile?

Can we share transparently what we think, feel, need, and need to know? Can we do this with as much clarity, transparency, and excellence as our current resources and understanding allow?

Do we understand that we always have choices? Do we think about what matters most to us and what we want to do with our one precious life?

Can we learn to listen openly, without judgment, to the words of others, through practices like Vistar Circles¹¹ and engage in conscious and intentional conversation to explore how we can work together to co-create a peaceful, powerful, prosperous planet?

Can we stay in the Buddhist “Witness,” “Beginner’s Mind,” “Right Speech,” and “Right Action”?¹²

Can we live the Tikkun Olam¹³ (Hebrew for repairing the world) according to Judaism? Participate in the return to the Promised Land?”

Can we follow the Christian edict “Judge not, that ye be not judged?”¹⁴

Can we pierce the Hindu “Veil of Illusion?”¹⁵

Can we simply BE in Taoism’s “The Eternal Tao that cannot be spoken while living the Tao (the way) of carefully chosen words and practices?

Can every one of us work on our own “overcoming,” experience the “Alpha and Omega,” and be part of the descent of “the holy Jerusalem” portrayed in the Christian Book of Revelation?¹⁶

¹ <https://planetarypeacepowerandprosperity.org/>

² Even the term “Non-Dual Consciousness” is simply one of many possible, human-created placeholders for an ineffable experience.

³ <https://www.amazon.com/Be-Here-Now-Ram-Dass/dp/0517543052>

⁴

https://www.uvm.edu/~mjk/013%20Intro%20to%20Wildlife%20Tracking/BURNT_NORTON_by_T_S_Eliot.pdf

⁵ See Abraham Maslow’s Self-Actualization Diagram in the Appendix.

⁶ <https://scottjeffrey.com/individuation-process/>

⁷ “It can be linked with death, mourning, evil magic, and darkness, but it can also symbolize elegance, wealth, restraint, and power.” “In Latin, the word for ‘black,’ *ater*, is associated with cruelty and evil. Atrocious and atrocity are derived from this Latin stem.” “The Benedictine monks wore black robes as a sign of humility and penitence. In the 12th century, the *Black monks*, as they came to be called, were challenged by the Cistercian monks, who wore white. The Benedictines accused the Cistercians of being prideful, as demonstrated by their white robes. The Cistercians prepared their comeback: Black, they responded, was the color of the devil, death, and sin, while their own white symbolized purity and innocence.” “‘Vantablack,’ as the scientists called it, traps light to such an extent that the surface looks like a void. (T)he artist Anish Kapoor...uses it to give the viewer the impression that they are looking into a black hole.” <https://artsandculture.google.com/story/the-secret-history-of-the-color-black/fwISZyrkPUt0IA>

⁸ For one of these stories, see *Shift: Change Your Words, Change Your World*, p. 117. I will be telling many more of these soul-challenging stories throughout this book.

⁹ <https://en.wikipedia.org/wiki/Kairos>

¹⁰ <https://wordenergyalchemy.com/>

¹¹ <http://www.vistarfoundation.org>

¹² <https://extension.illinois.edu/blogs/refill-your-cup-self-care/2020-10-14-power-witness;>
https://encyclopediaofbuddhism.org/wiki/Noble_Eightfold_Path

¹³ <https://www.myjewishlearning.com/article/tikkun-olam-repairing-the-world/>

¹⁴ (Matt. 7:1)

¹⁵ (<https://www.yogabasics.com/connect/yoga-blog/lifting-the-veil-the-maya-of-comparison-critique-and-envy/>,
<https://www.britannica.com/topic/maya-Indian-philosophy>,
<http://janetsmithwarfield.com/tag/piercing-the-veil/>)

¹⁶ (Warfield, J. (2007): *Shift: Change Your Words, Change Your World*, pp 165-178.)

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>