



A Glimpse of Awakening:

Gateway to Your Awakened Heart and Mind

By Garth Alley

Dedicated to my teachers Ernie, Ralph and Tilly

Find the companion audio meditation to this ebook
at www.garthalley.com/aglimpseofawakening



A Glimpse of Awakening: *Gateway to the Awakened Heart and Mind*

We start out *awake*.

Whenever I look into a young baby's eyes, I get this little burst of joy and hope.

Through their eyes I see... pure Spirit. The look is the same as in the eyes of any *awakened* being: pure innocence, endless love, peacefulness and a vastness.

Imagine a world in which this essence is nurtured and can mature without fear or shame. What kind of world would an adult with these qualities create?

It would be very different from our current one.

The Horror of Our Deep Sleep

In our current world, we act out of fear and/or shame instead of love and wisdom. We have fallen into a deep sleep, a toxic nightmare sleep. My definition of 'toxic' is any behavior that causes suffering for our self or others.

Let me give you an example:

I was on the bus the other day. At the front, an elderly man with crutches asked the driver if the bus stopped at Virginia and 3rd. Before the driver could answer, a nearby man said "no, this bus goes to Dallas Texas" in a cruel and sarcastic tone. He repeated his comment each time the elderly man tried to ask his question to the bus driver. And each time, the elderly man cowered and was silent.

A Glimpse of Awakening

The cruel man was obviously toxic in persecuting the elderly man. What may be harder to see is that the elderly man was also toxic: he remained a victim to the persecution and never got his need for information from the bus driver fulfilled. Moreover, not one of us (including the bus driver) intervened to stop the cruel man's actions, which is perhaps the most toxic behavior of all. Saying nothing as someone is persecuted is at the root of how 6 million Jews were exterminated in Germany while a whole country stood silently by.

(There is another form of toxic behavior that the bus scene doesn't portray. See the footnote at the bottom of this page for a quick explanation.)¹

You may think the bus scene is a bit 'over the top'. The toxicity I am trying to describe can be as subtle as a parent shaming a child or as obvious as flying a plane into a building to provoke fear in a whole nation.

You may not be as toxic as the man on the bus. But have you ever judged yourself or others harshly? Felt like a victim? Said or heard "I don't want to talk about it"? Take a few moments and see if you can find times in your life when you have been toxic. It will help you immensely in the process to come.

Think how these toxic behaviors portrayed in the bus scene are replayed between nations, races, genders, and in each of us every day. Can you see and feel the suffering it creates in and around you?

Like all of us, the cruel man on the bus was once a beautiful being of innocence and love, brightness and joy. So what happened?

¹ In the extreme, imagine a parent who does everything for a child, never letting her do anything for herself. And so with the best intention to 'help', the parent completely disempowers their child. This is called caretaking, a very damaging and difficult to see form of toxicity.

A Glimpse of Awakening

He got hurt. Something happened when he was young (possibly over and over) that made him feel shame or fear. To cope with his toxic environment, he unconsciously created a part of himself that protected his tender heart and attempted to get love. Paradoxically, over time the original mission of this coping mechanism ran amuck. Instead of just protecting his heart, it stopped him from getting and giving love altogether.

For example, imagine a 10-year-old boy whose father is critical of him. To cope, the boy unconsciously creates a part of himself that is more critical - and quicker at being critical - than his father. It protects his heart from being broken because it's easier for him to hear his own criticism than that of his father. And if the boy is perfect enough, perhaps he will receive his father's love.

This shiny, new inner critic blends into the background, controlling the boy's life from the shadows of his psyche. As the boy gets older, his inner critic will likely leak out and criticize others. He will certainly be critical of loved ones because we tend to treat them as poorly as we treat ourselves. Ultimately, our coping mechanisms can suck the life out of us and we can become bitter shells much like the cruel man on the bus.

And so we're caught. Our heart still yearns for love/Spirit but we've learned to keep it shut away behind a toxic wall.

This is just one example of how a coping mechanism gets designed based on our environment when growing up. There are more versions of these inner coping mechanisms. A little book called *Taming your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way* by Rick Carson highlights many more.

I hope you will see this little 10-year-old inner critic (and all your inner toxic coping mechanisms) with a compassionate eye. Remember, your coping mechanisms were developed to protect your heart and to try and get you some love. In a strange way they are an act of love to save your essence.

Time to *awaken* Your Heart and Mind

Your bright light can return much more easily than you might expect

I have created a guided meditation that can open you to your *awakened* heart and mind.

Find a quiet space where you will not be interrupted. Relax and allow your heart and mind to get what they need.

Remember, my definition of 'toxic' is any behavior that causes suffering for my self or others.

I will be asking you where you 'are' in your body and guiding you to place your hand on that spot. If you are unfamiliar with referencing experiences in your body, see the footnote at the bottom of this page for a quick and easy way.²

I will guide you through the meditation at a gentle pace. Please immerse yourself in my guided meditation, don't merely 'listen' to it. You may need to do the meditation a few times to 'get' it.

So enjoy. When you are done, return to this book and continue on the next page.

➤ **PLAY THE MEDITATION...** go to www.garthalley.com/aglimpsofawakening

² As you may know, our mind, emotions and body are all connected but it takes a little training to see how. Let me quickly show you. Find a comfortable position and relax. Let's get used to moving your attention around your body. Put your attention on your right big toe and wiggle it. Now put your attention on the tip of your nose. Now choose another place. That 'you' that is moving around your body is your observer. So far so good? Okay, now let me show you the emotion/body connection. Think of a time when you were happy. Notice where you experience 'happy' in your body and put your hand there. Now think of a sad event and notice where you experience 'sad' and put your hand there. Do the same for Angry. And Love. This is your emotion/body connection.

***Awakening* is Your True Home**

I hope you found the experience of *awakening* (your *awakening*) useful.

Your toxicity comes from how you think. You can have toxic thoughts and medicinal thoughts. Toxic thoughts create suffering for yourself or others. Medicinal thoughts do not create suffering but rather create connection and peace. By nature, toxic thoughts close down your heart and mind. Medicinal thoughts open your heart and mind. Take another look at how your thoughts treat you.

When 'you' are the *awakened* heart and mind, it is impossible to have toxic thoughts either towards yourself or others. Your thinking will be naturally medicinal to yourself and others.

In fact 'you' disappear or, more accurately, become transparent. *Awakened* heart and mind shine through the transparency that you are and begin to run 'your' life.

The more you return to the places I have shown you, the more your life will reflect and be run from your *awakened* heart and mind. It happens organically, you need only be open to *awakening* and it will do the rest.

A question that always arises is: "How do I get anything done?" My experience is that what needs to be done becomes crystal clear and a natural passion flows toward that need. At first this clarity occurs at gross levels and then at more subtle levels. My life became simpler and simpler inside and then out.

Staying awake

At first, only you can make *awakening* true in your moment-to-moment life.

Remember: *awakening* is easy, staying that way is a bit tougher.

Keep returning minute-by-minute to Personal Love, Big love and the Vastness at the same time. Do this as often as you can until it becomes as natural as breathing.

Just for the record, the distinctions between Personal Love, Big Love and Vastness do not exist. The meditation creates three small gateways in the veil of who you think you are and lets in something fresh for a while. If you keep the gateways open, the perfume of that freshness will nourish and change you and the distinctions between the three will ultimately become unimportant.

Awakening requires you to slow down and listen deeply, to say the vulnerable passionate truth in your heart and/or to ask the Vastness what is in the highest good and act on it.

Anything that stops you from being with Spirit will soon fall away. Your life may change in small and sometimes profound ways. Spirit will bring what you need and it isn't always comfortable.

When you slip into toxicity - and you will - simply return to the places you experienced here.

If you get stuck in your toxic thoughts or behaviors, you have likely triggered an early wound in your heart or mind that needs attention. You may need the help of a counselor to clear it.

Here's a secret. Our human heart is built to break and come back together over and over again. That wasn't true when we were children. The places I have just shown

A Glimpse of Awakening

you will give you the deep connection to the heart and mind of Spirit that you didn't have before.

It's much easier to allow the toxic coping mechanisms you created in childhood to run your life. Choosing to see the truth of the suffering in our world and to act from the compassion of your *awakened* heart and truth of your *awakened* mind is the real challenge.

So open your heart, knowing it is sure to break. Act on the truth that your *awakened* mind reveals to you with the compassion of your *awakened* heart. If you do, you will be fully human, connected to life and Spirit.

And perhaps one day we will meet on the street and I will look into your eyes...

Whenever I look into a young baby's eyes, I get this little burst of joy and hope.

Through their eyes I see... pure Spirit. The look is the same as in the eyes of any awakened being: pure innocence, endless love, peacefulness and a vastness.

Imagine a world in which this essence is nurtured and can mature without fear or shame. What kind of world would an adult with these qualities create?

Blessings to all of you who will try.

Garth



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“Garth gives us a simple and incisive visualization that invites us to let go our thoughts, and touch the warm stillness which is our birthright.”

“If you truly go through this guided meditation you will be lifted to a place of greater simplicity and joy.”

Thank you for reading/listening to my ebook. I hope you find it helpful on your path.

For more of my work, visit www.garthalley.com

