



## LESSON 10: The Journey of Unfolding Consciousness

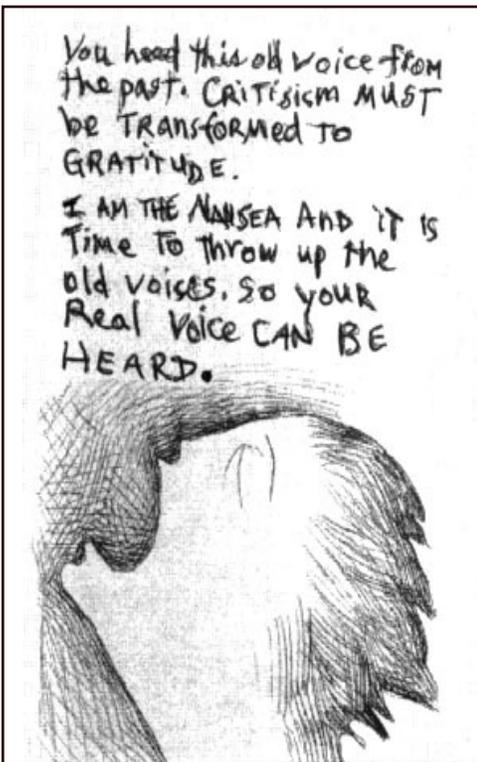
Life is a journey. Every day brings challenges and opportunities through which we learn and grow and unfold a greater understanding of what life really is. I'm using the word *unfold* so let's explore what it means. When you unfold a new shirt or a map, you open it up so you can use it. When you read a good mystery novel, the author unfolds (reveals or discloses) the plot in a way that captivates you. Generally speaking, to unfold something is to gradually peel back the outer-most layers to reveal what is below the surface.

It is good to know that deep inside you is a special Self that cannot be hurt, broken or damaged in any way. I call this the **Essential Self**. It is always there for you any time of the day or night. You get to know this Self through the unfolding process. In this process, problems become signals telling you where the Essential Self is ready to be revealed and expressed in your life.

Life becomes a journey when you know that problems can be solved and bad experiences can be transformed simply by opening your mind and heart and letting a greater understanding unfold in your conscious awareness. It sounds so simple and it is. What makes it hard for us to unfold a greater understanding is our limited beliefs, prejudices and biases. It is amazing how cement-hard a belief can become. A person's beliefs can be frozen in fear, paralyzed by conflicting emotions and locked in prisons of prejudice. Pain usually gets so bad that people finally begin to question their own beliefs and ask, "Is this all there is?" This crisis-point is often the signal that a person is ready to let go of an old belief and accept a new, deeper, truer understanding.

*How does this relate to drawing and painting?* I'm glad you asked. We are living during a time of remarkable change. Drawing and painting and all the arts are natural healing processes designed to help us awaken to our Essential Self. As we awaken, we begin to listen to the still, small voice inside of us. Eugene Raudseppa and G. Hough, Jr say it this way. "All forecasts for the years ahead point to a period of unprecedented change. To seize the opportunities such a period will present we need to become more creatively flexible and imaginative. Thus, the most important ingredient for facing the future confidently may well turn out to be creativity."

Drawing activates the awakening process because it makes you really see the world. You focus your attention carefully upon a specific area and stay with it for a period of time, so, drawing engages you mentally. You relax and begin to open your heart and feel connected with what you are looking at, thus, drawing engages you emotionally. Furthermore because your hand is holding a pen or pencil and moving on a paper in accordance with your eyes and brain, drawing engages you kinesthetically. Drawing makes the process of unfolding consciousness a personally meaningful, exciting, and uplifting journey.



*NOTE: For more research about the Essential Self check out the following website—  
[http://www.ahalmaas.com/glossary/essential\\_self.htm](http://www.ahalmaas.com/glossary/essential_self.htm). Also, you might be interested in reading a 6-page pdf document, titled, *Uncovering the Essential Self*, by Tony Schwartz—  
<http://www.ahalmaas.com/pdfs/schwartz.pdf>*