

### THE WHEEL OF TRANSFORMATION

Our destiny is to bear witness, in our own unique way, to being, consciously and freely. Plants and animals fulfill their destiny of necessity and unconsciously, limited only by whatever external conditions hinder them from becoming, what, in their essence, they are. Man, unlike plants and animals, has consciousness; and it is by means of this quality that he is able to stand and confront the world. He becomes, to some extent, independent and therefore responsible for his own development. Here in lies the great opportunity. He has choice. He may choose to remain unconscious, and bound to the karmic wheel, or he may choose waking up on the wheel of personal transformation.

The karmic wheel or the wheel of transformation; it is your choice which wheel you ride. We're on the karmic wheel, when we judge the past, in the present moment. What we focus on in the present moment becomes the future. So, if we're in the past judging an event, whatever happened in the past, happens again in the future. What we focus on is what we create. We're off the karmic wheel when we change our belief about the past, release the judgment about the past and move forward on the wheel of transformation. The future is determined, and the past is indeterminate, because we can change what we believe about the past, we can change the future. The future is determined until we change our perception of the past.

A prerequisite for self-realization, is that one must first "show up," and be prepared to fully cooperate in the process. There are many different ways to show up, be on time, authentically listening, physically, spiritually, telling the truth without blame or judgment, and the list goes on and on. When you jump on the wheel of transformation, there is an openness, a listening, you're able to report the details, without blame or judgment. It also requires being open to outcome rather than attached to outcome. Each step in the process depends on one's whole hearted concurrence and participation, for in the long run, self-realization is a result of this constant and tireless showing up, telling the truth, releasing judgment, reporting the details, and being open to outcome.

Not until one shows up continuously with complete awareness, can one be said to have really joined the "Way." From then on the wheel of transformation never stops turning. It is clear that one has re-identified with aspects of the superego, the karmic wheel, when you find yourself agreeing or disagreeing. When you find yourself disagreeing, you're probably disagreeable. Agreeing and disagreeing are defensive mechanisms and indicative of a low level of awareness. Those who disagree stopped listening to their inner wisdom long ago, that is when they stopped growing. There is no destination, life is a process of change. When you agree or disagree, from where you sit, your view of reality is the only truth. This view is true, and yet your view of reality is only part of everything, and is not everything. The belief that your view is all of everything, is what perpetuates the illusion of separation. Your view and my view of reality can never be the same, as we occur in different aspects of space and time. And yet, each view is valid and different at the same time, rather than either or, it is both and.

Without this awareness, you'll find yourself bound to the world of duality, the karmic wheel, nothing changes, the same things happen over and over, just with different settings and different people. You feel like a victim. It feels like someone is doing something to you all the time. You think others can hurt your feelings. You rage at them to stop taking your happiness away. At some point you realize there is no one out there making you feel the pain of separation that you don't want to feel, it is you. No one is doing it to you. There is a constant search for comfort and comfort equals death. When on the karmic wheel of duality, the rational mind is packaging data in survival mode, looking for what is right and what is wrong, for use in the future to avoid pain and suffering, this rational filtering blocks apprehension of all that is.

Instead, when you jump on the wheel of transformation, you take responsibility for everything that is happening, whether you are aware of why it is happening as yet or not. You realize, you are the cause, source, and agent, of everything in your experience. You are the source of all pain and suffering, and the resolution at the same time. You become comfortable with the discomfort of change and the unknown, this is a natural unfolding of life.

There is a trap in the process, each time there is an expansion of awareness, there is a tendency for the super-ego to reconfigure and mimic the new found awareness, as a mental process. This re-identification with the super-ego stops the process. Ego-mimicry stops the wheel of transformation. If the wheel does stop, it becomes unstable and topples over and once again becomes stuck fast and is unable to move.

There are stages in the process. That which conflicts with essential being, the one true-ego, must first be discerned and set aside in order that it may be relinquished, this is an ongoing process. Once the attachment to the past and the way things were is set aside, the new core of authentic-being begins to emerge, this new core transforms and re-creates. This newly formed core must be recognized by the egoic will of the super-ego, with the sense that there is nothing to be done with the new awareness, just be it. With diligence, one must invoke the observer, in order that rather than the superego, the authentic-core, the one true-ego, may ultimately be realized and actualized through our life.

Attitude is never static; never achieved once and for all. It is a living, moving and changing process within which you remain receptive towards your essence, in spite of the fact that the bodily form you have at any given moment, is bound by conditions of space and time. You learn to endure the discomfort of the awakening and change, the awakening of essential being in the conscious mind.

The oneness of life, which is beyond space and time, is fractured by man's super-ego into two poles, one, a historical world, which being subject to laws of space and time, can be understood and mastered; and two, transcendental being, which cannot be encompassed by space and time and is beyond all ordinary understanding. Inevitably, one experiences themselves as being stuck between heaven and earth. One lives in a state of tension between two realities, the world, which confines him geographically, it

endangers his existence, it tempts him with hopes of happiness, and demands its obedience to its laws; and the supernatural state of being hidden within him, and towards which, unknowingly, he yearns. Driven by this tension, the pain of this wounding, he strives to heal the separation from source, this pain of separation also draws him towards the light, the wound is the bad news and good news, it gets us moving towards the wheel of personal transformation.

In the process, it becomes necessary to question every apparently secure and consolatory opinion; every stage of comfort, which is the ego's solace from the fear of pain and annihilation that arises from its concern for its own survival, each level of comfort must be conquered. It is only when we learn to risk over and over again, all that has seemed assured, that which is forever unknowable, breaks luminously upon us. Only then are we bestowed with a higher awareness from the merging of light and darkness, as we move beyond our identification with the duality of super-ego and, to the freedom of a nonrational field beyond concepts and words, then we experience our innate condition, freedom, peace and the unknowable.

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