Men's Life - Journey, Architecture & Legacy

MALE MENTALITY

MEN'S LIFE JOURNEY

1. *The Hero's Journey* – Archetypal Quests of Destiny

1.3 Men Experiencing Self-Mastery

The Heart Warrior's Journey Outward

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MEN'S LIVING LEGACY

3. *Men Building Their* Living Legacy

The King's Journey to Destiny – Manifesting One's Mission for Self/Other, Advancing the Human Spirit

You

Being Our Full Potential In Our Life's Domains

With a Vision, the people flourish

Dare something worthy.

Welcome to Transformative Service & Introduction to the Path of Serving

In Service of Spirit, The Spirit of Service

Rough Draft

Dear Cohearts, Fellow Journeyers, Heart Warriors, Light Workers,

This theme of Serving could be placed in all of the above sections. *Life's Journey* about the Heart Warrior Archetype. It could also be included in the *Life Architecture's* Role of Spiritual Fulfillment which is about love and serving others. It could easily go in the *Living Legacy*, which concerns what our service is, our mission with and for others.

Manifesting one's vision that Advances the Human Spirit is the form – the What. This section is about Who is serving, Who is making a positive difference. In the trinity of manifesting Be-Do-Have this is about Being. Living Legacy is about the Doing.

Transformative Living ever includes Transformative Serving. Serving includes transforming, especially oneself. To serve with the hands expands the heart, to learn through loving service expands the mind – Love and Light. In the adage 'Vision + Manifestation x Character = Destiny' - Transformative Service – Will (Purpose), Love and Light (Wisdom) is what creates character.

Creating is why we are here, serving is the expression of love. Transformative Serving is our inevitable path and this section is an invitation to how we grow while giving, expand while manifesting. Through this Spirit perspective this section will go in the Role of Spiritual Fulfillment.

With Will, Light and Love, Douglas

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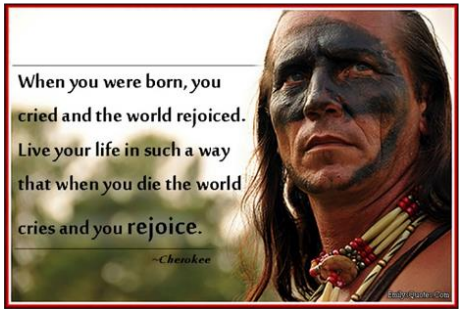
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Heart Warriors
Light Workers

The Spirit of Service

In Service of Spirit; Spirit in Service of Others Through You

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Serving Source/Spirit by being a Supple Instrument of Service

"When we invoke Spirit's guidance and give only what we Know is called for in the way it is called for the service becomes transformative for giver and receiver. When we dedicate all service to Source and proceed to accomplish it for Source, then Spirit guides the service for the best and highest outcome. (Otherwise we could be looking for response from those that we serve to fill our lives back up.) Let Universal love overflow your vessel, let what pours through you be what serves. Create through each day one more aspect of the perfect rhythm, fluid form. Source your dream and in turn it will source others!' From my Spiritual Journal

A Blessing on the Path of Serving Spirit and Spirit in Service

"Peace be with you. Know you are loved and know you are one with the One who loves you. Enjoy your spiritual path, for it is all you truly are. Let service be your spiritual practices and spiritual practices be your service. Each act serves humanity and glorifies Source. Every oblation brings succor. Devotion and service meld into one. That is how others will know you are Sources servants. Be a joy to all humanity's children. Breathe in Divine love and breathe out your joy. Be a blessing to all whom you meet." From Journal.

A Divine Response To a Prayer:
"My blessing is that you know my blessing – know Source effulgent beyond form, ever present - see and serve Me in my various forms. Drop all your limitations and release the soldier/saint. It is not an effort or struggle - it's who you are. See Yourself as you are and you will fight for dharma (righteousness). Be Yourself and dharma will fight for you at your side." From Journal

I take a vow in being a Spiritual Warrior.

Dharma (right action) is my standard. Please Source be my strength on the battlefield of life so as divine warrior I may never fall from Dharma – thought, word and deed.

"Cast out all doubt, take fierce resolve. Put your hand on your heart and command the spirit within to never fail you. You must hold the standard of righteous (integrity) and never let it fall in the face if the enemy, (those that harm without remorse) for they truly "know not what they do." (Always remind myself I carry this standard so I must always have my attention on the highest good.) To be a spiritual warrior is a solemn office. I am your Spirit and you a worthy warrior.
Fight hard, fight with love of Source in your heart and no enmity to your opponents. Never falter, never fear, take heart, have courage the opponents are already defeated. Bow your head and offer your hourly oblation for this benediction!" From Journal

We begin the Spiritual Journey many times with our hands raised in devotion to the external Creator. Then there's a point when it shifts Source pouring out in Spirit out through your hands outstretched in loving service to others.

"Truly get you are one with Source.. There is only one Essence and you will have the essence of your Work for when you can experience the many as just one. Then service becomes purely motivated."



Serving Spirit in One Another

"Sometimes it seems so difficult to see Spirit in another, especially when the mind compares, When the personality is critiquing and judging and the emotions running the gamut.

One form curious about another, two forms interacting behind protective masks. Hiding what is real, caught in temporal appeal. My mind needs to just receive what is:
> without masticating it for ego's consumption,
> without analyzing it for aggrandized illusions
> without haughty or doubting emotional delusion

Would that I serve feeling the aspiration within.
Would that I feel their deep longing within.
Would I see more than what's weak and see all their glory.
Would that I experience their strengths as Spirit's glory and not compare it to the frailties of my own story.

Could that I know their heart's glow.
Could that I taste their spirits unique nectar.

Might I be one with them in that moment.
Resonate with their unique expression of Spirit.

Please help me dear Creator, go beyond the forms of you, to that which is immortal and true." From Journal

"Don't see differences with others, seek ways and means to strengthen bonds of kinship. Keep the center of awareness in the heart and breath."

A Heart Warrior's Humility

"Confident in Spirit's strength\the might within
I meet the world with powerful love
I meld into the world with appreciation
Thy will be done,
in this we are one
all tasks are lovingly done all battles faced and won." Journal

Rough Draft

Discerning One's Motivation & Hidden Needs, Transforming Attitude while Gratefully Appreciating

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The meaning of life is to find your gift. The purpose of life is to give it away.
Pablo Picasso

Appreciating & Being Appreciated

'When you serve the least of mine you serve me'. Whomever you honor you honor me.' *" I served a Nepali retreat owner and noticed that part of me needed appreciation for the two days I spent away from my own projects. It came the next day as an Israeli-American read the proposal and was filled with praise. His wife said, "I want to meet this man." I got it. I am appreciated by Source and don't need an intermediary. I AM loved and when I needed appreciation Spirit contrived a situation to show it."*

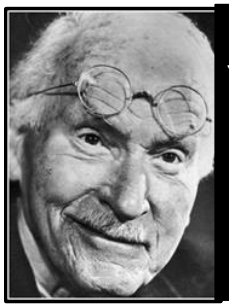
"Thank you Spirit, It's you I appreciate for even responding to this off centered desire for a return on my love. Thank you for your motherly love. Appreciate everything and soon there will only be things to appreciate. When you finish using something, thank it."

Serving with unmet needs: Giving to get, Draining Sacrifice, Martyring

"If stress is the means, how can the end be different? With happiness as the means, how can the ends be different? The real issue is that I'm not taking care of my needs too, not serving my inner child as I do others, not nurturing my inner women. This is the aspect of service that results in an imbalanced way of life still being learned by so many. This is the deepest lesson up for me to face. The results are unhappiness, lack of joy and resentfulness. Lack of selfcare leads to burnout, resentment, dis-ease, repressed anger."

"Give from your heart to everyone and feel it in your heart as you do, so you will not just experience the joy of giving - but you'll be the joy of giving. Enjoy your opportunities and love yourself for this will be your freedom. For once you appreciate yourself the needing from others will dissolve; once you love your desires from others will dissolve - because love is desire less and without need. Let go of resentment and reaction - life is "fair' - but seldom is it seen so from the plane you are on - you must be in the one above to get perspective. Enjoy your life - be life, and live lovingly. If you knew how many 'served you' in heaven your sense of appreciation and attitude about fairness would be balanced. Enjoy your opportunities and love yourself for this will be your freedom. For once you appreciate - your needing from others will dissolve, once you love your desires from others will dissolve - because love is desireless and without need. This is an area where balance is required to. Give to yourself so you do not have hidden need, manipulating desire. Ask and you shall receive, believe it before you can see it. Be thoughtful to yourself, understand, accept, appreciate - You, and give from this abundance. Not from deprivation spawned self-denial of the beleaguered martyr. Live in love; Source, others, Self! First love Spirit in you (Source Immanent), Spirit in others, (Source universal and transcendent)."

Serving to Distract, Serving with Unexamined Needs



Shadow work is the path of the heart warrior.
Carl Jung

Serving without suffering and giving without needing avoids resentfully needing that which was given. 'Giving until it hurts' has, up to now, been the process of purifying the mind on the altar of the will. Initially, in our development, lofty aspiration flows out of our Essence and sacrifices make supple the clay of our form. The wheat of our character is separated from the chaff of our needing. Though these wholesome aspirations our commitments bring trials and triumphs. The more open to we are to learn from experience the greater our love and wisdom will increase to express our will. We become more adept at expressing divine design in form.

Yet unrelenting service and its busyness can mask doubt and discord within. Then unresolved internal needs can lead to resentful service and in turn burn-out. Many have begun a life of service by giving to others what we subconsciously wanted for ourselves - giving unknowingly to get. For example, in believing we have experienced an uncaring world, we care. We can mistakenly care for others and forget self, until we realize that we are treating parts of our self the way we believe parts of the world uncaringly treated us. God's compassion is inexhaustible, while flowing in and through us. Service that masks unresolved inner needs quickly empties our reservoir of compassion or precipitates a crisis 'forcing us to stop'.

Self-discipline may have inaugurated a life of service but it is consummated in grateful love. Willful duty gives way to serving as privilege. Purify yourself not in austerities of sacrificial service and penitence of indefatigable commitments but through appreciative loving.

The Paradox of Selfless Serving, Knowing Service is Our Path

When manifesting our Mission it is important to remember the Life Purpose that spawned it. It may feel like there is much work to do to accomplish the missions' goals, but eternity waits peacefully. The 'works' (projects) you begin are principally for your benefit even though they are to serve others. This is the process of transformational living whereby one matures through loving service. Paradoxically, we cannot progress far on the path if we seek to serve ourselves in serving others. Both are true simultaneously. Unless we seek to express our life purpose and serve we will grow little and yet if we cannot grow fully if growth is our motivation. Our immersion in any activity must bring us closer to Source, more open to Spirit's presence in others (around you), happier and fuller in love and joy, richer in appreciation. *Life Is For Loving - Live It In Love*

Release Your Dream to Flourish in Love and Detachment

Rough Draft

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"Let your Light Shine, Everyone is gifted but some never open their package." - Reibe
"Most men lead lives of quiet desperation and go to the grave song still in them." - Thoreau

Being the Instrument of Spirit's Service Through You, Detached to Results

There are subtle differences between the words: detachment, indifference and resignation. Being detached means not being invested in a specific outcome. It means doing service without attachment to specific outcome. Dedicating to Spirit the results of our service. Indifference is disinterest or disdain in choosing to commit. Indifference is also a psychological result of suffering resulting in disassociation with the related emotions. One is then indifferent and apathetic, which means numb, or blocked.

We're committed to the work - not indifferent, just detached. One has to Work faithfully while knowing it's Spirit who's done the work and who controls the outcome. Resignation is a hopeless 'giving in' to the circumstances, a fatalism. It indicates ones unwilling, if not resentful capitulation to the circumstances. It isn't simply surrendered detachment. Mahatma Gandhi said - "Free from the sense of I means one who works merely as an instrument."

Let Your Light Shine, Overcome Resistance - Self and Other

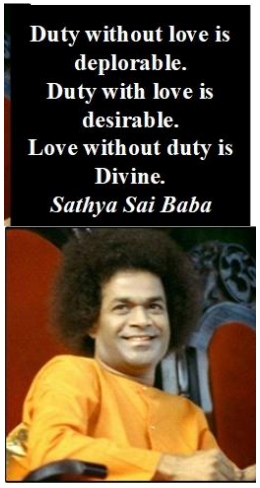
It is said that you don't need to put a lid on a pot of crabs because the others will pull an escaping crab back in. Similarly it is warned that if you tie a red ribbon on one turkey's neck the others will attack it. Discouragement can pull you back when friends envy, associates jealousy and projected self-doubt seek to pull you back. A leading project launch forum noted that you may get the least support from your friends who wish to protect you from the hurt of failure. After a little self-compassion, do not be preoccupied by obstacles, or caught up in 'out thinking problems' in the usual logical reductionist/rationalist way of proceeding. Invoke/dedicate plan and proceed, it's not linear. Plans are to assist not constrict, not limit. When there are obstacles sometime it's the right idea and wrong application; a good model, poor modeling. Overcoming is sometimes creating the new next to the old - A Vision from your aligned will, a Mission with others created with love and wisdom, a Strategic Plan implemented with applied experience.

Dharma is a Sense of One's duty - Karma Yoga is the Yoga of Service

If Karma Yoga is to be done as a true spiritual discipline we must do service for Spirit, with love, without concern for self.

Be your divine power, allow your divinity to empower you - in empowering others.
A good leader gains the respect of others, a great leader gains the respect of others for themselves.
After meeting a good leader you are rightfully impressed with them.
After meeting a great leader you are rightfully impressed with yourself.

Love Your Neighbor As Yourself



(for) you are your neighbor
(and) your neighbor is yourself.
Give to your friends as yourself
Provide to others as yourself
Imagine others as yourself
Yourself in others.
Give to world as it has given to you.
Be unto the world as it has been unto you.
Providing light without question
Offering nourishment without reason.
Sheltering without needing appreciation
Simply be a fountain of love to those who thirst
A field of abundance to those needing nourishment
A ray of light to those who ask of your wisdom.
and shelter for those weakened from their storm.

Detached to Results/Being an Instrument

Equipoise (equanimity) doesn't mean the personality keeping a stiff upper lip (poised) under all circumstances. It means even more than surrendering ego to Divine will in all circumstances, which is detachment. It means equi-poise. In the aspiration of humble surrender when seeking to transmute ego we remove the cause of attachment, not simply detach from negative results of attachment. When we are immersed in Source, lost in Spirit in other, saturated in love, permeated by joy, then there is less ego to cause attachments to, to gain poise from.

At first be I choose to be detached to whether someone reads this and likes it, uses and gains by it. Knowing Spirit wrote it, Spirit in another is reading it and the results are thus for the most beneficent outcome. I wish to be so immersed in the process of Spirit lovingly revealing itself in the giver and receiver that there is little room for separation or need for detachment. There is not attachment to the product, because there is only a process experiencing itself.

Being the Service while 'Smelling the Roses'

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Being in the Moment while Moving Mountains

Don't rush, don't over commit, don't cram. Be sure to complete the past and create a fully balanced schedule which includes: emotional clearing, play, family time and household tasks, correspondence, business tasks, fulfilling promises, nutrition, rest and exercise, contemplation, fellowship, prayer, meditation, reading... Let the schedule accurately reflect all your responsibilities. Allow the scheduling of your roles to move from self-discipline to a fluid rhythm. Let your love for Life be the source of that rhythm.

Live the joy in each phase of manifesting the vision for this more than 'masterpieces' is the true gift. The invitation is to be someone who shares more than wisdom or simply talks about love, but someone who is wise in love, loves love, is love. Go so in the moment that you are what you read and write.

Begin the day in mindful calm, spend the day in equanimity, end the day in tranquility. Notice what is passing slowly for soon it will be gone; slowly experience what is passing swiftly. Savor each moment and you'll taste the Universe's offering. Savor the big and small of your life, savor feelings, sensations, divine thoughts. Savor a child's smiling expectancy, the crisp dawn's light. Savor the warmth in your chest, the peace in your breath. Sip life don't guzzle; taste life, don't gulp. Savor the small and you'll digest the largess of life. Remember to breath. (Slowness is a way of being more than a way of doing, an attitude more than a reference to activity.)

Being a Empowered Transformer

In the metaphorical image of a power transformer and human being, the transformer steps up or steps down voltage (voltage). On the downside if we are simply a 'clod of ailments,' a fleshy bag of complaints the dynamic energies in our transformer like force field amplifies problems in our circumstances. On the high side if we choose to amply the Universe's positive energy, we ground Spirit in form, express the soul through our ego. Without the personality the soul cannot manifest its divinity in matter. Initially, the personality must choose of its free will to align to the inherent divinity within and then uplevel our physical emotional and mental components. Let go of busyness, restless emotions and 'monkey mind' to release the soul and invite Spirit. The soul's method is ever creative and what it creates as a soul-infused personality is a unique expansion of the Universe.

So the personality is a transformer in matter for the soul; stepping down its potent currents to dynamically empower its designs in form. This is the process of earthly creation while conversely the aligned personality can amplify its capacity to implement the soul's will in transforming matter.

Early to bed, early to rise,
plenty of practicing the Presence makes you wise.
Deeply identify with each you greet,
this is the love that pours forth when souls meet.
Make your aspirations the center of each day,
do not allow distractions to delay you on The Way.



Being the Service is More than being of Service

It is the process (means, quality, attitude, manner) that is the true product of service. "The medium is the message."
Who you are, is "the Work," what you do is the service. There's a saying "Be patient with me, Gods not finished yet." It seems like a luxury to take time for attentiveness to spirituality while the projects wait in piles of discord. The product of life is not the outward accomplishments. The product is love, wisdom, and will. The product is peace, harmlessness, truthfulness, joy... *The process is the product, the medium is the message.*

The Work is being present to this. The Work is not the plethora of projects and myriad of tasks. The Work and its results are the same, being loving and being a lovely being. The process and the product are the same, being divinely reverent, being reverentially divine. THIS IS THE WORK. The projects and tasks flow out of this love, through this bliss, as this reverence. So work and be divine.

In this way the means and the ends dissolve so that which is created enfolds the essence within as was intended. The form always manifests the essence through the medium of expression. Thus the vision grounded reflects equally the medium of its expression and its intention. Your capacity to experience (be impressed) and express (create) are both undergoing 'harmonic convergence'.)

A commitment to living in the present is essential for your commitment to the future to be realized. 'End in sight, first things first'. The immediacy of impending deadlines tugs at your attention. The intentions of your highest aspirations are whispering in your heart. Service and spirituality, they are the dancing partners that lovingly express the joyful music of the soul. We are heart warriors, light workers and spiritual sojourners, breathing in the rhythm of peaceful pursuit, grateful receiving.

A Zen Master in your inner retreat, you outwardly serve - The inner ministering monk the outer managing executive. While receiving your nurturance and guidance from this way of Being, ever-present to the inner source you then outwardly serve. We dispatch time with the dynamic tension of a disciplined executive. Invoke and evoke. Choose and manifest each week, each day what will be accomplished and thus achieved. Be the Work, live life as joyful service, accept appreciatively the results.

With Loving Appreciation, Douglas