



The Multi-Dimensional Self

Restoring the Relationship Between the Personality and the Soul

Remembering

by Laurie A. Keene

“I want to be closer to God,” she said. I looked at my client. I saw her desperate longing to feel whole in herself and feel the presence of Spirit in her life. Knowing from my own experience how lonely it can be when we feel separate and isolated, I quietly responded, “You can’t get closer to God, you are God.” I paused for a moment as she considered this. I went on to say, “What you can do, is to remember that God, Spirit, Source, lives in you, as you, and that you are also a wondrous human being. In remembering you will feel the closeness you are missing.”

Living with guidance and learning to follow your Soul is a path of remembering. It is a path I have devoted myself to since my mid-twenties. Through guidance and my Soul’s wisdom I have been taught that we are both human and God/Spirit. From our human perspective, this concept can be challenging. Spirit however, knows that we are indivisible. We are one. I can tell you that life from this vantage point; knowing oneself as both human and divine is a game changer.

How can you return to this place of remembering? As humans, we live in a third dimensional reality. Dualism abounds. Life is often divided into right/wrong, up/down, good/bad, human/God. Because of this it may be difficult to accept that what appears as separate is only your minds fearful belief in separation. The path of remembering requires you to open your mind to question your fixed beliefs of fear and separation. It means to be willing, with the help of your brave human heart, to feel and accept emotions that you repress or judge. This is how we empower ourselves to release unhealthy, unkind, redundant patterns. Remembering means taking risks, most notably to reach for the deep longing of reunion just as my client did.

What can you gain by doing the work of remembering? You enlarge your experience as a multi-dimensional being. Your Soul and Spirit, which have always been present (in many dimensions) become more accessible. The subtle yet miraculous evidence that they are with you, guiding you home, becomes an intrinsic part of your life’s experience. It is wondrous and humbling to receive signs and confirmation that you are never alone. In remembering we also come to enjoy our human experience and the preciousness of our time here.

You learn to appreciate patience as you experience the merits in slowing down. Seeking and discovering that guidance is all around and within you, requires that you pause, inquire, listen, observe and allow time and space for your Soul and Spirit to respond. As your faith in Spirit evolves you will gain a sense of wellbeing by letting go of the unkind demands you have placed on yourself and others. This wellbeing will increase as you step out of the frenetic pace of the conditioned mind and world. Additionally, learning to recognize the obstacles that block your path and how to heal them gentles the way.

Another important aspect of the path is learning how to utilize the concept of duality as a tool for discernment and remembering, rather than a means to stay in fear and separation. Our personalities are rooted and attached to duality. When afraid, the personality will protect its sense of self by holding on to negative images and beliefs, which are embedded in our stories. The personality does this by deflecting and denying, by being inauthentic and defending. When in fear, the personality will flee from the truth of a unified existence and hide in the illusion of separation. The beauty of the Soul is that it does not lie. It cannot. It is always communicating the truth. In learning to follow your Soul and entrusting your path to guidance, you will be brought back to remembering and in doing so, liberate the spontaneity of your unique, delightful personality.

As I consider my own life and the thousands of clients and students I have been privileged to work with, I have witnessed that much of humanity is on the cusp of this evolutionary breakthrough, a new paradigm of awareness. This new paradigm offers us the opportunity to restore our relationship between the personality and the Soul. How? By embracing life as your living practice and through that—remembering.

The great take away in remembering? A longing for union fulfilled, a closeness that never leaves you, and unceasing love as you embody yourself as both—human and Divine.