

Oh, Crazy Me!!!

One of the key tools I learned while working with Ia is that our ego has multiple personalities operating at different times or even simultaneously. As I have learned, my multiple personalities were created throughout various prior embodiments, and I brought to my present embodiment this multitude of personalities. As I began to explore the nature of all my personalities, I realized that this is, in essence, a form of schizophrenia.

Once I knew I had multiple personalities controlling my life, Ia and I went to work. I went deep inside to a place where I could stand back and observe. I would examine the personality, the mode of operation and the lifetime where it was born. I was living the stories of these various characters in my present reality. I began to give names to the many characters as a means to examine them from outside of their influence over me. Following are a number of examples of the characters that composed my thoughts and beliefs:

Joe comes first. He was a defiant character. He was always fighting a cause. As he fought to empower those he viewed as weak, he would have to disempower the strong to reach his goal. No matter what he did, he could never see the fruits of his labor. No one changed. No one got it. Then he'd get angry...angry at the people he was trying to save because they didn't change. They didn't get strong. He was addicted to the struggle, not to getting others to benefit. He chose people who couldn't "get it" so he'd always have a cause, so he could maintain his defiant nature.

Now Agnes was a judge. She saw everyone's flaws and threw those flaws back into people's faces. Agnes kept the focus on everyone else so that she did not have to look at herself. However, the judgment kept her in isolation. Searching deep, I saw that this related way back to when I chose to separate from God. Agnes lived in a perpetual state of overwhelming edginess. Her only relief from her overwhelm was to snap at others...sometimes really going after them.

Lilly White was right out of a prior embodiment. She was a blond girl with an over protective mother and was confined to living within very rigid social norms befitting her family's social position. Her mother's only real concern was maintaining her social status. In the prior embodiment, Lily had fallen in love with a black man. It's easy to see that this story goes nowhere positive. Lily played out her issues in my present embodiment through being obsessed with being dressed properly. She even had serious issues with the nature of certain gender relationships that came into my life.

Joe would fight to free Lilly White from her social bondage, from who was allowed to love who, and Lilly would fight sometimes too. At the same time, Lily would also fight to hold onto her conditioned sense of properness and social acceptability. Agnes was in the picture too. She would wickedly rip apart Lilly's mother and anyone else who did not allow her to socially love whom she chose.

Lilly White is in essence a combination of all the characters. Lily cared more about what she

couldn't have than the black man himself. She had no control over herself and was merciless in her cause. She would snap to get through her edginess and end up banishing herself to isolation. She was a real victim in her own mind. Lily did not recognize that in order to maintain her status as victim she had to also be a perpetrator. You cannot be one without the other.

Once I saw Lily, Joe and Agnes and got the signature of these three characters, I could more readily begin to make positive changes in my own life. I no longer needed to fight a cause and the edginess in my solar plexus began to diminish. As I learned about my judgmentalness, it diminished. I got a hold of my snappiness. My life became easier and I became softer.

I continue to explore lifetimes, understanding ever-more deeply that I'm not schizophrenic. I'm not possessed. I'm not crazy. I was merely controlled by the sum total of many characters from many embodiments each trying to get me to live my life on each of their terms. Buried beneath all of these colorful characters lies the real me. As I bring more of who I am not to the light, I get ever closer to the bright light that I am. The search continues.