

# Jesus: Sage of Your Inner Landscape

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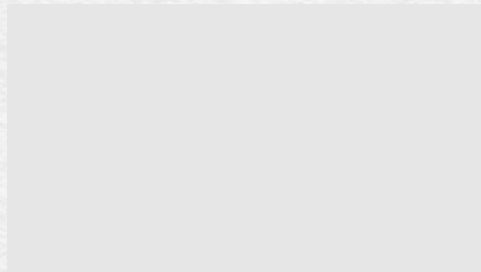
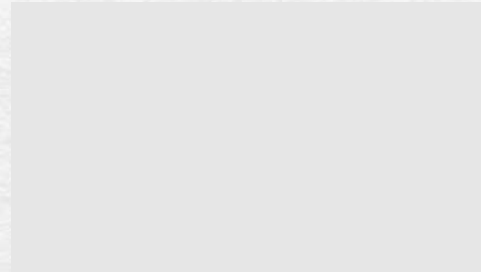
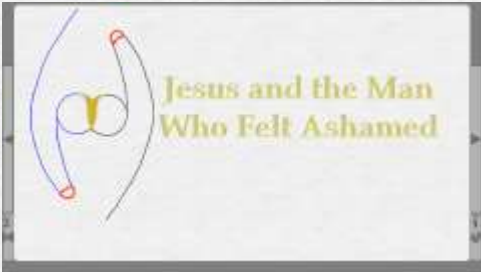
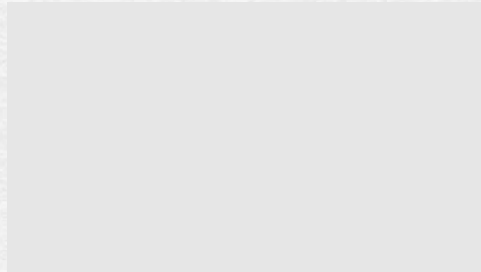
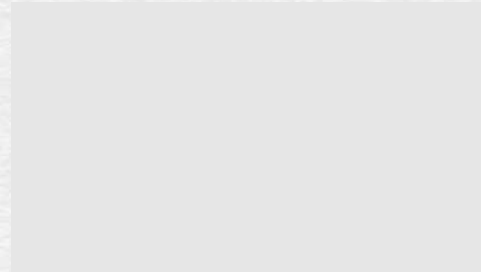
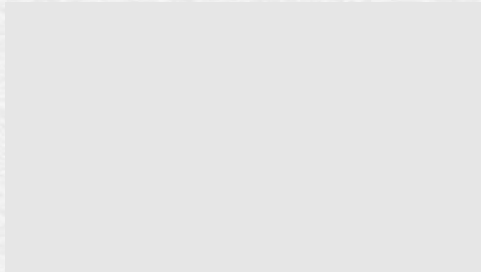
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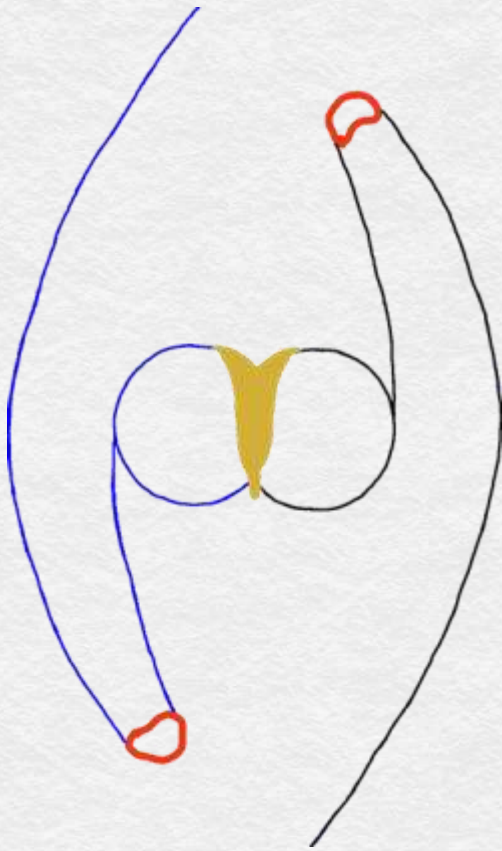
Many of the ideas in this book come from other people. In most cases, the ideas of another person are paraphrased and credited to that person. Listing the name of the person usually does not indicate an exact quote from that person but rather a paraphrase of their ideas. The paraphrase is intended to present their thinking from a larger work when it is condensed and without the full context of its original writing. For the actual words of a quoted source, please explore the author's original writings.

In this book, the pronoun *their* is often used as a singular pronoun to refer to one person (gender not specified) rather than several people. Usage of the singular *they* or *their* reduces excessive use of "his or her" or "she or he" which can make some sentences awkward to read.



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# Introduction

# Imagine Talking with Jesus

This book imagines conversations between Jesus and an individual today. As it was 2,000 years ago, this book imagines that the physical appearance of Jesus gave no outer indication of his divine nature. As then, he would appear now as another human being, although a person with deep understanding and devoted love. As it was 2,000 years ago, if you had a conversation now with Jesus, you must decide for yourself who you think Jesus is based on your own experience. Or, as it was 2,000 years ago, you could simply rely instead on the opinions of the current religious authorities.

What Jesus says in these imagined conversations reflects the inner conversations that humble hearts have described having with their Divine Companion. These spiritually devoted ones described heart-to-heart exchanges with a divine indwelling person, seldom with words like a typical conversation but they clearly experienced an infusion of love and insights which profoundly changed them much more than any ordinary conversations they had or books they read.

*The main inspiration for this book is the inner exchanges between a person and the Divine Indwelling described by devout souls. Because such inner conversations are hard to describe, they are reimagined as*

The external conversations imagined in this book attempt to approximate the inner spiritual exchanges that you, like these spiritual ones, might have with your Divine Companion.

Jesus came alive, blazingly so, in the lives of those who knew him and interacted with him while he walked this Earth; the experience of interacting with the human Jesus was richer and fuller than hearing second-hand accounts about Jesus' teachings. God also comes alive, vividly and tenderly, in the lives of spiritual people in a very personal way. This book imagines a life-changing conversation between Jesus and a receptive person today.

Jesus gave up virtually all of his divine superpowers when he came to Earth. He embraced vulnerability in the biggest way possible so he could understand our lives more deeply. Seeking to know God more deeply may also require giving up the "security" of denominational certainty and humbly seeking God in your experience, in a receptive frame of mind.

*external dialogues between a person and Jesus. Their inner exchanges with their Divine Companion are a way to grasp the wonderful qualities of the divine personality.*



# Imagine Talking with Jesus

Imagine if Jesus was born 25 years ago instead of several thousand years ago; that he was born and grew up as unheralded now as he was long ago. Initially, he would seem like just another person much like you, displaying no distinctive signs of divinity. Imagine if you crossed paths with Jesus and had a heart-to-heart talk, that you could have a long and sincere conversation, just the two of you.

One of the things that would likely stand out, even before much was said, was how much he wanted to get to know you. He would be very perceptive and likely pick up on subtle nuances that indicated what you were experiencing (not divine pre-knowledge, just an awareness that grew from his many conversations with all kinds of people). His tone and gaze would assure you that you are being seen with kind and loving eyes, that you are with someone who wants the best for you even as you face hard times and apparently

Jesus was limited in what he could impart to a person by the person's openness to a new and higher spiritual perspective. If you can assimilate broader and more accurate spiritual views, Jesus will step up his side of the conversation and teach you more so that your spiritual hunger is satisfied. But, if you cling to your current

insurmountable obstacles. You would know in your bones that you are talking with a very good friend, a perfect friend.

Jesus wouldn't speak in cookie-cutter terms using oft-repeated and tired phrases; he would speak directly to you addressing your unique personal situation and say things that are especially applicable to you. Sensing your worries and your dreams, he would suggest a path forward, perhaps a path leading away from your wounds or a path leading toward where you could blossom more.

Jesus didn't overload people in a conversation with more than they could grasp. He added just a bit of insight to enhance their understanding, especially to help them grasp the loving nature of God who is actively reaching out to them in their inner world. Your core choice is whether to allow these personally presented seeds to germinate in your inner soil.

perspective as the epitome of the understanding of God, then Jesus will bring his side of the conversation down to your level so that any "excess" wisdom doesn't throw you off-kilter. The more you can open the bottleneck in your mind that may be clogged by your current ideas, the more Jesus can deliver in a conversation with you.

# Conversations Attuned to You

A first-grade math teacher may also know calculus, but she doesn't present overly advanced ideas to young students. They wouldn't grasp such ideas, no matter how true; they might even be turned off to math for years after such over-their-heads lessons. Instead, she presents material at a level that her students can readily comprehend so they can grasp the lessons; she presents ideas that are only slightly above their current understanding.

Jesus did the same with his spiritual teachings. He understood a person's current level of spiritual comprehension from listening to him or her. He realized the foolishness of presenting ideas that were too much for a person to assimilate. He presented his message so well because he understood each listener. By understanding a person or the prevailing mindset of the times, he could teach a person or a group new ideas about God that were close enough to what they already grasped that they could form a slightly enlarged idea of God's

*Jesus didn't speak into a vacuum, as if he were talking to everyone in general but no one in particular. His teachings and conversations were always intended to reach a person in a particular time and place with a certain mindset; 2,000 years ago, the prevailing world view*

loving character. If he tried to teach an idea that conflicted too much with their current ideas, they wouldn't be able to grasp it; such teaching would have been counterproductive. As all wise teachers do, Jesus adjusted his teaching to just a bit above a person's current understanding.

Jesus would listen to each person and understand his or her worries and dreams, his or her current ideas about the character of God. Jesus wanted to help each person see more of God's wonderful nature. So he would address each person's specific concerns and expand his or her understanding of God just as much as that person could handle. He didn't exceed a person's ability to grasp a new spiritual concept; instead he precisely titrated his ideas to a person's mental and spiritual needs and capacities. This book imagines Jesus' conversations attuned to a person who understands their inner world and has some sense that God is real.

*was that God would come as a politically powerful person. This book imagines what Jesus would say in current times when many people have a clear sense of the psychological aspects of life but a less certain sense of life's spiritual aspects.*



# People Respond to Jesus Differently

Long ago, people had the full range of very different responses to Jesus. Some people, apparently a small proportion of those who heard Jesus, were deeply moved by Jesus, by what he said and by how he engaged with them.

Some people, perhaps the majority of those who heard Jesus long ago, didn't feel strongly one way or another: some had a half-hearted interest but not enough to make real changes in their lives; others were completely disinterested except for any benefit (healings or food) they might receive from Jesus.

Some, a small but powerful group, hated Jesus and savored the chance to humiliate him and bring him down. They seemed to have a strong urge to destroy someone with spiritual ideas beyond their grasp. Given an opportunity to learn and grow, they choose instead to destroy and stagnate.

*Just as he adapted his metaphors to mesh with the agrarian and religious views held in Galilee 2,000 years ago, today Jesus would use different metaphors adapted to today's world view to teach the same concepts that he taught long ago. His conversations connected with a person's world view; he met them where they were intellectually rather than requiring them to rise to his level of*

Jesus would have tailored his conversation to each kind of person. He would have had the deepest engagement with the first group who allowed his teachings to take root within, who actively cultivated the seeds they received from Jesus. He would offer stories and parables to the middle group, knowing that only some would make an enduring commitment to God. He would have little or nothing to say to the last group, the haters; he wouldn't coerce them to reform their ways; he would respect their autonomy to make their own choices.

Most of the conversations in this book imagine that Jesus is having a conversation with someone in the first group, a person who esteems Jesus and has a sincere desire to learn from him. A few conversations in this book imagine shorter interactions with people who didn't see any value in Jesus and were uninterested in absorbing anything from him.

*intellectual understanding. Thank God we didn't have to do that! These conversations are (obviously) not verbatim transcriptions of what Jesus said in any conversation but an exercise of spiritual imagination that might open your heart, increase your trust so that you might then have the most trusting and most nourishing possible conversation with your indwelling Divine Companion.*

# Context Matters

Imagine that you know someone in a certain setting: perhaps as your physician or as a custodian where you work. You form a sense of who they are based on that context. And you might think that you know them fairly well but you would be wrong because your context, the frame you are using, is too small to really know them.

Perhaps your physician is struggling with their own issues that are, of course, never discussed with patients. Perhaps the custodian has amazing artistic talents that are never on display at work. Your context plays a big role in how well you know someone; a small context can be very limiting.

The same principle applies to knowing Jesus: the context in which Jesus is presented greatly influences how you see and experience Jesus; it will determine how full and heartfelt a sense you have of Jesus. If your context is rooted in historical theology only, your sense of Jesus may include ancient ideas

such as the need to appease a distant God by making perfect sacrifices. If your context elevates your particular church organization as the most important thing which must be preserved at all costs no matter how poorly it reflects Jesus, then the actual person and teachings of Jesus may fade into the background, possibly very far into the background.

The context in which Jesus is commonly presented these days has helped and moved many people; the same context has also left many people unmoved or repulsed. This book explores another context for understanding Jesus: how Jesus engaged with one individual in his personal connections; how well Jesus listened to that one person and really understood their difficulties and dreams; how Jesus reached out and initiated contact rather than simply walking by a person in need. These conversations imagine the wonderful transformations that happen within a person after such personal one-on-one interactions with Jesus.

*The Gospel writers saw Jesus from the context of the Jewish scriptures as the Messiah who would restore Israel to its proper place as the dominant nation, or as being a perfect sacrifice to*

*appease a distant God. These contexts emphasize God's relationship with the whole world. These conversations explore God's one-on-one relationships with individuals of all stripes.*



# Metaphors: Then and Now

When Jesus talked with people in Palestine 2,000 years ago, he called God “Father” to indicate the loving parental character of God. His choice of word “Father” suggests that the phrase “the family of God” (not the kingdom of God) reflects Jesus’ view of the bond that exists between all people because each one has the same Father. But people in that time and place strongly linked God with political dominance; many listeners would have been lost if he didn’t use the word “kingdom” to talk about our connection with each other. Jesus adapted his choice of words so that his listeners could grasp at least a part of what he wanted to convey. Even still, after three years of close association with his apostles, they still clung to the idea of a successful political or religious organization until the very end of their association with Jesus.

Kingdom is less meaningful today, virtually archaic. Today, Jesus would more likely use metaphors and terms that fit with

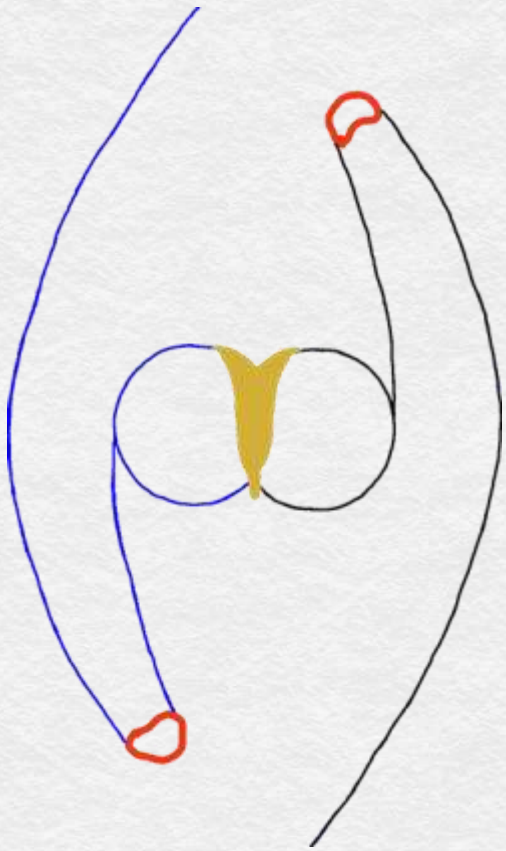
Many people today still hope that their religious organization (or their preferred sect within an organization) will dominate other perspectives. They are comfortable using coercion or persuasion to force others to bow down to their views. Jesus never used his superior intellect or political power to force even one person to accept

the current prevailing mindset so listeners could best grasp his lessons about the character of the Father. Perhaps Jesus might use Ada Maria Isasi-Diaz’ “Kin-dom of God” to illustrate the bonds that connect all those who have experienced their personal connection with God; or the idea of a Beloved Community of people who have felt the embrace of God.

Jesus could more readily talk about your inner life, perhaps using familiar metaphors, such as Teresa of Avila’s Interior Castle or Thomas Keating’s Divine Indwelling. He could describe how you can meet God in your inner world and directly experience God’s nature: loving and kind, not harsh and judgmental; deeply concerned and involved, not aloof; active and vibrant, not passive. Jesus adjusts his teaching to meet a person where they are: he wouldn’t repeat long-ago metaphors verbatim today; his conversations would be fresh using metaphors adapted for you and today’s *zeitgeist*.

his teachings. Instead, he reached out to a person with respect and empathy, helping them take whatever steps they were ready to take then. Like before, his message is best grasped by those who want to follow in Jesus’ steps, who seek to serve not dominate, as they share the wonderful fruits of trusting in God.





# Disclaimers

# Sacred Texts Haven't Yielded Consensus

Religions have sacred texts which preserve their highest truths acquired over the centuries of their tradition. The texts articulate inspiring truths that have helped many people understand God, especially when they read and appreciate the texts with a loving and reverential attitude. Inspired by their deepened understanding, they often showed a nearly superhuman compassion and kindness for others. The Christian sacred texts are such a rich resource for some.

Yet centuries of studying this sacred text haven't yielded any consensus; no denomination has convinced all other Christians of the validity of its interpretation of the New Testament. Instead, the different perspectives created much acrimony and cruelty; some denominations claim exclusive ownership of the Bible's true meaning and attack other God-loving people as heretics with inaccurate ideas about God. Perhaps even more harmful, some religious organizations present ideas that repel

sincere seekers who may then dismiss any truth at all that is associated with that religion, dismissing even the existence of God. Some religious behaviors alienate honest seekers, discouraging them from seeking God in any way at all.

If you have been discouraged by such presentations, you might still be drawn to God by a presentation of spiritual truths that is based on the inner lives of people who experienced a deep personal intimacy with God. These personal encounters stake their authenticity on an individual's experiences, rather than a certain text. Frequently, such people are initially persecuted by their own religious organization during their lifetime; after they die, they may become highly esteemed. Some religious organizations discredit personal experiences just as they discredit the perspectives of other believers in God. The views expressed in this book don't have the approval of any religious organization.

*Warning.* This book does not have the theological approval of any denomination. This book doesn't attempt to trace the ideas back to specific passages in certain editions of sacred texts. Ministers affiliated with an organized church may feel very strongly that

trying to personally encounter God is a very bad idea. You may want to put this book down if you want to keep your thinking doctrinally pure. If you want to learn only ideas that are sanctioned by a certain denomination, please ignore this book.

# Who Owns God? No One. And Everyone.

When some denominations celebrate the Eucharist, the minister says: “All are welcome at the communion table. Jesus, not our denomination, owns the table. He welcomes *everyone* to the table. Please accept his invitation for spiritual nourishment.”

The broad welcome to the table could be paraphrased as: “God invites everyone into the divine embrace to be comforted. No one, no denomination, can limit how God might reach out to you. God extends this invitation for intimate connection to you and to every person on Earth.” No institution owns God; God belongs to each person. God wants to have a vibrant connection with you, regardless of your religious affiliation, or lack of affiliation if you have been put off by your experiences. God would love to accompany you on your path through life.

Other denominations claim ownership of the communion table and limit it to those who have been admitted to their

organization and continue to comply with their rules. They consider it sacrilegious for others to come to the table of Jesus. They may also claim ownership of the paths to knowing God; they may consider this book sacrilegious because it hasn't been sanctioned by their organization's theologians.

Many have found God to their satisfaction in sacred texts and religious organizations; and many have been alienated from God by the same things. They too deserve a chance to grasp the loving character of God that they haven't found yet. This book imagines how you might grasp God's loving character through a relationship, talking with Jesus in a one-on-one conversation focused on you. Such interactions might shed light on both yourself and God's keen desire to be connected with you. Experiencing the companionship of God may inspire you to reach out to others in the same spirit of generous love that God so freely gives to you.

Although this book does not have any theological approval, the ideas are consistent with many spiritually revered individuals. At every point in history, spiritually-concerned individuals must decide, without any external proofs, who is God: aloof and judgmental or kind and supportive? And what does God ask of you: to slay disbelievers or to

extend friendship to everyone? Your decision about God's nature matters a great deal. You are in good company as you face making that decision without any external consensus. Although the outer world offers no definitive answers, you may find a peaceful assurance within yourself that flows from an intimate connection with God.



# Sacred Text, Sacred Creature

Sometimes Jesus might teach like a professor who logically lays out a set of ideas. But he seemed to favor using images and metaphors to suggest how you might see yourself more accurately and really understand just how closely you are connected with God and with other people. He might use poetic language to communicate the tone of ideas that could be lost in using only prose. His aim in teaching seems to be finding a way to clarify, in each day's context and idioms, the sometimes elusive personality of God that helps love blossom.

You can be dedicated to a sacred text,  
holding it as the most wonderful thing you know,  
as the thing sacrosanct above all else,  
even above a person you might encounter today.  
Such text-worship may inadvertently create a prison for God,  
held captive by the limitations of that particular text  
which tries to define who God loves and how God acts.  
Such definitions are too confining for a loving God.

*Your inner world is a sacred creation that, if you cultivate it wisely, can be where you experience the character of God first-hand. Your mind enables you to manage the demands of material life but also*

God seems dedicated to each sacred creature, each person. God is always reaching out to individuals (you!), one at a time, unbound by any text or doctrine. The rich endowments of your inner world give glimpses of how much God treasures you and so fully enables you, each inner endowment a hint of your sacredness to God.

These two approaches – valuing a sacred text and valuing individual spiritual experience – can be woven together and assist your spiritual growth. Although the two approaches can reinforce and complement each other, they are seldom integrated. This book emphasizes the one-to-one experience of God because it is not often described; the lessons of first-hand spiritual experiences are often not valued by either secular people or religious organizations. Considering God from the individual perspective may help fill in this gap and may help a person who has felt unloved by how some religious organizations interpret sacred texts.

*includes spiritual capabilities that suggest how sacred every person is to God: precious enough to God built your inner world with a pathway that leads directly into God's loving arms.*

# Possibility of Success or Failure

Seeking God is a high-stakes journey without any guarantees. You might discover great truth or succumb to terrible error as you decide what to believe. You can err by misinterpreting scared texts or your inner experiences. The ideas in this book might have errors, large or small. Over the years, many have suggested two yardsticks for the accuracy of your ideas about God and the authenticity of your relationship with God: your inner atmosphere and your kindness towards other people.

More spiritual accuracy and authenticity likely produces an inner peace that greatly reduces anxiety about life's uncertainty; an inner poise that persists despite the large and small traumas of life; a sense of assurance that all will be well despite the fact that life is often very harsh. Less spiritual accuracy and authenticity may increase inner agitation; not assuage a terrible sense of being alone; increase a burning shame, a preoccupation with your weaknesses.

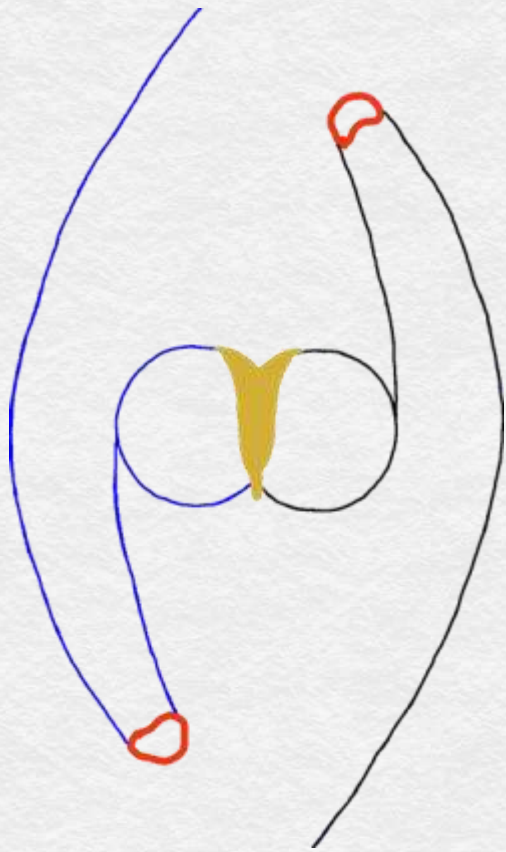
*Warning.* Serious spiritual mistakes might cost you dearly, whether you follow an inner path, read this book or accept a denomination's teachings. But stopping your spiritual quest is an even worse error which all but guarantees that your spiritual growth will stall at

Whether you are becoming a kinder person may be the clearest yardstick for spiritual accuracy and authenticity. If you aren't becoming more compassionate, you aren't likely to have very accurate views of God; your inner relationship with God may be withering rather than flourishing; the urge to tell people about their mistakes may be stronger than the desire to honor their good impulses and lovingly serve them.

Like a journey into new territory that has no universally accepted map, seeking God is a high-stakes journey that may bring you either closer or further from God. No book (this one included), organization or personal quest can offer a absolute guarantee that its views are absolutely correct and that its map of yourself and life are accurate. But you have an inner compass (inner peace and poise) and an outer compass (relationships brimming with kindness) to guide you as you decide what views you will hold and what path you will take.

your current level of understanding. The humility of a perpetual learner may safeguard against egregious errors while maintaining excitement about the ever-present possibility of forming more accurate views of the character of God and drawing closer to God.





# Today's Context for these Conversations



# Today's Zeitgeist

Jesus always tailored his conversation to the world view of the person he was talking with. He used every bit of currently accepted wisdom and enhanced it. Long ago, he couldn't use concepts that are commonly known today because today's knowledge was too foreign to most people then. That limitation didn't prevent him from helping people; they were still helped by what he taught, by the richness of his character and by his loving engagement with them.

Without much study, Jesus' words and metaphors that were so perfectly adapted to earlier times may seem foreign to people now. Concepts that have emerged in the intervening years open new ways for Jesus to teach you about your connection with God and other people. His core message would be the same; his intimate connection would be the same; his desire to help you better grasp the Father's character would be the same; but his ideas and metaphors would use today's knowledge.

In particular, today's understanding of your inner world opens new avenues for Jesus to explain your connection with God: that your inner world is a mixture of human strengths and weaknesses but also contains spiritual capabilities that are the starting place for forming an intimate bond with God. It's hard to explain that without the inner world perspective.

The imagined conversations in this book assume that Jesus is talking to a person who has some basic insights into the psychological aspects of the inner world but less understanding of its spiritual aspects. Jesus would be able to use metaphors that build on a person's current understanding of the inner world to then reveal additional aspects of the inner world that person has not yet experienced. As always, his goal is to respectfully elevate a person's sense of themselves so that they are more assured of God's personal affection and then can be more compassionate in their service to others.

Jesus was excellent at using the vernacular of a person, the perspectives of a place and the zeitgeist of the time, to communicate new and higher ideas. Imagine how easily he could have dazzled people 2,000 years ago with elevated concepts that

they could barely grasp or perhaps not even understand at all. Such impressive talk would have enhanced his reputation for brilliance but not nourished people's souls. Jesus was always far more interested in elevating a person rather than elevating himself.

# Harmonizing Spirituality and Psychology

Most people are aware of their inner world, perhaps the negative activity that occurs there: how a narrative, often a babbling of not-very-insightful ideas, plays over and over in the mind; how you can feel far more anxious about situations than is helpful in coping with them; how the feelings from a trauma can linger long after the danger is gone; how negative experiences can remain vivid in our minds while positive experiences fade all too quickly; how addictive urges can hijack your mind and induce you to act in ways that harm you.

Your inner world can also be home to helpful activities: an inner narrative that inspires you and supports wonderful actions even in the worst of material circumstances; the creative spark that produces artistic beauty and better ways of doing things; the desire for healthy relationships that sustains kindness and forgiveness; the ability to notice your inner life and intentionally direct and improve those inner activities that determine so much about your life.

*2,000 years ago, Jesus sometimes used terms close to his listeners' world view: that God's care for their group was like a kingdom. Jesus taught that the kingdom was a spiritual way of life but it was hard for his listeners to move beyond their firmly-entrenched*

The zeitgeist assumed for these imagined conversations is an openness that your inner world may include spiritual as well as psychological capabilities. This perspective of the inner life combines the insights of spiritual sages like Teresa of Avila and psychologists like Richard Schwartz. Although they lived 500 years apart, their ideas share much in common. She used an interior castle as a metaphor to illustrate that your inner world contains both a human nature and a capability to intimately engage with God. He used a tribe of inner parts, or personas, to illustrate our inner diversity; he also found that you can access a rich and powerfully healing inner resource.

A model of the inner world that integrates both of their views is explained in the following pages. The imagined conversations in this book assume that Jesus is talking with a person who can see themselves through this lens of the inner world and has some sense of how it operates; that these ideas understood at last a little when Jesus refers to them.

*belief that the kingdom would be one of political dominance. Perhaps some people today might be able to hear his spiritual message of human-divine kinship with less distortion: that God cares very deeply for each individual and wants to intimately share in their inner life.*



# Interior Castle



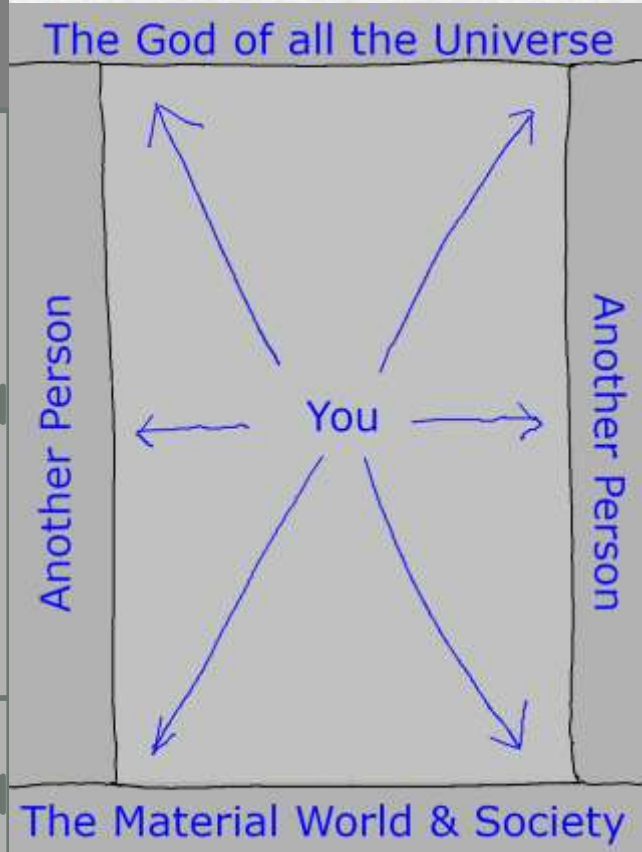
Teresa of Avila used an Interior Castle as a metaphor for understanding your inner world; the various parts of the castle correspond to the various parts of your mind. Some parts are more beholden to the world; others are more spiritually receptive. The state of your interior castle shapes how you manage your circumstances and form relationships in the outer world.

In your psychological mind (the lower brown bands), ego-driven psychological needs and drives predominate. In your spiritual mind (the upper yellow bands), spiritual desires and ideals set the tone. Your two minds are like two radically different neighborhoods in your interior castle. You can't be in all parts of your castle at the same time; you move from part to part as your mindset shifts from moment to moment. You spend most of your time in a few favored parts, the ones you value the most. You may spend far less time in some parts; you may have never even visited some parts of your Interior Castle. Your core values and choices determine the parts of your inner world where you most of your spend time.

Your inner life has a tipping point when you spend more time in the spiritual parts and are more concerned with connecting with the divine partner who dwells within you; when you are spiritually receptive and want to cultivate your spiritual impulses; when you spend enough time in your spiritual mind so that it can nourish and shape your psychological mind.



# What's You (and what's not)



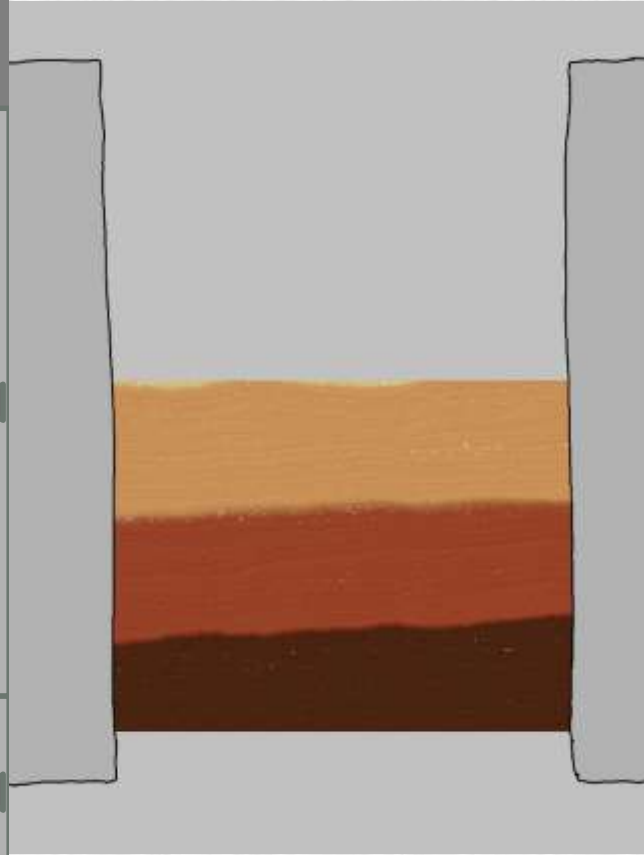
The interior castle is a map or metaphor for you, for what lies inside your inner world. The edges of the illustration (darker gray) include things that are not you: you are connected with them but they are not you (lighter gray). You are inescapably connected with the material world (lower rectangle), but you aren't the material world.

You are connected with other people (left and right rectangles), but they aren't you. You can be very connected with some people. But when they exercise, you don't get healthier; you must do your own exercise. Their spiritual growth might inspire you, but it won't make you grow spiritually; you must still cultivate your own spiritual growth.

You are connected with God (upper rectangle). You were created by God, are desired by God, are sustained by God, are treasured by God, and your cooperation is needed by God. But you aren't God. You are connected with God, people and the Earth, but they aren't you. Notice how you can be a bridge that connects the material and spiritual aspects of life.

In this illustration, you are a bland gray with no variety. But that's a limitation of the illustration; that's not the case at all. Your inner landscape is rich with much activity and some amazing treasures as shown in the next illustrations.

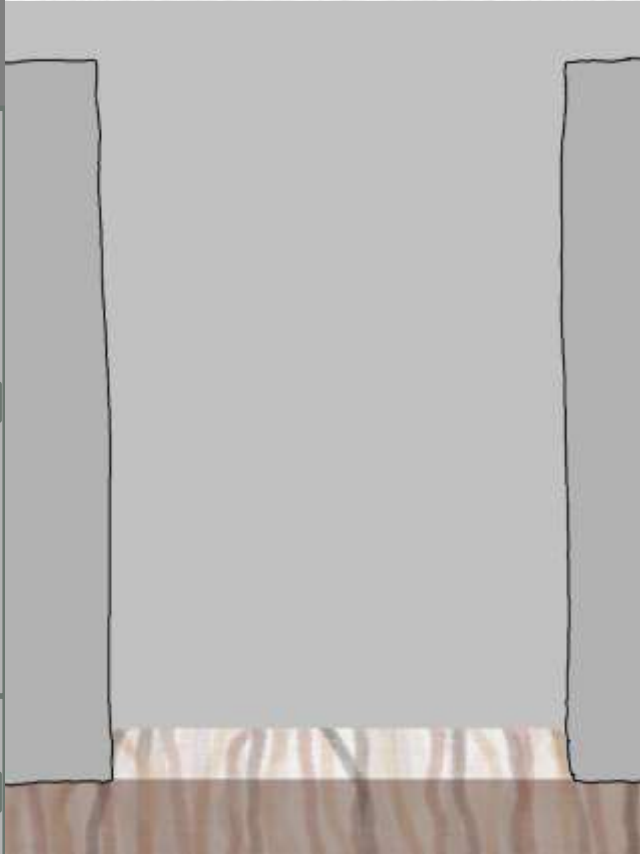
# Your Psychological Mind



The three brownish bands represent your psychological mind that deals with the material and social aspects of life. Concerns with physical survival and social acceptance predominate in your psychological mind. Your psychological capacities can range from very immature to quite developed. The different shadings of brown in the illustration represent different levels of psychological maturity. The lower dark brown band represents Dwelling 1 of Teresa's *Interior Castle* which understands yourself and life in very concrete ways. The middle medium brown band represents Dwelling 2 which understands yourself and life in more mature ways. The upper light brown band represents Dwelling 3 which is the part of your psychological mind that understands yourself and life with the most insight.

If you spend most of your inner life in the lower band, Dwelling 1 with a very primitive perspective, you will likely see others as adversaries, which feeds anxiety and may greenlight your aggressive impulses. But if you spend most of your inner life in the higher band, Dwelling 3 with a more insightful perspective, you likely see others with more compassion and be interested in getting to know them, trusting that you can build cooperative and productive relationships with some people. You may likely move between these levels in the course of one day: perhaps being pulled to a lower level when your insecurities are activated by certain circumstances that remind you of previous harsh experiences.

# Lower Courtyard

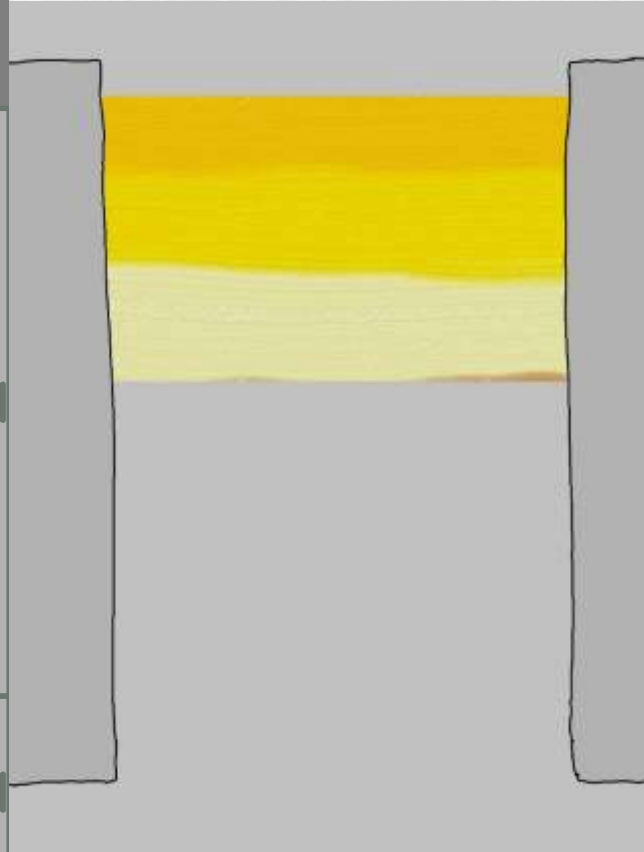


The gray bands just under the brown bands represent the outer courtyard where aspects of your experiences in the outer world enter your inner world and profoundly affect how you think and feel. The higher lighter gray band represents your personal experiences that are unique to you: your family, partners, friends, teachers, coaches and the ideas in your immediate environment that color your thoughts and feelings. The darker gray band at the bottom represents the broader environmental factors shared by you and others, such as economic circumstances, environmental catastrophes, and social inclusion/exclusion for race, religion, gender or other reasons.

Many external influences can force their way into your mind: trauma, poverty, war, being shunned or being less valued. The lower courtyard represents the fact that your mind is not hermetically sealed off from other people, especially their views of you which can dramatically impact the atmosphere of your inner world. Some people can enrich your mind with an accurate understanding of who you are; other people can pollute your mind with distorted ideas about who you are. Their ideas about you can be like squatters in your interior castle who are not welcomed but remain for decades after they first entered. Both good and false ideas can enter through your lower courtyard. You need wise discernment to allow accurate and helpful influences in and keep false and unhealthy influences out.



# Your Spiritual Mind

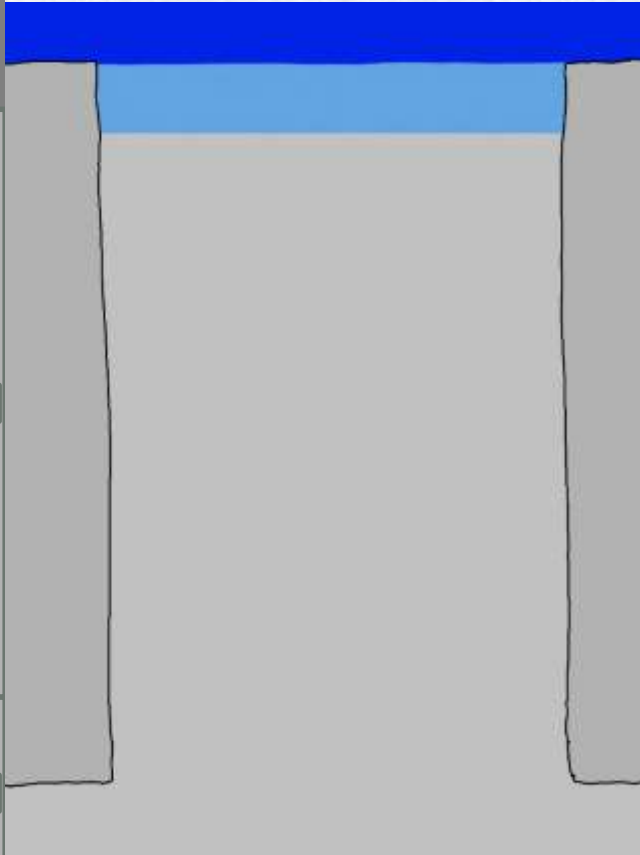


The upper three yellow layers of the interior castle illustration represent your spiritual mind or your spiritual capabilities. Concerns with higher values, understanding God, compassionate relationships and service predominate in your spiritual mind. Your spiritual capabilities can range from very immature to quite developed.

The different shadings of yellow in the illustration represent different levels of spiritual maturity. The lower pale yellow band represents Dwelling 4 of Teresa's *Interior Castle* which understands the ways of the spirit very simplistically, where you might become enthralled by intriguing spiritual minutiae and feel compelled to tell others what is true. The middle medium yellow band represents Dwelling 5 which understands spiritual insights more clearly. The upper and brightest yellow band represents Dwelling 6 understands and grasps spiritual insights much more deeply, the place where you savor and praise the beautiful qualities of God, honor the sacredness of others and are moved to be a good and useful servant.

Without a spiritual mind, listening to spiritual ideals would be like listening to a foreign language: those ideals would be incomprehensible and you couldn't grasp this aspect of your life. Your spiritual mind lets you actually understand the language and idioms of spirituality, appreciate this aspect of life and cultivate it more fully.

# Upper Courtyard

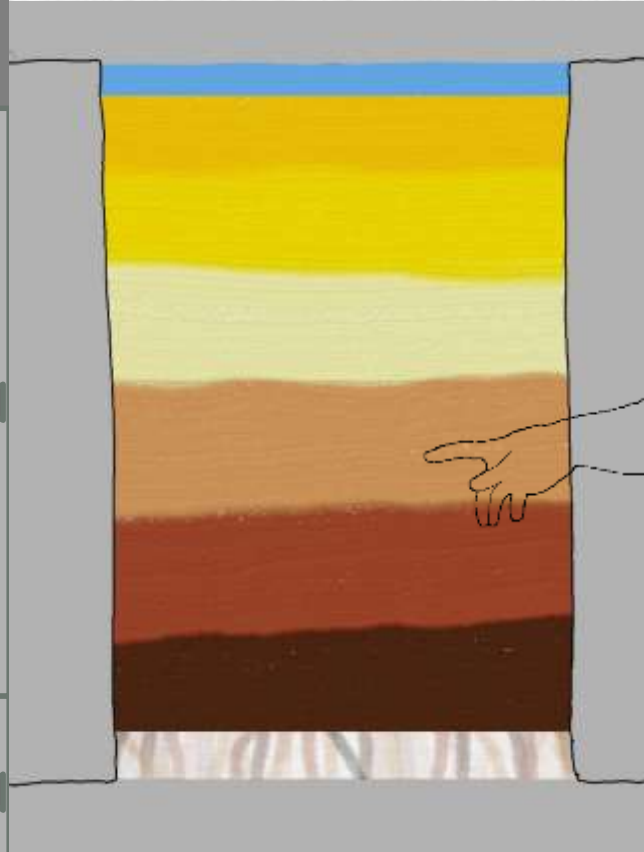


Just as the material and social aspects of life can enter into your interior castle through the lower courtyard, the spiritual aspects of life can enter your mind through an upper courtyard. Both courtyards are like thin places: a mental permeability that allows things outside of you to enter your inner world and strongly influence on your inner life.

The upper and deeper blue band represents the God of all creation who is far beyond the grasp of most people. The lower and lighter blue band represents the more accessible personal presence of God in your inner world, who Teresa called her Beloved or her Divine Companion. Through this very personal inner relationship, she experienced a deeper sense of God's personality and she felt loved in a way that far surpassed any human love she knew.

Just as your mind allows you to form an outer relationship with another person, your mind also allows you to form an inner relationship with the indwelling Divine Companion. If you are welcoming, your Divine Companion can enter into your inner world instead of waiting just outside your mind in the upper courtyard. Unlike the way trauma can forcibly enter your mind through the lower courtyard, the Divine Companion only enters through the upper courtyard when freely invited; once invited in, your Divine Companion can nourish you with spiritual infusions.

# Decider-in-Chief

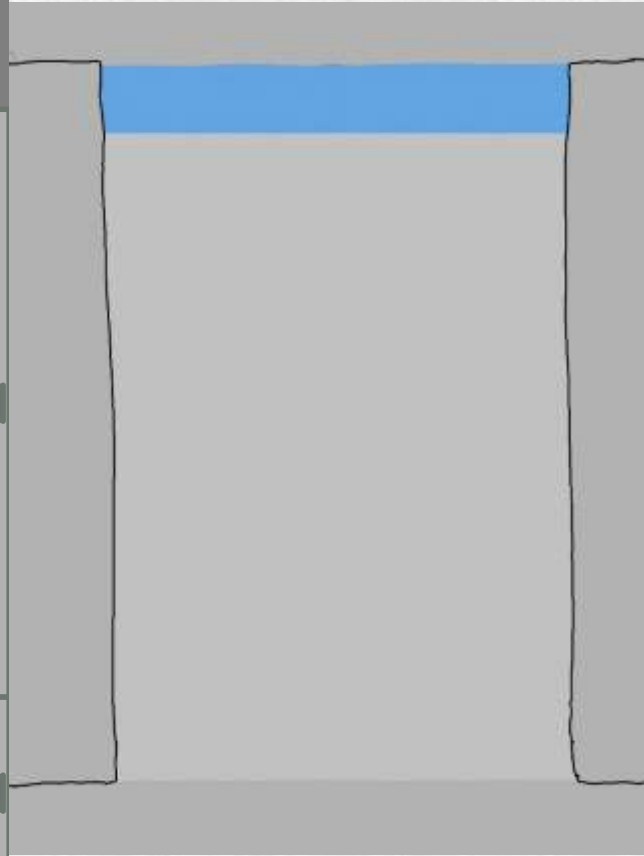


One part of your inner world is harder to illustrate in these interior castle drawings: your capability for managing the activities of your inner world, your capability to direct what happens within your mind. You are not simply a passive observer of your inner world; you are also the steward responsible for the treasures of your interior castle. Your responsibilities for determining what happens in your inner world are like the functions of the mayor of a castle. In this metaphor, this collection of inner capabilities can be called the Decider-in-Chief (illustrated by the outline of a hand) who enables you to make the most of all your inner resources. Your Decider-in-Chief can cultivate your inner world with wisdom or foolishly allow it to fall into decay with its many resources barely tapped or used.

Your awareness is usually focused on one part of your interior castle; many times you may not be aware of your spiritual parts. Your Decider-in-Chief directs your awareness to the inner place corresponding to what you value most in any given moment. Your psychological mind can pull your awareness very strongly towards your lower levels with their shallower insights and urges. Your Decider-in-Chief can counteract the downward pull of your psychological mind and move your awareness to a higher level of your inner world where you have better insights and are motivated by wiser values, even to where you cooperate with your Divine Companion.



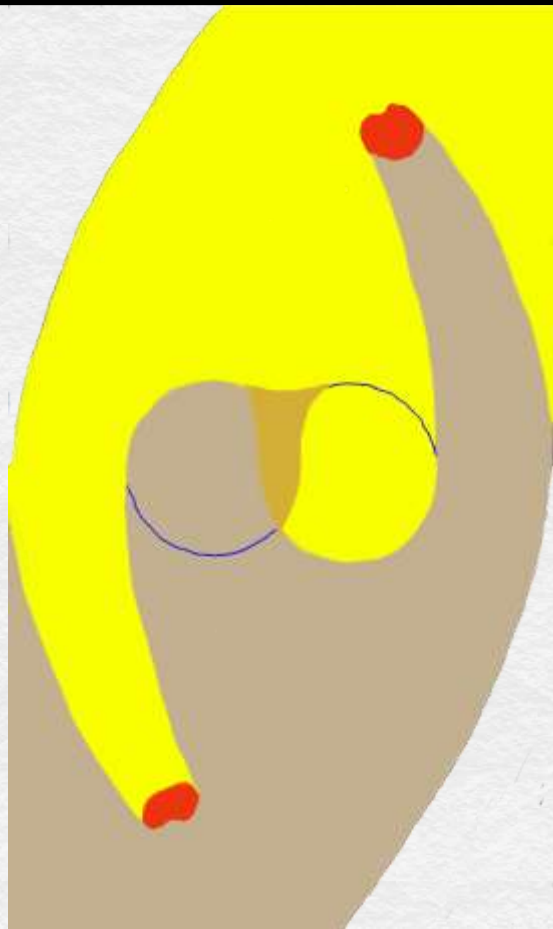
# Divine Companion



Your Divine Companion (illustrated by the pale blue band) is a part of your inner world (indicated by being between the two gray bars on either side). Your inner world is home to both you and your Divine Companion but you control how much access your Divine Companion has to your inner world. Your relationship with Divine Companion is determined by whether your consent is given – or withheld – by your Decider-in-Chief. Your Decider-in-Chief can speak for all of you (the entire interior castle) and extend a wholehearted welcome to your Divine Companion to participate in your inner life; or your Decider-in-Chief can ignore the presence of your Divine Companion and never invite your Divine Companion in.

God found a way to come to Earth as a person, as Jesus, to really participate in human life. Similarly, God found a way to come to you personally, as your Divine Companion, to participate in your life in a very intimate, one-on-one way. Understanding God could be as overwhelming as trying to comprehend an advanced physics class or a master's lesson in music: God is so far beyond our comprehension that the value of the lesson may be lost on us and we would gain nothing from that experience. But your Divine Companion is attuned to your level of comprehension and can present the personality and wisdom of God to you in ways that you can readily grasp and assimilate. Your Divine Companion is an extremely accurate portrayal of God personally titrated exactly to your level of spiritual comprehension.

# Your Divine Companion's Embrace



A different picture is needed to illustrate your relationship with your Divine Companion. This symbol depicts the relationship that happens in your inner world between you (the lower beige area) and your inner Divine Companion (the upper yellow area). Your desire for your Divine Companion is illustrated by your beige arm stretching upward and reaching to touch the heart of your Divine Companion, a desire to know the character and personality of your Divine Companion. Your Divine Companion's desire for you is illustrated by the yellow arm reaching down to touch your heart, a desire to embrace you and assist you as you face the challenges and opportunities of life. There is no gap in the very close connection between you and your Divine Companion.

Your Divine Companion offers heart-to-heart intimacy: a deep affection for you and loyal assistance. Your Divine Companion also offers mind-to-mind cooperation (illustrated by the two overlapping circles or heads): an infusion of a divine perspective that helps you understand yourself, life and others. A very creative zone (the vase-shaped gold area between the two heads) occurs when you accept the mental infusions offered by your Divine Companion and allow them to fertilize your own thinking.

Your Decider-in-Chief plays a key role in this relationship: whether you cultivate it and collaborate with your Divine Companion or whether you live life in solo mode relying only on your human resources.

# Grasping the Character of God

You can have a shallow or deep sense of another person's character. Jesus wants you to know the Father's character intimately. A superficial grasp of a friend's character involves physical appearances, where they live, and personal preferences, such as the foods they like. A deeper understanding of character includes personality traits such as a sense of humor; being lazy or active; being introverted or extroverted; tending towards optimism or pessimism. A even more intimate grasp of character comes from your time together; that connection speaks volumes about their character: whether they are interested in what is happening with you; if they understand you or judge you; whether they care enough to get involved when you are having a difficult time. Time with Jesus speaks volumes about the loving and beautiful character of God.

*"whoever sees me also sees God."*

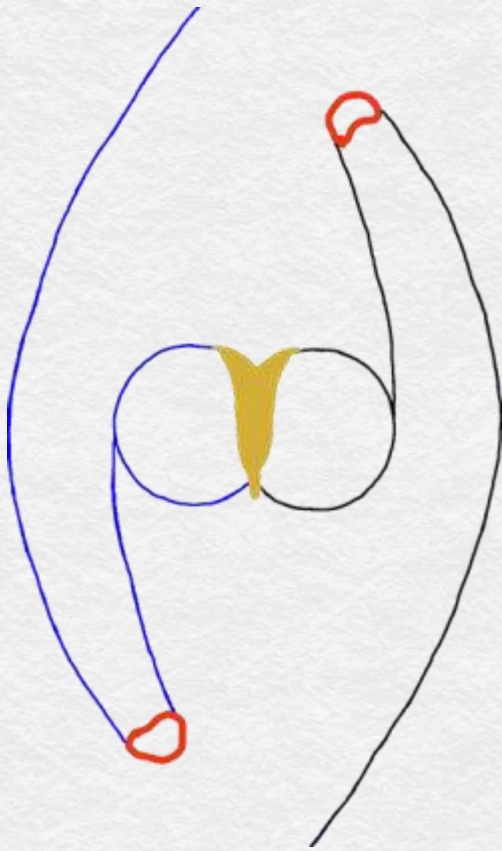
Jesus had a supreme desire: that each person might personally experience the wonderful beauty of God's character: loving and kind, vibrant and sharing. Jesus was not concerned with being personally exalted in the general public opinion: Jesus wanted God to be exalted in each person's heart.

Your grasp of a person's character can attract you to them or repel. You might be attracted to someone by good looks, much money or great social status; by how a person might benefit you; or by how a person is kind and reaches out to help someone who is shunned by others. The more fully you grasp a person's character (often through a relationship), the more deeply you can appreciate and love them.

This same principle applies to God: if you only know God superficially (by God's goodies), you can't love God deeply. Through relationships, Jesus revealed clearly the wonderful character of God enabling you to love God more deeply. Imagining your own one-on-one conversation with Jesus might open your eyes a bit more to the beauty of God's character and open your heart to love God more fully.

Jesus wanted to elevate, never diminish, our understanding of God's wonderful character, a character that is best experienced in an intimate relationship where you feel how God reaches out to you, even if others see you as the lowest of all. The personality of Jesus reflected the character of God: loving each precious person, reaching out at any cost to establish a loving connection.





# Jesus and the Man Who Felt Ashamed

# My Story

I'm Jack. I met Jesus in my mid-twenties when I was drifting between jobs and relationships in a mid-sized city. At the time of our conversations, I didn't know that this regular-seeming man I spoke with was Jesus. It was only later that I began to connect the dots and recognize that he was indeed Jesus. In the beginning, I just considered myself fortunate to have met such a kind and understanding person.

My story will make more sense if I start at the beginning, back when I was a boy. My dad is an amazing plumber but he didn't like working for other outfits because the foremen were often bossy and didn't listen to his ideas. So he started his own plumbing business but it folded quickly when the economy nosedived. He had to go back to working for other outfits and he really hated it. His pervasive feeling of being a failure often put him in a foul mood. He planted the seeds of pessimism in my mind; he was always criticizing me and telling that I'd have to do better, much better than I was doing, if I ever wanted to amount to anything in life.

The roots of shame ran deep in Jack's inner world, even back to his parent's generation. Their thoughts entered into his mind so often through his lower courtyard that they took up permanent

I drank that Kool-Aid of his, gallons and gallons of it. I wasn't a superstar at sports or brilliant in school and, man, did I ever hear about that from my dad. Others seemed to share his perspective: the teachers who rolled their eyes at me when I made a mistake or the kids who laughed at me at recess. I assumed that my dad was right: I wasn't stellar enough at anything, didn't have any kind of a superpower, for anyone to like me. That view was so deeply entrenched by the time I was a teenager that I never even questioned it: only special people are liked or loved; and I clearly wasn't one of them!

My mom was affected by all this too; she was constantly afraid that we wouldn't have enough for the basics. We always muddled through and had enough, but not lots of, money. Still it felt like an atmosphere of doom was always hanging over the house. No matter how hard I tried, nothing I did ever satisfied my parents; they never seemed proud of me or happy with anything I did. I just accepted that nothing I did would ever be good enough, not for my parents or anyone else.

residence in his mind, his interior castle. They were so fully a part of him that he couldn't conceive of himself in any way that didn't involved feeling deeply ashamed of himself.

# My Story

By the time I finished school, I was really beaten down. I was sick and tired of working hard only to get a blasé response from other people. Inside, I could only feel shame, as if there was absolutely nothing else to me at all. I stopped trying and settled for just getting by, trying to fly under the radar to avoid getting any more flak from people about how I wasn't good enough for them, good enough to be loved or even liked.

I worked at a handful of jobs that didn't require much thinking or skill. I had some friends who weren't much more than acquaintances; we killed time watching TV or playing video games but none of us ever talked about what we were thinking or feeling. I wanted to have a girlfriend but I was absolutely sure that no woman would ever think I was partner material.

This pattern of life was okay because nobody laughed at me too much but I was sad and felt empty inside. My thoughts were in a deep rut that I just couldn't get out of: I couldn't stop

ruminating over old memories; they played like an endless blooper reel of all the times people sent me the clear message: "You aren't good at jack." The memories kept repeating over and over, gaining strength with each replay; the atmosphere never changed much in my inner world, just the same reruns over and over again. I had no hope that it would ever change.

I thought that I was the only person who felt this way because I never talked about these things with anyone. Everyone else seemed fine. I thought that no one would ever understand me if I told them about my thoughts. That was a big part of my sadness: not being able to share my thoughts and experiences with another person who might understand my circumstances and my views about myself and understand what life feels like in my shoes.

And then I had a few amazing conversations with Jesus and everything changed.

Jack was very isolated with no one to share his world with. He was like a castle that interacted only with hostile or indifferent castles (other people); he had no meaningful exchanges with friendlier and wiser castles. Without the cross-fertilization of

accurate insights, he was stuck and stagnating. Growth can be jumpstarted by an infusion of a new perspective from another person who understands how your experiences led to your current narrative but also knows that your narrative isn't complete.



# Our First Meeting

I met Jesus when I was walking on some seldom used paths in a city park. Like usual, I was walking along and stewing in my feelings, captive to them, unable to get free of them. I tried, but couldn't, shake the feeling that I was a bad person who no one could ever appreciate or love. On these trails, at least no one was there to mock me. I didn't want to talk with anyone anyway, sure that I'd end up only feeling more ashamed; I was glad for the privacy of the less popular paths.

Jesus was walking the same paths; later I came to realize that he was probably seeking a quiet place to pray and worship. Although he looked just another walker, very quickly I got the sense that he was someone really special. Even though he was looking for some time for himself, Jesus was more than willing, maybe even glad, to interrupt his personal time because he sensed that I was struggling. I'm amazed that he was so willing to put his own agenda on the backburner to spend time with me and help me.

Jesus' passion while he lived on Earth was getting to know people one-on-one. He was extremely interested in knowing individuals: to really understand their experiences and how their brains

He must have read my facial expression or saw something from my slow and aimless gait because he knew I was really bothered by something. He casually started a conversation about the park and then gradually shifted into asking about what was on my mind. The shift happened so seamlessly that it bypassed my normal defenses against opening up. I can't really say why, but I just knew with a certainty that Jesus was really kind. I simply felt very safe with him, that he would understand me and wouldn't pile on with more criticisms. Something about him made it easy to open up even for someone as cautious and guarded as me. I slowly shared my feelings bit by bit; soon they all came pouring out.

When Jesus asked about my hopes for my life, I could feel that he really wanted to get to know me and what my life was like, that he really cared if I had no real hope of better possibilities in life. Without thinking, I just blurted out: "Not much!"

responded, how their feelings and views were formed. Jesus (and God) remain the same today: intensely interested in getting to know you, both the warts and wonderful parts.

# Jesus Gets Me

Jack: "I can't imagine doing anything good with my life given who I am. No one thinks much of me, my ideas or my abilities. Hoping for too much seems to be just an invitation for getting hurt and disappointed." I was testing the waters to see if Jesus might understand what my life was like.

Jesus: "You've tasted some very intense and hurtful rejection. Your experiences were so bad and so powerful that the shame actually entered your inner world and took root in your mind. These outer experiences forced their way into your inner world and polluted your inner atmosphere."

I felt a lot better knowing that Jesus seemed to really get what I was feeling; most people didn't understand the thoughts and feelings that consume me and how they made it so hard for me to really be "all in" in the usual life activities that everyone else seems to do without a second thought. Jack: "Yes. Life feels

impossibly bleak: even trying as hard as I can, nothing ever seems to pan out. That's just who I am and how the world is. Trying is pointless." My tone dripped with hopelessness.

Jesus: "There is no denying that life on this planet is very tough and can seem to be filled only with an endless procession of challenges and disappointments. These difficulties are quite real, but have you considered that you can make changes to your inner world so that these very real disappointments don't affect you so strongly?"

Jack: "Perhaps other people can do that, the lucky ones who won the lottery in terms of personality and talent. Some people seem to have been at the front of the line when they were giving out easy-going natures that aren't overwhelmed with hopelessness like me. But I feel like I was way back of at the end of that line."

When this conversation began, images of failures dominated Jack's mind. At first, Jack wasn't ready to let go of his well-honed and lovingly nursed view of life. But Jesus saw Jack very differently than Jack saw himself. During these conversations, images of new possibilities began to form in Jack's mind, pushing

out the other images. Unconsciously, he was adopting a new mindset that grew from how Jesus, not others, saw Jack. Jesus had great faith that Jack could overcome his negative mindset; Jesus' faith, implied but never stated, in Jack's goodness was a powerful piece of what drew Jack into conversation.



# The Influence of your Inner World

Jesus: "Experiences have riveted your attention on life's unfairness: that some people have many advantages, but you got the short end of the stick in terms of personal advantages."

Jack: "That's certainly my life story. My experiences created a monster, a mentality that holds me in its grip and sucks out all my hope out of me."

Jesus: "The outer world, your experience in life, is very real. It's impossible to ignore the outer world, especially the tough times. But you also have an inner world that is just as real. Your inner world is more subtle than the outer world, so subtle that's quite easy to miss that you actually have a world of great potential within yourself."

Jack: "My inner world only seems to replay the bad things, so much so that I can never forget them no matter how much I

want to escape them. It feels completely out of my control."

Jesus: "Your experience is a perfect example of the creative power of the inner world, but it is an example of that creative power being used in a destructive way. Your hard experiences are long over but your inner world is keeping them alive and fresh, as if they are virtually happening right now."

Jack: "Yeah, that's about the size of it."

Jesus: "Your inner world is like a tool that can be used in many ways. A hammer can drive in a nail or pull out a nail. Your mind can double down on its current views and negative beliefs; or your mind can deepen its insight and understanding of how you view yourself and form a more meaningful view of your life. The quality of your life depends on how you use this tool, your mind."

Your attention has been compared to a flashlight that illuminates a piece of a darkened room: you can only see where you shine the light. In this analogy, you are only aware of the things that you attend to; other thoughts are outside your awareness. When you zoom in on painful memories, you can easily forget other

parts of your life. Jesus is helping Jack zoom out and see the full panorama of his life including opportunities as well as challenges. When you grasp the wonderful possibilities that await you in that panoramic view, you can find ideas and ideals that are more worthy of investing your precious attention and awareness.



# The Creative Power of the Inner World

Jesus: "You have a loud and clear voice telling you, over and over, about these bad things that have happened to you and the bad things that it predicts will happen to you again when you try to engage with life. But this voice is not the only voice inside you."

Jack: "Perhaps, but the negative voice almost totally drowns out any positive voice of hope. Nothing in my life suggests that being hopeful is realistic; believing that things can get better just seems like foolish, wishful but unrealistic thinking."

Jesus: "Your inner world is always creating. Left to operate mindlessly on its own, it often creates a mess. Your inner world has preserved and nearly enshrined the views of the people who have mocked you. Your mind has amplified their voices so they are much louder now than they originally were. Your current state of mind is an example of what happens when the creative power of the inner world goes astray."

Jack: "I hate the feeling that I have done this to myself. A part of me feels really stupid for creating such a mess inside of me. But another part feels a glimmer of hope that, if I am such a

major player in my inner world, then I might be able to use my creative powers to make a better inner world."

Jesus: "You are right: the innate creativity of your inner world can be a force that keeps you in turmoil or a force that lifts you up. Creativity needs wise direction if it is to be a force for good, to craft a better version of this one precious life."

Jack: "Thanks for helping me see how my creativity can either help me or hinder me. That makes so much sense after you connected the dots, but I don't think I could have ever go that on my own, without your help."

Jesus: "Many people don't realize how much creative power they contain in their inner worlds. Left unused, they drift along, buffeted by powerful forces outside of them. But once they recognize how much power they have and use it wisely and intentionally, they can create a far better inner world."

Jack: "Thanks... it's really inspiring to know that I'm not doomed to live out the same pitiful story endlessly. I really want to shift the plot of my life."

# The Power of the Inner Relationships

Jesus: "I sense your inner world also has another voice, a voice that is much quieter right now, who has something wise to contribute to your inner conversation. This other voice inside you refuses to believe that the very negative picture you have of yourself is the full story. Something inside you continues to have faith that your life can be better and it's fighting against the harshness of the world and the meanness of other people. We wouldn't be having such a good conversation if you didn't already have such a dissenting voice within you. But you are neglecting this very valuable inner resource, this other voice."

Jack: "Maybe. But that other voice seems so small that it doesn't stand a chance against the louder and more insistent voice. How much help can such a small voice be?"

Jesus: "You are quite right: your negative voice is extremely loud in your inner dialogue now and nearly drowns out the other dissenting voice. But you have much more power than you realize to shape your inner dialogue. Like the director of a radio station determines which songs are included on its playlists, you are the director of your inner airwaves who can determine how much air time the negative voices get and how much air time the positive voices get."

Jack: "I hear what you are saying but I really don't understand how that would work. The negative voices aren't going to simply pipe down if I ask. They won't just listen to me if I tell them to shut up."

Jesus: "You're right: demands or a full-on frontal assault on the negative voices will only backfire and increase their insistence and intensity. But you can befriend them and disarm them. But you have to be a real friend to them, not a poser who doesn't care about them, who only hides and agenda to deactivate them and silence them for good."

Jack: "You describe my inner world as if it's a group of people who are struggling to get along, like a tribe of people at odds, a tribe that could thrive if the individuals had better relationships with each other."

Jesus: "Relationships are the building blocks of your inner world. But when your parts don't trust each other, they sabotage any chance of creating a better life. Only when you establish an inner atmosphere of trust, can all of your voices (perspectives) be heard, can all of your parts cooperate with each other and work together for the common good."



# Inhabitants of the Inner World

Jesus: "Friends have names so let's begin with naming your inner parts, preferably with a sympathetic name that doesn't mock them or insult them. Perhaps you might name the currently prevailing voice Eeyore to indicate a loveable but depressed persona within you?"

Jack: "I can go with that. It's not too pejorative and it also calls it like it is."

Jesus: "And the other inner part, the positive counterpart to your negative part, could be called Tigger to indicate a side of you that is eager to get out and enjoy life."

Jack: "That names seems affectionate but also conveys a bit of trepidation, like 'Oh no! What's that silly tiger going to get up to next? What kind of trouble will he get us into next?'"

Jesus: "If you have a Tigger who is fun-loving but careless, you can now see how it could be good to have an Eeyore to balance

out that untamed energy and lack of foresight."

Jack: "That makes Eeyore actually seem helpful, not just a wet blanket: he doesn't want me to make any big mistakes; he's helping me avoid getting another dose of criticism. That would be fine if he was just one voice in a chorus instead of soloing all of the time."

Jesus: "Yes, minimizing bad situations is wise unless excessive caution grows so large that you are overwhelmed by timidity."

Jack: "So it's all about balance: not silencing and shaming either Eeyore or Tigger. Eeyore isn't so bad as long as he doesn't squelch everything else inside of me."

Jesus: "Both voices have good intentions. They both want you to live a good life but, alone each is immature and isn't wise in discerning the best way to respond to life's situations. They both have a piece to contribute but not the whole solution."

*Jack's voices are inner personas who often see life in very simplistic terms. In their raw state, personas are like the lowest dwellings in the interior castle: fairly primitive with minimal insight; they encourage you to act in immature ways.*

*Personas can grow if you actively take the initiative to first get to know them and then elevate how they think. You can move your main interior castle residence from a lower dwelling to a higher one if your Decider-in-Chief uses your inner resources wisely.*



# Your Inner Mayor

Jesus: “You have another inner part, an inner person different from your personas, who influences your inner dialogue, like a theatrical director who picks the script for the play and helps the actors interpret so they are all on the same page.”

Jack: “There sure are a lot of characters inside!”

Jesus: “It’s easier to understand those characters by recognizing the various roles. The central character in the inner world is the mayor of the interior castle who stands above the personas like Eeyore and Tigger. The mayor has many responsibilities: roles such as controlling your inner airwaves and interpreting the script shared by all.”

Jack: “So, there are two categories of inner inhabitants: the personas with their unique voices and the inner mayor.”

Jesus: “Yes. There is one more inhabitant that we’ll talk about later: a wise and loving guide also lives in your inner world.”

*The various parts of your inner world may be easy to miss, but once you start to explore it, you will find that your inner world contains more than just psychological baggage. It also contains powerful resources needed to face life’s difficulties and live a more*

Jack: “That sounds amazing! I sure could use some of that!”

Jesus: “All in due time. Right now, let’s really understand one of the main responsibilities of your Inner Mayor that greatly affects the tone or atmosphere of your inner world: the editor who greenlights (or nixes) the stories which are aired within the walls of your mind, the stories that you tell yourself over and over again. Your editor has been lazy and allowed negative stories rooted in harsh events to spread unchecked. As a result, your inner atmosphere is soaked in feelings of hopelessness and you are dominated by helplessness. But imagine an inner editor, someone who reports to the Mayor, who can create a different and much more powerful narrative. A lazy inner editor lets false and inaccurate stories spread without any editing; a capable mayor would direct such an editor to revise those narratives. You can become a stronger mayor and editor by separating the stories that are true and helpful from those that inaccurate and harmful.”

*meaningful life. Your inner mayor has assistants who are like tools for cultivating your inner world. These tools (your various mental capabilities) can be either a powerful assistance or a wasted talent; you determine which they become.*

# Shifting your Inner World

Jack: "So you are saying that I have a great amount of control in my inner world, even when my outer world is miserable."

Jesus: "Exactly. Many things in your outer life are beyond your control, such as how others treat you. But a well-cultivated inner world can help you face such overwhelming difficulties in your outer world. Because you haven't cultivated your inner world very much, the harsh events of the outer world have invaded and dominated your inner world; they come pouring through the walls of your lower courtyard. Your main inner experience is the thoughts and feelings of your inner Eeyore who has been suckered into completely believing the negative views others have of you."

Jesus: "Many people, if they think about their inner world at all, think that it begins and ends with their domineering persona: Eeyore in your case. They have no idea that their inner world contains so much more, that their inner world

contains all the tools to change how they see themselves and life. Instead, they simply stick with their default ideas and assume that's all there is. Thankfully, you contain so much more! You can grow and change the direction of your life."

Jack: "Well, I'm Exhibit A for how easy it is to be entranced by my old ways of thinking, oblivious to any alternatives."

Jesus: "It often takes something external to nudge a person out of that rut, out of that limited way of seeing their inner world. Often hard events in life will provide that nudge; but healthy relationships can also do the same with much less pain."

Jack: "When your life is such a downer like mine is, it's a relief to know that I have some options inside of me to loosen the grip of negative ideas. I really want to have more hope, more motivation to live a fuller life and maybe even help others who might be feeling like me."

*Ignorance of your own inner landscape can be crippling. If you don't know that you have a strong say in your inner life, you aren't likely to develop a strong inner mayor and use all the tools*

*at the mayor's disposal (all your mental capabilities). The overall balance sheet of your interior castle is strong: your inner riches exceed your inner liabilities but only if you use your tools well.*



# An Inner Tug of War

Jesus: "It is very true: your hard experiences have shaped you a great deal. But that is an incomplete snapshot of your life. The hard parts of your life have hijacked your attention so completely that you have tunnel vision that zooms in on the hurts and excludes the good things in life."

Jack: "Yes – the bad parts are riveting. Like how it's hard to pull your eyes away from a bad accident: it's hard to pull my attention away from my bad experiences and feelings."

Jesus: "The pull of those experiences can be very strong but escaping their pull gets easier when you understand how your mind operates. Right now, you are zoomed in on one very real and very negative part of your life. When you are zoomed in on one aspect of a picture, you can't see other parts of the picture that may be even more important. When you zoom in on how you have been mistreated, you lose sight of your inner resources that could be helping you right now."

*"Your mind takes the shape of what it rests on." This saying from neuroscience evokes the image of Silly Putty which bears the imprint of whatever it rests on: perhaps a checker piece or a coin. If your mind constantly dwells on negative and traumatic*

Jack: "It's like there's an inner tug of war between the inertia of my old ideas and my inner drive to grow into a larger life."

Jesus: "And you are a major player in that tug of war, not a helpless bystander. You can move your efforts from the negative side of the tug-of-war rope to the positive side of the rope. It all starts with knowing that you have meaningful alternatives in your inner world. You have stayed in one part of your inner world and don't even realize how much more it contains. Your inner world, if understood and well cultivated, could be your ally in making the most of your life: both in surmounting difficulties as well as growing when opportunities present themselves. Or your inner world, if neglected, can be even worse than the enemies and obstacles that you encounter in the outer world, in life. But you need to jump into the inner fray and join the team that is pulling on the positive end of the rope in your inner tug of war."

*events, your thoughts will be dominated by insecurity and fear of being harmed again even when the level of risk is greatly reduced. In this analogy, your inner mayor can move the silly putty (your attention and awareness) to other more helpful experiences.*



# Gatekeeper of the Interior Castle: Inner Maître d'

Jesus: "Imagine your inner world has a maître d' who is the gatekeeper responsible for which visitors are allowed to enter and how long they are allowed to stay once you get to know them. But your maître d' has been asleep for a long time and has neglected this duty; now your interior castle is overrun with unwanted guests who have long overstayed their welcome. Your maître d's muscles got very weak while he was asleep at his post. Your Inner Mayor can wake up the maître d'. Your inner maître d's muscles will gradually become stronger with each decision you make about evicting unwanted guests. Or your maître d' can remain weak if you don't direct him to take up his responsibilities."

Jack: "It sounds like it's up to me to take the first step of making better use of all the personnel at the disposal of my Inner Mayor beginning with my maître d'."

Jesus: "Begin with simply noticing the long-term visitors in your interior castle: how you have allowed visitors with very

negative thoughts full access to all areas of your interior castle. A strong maître d' notices how the inner visitors behave and evicts those whose harmful thoughts choke out the possibility of living a larger life. A wise maître d' will be firm yet gracious when evicting your unwanted guests."

Jesus: "Notice also how at times, like our conversation now, you are intrigued about the possibility of inviting in new visitors with more positive helpful thoughts. Notice how you feel about these two very different kinds of visitors. Once you notice their differences, you know you can make a choice about who you allow to stay. But without awareness of the different options available to you, you can't make a choice."

Jesus: "The maître d' can welcome better guests who will nourish you. You will be pleasantly surprised by how selecting your visitors wisely builds momentum. This inner capability has a tremendous potential to grow stronger, which happens each time you choose to use this capability."

Your mind has many capabilities; some core capabilities (called executive functioning) form the foundation on which other capabilities rest. These crucial capabilities include curating what

ideas you accept and what ideas you reject. Being aware of these core capabilities is the first step in intelligently directing them so that serve you better in shaping your life.

# Thoughts Are Like Seeds

Jesus: "Notice how your thoughts are like seeds: whatever thoughts you allow in and nourish with your time and attention will grow stronger; without your attention, thoughts will wither."

Jesus: "Just as weed seeds can blow into a garden, thoughts from the world can enter your mind. Teresa of Avila explained how castles have a lower courtyard to allow visitors and traders entrance to part of the castle; your mind also has a lower courtyard which is the entryway for ideas from other people to gain access to your interior castle. You must notice the ideas in your inner courtyard, such as ideas about yourself that you picked up from parents, teachers and friends; these ideas can readily enter your mind and stay long after your parents, teachers and friends are no longer a part of your life."

Jack: "I can see how a few seeds from my experience entered and filled my mind with a small narrative: that I was a loser

and should keep my head down. Those seeds are like an invasive weed that thrives too easily and chokes out everything else. But now I felt I had a choice: I could weed out that smaller story that has hurt me so much and plant the seeds of a larger story that opens up possibilities for a more courageous and engaged way of living.

Jack: "Without being aware of it, I nourished those seeds by zooming in and focusing on these negative thoughts over and over. It was like I was replanting the same seed again and again. These weeds choked out better plants."

Jesus: "You needed different seeds that would introduce more accurate thoughts into your mind. The earlier false thoughts will wither away when you introduce truer thoughts. Lies cannot withstand the cleansing power of true thoughts. So be very wise in what thoughts you allow into your mind and nourish with your repeated attention."

*Weed seeds float into a garden; they are like trivial ideas that you accept as important and true without much reflection. Some seeds intentionally planted in a garden because they look beautiful are actually invasive weeds that will overrun the garden; they*

*are like the addictive things that are attractive but will dominate your mind. Just as unwanted seeds can take over a garden choking out other plants, trivial values can take root in your mind preventing better values from establishing themselves.*



# The Importance of Partnering

Jesus: "It's hard to overstate the importance of partnership. Partnering with harmful people, as you have done with imbibing others' negative views of you, can be extremely detrimental to your inner world. On the other hand, partnering with helpful people, as we are doing right now, is extremely powerful in creating a better inner life."

Jack: "You are absolutely right about how helpful considering these things with you is. In just one conversation, you have been a huge help. It's as if you have opened my eyes to what has been right in front of me but I had been blind to it."

Jesus: "I'm glad that we have been able to partner like this. I need to wrap up our talk now. Perhaps, during the next week, you could imagine me as an inner companion who partners with you as you work to improve your inner world; perhaps you could recall our connection whenever negative thoughts rise up. Our partnership won't erase your experiences but it may help put them in perspective."

*Negative inner voices often seem too powerful to resist. Partnering with Jesus offered Jack an antidote: reassuring and true voice reflecting the great value Jesus has for Jack, for each*

Jack: "I'd be glad to do that but I think that I have so much more to learn. Is there anyway that we could talk again?"

Jesus: "Of course. We have many fruitful things that we can still talk about. Don't worry about just how that will happen: just be assured that we will meet again."

Although that plan really didn't make sense in the usual way, I felt sure that we would meet again when the time was right. I left that plan in his hands, his very capable hands.

Jack "I'm amazed at how we just met but you take so much interest in me and my life. Thank you so much for that!"

Jesus: "When inner doubts become an overwhelming shouting, remember that you have a choice which will make all the difference. You can choose to recall my voice; let my tender words help you retire the harsh chorus of self-loathing."

And then we each went our own way.

*person, for you. The inner landscape operates by its own "laws:" divine tenderness is far stronger than even the most entrenched and seemingly overpowering negative thoughts.*



# After our First Conversation

Jack: In just one conversation, I felt like Jesus really got me, that he saw my good and overlooked not-so-good parts. I was more comfortable talking with him and just being myself with him than anyone else in the world. He was the most amazing listener; he clearly cared about me and I could really feel it.

I felt like I also knew Jesus, although in reality I didn't know any particulars: where he lived, what he did with his time, his own personal story; he just had no inclination to talk about that. Although I didn't know these details, I experienced Jesus' character in our conversation: infinitely kind and optimistic although he was obviously very familiar with human weaknesses. He understood things way above my pay grade, but he could make some of them understandable for me; complicated things almost seemed simple because of how he explained them in a way that connected with my experiences.

*Jack's conversation with Jesus worked at two levels. On the surface level, they were sharing ideas. Jack told Jesus about his life; Jesus presented Jack with a new perspective on Jack's life. On a deeper level, Jack was experiencing the personality of Jesus, really getting a sense of the character of Jesus: his kindness in*

In the following days and weeks, I did just what Jesus said: I took my inner world more seriously. That attitude created a whole new atmosphere, a major change in how I looked at myself and life. Before I felt really discouraged thinking that the world held no good possibilities for me. But now I sensed that many opportunities were within my reach, within me, if I would only seek them out and cultivate them.

A new hope flickered in me: that I was a decent man despite all of my experiences to the contrary. But I no longer faced my demons alone because, even after our talk, Jesus lived in my mind as my trustworthy companion in my struggles. Not feeling alone in my own mind made all the difference! For once in my life, I could actually feel the power of a good and true idea becoming much more powerful than bad ideas, even bad ideas that had been engrained in my mind for years.

*the way Jesus reached out and shared his time with Jack, as if he was the most important thing on Jesus' mind right now; the way that Jesus made great insights and wisdom seem almost miraculously easy to understand. Jack grasped so much of Jesus through how Jesus carried himself.*

# After our First Conversation

Jack: I still had negative thoughts after my first talk with Jesus but I no longer felt that I helpless in an impossibly strong grasp. Amazingly, although these old familiar ideas were still intensely negative, their grip over me seemed much weaker. In fact, they seemed very manageable. I felt like a skilled lion tamer who could now control the wild beasts that lurked in my mind. Jesus didn't erase these beasts but he woke up my capability to put them in perspective which drained their power to captivate me and dominate my thoughts.

Reliving our conversation in my mind was almost like being with him again, as if his thoughts now lived on in me. I no longer felt like I was facing my challenges all by myself; I no longer felt alone and isolated. Even though I wasn't with Jesus, I felt him present as a wise companion who had entered my life through my outer courtyard: what a very wise choice to allow him into my inner world!

Many useful plants come from combining two plants who each contribute genetic material to the shared seed which then grows to be a new and unique plant that combines qualities from each of its parents. Many creative ideas are also form from the

Before our conversation, people from long ago were constant but unwanted inner companions; their mean views of me stayed active in my inner world though they were long gone. They were all too familiar; they filled my entire field of vision. After our talk, I was able to zoom out and see more of my inner world. Before, I had left my focus on autopilot which allowed the most intensely negative thoughts to take center stage and push everything else offstage; they barged into my mind and tormented me. But now I became aware of the role of my inner director and I decided that I just wouldn't accept my narrative of me as the World's Most Disgusting Loser.

I took intentional control of my focus and directed my focus to how Jesus saw me. Changing my focus seemed to increase the oxygen in my inner world as if my inner atmosphere could support a better life instead of being an atmosphere filled with toxic stuff that only made my life worse.

contributions of two people. In a relationship, you can more easily form a better perspective by absorbing ideas from the other and integrating their thoughts with your own thoughts. But choose your partner for cross-fertilization wisely!

# Outer Zoom 1



When you zoom in on a detail in a picture, it shows great detail about whatever you focus on; it also excludes everything else from the frame, from your view. This picture of a wilderness road may seem like the whole picture; you could easily imagine that you are seeing everything there is to see.



## Outer Zoom 2



As you zoom out a bit more, you can now see a much larger area. You can see the larger surroundings that you couldn't see in the more zoomed-in perspective. The zoomed-in perspective isn't bad: it's essential to have a close-up perspective so that you don't trip over the roots and rocks on the trail. The more zoomed-out perspective helps you decide which area you'd like to explore and other trails you might like to take; the zoomed-out view lets you see more and imagine more.

## Outer Zoom 3



As you zoom out even further, you can see the full panorama of this particular mountain range and you realize that you have many more options for hiking, many more options for how you invest your time and energy. These are just three pictures in a series but you could keep zooming out to see a peninsula, then a continent, then the planet, then the solar system, the galaxy, and so on. You then get a sense that of the vastness that can only be seen if you sometimes zoom out too reveal the larger panorama view of where you are.

# Very Zoomed In

Imagine that you only know the outermost dwellings your interior castle, the concrete narratives and mindset of a psychological-only inner world. You would have no sense that your inner world contains anything more than these human, and often immature, aspects of yourself.

You would see yourself and life only through a material and psychological lens; this zoomed-in perspective shows a very restricted view of your inner world that doesn't even include all of your psychological resources. Such a zoomed-in view of yourself is likely to be dominated by negative thoughts. Your negative experiences in the outer world, traumas large and small, can become like squatters who too easily moved into your interior castle through your lower courtyard. They became permanent fixtures in your inner castle and eventually come to feel like an actual part of you. You may even think that their ideas are your own; you may consider these ideas as true beyond questioning. The inhabitants of this part of your inner world tend to be loud and consume much of the oxygen in the room. Your attention zooms in on them and their ideas, which closes any opening for other and better ideas.

When you see yourself through such a zoomed-in lens, the parts you see seem to be all of you, as if they were the full extent of your inner world.





# A Bit More Zoomed Out

Now imagine that you can see yourself from a slightly larger perspective; you can see that your inner world holds more psychological parts than the very basic parts you knew before. This more zoomed-out view lets you see more of your inner world and notice other parts. This more zoomed-out view lessens the dominance of the inhabitants of the outermost dwellings begins to diminish: their negative thoughts become less pressing as you zoom out.

For example, you may have seen your life experiences in a very superficial way. At first, Jack simply accepted his parents' view of him as the complete story. As his inner focus zooms out, he began to appreciate how his father's experiences distorted his view of himself and life; Jack may come to appreciate how his father's hard times and disappointments had muddied his father's lens which then distorted his father's view of who Jack is. This larger perspective helped loosen the grip of Jack's negative view of himself.

From this more zoomed-out perspective, you can recognize the moments when you are operating from your more primitive mindset (the lower darker brown band) compared to other moments when you are operating from your more insightful mindset (the upper lighter brown band). You can develop a feel for how these moments are different, how your inner view is larger or smaller. You can then intentionally move your viewpoint from a smaller primitive mindset to a larger more insightful mindset.



# Zooming Out More

As you zoom out further and see your inner world from an even larger perspective, you discover parts of your inner world that have more insight and can understand your thoughts and emotions more deeply. From your more insightful psychological parts (the upper light brown band), you can see yourself and life with deeper psychological understanding. This more zoomed-out inner view now shows your spiritual capability (the upper pale yellow band). These newly revealed upper parts of your inner world are more mature and less likely to react reflexively in situations that may have previously provoked you. But these mindsets can't be accessed from a mindset that sees only from the lowest perspective (the lowest darkest brown band). These upper parts of your inner world are always there but they aren't available if you limit your view of yourself to only your outermost dwelling; your upper parts are invisible when you are too zoomed-in.



Setting the width zoom of your inner view is a key job of your Inner Director; your zoom level determines what inner aspects you see. A fuller perspective prevents clouds (material concerns) from obscuring the bigger panorama: that you are spiritual as well as human. Enlarging your perspective of your inner world can powerfully catalyze your growth. Just as you can easily forget about the air all around you and not appreciate how it supports your life, you can also easily forget your inner ability to adjust your zoom and not appreciate how it restricts or enlarges your inner world.

# Zooming Out a Lot



Zooming much more, you experience even more of your spiritual aspects. Spending time in your more spiritual mindset (the upper and more vibrant yellow bands) brings you closer to your Divine Companion (the light blue band). Zooming out enables you to more fully appreciate the spiritual influences that are so close to you in your inner world. But, if you aren't aware of all the aspects of your inner world, then you might think that such spiritual nourishment doesn't exist for you.

Seeing the full panorama of your inner world changes how you see yourself and the purpose of your life. Your life becomes a precious opportunity for spiritual blossoming rather than a series of overwhelming and impossible difficulties.

*Jesus invites you to always zoom out more, so that you activate your spiritual aspects that allow you to be embraced by your Divine Companion and allow you to grasp the grand possibilities for your life. Seeing the full inner panorama allows you to see that you can be an essential partner to your magnificent and accomplished Divine Companion who dwells with you in your inner world. Such a great relationship shows the amazing generosity of your Creator. With great humility and reverence, you can more fully pursue the human-divine relationship with full trust, with much enthusiasm. You can more fully embrace this holy opportunity just as God has fully embraced your human potential.*



# Full Inner Panorama

Jack: For the first time, I started to think of my negative thoughts as simply one part of me, not all of me. I didn't try to deny that they existed or try to bury them. But I saw more clearly how they captivated me; they held my attention hostage. And I didn't want to be their prisoner any longer.

My negative views were very real but also very incomplete. Zooming out to see more of my inner panorama helped loosen their grip on me. Just knowing that I had other parts with other views helped tilt the inner balance of power that was so dominated by negative thoughts for so long. I would no longer simply concede victory to them in this inner tug of war.

I was no longer a passive host of my interior castle. I escorted some voices out of my castle; they became experiences in the courtyard rather than a part of my thinking. I invited Jesus' voice from the courtyard into my mind, the actual castle.

*Your inner world contains great riches yet you can lead an impoverished life if you don't know all that you contain. Nourishing your inner life begins with paying attention to your inner dialogue and welcoming your Divine Companion into that conversation. Your mental energy will follow your mental focus.*

Before this conversation, I didn't put up much of a fight against these negative views because I didn't realize that I could activate my Inner Director who could stop negative thoughts from consuming most of my mental air space, a mental investment that paid very poor dividends. They drained my limited pool of energy so that little energy was left to invest in better ways of thinking about life.

Like a plant that grows from a seed, a better perspective grew from the ideas that Jesus planted in my mind: that if I zoomed out, I would discover more of my inner world. Seeing more of my inner world nourished the inner parts starved by the energy hogs, my negative thoughts that dominated my inner dialogue. Seeing more of my inner panorama, especially my Inner Director, allowed me to more actively direct what happened in my inner world. A simple decision to focus on more of my inner world started a cascade of good changes.

*Jack was totally focused on the outer portion of his life: the world's unfairness captured virtually all of his mental energy leaving little energy to invest in the positive parts of his inner world. His inner riches were left untapped because, not knowing they existed, he never attempted to use them.*

# Three Species of Inner Inhabitants

## Three Inner Tribes

You can imagine your inner world as being home to three different tribes, three different species of inner inhabitants who represent your human parts

- 1) your psychological mind,
- 2) your core executive functions and
- 3) your spiritual mind.

Tribe 1: personas personify your human nature: your psychological capabilities, your narratives, your human drives and lower urges. Extremely primitive and very forceful personas represent your hard-wired urges, such as the desire for pleasure and power. More developed personas represent your higher human impulses, such as the desire to learn and connect with others. Left to their own devices, the members of this tribe will often run wild in the inner world and make a mess of things.

Your Divine Companion is not one of these species, is not a member of these three tribes representing your human parts. Your Divine Companion is a "completely different species" who is often experienced as a divine person living within you, alongside of all your human parts. You can recognize your Divine Companion

Tribe 2: inner municipal workers personify the Inner Mayor's worker bees, the specific roles played by your Decider-in-Chief, such as editor of your narratives; reservoir managers who allocate your mental energy; value sorters who keep your system of values in order. The tribe of city workers report to the Inner Mayor's office. Left unsupervised, these workers can become quite lazy and lose their skills. Well supervised, they are invaluable inner assets, especially when they help the personas of Tribe 1 cooperate with the Decider-in-Chief.

Tribe 3: monks and nuns personify your spiritual capabilities for appreciating that the world holds Something More than its material aspects and that your inner world contains Someone More than your human parts. The nuns and monks are your highest impulses, such as awe, reverence and humility; they are able to see a larger perspective (narrative); they help you form a vibrant relationship with your Divine Companion.

because that encounter has a dramatically different feel from other mainly human experiences in your inner world. Drawing close to your Divine Companion often has a distinctive atmosphere and tone: a feeling of being loved and treasured, a sense of deeper inner peace and poise, an assured sense of spiritual understanding.



# Synonyms

The many different names used for the parts of your inner world may obscure the fact that different people are talking about the same thing when they are simply using different names. The actual nature and function of your inner parts is more important than the name.

*Personas* (aka inner parts or inner voices) combine all aspects of you: body, mind (thoughts), heart (emotions) and spirit (higher ideals and desires). They each have a narrative or story that makes sense of your experiences and plans for how you should act in certain situations. Each persona (you may have several) has unique views and plans; common personas are a judgmental Inner Critic or a needy Inner Child.

*Capabilities* (aka hard-wiring, or the various intelligences) are your various mental abilities for processing language, music, visual information, relationships, emotions and body.

*Inner Director* (aka Inner Mayor or Steward) actively shapes your inner world and directs how you act and interact. The Inner Director has many responsibilities (municipal employees) and can be passive or active, foolish or wise.

Each of these human parts – your capabilities, personas, Inner Director – are part of you; they can be passively shaped by your experiences or actively formed by your intentions.

*Divine Companion* (aka the light within, indwelling wisdom) feels like a person – who is divine not the human you or a persona – who lives beside you in your inner world. Based on what you value, on what you choose and on what you desire, your Divine Companion can be deeply involved in your inner world or totally ignored. Your Divine Companion invites you to a securely attached inner relationship where you will be loved and can form a creative partnership for a larger life.

The name used for an inner part may feel too clinical or it may be different from the name you would choose. A disconnected name may lead you to reject the core idea. If so, you can substitute another name that feels most appropriate to you so that you can

more fully absorb the underlying idea; personally naming an inner part often makes it more real and palpable to you. What a shame to miss the benefit of a helpful concept because of semantics, because the name didn't ring true for you.



# The Second Conversation

I couldn't wait to see Jesus again and tell him what was happening in my life, in my inner world. But I was worried that we wouldn't meet. How could I just trust that it would happen without planning? I kept returning to the paths where we had walked and talked. And then one day we met again...

Jack: "I am so glad to see you again! I was afraid that we might not. So much has happened since we first talked!"

Jesus: "I'm really glad to see you, too! Seeing you definitely makes my day. Tell me what has happened. You, your face, your voice, your gait seem so much more positive than when we first met."

Jack: "Before we met, I thought that I knew myself well and it wasn't a very pretty picture. I thought that there was nothing to me other than all the bad ideas about me that I had picked up from all my experiences. But you are right: just by really noticing my inner world, much more positive parts opened up inside of me. And I really like what I've found there."

*Noticing (being mindful) is seeing yourself afresh so that you can see your parts more accurately; seeing from a wider scope to see*

Jesus: "You can trust that principle: if you pay attention without blinders, if you notice things without preconceptions, you will see yourself and others more deeply. And you will always see will some amazingly good things that are often obscured by some very hard and sad things."

Jack: "Before we met, I was afraid of really looking inside, doubting that was anything good about me. I stayed glued to the reruns of my personal psychological nightmares. You gave me hope that I'd find good things if I only looked for them."

Jesus: "Being open to learning – seeing with fresh eyes – is key to understanding yourself. Before you thought you had seen everything and knew everything about yourself. But zooming out – expanding beyond that small view – requires trusting that you have so much more to learn about your inner world."

Jack: "I had no idea that I was excluding so much. Or that I could change my focus and zoom out. I can't say thank you enough. My bigger inner world is a much better place to live!"

*all of you; noticing previously overlooked aspects of your inner world. Noticing cultivates a larger, more meaningful life.*

# Seeing Deeply Opens up Choices

Jesus: “And once you see more of your inner world, a choice arises: will you stay with the old smaller view of yourself and life? Or will you choose to believe this new larger view and be guided by it? Will you take the easier path of following the default ways of your ego? Or will you be guided by this new view and cultivate a better life? The choice you make between these two paths is the foundation on which your life is built.”

Jack: “When you put it like that, the choice seems obvious: pick this newer path, the higher road. But I know from experience that the old path has a very strong pull.”

Jesus: “Let’s try to make these ideas come alive more. It may help to think of a persona who represents the lower path: your Eeyore wants you to live a safe, small life so you don’t get ridiculed. Eeyore is a diehard supporter of the lower path: he is very skeptical and thinks that the higher path is unmapped (he’s right!) and won’t lead to anything good.”

Jack: “Yes. At times, I feel him endlessly lecturing to me and telling me that I’ll be sorry for doing something so rash and uncertain. But his voice is not nearly as dominant and domineering as it was before we talked.”

Jesus: “I’m glad to hear that. And I’m not surprised. I was always confident that you would find more than Eeyore within you. Our conversation jumpstarted exploring your inner world beyond Eeyore.”

Jack: “Having a bigger inner world – having more options – feels so much better. I think I had to learn that from my own experience. Otherwise, it’s just too abstract for me.”

Jesus: “Freedom is another word for having choices. If you don’t realize that you have choices, you will be imprisoned by your limited understanding, in a prison of your own making. Feeling that you no choices isn’t true or helpful.”

*Seeing life through another lens besides your first default world view is a step in beginning a new life for yourself, one that you have a hand in creating versus the one that was heavily influenced by others. Your capabilities to create and direct your*

*life are the highest capabilities of the human mind. Much is lost when these capabilities are not used or only barely used; used wisely, they are what creates a worthy life. It’s thrilling to see what emerges when your creative capabilities are well used.*



# Seeing Involves Valuing

Jesus: "Since we first talked, you've begun to see yourself with new eyes. Seeing almost always involves evaluating: is what I see good and beautiful or is it something less good and less beautiful? When you saw yourself with new eyes, you saw the new view as good and beautiful without even having to think much about it. You intuitively knew this new view was good; that it was better than your old view of yourself."

Jack: "I feel so much better going through the day with this new view. But for the longest time, I just accepted the old view as true. How could I have accepted such an inaccurate view as true, as being the best that I could hope for?"

Jesus: "You weren't using your capability to see things from a larger perspective. You were seeing with tunnel vision, thinking that your current ideas are the only way of seeing yourself and life. You didn't see any alternatives. If you can't

see any other alternatives, you can't make a choice based on what you value. Zooming out broadens what you can see; zooming out lets you see your current views are one of several different choices rather than the only option available."

Jack: "It's amazing how much can change by simply recognizing what my mind was doing all along without me ever noticing how it was working."

Jesus: "Yes. And you will be even more amazed as you learn about some other wonderful parts of your inner world. Whole new inner territories will open up to you. You were quite zoomed in on some very negative views. As you start to see and appreciate other possibilities, you will see other views that are far more positive and beautiful."

Jack: "How can you tell which views are true and positive?"

Some values identify things you want to avoid. Seeing disliked things from a smaller perspective, the short-term view, helps avoid the unpleasantness of hard and painful situations. But holding shallow values can also lead you to avoid the hard and sometimes painful situations that are part of growing.

Some values identify things you want to include in your life. Seeing pleasant things from a shallow values perspective, opens you to getting hijacked by material pleasures. But holding shallow values may allow material pleasures to nudge out the pursuit of spiritual values make your life more meaningful.



# Discerning What Is Really Valuable

Jesus: “Your inner world contains the essential capability to discern what is valuable from what isn’t very worthwhile. Like zooming out, it is weak until you exercise it. It can become a superpower if you use it often and develop it fully. Or this precious and amazing capability can be lost if a person seldom uses it.”

Jack: “That’s reassuring to hear: that I already have what I need; that I haven’t completely lost that capability by not using it. Because I’d really like to have more say about what ideas and values I allow to shape my life.”

Jesus: “You saw how even exercising a capability in a small way strengthens it a great deal. Simply realizing that you can choose your values and exercising that capability will strengthen it. You’ll find it’s easier to do that the next time because you are now working with a stronger discernment.”

Discernment is the process of deciding which ideas are noxious weeds that take up valuable space in your inner garden and which ideas are valuable plants that produce the fruits that nourish you. Discernment isn’t a random process of trial and error. You have an inner compass that helps you recognize what ideas are

Jack: “Discerning seems essential: how could a person ever make a choice if they didn’t recognize that some ideas and good and some aren’t, that some narratives are wise and some are foolish?”

Jesus: “You will be lost in life without being able to distinguish between what is good and what isn’t, between what is true and what is false, between what is beautiful and what is ugly. Your inborn capability to discern is like an inner compass that will guide you in seeing and valuing these things.”

Jesus: “Everyone is already discerning; everyone already values one thing over another. But too often they are discerning poorly, sleepwalking through this important step. When you (your Inner Director) actively puts some real consideration into what you hold to be good and valuable, your life will improve immensely.”

true and what ideas are false. You can always assess how well your compass is calibrated by paying attention to the fruits of the various ideas you have cultivated in your mind: whether the ideas that you think are wise and helpful actually are benefitting you; whether they create a sense of poise or of anxiety.

# Curating your Values

Jesus: "Ordering your values wisely is one of your Inner Director's main roles. Just as a curator in a gallery continually updates the art that is displayed, your Inner Director needs to continually update what you consider to be most valuable. As you mature, older and smaller values will need to be replaced by newer and larger values."

Jack: "That makes sense: if my values drive my decisions, I need to clarify my values so that better values can guide my choices. I need to do that in advance because I won't have time for deep reflection in the heat of the moment of choice."

Jesus: "Sorting out what you consider to be true and good requires a way to evaluating views and mindsets. A good yardstick is 'Do these views strengthen you, change you for the better?' Or 'you will know good values by the fruits' that they produce in your character."

*Some people think that making evaluations is bad because some evaluations, such as judging others as inferior to you, have been so damaging. Such evaluations, based on shallow values, have definitely caused much harm. But evaluations, based on wiser values, have produced much good, such as when you value people*

Jesus: "If people really desire fame or power (if that is their highest value), then they will evaluate every choice in terms of which option will bring them more fame or power. If people desire material security (if that is their highest value), then they will evaluate each choice in terms of which option will increase their material security. If people want to avoid the pain of anxiety and vulnerability (if that is their highest value), then they will evaluate each choice in terms of how well that option helps them avoid the risk of the pain."

Jack: "I was certainly one of the people who tried to avoid doing anything that would lead to me getting criticized. But even when I avoided ridicule, my life didn't have much joy."

Jesus: "Holding safety (avoiding criticism) as your highest value doesn't bear good fruit: you became hopeless and isolated even though you never wanted that."

*who are different from you, especially those who have been disrespected by many others. Evaluations based on deeper values can create much beauty and foster connections that lift up everyone. Your life will be impoverished if you don't appreciate the benefits of making wise evaluations.*



# Ordering your Values

Jack: "I didn't realize how my values (safety first, above all else) were driving my withdrawing and giving up."

Jesus: "You didn't see how the values you adopted influence all of your whole life. Now you can see that you don't have to continue with the same immature set of values you adopted when you were young; they are seldom as wise as values you might adopt now. You can revise what you hold to be most valuable to you so that they are better drivers of your life."

Jack: "It's like I have an inner totem pole of values: when faced with a decision, the higher, more valued things will drive my choices; the other things I value less are sacrificed when a choice must be made."

Jesus: "More than anything, you valued safety, to avoid being put down. That value motivated you to withdraw. You got the desired safety but sacrificed connections and meaning."

Jesus: "Your values are always operating in the background of your mind. They steer you away from somethings and towards other things. Unless you continually curate your values with thought and insight, they will steer you into unhelpful paths when you choose in the heat of the moment."

Jack: "Then I need to reorder my Totem of Values wisely so that when I must make a choice, the topmost values will drive what I choose. Without really reordering my values, my old order of values will still drive what I choose and what I do, usually to my detriment."

Jesus: "Well said: Your life will be more meaningful if you intentionally and wisely select your values: demote some lesser values and elevate some worthier values. People usually simply keep their original values that give short-term relief and rewards but blind them to bigger picture values."

Values are what you desire. You have only a finite pool of desire; you don't have infinite amounts of desire. If you devote significant portions of your desire to one thing, you will spend much of your time and attention on that; you will have less desire,

attention and time for other things. If you devote a great deal of your desire and energy to business or financial success, you will have less energy, attention, time and interest available for cultivating relationships or spiritual growth.



# Values and Choices

Jesus: “Before we talked, you weren’t using your capability to make choices. Your Inner Director never put much thought or effort into this role. So you allowed your circumstance to “make choices” for you, leaving you living a very impoverished existence.”

Jesus: “Imagine that you encounter a friend on this path who suggests that you end our conversation and go over to his apartment for some video games and beer. That option is appealing if you have a short-sighted narrative. You could choose to have fun for the afternoon; but once the afternoon ended, that pleasure will fade quickly leaving you just as you were before. That option seems like a bad sacrifice if you have a big-picture narrative: to miss the benefit of our conversation for fleeting fun. Your narratives encapsulate your values; they create the story that guides your choices in the moment.”

*Your choices determine how you allocate your time and energy.*

If you don’t value spirituality, you won’t spend much time in prayer and spiritual reflection; you will find these things tedious; doing them will feel like an obligation you dislike or resent. With those values, you will have little energy for spirituality.

Jack: “I have often made choices from that kind of short-term perspective: frittering away my afternoon on mindless games to distract myself from what I didn’t want to face. But if I shift to a big-picture perspective, I find myself wanting to spend time with you more than anything else.”

Jesus: “Well said: seeing life from a bigger perspective means that you have a better sense of what is valuable in the long run. That larger perspective helps you make choices that create lasting joy, not fleeting pleasure. Such choices will enhance your life more.”

Jesus: “You were just drifting along before but now your Inner Director can actively steer the course of your life using your own choices; you see more clearly your Inner Director’s crucial role to reassess your values and revise your choices. You are beginning to steer your life course rather than drift along.”

But if you value spirituality a great deal, you will love spending much time as you can in prayer and spiritual reflection; you will be delighted to spend time in such activities. You will have energy, even enthusiasm, for these activities and you will be sure to make the time for these activities.

# Creating: Acting on your Values

Jesus: “You are at your creative best when you act on the new values you have chosen; values are like seeds that can blossom into actions. Good seeds create wonderful acts; lesser seeds create a hot mess.”

Jack: “So my values are like seeds: they’re essential but they don’t mean very much unless I turn them into actions, not merely words. That’s what creativity means.”

Jesus: “Yes. Imagine if that you now value yourself as a good person with something worthwhile to contribute but you continued to live as you do now; then you haven’t really created a new life. Adopting better values only becomes creative when you actively live based on it. Your improved values are the essential beginning point; living and acting in new ways in the ultimate creative product. Creating includes an inner piece, such as seeing yourself more clearly. Creating also includes an outer piece, such as pursuing meaningful work or developing more engaged relationships.”

*The values you hold in your inner world are wonderful opportunities that are lost if you never act on them. Perhaps you value compassion for each person but you never act on that*

Jack: “Creating—doing things differently—almost seems to flow naturally from better values. I am excited to actually try living a more meaningful life now that I no longer see myself as the miserable person I thought I was before we met.”

Jesus: “You have the courage to try something new. But some people are timid and don’t really trust their new choice of values and narratives; they aren’t brave enough to live from a new and larger narrative. Without courage, their lives remain frozen where they were. With courage, a wonderful new path in life is blazed.”

Jack: “What a shame if a person only takes the first step of choosing wiser values but never changes how they live and form friendships. But who am I to talk? I was a prisoner to my old ways of thinking and doing for years!”

Jesus: “God always hopes that each person embraces their one precious life by creating a life based on a better narrative.”

*impulse by reaching out to a lonely person or a person in need. Then your values are like fruit that dies on the vine and never ripens into nourishment for another person.*



# Connecting: Partnering with Another

Jesus: “We have focused so much on your inner world because it is the starting place which forms so much of your life. But focusing only on your inner world is unhealthy and unbalanced. Let’s shift our focus to your outer world where you are connected with other people because that is an equally important part of your life. Enriching those relationships are as essential as cultivating your inner world.”

Jesus: “Your most wonderful capability is being able to raise the level of your connection with another person; to be able to share your lives, your values and narratives; to care more deeply for each other.”

Jack: “I am certainly getting a sense of how wonderful a personal connection can be from our conversations. I’ve never had conversations as good as the ones we’ve had. But you seem to be the one elevating our conversations to be more meaningful. I’m not sure that I could do what you are doing.”

Jesus: “A meaningful conversation is always built on really valuing another person; on wanting to know their story, to understand their life and to care about their life. The details of a conversation will naturally fall into place when you really value another person, when you are less concerned with how you come off or with accomplishing some agenda of your own. If you really care about another person, the mechanics of creating a meaningful conversation flow almost seamlessly.”

Jack: “That’s good to hear! Fostering a caring attitude seems much more doable than trying to become a master at conversing with all kinds of people.”

Jesus: “If you cultivate your inner capabilities, you will have everything necessary to meaningfully connect with another person. And never forget that the spirit of God within you, your Divine Companion, always stands ready to assist you. God never leaves you on your own.”

Partnering with another person may be the most wonderful experience you can have in life: to partner with another person, to know them and to assist them as they grow to make the most of

their life. Ideally, the support and assistance of a partnership flows in both directions so that each person receives assistance from the other; but relationships aren’t always ideal.



# Inner Collaborating

Jesus: "Through our conversations, you are discovering that working together is much more creative and productive than facing your issues alone. You have grown so much because you were willing to collaborate with me. And you can continue what we have started by collaborating with your Divine Companion even after I am gone."

Jack: "Just thinking of not seeing you again is really sad. I will miss you so much!"

Jesus: "I hope that you will be cheered to know that God never wants you to be overwhelmed by those very human feelings of loneliness and isolation. So God has provided the antidote to such understandable feelings by coming to dwell with you, in your inner world, as your devoted Divine Companion, who will be as present to you as I am."

Jack: "I really need that assistance; continuing to do what you have started on my own seems impossible."

*A good collaboration is a wonderful, but all too rare, kind of relationship: one in which each partner adds their unique personal contribution that makes a creation that neither partner could*

Jesus: "The Divine Companion always wants to collaborate with the indwelt person but many people are very reluctant to take a leap of faith and open themselves to this partnership. The bottleneck to fuller collaboration always rests with the person, not the Divine Companion."

Jesus: "When you are receptive, your Divine Companion will collaborate with you at every step: when you choose, your Divine Companion will help guide your decisions; when you create, your Divine Companion will contribute as much as you allow to the life you are crafting; and when you connect with another person, your Divine Companion will grace that connection with a spiritual fragrance."

Jesus: "Consecration means devoting yourself to this inner collaboration with a devotion and loyalty that matches your Divine Companion's devotion. When you consecrate your life to God, you pledge to always be available to your Divine Companion's leadings."

*achieve on their own. Your Divine Companion is far more advanced than human collaborators, yet graciously elevates you to being a nearly equal partner. What an amazing gift and blessing!*

# Inner Consecration

Jesus: “Consecration to your Divine Companion means being fully and faithfully committed to this inner human-divine relationship. The human mind is often ambivalent; it can easily be torn between two options, divided between two competing values. An ambivalent mind cannot be faithful in its commitment to the Divine Companion because something else can capture your heart’s affection at vulnerable times.”

Jesus: “Consecration involves continually using and developing the three main capabilities of your Inner Director – choosing, co-creating and connecting. They are not one-and-done jobs. Consecrating yourself involves exercising each of these roles consistently, even when you are not facing a difficult challenge. Continually developing these capabilities prepares you for crucial moments when you will be seriously challenged, moments when you can be faithful to your Divine Companion only if you have resolved your ambivalence.”

Consecration to a partnership grows when you value someone as the most wonderful person compared to all other possible partners. But when you think that someone or some other pursuit will bring you more pleasure or growth, then you will be

Jack: “What an inspiring and beautiful relationship to aspire to; what a wonderful goal in life.”

Jesus: “Fully consecrating your heart and soul happens almost naturally when you grasp the great beauty of the gift of being able to collaborate with your Divine Companion. Consecration enables you to be a reliable and robust partner to your Divine Companion rather than vacillating partner who may not collaborate when something else entices your affections and desire.”

Jesus: “Your Divine Companion is already fully consecrated and devoted to you. Consecrating yourself is fully committing yourself to this inner collaboration with a devotion and loyalty that matches your Divine Companion’s devotion. When you consecrate your life to God, you are pledging to always be available to your Divine Companion’s leadings.”

ambivalent, unconsecrated to your partner. A relationship is greatly limited when you are ambivalent about your partner. Full consecration unleashes all of the wonderful possibilities of your relationship with your Divine Companion.





# Personalizing Inner Parts

Jack: “I don’t think that my Inner Director is very strong at all. I barely even recognize that he is somewhere within me. It seems there is so much to understand and coordinate in the inner world.”

Jesus: “It helps to break down Inner Director’s various roles, to imagine that your interior castle has an Inner Mayor who is responsible for supervising several different workers (the core capabilities) who perform many different functions in your inner world.”

Jack: “Anything that makes these ideas more palpable would really help me begin to grasp them.”

Jesus: “Understanding these concepts is difficult until you develop a framework to put all the pieces in places that makes sense of what they each do and they fit together. How could you exercise and develop an inner capability – a mental muscle – if you don’t even know that it exists?”

*Personalizing your core capabilities as an Inner Director often helps a person call upon these strengths much like you would call a trusted friend for help in an emergency or support in a long slog.*

Jack: “I’ve found that it’s much easier to exercise when you have a good exercise partner who understands how the body works and how all the muscles work together. You feel like that kind of good partner for developing the muscles of my inner world.”

Jesus: “Sticking to a program of physical exercise requires that you have a clear and compelling motive for the hard and tedious work of exercise; one person might want to be able to be fit enough to play with their kids or grandkids; another person wants to avoid preventable medical problems. If these goals are personally meaningful, a person will be motivated to do the required work.

Jesus: “Having spiritual staying power also requires having clear and compelling motive. You need to imagine a healthy inner world that brings joy, warmth and meaning to your life. And imagine that you have an inner partner who will encourage as you begin to grow spiritually.”

*Personalizing in this way can make these concepts more real and less abstract; it can make you assume more of an active role in the direction and management of your inner world.*



# Strengthening your Inner Director

Jesus: "Think of the several kinds of inhabitants in your inner world: the personas, such as an inner Eeyore, who are quite clear; the Inner Mayor who can be nearly invisible if you don't notice your inner world deeply."

Jack: "Yes! Thinking about them with names really helps them come alive and understand their roles in my inner world."

Jesus: "Your Inner Mayor plays a very important central role in your inner world compared to your various personas. Seeing and valuing are one set of roles, but your Inner Mayor also needs to perform several others roles if you are to have a thriving inner life. If you know what these roles are, you can develop these capabilities and make them stronger. You already have these capabilities; they are part of who you are as a human being. But they need to be used and developed to be of any real value."

If you don't really know the roles of your Inner Mayor, you may lose much of your core capabilities for directing your life. You would then drift through life at the mercy of the prevailing currents outside of you, vulnerable to the influences of others rather than your own values. Noticing your inner responsibilities

Jesus: "You began developing one of those capabilities when you activated your Inner Mayor and intentionally zoomed out to see more of yourself. You had that capability all along but barely used it. You have zoomed out, and now need to more observant of your ideas and values. Did someone wise and kind give them to you? Do these ideas bear good fruit that help you live a fuller life or do these ideas bear poisonous fruit (negative views) that hurt you? Not all ideas are created equal; recognize that and root out those that harm you. Replace them with better ones so that the place they occupied doesn't remain empty and vulnerable to them re-sprouting."

Jack: "So discerning false and harmful ideas from true and helpful ideas is one of my Decider-in-Chief's jobs. For so long, my Decider-in-Chief was quite weak and never really made any decisions about what is and isn't good or helpful."

is the first step in strengthening your Inner Mayor. The next step is to actually use these extremely valuable capabilities: to recognize that you have several possible choices of views and values; to wisely select the better views and values; and then to act on them when you decide what to do in various situations.

# Values and Narratives

Jesus: “Your core narrative weaves all of your parts and values into a coherent story that directs how you live, how you respond to situations, how you interact with people. If you value safety and security, you are likely to adopt the narratives held by the majority of people you interact with; you are likely to choose the seemingly safer paths through life. If you value growth and learning, you are more likely to develop your own narratives based on your experiences and lessons you learn from wiser people; you are likely to choose a more adventurous path through life.”

Jack: “So if my set of values is poorly chosen, then I will adopt distorted and unhelpful narratives. Adopting accurate and helpful narratives begins with establishing good values that will guide my choices.”

Jesus: “Values are the life blood of your inner ecosystem, the engine of your inner economy. Values are the things that you really desire, the things that you will work hard for to get more of. Values also clarify the things that you detest and will

go to great lengths to avoid. You can easily recognize your values when you understand what you really like and what you really dislike. Your likes and dislikes are linked in your core narratives and they will drive your choices and behaviors. Your accumulated choices (shaped by your values and summarized in your narrative) create the life you have.”

Jack: “Fear of being shamed has been a huge motivator in my life: it led me to withdraw from much of life and to do just the bare minimum necessary. I avoided anything that might call attention to myself, certain that the attention would be highly negative.”

Jesus: “Fear will do that to anyone: it will cause a person to figuratively shrink into a protective posture. You will never have a full life when fear is the dominant value that shapes your thinking and drives your life. You are reordering your values. Your positive values – what you desire to have – are growing stronger than your negative values – what you desire to avoid. You are rewriting your core narratives.”

*Discovering better values, better than the values you simply adopted without much thought, requires serious inner effort.*

*Changing your values requires thoughtful effort to notice and choose the better values for your life.*



## Second Conversation Ends

Jack: "I've loved talking with you. I've never had a conversation even remotely like this one. You have helped me pivot more in our two conversations, far more than I could do on my own in years. You've really changed my mind for the better and I feel so much more hopeful. I'd hate to have this be our last talk. I'd really like to talk with you again. Could we plan to meet at least once more?"

Jesus: "I've really loved our talk, too. It means a lot to me that you were willing to open yourself and share so honestly. Not all of my conversations with other people go like our conversation has. I wish more conversations went like ours! Don't sweat the details: I promise you that you and I will meet again for another conversation."

Jack: "How could anyone not see the great wisdom and kindness that you offer a person in these conversations?"

Jesus: "I never pressure anyone to engage in this kind of conversation. I won't play the salesman or use coercive tactics. I really despise that kind of conversation. Some people may think that they have made 'won' using such tactics but, in the long term, the fickle fruit of such tactics always bears out."

Jesus: "Until we meet again, keep looking for glimpses of the Divine Companion who lives in your inner world."

Jack: "I'll do that. Thank you so much for everything you've taught me and for the kindness you exude!"

Jesus: "Our conversations have been a great joy to me: getting to know you is a great blessing for me. Your Divine Companion has watched you all along and now gets to see how you grow by leaps and bounds, to see you create an amazing life for yourself. I will see you before long."

The wonderful experience of a human-to-human engaging with Jesus creates a strong hunger for more such experiences. But a person is not totally bereft when Jesus is not present in human form because God has created a way for each person to have

human-to-divine intimacy in their inner world. God comes to dwell within each person as a Divine Companion who can be experienced as vividly as a connection with another person. This inner relationship can be as satisfying as an outer relationship.



# Robust Inner Director with Strong Core

Your core capabilities—choosing, creating, connecting, consecrating—are the core muscles of your inner world; they are what gives your Inner Director such creative power. Your creativity can create something bad and ugly just as well as it can also create something good and beautiful. Exercising these core muscles wisely enables you to live a creative life that you have chosen based on what you value, what you hold to be true, good and beautiful. You make the most of your creative potential when you are guided by high spiritual ideals and values; you waste the magnificent potential of your creativity when you are motivated by lesser material goals and values.

Jack: I had been sleepwalking through my life with no idea that I even had any core capabilities; When you don't even know they exist, they are unused and wasted. These amazing capabilities were weak and anemic from never being exercised so wasn't responding to the challenges I faced.

Jack: Jesus opened my eyes to seeing my powerful capabilities to create my life in a new way. What a blessing; that I was created by God with amazing endowments—choosing, creating, connecting—all the capabilities that I need to live a vibrant life.

Jack: I began to think of myself as having a long-hibernating Inner Director who needed to be awakened from a deep slumber and begin to use and develop these core inner muscles. Simply seeing myself from this new perspective, I grew more in a short time than I had grown in all my earlier life. That shift in my perspective was like a paradigm shift: it deepened my understanding tremendously; things make sense as they never did before; unseen possibilities suddenly seem within reach. My old perspective (that my inner world was just a smear of sameness) limited me; my new perspective (that my inner world is richly creative) allowed me to see a life with much better possibilities.

*It's amazing how a new perspective makes such a big difference. For example, if you think the world is harsh through and through, then you go about your life with thick armor. But if you think the world also contains goodness, then you can become an avid*

*seeker and cultivator of that goodness. Changing my perspective so that I recognized my amazing (although poorly developed) innate capabilities made huge difference. Just being more aware seemed to jumpstart the growth of these capabilities.*

# Core Capabilities as Core Workers

The idea of having several core capabilities may seem abstract and not particularly useful. It may help to instead imagine them as an inner person, your Inner Director, who supervises other workers who embody all of your core capabilities:

## **Workers who can see deeply and choose wisely**

discern what is wise from what is foolish  
stop junk from entering your lower courtyard  
clear junk out from default (thoughtless) accumulations  
override deep default ways of choosing  
resolve your ambivalences

## **Workers who can create**

create an accurate narrative with deeper insight  
reorder your values so you choose wisely  
convert choices into inner actions and outer behaviors

## **Workers who can connect and form relationships**

seek meaningful I-Thou connections  
value and appreciate other's experiences  
seek to create something more from each interaction

These core capabilities are the inner workers who enable you to meet the demands of life on Earth: to secure the material necessities of life and to navigate relationships with all kinds of people. A good life requires that your Inner Director is fit enough, that your Inner Director uses these inner muscles enough to strengthen them.

Your core capabilities (inner workers or core muscles) are superpowers compared to your secondary capabilities. Your core capabilities direct how you use and apply your secondary capabilities. Your core capabilities determine whether you are motivated to develop your secondary powers – such as speaking another language, playing a musical instrument, or engineering complex things. A few secondary capabilities could be very developed yet you could have very weak core inner muscles. For example, a person may be a brilliant engineer or musician but hold very shallow values, have impoverished relationships and have little spiritual depth.

*A set of tools can be used to complete many different projects: some helpful or beautiful creations or some destructive and ugly creations. In the same way, your inner set of capabilities can be*

*used to create many different kinds of life: a wonderful and meaningful life or a sad and meaningless life. With your set of tools you can create a precious life or a wasted life.*



# Preserving Energy for Spiritual Efforts

Your core capabilities are your mental muscles for navigating life on Earth; these same capabilities are also your spiritual core muscles that enable you to bond with your Divine Companion by:

- recognizing your Divine Companion's wonderful presence;
- welcoming and revering your Divine Companion;
- co-creating new narratives with your Divine Companion;
- being nourished by your Divine Companion's love;
- loving others graciously;
- consecrating yourself fully to your Divine Companion;
- living in ways that are loyal to your Divine Companion.

You have these core muscles that enable you to have a vibrant spiritual life, but they must have sufficient energy for them to do their work.

## Consecrating

Your core muscles need energy to do their work; consecration means preserving enough energy to them for your spiritual

efforts. If you dedicate too much energy to material matters or even trivial religious concerns, you won't have enough energy available for what really matters: deepening your relationship with your Divine Companion. Your Inner Director must allocate your precious but limited reservoir of energy wisely so you have enough energy remaining after psychological work (which can easily deplete your energy) so that your core inner muscles have enough can do spiritual work as well.

Consecrating your mental energy is itself a core capability: preserving energy so that enough is available for deeper pursuits that are important but may not seem as pressing as the circumstances of the day. You, through your Inner Director capabilities, can consecrate your life to God by preserving sufficient time, attention and head space for your relationship with your Divine Companion. Devoting your energy and time to your Divine Companion often replenishes your reservoir of energy.

*Teresa of Avila spent much time in prayer where she felt close to God and felt loved far more richly than any human love could. Her prayer life gave her such energy that she found that what was*

*once difficult become much easier and more doable, as if consecrating your energy to pursuing God made more mental energy available in your inner world.*

# Your Narrative: Weaving All the Pieces Together

Your narrative is the big story that brings together all aspects of your life. The core framework of your narrative is your values that motivate you to work to attain some things and to avoid other things. The details of all your experiences, your fears and your dreams are woven onto this core framework. Your narrative makes sense of the past (all that you have been through) and guides you in the present (how you should act and interact now) to create the future you want (containing less of what you dislike and more of what you like).

Jack: My narrative was extremely negative and pessimistic: I was deficient beyond repair and life held no good possibilities for me. Thanks to Jesus, I started seeing myself as a decent man, a person who with something worthwhile to contribute. I don't expect everything to change instantly but I am feel this new emerging narrative shaping me in new ways and gradually but surely displacing my older negative narrative.

Jack: Adopting a new narrative made everything easier:

*Your inner world has several parts: personas, core capabilities and secondary skills, values and patterns of choosing. Your narrative is the story that weaves all of these parts into a coherent*

although I still have much growth ahead of me, the amount of work required and the degree of difficulty involved seems doable with my new narrative. I feel much lighter and more energized now that I have a realistic hope that I am a decent man who can contribute and be a good partner.

Jack: That shift is what makes me appreciate the power of a narrative. My old narrative was powerfully harmful; my new narrative is powerfully helpful. The first version of my narrative needed revising and improving much like an early draft of a story needs revising to create a better and more polished final product.

Jack: I had no idea at all of the creative power of my inner life until I changed my narrative. Although nothing changed in my outer circumstances, the inner shift in my narrative made a huge difference in my life. Now I know that you never need to content yourself with your current life; you can always create a better life by making changes in your inner world.

*whole. A revised narrative that includes and harmonizes all parts creates new hope and possibilities for more meaningful path in how you live your life.*



# Moving from a Small Scope to a Large Scope

Your narrative can be small or large in its scope. A small narrative includes only the material aspects of life: it is mainly concerned with how you can ensure that you secure enough material goods to sustain your life; it may even extend to how you might secure more than ample material goods so you can enjoy a more luxurious life. A narrative with a slightly larger scope also includes how to navigate the social aspects of life: it is concerned with how to avoid being hurt by mean people and how to connect with kinder people; it may even extend to how you might elevate yourself in the social pecking order of your small circle of friends or a larger section of society.

A large narrative includes the spiritual aspects of life as well as the material and social aspects: it is mainly concerned with recognizing the spiritual presence within you and forming a warm and vibrant collaboration with your Divine Companion; it may even extend to graciously assisting others to form and strengthen their relationship with their own Divine Companion.

What's in your narrative? Are you aware of all of the creative possibilities of your life? Expanding the scope of your narrative requires a sense of the great possibilities that each person has:

A small narrative will help you stay alive but that life may be a coarse and mean existence. A large narrative will help you stay alive but also create a precious life that is full of true insights, a beautiful character and a life of good, caring connections with others. Broadening your narrative is essential to making the most of your one precious life.

Your core capabilities are the tools or muscles that enable you to revise and rewrite your narrative. You can enlarge the scope of your narrative if it is too small and confines you to a life with little meaning. You revise your narrative by using your capability to sense and discern what is valuable (perhaps you will strengthen your self-respect as you see how beautiful you are); elevating what is more valuable over what is more trivial so that you can make wiser choices based on these re-ordered values. A well-revised narrative changes how you understand yourself and others; it enriches your connection with your Divine Companion and other people helping you become more loving and caring.

to be concerned with more than mere survival or social status. Adding a spiritual dimension to your narrative creates a more precious life and enriches your material and social efforts.

# Precious = True, Good and Beautiful

Mary Oliver asks herself (and you):

What will you do with your one precious life?

Her question begs a further question: what makes life precious? It's precious because you have such amazing potential to create a life ...

with a deep and broad understanding;

with rich and warm connections with others;

with a beautiful character.

What will you create with such great creative capabilities that are inherent in your human nature?

You make your life precious when you see life (yourself, God, others) clearly and accurately, with minimal distortion; when you understand people and ideas with depth (not just grasping the superficial aspects) and breadth (when you see many different aspects of yourself, God and others).

*Your capabilities are designed to enable you to resonate with truth, beauty and goodness. Your capability of discerning allows you to recognize what is true and what is false or distorted; having recognized these differences, you can choose what you want. Your capability of creating allows you to act on these*

You make your life precious when you lovingly connect with other people: extending a warm welcome; giving off the inviting fragrance of kindness; caring for another person as well as yourself with a care that flows from respecting the great preciousness of your life, their life, all lives.

You make your life precious when you create a beautiful character that delights in the beauty of yourself, God and others; when you are curious and continue learning and growing; when you are enthusiastic and motivated to make new beautiful contributions to life.

A precious life is the creation of a wise and energetic Inner Director first develops your core capabilities and then collaborates with your Divine Companion. A wasted life is the creation of a foolish and lazy Inner Director who wastes the great endowment you have and ignores your precious partner.

*choices and a beautiful character and create a meaningful life that matters. Your capability of connecting allows you to form warm and caring relationships with others. You have a complete set of capabilities that allow you to resonate with the truth, beauty and goodness of life.*



# Deepening Values

## Strengthening Higher Values

Several inner actions can elevate what you consider valuable:

- 1) Noticing – seeing people and ideas with deep insight – allowing you to know that a broader range of possible values exist for you to consider.
- 2) Thoughtfully selecting from these possibilities what you value most; selecting from a short-sighted perspectives weakens your values; selecting from a long-sighted perspectives strengthens your values.
- 3) Cultivating these values with dedication; lazy cultivation allows lesser values to crowd out the better values.
- 4) Then these values will be solidly in place when you must choose between options in the heat of the moment.
- 5) Consistently choosing and acting on higher values will strengthen further those values; not acting on your highest values will weaken them.

These options within your inner world create the great drama of life, the inner tension, the waiting in suspense to see how your life will unfold. Will you choose: what seems easy and rewarding (but actually makes life smaller and harder) or what seems harder (but actually makes life better and smoother)? what gives pleasure now in the short-term but fades in the long-term or what gives lasting satisfaction in the long-term but requires work and sacrifice in the short term? what gives you pleasure or benefit without regards to how your choice affects others or what benefits both you and another?

As the author of your own dramatic story, you have everything need to choose your values – noticing deeply and broadly, choosing the better over the lesser, cultivating and curating what you have selected, using your higher values when making choices, and developing a solid core character by consistently using your values to motivate your actions.

*This material has focused almost exclusively on your inner world. That is only because all of these ideas cannot be fit ion a single page. Inner work is also preparation for caring for others. You always have the choice to be attuned or distant in your*

*interactions with others; the choice to be generous or stingy in helping them should they need your assistance. Your inner world, if well cultivated, will prepare you to be kind and compassionate to others in the outer world.*

# Teresa of Avila's Interior Castle

Jack: Before our talks, my inner world was working against me. The air was filled with blooper reels of everything that's wrong with me; nothing else was being broadcast on my inner air waves. I had allowed that situation to continue because I had never really used any of my core mental muscles.

Jack: I began thinking about my inner world like Teresa of Avila saw it: an interior castle that was a busy hub of all kinds of activity. My castle needed a better, more active lord of the manor who was a more decisive director of all the activities in the inner castle.

Jack: Jesus taught me that this inner mayor, or Inner Director, has many responsibilities. A basic responsibility is to set rules for who is allowed to move from the outer courtyard into the castle itself, who can take up residence in my inner world. A wise director knows that some people with toxic ideas will try to enter and poison your mind with their false ideas. Such ideas had worked their way into my inner world and core

*Your inner world and all its parts and inhabitants can be easy to miss until you start to notice and explore it. It's especially important to have a notice and recognize your Inner Director and*

narrative; I wanted these ideas edited out for good. How fortunate we all are that our inner world contains all the capabilities that we need to take control of and revise our narratives so they are more accurate guides for living our fullest lives. Strength and wisdom in using this core capability determines the quality of our lives. With a wiser and more active Inner Director revising your narrative, life gets better; without that, your life, like mine, can be a sad mess.

Jack: There was something in the way Jesus spoke that made me sure that he was speaking the truth; I was certain his words were true because of how they resonated within me. It's hard to describe. How could I be sure that what Jesus said was true after so many years of believing things that weren't true? Although I can't explain exactly why, the way Jesus spoke carried an assurance that what he said very true, much more than what I believed at the time. And absorbing his words bore great fruit in my own experience.

*all the workers inner capabilities) who report to the Director. When you harness these powerful inhabitants wisely, you create a life worthy of the great resources built into your inner world.*



# Larger Possibilities Open Up

Jack: After our talks, I spent a lot of time thinking about the values that were the foundation of my narrative, that drove how I spent my minutes and days. Before our talks, I wanted an easy life in which I didn't catch a lot of flak from people. But a part of me was rebelling against that negative narrative and refusing to settle for such a sad and limited view of life. I had a life-seeking force within me after all: my Inner Director who was my ticket out of despair.

Just knowing that I had an active part in cultivating my inner world, just that simple idea, made a big difference. Knowing that I had certain core muscles—like focusing, noticing and discerning—stated me taking these roles more seriously and wanting to strengthen those Inner Director muscles. Simply taking a small steps got the ball rolling; I felt more like I was starting to steer my life instead of being controlled by a rut.

My Inner Director began to counteract the negative images that had entered my interior castle years before and never left.

Your narrative is woven into all parts of your inner life yet it is easy to miss. Once you recognize it, you will be amazed at how powerful it has been, often powerful in ways that have limited or

I began to actively evict these undesired visitors who had long overstayed their welcome. It got easier the more I did it. And I felt an inner assistance, as if I had wind in my sails. Activating my Inner Director even a little bit seemed to awaken some other very helpful muscles in my inner world.

Before putting in this effort in revising my narrative, I didn't have energy to even consider doing any revisions. But, once I started revising, it became easier to keep working at it. And what great benefits: now I felt far more hopeful; I feel like I am not really all that bad. But I really had to activate my Inner Director, my core capabilities, to make changes to how I saw myself and my life. Momentum builds the more I developed my Inner Director's muscles.

My sense of what my life could be changed. I wanted to model my life after Jesus. I cared less about getting flak and more about doing something good with my life, perhaps even one day being able to cast a life line to another struggling soul.

hurt you. Often people simply stick to their narrative for their entire life without changing it. Revising your narrative opens up possibilities for more growth and warmer connections.

# Summary of Core Capabilities

Here's a one-page capsule summary of the core activities. The main theme of Jack's second conversation with Jesus was recognizing your core capabilities; they are sometimes called executive functioning by psychologists or metacognition by educators. You may grasp and appreciate these core capabilities by thinking of them as inner people: the tribe of inner workers who report to your Inner Director or municipal employees who report to your Inner Mayor and maintain the operations of your interior castle. They have specific responsibilities that keep your inner world humming along when they are performed well. You improve your inner world when you...

## *See more of your inner world*

- notice how it operates
- get to know your inhabitants (the three tribes)
- personalize them with names
- get to know and understand their roles
- observe whether they are doing their roles well

Your core capabilities (the central roles of your Inner Director) are not, like your height or blood type, set for your entire life. Your core capabilities are like muscles: they expand when they are

## *Activate your Inner Director*

- to see you have options for what you value and how you act
- to discern what is true, good and beautiful
- to re-order your values wisely based on a larger perspective
- to choose (over and over) what you do based on wise values
- to create (to act and interact) a life based on these values
- to do these things consistently, especially when it's hard
- to ensure that energy and desire aren't frittered away

## *Strengthen your Inner Director*

- to actively harmonize personas
- to supervise the inner workers (core capabilities)
- to determine the quality of relationships with others
- to cultivate your relationship with your Divine Companion
- to consecrate your one precious life to spiritual values
- to become as loyal as your Divine Companion is loyal to you
- to generously serve others as your Divine Companion has served you

used, especially when they are used in challenging situations. As these essential capabilities grow, many possibilities for creating an ever more precious life open up for you.



# Resuming Our Conversation

After several weeks, I was really looking forward to seeing Jesus again. Anticipation battled with apprehension, a growing worry that maybe I wouldn't see him again. But then, just as before, we crossed paths as if he knew how much I needed and wanted to talk with him again.

Jesus: "I was looking forward to seeing you today to hear how you are doing. I'm so glad to see you here in what has become our meeting spot."

Jack: "I've really been wanting to talk with you. Last time, you taught me that we have core inner capabilities which play a crucial role in how we shape our lives. I want to hear more about them."

Jesus: "Whoa – hold on a sec! Tell me more about how you are doing today. I really want to hear about that."

Spiritual growth has a feedforward effect (like a snowball rolling down a hill): when you start making small spiritual steps forward, you activate spiritual assistance that helps you make the next steps forward (like gravity pulls the snowball down an incline). Your spirituality isn't disconnected from your humanness: spiritual

I told Jesus how much has changed by simply being aware of the Inner Director's roles and using them more consciously. I felt that even a small bit of energy applied to my core muscles yielded outsized results compared to what I put in. It almost felt as if I had an unseen contributor who was helping me.

Jesus: "Your experiences are revealing some of the ways of the inner world: inner 'laws' that determine what happens in your inner world just as the laws of physics determine how objects move in the outer world. You have found just how powerful and creative your intentions and your efforts are: they produce results beyond what you would have expected."

Jack: "It's as if God says to us: 'I am generous and will not leave you to struggle alone. I will match your efforts tenfold whenever you apply yourself.' It's such a help to have such generous support. I don't think I could do that on my own."

growth aids your human growth; it is a very potent solvent for your all-too-human concerns such as anxiety, excessive fear; loss of meaning; loneliness and low self-respect. Often spiritual growth doesn't simply resolve psychological problems, it can then catalyze a psychological blossoming into an even larger life.

# Hints of Something More Within You

Jack: "As I've begun to notice my inner world, I've found a faint glimmer of hope that refuses to be extinguished even by harsh experiences like mine. As I directed my attention to that glimmer, it grew stronger and gave me even more hope. I don't think I ever would have found that wonderful glimmer of hope if you had not opened my eyes to the riches of my inner world."

Jesus: "That spark of hope hints at the amazing and wonderful things that are a part of you, some of your positive inner parts that refuse to be extinguished by your harsh experiences which seem to be doing everything possible to extinguish your hope. That very alive part of you, the part that hopes and grows, that seeks to and love, is extremely hard to silence and extinguish. It will always whisper to you."

Jack: "That positive and hopeful part reminds me so much of you. That is why I trust it so much. I am sure that you speak

the truth, so I am sure that the hopeful glimmer within me is also true. Now, I distrust my errors that I previously believed so firmly were true; now, I trust these new-to-me truths that I could never hope would apply to me."

Jesus: "The smile on your face and energy in your voice speak volumes about the goodness you've found within yourself. You've experienced first-hand how well the heavenly Creator designed you, that you are a beautiful piece of divine art."

Jack: "As the saying goes, the proof is in the eating. I am assured of these new views by the hopeful and energizing attitude has replaced my depressed and helpless attitude."

Jesus: "Yes, these new views of yourself are quite true: they will stand up to any test or struggle that you encounter in the remainder of your life. This new view of yourself is how the heavenly Creator sees you. Treat yourself with the same great respect that your Father in Heaven holds for you."

The psychologically damaging ideas were all too real for Jack. Before talking with Jesus, any glimmer of hope seemed unreal, like wishful thinking. But after talking with Jesus one-on-one,

Jack began to experience something quite the opposite of his depressive views: an emerging sense of his value to Jesus, a value that was beginning to rub off on how Jack saw himself.



# Material and Spiritual Aspects of Life

Jesus: “The world outside yourself seems largely material but it also contains spiritual paths that some have walked. In the same way, your inner world may, at first, seem to be only psychological: it contains your baggage, your experiences, and your psychological characteristics such as a tendency for introversion or extroversion, for optimism or pessimism. These parts are the human you. But your inner world also has another very different part: you have a spiritual mind as well as a psychological mind.”

Jesus: “Your psychological mind is great for dealing with the material and social challenges of life, such as building a house or maintaining good relationships. But you also have the a spiritual mind – the capability to grasp spiritual ideas, feelings and relationships – that don’t develop unless intentionally cultivated. Your psychological mind and spiritual mind are very different from each other but they don’t contradict each other; they complement each other.”

*A life well-lived is always about growing a better and more accurate view of yourself, others and God. You can achieve a decent material but settled life; but a growing person creates a*

Jesus: “Your psychological mind contains a variety of capabilities that are very well suited practical things such as putting on a roof or teaching a child how to read, but your psychological capabilities are only barely adequate for grasping even simple spiritual matters. Fortunately, you also have the capability to understand spirituality, a capability that is just waiting to be strengthened and used. You will be able to better grasp spirituality as you gradually develop this capability, just as you will be better able to make advanced calculations as you gradually master more mathematics.”

Jack: “What do you mean by spirituality?”

Jesus: “Spirituality is the connection between an individual and their Creator. For some, that connection is so limited that it is virtually non-existent. For others, that connection is vibrant and growing. The spiritual mind is where a human connects personally with the divine in their inner world.”

*more spiritually beautiful life than a stagnant person. A growing person will yield the fruits of the spirit more abundantly. God clearly loves seeing people grow and jumps in to assist them.*

# Your Precious Spiritual Endowment

Jesus: "Imagine if your inner world had only psychological terrain with no spiritual terrain: you could grasp and understand material things but you couldn't grasp the beauty of God. And, most importantly, you would have no sense that a divine partner lived within you. You would be confined to living without that precious relationship."

Jesus: "But you are not so impoverished and bereft; quite the opposite: your inner world is well endowed with everything you need to sense and know God. You can feel the warmth of God who lives within you as your Divine Companion. You are well endowed, fully equipped with everything necessary for spiritual intimacy with this wonderful partner."

Jack: "I barely even recognized the psychological things that were happening inside of me. The idea that spiritual things might also be happening inside is wonderful but I can only barely grasp what that might mean or how such experiences might feel."

*Your life is enabled and limited by worldview. A purely secular worldview (that you have no spiritual mind) prevents you from sensing or pursuing a relationship with your Divine Companion.*

Jesus: "Your psychological inner terrain enables you to cope with the material and social aspects of life: you can build solid shelters with available materials and form robust relationships with other people. But your psychological parts can also lead to the entrance of your spiritual mind, your spiritual terrain where you can grasp the divine, glimpse the beautiful personality of God, absorb some of the divine characteristics."

Jack: "I've barely begun to recognize my inner psychological terrain. How do I find the entrance to my spiritual terrain?"

Jesus: "First, you must develop your Inner Director's muscles by making good choices about how you interact with other people. These same decision-making muscles support spiritual growth as well as psychological growth. Then you can use these newly strengthened muscles to really ponder and seek what is most meaningful in your life and what is most inspiring to you."

*The spiritual worldview (that you do indeed have a spiritual mind) assures you that you have the spiritual capability to form an intimate relationship with your Divine Companion.*





# Spiritual Mind

Jesus: "It's hard to really describe the spiritual mind using the language of words. But words can launch you in the direction of actually experiencing the world of your spiritual mind."

Jesus: "Your psychological mind has drives, like the hunger drive to seek food and the sex drive to seek intimate connections. Similarly, your spiritual mind has drives for different things: the drive to seek and experience wisdom (a clear and broad understanding of life, people and relationships), the drive to seek and experience beauty (the beauty of character and cooperation) and the drive to create a good life (serving others and contributing)."

Jesus: "The drive for wisdom grows from the spiritual mind's ability to discern that some ideas about God are more accurate and some ideas about God are very distorted. In the spiritual mind, your sense of God flows from your experience of actually meeting and embracing God in your inner world, not from mastering theological doctrines with your psychological

mind. Your spiritual mind has the capability to embrace an ever more accurate understanding of God."

Jesus: "The spiritual mind's drive for beauty comes from your capability to perceive beauty and desire to pursue what is beautiful. It's hard to define spiritual beauty because it is so different from physical beauty. Spiritual beauty involves a personality that, after harmonizing its many parts and desires, has made a final decision to cooperate with God which enables you to serve people as well as possible."

Jesus: "The spiritual creative drive seeks satisfaction in creating something new – something that is good and true – in cooperation with your indwelling spirit. The highest creativity always involves cross-fertilization, the exhilarating combination of a human contribution with a divine contribution to make something that could never exist without each contribution."

Your mind is not just for solving material, social, psychological issues; your mind is where you can meet your Divine Companion and be embraced, be loved very deeply. Your Divine Companion craves

being able to embrace you: don't disappoint your Divine Companion any longer! And don't disappoint your own longing to be loved: your Divine Companion's love exceeds even the best human-human love.

# Entering your Spiritual Mind

Jesus: "You will easily enter your spiritual terrain as you elevate the higher values in life over lower values: when you want mental and spiritual growth more than complacency with your current understanding; when you value following a meaningful path in life and embracing challenges more than the ease of lower paths; when the God-allure is elevated over your baser urges."

Jesus: "You will enter your spiritual terrain with your increasing desire for these higher values; you don't have to worry about understanding and following an overly complex inner map. Just treasure the higher values and you will surely find your way although you likely won't be aware that you have crossed over into new inner territory. But you will certainly notice changes in a person's character after they have entered into their spiritual terrain."

Jack: "That makes finding the spiritual inner terrain sound much less impossible, perhaps even quite possible."

*What a great treasure lies within you: a perfect lover whose love far exceeds any other love you have experienced in the world; a lover who can cross even the abyss of the deepest loneliness; a*

Jesus: "Your Creator is very generous in equipping your inner world; your Creator would never create you without the possibility of grasping spiritual matters. Quite the opposite: your Creator made you with every single capability necessary for forging a meaningful life and forming an inner spiritual bond with the personal presence of the Creator."

Jack: "That description of my Creator as generous and considerate reminds me so much of you: you have been incredibly generous with giving me your time, with caring so much for my situation."

Jesus: "And you will become more and more generous yourself as you more warmly and fully welcome your Divine Companion into your inner world. Every person who reaches out to their Divine Companion (who is already actively reaching out to you) is enriched in their own kindness and eagerness to reach out to others."

*vibrant partner who can restore the luster of life even in the most dismal worldly circumstances. Knowing this wonderful partner is completely possible because of your capabilities.*



# Why your Spiritual Mind Is so Precious

Jack: “You seem to be saying that, like me, most people don’t recognize their own inner world; they don’t see how it shapes the quality of their life. Or, if they have a sense of their inner world, it is often limited to just their psychological terrain; they never realize that they have an even more wonderful terrain within themselves. It’s so easy to miss that we have a spiritual mind that complements our psychological mind.”

Jesus: “And that psychological-only sense of human nature makes life much harder because you are only using a small part of your capabilities. That solo-mode view of life can also feel extremely lonely and hopeless.”

Jack: “I know that kind of dismal feeling all too well.”

Jesus: “Understanding that you have a spiritual mind matters so much because then you know that you have a place where you enjoy deep intimacy with God who is present in your inner world as a loving and devoted Divine Companion. This

place and this presence is not at all abstract. Quite the opposite: the presence of the Divine Companion in your inner world is by far the most beautiful experience you can have in life, the most loving connection you could ever experience by far. That one-on-one human-divine relationship dispels pessimism and vanquishes existential loneliness.”

Jack: “I have felt that experience from our conversations although I didn’t have the worldview or the words to express it as you just did.”

Jesus: “Having both the experience and understanding is very helpful. Experiencing the devotion of your Divine Companion assures you, in your bones, of being loved. Knowing inner world helps you understand your experience so you aren’t susceptible to being misguided in interpreting what you have experienced and becoming overzealous.”

*What a shame to be oblivious of the most wonderful part of your inner terrain, a place where you can meet the perfect lover who lives within you, a place where you can come to know your*

*partner’s wonderful personality, to bond and have a shared life. And what a great blessing to notice and explore this precious part of your inner terrain and bond with this exquisite partner.*

# Psychological Mind and Spiritual Mind Are Both Essential

Jack: "The spiritual mind sounds like it is so much better than the psychological mind."

Jesus: "Yes and no. Both parts of your mind are essential. If you can't handle the material necessities of life, you will be destitute and your thoughts will be consumed with getting a few crumbs to simply survive this day. Every person needs to be able to take care of the basics of survival. And, if possible, to also contribute to their family and community. It's essential to be competent and make a reasonable material livelihood. Your psychological mind does this essential job."

Jesus: "Most people have a nagging sense that life lacks something when your material needs are sufficiently met. They might attempt to scratch that nagging itch for something more by getting even material goodies but that usually becomes a never-ending roller coaster of the high of getting something more followed by a fading satisfaction from it."

The psychological mind is often the source of severe human problems: anxiety, greed, aggression, indifference, etc. So some people condemn the psychological mind and attempt to disown it or annihilate it. This view leads to an internal civil war where you

Jesus: "Others assuage the same nagging sense that something is missing by seeking to understand the spiritual aspects of life; that requires using your spiritual mind. Unlike material accumulation, spiritual growth leads to increasing inner satisfactions (experiencing the love of your Divine Companion) and outer service (the joy of assisting another)."

Jack: "The spiritual response to that nagging sense sounds so much better but most people don't seem to take that path."

Jesus: "Material goodies are like the sirens' call in Greek mythology: impossible to resist without a wise plan. Material desires are useful as long as they don't become your deepest desire. Once you have tasted and personally experienced spiritual connectedness, spiritual allures can easily become stronger than the call of the most appealing material sirens. The spiritual aspects of life and yourself, once experienced, are far more alluring than material satisfactions of life."

are waging war against one part of yourself; it is unlikely to end well or create a more precious life. Another view sees the psychological mind as prone to run wild and seeks to tame it so that it doesn't damage you in its wild but short-sighted pursuits.



# Condemning the Psychological Mind

Jack: "Many people these days talk about annihilating the False Self which sounds a lot like thinking that their psychological mind is a very bad thing which any spiritually advanced person would want to destroy. It often seems to be a very fashionable view these days."

Jesus: "In a way that view is very understandable because so many people are hurt or limited by their psychological mind domination of their inner world. Its desire to dominate and exclude other inputs is the problem, not the innate nature of the psychological mind. Your psychological mind is quite creative; it can be powerfully helpful to you as well as powerfully harmful to you."

Jack: "So unequivocally condemning the psychological mind happens when a person only recognizes the harm that it does but doesn't see the good that it can accomplish."

Jesus: "Condemning the psychological mind is an understandable but short-sighted reaction to its common tendency to greatly overvalue itself and its treasured narratives. Holding a completely materialistic worldview saves a person from the unsettling experience of ambivalence. Many people proudly hold a negative narrative as a badge of honor, even though they become fixated on the harshness of life and fosters unnecessarily heightened fear and seems to justify aggression against others. Thinking that they know everything there is to know about life, they derive much satisfaction from feeling superior to others. They are loathe to give up the (false) feeling of being quite smart about life because they would then have to willingly experience uncertainty and their need to learn more."

Jack: "Again, much comes down to our willingness to take a path that requires more effort and mental stretching."

A person with a fixed mindset loves the (false) feeling that they "know it all." This very addictive feeling, like addictions, is comforting but harmful and very hard to give up. Adopting a growth mindset means being comfortable with the fact that you

don't understand everything. But embracing that discomfort has great benefits: it allows you to grow and to actually understand life (yourself and others) more fully and in greater depth. And humbly accept that you still have even more room to grow.

# Harmonizing your Psychological and Spiritual Minds

Jesus: "The biggest part of that effort lies in reordering your values so that you tame, not annihilate, your powerful lower and selfish human urges. They are a part of you that has enabled people to survive Earth's primitive conditions. Your life is improved when you harmonize all parts of yourself, when your spiritual parts are elevated from obscurity and play a leading role in your inner world. Your spiritual mind has no desire to kill off your psychological mind; your spiritual mind only wants to assist and enhance your psychological mind."

Jack: "So there needs to be no war between heaven and Earth, between our human and spiritual natures."

Jesus: "The only war between your two natures happens when your psychological mind (your ego) wants to dominate, ignore or defeat your spiritual mind. But no one who really understands the inner world sees any reason to start that war. You have no real inner enemies, only imagined ones."

*Your human and spiritual natures only are in conflict when you value material things more than spirituality; your psychological mind will attempt to minimize contributions from your spiritual mind. But when you value spirituality over material things, then*

Jesus: "Your spiritual mind can be a tremendous aid as you face the challenges of life. You lose so much by staying in a small part of your inner terrain, using only your psychological mind to develop a career or achieve a level of status; many people stay within that limited terrain and never reach and use their capabilities that lie in their inner spiritual terrain."

Jesus: "Taming, not condemning, your psychological mind enables you to use it to lead you to your spiritual mind where you can access spiritual truth. Your psychological mind is a priceless trail that leads you to your wonderful spiritual resources. In turn, your spiritual mind can assist and elevate your psychological mind as you face life's challenges. Your two minds can be great partners for each other if the psychological mind is willing to cooperate rather than insist on being the sole leader who readily vetoes any suggestion the spiritual mind offers."

*your human and spiritual natures are in harmony with each other: your Divine Companion becomes the focus of your human desires and your spiritual mind heals your humans wounds, enhancing your capabilities so you can live a more meaningful life.*



# Ambivalent or Consecrated

Jesus: "When you live only from your psychological mind with only material values, you are single-minded; you feel no ambivalence. You may hold altruistic values or selfishly pursue satisfying your lesser urges. You are content seeking to enjoy the pleasures of life and avoid the pain of life."

Jesus: "Holding a completely materialistic worldview saves a person from the unsettling experience of ambivalence. Many people proudly hold a negative narrative as a badge of honor, even though they become fixated on the harshness of life and fosters unnecessarily heightened fear and seems to justify aggression against others. Thinking that they know everything there is to know about life, they derive much satisfaction from feeling superior to others. They are loathe to give up the (false) feeling of being quite smart about life because they would then have to willingly experience uncertainty and their need to learn more."

Imagine being at the start of a romantic relationship: you are attracted to a person but also have doubts about whether this person would be a loving and supportive partner. These opposing feelings create ambivalence: you are drawn to this person but you

Jesus: "As you begin to use your spiritual mind, new higher impulses will be activated but your lower urges are still strong. During this time, you will be ambivalent: torn between the pull of your psychological urges and your spiritual aspirations; you will vacillate between your old path in life and a new one that beckons to you. During this time, you may have a fledging relationship with your Divine Companion that is limited because isn't yet a solid and committed."

Jesus: "If at some point, your heart becomes completely certain you love spirituality far more than the material things that can seem more valuable to a gullible human mind, then you have finally resolved your ambivalence. You have resolved your psychological mind's insistence on being in control of your inner world; you haven't annihilated your psychological mind (remember how essential it is for life on Earth) but your psychological mind now allows your spiritual mind to assume inner leadership."

are also ready to leave if this person later doesn't seem to be a good fit. At best, the budding relationship may be fun and thrilling but an ambivalent relationship won't be as secure and vibrant as a fully committed relationship with a sure partner.

# The Peace and Vibrance of Total Consecration

Jesus: “When you become completely clear about what you value most, you will find it easy to dedicate yourself to pursuing a combined spiritual and material path. You are no longer drifting through life, vacillating between your human urges and your spiritual aspirations; your spiritual pursuits will now elevate your psychological mind. Having resolved your ambivalence, you now enjoy the benefits of a fully committed relationship with your Divine Companion who can now fill your heart more fully with love and infuse your mind with more clarity.”

Jack: “Resolving my ambivalence in that way sounds so wonderful yet it seems that not many people actually do that. Why is it so hard to do that?”

Jesus: “Your mind loves a story with all the loose ends tie up; your mind really doesn’t a story with loose ends and

unresolved central issues. Your mind hates the unsettled feeling when your ideas aren’t settled and ambivalent desires are actively pulling you in opposite directions. Even more so, your mind intensely dislikes doing the great inner work required to resolve a story with conflicting issues. So simple ‘resolutions’ become very appealing but they only give short-term relief because they cannot deliver real peace of mind.”

Jesus: “Many spiritually brave souls have summoned the courage to overcome their inertia to really face their ambivalence and resolve, once and for all, that they love intimacy with their Divine Companion above everything else. Once they are so consecrated, they experience an inner peace, an inner poise, much more wonderful than the mirage of peace experienced by those who settled for the mirage of resolution. Once they are so consecrated, they experience an inner vibrance that fuels a much more meaningful and active life.

*Atheists experience no ambivalence; they have resolved any human-divine ambivalence and feel certain that God doesn’t exist. People who have only an intellectual grasp of God but no first-hand inner sense of God also experience no ambivalence; they feel*

*certain that their religious organization provides them with all there is to know about God. Atheists and satisfied religious people have resolved their ambivalence by embracing ideas, not relationships; they feel no desire to build inner spiritual intimacy.*



# Your Spiritual Mind Is the Seat of Intimacy

Jesus: "Finding and elevating your spiritual mind requires effort: being willing to put out the mental effort necessary to think deeply and then revise your narratives and reorder your values. That certainly involves strenuous mental work but it is a creative work, not unpleasant menial labor."

Jack: "I have already felt the joy that comes from leaving the trance of my old narrative. Any effort I made pales in comparison to what I have gained!"

Jesus: "And you will find even greater joy when you use your spiritual mind to deepen your connection with your Divine Companion. The joy that you experience from such spiritual intimacy will dwarf the great joy you now feel from your recent psychological growth spurt."

Jesus: "The greatest value of your spiritual mind is that it enables you to recognize the wonderful spiritual partner living

right within you. Activating your spiritual mind enables that intimacy in which you experience the wonderful personality of your Divine Companion, the stunning beauty of your precious partner, a beauty beyond anything you could imagine at this point in your life. Your spiritual mind is what allows you to really grasp this sublime beauty through by way of a vibrant inner relationship which includes your thoughts and then goes further than they could take you alone."

Jesus: "Such intimacy will also continue to fuel even more psychological growth, but all such personal benefits are secondary to being able to have such a wonderful human-divine relationship, to come so close to the divine spirit."

Jack: "What a shame most people, like me, seem to be completely unaware that we have such a great treasure within us: such a exquisitely loving partner and everything necessary to love and be loved by this wonderful partner."

*The thoughts and emotions of your psychological mind can take you part of the way to your Divine Companion but you need your spiritual mind to complete the journey to inner spiritual intimacy, to more deeply know the personality of your Divine Companion in*

*your own first-hand experience. Your spiritual mind uses all of your psychological mind's understanding and adds another dimension to your experience of spiritual connection, an addition that enables and deepens spiritual intimacy.*

# Your Spiritual Mind's Uniqueness

Jesus: "To make sense of the spiritual mind you need to understand how other mental capabilities are different from each other. Your language capabilities enable you to comprehend ideas and communicate with others. Your music abilities can appreciate melody and rhythm. These two capabilities overlap slightly but they are extremely different. Playing an instrumental song may be very beautiful but it won't help you place your order at a restaurant; that requires language. Talking about music using only words barely gives any sense of the music; you must hear the music for yourself because language is so different from music itself."

Jack: "I could spend hours talking about a band but hearing the band is the only way to really experience the music."

Jesus: "The difference between your psychological mind and your spiritual mind is much the same. Your spiritual mind enables you to actually experience the personality of your

Divine Companion but the capabilities of your psychological mind can only hint at what your spiritual mind can grasp and experience. Even the wonderful but small hints of a hymn or a poem or emotional description can only give a slight sense of the actual experience of inner spiritual intimacy."

Jesus: "A short experience of using your spiritual mind to glimpse your Divine Companion is far more meaningful than the most eloquent spiritual discourse. Two people who have each experienced the embrace of their Divine Companion can use words, songs, poetry and art that communicate to each other what they have experienced in their inner world. But their words won't mean very much to a person who has yet to experience that precious inner embrace for themselves."

Jesus: "Your spiritual mind doesn't contradict what you know with your analytical or emotional mind; but your spiritual mind grasps much more than your psychological mind."

*If you think that you have no control when your inner world simply replays your old narrative over and over, you can't imagine how creative your inner world can be. Knowing that you have an Inner Director opens up new and wonderful possibilities for you.*

*If you think that your inner world operates only on your human thoughts and emotions, you can't imagine the spiritual possibilities contained within you. Knowing that you have a spiritual mind opens up new and wonderful possibilities for you.*



# The Upper Courtyard

Jesus: "You have experienced how the outer world enters your inner world: how big 'T' and small 't' traumas of your early life entered your interior castle through your outer courtyard."

Jack: "My depressing experiences barged into my mind like obstinate and obnoxious visitors who were hard to evict."

Jesus: "You also have an upper courtyard through which spiritual infusions can enter your mind. Unlike your worldly experiences which can be either positive or negative, these spiritual infusions are always positive; they will never harm you. Quite the opposite, they always help you in your psychological struggles. Unlike the lower courtyard where harmful ideas can enter, you don't need to be at all wary of what enters from your upper courtyard. Trust, rather than caution, is the more appropriate inner attitude when you approach the upper courtyard."

*Teresa of Avila felt the intimate embrace was like going into her upper courtyard (the seventh dwelling) where she felt nothing at all separated her from her Beloved. Many people take their first steps on the path to inner intimacy through a relationship with someone who instills a sense of spiritual hope, like Jesus did for*

Jesus: "Each glimpse of your Divine Companion's wonderful love will deepen your current trust so that you are completely open to the infusions your Divine Companion wishes to give you in the upper courtyard. You will experience joy and assurance that you are not alone or abandoned in your inner world. And your increased willingness to trust enables you to enter this wonderful place more readily."

Jack: "So my Divine Companion is much like you! I completely trust you: that you have only good intentions in your heart for me and that your ideas are wise and true. I trust that you would never coerce or force me."

Jesus: "If you can transfer that trust from me to your Divine Companion, you will be able to more easily activate your spiritual mind and then enter your upper courtyard. Your full trust is the key that opens the upper courtyard."

*Jack in their conversations. The path to upper courtyard may begin in the outer world with inspiration from another person but it continues in your inner world with just you and your Divine Companion. The path always returns once again to the outer world where you offer deep compassion to others.*

# Your Divine Companion

Jesus: “The reason your spiritual mind exists is to enable you form a relationship with a spiritual being, your Divine Companion. Just as healthy relationships are the crowning jewel of the psychological mind, a thriving relationship with your Divine Companion is the highest creation of your spiritual mind.”

Jesus: “Your inner world is home to both your human parts (your personas, your Inner Director) and a divine person who share that inner world with you. The Divine Companion is a good name because it emphasizes conveys a companion who is another very different person, living within you but who is quite distinct from you. This partner is divine person, not a human part of you. But most people can’t begin to grasp that idea so they are deprived of the most valuable resource they could have in their life.”

Jesus: “You have already tasted how much better life is with

this wise and helpful companion yet that is just a fraction of what awaits you if you nurture this relationship. As you share more fully and intimately, you will learn what motivates your Divine Companion: a craving to share your life with you. You will experience the great devotion of your Divine Companion. The love of your Divine Companion can become a firm foundation for your self-respect when outside circumstances tell you that you are not wanted or valued.”

Jack: “That happened for me. So many experiences eroded my self-respect; they led me to believe that I was absolutely no good. But experiencing, through you, my Divine Companion’s love vanquished that view of myself as if it were nothing.”

Jesus: “You’ve started to understand your Divine Companion through experiencing your one-on-one relationship. The only way to understand your Divine Companion more deeply is to experience your very own relationship.”

Even if you know a lot of data about a person (the facts of their life), you don’t really know them until you have spent time together. Your relationship with your Divine Companion is the same: even if you have read a great deal of spiritual literature

about the inner experience of God, you don’t really know much about your Divine Companion until you have spent time together in your inner world. The beauty of your Divine Companion is known through a relationship experienced in your spiritual mind.



# The Divine Companion Is *Not* a metaphor

These imagined conversations have used personalized concepts (personas, inner tribes, Inner Director) as metaphors to help make your inner world come alive so that it is more personally meaningful, less abstract.

But your Divine Companion is not a metaphor for anything; your Divine Companion not an imaginary friend but the very real personal presence of God dwelling within you. The actual presence of a divine being living alongside you within your inner world is a virtually miraculous blessing given to you by God: that you (each human being) contain your very own dedicated divine partner, invisible but very real and very much present, in your inner world.

And you can come to know your Divine Companion just as you know a friend: you can come to recognize the very unique personality of your Divine Companion that is so different from other personalities. Getting to know all of your Divine

Companion's personality takes a very long time. As you begin to know a little bit, you will crave knowing more of your Divine Companion's personality, your Divine Companion's thoughts and perspectives. As you come to know your Divine Companion more intimately, you will be amazed by your Divine Companion's beautiful qualities and personality. And, by knowing that personality, you will fall quite deeply in love with your Divine Companion.

Loving your Divine Companion in some ways is like loving another person deeply: you will want to please and cooperate with your Divine Companion. You will be concerned that the relationship is satisfying to your Divine Companion.

If you think of your Divine Companion as a metaphor you may not grasp that an actual divine person lives alongside you, a very real divine person with whom you can form a very real and very wonderful relationship with.

When you spend time with friends, you often absorb some of their traits. When you deepen your reverence for and intimacy with your Dive, you will begin to absorb some of your Divine Companion's

qualities, sometimes called the fruits of the spirit. Intimacy with this unseen personality will make very visible and profound changes in your own personality.

# You are not meant to be alone

Jesus: "You are not created to be alone; you are designed to be connected to others in relationships. This is just as true in your inner world as it is in your outer world: your inner world is designed so that you can connect with your Divine Companion. Just to be clear: your Divine Companion is not a genie who grants material wishes, but your helper who spiritually works with you with when you are also making a sincere effort to grow."

Jack: "I don't think I would have believed that unless I experienced it myself. It just seems too good to be true. I can't make sense of what happened inside me other than that another person dwells within me and helps me, a person quite different from my personas, someone who is far wiser: someone who loves me with tenderness and tenacity."

Jesus: "Just as you are delighted in your wonderful Divine Companion, your Divine Companion is also delighted that you have awoken to your connection. Your Divine Companion doesn't want to exist alone and unknown in your inner world, separated and disconnected from you."

Jesus: "Both you and your Divine Companion were designed and created to be partners: to be able to intimately share this one life that you share together; to be able to know and be known by the other; to work together to create a beautiful and meaningful life."

Jesus: "And once you have tasted this rich inner human-divine connection, you will be filled with a desire to engage with other people in the outer world in different but equally rich human-human connections. Whenever you lovingly serve another person who is hurting, you also enrich your relationship with your Divine Companion."

Jesus: "You will readily find people who need good friends if you look actively for them. Look for those who are lost and hurting. Offer the same attitude of tender compassion and interest in the lives of people you meet. More rarely, you will meet kindred spirits who you will recognize by their kindness and compassion to reach out to others. These traits can be like magnets that draw like-minded people together; allow them into your inner courtyard and support each other."



# Relationship Trajectories

Jesus: “Your Divine Companion always trusts that your relationship can blossom even when it may have gone dormant for a time. Continued growth of this relationship is never a certainty; the potential is always there but what happens depends almost entirely on how a person responds to their Divine Companion. This relationship can take several paths: progressing into more intimacy; stalling at a certain level of intimacy; or being rejected and dying completely.”

Jesus: “Some people miss the opportunity for this relationship they don’t recognize it or value it. Some might have a vague sense that this relationship is possible, but they don’t nourish it with their trust and desire. Some enjoy the initial growth spurt but then simply let the relationship lapse; after continued indecision (the lack of making an intentional commitment to this relationship), the benefits of the inner human-divine cooperation will gradually fade.”

Spiritual influences are always positive. They will not debase you or drag you down. However, the influx of very powerful inner spiritual influences can easily overwhelm you. If a wave of divine love washes over you, you may become overly confident in what you know; you may become overzealous and want to assume the

Jesus: “Some glimpse their Divine Companion and then become obsessed with spiritual trivia that they discovered along the way and then their relationship weakens because they fail to nourish it; a person can just as easily as get lost seeking spiritual trivia as they can get lost seeking material goodies. Spiritual interest must be directed wisely; it can be wasted if you become so entranced with enticing spiritual dead-ends that you stop pursuing the ultimate source of spiritual nourishment.”

Jack: “So much depends on what we do with this wonderful possibility. Even our powerful Divine Companion can’t compensate for our lack of understanding or spiritual desire.”

Jesus: “You are the one who determines the trajectory of this precious relationship. Your trust and desire are the two main things that determine what happens with this relationship.”

“guru position” and tell everyone what is true. Being overzealous almost always backfires: people aren’t helped in the long run by that. Assuming a “servant position” is almost always a better way to share truth than being dogmatic and preachy. Humility becomes those who are graced with abundant inner blessings.

# Trust, Desire and Intimacy

Jack: “It’s as if a person’s trust and desire are the nutrients that feed a growing inner relationship. Insufficient nutrients – weak trust and weak desire – starve your relationship with your Divine Companion from it needs to grow.”

Jesus: “Yes, just a bit of initial trust and desire can jumpstart a relationship when no connection has started. Then deeper trust and stronger desire are needed for the initial relationship to continue. A lack of trust and desire can weaken or kill off even a budding relationship that has great potential.”

Jesus: “Trust is the combined attitude of your heart and mind towards another person. Small trust means that you have an open mind: you *think* that your Divine Companion might be a good partner but you still aren’t very sure. That trust will grow when you have actually glimpsed your Divine Companion and when your Inner Director understands what is happening in your inner world.”

Trusting is key to improving your inner relationships: trusting that your personas are well intentioned even when their plans backfire; trusting that you are good even when you are facing tons of memories that say the opposite; trusting that your

Jack: “So when a person experiences the benefits of their Divine Companion but their mind doesn’t understand that these benefits indicate the presence of their Divine Companion, they may not develop more trust.”

Jesus: “Meaningful trust happens when your mind (your Inner Director) reaches a solid conclusion that your Divine Companion is the source of these benefits. Your desire for more intimacy automatically grows when you see your Divine Companion that way.”

Jack: “That is exactly what happened for me: first, I understood who you are from our conversations; then it was so easy to trust you. Amazingly you seemed to trust me so much right from the get-go. It was so clear that my new benefits entered my life because of you. That combination of experience and connecting the dots created a really strong desire to see you again.”

Inner Director has all the necessary tools to help you through whatever you may be facing; trusting that your Divine Companion is kind and loving; trusting that your one precious life holds great possibilities as well as tough disappointments.



# Inner Relationships Nourish Outer Relationships

Jesus: "It's easy to see our relationship in the outer world; it is a useful model for your relationship with your Divine Companion whom you cannot see. My personality is much like your Divine Companion's. You know me from our relationship in the outer world; you can be assured that you can also know your Divine Companion in the same way, through a relationship, but your inner world. We both love you and want to spend time with you. I will soon move on, but your Divine Companion will remain with you forever."

Jack: "I will really miss you when you are gone."

Jesus: "I am tremendously glad that we spent time together and I would never leave you alone. I would not leave you if you did not have your Divine Companion to provide just what we have shared together. You have the relationship that you long for, waiting for you, right within you."

Jack: "It seems that God provides very well for each of us even when we live in such materialistic and seemingly unsympathetic times, even when many don't find much hope or solace in organizations claiming to represent Jesus."

Jesus: "Your Divine Companion will always be with you no matter how dark the current circumstances may get. And you can share what I have given you with other hungry souls. Wherever you sense a person's spark of hope is struggling to stay lit amidst much personal pain, help them to grow that precious spark grow into a stronger flame. You will find as much joy in providing that service for another as you have found being on the receiving side of my assistance to you."

Jack: "I'm sad that I won't see you and I'm also excited about living as you just described. I'm excited to have this opportunity to be as much like you as I can be."

Relationships often powerfully shape who you are: your outlook on life, your confidence and your sense of hopefulness. Often relationships shape you in ways you don't want. You have the opportunity to change the impact of less-than-ideal relationships

by exercising your core inner muscles (choosing, creating and connecting) to seek and deepen your relationship with your Divine Companion. Such inner intimacy will change you and help you form more meaningful relationships with others.

# Saying Goodbye

Jesus: “My greatest joy is doing that: giving you real hope that by understanding your inner world, you will find and be strengthened by your Divine Companion. And you will find the same thing for yourself: the greatest joy in life will be connecting with people in a meaningful way; being willing to enter their inner world, understanding their demons, and helping them trust, no matter how vicious their demons are, that the inner world also contains a wonderful advocate.”

Jack: “That possibility really motivates me; it gives me a more meaningful purpose to my life than simply getting by.”

Jesus: “I’m delighted with how thrilled you are with the goal of being of real service to others. You will only be able to accomplish this goal by nourishing your inner world. Daily, even constantly, having an inner dialogue with your Divine Companion is essential to bearing good spiritual fruits. You

are highly motivated in this moment, but if you neglect your inner spiritual nourishment, you will no longer bear abundant fruit. Be sure to balance the energy that you devote to serving others with plenty of mental energy devoted to worshipping the God who helped you escape from your own psychological chains and who sustains you as seek to assist others.”

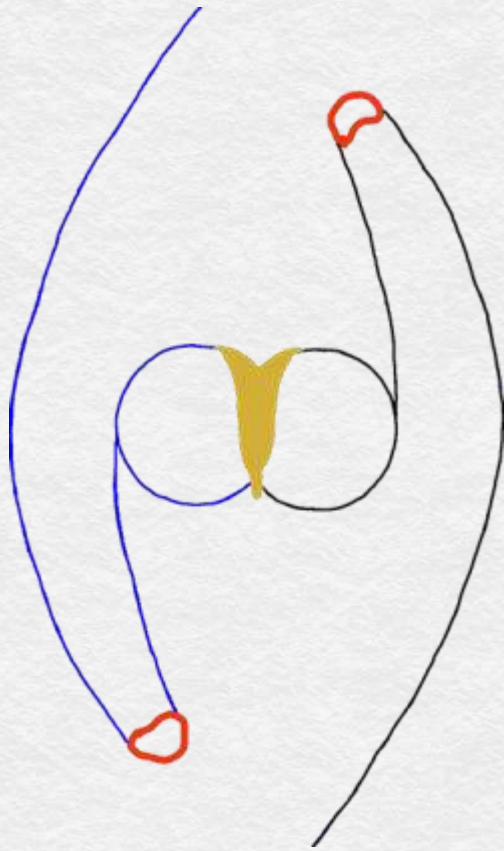
Jack: “I’m really glad – utterly amazed – that I met you because I don’t think that I would ever understood my inner world with your personal lessons. Yet it makes so much sense after talking with you. I’m so grateful for the interest you took in me and all you have taught me.”

Jesus: “I am so glad that we met. Please remember our time together often; I will always have you on my mind. I hope that what we have shared will stay fresh in your mind and won’t lose its savor. Let my joy in you remain strong in your mind.”

*Even very powerful inner spiritual experiences can fade over time if they are not kept vibrant with a combination of inner worship and outer service. Jesus left Jack with a blueprint for keeping their time together a strong fire rather than a flickering flame:*

*keep the memory of their experience clear and keep it in the foreground, rather than the background, of his mind. Too much service without worship will exhaust the soul; too much inner insight without service can become an intellectual abstraction.*





# Jesus Talks with Other People

# Conversations with Others

Jack: “You could really help some of my friends if they could talk with you like we are. Would you be willing to talk with them if I introduced them to you?”

Jesus: “Yes, but every one responds to me differently. You have really appreciated our conversations but others won’t react to a conversation with me as you did.”

Jack: “That’s hard to imagine that they wouldn’t appreciate how you could them see themselves more clearly.”

Jesus: “Thank you for your trust in me. I’m always willing to talk with anyone but I’m also realistic about how people are.”

Jesus met many people and, because fear is so common, their fears dominated their hearts and minds; their fears stopped them from opening up to him. But whenever he could connect with a person, that person was greatly helped. Jesus never

forced himself and a conversation on a person; if a person wasn’t open to a meaningful talk, he let them go on their way with much less interaction that he had with Jack.

Jesus told Jack about some stories about how others responded to conversations with Jesus. Jack struggled to wrap his mind around the possibility that a person could not be attracted to the lovely personality of Jesus and desire to know him better, to absorb his views of life more deeply.

The following imagined conversations between an unreceptive person and Jesus reflect the difficulty of the Divine Companion in connecting with a person who is resistant to the idea of spirituality and who dismisses the spiritual possibilities of their one precious life. The Divine Companion, like Jesus, always invites you to intimacy but never pressures you to take up that invitation and start that relationship.

This booklet imagines the personal conversations Jesus might have with a person like Jack who was struggling and was receptive to Jesus’ invitation to engage, who was receptive to Jesus’ ideas about his life situation. But not everyone was

receptive to Jesus 2,000 years ago and not everyone would be receptive to Jesus today. Many people would never want the kind of conversations with Jesus that Jack enjoyed so much, conversations that benefitted him so much.





# Jesus and a Distrusting Person

Jesus also met another person, Jackie, who, like Jack, was also beset by fears. She was raised in a family that wasn't warm at all; her parents had wanted a boy and were really disappointed when they had a daughter. She absorbed the sense that she was inferior and that others were disappointed in her and didn't really like to interact with her. Lacking a secure base, she was handicapped by a deep sense that the world wasn't a safe place to explore and that people were unlikely to form loving connections with her.

Jackie was closed off to people unlike Jack who was open to listening to another person; she had lost hope that a relationship with a new person would be any different from her earliest relationships. Jesus approached Jackie with a kind and warm attitude just as he approached Jack; Jesus could never walk past someone who was suffering. Jackie was dismissive when Jesus reached out trying to begin a conversation. She distrusted virtually everyone except others who shared and reinforced her very negative view of life.

As soon as Jackie clearly rejected Jesus' invitation to have a conversation, Jesus graciously moved on. He respected her as the one in charge of her mind and her thinking. Although he left her to keep her own counsel, he never stopped caring about her. When he met her at various times afterwards, he always reached out to her to attempt making a connection; he stayed hopeful that perhaps, at some point, she might have an opening to allow him to ease her psychological burdens. But he would always graciously give her space each time that she made clear that she had no interest in interacting with him.

Eventually, a time came when they no longer crossed paths. She had refused to engage each time the opportunity was offered. And then the opportunities no longer came. She spent the rest of her life barricading herself against meaningful interactions; she felt suspicious and disconnected of others, unaware that she had been offered a perfect opportunity for warmth and companionship several times by the most wonderful friend possible.

*God will always continue extending invitations to have a meaningful dialogue with you throughout your life. God never stops inviting; you will have opportunity after opportunity. But*

*eventually the clock runs out on life and you may die having spurned each opportunity to allow your Divine Companion to brighten and enhance your inner world.*

# Jesus and a Nihilistic Person

Tom had a pronounced distrust that life had any meaning other than simple material existence and survival. He was extremely dismissive of the ideas of other people; his mind was made up that their ideas were worthless even before he heard what they thought. In terms of the Interior Castle, his drawbridge into his inner castle was pulled up tight and bolted shut so it would never let in another person or their way of thinking. Ever.

Tom: "Sure, Jack introduced me to some guy he had met; Jack thought he was amazing but I wasn't impressed at all: the guy was just too optimistic, like he really didn't get the fact that the life isn't all that rosy when you get down to it. The guy seemed to focus so much on the 'inner world,' as he called it, that he didn't seem to get that it's the real world that needs changing, not some imaginary inner world."

Tom: "The guy talked about the Divine Companion like it was a real thing. But isn't like when you were six years old and thought that you had an imaginary friend? Maybe it felt good

for a while but sooner or later you wise up and realize that your cherished friend was just a figment of your imagination. I'm too old for such foolishness. I'd rather listen to someone with better credentials who has already proven himself in his endeavors. I really don't trust unproven upstarts."

Tom permanently had closed his mind to new viewpoints. He only valued ideas that matched his own level of extreme distrust and hopelessness. His close-mindedness condemned him to a crystallized life, like a fossil that is preserved at one stage of life and never changes, never progresses. Jesus respects when a person like Tom makes such a decision; Jesus simply offered another possibility but never insisted that Tom take it up. Jesus never attacked Tom's choices; Jesus would never say: "Well okay: that's your choice but know that you are going to go to hell and suffer for all eternity." Jesus knew that some decisions deprived you of the spiritual richness, but Jesus would never deprive a person of their sacred ability to make their own choices.

Many people succumb to nihilism, the belief that life has no real meaning. They dismiss any ideas to the contrary so their

worldview is self-reinforcing. They have a hardened heart that isolates them from the warmth of caring connections.



# Jack Sharing his Experiences

Jack was so excited about his conversation with Jesus that he couldn't stop from sharing it with others. Some people ridiculed Jesus' emphasis on the inner world. They mocked the idea that the inner world has the power to create a different approach to life. They wanted and demanded life, the outer world, to change to suit their tastes. They criticized making inner changes as simply "wishy-washy" thinking.

They also mocked without mercy the idea that a Divine Companion lived within a person. They thought that idea was incredibly stupid and naïve. They felt they that their scientifically validated ideas were the only valid perspective on the mind, a perspective sufficient to completely explain everything important about the operation of the human mind and the life of a person. They considered the spiritual aspects of life to be a quaint anachronism from a more primitive time.

*Each person who has a conversation with Jesus (or who hears about such conversations) has the chance to take his thoughts to heart, to dismiss them, or to actively attack them. Jesus didn't put much energy into defending his ideas or refuting the various criticisms. He seemed quite uninterested in trying to*

Jack heard their criticisms but he was unmoved because he had actually experienced meaningful dialogues with Jesus; his own experiences were more than enough to satisfy him that these spiritual ideas were true. And the changes that flowed from his conversations with Jesus further validated that Jesus was teaching him the truth about the inner world.

Jackie, too, heard how these people criticized Jack; their criticisms only further reinforced her thinking that Jesus' ideas were foolish and useless. She never wanted to talk with Jack when she realized how much he valued Jesus' ideas.

A few people heard talk Jack about what Jesus said and they were greatly intrigued. Jack shared what he could but they wanted to know more, they wanted the same experience for themselves. They sought out Jesus and bravely approached him so that they might strike up their own conversations.

*persuade people; he seemed only interested in extending the invitation with no pressure. It was almost as if Jesus considered each person's autonomy as a sacred right so precious that even Jesus would never violate their right to steer their own life as they see fit.*

# Elements of Vital Conversations

Three elements enabled Jesus' conversations with Jack to be so meaningful and helpful: Jesus was certain of the great value he saw in Jack; Jesus really got Jack's experiences and feelings but also saw the undiscovered parts of his inner world unknown to Jack; Jesus unlocked the path for Jack to know his Divine Companion so that his spiritual growth could continue.

First, helpful conversations require really valuing the other as good and worth spending time with, worth really engaging with. Jesus really enjoyed, even craved, spending time with Jack. Jesus didn't so much speak explicit affirmations to Jack as he acted out his affirmations by generously sharing his time and interest, with his warm tone that expressed his concern and caring. Jack's low opinions of himself were initially formed in his early relationships; this new and far healthier relationship with Jesus was a strong antidote to unlock the grip of his low self-worth narrative.

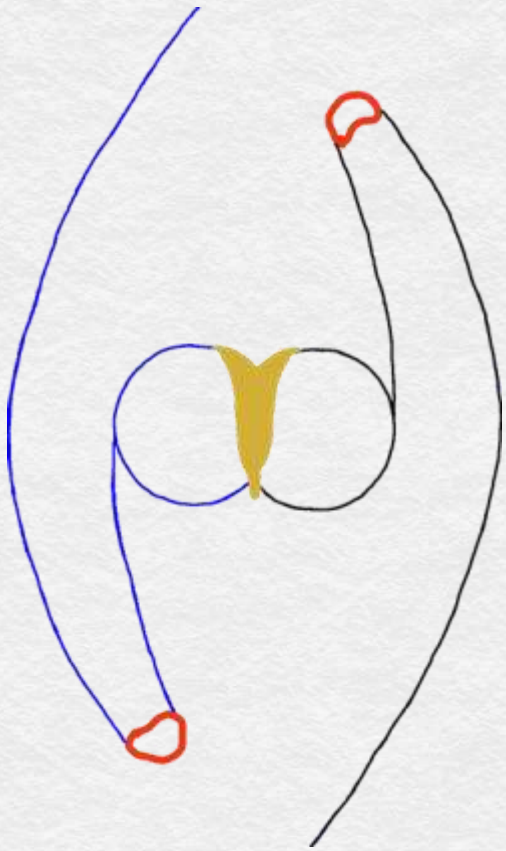
Jesus often said (paraphrasing): "Don't be pulled down by fear; you don't need to be afraid because God is always with you even when the things of the world may be aligned against you." Jesus was offering a peaceful and poised mindset if your mind was in

Second, valuable conversations reveal things that you aren't yet aware of; for Jack, that revelation was knowing that his inner world included different parts with different narratives and values which meant that he had choices, that he wasn't locked into his original narrative. Having options meant he could to see himself from a larger perspective, could choose new values, could live and connect in new ways.

Third, spiritual conversations help you appreciate the very real possibility of a relationship with your Divine Companion, a possibility that many people don't realize exists for them. Knowing that you are accompanied by such a perfect partner permanently transforms your inner world from a solitary place to a place of deep intimacy with a loving and wise companion who has the same personality as Jesus. This inner companion offers you a very secure loving bond and wise guidance as you face the challenges and opportunities of your life.

great turmoil. Jesus offered peace to Jack (and you) in the tone of his conversation which clearly communicated that spiritual success—growth and service—was possible to achieve especially when a person is receptive to God and their Divine Companion.





# A Few Highlights

# Desire and Intimacy

Divido is the intense desire for intimacy with your Divine Companion. Divido is analogous in many ways to libido, the intense desire for intimacy with another person who you think is exceptionally wonderful, except each desires has a very different focus. Divido, the desire for divine intimacy, is the powerful attraction fuels your spiritual relationship.

Divido begins with recognizing that there is one person who you feel is far more wonderful than all others; this person attracts all your heart's love and longing; you are certain that this one person is the partner above all others; this person activates your desire with their great beauty; this person becomes the one you value above all others; you burn with desire for intimacy with this person.

You want to give yourself completely to this person; this is your supreme desire: to bare yourself, your soul and to have this person bare themselves to you, to have no barriers between you; to have nothing withheld between you.

*Your desires can either close or open the door to intimacy. If you mainly desire the spotlight on yourself, then you have little attention to spend on another, even a wonderful person. If you*

You want to be pleasing to this person; you want to be as beautiful as possible to this other person; to clean away any imperfections or habits that might be repulsive to this adored person and, in doing so, you prepare yourself for intimacy with this person so wonderful.

You want to do anything /everything that pleases this person; pleasing them, rather than being pleased by them, is uppermost in your mind; your focus is giving them what they desire of you, what they desire from you; your heart is bursting with the desire to satisfy their desire; you give joyfully, grateful that you are the one sharing intimacy with this person ("What a miracle!"); you give lavishly and oh-so-gladly.

You abhor the idea that you might cause suffering rather than joy for this person; you stop any habits that might displease or discomfort your partner; your partner's wishes supersede your own preferences, your own wishes, your own pleasures.

*mainly desire your own satisfactions, then you may have much less concern for another's satisfaction. Making yourself the your highest desires prevents intimacy with another person.*



# Desire and Intimacy

You rush in to be with your partner should they be in pain; you can't stand the thought of your partner suffering alone; you give no thought to the cost or your own pain; you consider sharing in your partner's pain to be an honor.

You adore your partner's mind and heart; you seek to absorb your partner's attitudes, views and mindsets; you see your partner as the most wonderful role model; you welcome your partner's infusions into your heart, mind and soul.

You get such great nourishment from this intimacy as if were the food that sustains you and elevates you; you crave the nourishment that your partner gives to you, the bread and wine that you enjoy so thoroughly.

You love co-creating something unique and beautiful together; along with the pleasures of intimacy, you crave making a contribution together; making and gifting something that will help or uplift others.

Divido involves both your psychological mind and spiritual mind; it involves all of you. It begins in your psychological mind with the taming of any lower desires that have consumed you. It moves

With your partner's love filling your heart and mind, you love to serve others, to wash their feet; you gladly do the grunt work that love entails; you are as happy to toil as you are to enjoy your shared intimacy. You know that such serving is making your divine partner's dreams come true

This powerful passion of *divido*, the exquisite human-divine intimacy, is echoed in the scriptures loved those who have felt the embrace of their Divine Companion: the analogies between human passion and spiritual passion in the Song of Solomon; their desire to share in Jesus' passion (the Crucifixion); their joy in the Eucharistic ritual that recalls the sharing of the Last Supper and the call to willingly wash the feet of others.

*Divido* contains no shred no ambivalence: your heart is consecrated to loving and pleasing your partner; to co-creating with your partner. No other ambivalence diminishes the intensity of your desire for your Divine Companion.

on to your spiritual mind where you allow the higher lures to enter and absorb you. It culminates with making all of yourself available to your Divine Companion.

# Inner Dialogue

Your inner dialogue with your Divine Companion is the lifeblood of that relationship: an exchange that allows your Divine Companion to seed your heart with love and fertilize your mind with clearer understanding and higher values.

Dialogue is the lifeblood of any relationship: sharing ideas, not only so that your ideas are heard but so that you also incorporate the ideas and insights of the person you are dialoguing with. Dialogue includes sharing how decisions are made so that your the final choice includes both your preferences and those of the person you are dialoguing with. Dialogue is the exchange that changes a person: the conversations that enlarges and enriches a person's life.

Simply stating your thoughts and ideas and hoping for affirmation from the other person is just a monologue, a conversation with no desire to learn how the other person understands an issue or life itself. Simply stating what you want from your Divine Companion isn't really a dialogue

Inner dialogue involves leaning on your Divine Companion. Doing your best (really putting in effort) and also leaning on God. This is not expecting God to do everything while you do the minimum

because it leaves you unmoved and unchanged.

By all accounts, Brother Lawrence was a simple man with a deep spirituality that was clear to all who knew him. His spirituality grew from maintaining an ongoing dialogue with his Divine Companion. His practice wasn't complex but it was deeply heartfelt: he thoroughly enjoyed this inner exchange; it warmed his relationships with others although it didn't seem to generate profound teachings.

A vibrant inner dialogue sustains your relationship with your Divine Companion. Just as your eagerness to share with a dear friend throughout the day sustains your connection, your desire to stay connected with your Divine Companion sustains that inner relationship. A vibrant dialogue includes intimately sharing your life (your experiences, thoughts and feelings) as well as eagerly receiving the contributions of your Divine Companion. A simple practice is to regularly have moments carved out to share your inner life with God.

but rather knowing that worthwhile endeavors require both contributions. And expect that your Divine Companion will lean on you: propose to you that you do undertake a spiritual task.



# Spiritual Attachment

Your world view is how you see life in the outer world: whether life, existence on this planet, is a material-only existence or a material+spiritual life. Your outer world view affects what you value and your pursuits in life.

Your inner map is how you see yourself, your inner world: is it a psychological-only world or a psychological+spiritual world? Your inner world map affects whether you think you must muscle through life's challenges relying only on your grit or whether you can cooperate with a wonderful partner to create a beautiful life even in challenging circumstances.

Your attachment style is your view of relationships with other people: are they quite likely to be friendly or quite likely to be harmful. Your attachment style affects whether you can develop a meaningful intimacy with another or whether you create barriers to personal closeness with others.

Your outer attachment style affects your spiritual attachment style: your sense of the trustworthiness of your Divine Companion. Your inner world view and your outer attachment style form the foundation of your spiritual attachment style: the idea of becoming spiritually attached only makes sense if you think that your inner world is also home to a divine partner (vs. being a human-only abode); seeking a vibrant and secure attachment involves being able to trust that this inner partner is wonderful and will be good for you (vs. doubting the goodness of this partner).

You can debate whether these worldviews, maps and attachment styles are true or false. Or you can consider their beauty: do they heighten your sense of your own beauty and the beauty of life? Or you can evaluate them by their goodness: do they bear good fruit in your inner world for you and in your outer world in your compassion for others?

Early Christians spoke of feeling a "peace beyond all understanding" when they saw themselves as Jesus saw them. Paraphrasing that as "the secure attachment beyond all understanding" expresses the experience of many others who

have felt being deeply loved by their Divine Companion: feeling deeply assurance that they were intimately known and perfectly loved. The fruits of this secure love were mental poise and courage to undertake great spiritual explorations and adventures.

# Two Paths in Life

You have two possible paths you can take through life: one path is only concerned with the psychological, material and social aspects of life; the other path also includes spirituality in addition to the first concerns.

The first path, the earthly-only path, is the one in which you concern yourself only with material and social issues.

Everyone must walk at least some steps on this path and face the psychological and material aspects of life; being engaged with these aspects of life is not a choice – they are inescapable. This path is often taken as the default option without a person making any intentional choice. People who walk the first path can be very creative, productive and altruistic. People who walk first path see often their inner world as having only human aspects and nothing more.

The second path, the earthly+spiritual path, includes facing the inescapable material and social issues of life but also seeks understanding the spiritual aspect of life. People who walk

the second path are can be talented in skills necessary for the first path. Taking this path involves making an intentional choice of also developing their spiritual capabilities. People who walk second path are aware of their all-too-human aspects but also that their mind has spiritual capabilities for knowing and bonding with their Divine Companion.

Many people don't appreciate that life and their inner world also contain a spiritual aspect; they may not even be aware that they exist. But those who recognize the spiritual possibilities of life and their inner world can be very energized and guided by seeing the spiritual parts of life and themselves.

Your mind is not just for solving material, social, psychological issues; your mind is where you can meet your Divine Companion and be embraced, be loved very deeply. Your Divine Companion craves being able to embrace you: don't disappoint the longings of such a loving and devoted partner!

*Life's dramatic quality stems from the unanswered question of how you see yourself and which path you will take in life. Will you be content with the earthly-only path and the human-only view of*

*yourself? Or will you sense that life includes something more, that you contain more than your psychological mind, that your inner world contains Someone More than your human parts?*



# You are tugged between two poles

You are like a planet that is pulled between two suns. One sun represents the pressing pull of your struggles of life on Earth: material survival and social connections/protection. The other sun represents the allure of spiritual growth, the possibility that your life involves more than just your material existence.

The sun you are closest to represents what you desire most, what you value more. When you value material success a great deal, your planet is closer to the material sun. Valuing spiritual growth a great deal is represented by your planet drawing closer to the spiritual sun. The closest sun has the most powerful gravitational pull on you.

As you move closer to one sun, its pull (its hold over you) strengthens and the pull of the other sun weakens. You can always change your location by changing what you value, but changing is hard when you are so close to one sun that it virtually negates the pull of the other sun. The allure of

material ease can nearly obliterate the pull of the spirit as you draw so close to the material sun that it virtually negates the pull of the spiritual sun.

This metaphor visualizes the human struggle as being pulled between your material needs and your spiritual potential. 2,000 years ago, Jesus lived a life with many hardships so he knew disappointment first hand yet his optimism did not fail him, even in the bitterest of circumstances. Jesus' optimism didn't come from nourishing fervent hope that the wrongs of the world will be righted in material terms; he didn't dream of being validated by the religious authorities. His optimism came from a deep trust that, no matter how bleak your circumstances in the world may be, God is always with you in your inner world. Jesus consecrated his life to sharing the truth that your inner spiritual life can flourish no matter how impoverished the beliefs of your time are, no matter how harshly the material sun pulls at you.

*Jesus understood how easily your mind can drift into depression or fear; how depression can lead to disengagement, how fear can lead to ferocity. But Jesus knew that other forces are active in your mind that can counteract the downward drift of your default*

*thinking. Jesus always started with understanding the real difficulties of life and then always added a new piece to the inner map, an inner part that Jack wasn't really aware of, a part that enhanced the muscle on the hope side of the inner tug of war.*

# Inner Sovereignty Metaphor

Your inner world is like a planet with several nations who each considers itself to be far superior to the others. The nations are usually at war as one nation tries to be the ultimate sovereign: to dominate the others, to dictate to them how they should be living. In your inner world, one persona may consider itself superior and try to assert sovereignty and dominance over everything else in your entire inner world.

Such warfare can go on for a long time without a overarching organization that promotes unity among all the nations and protects against the propensity of a nation to establish dominance. Peace requires that each nation sees the value of others rather than smugly admiring itself as superior to all.

Inner warfare, intense conflict between personas, can also go on for a long time until an active Inner Director intercedes and acts like an inner peace-promoting organization that fosters

harmony among your parts, like inner United Nations. Your Inner Director can use its wisdom and core inner strengths to be that agency which counteracts your more immature desires.

Your Inner Director doesn't have to do the work of inner harmonization all its own; your Inner Director has the assistance of your Divine Companion who can help with this often difficult work. Your Inner Director is better able to use its strengths when you move from inner warfare to consecration, from being ambivalent about including your Divine Companion's contributions to consecrating your inner world as welcoming home to your Divine Companion. Your Divine Companion has no desire to be the dictator over your inner world. Your Divine Companion desires cooperation: sharing equally with you in managing your inner world, in charting the direction of your life and assisting your efforts to make a meaningful life.

*A beautiful possibility is woven into the very fabric of your inner world. A great invitation to a larger life sits within waiting for your response. A wonderful partner awaits within you, patiently waiting in the wings, hoping that you will answer the invitation*

*this partner has given specifically and personally to you. Consecrating your inner world to this wonderful partner is a joy, not a reluctant capitulation, that doesn't diminish you in any way but only enhances you.*



# The End