

Become the Idea

by Stewart Blackburn

Just as we can't really understand anything physical or another person until we use our expanded sense of empathy to "shapeshift" into or "grok" them, we can't really understand an idea or a concept until we can get inside it. This can be thought of as putting the idea on and wearing it. Or we can become the idea and view life looking out from within it.

We are constantly changing and every time we learn something, experience something, or even contemplate something we change a little. We are not static machines that get programmed with facts and instincts. We are ever evolving centers of consciousness, growing and exploring in ways that help us become more than what we have been.

So each idea we encounter has the potential to shift us in some way. Our power is in choosing which ideas we are going to incorporate and which we will ignore. In choosing to take an idea in, we allow ourselves the freedom to shape who we are becoming in certain, distinct ways. Understanding this makes it much easier to manifest whatever it is that we desire.

Take wealth for example. If we desire more money in our lives, then incorporating the concept of accumulating money as a useful and honorable endeavor is a good way of shaping our psyche to expand our finances. The effort to incorporate this concept is also a good way to flush out competing concepts such as "money is evil", "money is anti-spiritual", or "I don't deserve to have lots of money."

Another example might be romance. If we want a romantic partner for doing what romantic partners do, then we might want to incorporate the idea that we are worthy and ready for romance and the accompanying pleasures. Again, holding that thought for a while will likely stimulate any other notions to the contrary and get them to show

themselves. Such ideas or beliefs related to unworthiness, fear of intimacy, or mixed desires can then be dealt with. Any such contradictory thoughts will naturally have to be addressed before any effective manifestation can happen.

So how do we incorporate an idea or concept? Nothing seems to do the job better than the technique of *Nalu*. With *Nalu*, we hold our focus on the idea or concept in a quiet contemplative way until we feel some shift inside us. We allow it to mold us in ways that we expect will bring us more pleasure.

Nalu as a noun in the Hawaiian language is a wave. It can also be the amniotic fluid that surrounds a baby in the uterus. But as a verb it means to reflect on, to meditate, or to contemplate. When we do it in a focused way that lets it sink into us as deeply as it will go, then we are incorporating the subject of our reflection into our being.

Another useful way of looking at this idea of becoming an idea or concept is that of vibrationally resonating with it. When we “grok” or shapeshift into something we intentionally focus our attention on the vibrational pattern of our something with the intention of aligning with the energetic pattern of that something. We can say that we are becoming a “vibrational match” with the object of our attention.

When we do the same kind of vibrational resonance with an idea or concept, we directly experience it without the filters of thought and fears. We *feel into* the idea or concept in a way that cognitive processes can't. This then comes close to the noun usage of the word *nalu*—wave. We are lining up our waves with the natural waves of the concept and allowing for the interaction between the waves, including wave interference that greatly increases the size of the wave.

The key to this process is to allow all the feelings associated with our idea or concept to come up and be fully felt. We are learning to embody this idea or concept and that means accepting all the ways our body reacts to and expresses the idea or concept. For instance, if the concept that you are bringing in is something like parallel realities, the simultaneity of time, or multiple lifetimes, then the process of changing old beliefs and incorporating new ones will involve some restructuring

of one's personal reality. That will likely have some emotional content around change and possibly some disorientation. To truly incorporate that idea will require resolving the conflicts and integrating all the ramifications of that idea with the rest of us.

This process is much more than just learning something new and valuable. It is the next stage of real knowledge. We often talk about not really learning something until we have embodied it, usually through the experiences of life. But by intentionally becoming the idea in the first place, we reduce the time before that idea or concept is really ours. When we become the idea or concept we are interested in, not only have we changed, we have helped the world change and expand. We have helped the Universe know itself better. And that's a good thing!

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