

Harmonizing With Your True Nature

by Stewart Blackburn

We have several ways that we can command our body mind effectively that we use without thinking much about. There's the command to "Wake up!" or "Relax!" or "Hold it!" or "Keep going, just one more lap!" These commands all depend upon a good relationship between the conscious mind and the body mind. When that relationship is optimal, these commands can seem like magic. Things happen as we would like. Usually.

One of the most magical of our commands is: "Harmonize!" When we are at odds with others, for instance, we can tell our body mind to, "Harmonize with Lucretia!" and usually we feel less tension as we think of her. When we want to soothe the relationship between our body mind and our conscious mind, we can tell them to harmonize with each other, perhaps in the context of a team or a family.

But the harmonization I want to talk about here involves all the ways that we have learned to override or hide from who we really are. We are all taught to fit into our society and to do things in certain ways to be accepted by others. This means we must put more emphasis and importance on normalizing ourselves as opposed to celebrating our unique individuality.

A little bit of this probably doesn't do us much harm, but a lifetime of this as a habit is disastrous. Every time we go against the patterns of our own nature, we enter into the world of shame. We block the free flow of energy within us. And this blocked energy builds up and causes problems like sickness, pain, and eventually depression.

Suppose we use the magic of harmonization to harmonize our conscious mind, our body mind, and our true nature. I suppose we would need to find out what our true nature was first. But perhaps not. Let's assume that we have an innate sense of who we are and what we're about. Feelings arise and if left unchecked, they get noticed and then go away. Our desires, again unchecked, likely will eventually lead us to a healthy life.

The first thing that needs to happen when we approach harmonization is that we need to decide, clearly and for ourselves, that living in harmony would be better than the chaos that we're used to. This may be harder than we expect because we've been doing it for so long that it seems like *just the way things are*. But a quick inventory of the pain that the chaos brings should be sufficient incentive to seek change. If not, then don't bother trying to change anything.

We're talking here about changing patterns. These patterns are the product of the beliefs we hold and are difficult to change without changing beliefs. But a simple belief that harmony is better than chaos should do the trick to start. You will want to settle with

yourself the feelings you have had that led to the chaos later, but getting into harmony first is important and will give you a blueprint for taking care of these other feelings.

Secondly, you will want to hold a sense of what harmony looks and *feels* like. If you don't really know the experience of harmony, then you will have difficulty producing such an experience. Listening to Mozart would help. A walk in the woods or on a beach would likely do it. Watching a sleeping child should also help. You don't have to linger long on the experience; you just want to remind yourself of where you want to go.

Thirdly, you want to be clear about your desire. This is the energy that goes into bringing about your harmonization. How strong is your desire? This takes the desire of the first step and asks you to feel the strength of that desire. The stronger the desire the faster things will change.

And finally, give the command to "Harmonize!" You are telling all the parts of yourself to change the patterns of your life to incorporate your desire for peace and tranquility within yourself. You will likely feel a mixture of feelings ranging from relief to euphoria. Savor this feeling and you will make it easier to bring it back the next time.

When it comes to harmonizing with our true nature, then we must decide whether or not we are willing to stand up to all those who say our true nature is bad, wrong, misguided, evil, or just plain uncivilized. I won't pretend that this isn't a big challenge for anyone. But at some point, it becomes obvious that the pain of hiding from ourselves is greater than whatever pain there might be in living our lives authentically. It is at that point that we can harmonize with our true nature and find the joy and peace that is our natural birthright.

May you learn to live in harmony in *all* aspects of *your* life. I think you will find it a staple of a happy life!

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