



# THE RE-MEMBERING PROCESS

How to Come Home to Yourself and Thrive



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# THE RE-MEMBERING PROCESS

## The Questions We Live By

Do any of these internal messages sound familiar?

How did I end up here? Why is this happening to me again? Why can't I get it right?

Where is the relationship of my dreams...the lifework that makes me want to jump out of bed every morning... the like-hearted tribe to support me... the prosperity I deserve?

If I only had more... love... money... energy... time... (fill in the blank)...

Whose life am I leading anyway???

It doesn't have to be that way.

You don't have to be a late-or-never-bloomer.

## **Introduction**

The edge of our reality depends on what we hold inside our minds as true and possible. We tend to recycle our lives: past, present, future — all becoming one in the same — continually validating the filters through which we live. We continue to attract to us what we self-select through rote unconscious processes until we don't. When we don't, it's because something has awakened us to a wider life. With that wake-up call, different meta-questions are projected into the psyche from a place of higher wisdom. We begin to run those unconscious

questions in our minds instead to attract to us the answers that will fulfill them.

In my books *Calling Our Spirits Home* and *Standing Stark* I document a path I call *The Re-Membering Process*. The model I present in this free report is drawn from my books, as well as additional observation and experiential research.

While there is no prescription or prescribed schedule, I'm aware of these stages: *Sparking*, *Separation*, *Search*, *Initiation* and *Re-Entry*. Many of us are on this path, in different phases and timetables. We are propelled forward by the energetic momentum present with us in the world today demanding transformation—now. If we're not involved and committed to The Re-Membering Process, then we're still anesthetized, betraying ourselves and deceiving others.

Excerpted from "The Questions We Live By" by Carla Woody published in *Anchor Point: The Practical Journal of NLP*, September 2001.

Inside this report, you will learn:

1. **The Sparking.** The task of Sparking is to wake up. Sparking is what awakens us from sleep and an unconscious life. It usually happens over a period of time, but can happen within an instant. We seek to reach into the fog and grasp explanations.
2. **The Separation.** The task of Separation is un-learning. There doesn't have to be a complete break with pre-existing elements. However, discovery in this phase will allow the loosening of old beliefs, which will, in turn, begin to alter attitudes, feelings and behaviors—and leverage possibilities toward a new way of life.
3. **The Search.** The quest of the Search is to widen choices. If we pay attention, we will be directed, through intent, to those aspects that fit who we are at the core.
4. **The Initiation.** The undertaking of Initiation is assimilation. We are readying ourselves for the journey back into the world. After a pause to fully integrate who we now are and the gifts we have to share, we are ready to continue our travels.
5. **The Re-Entry.** The mission of Re-entry is immersion. Our new identity calls upon itself for expression. Belief in ourselves and the possibilities of human potential cleave the way for what is to come.

## THE SPARKING

Sparking is what awakens us from sleep and an unconscious life. It usually happens over a period of time, but can happen within an instant. It often occurs at mid-life, but if we're lucky or more conscious it happens much earlier. We all live within a container of some sort and are in a stupor to some extent. We can't escape it. It's part of the human condition. The questions are: How deep is the sleep? How big does the spark to awaken us have to be? What will jostle us out of the daily shuffle? What will cause our heads, bent over so intently eyeing our shoes, to rise up?

There are some of us who unconsciously decide, without really knowing why, to look up one day and really see the sky or a tree and the Sparking takes place. For others of us, it may be a seminar we attend or a book someone gives us at just the right moment. Then there are some who must be dynamited awake. These are the souls who have to experience a major crisis in their lives. For them, it's a significant illness, loss of a loved one or way of life that finally gets their attention. The important point is that no matter how we receive our Sparking it happens as it needs to for each of us. It's at that point we become more aware of how we have been living our lives. In our semi-wakeful state, we slip ourselves these questions.

1. Where am I?
2. What am I feeling?
3. What am I lacking?

These are the unconscious mantras that run within our minds at this stage. A state of confusion exists. We seek to reach into the fog and grasp explanations. *The task of Sparking is to wake up.* Soon we may even become hyper-aware of the state of our lives. At this point, we transition to the next phase in the journey.

## THE SEPARATION

*The task of Separation is un-learning.* Once we begin to wake up, if we are truly going to continue on the journey, then leave-taking has to take place. It's a prerequisite of the course. We cannot travel a path toward authenticity maintaining a false life. The Separation phase is a major sub-transition in the evolution of Re-Membering. Those who successfully carry it through find the courage to hold firmly against forces — internal and external — that struggle to re-establish homeostasis.

At this point we begin to look at our lives and notice what really fits and what doesn't. Through the conditioning process we all received messages regarding what was "good" and "right" from our individual families of origin, schools and society. Needless to say, "good" and "right" varied greatly depending upon the environment. During the Separation phase, we tend to wonder where we went in previous years and what stranger took up residence instead. We ask ourselves these questions:

1. Who am I *not*?
2. How did I abdicate?
3. How do I serve myself?

In fine detail, we examine our jobs, relationships, homes — virtually everything in our lives that matter to us. If we haven't been true to ourselves, discomfort and disorientation increase until a shift occurs. The shift can generate drastic change: dissolving relationships, transferring career fields, or leaving a geographic location. There doesn't have to be a complete break with pre-existing elements. However, discovery in this phase will allow the loosening of old beliefs, which will in turn begin to alter attitudes, feelings and behaviors — and leverage possibilities toward a new way of life. We are then brought to the next fork in the path.

## THE SEARCH

*The quest of the Search is to widen choices.* During the Search we delve into other perspectives and beliefs and try them out.

1. Who am I?
2. What are the possibilities?

We find ourselves investigating areas that are new and different. The promise of a fuller life may seem endless. So, we undertake such things as going back to school, moving geographically, experimenting with new careers or relationships, trying out diverse spiritual traditions or religions; many things to bring in additional data.

The Search can be as exhilarating as it can be scary. We may feel as though we've jumped into space with no safety net to catch us. The dirty little secret no one mentioned is: There's no turning back. Even if we would choose to turn our backs on the future, we're still different than who we were before. The future is guaranteed. It's just how easy or difficult we want to make it. So, we might as well press forward. If we pay attention, we will be directed, through

intent, to those aspects that fit who we are at the core. We will know when we've arrived at the threshold of our true home not by the logic of the mind, but by the response of the heart.

## THE INITIATION

After having been on the Search, the traveler comes to rest in the comfort of Self-knowledge. The undertaking of Initiation is assimilation. We query:

1. What are my gifts?
2. Where am I going?
3. What do I need?

While many formal ceremonies exist the world over, the real Initiation starts and ends inside — where the Self is finally proclaimed as whole and wearing masks no longer necessary. In this stage we know and appreciate the old life for what it was. We've made the decision to take the learning and discard the rest. We also know intuitively that there's a new life on the horizon, a deeper one that stands apart from the one that passed before. Having been on the trail for so long, we now stand apart from those who have not yet awakened. We have something to teach — even if only by example. We are readying ourselves for the journey back into the world. After a pause to fully integrate who we now are and the gifts we have to share, we are ready to continue our travels.

## THE RE-ENTRY

*The mission of Re-entry is immersion.* We will find ways to re-enter and fill whatever voids existed previously. In this phase we discover the answers to these questions:

1. How do I return?
2. What gifts do I share?
3. What is the structure?
4. How do I implement?

This is the final tasking of Re-Membering. It informs our own evolution as much or more than any impact on others with whom we come in contact. If we don't come back, then we haven't

completed the journey. We would remain floating somewhere without real grounding. Our new identity calls upon itself for expression. It's not easy to enter places where what we have to give isn't always welcome. It can be frustrating and many of us will just want to give up and close ourselves off. But we can drop hints where we may and discover community. Patience and intent are indeed the bylaws of Re-Entry that allow us to ask our own answers. Belief in ourselves and the possibilities of human potential cleave the way for what is to come.

## Wrapping up...

Evolution is an ancient road. In this report, I've shown you:

- The Sparking
- The Separation
- The Search
- The Initiation
- The Re-Entry

However, this is just the beginning. If you've read this report and feel a resonance... a sense of expectancy... a knowing that something is on the horizon... then you it's up to you to answer the Call and take the next step.

If you'd like to know more about *how to move gracefully through The Re-Membering Process and come home to yourSelf* — and *ways to thrive* while you're at it — then see what else I've got to share with you at [www.kenosis.net](http://www.kenosis.net).

And remember: ***Live every day like your hair is on fire.***

With many blessings for your journey,

A handwritten signature in black ink that reads "Carla Woody". The signature is written in a cursive, flowing style with a long, thin tail on the letter 'y'.