

## Chapter 2: “Initiation,” from *Becoming Divinely Human*

When you think of initiation, you might think of a ritual or rite of passage. “Initiate” also means to begin something—to enter into a new phase of your life. When you land in the darkness before dawn, it may feel as if something in you is dying or ending—which it is. That which no longer reflects and serves who you truly are is dying in order to make way for something new, something more authentic. And when you meet someone who can give you a positive framework for what is going on in you, especially if she or he also transmits a remarkably grounded confidence in Being, something significant may be catalyzed in you. It is your own inner essence stirring, waking from its slumber. You are being initiated into the next great stage of your own spiritual unfoldment.

Sometimes such an initiation will feel expansive, freeing, and blissful, as if your heart and whole being were opening wide. All the stress, tension, and anxiety you have been feeling begins to melt away and a deep sense of wellness arises throughout your whole being. There may be a renewal of hope, with a sense of new possibilities opening up for you, and you might feel “high” for days or weeks, with a new influx of creativity and inspiration.

On the other hand, an initiation may just as likely come with an increased feeling of contraction or pain, as if your internal pressure had been turned up high and is now squeezing all of your most tender places. You might have feelings of unworthiness, or perhaps your inner critical voice is off and running with all the reasons this isn’t going to work for you and you’re going to fail—once again. Or you may find yourself reliving earlier painful incidents of your life, perhaps accompanied by feelings of guilt, shame, or sorrow.

In *both* cases, the underlying dynamic is one of increased energy and internal activity, a “heating up” of your whole being. Something in you that has been lying dormant is coming alive, unfurling itself just like those butterfly wings I spoke of in the last chapter. And this coming alive will inevitably lead, in turn, to further unfoldment, new discoveries, and great aliveness on all levels of your total self. (*BDH*, pp. 31-32)