

My Journey by June Konopka (Waking Down in Mutuality Teacher)

Right after graduating from college, I started a personal meditation practice, called Transcendental Meditation, that captivated me and held my attention for 30 years. I taught this meditation for 17 of those years, as well, resulting in a deep and permanent ground of understanding and experience of what we called Pure Consciousness. This Pure Consciousness was described as the unmanifested unchanging Absolute aspect of life that gave rise to the more relative changing familiar side of life. Laying this groundwork was like plowing the field and planting the seeds for what was to come.

In 1999, I meet a teacher who ignited in me what I call the “fire of Being”. This felt like the rain coming to the planted field, causing the seeds to begin to stir with life. Through his transmission, my Being force woke up and started moving through me as if alive on its own. This was in contrast to the previous meditation experience of leaving my life and body to go to a silent field of Consciousness. The silence was moving through my life and body instead. Concepts and ideas were secondary.

This teacher gave me powerful darshan (spiritual energy), but I had trouble finding the support system or intellectual framework I needed. I found when I was around him, my Being force increased and I felt open, alive, and spacious. In contrast, following these exposures I would be thrown into emotional upheavals. Long ignored and unexplored parts of myself were starting to wake up too.....some parts were wounded..... some parts were more powerful than I was used to. I was very confused and conflicted. How would I fix these wounded parts? Was all this power safe? There was no support system around this teacher for me.

Luckily, I was introduced to the Waking Down in Mutuality work in 2000. I was pretty hesitant at first, but an old friend of my husband's who was involved in the work had made a major transformation that was unmistakable and lasting. My hesitation revolved around not wanting to give up my self-guided path, or adopt any group practices that would limit my own impulses. A lucid dream opened me to give Sanial and Linda a chance. I was pleased to find out my unique impulses were keenly encouraged by them. My Soul desired to be seen, honored, and invited into this world, and the teachers and the community of people in the Waking Down work provided that kind of holding, without other expectations from me. They shared my same passage, held and soothed all of my humanness, and welcomed my powerful parts. And to my amazement, they

offered a gazing meditation that continued to call forth that initiated Being force in me.

They kept holding me in all my raw and vulnerable places, and patiently called me forth through what felt like a long birthing process. I didn't have to fix or perfect my human woundedness. I only had to be willing to be present in all its pain and limitations, while at the same time resting in the great All That Is that is also Me. I lingered on the edge of falling into this paradox for a few years, really taking the time to explore myself, and develop some safety around it so my mind could let go comfortably. In that time, I spontaneously discovered other dimensional parts of myself including goddess archetypes, animal aspects, and the spark of shamanic tendencies. I revisited past vows that needed renegotiating before completing my birth. I made use of other modalities, like Hakomi body-centered psychotherapy, to explore myself and understand my shadow more deeply. I read extensively in Saniel Bonder's writings, as well as teachings from many other traditions, during this transition.

Fully pregnant with Being, I awoke in 2003 to recognize my true nature as Conscious Awareness, to recognize that same true nature married in my own human form, and in all other forms of creation. My identity shifted. The seeds from the fertile field had sprouted. With this awakening, everything about life changed. I felt birthed into a whole new way of existing, perceiving, reacting and creating. Yet, none of my outer circumstances changed. I lived in the same town. I had the same job. I was still married to the same man. But, my connection and interaction with the people, things, and events in my life were all different. Each moment had a richness and realness that permeated everything.

Today, I know this awakening has many facets. The most delicious facet is that I find myself continuously deepening into the present moment....deepening into the silence of my own Being. I often like to sit and just be the Silence, while simultaneously enjoying its blissful manifestation in my heart and body as freely circulating energy, and in the world as a magnificent creative dance. From that Silence comes another facet.....a rhythm that is unique to me. I find myself being challenged to do and think in new and different ways by this rhythm. It seems like my Divine Soul has also awakened in this body, and with ruthless compassion, is systematically aligning my human personality with its nature.

Sometimes I am in awe at what comes through me as my unique Soul's desires and expressions. Other times, I am in awe of the Great Mother who births and destroys this precious creation in a rhythm all Her own. The seeking has ended,

but the conscious unfolding of Me in human form has just begun. I can only hope to surrender to it more and more easily.

I give endless gratitude to all my teachers and guides who have been in my life.