

My IF Development through a Spiritual Lens

Posted by **Adriana Chmiel** on May 26, 2015 at 7:27pm

In coaching school, I learned to use the integral lines of development and quadrants to discover how people make meaning in the world. I can use this as a tool to “see” through the eyes of another and to understand what is meaningful.

For me, I undoubtedly lead with my spiritual line. Ever since I can remember I have been curious why we are here, what my purpose is in life, and more importantly, how I could connect to Spirit (which I called God) in order to become who I was “supposed to be.” I realize that I don’t share this frequently with people outside of my spiritual communities. By withholding my curiosity, I am closing off a part of me and also limiting myself from my full potential. I notice myself doing this amongst our community. When Diane offered me time to facilitate a discussion during our community call I took the safe route, asking people how IF supports their spiritual development and their relationship to higher purpose. What I would have liked to ask is how we understand that Spirit/the Cosmos/the Organizing Intelligence is working us as we work our IF practices. I am going to take a risk- and share how I understand Spirit working me- and how it relates to my development as a facilitator.

Many Spiritual lineages and mystic traditions describe a similar way of working with energy states. One of my teachers likens the states to nested dolls. The most inner doll is the world of the physical. The next doll is the world of the mental/emotional. Then there is the Soul level and finally the world of Spirit. In our own development, clearing the energy at one level can support a clearing at an inner level of the nested dolls, but the opposite cannot occur. (For example, if I work with a therapist on anxiousness on scarcity of money, I may develop more capacity in that constricted area and realize that my lower back issues suddenly clear up. However, if I hold an imprint in my Soul that I believe that I deserve a scarce life- without a supportive community, a life partner or a career that nourishes me, my therapy on money may only touch the surface of these problems.)

It is with this frame that I seek to learn how to work amongst these nested dolls of energy states, particularly the outer level: how do I align with the energy of Spirit to become a more embodied woman and to step fuller into my Life’s purpose? Over the past 4 years, I have stepped up my spiritual practice (again). I have clarified what is most important to me and have said no to many Life choices that may have provided comfort and security, but would not nourish my Soul. So many choices that I would have previously struggled with have slipped away. Then Spirit upped the ante. Almost two years ago I developed a chronic illness that doctors could not diagnose. I can’t explain

why, but I always understood (or interpreted) my health issues as part of a spiritual upgrade; it was what was needed to create alignment amongst all levels of my nested dolls, particularly in my body. I took a true integral approach: as I sought treatment (physical level) I continued my spiritual practice and sessions with energy workers for healing (Soul and Spirit levels). I also participated in personal development like IF to refine my subtle skills (including mental/emotional).

My last 2 months have been so intense at every level of the nested dolls, particularly in the pull between Spirit and the physical. I felt like Jacob from the Old Testament who wrestled with God and ended up walking with a limp. The difference was that only on good days could I walk with a limp.

One day, after a quite profound ritual supported by a practitioner that works at the level of Spirit, things literally shifted. I felt less pain and was more grounded. I could meditate longer and felt more attuned. And miraculously, I received a diagnosis for my physical ailments- a herniated disc and an autoimmune disease. Ahhhh...

The more things seemed to settle, the more my IF development came on line. I felt more relaxed and more spaciousness around things. I didn't feel responsible to fix clients' problems and trusted that the group could find its' own way forward. Most importantly, I was more connected to my sense of heart and body with my mind. If this is being alive, this is waaaaay cool.

As a result, I feel like I have awakened the path to "leading with my heart." At the start of our work, I had outlined practices to relax, trust and embody more feminine energy while facilitating. Over the last few weeks this has really come online; I can't quite explain how, or how so much has shifted all at once. The masculine way I leaned on strategy, outcomes, and structure replaced itself with a softer, relaxed way of finding our way through together. My trust, which was mostly at an ego-centric level, has really opened up to trust in the group and mostly in Spirit, who will offer that spark of creativity if it is time for the group to move. It is only my responsibility to facilitate what wants to be moved in that moment. That is such an easier role!

Did I maintain an ongoing IF practice over these last months? Absolutely. Can I attribute my development to IF? Yes, and to something larger than that. It feels as if Spirit is liberating me, and IF is one of many things supporting the journey. At least, that is my interpretation.