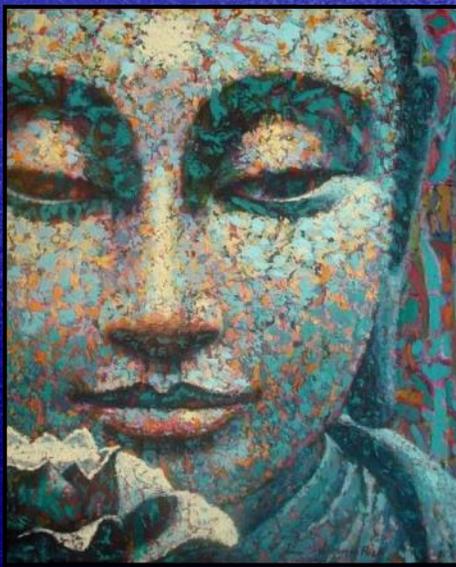


# Pathways to Spirit Institute

## Centre for Spiritual Development & Growth



## Namaste – Newsletter

December 2019

Real Awakenings are Not Elegant - they are Messy ...

*“In these changing times  
the only investment worth  
making - is in yourself.”  
“The purpose of our lives  
is to be happy”*

*Dalai Lama*



### Inside this issue:

Real Awakenings	1
Real Awakenings	2
Spirit doesn't need	2
Spirit doesn't need	3
Happy Holidays	3
The Modern Age	4
The Modern Age	5
Believe in yourself	5

**“When you truly  
realize your worth,  
you cannot help  
but shine”**

### Real Awakenings are Not Elegant - they are Messy, Ugly, Shattered & Raw.

By Elizabeth Gordon

**“I want to have an awakening like they do in the movies.”**

You know, where the protagonist experiences their quantum shift with elegance and grace, leading us, the audience, into a wonderful montage (complete with awesome music) of all the ways their life will now improve.

They get an amazing new job after sending out a few résumés; a random run to the coffee-house yields them a phone number from their dream partner; they ditch their sh\*tty apartment and relocate to a house that they can now somehow afford very easily; they make up with their asshole father and go fishing. All in the span of mere weeks.

And, after the montage is over, we witness the protagonist looking back at the crossroads that brought them to this new, wonderful place in their life, all the while contemplatively smiling and drinking a margarita.

Reality check, please.

Real awakenings are not like this. Far from it. There is no montage, there is no music, there is no shortcut to the next scene in which we will somehow now be miraculously happy, at peace, or in love. We can't fake it. We can't skip the middle. We can't yell, “Cut!”

With real-world awakenings, there is a lot of crying. There is a ton of confusion and doubt and questions and shock. There is deep-seated socialization and conditioning that gets unearthed, leaving us wondering what the hell we believe/want/know/feel now. There is the messy middle and feeling terrified in the middle of the night and that body issue that for sure got cleared up in therapy but is now rearing its ugly head...again. There is the wondering if anyone else ever feels like this, and, if they do, why aren't they talking about it?

Awakenings feel like our heart is breaking and being pieced back together again at the same time. It feels like all the parts of ourselves are at war and they are inviting us to come along for the ride. It feels like we are caught between this person we say we want to be and the person we are right now (who is a complete mess!). It can feel wretched one minute and like we are on cloud nine the next. Sometimes, it just feels slooooooow.

And then, in the middle of the awakening, something happens. A flash of a fresh perspective that shifts the entire world on its axis, a rush of love to the heart that makes us grab our chest and catch our breath, someone telling us that we matter, an old wound that finally, finally heals. Something releases. Something surrenders. There is a softening where there was once a hard place. There are moments that feel like we are being hit by a ton of bricks and knocked over by a feather at the same time.

Awakenings tear us open. They expose all the yucky stuff, the shameful stuff, the secrets, the dreams that were never given a voice, the relationships that imprison us, the words left unsaid. Awakenings are a mirror we can't turn away from, even in our ugliest, most tattered gown. They force us to get real, to get honest, to get transparent. They ask us to up level.

## Real Awakenings are Not Elegant - they are Messy ...

Awakenings don't just come for anyone. They seek out those who are strong enough to take a hit. Awakenings don't f\*ck around, because they have a mission: to help us arrive. To arrive at our deepest place of love and compassion. To arrive at our endless inner wisdom. To arrive at the tender crossroads of accepting ourselves and loving others. To arrive at the place in which we are in full trust of who and what we are. To arrive at our shattered places and pour some light over them.

And when we do arrive, we realize we have been cleansed, blessed, and prepared. We understand that those dark nights of the soul were an opening for our raw truth to claw its way out. We are humbled that our greatest pain has now become our biggest teacher.

The truth of who we are is not in how well we can contort ourselves into who the world says we are allowed to be. The truth of who we are is when we stop contorting. When we stop making excuses. When we stop lying to ourselves that we are satisfied when we are not. When we stop believing that all the beautiful experiences in life are reserved for other people.

Awakenings allow us to realize all the ways we make ourselves small. All the ways we try to fit ourselves into other people's rules, limitations, and beliefs. All the ways we have rejected ourselves and not honored our own wisdom.

We change when we realize that there must be another way. When our inner truth is so loud that we can't find any more excuses or distractions to turn the volume down.

We must answer the call. We owe it to ourselves.

So, give me the messy middle because I want all the good stuff on the other side of it... including an amazing margarita.

## Spirit Doesn't Need A Mobile Phone

By John Holland

Are you tired of always rushing around? How are you handling your digitally-driven life? I've noticed that everywhere I go, everyone has their eyes on their mobile phones.

Does Spirit Really Need a Mobile Phone?

We're living in a new world where our digital devices are speeding up and maybe even taking control of our lives.

I remember the days before email, before Facebook, and even before everyone, including young children, had mobile phones. My older friends remember having to hand-write letters and drop them in a mailbox to correspond with their family and friends. Then there was the dial-up landline telephone followed by the novelty of sending a fax. Now it's the explosion of all things digital.



The net effect of all this instant communication is that we're always rushing. There doesn't seem to be enough hours in the day. We've become more impatient, more intolerant, and more about results than the journey getting there! These days, we want things done yesterday and expect things to just materialize or happen when we want them to.

I see how dependent we've become to our mobile phones, especially when I'm at the movie theater. Seconds before the film starts, everyone takes one last glance before turning them off. The glow around the cinema says it all.

I'm not saying that the digital age doesn't have its advantages. Over the years, I've had to learn to embrace technology myself. I'm proud to say that I Tweet and Instagram regularly, and I love connecting with all of you on my Facebook page and this newsletter.

Yet with a heavy heart, I believe that all this technology has surpassed our spirituality.

As a medium, I've long realized that Spirit is not bound or constrained by what we know as physical time, such as 60 minutes in each hour, 24 hours in each day, and so on. Time, clocks, and calendars—whether on our walls or on our mobile devices - are things we've created to keep our lives structured and in some type of working order.



## Namasté

(nah-mas-tay)

*My soul honors your soul.  
I honor the place in you where the entire universe resides.  
I honor the light, love, truth, beauty and peace within you, because it is also within me.  
In sharing these things we are united, we are the same, we are one.*



*The Key to Abundance  
Join us in our monthly Intenders Circle  
Check our calendar page at our website for dates:  
[pathwaystospirit.net](http://pathwaystospirit.net)*



## Spirit Doesn't Need A Mobile Phone

In the Spirit World, the idea of time is totally different. It's a popular misconception that the Spirit World is somehow part of our world. In reality, it's the other way around. We are and always will be a part of theirs.

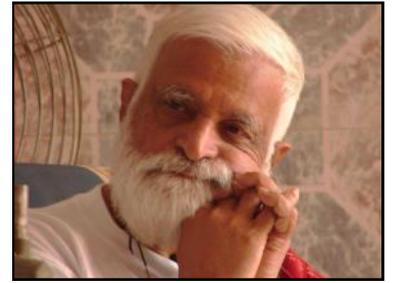
I may be a medium, but when it comes to spirit communication and receiving messages, I know I have to follow their rules. They have their own timing, their own agenda, and their own special way of getting a message to you unexpectedly, just when you need it. And they don't need an iPhone or social media to come through!

Trust me when I say: When they want to reach out to someone here, they know exactly the time and place, and the perfect conditions for sending a message.

### John's Lesson

We so rarely take the time to pause long enough to become aware of the beautiful details around us, or take time to meditate, or even remembering that's it's okay to simply ... breathe.

Just for today, let's turn off our devices and listen to the world around us. Hear the birds chirping, the wind blowing, or the peaceful sound of silence. Have a real conversation with the person next to you. And listen for messages from Spirit. They've been patiently waiting to get your attention.



*"There is no you, no me.  
We are one.  
That is the truth.  
Love brings people together.  
So respect love.  
Do not degrade it with anger,  
violence or lust.  
Love is worship."*

*~ Sri Amritananda Natha  
Saraswati ("called Guruji"),  
he was Devi Parvati's Teacher.*

### *Season Greetings*

*to all our Students and Clients,*

*Families and Friends.*

*It's been a great year!*

*Have a wonderful  
Christmas & a Happy New Year!  
May Abundance, Prosperity,  
Health and Peace be with You.*

*Brightest Blessings,*

*Devi & Dietmar Dombkowski*

**Pathways to Spirit Institute**

— Centre for Spiritual Development & Growth —

# The Modern Age - the Age of Suffering

*Nothing has changed our suffering more than science. Nothing. Sorry Buddha, sorry Vedanta, sorry Christianity. Although you've all been a big help, you need to kneel to science (and its stepchild; technology) as the biggest branch of human endeavor to affect our relationship to suffering. Both ways. Good and bad. More and less.*

By William Arntz

Until 200 years ago, one of the biggest causes of death was starvation and malnutrition. Then came internal combustion engines, tractors, harvesters, plant breeding, genetic modification, chemical fertilizers, pesticides, and Monsanto. In the mechanized world, starvation was kicked way down on the list. Of course, in the headlong plunge to feed everyone (good), science has all but wiped out biodiversity in food crops and poisoned the ecosystem (bad).

Meanwhile [1] we today live better than the kings and queens of the past. Back in the 15<sup>th</sup> century, the royalty lived in cold stone castles with a modicum of heat supplied by burning an inordinate amount of wood. They had no running water. A hot bath was a rare undertaking. And let's hope you didn't kick over the chamber pot in the middle of the night. Your dentist would have been a blacksmith, and your dinner was frequently rotten with maggots crawling out of the not-so prime rib.[2] And that was the situation for royalty! As for the rest of the population, it was considered a luxury if you had a pig to sleep next to at night to keep you warm.

The level of personal comfort, convenience, health care, diet for the average citizen today would make the queens and kings of an old quake in their itchy wool undergarments in wonder and envy. Science has delivered us from the gross levels of suffering, allowing us to ... what? Suffer in more creative ways? Like from a Facebook post?

## **The Dark Side of Modern Convenience**

Modern warfare now mows down people, buildings, cities, forests, and cultures with the touch of a button. Modern travel and communications flatten time-honored societal mores, customs, and conventions with a click of the mouse. The community of old which provided a safety net for members in the community is now shattered by globalization.

Our relationship to ourselves, to others, to groups, to ideologies, has all shifted in the past 20 years with the Internet explosion. Eight-year-old kids see things on YouTube that they have neither the mental nor emotional maturity to handle.

Of course, we can't blame science and technology, per se. For there are people behind this who for their own personal gain, create the weapons, the manipulation, the destabilization, and from its profit greatly. But much of the damage done is not due to nefarious goals or greed. It is due to the unintended effects of a complex system gone wild.

"The Sorcerer's Apprentice," is a poem by Johann von Goethe, popularized by the Disney cartoon in *Fantasia*. Mickey Mouse is an apprentice to a sorcerer who has a magic wand that makes inanimate objects move (hello robotic AI). The sorcerer leaves and gives Mickey the task of cleaning up. Mickey takes the wand and gets the buckets and brooms to do what he doesn't want to do. And they do. And do. And do some more and more and ... it's a runaway disaster with buckets of never-ending water sloshing everywhere until the sorcerer comes back and shuts it down.

And that's where we are with technology. (Except no sorcerer is waiting in the wings to say "Stop!") We are creating devices, modes of communications, social interactions and artificial intelligence about which we have no idea of the ramifications, thereby creating ever new and odious ways to suffer.

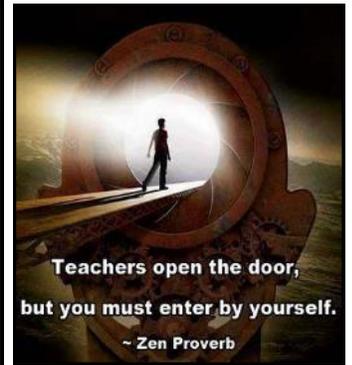
And yet, at the same time, we have an industrialized world largely devoid of those base ills (food, shelter, survival) that caused us to suffer for eons.

## **The Promise [and Worldview]**

Science & Technology (SciTech) promises to be the answer to our problems. And this is not without reason. The success with which science and technology have come to an understanding of the universe predicted events and delivered amazing solutions for a myriad of problems have led us to think that in time SciTech will solve them all.

For example, when I tell people that I have a bad case of tinnitus (ringing in the ears), they are dumbfounded when I sadly report that there's nothing to be done about it. When it first happened to me, I was dumbfounded that there's nothing to be done to fix it. Like everyone else, I figured that the medical community had done the research, experiments, case studies, and clinical trials and formulated a cure for this maddening condition.

Page - 5 -



**A place where Knowing & Consciousness thrive**

## **Pathways to Spirit Classes & Workshops:**

*Metaphysical Intensives*  
*Spiritual Empowerment*  
*Finding your Soul Mission*  
*Spiritual Intuition*  
*Development Series*  
*The Hierarchy of Light*  
*Angels & Archangels*  
*Ascended - Masters*  
*Meditations*  
*Sacred Geometry Series*  
*Crystal Magick*  
*The Chakras*  
*Astral Travel*  
*Dragon Magick*  
*Path of Progression*  
*Pendulums 101*  
*Protection & Boundaries*

## **Intenders Circle**

## **Ancient Wisdom Study Group**

## **Vibrance & Relationship Coaching**

## **Goddess Ritual and Celebrations**

**Healing Services:**  
*Life Activations*  
*Jikiden Reiki Healing*  
*Energy Balancing*  
*Chakra Balancing*  
*Crystal Healing*  
*Telepathic Healing*

**Special Services:**  
*Emotional Cord Cutting*  
*House Clearings*

*As you start to walk out on the way, the way appears.*

*Rumi*

# The Modern Age - the Age of Suffering

***This is so prominent it is now the overriding worldview of our time.***

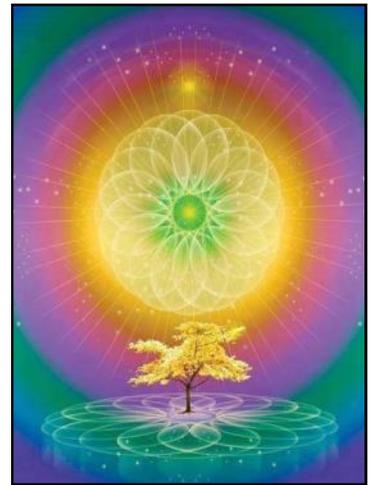
And while we think SciTech is the answer, it clearly is not. Science and Technology have made our standard of living and ease of living much, much better. Yet look at our world. Wars keep on erupting, cancer is epidemic, mental illness and opioid addiction are rampant, and suicide is at an all-time high and rising. We have traded the older physical modes of suffering for a new age of emotional, mental and spiritual modes of suffering. How strange. Eliminate one form of human suffering and suffering just pops up on another level. There must be something more basic going on. Something more basic than the world out there that we manipulate to make life better.

[1] Speaking of the “developed” countries.

[2] Food could be so foul that black pepper, used to preserve food and/or hide the taste, was more valuable than gold.

### **About the Author**

William Arntz began his professional career as a research laser physicist, developing wave optics simulators for the high energy lasing systems that became the “Star Wars” strategic defense system. He then left the scientific world and spent 20 years studying with two spiritual teachers. During that time, he wrote the system management software product, Auto-Sys, and sold the company for millions. Following his lifelong passion for filmmaking, he used the proceeds from that to produce, direct and write the film “What the BLEEP Do We Know!?” incorporating his scientific background, spiritual training, and a desire to make people laugh and think.



Check our website at [www.Pathwaystospirit.net](http://www.Pathwaystospirit.net)

Feel free to pass on this newsletter.

Check our Calendar page for Classes & Programs at [www.pathwaystospirit.net](http://www.pathwaystospirit.net)

### **FREE HALF HOUR CONSULTATION**

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.

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**Devi and Dietmar Dombkowski** are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.



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