



Becoming who you truly are

This article is a summary of the Siramarti Process as it relates to the initial stages of the work as described in Silver level material. It will be helpful to read this section both before and after you have read the rest of the Inner Peace Series Parts 1 – 6 and certainly prior to working with Gold material. Concepts that are central to the Process have been italicized and may be referred to in the Topic index.

The Siramarti Personal Growth Process is a form of soul work that, if mastered, leads to the unfolding of your Grander self: that expression of your *core self* free of all discordant limitations. That Grander self is able to fulfill its *dreams* and to influence the world it inhabits through its ability to radiate the higher frequencies of *soul* and spirit into it. Not everyone desires to evolve to her or his *Grander self*, but everyone dreams for a more enjoyable and easy life. The Silver level material uses soul expansion techniques to do this.

Soul work differs from other kinds of personal growth methodologies in that soul work relates to the way that one's spiritual self (*higher self*, spirit) is reflected in dealing with and evolving through the material world in daily life. Soul has depth and substance, which is felt in our emotions and our physical body as well as in the mind and higher self. It is for this reason that much emphasis is made in the Siramarti process on strengthening awareness of emotional and physical needs.

Obstacles to soul energy

However, there are difficulties in allowing the energy of soul to flow freely into the human self because of *fears*, negativities, *negative ego doubts and mental* stories. This is well known in personal and spiritual growth literature. However there is also a natural *resistance* to change, which is the result of the imbalanced use of the creative functions of the hemispheres of the brain.

Therefore, the particular *limitations* a person has in creating the life they want are, in large part, determined by his or her *creative*

personality style: the *Skywalker* has problems with grounding ideas and finds relationships difficult, while the *Earthdweller* fears letting go of their current ways of handling things and has little *trust* in spirit and higher self to help them bring about the things they desire.

Basic Siramarti techniques begin to reprogram these default responses. If used consistently and appropriately they bring considerable improvement in underlying anxiety and self-doubt. However, it is important to understand that *resistance to change* is inevitable. Therefore the *choice* to undertake a true journey to who you really are requires regular recommitment, and the use of techniques that release anxiety about change.

The need to strengthen the self

Creative limitation has another effect besides the effect of anxiety. Some parts of self are underdeveloped in both *Skywalker* and *Earthdweller* types. This means that the necessary power to achieve what you want especially in areas of one's talents and passions is inevitably weakened – you may think of yourself as a car with some cylinders misfiring – and this leads to both frustration and real disappointment.

Therefore, the clearing of blockages to soul has to be accompanied by a conscious strengthening of the weaker aspects of the self: for Sky types, this is usually the strengthening of the *emotional self* and for Earth types the strengthening of trust in and connection to the *higher self*. Every individual, irrespective of their personality type, needs an adjustment of how the four selves of the *whole self* work together as a balanced unit.

To discover which aspect of the self requires strengthening it is necessary to *truthfully observe* which parts of the self are not aligning positively with your *dreams* for yourself on a daily basis. An ability to “talk” to each part of self, and to create true balance, is advanced Siramarti work but the foundation for doing so is established in the Silver level work.

Using appropriate techniques

Despite the use of visualizations, self-strengthening cannot occur by randomly choosing inner techniques and hoping for the best. It is

important that you can identify what is misaligned in your consciousness in the immediate moment and use the correct technique to alleviate the problem. The *catalogues of visualizations* are designed to assist in making correct choices.

Evaluation is mandatory

There is plenty of excellent advice around on how to lead a better life, but the proof of the pudding is in the eating.

This is as true for Siramarti as it is for other methodologies. However, whether something really works or not, is can only be gauged by you, the user. And, in the case of Siramarti, it can only be made effective if you find out why it is not having the desired effect.

If a technique does not appear to working, there are five possible causes:

1. You have not identified your specific goals so therefore you are taking a scattergun approach to improving your life. Siramarti techniques must be targeted to conscious *choice*.
2. Unconsciously you don't want the technique to work. (*Resistance due to fear of change and self-empowerment*)
3. You have changed the technique along the way so that it is not doing the job it is intended for.
4. The technique is not timely, that is, your current process is not aligned with your choice. This usually occurs when you are not using the techniques with the assistance of your intuitive higher self knowledge as described in the *Catalogues*.)
5. You are asking more of the technique than it can give. This is usually due to the fact that you want a miraculous instant change, whereas deep change in consciousness has to take time. The body is slow to hear the message because it is protecting you from the shock of overload.

All these problems can be solved if you so choose. (Fiona will definitely be able to give you the reason!) But discovering that they exist requires that you take time to honestly assess if you are feeling the results of your practice.

Beyond Silver level

The three aspects of soul work emphasized in Silver level, - observing, clearing, and strengthening balance in the self – brings serenity both within the self and with others. But what is even more delightful, it also slowly allows a person's true soul nature to emerge from out of the fog of self-doubt and confusion. This soul nature holds the magnificence of talents, wisdom and your deep personal powers (*self-values*). Once you truly appreciate these *core self* powers and invest in them, your *life purposes* be fulfilled. (These matters are explored in the Gold level information on the Reach Potential site.)

In particular, the expansion of whole self balance at this stage is sufficiently advanced that a person can then refine their intuitive capacities to practise soul channelling on a regular basis.