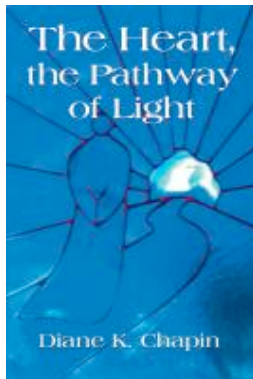


The Heart, the Pathway of Light

Diane K. Chapin



*Being the second and last book from Diane Chapin's early "training guides," **The Heart, The Pathway of Light** is a highly human-oriented reference to complement the previous spiritual nine books produced from The Buddha Consciousness. It contains the narrative of a very dramatic and highly unusual change of an eternal consciousness in Spirit, occurring because of being deeply affected by their involvement with humanity: "for us to give up our identity as the Universal Oneness, is both thrilling and sad."*

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Diane K. Chapin

Channeling

The Universal Oneness

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CHAPTER 9

TRANSITION AND INTEGRATION

Greetings and salutations. We are the Universal Oneness and we are here to speak to you about transition, integration in the life and about the death experience.

Let us begin by saying that transition is the bridge between levels of growth, but integration is that process which renders the bridge unnecessary, so that there are steps involved in the nature of your spiritual growth.

Of course, there are many, many steps that lead to transition and integration. There is initiation, there is acknowledgement, there is understanding, comprehension, transition and integration.

Each of these steps takes place during the course of your spiritual growth throughout your life so that you are never through with any of the steps. You are always on one step or another and you are working at more than one level, for there may be understandings that takes place on the deepest levels of the within, on the soul level, and, at the same time, new images and new glimmers of spirituality, and your own aspect of spirituality may be coming to you through intuition and inspiration.

So, you are always working from the beginning process of initiation, through transition and integration.

It is most important to be aware that you are always unfolding, you are always growing and you are always working on multi-levels as well as through multi-dimensional modes. Do not ever think for a minute that

you are simply working on an earth plane, for it is important to understand that your thoughts, actions, words and deeds are transmitted into the Universe. You are always a part of the many dimensions that are going on and you are always working on a multidimensional level.

There is so much going on continuously, that it can seem that the process will never end. In truth, it does not, there is always another layer to unfold.

When you are dealing with an aspect of the self which is of the magnitude of spirit, of god and infinity, it is impossible not to be continuously growing, continuously expanding and continuously becoming more aware, more uplifted, more attuned and, always, more enlightened (and this is borne out, not only by the preface of this book, but in appendix two, "The Christed Buddha" of book one of this series, "A Modern View Of God").

Enlightenment is a body of information that is absorbed on many different levels. Now, there have been Masters who have absorbed information rapidly and have immediately obtained that insight that they were inseparable from God but, for most on your plane of action, it takes a period of time, a lifetime or many years to understand the inseparable nature of you and Spirit.

This is really the totality of enlightenment, understanding that you are inseparable from God, inseparable from Spirit and that as such, your At-Onement is your birthright, your At-Onement is you in eternity and your At-Onement is the access, the door to all the answers to all your questions.

Through this process of coming to understand yourself as inseparable from God, the spiritual steps take place, the unfoldment takes place. The process, if you will, continues into eternity, for, beyond understanding your own inseparable nature with God, there is More (again, ref. "The Christed Buddha"), but we are not here to discuss that at this time.

What we want to do now is to tell you a little bit about transition. Again, transition is the bridge from one body of information to the other. In other words, from the old to the new.

The period of transition can be most painful, it can be joyous, it can be protracted. It is however, to be looked upon as an important step in your growth.

So, when you are going through a period of spiritual growth that seems to be protracted, painful, or for that matter one that seems to be a plateau phase, begin to understand that these are elements of transition. If you can understand the phase of growth in which you are participating at that time, then it is easier to tolerate that experience.

On your plane of action, the word 'transit' has to do with movement, as it does in terms of transition. Transition is the process of movement, of moving from one sphere of growth to another and it is appropriate to say that it is usually quite a wide spread when transition takes place. In other words, it is usually quite a leap that you are making in your comprehension and understanding.

How does one handle transition? How does one begin to deal with that arena in the life that comprises transition?

The first tenant of dealing with transition is one that of course, The Buddha Consciousness speaks of, and so do we, and that is patience. However, persistence and diligence are also most important in the application of all of your spiritual tools during the process of transition.

Your spiritual tools are your intuition, inspiration, creativity and your willingness to see yourself as inseparable from God. Your spiritual tools are also your sense of self-empowerment and your sense of well being.

Well being has been addressed at several different sessions and it is important to understand that part of your spirituality is a sense of well being. In many cases, this is what transition and integration lead to, a sense of well being.

Throughout the time of painful growth, it is important for you to employ personal color and white light significantly and consistently throughout the day for a sense of well being to pervade. Well being will balance the pain of transition.

The other human desire, in terms of transition, is to look at the nature of what the growth process is. In other words, what is it that you are trying to grow into? This will allay some of your fears and concerns, but transition, by its nature, is an anxious process.

So, understanding the concepts that you are trying to develop may, in fact, even increase your anxiety. In the process of transition, there are often resistances that become apparent as anxiety.

So, you must be careful in your search for the nature of the spiritual unfoldment that you are undergoing at the time. The reason we say this is that much spiritual growth takes place on the non-verbal levels and almost beyond thought processes.

In other words, when you begin to think through and verbalize the actuality of the spiritual growth you are undergoing, it then becomes a matter of intellect. Intellect is going to increase your anxiety because intellect is going to tell you that your spirituality is only one phase of your life, not an aspect that should pervade your total life.

So, it is most important, in transition, to begin the process of viewing personal color, not in order to expand your spiritual growth, but at the same time to relax your intellectual anxiety about the new concepts that are unfolding before you. The reason that it is important not to deal intellectually with these new concepts, is that that makes it difficult to integrate them into the spiritual group of ideas that are unfolding in terms of your spiritual growth.

In other words, on a very subliminal level, on a very deep level, spiritual concepts are always unfolding. Our purpose is that they become such a part of you that their usage is automatic, their usage flows from the within; not from intellect, not from ideas and expectations, but from the deepest part of the self.

As you can see, transition can be a very tricky process. The nature of humanhood is to examine the process and dissect it. But, your acceptance of the process, your willingness to go through the process and your ability to take the process into the greater physical body without

examining it overly much, is necessary in order to foster integration and the expansion of your spiritual growth.

In terms of understanding this as a comparison to most religious affiliations, let us say that the concept is not to create dogma. For, if you dissect all of your spiritual unfoldment, the natural human idea is to turn it into dogma. This is not our purpose in presenting this information.

Our purpose is that your thinking be spiritualized, that your vision of the world be spiritualized and that your concepts and ideas about yourself become spiritual. In this way, when you use the human yardstick to measure things, you look at the spiritual yardstick, instead. Do you have peace in your life? Do you have forgiveness in your life? Are you filling yourself with God every day?

These are your measures of success. These are the measures of growth and accomplishment, rather than the human measures that would provide avenues to intellect and worldly ideas of success and failure.

Again, if you intellectualize your spiritual concepts too much, then you begin to judge the success of the process. Have you succeeded, have you failed? Are you growing significantly and sufficiently?

These things are not to be judged through human eyes, but are to be taken into every atom, every molecule, every aspect of the body. They are to become the part of you that is eternal.

They are about unfoldment, blessings and spiritual nourishment, they are not about worldly expectations and

ideas. So, if you dissect spiritual accomplishments too much, the worldly tendency is to give them a 'pass or fail' mark.

You cannot judge the success of your spiritual growth, especially during processes so extensive as transition and integration. If you are looking for the proof in the pudding, then don't look for one while the process is going on, rather, know that *in due course* the life will change significantly.

In due course, not in your frame of reference, but when it should be for your highest good. Due course must not be overlooked in terms of the spirituality of your growth.

Integration is that process of bringing the two concepts together, the old self and the new self. The old ideas and the new ideas. Most people think that you have to throw away the old and completely instill the new, so there is much agonizing, dissection and judgment.

Integration is that process of upliftment that allows you to keep the aspects of the old self which are appropriate and integrate them with the new self, the more spiritualized self, in a solid, well-matched conversion of growth. Not of ideas and concepts but of growth, because ideas and concepts keep integration from happening. Ideas and concepts create dogma. Growth does not.

Therefore, integration is the growing and healing together of the old and new in such a way that the two come together in a harmonious match. They fit together perfectly, in other words, and so they become part of you, they become an aspect of the you that is constantly unfolding and growing.

Integration is a great healing process, as well as a growth experience. It is the conclusion and yet the beginning of spiritual growth. In other words, as one set of spiritual understandings, as one set of spiritual experiences becomes absorbed within the body, as that aspect of growth takes place, there is closure.

But, as one door closes, another door opens, so that new heights of spirituality begin to beckon you, and then you are moving into the process of initiation, comprehension, understanding, transition, and integration.

This is a life-long business. Many of you often feel that you are being healed many times in your life and you have not understood why. The answer is that you have integrated spiritual impartation into the self in such a way that the new and the old have merged and become a part of you. And so you are healed.

As you are healed, you are ready to receive new impartations, new insights through intuition and inspiration and new understandings of yourself as inseparable from God.

You are always moving forth in a continuous line through eternity, seeing Spirit unfold before you in all of its beauty and majesty, becoming more intimately acquainted with the aspect of you that is God, and, at the same time, learning about the spiritual laws, learning about the whisperings of God, learning about what is beyond words and thoughts.

Spirituality takes you into the realm of the unspoken. Spirituality takes you into the realm of that which touches your deepest self, beyond words and thoughts.

So, there is a whole arena, there is a whole aspect that is going on inside you all of the time. So within, so without.

As your growth becomes more consolidated and solidified, if you will, as you begin to be truly integrated in the concepts of yourself as not stuck, as All Things, as fluid, as you see yourself as inseparable from God, then your life begins to change. As it must.

For those deep inner changes must be reflected in due course. When you have absorbed enough to manage your new life, changes begin.

It is the natural human wish to enter into the new life before you are ready to begin and that is why we stress "due course." You must have the resiliency, the persistence, the perseverance to go through these changes in your new life.

When the life changes dramatically, so does the self-concept and many stop at this juncture, because familiarity beckons them back into the old. Many are unable to persist through the change that must come in how they see them themselves and the Universe, as well as the way others see them.

You must persist through the new way others see you, through whatever reaction begins to take place, through things that have happened, things that are happening and the new ways in which they are dealt with.

So, "due course" is very important. You must be ready for what is to come. You must have the spiritual resiliency to endure the changes. Many of you believe that, once the

change has happened, you will immediately be in perfection.

That is foolishness. Perfection remains down the road a little bit. Once the life changes dramatically, there are steps that must be taken... again, transition and integration... steps that must be taken to complete the change.

The completion of the change comes from within and certainly has to do with the unfoldment of circumstances and events in your life, or the lack of them.

For the change may take place, but through human intervention, through circumstances. And, often, through the fact that you have not changed your way of seeing yourself, additional changes do not seem to come to augment the life change that has already happened. So the feeling of being 'stuck' again takes place.

Now you have spiritual resiliency and spiritual tools at the hand. You have patience, persistence and diligence. You have the knowledge that intuition and creativity are with you.

In your dark hours, you call upon those resources and you allow yourself to see yourself differently through this tremendous change that has occurred in your life... through transition and integration many times over and the absorption of spiritual impartation that has led you to these changes.

Spiritual living takes resiliency. Spiritual living takes the ability to stand alone as a spiritual adult when others will say that you are not living according to the world, that

you have stepped outside of the norm and that you are living a life that is, perhaps, too unusual. Being a spiritual adult is remaining resilient through the changes that come after a dramatic life change.

So, unfoldment is continuously moving you forward. The destiny you create for yourself is always calling you.

As you move forward through these changes, the spiritual foundation you have built will stand you in good stead, and, indeed, through the dramatic changes in your life, through your persistence through those early phases of those changes, the beauty and perfection you have striven for will present itself. All this takes place through the process of transition and integration.

It is a mighty thing to undergo these phases of spiritual unfoldment. It is very worthwhile to look to these phases as positives and to accept them as important in your spiritual unfoldment.

Through all these changes, you are never separated from Spirit, you are never separated from that essence of God which flows through you and you are never alone, nor are you abandoned. Particularly during the transition (the bringing together of the old and the new), the bridging of those old and new ideas can cause you to feel that Spirit has abandoned you, for ego, intellect and personality are all exercising concepts and expectations of how your spiritual growth should unfold. (Hmmm, “The Dark Night of the Soul” mentioned, as experienced, in book 12 of this series, “Engineering Your Spirituality”?? ~ Don)

Therefore, there is literally a tug of war within the self that you experience as conflict and anxiety. That tug of

wills of personality wishing things to remain the same, and of the soul and the you that strives for your highest good.

Personality will struggle with the you that strives for your highest good and try to overpower that, thereby creating anxiety and conflict and doubt. Personality for its convenience, will employ the use of doubt.

So, you doubt the existence of God ever-flowing through you and always protecting you and you prove it by employing the use of negative thoughts. God is not doing this, you are employing the use of negative thoughts which brings negative events into your life.

But, personality will say, "Do you see? We are right. Live by the old concepts. These new ideas are inconvenient. These new ideas will require that we all work together in harmony and integration." And, indeed, they will, but it takes perseverance to bring personality, intellect and ego into alignment with the you that strives for your highest good.

It is important to use faith as your emissary, to use your great inner eyes, inner antennas, inner ears to see your inner beauty, to listen for the voice of God, to allow yourself to be uplifted and comforted while you go through these processes.

It is most important to use your personal color and white light ("viewing" your personal color, per book two of this series, and running your personal color and/or white light through the body) to reduce your anxiety, to allay personality and ego and to spiritually nourish you during

these times. So, you must always be looking to the inner self and realizing what phase of growth you are in.

The body will tell you what phase of growth you are in. If you are in extreme anxiousness, begin to look to the spiritual causes of your anxiety through the use of light, energy and color.

This fosters the process of transition and paves the way for integration, which will begin to reduce your feelings of anxiety and fear. Doubt must always be dealt with and must always be addressed squarely. If you try to push doubt aside, it will find a way to worm itself back in.

Doubt must be faced squarely with the tools of faith, with the tools of belief in yourself that you are striving for your highest good and with the conviction that you are never separated from God.

So, when doubt arises, face it squarely and reduce it through the use of your faith, beliefs and convictions. All these processes go on throughout your life.

The life has the possibility of changing strikingly all of the time, but as your spirituality becomes such a living part of you that it is automatic, your responses to these dramatic life changes become much more adequate. Your response to these dramatic life changes is that they are as it should be and that you can deal with them. And so you do.

In other words, the process of "due course" is altered. As your spirituality fills you, things will happen more quickly.

When you are ready, things will start to happen very quickly and then you will move forward, living your spirituality in such a way that the demands of your spiritual life are easily met. All this is up to you, how you manage transition and integration and, more importantly, how you manage to deal with doubt and fear. Deal with them squarely, with faith and confidence in yourself.

Obviously, self-empowerment is greatly increased through all these steps and stages. The final act of self-empowerment is the act of dying. It is the most self-empowering act that you, as a human being, will undergo, because it requires deep faith in Spirit to go through the death process with dignity and peace.

Know that it takes self-empowerment, spirituality and the use of your spiritual tools to employ death as an unfoldment into the next arena of growth you are about to undergo.

Transition and integration occur at the time of death, but they are seconds in the happening. Again, there is a bridge between the old and the new and, as you step into the light, there is an integration of your spiritual ideals. There is great knowledge and wisdom that occurs during that brief process of integration as you die.

Properly approached, death is the most self-empowering experience you can have. Many souls who come in feeling impotent, enraged and angry at their impotence, died in such a way that they were not able to deal with death as a self-empowering experience.

So, the residue of that brought into another life is an expression of impotence in the life, which is often seen as

helplessness, the inability to grasp new life concepts and move forward with them. This can be worked out in Spirit (we are sure you will ask that), but, in truth, it is better to work this out on the human plane.

So, a death experience that is less than satisfactory can and often does lead to an additional incarnation. Again, this is best assessed from the spiritual side of self while you are not living on the earth plane.

There are certainly sets of circumstances that would not necessarily lead someone to return to work out a death experience that is less than satisfactory, but we are saying it often requires another incarnation to work out these feelings of helplessness and, often, rage.

In order to be self-empowered through your life and death, transition and integration must be understood and dealt with. There must be a deep willingness to absorb spiritual concepts and impartations into the deeper self until they become a body of information that flows through you as an understanding of yourself as inseparable from God.

More than that, it is important that you be willing and able to not intellectually dissect the impartations you receive, rather to let them foster and nourish you from the inner plane and become so well integrated that they are automatically yours to use, these spiritual impartations that have now become understanding and comprehension.

Through this door of understanding and comprehension, the impartations, the words from God, the wisdom that

you receive, becomes part of you and you are now able to use them as realized tools in your life.

Do not be afraid of that information that comes to you through intuition, creativity, inspiration and impartation. Know that wisdom comes to you from the source that is God. It comes to you for your use as a blessing.

It is appropriate to understand that, from the day of your birth, death is always approaching, so you must be prepared on a deep emotional level to make your transition through the process of integration and transition. That is, to bridge the old and the new and to integrate them in a way that matches harmoniously, that matches perfectly, and that allows you to step through that door with the deep faith that you have life everlasting, that you are inseparable from God and that you are merely moving onto a more beautiful expression of your spirituality.

If you prepare in this way, your death experience will be one of continuing spiritual unfoldment in the life and it will be a harmonious experience.

This is not to say that death, itself, isn't always a beautiful experience, for it is. But, again, as a soul goes through the death process, there is still a judgment that takes place on the human side that is often brought through.

And that is how these feelings of impotence and anger come about, through a lack of acceptance of the beauty of death. And part of that is a lack of information about death itself, that it is simply a continuation of your spiritual unfoldment, that it is simply an extension of

your wisdom and an opportunity for you to experience your spirituality in a much more vital way.

Living in Spirit is much more vital than living on the earth plane, because expectations and judgment do not exist, so there is a sense of vitality and radiance that is only sometimes felt on the earth plane. We live with that, we are that, and so, too, will you be.

So, prepare yourself for the transitions and integrations that go on through your life. Prepare yourself fully, with acceptance that you are always moving toward death. But, more than that, through your faith and understanding that you are inseparable from God, you know that death itself is merely the process of integration as you move into Spirit.

So, let your spirituality unfold and empower you. Let your life's striking changes come to you in due course. And during the process, while you are waiting for those striking life changes, know that you are building up strength and resiliency for the initial phases that are to come and that the waiting process is not only necessary, but healthful and positive.

Be strong as you approach your elder years and let them be a blessing, rather than a curse. Know that strength, spirituality and positivity can flow through these elder years.

Know that it is your belief system telling you that you must degenerate and become weakened that actually overtakes so many and causes them to be that. Know that you can approach death's door as self-empowered and

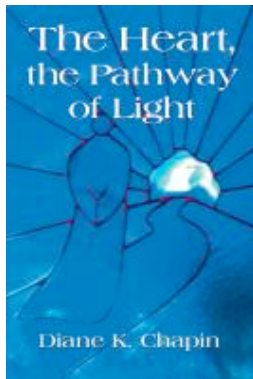
that death, itself, can be a most self-empowering and extraordinary experience.

It has been our great pleasure to have assisted you in this matter. We feel this is an important message. We hope that it has blessed and uplifted you. We hope we have served you.

We would say to each of you, in terms of what is happening on your planet, to pray for peace, to surround your leaders with white light and to focus on the dissipation of greed on your planet. Pray for peace and look to the dissipation of greed on your planet. We are all working diligently, as is The Buddha Consciousness.

Blessings, then.

* * * * *



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