

Boost, Believe, Live

Prologue

The purpose of this paper is to present the case for how boosts are an integral part of the spiritual path.

My view is that there are two parts to each person: the human and the Divine. The human part is the developed personality that includes genetics, the ego, all of the experiences throughout our life, and all of our thoughts, feelings and emotions. The second part of a person is who we really are which some people call the soul, True Self, Higher Self, Essence. We live more from this second part, from our Divine part, as we continue on the spiritual path.

Introduction

Last week my teacher was talking with me¹ and he said: Boost, Believe, Live. As Charles was talking, it seemed like a revelation. I could feel and see this pattern more clearly. The way my life is progressing follows this pattern of boost, believe and live.

Before meeting Charles I was 'spiritually working' on myself for over twenty five years. I had help by working with three different spiritual groups and by doing near-daily meditation during these twenty five years, and yet I felt as though I was just inching along in living from who I really am. *I still felt very caught and limited in my patterns.* When Charles said boost, believe and live, I saw the way that has been helping to free me from my usual behavior. That way begins with boost. For me the boosts from Charles have been often, direct and effective.

Some Different Types Of Boosts

There are many different catalysts for receiving a boost. Grace from the guru (whether still physically alive or not) and Grace directly from God gives *major* boosts. Boosts can come from our meditations, our mindfulness, our reading of inspirational writings, church/temple/mosque services, attending group meditations

and retreats. Boosts can also come from being in Nature, from being with family and from being with friends.

My Boosts With Charles

The work that Charles has done with me repeatedly reconnects me more to who I really am. There is a deepening of presence in me that has developed through the work with Charles.² Charles does this through an effortless energy transmission as we talk. He also uses hands-on work at times.

If we don't do our work, then the boosts fade. We're back to where we were. Our work is essential. Having boosts only doesn't work. Work by ourselves is usually slow. Boosts plus work is my favored way.

Believe

From being boosted many times and staying in this state longer, I've gotten to experience living from who I really am more and more.³ I've gotten to believe, experience and know that living from my Essence is occurring more and more.

Live

The developed personality and the ego want to remain in charge. They want to make all of the decisions in our life. There is no way 'I' can go from the developed personality and ego⁴ to living as who I really am. Only in letting go or surrender can the developed personality and ego fade, and who I really am come to the forefront.

The conundrum is that letting go or surrender is not an effort; not even the effort of 'no effort.' The words letting go or surrender can't describe how who we really are appears. Touched by Grace is the best way I know to describe this shift from developed personality and ego to who we really are. *Touched by Grace is the boost.*

The more often we're touched by Grace, the more that we're brought back, deeper and deeper, to who we really are. As this happens more and more, we begin to live more and more as who we really are.

A Psychological Model Applied To Our Human Part And To Our Divine Part

A person in the Thursday group showed me the following psychological model just after I returned from the retreat where Charles talked about boost, believe and live:

1. We have an experience.
2. We develop a belief.
3. We make decisions.
4. We create a behavior.
5. This behavior becomes locked down in our central nervous system.

She was showing me this model to show how we can be stuck, or feel compelled to behave, in certain ways. I'll use two examples of this model. The first example is how this model works on our human part, on our developed personality and ego. The second example of using this model shows how our Divine part, our Essence, can become more and more our point of contact with the world.

Example #1: Applying This Psychological Model To Our Developed Personality And Ego

We Have An Experience

Our mother was not nurturing and loving to us.

We Develop A Belief

Not being loved by our mother could develop the belief that we're not loveable or that it's not safe to be alive.

We Make Decisions

From this belief that we're not loveable or that it's not safe we then make decisions. Some of these decisions could be that we've got to do a lot of things to prove to ourselves and to prove to others that we're loveable. Or we'll decide to do things to prove that we're not loveable. We'll make the decision that we have to protect or numb ourselves all the time because it's not safe to be alive.

We Create A Behavior

These decisions turn into our behavior. We may create many different behaviors. We may become a people pleaser to always want to get approval. We may sabotage relationships to prove we're not loveable. We may never let anyone in. We may turn to many different kinds of addictive behavior so that we don't have to feel that we're not loveable or how unsafe it is. We may turn to drugs, alcohol, sex, food or keeping busy.

This Behavior Becomes Locked Down In Our Central Nervous System

The more that we repeat these behaviors the more they become a fixed part of our nervous system, and the more they'll automatically occur.

She was showing me this psychological model to demonstrate how hard it is to overcome our fixed and repeated behavioral patterns in our developed personality and ego. When I saw this model, I saw how boost, believe and live works in this psychological model to help facilitate living from our Divine Part, from our Essence.

Example #2: Applying This Psychological Model To Our Divine Part, To Our Essence

We Have An Experience

We're open, connected, spacious and loving.⁵

We Develop A Belief

As we live more and more from being open, connected, spacious and loving, we believe that this way of living is more and more possible.

We Make Decisions

Some decisions that we make may be choosing to live in less fear and trusting more. To listen deeply to the always present inner wisdom. We decide that we prefer our Divine part to be in the 'driver's seat,' and not our developed personality and ego predominantly in the driver's seat of our life and of our decisions.

We Create A Behavior

The created behavior may be that we relax more and surrender to a power greater than our developed personality and ego. We listen more deeply to the always present inner wisdom and follow the guidance from the always present inner wisdom. We encourage ourselves to live more from our Essence. We develop a friendship with, and a kindness toward, our developed personality and ego. Our human part will always remain, and it isn't a problem when our Divine part is active.

This Behavior Becomes Locked Down In Our Central Nervous System

The more the behavior of listening, following, trusting and surrender is done, the more it becomes a natural way of living. As time goes on, this experience of being open, connected, spacious and loving happens more and more spontaneously.

Summary Of This Psychological Model

I find great hope in this psychological model for who we really are to come out more and more, and to live more and more from our Essence.

Conclusion

When Charles told me less than a week ago boost, believe and live I knew that he was clarifying for me how to increase the speed of transformation. Our own efforts, by themselves, are limiting. Help, in the form of boosts, is greatly beneficial for quickening our transformation. I so appreciate the direct personal help from my teacher; what most Eastern religions had as an essential part of the spiritual path prior to the twentieth century.⁶

When I first started working with Charles I cringed, and also appreciated, the saying: the faster you go, the faster you can go. I felt like the slug of the group; barely going anywhere. I was both jealous and inspired by the people who came before me. Their opening and surrender was clearly happening while the opening and the surrender in me was relatively small.⁷ For me, this saying has always applied to the spiritual path. It's more comforting for me now that there is more movement.

My recommendation is to find ways that boost us to live as who we really are (living more from our Divine part), and to pray for help spiritually and for help from others.⁷ The more we live from our Essence, the more that we'll love the saying: the faster you go, the faster you can go.

Footnotes:

- 1 Charles has chosen to work primarily in weekend retreats with groups of fifteen people or less so that he can give each person ample time throughout the weekend. He also does one-on-one sessions for approximately two hours.
- 2 This frequent re-immersing has been key for me. I estimate that Charles has given me a boost over three hundred times as we have personally worked together, usually in a group setting.
- 3 I'm not implying that I'm experiencing a deep connection most of the time. Living as who I really am is happening more and more, and there's always more deepening available.
- 4 The developed personality and ego has it's place and function. Living just from the developed personality and ego is very limiting. It was from the place of developed personality and ego that my 'spiritual efforts' came. This created a spiritual feeling in me, though I was still locked into the personality side of myself most of the time. My personality driven efforts helped prepare me well for Charles.
- 5 For me this experience happens in a pronounced way after being boosted by Charles. This experience also spontaneously arises many times.
- 6 Almost all of the Eastern spiritual teachers have had teachers that have given them many boosts. Many of the spiritual paths, especially in the West, do not provide frequent boosts intimately and directly from teacher to student.
- 7 Charles advises us not to compare ourselves to other people; that we're each unique. I found it hard to not compare when I first began this work. Now comparing lightly happens at times.

- 8 Few people try the [Thursday meetings](#). Even fewer people come regularly because this way of working is not for them, and it's appropriate for them not to attend. Of the people who attend regularly, the acceleration on their spiritual path is very evident. No one, who attends regularly and does their work, is left behind.