



Working Inside Out/ Introduction

by Margo Adair

Innerconsciousness: Reawakening

This book is about consciousness—both its mysteries and its great powers. Applied Meditation synthesizes three approaches to consciousness which rarely cross paths—visualization, intuition, and mindfulness. Working with it will enable you to develop an intimate relationship with your own consciousness. You will be able to come to a deeper understanding and appreciation of what is true in whatever area you focus your attention as well as learning how to find the specific spots that are most likely to be receptive to transformation. And, as importantly, you will come to know how to overcome obstacles and set clear intention so that you may act in alignment with your desire. Working with the principles of Applied Meditation, you can affect transformation whether your concern is deeply personal or in your community or even the global issues facing us all. Should you decide to take the journey *Working Inside Out* offers, you will come to know that consciousness not only lives inside our psyches but it also vibrates around us and between us and the inanimate world. Life itself lights up with magic.

Everybody wants change nowadays—that's one thing we all have in common. No one likes the state of the world, and hardly anyone really feels good about the state of their lives either. People may point to different things as being the cause of their malaise, but no one would say everything is okay the way it is. Our lives tend to be so harried that we've lost access to the enormous potential to create change that lies within each of us. Instead, stress-related illnesses have become the number one killers in modern life. This book will enable you to reduce stress, but importantly, it will empower you to change the conditions that cause it.¹ Working with Applied Meditation promises to awaken your creative, intuitive, and healing resources so that you can take charge of your life, envision new directions, and act on them.

People have used reflection, contemplation, and meditation to deepen understanding and increase well-being for millennia. One of the great paradoxes in life is that looking within offers the experience of being intimately connected to *all that is*. The act of meditation brings us into communion with the harmonizing forces intrinsic to life itself.

This book is dedicated to applying these powers for both personal problem solving and furthering our individual goals, as well as for the purpose of bringing these powers to bear in our process of securing the future for the generations to come. Working inside out, it is my hope that reflection becomes a publicly shared activity.

As the title implies, we begin by addressing the nature of the subjective realm, then progress through our interpersonal relationships, and finally work with the great currents that shape contemporary times. *Working Inside Out* addresses how some of the assumptions and images of mainstream culture have clogged up the resilient, creative energies that reside inside each of us. As we release these energies, we can apply them not only to heal our personal lives, but to transform aspects of our culture. Moving our reawakened insides out, we become a much-

needed healing influence in the world. *Working Inside Out* continually weaves how the culture's conditioning and images have moved in on all of us and how we might reclaim the great powers of consciousness and shed their light on the world.

When you come to have a better understanding of the nature of consciousness, of the imagination, of intuition, and of creativity itself, and when you come to appreciate the relationship they all have to the world around you, then you won't feel buffeted about by all the turmoil. Instead you can tap the powers within and employ them to deal with challenges you face. When you are not at the will of all that's going on about you, you will be free to participate in life with clarity and vision—a very different feeling from that of being under pressure and constantly on the run just to keep up. You can participate in shaping the future rather than reacting to it when it arrives.

Intuition has been fully neglected in our technological society. But the truth is, it can actually provide the map for each of us to overcome the limitations in our lives, whether that means discarding bad habits, healing health problems, enriching relationships, or even grappling with the massive political issues of our day. You need not hope to get only an occasional glimpse of what your intuition knows, instead you can learn to tap its power at will and you'll discover that it gives you invaluable guidance no matter what your concerns are. This book will teach you how to do just that—how to work with deep awareness and utilize your intuitive and imaginative powers for whatever your particular problems and aspirations.

Creativity, intuition, and healing powers come through innerconsciousness. I use this term to refer to all the intuitive and imaginative capacities of intelligence. Ironically, by looking within, we can tap into the collective knowledge of the human race. It is our innerconsciousness that experiences wholeness, the feeling of being “at one,” that is at the heart of all spirituality, the merging of the existential “I” into something greater.

Chapter One

¹Stress is epidemic in the western world. Over two-thirds of office visits to physicians are for stress related illness. Stress is a major contributing factor, either directly or indirectly, to coronary artery disease, cancer, respiratory disorders, accidental injuries, cirrhosis of the liver, and suicide, the six leading causes of death in the United States.