

How Did I Ever Get Here?
(The Prologue to *Opening to Greater Realities*, 2013)

Dr. William Spady
The Father of Outcome-Based Education
Founder of the International Network for Outcome-Based Education
(IN4OBE)
Portland, Oregon, United States of America

Abstract

“How Did I Ever Get Here?” is an extension of the Prologue in Dr. Spady’s book *Opening to Greater Realities: An Amazing Journey of Spiritual Awakening* (2013). It is the uncensored, free-flowing dialogue between Spady and the team of highly evolved interdimensional beings he calls his Spirit Partners. The dialogue begins by Spady clarifying what he means by ‘here’ and proceeds from there, with clear explanatory answers from his Spirit Partners that continually offer a perspective of the ‘greater reality’ that exists beyond this tangible earthly dimension – a perspective that is sure to fascinate, educate, and entice readers to learn more. Among the many topics raised, the Spirit Partners explain: What they are, What we are (but don’t realize), How they and humans are inseparable, What the essence of being a human actually implies, That we have forgotten our true nature and overlook our remarkable inner capacities, How reliance on our physical senses to function in life severely limits us, Ways in which our ego is both good and bad news, How we’ve developed a profound misunderstanding of ‘God’ and the divine, and more. Spady concludes the dialogue with explanations of the ‘paradigm prison’ from which his spiritual journey has liberated him, and that spiritual growth has no end. Beyond this Prologue lie 400 pages of detailed descriptions of the many ‘amazing’ experiences and revelations that compelled him to write the book.

Keywords: Spirit Partners, Realities, Awakening, Schaffen

Introduction

My initial interchange with a group of interdimensional beings reveals a fundamental truth about my spiritual essence that applies to everyone. What we perceive as our ‘selves’ manifests in different ways depending on the ‘frequency’ at which our awareness – our consciousness – is attuned. The identity that we assume on this ‘plane’ of existence is a dense and limited expression of the gifts and ‘remarkable’ capacities available to us as the spiritual beings

that all of us actually are. Fortunately, I have had countless deep, ‘amazing’ interdimensional experiences that have awakened me to how life can unfold when we choose to override the prevalent belief that our three-dimensional existence, with its endless dramas and distortions, is ‘REALITY.’ Yes, this set of circumstances and conditions becomes our Reality if we remain bound (and imprisoned) in its limited and limiting conventions and belief systems. This dialogue is a testament that greater/vaster/more expansive Realities and capacities exist, and that we’re being invited by our souls and Spirit Partners to explore and develop them.

Spady’s Initial Dialogue with Spiritual Partners

Spirit Partners: Well, Bill, tell us what you mean by ‘here’, and perhaps we can help answer your question.

Bill: What I mean by 'here' is this remarkable state of understanding and experiencing more about my true Self, my soul, and my spiritual nature. It’s definitely more wonderful, exciting, and peaceful than I ever thought possible given my earlier paradigm of life, and extremely different from how I used to live my life as well.

Spirit Partners: We certainly resonate with what you’ve said about the nature of ‘here,’ but what do you mean by ‘true’ Self? Do you think you have a ‘false’ one?

Bill: No, I guess I mean that I now see that there are multiple levels or dimensions to who we are as beings on this earth, and that our external/social

personality and identity is only one of them. There are far deeper, more expansive aspects to who we are than we typically display in our lives as physical beings and in our interactions with each other. I just never realized how limited our conventional ‘particle’ perspectives and thinking are about what we call life and human existence, and how they both play out.

Spirit Partners: We certainly agree with that, and we want to acknowledge that you’ve come a very long way during your lifetime – from what you describe in this book – as being ‘stuck’ in an entrenched psychological and intellectual paradigm of endless hard work, to the wonderfully open orientation to life you now have.

Bill: These shifts and changes have truly been amazing to me, and they keep happening, as if I’m riding some kind of remarkable wave of well-being.

Spirit Partners: You are, Bill. And so is everyone else. And it is a wave of sorts. It’s there for you to ‘ride,’ much like surfers do. But anyone who wants to ride that wave has to prepare themselves for what it is and how it functions. Over time you’ve done that, and now you feel like your ‘riding high on life’ – which is really what the wave is: the essence of life.

Bill: Yes, I certainly feel that way most of the time, and that’s what’s so different. I used to have to work so hard – sacrifice and struggle almost – to accomplish things. Now it truly seems so much easier, at times even effortless, as if I’m being helped along by your invisible presence.

Spirit Partners: You are, Bill.

Bill: What is it?

Spirit Partners: It’s all of us.

Bill: Well, who’s all of you? I’m obviously having this inner dialogue with someone.

Spirit Partners: We're not trying to be clever with you here, Bill, but our honest response may be a little confusing at first. So please take the time you need to let this sink in.

My Spirit Partners

Spirit Partners: First of all, we're what we think of as your Spirit Partners, the ones you've become so aware of during the past several years in doing all your different kinds of inner work. Most people would call us your 'soul.' We understand what they intend to convey by saying that, but it oversimplifies things a bit to say just that single word. People think of souls the way they think of themselves – as distinct, separate entities. "

Bill: Well, I certainly did until 2001.

Spirit Partners: Yes, and since then, you've discovered that we're more like a team of beings or entities that exist and function on what you earlier called 'multiple levels or dimensions' of existence. We definitely want to affirm what you said there. Life and existence certainly do express themselves along multiple dimensions, which is why your culture and religions regard your 'soul' as a different aspect of 'you' than your physical body. From our perspective, however, 'you' are one completely integrated 'entity of existence,' but that entity has different aspects of itself. "

Bill: Please explain what you mean by that.

Spirit Partners: For example, people often talk about themselves as having a physical aspect, a mental one, an emotional one, and a spiritual one. That's true at one level, but if you stop and think about it, they're all completely integrated with each other. Just try separating one of these from the others and see what you get. If you tell us, "I can't really separate them," then you've gotten our point. And do you know what the common denominator of those various aspects is; what they all have in common? "

Bill: No, because physical, for example, seems so different from spiritual.

This short segment reveals two transformative truths: 1) We all have Spirit Partners, which go by various names – ‘guardian angels’ and ‘spirit guides’ among them; 2) Our fundamental nature is spiritual, and ‘spirit’ infuses everything, including all aspects of our physical existence, our CONSCIOUSNESS – our Awareness. Hence, Spirit is not subject to the bonds and boundaries of our physical being’s five senses or the world that it perceives. That’s explained further in what follows.

We’re Beings of Vibrational Energy

Spirit Partners: Yes, from one point of view it is, but what if we said that all of these aspects, and any others you might come up with, are all manifestations of something called ‘vibrational energy?’ If you stop and think about it, everything that exists is an expression of some kind of energy, some of it vibrating at very high frequencies and some of it at much lower ones. For example, all physical matter is made up of atoms, and inside of them are various sub-atomic particles swirling around in micro fields of energy that are obviously quite active. What we call ‘living beings’ have faster vibrating energy fields, while materials like rocks have much slower ones.

Bill: Well, I guess I can accept that.

Spirit Partners: So, if that makes sense to you, then you can probably imagine yourself being a constellation of vibrating energies, some of which you can see, touch, and call matter, and some of which are invisible and more subtle – like those vibrations you usually feel when you do deep inner work. They’re akin to what people call ‘life force,’ that amazing, invisible energy that sustains your life. We’re simply this second kind – the life force kind. You can ‘feel’ our presence and hear us when your normally active mind gets very still and allows our much more subtle energy to come through.

Bill: Yes, I’ve certainly come to experience that a lot in my meditations.

Spirit Partners: So, to keep this as simple as possible, let's just say that our primary 'home' in this integrated energetic system called Bill is in the 'dimension,' or aspect, you call 'spiritual.' But in saying that, you can now appreciate that our vibrational energy is also infused into the other three aspects of you as well. We're not some special place inside of you; we're infused throughout your entire physical, intellectual, and emotional 'being.'

Bill: Yes, I see that I embody and function with all four of the aspects that you've mentioned, and they're all thoroughly blended within my body. And I can certainly recognize, for example, that when my emotions 'go sideways,' so does the rest of me. My body tenses up, my thoughts get erratic, and the inner stillness that I associate with my 'spiritual self' experiences dissonance.

Spirit Partners: Yes, that's exactly our point.

Our Spirit Partners are Inseparable from 'Us'

Spirit Partners: So, let's go back and comment on something you said at the beginning of this dialogue. You said you might be being helped along in your new state of experiencing life by some invisible presence, and we affirmed that. Then you responded by asking who was doing the helping, and we responded by saying, "All of us," which may have sounded like there were lots of us 'over here' speaking to you 'over there.'

Bill: Yes, it did. I used to think of spiritual beings like you are as being 'out there.' So, when I wanted to connect with you, I'd have to reach out and 'call you in' so to speak.

Spirit Partners: Well, let's change that old perception once and for all by reinforcing what we just said, namely: There's really no separation between 'you' and 'us.' We, your Spirit Partners, are totally infused in all that you are, and we've been that way from what you consider your 'beginning' – your birth in this lifetime. Does that make sense to you now?

Bill: I hadn't really thought of it exactly that way, but I now see what you're suggesting. It's like the Bible verse in which Jesus says something about his spirit being, or going, wherever his disciples go. But in this case, wherever Bill goes, there you are too – because we're one and the same energy field. I think I really understand this now.

Spirit Partners: Yes exactly, so please let us take the 'logic' of this one step further. So, if we are inseparable from you and totally infused in all aspects of who you are, then whom do you really think you're talking with here?

Bill: You, my Spirit Partners, and I are just one unified being? I sure wish I had known it was all this simple when I started on my 'journey' of spiritual awakening. Man, could I have saved a lot of time and effort getting here!

Spirit Partners: Yes, Bill, at one level you are talking with 'us,' but at another, you're simply having a conversation with your 'Self', because your Self contains and embodies 'us' within it. We're one unified expression of life, and you really can't separate us from you because we are you, and you are us.

Bill: Yes, you've made that crystal clear to me now, and I thank you for doing so.

Spirit Partners: You're more than welcome. But we want to take issue with what you've just said about saving a lot of time and effort. 'Spiritual growth' as you often call it isn't a race or a 'project.' Things unfold as they unfold because they can't unfold within you any faster than you allow them to. As your friend Neale Donald Walsch has said many times in his books and seminars, all of this is a matter of 'remembering who you really are.' We can send you reminders of various kinds from time to time, but it is you that has to do the remembering.

Bill: Yes, Neale and I had a rather dynamic discussion about that in 2001, and he made that very point about remembering. I challenged him from the point of view of 'less evolved' people like me. We think this is a matter of 'exploring,' 'discovering' or 'uncovering' deeper things about ourselves, but certainly not 'remembering' them.

Spirit Partners: Well, you were both right on that, Bill, and we admit that the word ‘remembering’ doesn’t resonate very easily with most people because they think that their life/spiritual essence/soul all begins when they’re born. Your journey has certainly allowed you to ‘discover’ that that’s not true – that ‘we,’ your Spirit Partners have existed for countless millennia and lifetimes, and now we’re fully embodied in the being called Bill Spady. That’s why we applaud your decision to share your story with others because you really had to climb a steep mountain and shift a deeply entrenched paradigm to come to this realization.

Bill: This wasn’t how I was expecting to start my story. This is such a different way of thinking about everything that I need a minute to sort this all out. Okay, you’re saying, I believe, that some ‘group’ of you are my Spirit Partners, and you’re not only with me all the time, you are me because we’re inseparable. And you’re also saying that you’ve existed a profoundly long time before connecting with my current ‘Self.’ Is that right?

Spirit Partners: Yes, without splitting hairs, that’s right, and this probably applies to everyone on earth. They – your readers – all have Spirit Partners, whether they call them souls, guides, or guardian angels. Their journey, like yours has been, is to discover that they exist within them and to live their lives accordingly. In your case, you went into deep awe of us as you slowly came to this realization. But the real test of being here, Bill, is to live your life right now as the human embodiment of the ‘amazing’ capacities you attribute to us. If you think we’re amazing, and if we’re you, then why aren’t you as equally amazing, as you think we are? And why aren’t you manifesting these amazing attributes in everything you are and do in your life all the time?

Bill: You’re really putting me on the spot. I’d simply like people to know that if someone like me can eventually get 'here,' so can they. I certainly haven’t lived my life as if I were some kind of divine being, even though that’s what you seem to be saying I am.

I remember reading in Neale's books numerous times that we humans are actually divine beings having a human experience, and I truly came to understand that. And I also agreed with him when the text said that most of us are afraid of stepping into a life role that's that 'BIG.' Given our cultural and religious paradigms, it sounds outrageous for people to declare themselves 'divine' and live accordingly. So, I guess we 'chicken out' by acknowledging it intellectually, but we really don't 'declare' it in how we actually live our lives. Why do you think that is?

The foregoing raises what our conventional, culturally endorsed view of our existence refuses to acknowledge, whether in the names of logic, science, or religion; namely, that we are inherently DIVINE beings. This means that NOTHING IS OUTSIDE OF US, including our soul, our Spirit Partners, the life force that sustains us, and everything we think of as SPIRITUAL. We are ALL OF IT – Infinite and Eternal – and how profoundly everything in life can change when we realize it. Nonetheless, I can tell you firsthand that this new-paradigm view of your existence and identity is profoundly difficult to believe and accept when you've been told since birth by literally everything and everyone in our culture and physical reality that: 1) Spirit, Spirituality, Divinity, Holiness, and/or God is 'out there' somewhere and has to be sought, acquired, and even earned; and 2) All of these things are too remote, ethereal, and inaccessible to be innate attributes of us imperfect, sinful, undeserving, mortal humans. Hence, it took me decades to accept, internalize, and express what I was repeatedly being shown and experiencing because it seemed too expansive, 'grandiose,' and wonderful to be 'real.'

Our Multiple 'Selves'

Spirit Partners: There are many ways to address this very significant question, Bill, but we'll do so by emphasizing something that certainly governed nearly half of your life: What you call your 'particle consciousness' and your ego self.

Bill: My ego self? Do you mean I have more than one 'Self'?

Spirit Partners: Well, Bill, the very short answer from our perspective is that your ‘Self,’ the part that is your consciousness and embodies what you call your ‘identity,’ happens to have three major aspects. One of them is your ego self, which we’ll explain in a second. Another is your Aware Self, and the third is your HIGHER SELF. In effect, your journey has been a matter of ‘remembering’ and ‘living’ all three in proper balance and harmony.

Your ego self is that aspect of all human beings that helps them maneuver safely through the world you’ve created for yourselves; and we know that that world often isn’t a ‘fun one’ for most of you by any means. Without your ego self protecting your well-being on a full-time basis, catastrophes would abound in your life on this earth.

But, paradoxically, it’s precisely because people’s ego selves are so very active that catastrophes abound in your world anyway. Everyone’s out protecting her or himself from everyone else, believing that harm in some form or other might come to them unless they do this or that. And it’s the ‘unless’ in that sentence that leads to so much aggression, violence, and mistrust, which seem to spiral out of control so often.

Bill: Why does this happen? All this negativity seems so ‘Self’ defeating, so to speak.

Spirit Partners: You’re right. It is ‘Self’ defeating. That part of you that we call your ‘Aware Self’ – the part that connects strongly with us – gets undermined at every turn by this continuing spiral of ‘self’ defeating thoughts and actions that is so prevalent throughout humanity. From our perspective this happens because your ego self is an extension of what your scientists call the primitive ‘reptilian’ part of your brain. It sees things in simplistic ‘fight or flight’/‘black or white’ ways because it instinctively believes that everything out there is either the hunter or the hunted. And it doesn’t want you to be ‘lunch’ for anyone or anything, because if you were, it would go right down the same hatch too. For your ego self, ‘Survival is Job One,’ so it doesn’t want you to step ‘outside the box’ of social safety and convention or you might be someone’s ‘lunch.’

Stuck in a Paradigm of Limited Perception

Bill: This reminds me a lot of what the famous psychologist Abraham Maslow identified as humans' 'lower-level needs' – for Survival, Safety, and Security – because of their deep-seated fears about how the world works and the potential harms that await them at every turn. You seem to be saying that the ego self and these lower-level needs for protection and stability feed off of each other.

Spirit Partners: Yes, that's a good observation. Dr. Maslow really gave humanity a gift by pointing out that people can easily remain stuck in this 'three S syndrome' unless they raise their paradigm of living and consciousness to the level he called 'Self-Actualization.' We see a strong link between that term and what we've just now called your Aware Self. It's your Aware Self that experiences what Maslow calls Self-Actualization – when your more fully developed mental, emotional, and spiritual capacities guide your decisions and actions – rather than your reactive/protective ego self doing so.

Bill: Well, let me be really candid here. Moving up Maslow's developmental hierarchy to 'Self-Actualization' hasn't been easy for me, and it isn't for others either, maybe because of what you've just implied: That we're all born with ego selves that instinctively want to keep us focused on the potential 'dangers' in life, rather than the 'opportunities' that actually abound.

As children we have lots to learn about life, seemingly from scratch, and we view all the things around us as 'real.' If they were tangible, and we could see, touch, taste, feel, or hear them, we called them 'reality.' This was the raw material we had available for making sense of the world – for understanding things. Except for one key thing, children live within a paradigm that our popular culture defines as "What you see is what there is." Here's tangible, three-dimensional reality, kids, and anything else you experience isn't real; it's imaginary. Better to give that imagination stuff up when you're really young.

Spirit Partners: You've said something really important here about how 'locked in' people can get to 'three-dimensional reality,' but we don't want to overlook another thing you just said. What's the one key thing that you viewed as an exception to this completely tangible view of life and existence?

Bill: Well, I could probably summarize it as 'the unseen,' and the more I thought about it as a student the more of it there seemed to be. That is, there are things out there that most of us just can't see, or touch, or hear, but they seem to exist and make a huge impact on our lives anyway. For example, science classes and TV documentaries made me aware of gravity, and dark energy, and dark matter, and electrons, and numerous kinds of rays and waves that we can't perceive at all with our five senses. In fact, I've seen a number of very impressive documentaries recently on the Universe and how it works, and I'm blown away by how much is apparently out there that even our scientists can't see with their sophisticated instruments; yet those forces and energies are clearly shaping everything in existence.

Spirit Partners: Yes, we understand those examples, and they certainly demonstrate that there's a lot more to 'existence' than humans can perceive. But are there other things you've called 'unseen' that have also made you question humanity's pervasive "What you see is what there is" particle consciousness paradigm?

Bill: The greatest of the life lessons I've had to learn regarding my spiritual nature and growth is the overriding role that the 'ego self' plays in our lives. Its role in the greater dynamic is to keep us alive and out of harm's way, which makes it a non-stop judgment and protection device. Why? Because its perceived existence is tied to ours. The ego fears that when we die, it dies, and thus, its existence ends. So, we are taught and/or learn early not to step outside the boundaries of either 'safe' beliefs or prudent actions that could threaten or endanger its hyper-cautious view of protecting our well-being. This, in turn, fosters a strong, fear-based orientation to life, which is not altogether harmful in view of life's cruelties and uncertainties. However, in carrying out its protective role, the ego easily becomes 'obsessed' with being the director of managing and limiting how we view and do everything. The result is a 'paradigm prison' in

which we limit our perspectives, motivations, and actions to that which is conventional, acceptable, and safe, eventually keeping us stuck in patterns of thought that don't venture into the risky territory of the unknown. This seemingly safe, conventional, and familiar 'comfort zone prevents us from creating a future different from our past. My major prison walls were 'logic,' 'excellence,' and 'responsibility.'

A Traditional View of God

Bill: Absolutely, and those things provide a connection between my earliest memories as a child and my most recent inner experiences as an adult. They involve what people in our society commonly call God, or divinity, or even 'Heaven.' As you'll see in Chapter 1, I was brought up in a family and community that wholeheartedly believed in the existence of God, even though no one, especially me, had ever seen, heard, or felt Him. So, I was 'taught' to believe that He existed, that He had these incredible attributes and capacities, and that He ultimately controlled everything in our lives. And since this teaching went on uninterrupted for at least seventeen years, I ended up believing in and honoring something that lay completely outside of my three-dimensional experience.

Moreover, how I regarded this aspect of the 'unseen' strongly affected how I interpreted and dealt with the 'seen' in my life. I had established and played out a set of beliefs, assumptions, priorities, and 'have-to's' in my life that were based completely on what people call 'faith.' And many of those beliefs had become so much a part of me that I couldn't see them for what they were – simply beliefs. I see now that this is true for most of us, but it was both a shock and a blessing for me to eventually discover them, acknowledge them, and release the control they had over so much of what I thought and did.

Spirit Partners: Are you referring to your belief in and about God, or other things as well?

Bill: All of the above, really. In my family and culture, belief in God was the central element in a comprehensive moral code: what was good, what was bad, what God liked and didn't like, what God would ultimately reward or punish, and what could get you in His good graces or on his 'doomed' list. Although many of these things weren't in the Bible or any other religious text, they got portrayed as 'God's will' anyway.

And given God's power to reward and punish, I sure didn't want to do things that would put me in potential jeopardy. So, it wasn't just the letter or spirit of what people call the Ten Commandments, it was a host of other things that ultimately defined you as a good person or not.

In the first decade of what I call my "Amazing Journey of Spiritual Awakening," I was blasted out of my conventional paradigm prison by three things: 1) The realization that we/our souls have 'past lives,' not just one; 2) There's only one place the soul 'goes' when you die – the happy one; and 3) God doesn't 'command' anyone to do anything; hence, there were no Ten Commandments. Hence, I wasn't going to be punished by God every time I might slip up, yet those three things threw my identity and universe of 'Reality' upside down and compelled me to examine my spiritual nature much more deeply. Said differently, God wasn't "The Great Scorekeeper in the Sky," eager to catch people who broke the rules, as my religious background upbringing had led me to believe. Nor were all the things said about Him/Her/It and us in the Bible true. Hence, my 'journey' required 'letting go' of countless earlier beliefs and priorities in my life, a process that continues to this day. I've learned that one's journey has MANY significant layers and dimensions, and each opens the door to even deeper, wider, and vaster things. Soon it seems like a giant mosaic that's impossible to 'figure out,' which is well and good because the journey isn't an exercise in mental analysis. It's an experience and expression of the heart. For example, I've just recently learned that one of the most persistent stumbling blocks in this lifetime's journey has persisted at the soul level for many eons as it encountered and dealt with one formidable obstacle after the other in manifesting its role as a teacher of spiritual wisdom. One key aspect of that deep entrenched energy is reflected in this final segment of the dialogue. Little did I know in 1990 that there were 'Greater Realities' open to me that I

could not see at the time. But becoming aware of this ‘syndrome’ at the time led me to eventually deal with it quite recently.

Life’s Moral Imperative: Schaffen!

Spiritual Partners: Can you give us an example of a particularly significant ‘peripheral Commandment,’ if that’s the appropriate term?

Bill: Oh boy, can I ever! As with most kids, all I knew before going to school was what my parents and other adults told me was true, and most of that revolved around the theme, ‘You have to work hard to get ahead in life.’ And ‘getting ahead’ – doing well and accomplishing a lot – was almost as important in my family as believing in God and going to church on Sunday was. Now that I think of it, an absolutely overwhelming belief in our lives was: ‘Good people work hard and get ahead; and ___ people don’t.’ The blank is there because there were several possible words that got inserted there; for example: lazy, good-for-nothing, immoral, dishonest, irresponsible, etc.

Spiritual Partners: So, what kind of impact did this belief have on your life?

Bill: As I portray in Chapter 1, it was ‘overwhelming!’ More than anything, I ‘got ahead’ in my life through what my Russian-German grandparents called ‘*schaffen*.’ It’s an interesting German word that means ‘shape and create’ at one end of the scale, and ‘toil’ at the other. In the middle lies ‘work diligently,’ and that’s what everyone around me did. In fact, it’s the way most lower-middle-class Twentieth Century males like me achieved things. As my dad used to say, “Nothing in life gets handed to you on a silver platter,” and in his case, and mine too, that was certainly true.

Like lots of immigrant families, we didn’t have major role models of success who could give us the confidence, experience, or cultural ‘boost’ for moving into careers or spheres of endeavor that lay beyond what our grandparents and close relatives had done in ‘the old country.’ Nor did we have notable social contacts who could ease the way for us with timely

recommendations here and there. Most of all, our families generally didn't have the finances to pay for quality education or the special lessons that it takes to excel at most things. In general, the money for these kinds of opportunities had to be earned by the sweat of somebody's brow above and beyond normal working hours; and such was the essence of ***schaffen***.

Spiritual Partners: We take it, then, that you tried hard to 'get ahead' in your life. In what ways?

Bill: Besides schoolwork, I did a lot of ***schaffen*** up through age thirteen learning how to hit a softball, then a baseball, really well. It worked, and I became an outstanding hitter on our local team that went to the Oregon State Championship game in our age group. ***Schaffen*** also enabled me to develop lots of skills and life lessons in several other kinds of athletic endeavors, but I was never 'great' at them. The list includes football, basketball, golf, tennis, and track. My Dad was a very fast runner in school, and so was I, but not fast enough to 'get ahead' of one other fellow in my high school. Hence, I ended up being known as 'the second-fastest guy' in the school. Then at age thirty-nine I learned to ski, and that's the one thing I've stuck with ever since. It requires lots of ***schaffen*** because, like golf, good ski skills aren't natural or instinctive movements for the body to make. You have to really work at it in a disciplined way to become good, and 'really working at something in a disciplined way in order to become good at it' was how I approached everything.

Spiritual Partners: Did you 'get ahead' in other ways besides athletics?

Bill: Oh, yes. As you'll see, I also applied very heavy long-term doses of ***schaffen*** to playing the trumpet. I started when I was eight and really didn't let up until my early forties. ***Schaffen*** got me into Portland's All-City Orchestra for grade school students when I was ten and its esteemed Junior Symphony when I was thirteen. I was absolutely in over my head both times, but huge doses of ***schaffen*** not only got me through but also exposed me to a world of incredible music that I cherish to this day.

Fortunately, I was pretty smart in school and really liked it for the most part, but the only way I was able to get through high school with strong grades was through extra-large doses of ***schaffen***. And once I entered college at the University of Chicago – which we’ll see in Chapter 2 – it was my only hope of survival. I certainly wasn’t as brilliant or ‘pre-educated’ as most of my classmates, so my road to graduation was paved with ***schaffen***. And ***schaffen*** also got me through graduate school, bolstered every step of my forty-plus-year career, first as a professor and then as an educational researcher and change agent.

So, as you can see, ***schaffen*** was simply how I approached everything in my career and life, and with it came three other words that seemed to define how it fundamentally played out: **Sacrifice, Struggle, and Suffering**. In fact, some of my more ‘evolved’ friends used to kid me about ‘making it hard to be good,’ but the ‘struggle’ element in things certainly seems to have disappeared since. . .

Spiritual Partners: . . . Yes, we know – until that day in 2007 when you were in the desert working with your shaman Jay, and you finally healed and released Sacrifice, Struggle, and Suffering – what you called ‘the three S words’ at the time. They’d been plaguing you for lifetimes, and we were profoundly delighted and relieved when you significantly released this ***schaffen***, sacrifice, struggle and suffering agenda in your life. Believe us, we were there cheering all the way.

But we continue to observe how many people are carrying around similar ‘soul traumas and burdens’ that they seem unable to heal and release, and we send them our love in hopes that they’ll find a way, as you did, to fully release the undiscovered sources of the pain they’re harboring, in some cases without even knowing it’s there. That’s why we’re supporting you fully in this new book endeavor of yours, and we’re grateful to you for being willing to ‘put it out there’ as you Americans like to say.

Bill: Well, I thank you profoundly for the enormous encouragement, love, and support you’ve offered me all these years! As I wrote the first few chapters that now follow, I realized how incredibly blessed I was to have your presence and

support in all those formative years of my life. Granted, both my ego self and *schaffen* syndrome were both very active back then, but I now realize that they were being carried on a wave of love, support, and ‘synchronicities’ that I simply didn’t have the presence of mind to recognize and honor at the time. Wonderful people entered my life at just the right moment and helped open what I continue to view as these ‘amazing’ doors of opportunity for me. And I now know that it unfolded that way because of your presence, love, and support. Thank you, thank you, thank you profoundly!

Spiritual Partners: No, Bill. As we said to you in the Utah desert in 2010, “We are grateful to you for being willing to do this work.” It’s not easy to buck the tide of cultural conventions, pressures, and inertia, but, as your readers will see, you’ve done it. And we trust that others will benefit from your role as a ‘way-shower’ for them as they embark on their own “amazing journey of spiritual awakening.”

As I noted earlier, my journey continues to this day. Yes, the first phase includes many notable breakthroughs and experiences I had between 1990 and 2013, and they are already captured in the book. There, I explain how indebted I am to the remarkable spiritual, psychic, and out-of-the-box pioneers in kinesiology, sound healing, inter-dimensional soul work, bio and neurofeedback, and shamanic work that I’ve had the honor to experience intensively. The gifts of these individuals are remarkable, and the synergy they created as a ‘team’ was both unique and absolutely astounding. But my journey didn’t end with the book. By the time it was released in 2013, I had already begun working with new, powerful teachers and energy workers, and my consciousness had expanded incredibly as a result. So, I am delighted to share here that many of these new lightworkers are now included in the many interviews I’m making available through my new YouTube channel, appropriately named SPIRIT PARTNERS. There, anyone can learn from them directly about their remarkable work and even arrange to have sessions with them, which will certainly ignite their own amazing journey. As for me, I’m finally doing what my soul brought me here to do, yet again, this time through the videos on this new channel: “Teach the Higher Wisdom” – mine as well of these gifted lightworkers. I know that it will certainly get you ‘here’ with more Love, Joy,

Wisdom, and Peace than the conventional paradigm of life can ever do. And I'm sure you'll get 'here' faster than it took me, because, in reading this dialogue, you've already taken an empowering step in that direction. Namaste

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