

ONE

Patterns, Imprints and Masks

*The story of what happened to you while you were
trying to find the path on your journey.*

—Rosalyn Bruyere

WHAT HAPPENS WHEN YOU finally wake up and find you have been following someone else's dream? You've spent your life trying to please others and live up to their expectations, and in doing so you've lost your own voice. You begin to realize your personality is made up of the desires and controls of others. This chapter is the first step in understanding how your reality is birthed and controlled as you take your place in the world. You become part of planned agendas, and the resulting patterns, habits and imprints create expectations of who you *should* be.

A final destination of peace of mind and love is a motivating force to encourage you to create a map of your own belief system—a map of your *authentic self* that defines your truth and values as you know them.

The world is moving forward at a very rapid rate, as we can see by the constant progress of spirituality, technology and social media. When we talk about imprints from our

childhood and schooling that need to be shed, it doesn't necessarily mean our parents and teachers were wrong or bad; some of their imprints and patterns are just outdated and are now excess baggage. These will be easier to shed than other deep emotional imprints, but with awareness and intent, we can break through all the illusions that control us.

We arrive at birth filled with an essence of innocence and purity, but through all the stages of our lives, others influence us as we take on numerous opinions, agendas, controls and bosses that are not us, but through time they are superimposed into our sense of reality and shape who we become. Some terms that are used to describe what we've become in our society are "living in a cultural trance" or "sleepwalking through life." They are about following the rules, doing what we are told is right and believing most of what we watch on television and read in newspapers.

A realistic example of how we are controlled came to me when I was talking to a friend about these thoughts. He said, "I know exactly what that is; I call it the 'hardly used' brain. First, my mom told me what to do, next my teachers told me what to do and then my wife told me what to do." We are constantly engulfed by people telling us what to do, how to think, what to say, how to dress, how to vote and so on. Even live theatres hold up signs for when we are supposed to applaud.

It is time to awaken to the changing dynamics in the universe right now. We all need to be present, grounded within ourselves and clear of our own direction. We need to learn about what masks we hide behind and how to remove them to find our original essence.

The following topics provide some basic information on various subjects that will come up throughout the book.

Patterns

The issues involved here are mainly to do with family, race, ancestry, religion, school and work. It's about the way things are done, such as procedures, habits, rules and beliefs. It's the conditioning we acquire from those around us on a routine basis. Within these patterns is how the family lives on a day-to-day basis, which includes habits around food, music, sports, educational values, TV, video games, where the parents work, relationships and the surrounding social environment. It also relates to what kind of atmosphere predominates in the home, be it loving, happy, violent, disconnected or any other option. The patterns create the initial programming in childhood and affect how we see things, hear things and, most of all, react to things. Patterns are repetitive in nature.

Imprints

This category is extensive and is still affected by family, but it also moves outside that nest to include grandparents, relatives, friends, teachers, mentors, coaches, ministers, role models and many others. While patterns have more to do with habits, imprints deal with things like honesty, secrets, truth, friendships, values and integrity. Imprints can deeply affect the forming personality and ego. An imprint can be a compliment that boosts self-esteem, or it can be a derogatory remark like "You are stupid," which has a destructive effect. All kinds of imprinting happen on a routine basis and are very critical in the developing years. If parents plan their children's careers and try to impose the desires they did or did not fulfill themselves, it can stop creative dreaming and limit possibilities.