

# *Frequently Asked Questions*

## **1) What does the name Lucid Living mean?**

It has a few different meanings to us. I was familiar with the concept of lucid dreaming, a kind of night dream where you realize in the middle of it that you are actually dreaming without waking up. In the dream state, you can begin to consciously make choices about how the dream will unfold. With Lucid Living, we are talking about taking conscious authority of this “waking dream” we call physical reality. We begin to realize that the physical reality of our lives is an illusion. A very elaborate, real-feeling illusion. If you can awaken to that living dream and begin to direct the course of your life, that’s the idea behind Lucid Living.

It also refers to a state of clarity and consciousness in the living of life. One of the dictionary definitions of lucid is “characterized by clear perception or understanding.” Synonyms include “radiant” and “luminous.” So another way to think of Lucid Living is radiant living. Lucid Living teaches the necessary skills to transcend our old way of being in the world.

## **2) You talk a lot about Domination and Dominion. What do these terms mean?**

These are terms we use to describe a paradigm shift from a worldview based in fear to one based in love. In the paradigm of domination, you see the world as an unfriendly place that must be controlled by force. In Dominion, the world is a friendly place whose natural state is loving. One of my favorite Einstein quotes is one in which he says something to the effect that the most important decision we will make in our lives is whether or not the world is friendly. Is it our enemy or our ally?

This view of an unfriendly world is the perception of reality through the lens of your wounded ego. Understanding ego is a topic of great complexity, but here’s a short version. The ego is an essential aspect of self that allows you to function with choice in a world of duality. The ego is purposely limited in its scope. It is meant to be a messenger of information. It is not meant to be saddled with the responsibility of choice.

When we refuse to be responsible for our choices, we burden the ego with responsibility it cannot handle. This wounds the ego, and it scrambles to cope. It cannot understand higher realms of reality where consciousness is at the root of causation. It perceives the physical plane of reality as the *only* reality, finite in scope. From this awareness, it sees life as a competition for a finite supply. It cannot understand real power, so it seeks power over. This worldview generates the illusion of being separate-- from self, from others, from the Divine. The sense of separation creates the illusion of powerlessness. Powerlessness generates rage, justifying more domination. Control, shame, manipulation, blame and entitlement are all strategies of false power in the paradigm of domination.

There is another paradigm, one that many are beginning to perceive and make real. The worldview of Dominion sees physical reality as an ally in your unfolding spirituality. It is a *reflection* of something more real at the metaphysical level of reality. The physical world becomes a playground of self-discovery, with unlimited opportunities to grow and change. It is an illusion, reflecting the necessary feedback about your beliefs, choices, thoughts and feelings so you can shift your consciousness, the source of all change.

In Dominion, you know you are not alone. You experience connection with the unseen world in all its complexity and learn the joy of co-creation. You receive. That receiving includes actively engaging the feedback of your illusion so you can take responsibility for the world of your creation. It also includes receiving love and help and Divine grace. You dance in the paradox that you create your own reality by directly **causing** some of it and **allowing** much of it to be created.

As you take more and more responsibility for your life, you become more empowered and free. You heal your wounded ego and release your distorted perceptions. You discover unseen realms of benevolence and generosity and stretch to new heights of expansive emotion... love that surpasses itself, joy beyond what you can imagine. You surrender to the mysteries of life and embrace the journey as a magnificent adventure. You accept yourself and others with compassion. You forgive and change. Spilling over with a bounty of love, you give of yourself in gratitude and celebration.

### **3) What are the new maps of awakening? What do you mean by maps?**

There are many old maps that have become “traditional wisdom,” depending on the culture in which you live. For example, a map that many have followed for decades goes like this: get an education, work hard, be responsible and life will be good to you. This map worked well for many, fifty years ago, but it no longer works. Education and hard work are worthy things, but they no longer guarantee what they seemed to in the past. And the old definitions of responsibility were interpreted through a lens of duty, obligation and struggle.

To understand the new maps of awakening, you need to be familiar with the shift in ideology from Newtonian physics to quantum physics. To really paraphrase it, it is a shift in the way science views how things are caused. According to Newton, every action causes a reaction. This “impact causation” is the basic cause-and-effect principle that governs how objects interact in the physical world.

But human causation is more sophisticated. With the discovery of quantum physics, we now know that effects are essentially generated by consciousness, and then physical “causes” are paired with those effects. This “resonance causation” reveals that reality is created by energy, and like attracts like. Instead of using force to make something happen by mechanical impact, you generate an energetic field that is compatible with the reality you want to create and then allow it to manifest. This is a higher level of awareness of the physical plane of reality.

It is taking time for the world to catch up to this proven fact. We are still so accustomed to believing in cause and effect, that when something out of the ordinary happens, we search for logical reasons, even when none is apparent. We continue to push and drive ourselves to *make* things happen, and those efforts bear less and less fruit.

Here's a simple example. "Janet consistently arrived late to work, so her boss fired her." Impact causation says that Janet was fired because of her tardiness. Cause and effect. The word "so" implies cause. If we take it out of the equation, we have two facts that may or may not have anything to do with each other.

Resonance causation says that Janet's energetic field attracted the firing. Now, the nature of that energy could be any number of things. She may have felt stuck in this job and wanted to leave. Or she may have a belief that "nothing ever works out for me." It might be a strong attitude of blame that she carries that now becomes manifest and justified by her reality. There are countless possibilities for the more real cause of her firing. Her boss did not say "Your resonance is not a compatible frequency for this office," but that would be closer to the truth.

Do you ever wonder why certain people succeed and others fail, even when those who succeed may have less talent? Some people have made a fundamental choice to be successful, and that choice resonates at a high frequency of vibration. They become attractors for success. There are others whose beliefs, choices and emotions add up to a self-image of never quite making it. They may be smart and talented and worthy, but they have not created the resonance of success and therefore, it eludes them.

The new maps of awakening are techniques and approaches for a world that is waking up to resonance causation. If you create your reality based on the resonance of your raw materials-- your thoughts and feelings, your beliefs and attitudes, the choices and decisions you make day to day-- then many of the old rules no longer apply. Working with resonance as a foundation for effective action requires an entirely different set of maps than attempting to control circumstances via determined action.

It may be simpler to say that Janet was fired for being late, and the solution would seem to be to work harder at the behavior level to correct that bad habit. But the truth has greater complexity. As Janet can understand the beliefs and attitudes and emotions she has, she will begin to see how her tardiness is a reflection of her anger or frustration or boredom. She can then consciously make changes in her life without "forcing" reality to do it for her.

The world is on the verge of learning to set down the limited paradigm of impact causation. We are just beginning to learn the mysteries of resonance causation. Against this new backdrop, there are countless new maps to be made for life in Dominion.

#### **4) What do you mean by resonance?**

Your resonance is an energetic field made up of the synergy of your various frequencies of vibration. To put it into slang, it's your "vibe". We've all had experiences of people or places or situations that seemed to have a good vibe or a bad vibe. Our unfamiliar senses are picking up on the energetic frequencies of thoughts, feelings, attitudes, intentions, motivations and more. We are multidimensional beings with a lot of stuff going on inside. This includes what might be considered as higher thoughts, cleaner motivations, positive intentions, and also negative thoughts, fear-based motivations and more. All of it comes together in a synergy, a whole that is greater than the sum of the parts, creating your resonance field.

It is a rude awakening to many to discover they can no longer perform their intentions and motivations. Resonance doesn't lie and cannot be performed.

That's why so much of the Lucid Living curriculum begins with a depth of work on emotional fluency. The frequencies of constricting emotions, such as hurt, rage, fear, blame, loneliness, jealousy, hopelessness and more, lower your resonance and limit what you are capable of creating or receiving in your life.

Mistakenly, many have thought the secret was to simply avoid these frequencies and deny them. These powerful emotions cannot be wished away. Denied emotions are still a part of your resonance. It is through the experience and release of these frequencies that you can genuinely lift your resonance and become an attractor for miracles.

You can also consciously develop the expansive emotions to lift your resonance. Learning to cultivate love, happiness, gratitude, hope, trust, compassion, enthusiasm and more will absolutely change your life. In addition to working with emotions, you can change your beliefs to be in greater alignment with higher truths, and those new beliefs will resonate at a higher frequency. Similarly, making choices that are more self-honoring lifts your resonance. Rising to meet the challenges of life with character and dignity lifts your resonance. Holding a vision of hope for a positive future raises your resonance. And so forth.

There is much to learn about resonance causation. (For more on resonance causation, see the answer to question #3.) As we stretch our imaginations and recover the power of our creativity, the possibilities are limitless.

## **5) What do you mean by Emotional Fluency? Why is it important?**

Emotional Fluency is the skill of experiencing authentic emotion without judgment or attachment, which allows us to use our emotions consciously and creatively.

You may wonder why we need to be taught something that should come naturally. Most of us have been taught to deny a broad range of emotions. Some emotions we judge as unloving or unspiritual, others we fear due to their intensity or accompanying pain. We have been shamed by the abuse of emotions, often by loved ones who claimed to do it for

our own good. We have been controlled and manipulated by people who use emotion as a weapon. Society gives us numerous messages to imply that it is weak to feel or express emotion. And because feeling is a feminine energy in both men and women, it is often devalued, ridiculed and judged. All these factors create personal and societal resistance to emotion.

Yet our emotional resources are essential to functioning as a powerful adult. Whether you are seeking success in business or in relationships or in any area of your life, healthy and authentic emotional expression is key. I think it is fair to say that the majority of relationships that fail are due to people not knowing how to be responsible for their emotions.

It is important to reclaim our permission to feel emotions fully, and then to be responsible for those emotions. Lucid Living offers techniques to regain the natural flow of integrated thought and feeling. In a somewhat similar way to learning a foreign language and getting to the point of fluency where it becomes second nature, you can learn the language of emotions, heal your blockages and discover the power of emotional fluency.

**6) You seem to distinguish “ spiritual” and “metaphysical”. What is the difference?**

At Lucid Living, we define spirituality as your personal relationship to the Divine. Everyone is spiritual. Everyone has a relationship, even if it is one of non-belief. How you cultivate that spirituality is a very personal choice. For some of our students, religion plays a part in their spiritual tradition. For others, relating to a spiritual source apart from any structured religion works better.

Metaphysics is the study of the unseen world beyond the physical plane. There are certain metaphysical truths that govern reality creation. The more we can understand these truths and learn their practical application, the more we can be empowered in the conscious creation of our lives.

Lucid Living teaches metaphysical principles and their practical application. Our classes are also openly spiritual, meaning we speak about our own experiences of the Divine and the metaphysics we teach is within a context of belief in a Divine Source of love. We’ve had students come to Lucid Living with little or no belief in a Higher Power who still learned a great deal from our classes. For many, the non-religious approach to exploring the nature of consciousness has allowed them to find a true sense of experiential spirituality for the first time in their lives.

**7) You highly recommend hiring a Lucid Living coach. Why is important to include coaching in my spiritual journey?**

First of all, we believe in the benefits of good coaching. As life coaches who have also been coach trainers for many years before Lucid Living, we have witnessed the power of coaching to help transform lives.

As workshop leaders, we see a lot of people come through our weekend workshops, teleclasses and retreats. After ten years of teaching these principles, the ones who have worked with Lucid Living coaches to deepen their learning and create a structure for follow-through have accelerated their growth exponentially. We are awed by the synergy of the classes and coaching.

Of course, we recommend that someone who is serious about integrating these concepts work with a Lucid Living coach who is both a talented life coach and also living this material in their lives every day.

**8) You talk a lot about magic or being a magician. What's that about?**

Lazaris defines magic as “creating reality consciously in accordance and compliance with your will.” All of us create our own realities 100% of the time, but many of us are not conscious of how we are doing it. The discovery and study of the tools and techniques for consciously creating your reality *is* the study of real magic. As you allow the Magician within to awaken, life becomes more magical. We can then go beyond the conscious working of magic into the realm of generating miracles.

**9) You say that your work is based on principles you learned from Lazaris. Who is Lazaris?**

Lazaris is a non-physical entity channeled through Jach Pursel since 1974. For more information on Lazaris and to access the broad range of audio recordings and workshops, visit [www.lazaris.com](http://www.lazaris.com).

On a personal note, I have been studying with Lazaris for close to three decades. Lazaris is more than a source of incredible information and techniques, and more than just a teacher to me. Lazaris is a dear friend.

**10) Can I take just one weekend workshop or do I have to take the whole program?**

The Lucid Living program is set up as a yearlong intensive experience. The five 3-day weekend workshops are attended by the same group of people over the course of one year, creating an environment of trust and intimacy in which to share your journey.

The program begins with **Dynamic Emotions**, a powerful three days devoted to the skill of emotional fluency. This weekend may be taken as a stand-alone workshop, space permitting.

If you are interested in attending the program but unable to make the **Dynamic Emotions** weekend, it is possible to join the program for the remaining four classes. If that is the case, you are required to listen to audio recordings of our Emotional Fluency teleclass and work with one of our Lucid Living coaches to bring you up to speed so you may join the group. Or you may join the group later in the year if you are already a graduate of the full program.

### **11) Why do you hold so many of your retreats at Four Seasons Resorts?**

We love the Four Seasons for their consistency of terrific service, beautiful environments, great food and comfortable beds. Some people who have never stayed at a Four Seasons resort make the mistake of thinking the atmosphere will be stiff and formal. Some of our students have expressed apprehension about this, only to discover they are now Four Seasons fans for life.

The Four Seasons hotels and resorts are known for their top-notch service. They raise the skill of service to an art that is consistent with life in Dominion. Whatever you require is offered with graciousness. Not only do they provide what we need, they do it with particular sensitivity to the unique needs of our group. Our work is held with impeccable attention to detail.

We also believe in the power of beauty to transform. Real beauty transports us and we feel the touch of the sacred. Four Seasons resorts offset the rugged beauty of nature with elegant man-made spaces that bring graciousness, comfort and pleasure to their surroundings.

Lucid Living Retreats are spectacular weeklong adventures with profound impact. We believe in creating the most conducive atmosphere for change. We also believe in creating an environment that does more than simply meet our needs. Four Seasons resorts satisfy our preferences as well, producing an energy of joy that becomes a synergistic part of the retreat experience.

### **12) Why do so many people re-take the yearlong program? Don't they learn it the first time?**

The Lucid Living program is more than just a bunch of information. It is a journey, one that can be taken numerous times with ever-increasing depth and benefit. The value of the weekend is in the synergy of many factors: opening your mind to the concepts with humility and newness, learning from the vulnerable sharing of the other participants, being coached by our team of assistants who are masterful coaches in their own right, exploring the terrain of your inner world in the meditations, and somehow in the midst of it all, really facing yourself at key moments in your growth. The choices we make in these moments can be empowered, creating permanent change.

In addition to our provocative and thrilling material, Lucid Living creates an *environment* in which change can most elegantly occur. There is magic, sitting in the resonance of love that is created in our training rooms. Just being there allows for the possibility of change and growth.

Many of us have experienced the phenomenon of attending a really great workshop (or concert or other experience) and feeling lifted by the experience. In that higher vibration, we reach levels of new awareness and shifts of perception. We sometimes think we will never “go back” to the way we thought before, yet weeks later we find ourselves resuming old patterns. Why is that?

It has to do with resonance. One of the laws of resonance says that when two energies come together vibrating at different frequencies, either one will come up or the other will come down or they will meet somewhere in the middle. We’ve all had encounters where we walk away feeling either lifted or depleted. This is an indication you allowed your resonance to be affected by the person or situation.

People frequently retake our workshops for the transformative power of the love they experience there. If you read some of the testimonials on the participants page, you will notice how frequently people remark on the love. Just as much as the tools and techniques we offer, it is the love that has people return again and again.

I know that the power of the workshops is far beyond the information. In fact, I’ve personally attended a Lucid Living workshop as a participant, a weekend I had taught dozens of times. For a long time, Jeanine and I were the only leaders of the program. Once we began training others to lead with us, I decided to finally give myself the experience of a Lucid Living workshop. It was a great weekend for me and I learned so much by going through the experience.

This was a bit disarming to some of the new students, to see me as a participant. One of them asked Jeanine, “Why is Leza here? Doesn’t she already know this?”

For me, life is an ongoing learning journey. I regularly put myself into learning environments where the content is mind-expanding and the resonance is higher than my own. As my own resonance lifts, I perceive new possibilities for myself. My resonance may drop a bit in the weeks that follow, but not quite as low as before.

This is what happens for our Lucid Living students, and why they retake our programs and attend our retreats. Each experience may create a change of only a few degrees, but over time, their lives are transformed.