

Anatomy of Initiations

An online course taught by Barrett Lee Tegner, June 8, 2024

Transcript by Chara Armon

[Barrett became ill with severe spinal meningitis just a few days after this class and was not able to teach part 2 or send out the video/audio of this class. What follows is a mostly direct transcription typed as he taught that day.]



Barrett began by describing kundalini: it rises from root to crown OR descends from crown to root; the latter, he believes, is more impactful and maybe more challenging but marries heaven and earth inside your body.

He related that he recently processed an intense early-years trauma and recognized its perfection in his life, and has never felt more relaxed or rooted in his body (after 2 days of wailing and shaking). "Pain is only cold-pressing the Light of Love out of you until nothing else remains."

He talked about the 'blameless state' of going completely beyond blame of yourself and others. "I see how all actions occur in a certain frequency, so even my parents' treatment of me is 'blameless' when understood as simply expressions of certain frequencies. You were the abuser and the abused; you are both sides of every coin of every situation you have ever experienced, divided only in the mind to appear as different characters. Why would we do some of the things that some of these characters have done to us? **What are you trying to learn from these experiences? What are the values and virtues that you need to cultivate from every initiation? Life is constant ceremony and life is the initiation that you are always moving through**, passing different thresholds and gateways, always changing. You get to decide how to move. There is not a right or wrong way to move your life; it is all an experiment with no right answer, and you are the answer that placed itself in a world of experience. An initiation involves the unknown. Let yourself not know; let yourself come undone from knowledge and trying to know and find yourself in a river of flow and trusting your soul to always give you the right move at the right moment."

“Relax! Relax into your life! There is no rush to go anywhere; you are already where you are trying to get to. The deepest initiation is to just be present to experience this phenomenal world and the gift of your senses in this body. **The highest initiation is allowing yourself to connect with Source and let that be your primary point of contact, developing your own direct inner connection both to Source and your body.** As we move into a time of great change, there will be so many people trying to convince you of their reality of crisis. For those of us here to truly embody soul, it is not that we will have to stay vigilant but that we will be highly discerning with the essence of sovereignty, combining discernment and sovereignty to be so sovereign in your own channel that you cannot be swayed. **This means that no matter what is going on in the world around you, you will be illuminating whatever is occurring rather than taking it on. It's time for you to share your gifts, your unique frequency of Life, by alchemizing your pain into whatever art form feels good to you.** We are moving into an age of beautification because we will become so aware of the pain that has riddled our bodies, minds, and spirits for generations that is now coming into a great completion; thus things are massively coming up at this time because it is time to finally move on. **You don't need to continue rehashing and relearning and restudying what has occurred in your past or figuring out why you are behaving as you are. Simply love where you are right now and create a new pattern. Let the old cycles close themselves out.** Every emotion in itself is an initiation. Which of those initiations do you most avoid? Bringing clarity to this is not to punish yourself for what you can't seem to break through; it's to recognize how you are the answer to what humanity has done for so long. It is not your responsibility to transform everything, but to be transformed by everything, allowing life to fully touch you, and **allowing the joy to pass through you rather than trying to cling onto it as if it will never return, so you feel deprived even as joy is present, and creating abnormal flows of energetics in your body.**”

“As we are collectively transmuting the emotional body, we are moving into the soul, which experiences emotions, but through the heart, not the emotional body. And the heart does not push, take, pull. It is simply sensation. The better you can get at feeling sensation and detaching your mind from what it means, the greater your capacity to experience life from a state of BEING JOY, BEING BLISS, which doesn't require joy or bliss or any feeling to stay or go because it is you. **That's the initiation, is recognizing that every frequency you could ever experience, every sensation, is YOU, and all of this is for you. When you let You move you through sensation without being guided by your mind deciding what is or is not good, then you can make life choices and create the flow of your existence from a state of soul, a state of sovereignty, the blameless state.** It takes time to get used to and create these shifts, and you do so by remembering again and again, this is just sensation. **This is what this feels like, is one of the most powerful things you can say when in deep pain.** When you become intimate with pain, it vanishes. It is simply asking for your presence. Wherever in your life you are experiencing pain of any kind, bring it into awareness and amplify it: amplify the sensation. Where do you feel it in your body? What color and shape does it have? Ask it, 'what gifts are you here to provide me? Share with me your wisdom.' Fully feel it and allow that wisdom to be distributed throughout your body, **asking for all the pain's value**

and virtues to be fully received. If you don't know what they are, just ask to be shown. Release the situation and people involved from any further obligation of teaching you; you do not need to continue to learn in this way.

Travel back to the earliest pain you remember that still carries a weight when you tune into it: the most original, painful, still-relevant memory. Note its shape and color and when it's located in your body. Ask it what wisdom it has to share with you. Why would something like this occur, if you are both sides of the coin, why would you want that thing to occur? What did you want to catalyze within yourself? Maybe it's something you have already partially integrated. Maybe you can't understand why anyone would want that to happen. **The power inside of you that wants to know its capacity to thrive through anything chose this experience on purpose. But in order for it to complete you have to fully receive its purpose.** Allow that purpose to arise within you now. Worthiness, compassion, forgiveness, abundance, sovereignty, freedom, etc.? Allow the awareness to recode the memory. Release the experience from the obligation of teaching you anything further. Witness the root of the experience resolving, lifting, releasing, returning to Source."

He talks about how an attempt to control life in order to feel safe creates chronic digestive problems.

"If you experience fatigue, ask yourself what you are avoiding, what am I tired of repeating? Allow your awareness to transmute the layers. Ask yourself what is so interesting about repeating what you don't want to repeat, playing the same role, the same versions of yourself that you know are complete and done, yet maybe you feel codependent to someone that requires you to play that role in order for their own comfort to continue. Or maybe you are just unsure of what is next, so instead of keeping an empty space for it to show you, you just repeat old familiar patterns to keep yourself busy so you can avoid whatever it is you're avoiding. When you can relax underneath that pattern and get underneath it in your nervous system, you will finally be free."

"The second most important piece to an initiation is trust: trusting that you will be given the tools in the moment you need them to perform the task ahead of you. When you truly accept that 'I always have everything I need when I need it, and if I don't have it right now, I must not need it,' you will become so creative in your life and you will cease to live in a world of scarcity because your threshold and access point into abundance is receiving what's already here to its fullest extent, extracting the complete value from everything occurring in your life right now, which is all happening perfectly for this moment of your life. Life doesn't make up random experiences for you to flop around in. Life is constantly re-manifesting through your Divine Matrix all the people, places, circumstances and experiences, even diseases, that you need; it is all on-purpose, perfectly creating the flow of your initiation as you are able to handle it. Divine Grace is constantly moving through your life. If it looks like you are not doing it correctly, that is just the way it looks: you couldn't be doing it more right than you already are. Sometimes initiations are so lengthy that you may forget you are in one and feel lost. It can feel like you are just living day by day with no direction. This limbo period is

important to certain initiations so that your mind cannot grasp any particular direction or sense of self; this often occurs when you are losing many different versions of your sense of self.”

“You've got this! Look at all that you have already surpassed: acknowledge that; acknowledge all that you have already completed. Any place in your life or memory where you don't feel good about yourself is an initiation you haven't yet energetically completed, because on completion of an initiation held in memory, either the memory vanishes or what you thought happened was completely rewritten through the release of the distortion of your lens of perception of the event itself. It will simply feel complete or good. Ask the memories what they need from you to be completed. It is okay to complete that in this moment or over time.”

“The third most important piece of an initiation is bravery. You will have to be so brave to face the deepest pains of your life, but you are more than capable. As incapable as you may feel at various times, this is like pulling back a slingshot: the amount of incapability you feel is like pulling it back, and when you finally release it through bravery, accepting the challenge and trusting that you can face it, you'll be flung far, far in the other direction. In the center-point of challenge, trust, and bravery, you'll find yourself moving through every initiation. The center point between these three points is 'success.' To 'succeed' something, to take on the challenge, to trust that you will be given whatever is required to complete it, and to bravely move forward in that direction of completion. Don't shy away from life's initiations because each one you complete opens up entire new realms and dimensions of reality, possibilities for joy, expansion, and invention; the more of the shadow data in your life that you resolve, the more Light of Love of Source that you Are, the more beautiful your life will become on a daily basis.”

“So begin thinking about every part of your life that feels uncomfortable as an opportunity. You can even ask, what is the opportunity here? Make it a game: a problem-solving game. Nothing in life is trying to stop you from being and doing what you are here to be and do. It's just that there are some challenges and opportunities that look like walls, but you're just being initiated as a climber. Trust you'll be able to find your way up the way and have the bravery to do it. Out of this you will have invented new ways of being that only you could create. This is how our unique abilities become honed by life in ways that can't be learned in a school but only cultivated by completely trusting yourself and your journey. The most important piece of all initiations, past, present, and future, is acceptance with non-attachment. When you are fully surrendered to your journey it almost doesn't even matter if you complete the initiation because it's not a performance. You're simply there to fully accept the challenge.

Our major initiation of this lifetime is to become fulfillment rather than attempting to be fulfilled as a task or process. Of course it's not wrong to work toward a goal or accomplishment, but why not enjoy yourself fully throughout all of it? The greatest gift of our journey is knowing to the core of our being that we are so whole and innocent and pure and genuine all while deeply feeling completely broken and seeing the body go

through so much. Receive yourself as your wholeness. See yourself as the most successful version of you, whatever success means to you. Every day bring this version of you to your mind's eye and simply ask, what is preventing me from fully living this right now, and just work on that. “