

THE BOOK OF METANOIA

Wisdom To Facilitate Your Journey

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Newly Expanded Version

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Introduction

Metanoia is an ancient Greek word meaning "changing one's mind." Changing one's mind is the only way to move into a new level of understanding and experience. You can't continue to think the same way about everything and expect your life to change. We are self-developing organisms, which means that it is imperative that we learn from our experiences so that we may evolve in our understanding.

Is this a process that happens by simply making a decision? No. It happens one increment at a time. The process can be so slow that you don't even realize that anything has changed. People often give up on their journey because they don't appreciate how far they've come. Of course, we are not talking about material changes. Those are by-products of our internal changes. We are talking about how we choose to view what happens in our lives, whether we choose to respond or react, and whether we choose to take responsibility for the state of affairs created by these choices.

The **Book of Metanoia** simply offers you thoughts to contemplate on your journey. They are in no particular order because life's challenges do not always fall in the order we would like.

**It is only desire and hard work that breathe fire
into the engine of your soul to produce the most
coveted prize of all — evolution.**

The strength gained from the struggle to overcome resistance rewards the butterfly with beauty and flight. It rewards you with the vision of the beauty around you and sends your soul soaring to new heights.

**To experience joy, you must look inward before
you shift your gaze toward life.**

**When Life comes to feed, make sure you are not
the main course.**

Within your psyche an assembly of characters formed over your lifetime to meet your needs. To grow spiritually, your task is to mentor each of them until they are all resonating harmoniously with whom you want to be.

**Each experience of choosing changes your
vibration.**

Your personal Matrix is all those subpersonalities that you allow to live your life for you. It is only in searching for answers with your spiritual nature, choosing to be a Conscious Creator, that your slumber will abate.

**Enlightenment is not a fixed state. It is forever
unfolding.**

**The beauty of the lessons we receive in this life
is their willingness to be molded into whatever
shape we desire.**

When you allow others to think for you—when you define yourself by the values of life, you are missing the mark. That is the definition of sin.

You are not allowed the luxury of coasting in this life experience. You either grow in spiritual understanding or you do not. That is the choice.

The waters of spirituality are forever changing and forever constant. Prejudice or fixed ideas can only weigh you down and remove you from the flow.

Be brave enough to cut your own path but wise enough to gain from the experiences of others.

In order to move into something new, you inevitably have to let something else go.

**Fighting *against* something makes it your
chosen reality. Whatever you honor with your
undivided attention seeks to manifest because it is
the natural process.**

**Your Higher Self is your tether to the oneness
that is God.**

**Life is a process of overcoming and becoming:
overcoming your conditioning and your limiting
thoughts and *becoming* fully expressive from your
creative nature as co-creators with God.**

Hebrew means “belonging to Eber or that which is not of this world; going beyond.” The “chosen” people are simply those who seek the Truth for themselves by going beyond the truths of the world and trusting in their own inner wisdom. They are chosen because they choose to go beyond.

Visualization is a skeleton key that can open many doors. Do not use it unless you desire to cross the threshold.

Life is like a patchwork quilt. Each patch, each experience, is connected to all the others by the threads that bind them together.

**The past is rarely the past. It weaves a thread
through every thought, every breath, for
generations to come.**

When the threads that run through your life come together in harmony, the pattern that results can right wrongs and create indescribable joy. But, this pattern is not static. It is not yours alone. Its threads are bound to the past, present, and future of all who reside in the Universe.

Sometimes the threads of one's life fit neatly together and a pattern begins to emerge that has great promise. Other times, the threads become tangled and knotted, and the pattern gets lost. When this happens, it is best to snip the threads and begin again, for the pattern always awaits you.

**It is only in those extraordinary moments when
you slip past the habits of thought that you are in
touch with who you really are.**

Do not look to others for encouragement to breathe life into your dreams. Only by reaching within yourself to connect with the divine can you find the inspiration to find your path.

Success is complicated by your desires, your expectations, and the reality you're willing to accept.

Loneliness results when your fear creates separation between you and the world around you.

Tears are the overflow of both our joys and our sorrows. Holding them back is a form of denial.

Routine is a two-edged sword. On one hand it offers the opportunity of discipline and order. On the other hand, it offers the chance for laziness and mindless living.

De-cluttering your life is a profound statement of belief that the Universe will respond to your needs when they come.

Apologizing for something you did is the act of forgiving yourself which is a necessary step for the forgiveness of another to have its greatest impact.

**Put aside all your ideas of financial success and
you're left with a primal desire to love and be
loved.**

**It is not what you write, produce, sing or create.
It is the energy of your spirit invested in it that
draws others to it.**

Although it is tempting to pattern yourself after others, it is always best to be true to your heart.

**The anger that lives within you can lie quietly,
waiting for the thought or the act that brings it to
life. Stay alert and strive to fill your life with Love.**

Never criticize another's work unless you are certain that your opinion isn't emerging from your own negative emotions or your conditioning.

Aging may not make you wise, but it can make you more discerning in your choices because this earthly life doesn't seem as endless as it once did.

**Frustration comes from working with no return
and being unable to determine the cause.**

Interacting with others is the way you put yourself in the path of your prosperity for God works through ourselves and others.

Commitment is your declaration of what you are ready to accept for yourself in this life.

**When your habits surpass your dreams, you are
locked into a mechanical state which can only be
broken by conscious shock.**

Giving and giving all the time is not necessarily the best path in life. It can shift your focus so completely into the world that you fail to return to Source for your guidance.

Once you have worn yourself out with frustration, pessimism, and impatience, all those negative feelings start to slowly slough off, and a small light in the distance gives you the courage to move forward.

Letting go of negative and destructive attitudes is like trying to clean a metal pan when the dish was overcooked and stuck to the pan. Getting the muck off the bottom and sides isn't that hard; it's the corners and other crevices that defy your attempts to scrub them clean so you decide to leave them. Eventually, more muck sticks to the pan until the only clean spot is right in the middle.

Our lives are like this. We let go of the most obviously negative attitudes we have but choose to ignore the most insidious ones until we wake up one day and discover that they have attracted so many more destructive ideas that it's difficult to find the positive ones anymore.

Moral: Don't take the easy way out. Put in the work necessary to clear yourself of all the muck in your life.

There are degrees of love. If not, the vibratory rate would be so high we wouldn't be able to be on this plane. The degrees exist because this is the planet of lesson, and as our lessons are learned, we progress to a higher degree of embodiment of Love. We notice "evil" people because their behavior indicates separateness, not oneness, i.e., a lack of regard for others.

Unconditional Love also requires forgiveness. Recall that whatever you fail to forgive, you tie to yourself with an invisible chain through the attracting power of Love. If you are unable to unconditionally love another because of your negative emotions about their actions, you tie yourself to those negative emotions.

Any self-help program that discourages you from thinking for yourself, that is, from tweaking what you've learned to understand yourself is suspect. Growth is all about thinking creatively, and you can't very well do that if you take on the role of parrot.

Working on ourselves is very important, but it's also important that we don't get so caught up in analyzing ourselves that we become the one thing standing in our own way.

When you sharpen a blade, you are essentially removing all the parts of the blade that keep it from being sharp. The same thing is true of our minds. When we work on ourselves, we are removing all the things that keep us from having clarity of thought and action.

Belief is just the place of understanding you are at the moment. Without an open mind, you will be standing in that one spot forever.

**When we untwist our lives, the walls become
halls.**

Helping others is a good thing unless you are giving up part of yourself in the process.

Enabling others to perpetuate destructive behavior is a misuse of your creative power.

A process is a series of steps that lead to a desired end. Your life is a process — so why do you keep expecting to be done with your Work?

If someone is so angry that trying to help them is simultaneously sucking the life out of you while their ranting feeds their anger, then it is time to step away — for their sake and yours.

Like with birds and the flapping sound of their wings, we all have our own unique sound wave that goes out into the Universe. It doesn't have to be audible to the human ear because the vibration is picked up by the human heart.

**Spending your time trying to control the world
by force can only result in useless, unnecessary
suffering in some form for everyone.**

Change never comes easy. We are such creatures of habit, even habit of thought. The only way to convince our minds of the possibility of a new experience is by focus and repetition. "Keep thine eye single." Think and talk only about what you wish to experience, not about what you want to eliminate. Think about it all the time. Repeat what you desire many times during the day.

Building castles in the air is a place to start, but make sure that you consider how to build the foundations for them before you start trying to live there.

Bless every event in your life - good, bad or indifferent - for it is designed to give you the chance to make choices that will carry you toward your greatest potential!

I am God in expression. Everything I do comes from God within. I must recognize that God is not separate from me any more than God is separate from you. To do otherwise means I have abandoned God, not the other way around. That separation is what cuts me off from my good.

Never underestimate how much you can accomplish in your life, no matter how few years you think you may have left on this earth.

Sometimes the best thing you can do is stop, take a breath, and allow your dreams to catch up with you. Never forget that you are only the co-creator of your life.

Whatever you are celebrating now and in future weeks, I wish for you the happiest of days, the deepest of connections, and the experiences your celebration is meant to inspire. May you mirror all that you believe, and may it serve to add to the happiness quotient of everyone on this planet. May you find within yourself the spark that allows you to live without harm to others, to understand that peace is not about winning and losing, that it is about allowing others to follow their own path. May you recognize that the only change that makes a difference is the one that takes place within each of us.

Every morning is a chance to begin something with a fresh outlook - your work, your relationships, your life. It doesn't matter what happened before this morning. People may have been mad at you yesterday. You may have been mad at them. Today, however, you can put it all in the past and move forward, using your authentic self to experience your life. Will you meet resistance? Without a doubt. The trick is to not allow yourself to follow the trail of the resistance. Choose your own path. Stay strong.

Those whose vantage point for life is located in the outer world use rumors and such to try and control the world around them. If they only understood that the world is not the problem. It is that they are not viewing their own world from the proper place. A person must recognize that only when they view life from the within to the without will they ever have any control, and it will NOT be control over others. This change will simply shift the things upon which they focus and perceive as important as well as helping them realize they can only truly change themselves.

Have you ever been involved with someone who was so needy that your ideas became theirs and everything they did grew so out of proportion in their minds that it could be considered troublingly bizarre? Plus, no matter what passed between you verbally, it was constantly being re-imagined by them? If you have, you know how maddening it can be because trying to deal with a person like this is like trying to hit a moving target. Everything is a "poor me" or an angry outburst. Reality is a foreign concept. As much as it may pain you, sometimes you just have to walk away and not look back.

Sometimes when we look into the faces of others, we are not aware that we are looking at ourselves. It may be through genetics as this photographer discovered, or through personality similarities, but none of these matter as much as the connection that exists through the essence that resides within each of us, connecting us in a way that we don't truly understand but must learn to accept if we, individually, or the world's population are to ever know peace.

Positive energy and carefully directed thoughts and feelings can transform our lives. In the process of achieving this state of mind, we let go of so much more than we even realize. As our minds become clearer, we begin to see the translucent threads that bind all the garbage beliefs we have accumulated about ourselves over the years and how they have created the life we were living.

You should always be asking yourself if you are moving forward in your understanding of yourself. Don't answer though in terms of what you're accomplishing out there, but in terms of what your experiences out there in the world are helping you to learn about yourself. If you're not becoming more aware of who you really are, then your experiences, no matter how much you achieve or how much money you make, have no value at all.

Look at whatever you are doing in "your own unique perspective." This is so true! Don't let others tell you how to think. Process what they have to offer but run it through your own filter. Of course, your filter will change over time because your understanding will increase, and you will have yet another of your wonderfully unique perspectives!

Judgment is like walking through a tar pit. Your judgments stick to you, creating anger and resentment in your own world. It is only when you let go of your judgments of others that the personal consequences of your actions can begin to dissipate, allowing you to live a more joyful life.

All things in our lives are important for the value they present in helping us learn the truth about who we really are, for the opportunities they provide for us to give and to receive.

If you step into an elevator, do you do like so many do and pretend you are alone? Or do you smile at the others around you? Do you give of your joy through a smile? Sometimes, participating in the flow of Spirit is as simple as this.

Conflict could be lessened considerably if people took the time to assess their own perspective before judging what others say. Why? Because if you don't, you are coloring everything you're reading or hearing with your own expectations.

If you feel bad about yourself and you walk into a roomful of people, you will only see those who are frowning and assume it has to do with you. You will also totally overlook everyone who smiles at you. You may even go so far as to assume they are laughing at you. In other words, you color the situation based on what you expect it to be.

As an author, I see fellow authors jump to negative conclusions all the time about the intent or terms and conditions of big companies, like Amazon and others, as well as the intent of other authors. I'm sure you've seen it happen in groups to which you belong online or off. Take the time to notice if your negative emotions about a subject are creating blinders, keeping you from actually seeing the truth. Take a step back before responding. It only takes a minute, and it could change your life.

It is important that we create what is called a Self-observer within our minds—a part of us that merely observes what we do and say without judgment. It is through this unbiased observation that we can stop negative habits, which are detrimental to our highest good, from expressing. Every time we notice ourselves expressing from a place that is less than beneficial to our desired life path, we stop adding energy to part of ourselves. Eventually, without constant nourishment, these negative attitudes will fade.

Focus is important when you're working on your life goals. It is so easy to fall victim to the "swarming" approach. It's okay to have a number of projects on the drawing board, but it's imperative that you pick one in which you choose to invest the vast majority of your energy. Otherwise, they may all remain in progress with nothing coming into full expression.

A book can whisk you away into a new world where you can release your troubles, discover answers to your troubles, figure out that your troubles could be a lot worse; or at the very least, a book can bring adventure into your life and put a smile on your face.

We are always fighting for freedom, but the true freedom already exists within us - the freedom to make choices about how we view our lives. These are the choices that will change how we interact with the world around us and ultimately change our little corner of the Universe.

What once we saw is no longer. It has morphed into something more or something else entirely depending on the nature of our experiences and the lessons we've learned since last we looked.

Funny thing about life: if you refuse to accept anything but the best, you very often get it!

When ideas are embraced, the words are forgotten. You take the ideas into your own belief system and make them your own. If you desire understanding, this is the only way to deal with knowledge

Faith is not knowledge. Faith is trust. Therefore, you must be willing to step forward without full knowledge of the direction your path will take you.

Sometimes as you grow older, you will catch yourself watching people on TV who are involved in creating things, especially with technology, and you suddenly realize they are mostly young in years. You know that when you were their age, you were part of an age that has made theirs possible. Still, for a moment, you want to be young again with your whole life in front of you. Then you realize you would have to give up some of the most precious things in your life: the wisdom you've gained from the successes and failures in your life, from the trail of relationships, both good and not so good, from the realization that life is more than what is out there in the world. At this point in your life, you still have dreams. If you're lucky, you understand humility; you understand what it means to love unconditionally; you understand that you are more than you appear. In

other words, the most important things in life have drifted to the top, making life more precious than it has ever been.

Someday you'll be just a memory for some people. Do your best to make it a good one. This thought can inspire you to hold your tongue, to watch calmly as you see someone you know won't listen to any advice heading for a cliff, to keep from righting wrongs if people are comfortable with their status quo. Just make sure that you nurture yourself in the process or the memories you hold of your own life before you pass on will be filled with regrets.

As much as I hate to admit it, life is a series of cycles no matter whether you're in a bear or bull trend in your life. This always gives us a little less good when things are going great and a little less bad when things aren't—helps us appreciate the contrast and gain a little more clarity about what we want.

Don't be tempted to allow your focus to be so narrow that you search for opportunities to call out events so you can play one card after another that only stirs up discord. Am I saying that we should ignore those who are truly being victimized? No, of course not. However, we have to be mature enough to recognize that life does not accord the brass ring to everyone, regardless of color, gender, or any other category. Thousands, even millions, of people in the world do spectacular things and no one hears about it or notices it. Are they actually being discriminated against? No. That's life. It also has to do with their own perception of themselves.

We can't ignore the impact of one's own psychology on a person's experience, nor can we ignore the simple fact of life that people are usually more interested in scandal than success and in their own success than yours. So don't get on the bandwagon of posting and sharing things

**that fuel feelings of discrimination and add to the
divisiveness in the world when in reality, the
event was nothing of the sort.**

Unripe, immature, undeveloped in the ways of Love—the original meaning of evil. Ripening is the natural process—even if in another lifetime.

You choose the attitudes that resonate with the problems you attract in your life. Change your attitudes & change your life

The greatest power conditioning has to cut you off from a better life is your being unaware that it exists.

**To reach inside your box of suffering to take
hold of a new idea, faith is required.**

No matter how difficult it may seem to be at the moment, raise your thoughts just enough to catch sight of ONE positive possibility. This is the light that can lead you out of the darkness you're in if you're willing to follow it.

If you don't let the darkness of others pull you down, you will survive and break out of the cocoon that others mistake for you while feeling justified in judging you by their misguided perceptions of you. You will break out and become more than they would ever imagine you are.

The choice in your life is whether to follow a spiral path or a circular path; whether to consciously co-create with Spirit or allow your conditioning to make those creative choices for you; whether to expand your awareness to embrace your creative birthright or to live a one-dimensional life.

Intuition is a rope that dangles always within your grasp. If you reach for the rope of your intuition, you can pull yourself out of any abyss in which you may have fallen. You have to reach for it yourself, however. Unlike with a gift, you must claim your intuition. You must look inward and reach upward toward a higher understanding before you can recognize it for what it is. If you look outward, you cannot hear it clearly. The static interference coming from the world makes it impossible to decipher. ~ *Metaphysical Minute -*

Philosophy on the Run

Rather than being a mindless spectator of your life, learn to make choices about how you will experience & express.

Be aware of your self-talk. Don't nitpick yourself to death. Instead, become your own champion. Encourage yourself to take a chance on using your latent abilities. If resistance meets you on the path, don't fret. Strategize! It builds strength in you every time you meet life with a fearless attitude!

Our doubts and our fears will dilute the manifestation of our goal because they are just as much a part of our belief system as the loudly stated goal. So whether we like it or not, based on our belief system, what we truly expect manages to manifest in some way in our life.

You are holding your tomorrows in your dreams. Only ask yourself if those dreams will truly make you happy. If they will, then follow them with your heart. You have within you all the abilities you need to claim those dreams. Never doubt it, for only doubt can deter you from your path.

**Positivity is seeing a future devoid of baggage.
Negativity is seeing a future already filled with
baggage.**

Regardless of how we feel when someone passes, the reality is that life does go on. In our new role as a survivor, we have to learn how to adjust to our lives without them and better appreciate the lessons they offered us, whether good or bad. This is a planet of lesson. Everything and everyone who passes through our lives offers something of value to us in one way or another. Be grateful.

You can never un-know what you know. You can pretend and try to maintain the status quo, but the conflicting vibrations will create havoc in your life unless you turn and follow the path you were meant to follow.

The turning point for effective communication is actually hearing what is being said, rather than hearing what you want to hear instead.

It is easier to go with the flow of those around us than to carve out a path of our own. Why? Because the pressure from those around us to not be different, to agree with their beliefs, can be the source of much psychological pain and loneliness if we don't follow their lead. If we do, it releases the pressure from family and friends, and it is oftentimes easier to only have to disappoint oneself by not following your dreams, your beliefs.

In the long run, however, for those of us who have never completely shut ourselves off from our true selves, we may find regrets drifting to the surface. Depending on when this crack in our cosmic egg occurs, we may also find ourselves succumbing to the feeling that it's too late. We have wasted our lives. Not true. Our lives may not fit the visions we had in our youth, but they can still serve in the expression of our true selves.

Moral: It's never too late to live the life you were meant to live.

People who desire to control the lives of everyone else should consider releasing their fears, which are the foundation for their behavior. If more energy was put into living their lives as they believe without forcing their beliefs on others instead of wasting precious energy trying to control everyone else, the world would experience a peace that has been unparalleled in the annals of history.

Allowing oneself to get caught up in the desperation and hostility of world affairs does not add anything toward a constructive resolution. It only engenders more negativity and feeds the negative emotions that created the intensity of the conflict in the first place.

When the words are forgotten, you have embraced the ideas, taken them into your own belief system, and made them your own. This is the only way to deal with knowledge if you desire understanding.

Musicians/singers take sound and play with it. Painters use shades of color to illustrate what they imagine. Writers are artists, too, choosing from millions of words available and arranging them in unique ways to evoke a myriad of emotions and weave tales that entertain and enlighten.

When anger at another rises up within you, look beyond the ugliness until you find the thread that connects the other person to you, the thread that is evidence that we are all one. Then have compassion for the path their life has taken, have compassion that they might never have been offered a hand or were too afraid to trust it when it was offered. Have compassion and be grateful that you have been able to make better choices – like the one you're making now by choosing the vibration of compassion over that of anger.

Politics and religion are the soil from which the worst of mankind has emerged. Only when we embrace the idea that goodness and prosperity cannot thrive in that soil, that they can only emerge from a place separate from the greed and competitiveness of the world, can we move forward in a positive way. "Be in the world, but not of the world.

Animals are true to who they are. If we as humans could release all the false notions we have about who we should be, what we should and shouldn't do to be acceptable, there would be an amazing transformation on this planet. If we could begin to see each other as fellow human beings rather than opposing ideologies, the ripple effect from this simple act could not be stopped.

Striving for excellence has nothing to do with perfection. It is about reaching inside yourself for that creative spark and allowing it to express in the very best way you can, as well as allowing yourself to take advantage of all the resources the Universe has made available to you for your creation.

All unhappiness with the state of your personal world, internal or external, is the result of judging your state of affairs by what others have or do or by judging your current state of affairs by your expectations. Learning not to compare yourself to others and learning not to be impatient in attaining your own goals brings you to the NOW, knowing that everything is happening as it should and as you are willing to allow

Your intention (your thoughts & feelings) sends out a signal; your cell biology processes it and slightly shifts your vibrational energy rate. By being consistent with your intention, it eventually becomes the "average" of your thoughts, meaning that it is now your dominant vibrational rate. Your dominant vibrational rate is your Belief System (your Will or your subconscious mind). Your cell biology is now vibrating in harmony with your desire, and the Law of Attraction brings you experiences in harmony with your new vibrational rate.

The past can never be changed, but you can change the hold it has on you. How do you do this? By choosing to be free of the emotion it evokes so that you can see it for what it truly is - simply an experience on your journey from which you can learn - or not.

“He that loveth not, knoweth not God; for God is Love.” [I John 4:8] Regardless of one's path to the Creator, this holds true for all, no matter which "side" you believe yourself to be on in life. It is our human selves that seek to live in the extremes: it's all right or all wrong; it's all bad or all good. We may choose to see the world this way, and it is difficult not to when so many around you are shouting extreme viewpoints. However, the Universe does not deal solely in extremes. No one person is ALL good or ALL bad, and until we stop acting as if this is the case and investing our energies in these scenarios, we will remain in a state of imbalance.

It is not the extremes that will heal us. It is the awareness that coming together in the CENTER and recognizing this truth is the only viable path for healing. No matter how they're packaged, rage

and hate are not love and understanding. One cannot see oneself as an instrument of one's God if rage and hate are driving you, no matter your color, your sexual orientation, your religious beliefs, or any other category you deem important to identify yourself.

The Creative Process works in your life whether you are aware of it or not. It is impersonal. It doesn't care about the consequences of what you consciously or unconsciously create for yourself through your thoughts and feelings...the choices are yours and yours alone. Are you always aware of your choices? No. This is why it is so important to wake up and become a Conscious Creator of your life, to understand the importance of free will in your spiritual evolution.

Dear Reader,

I hope these thoughts will help you as you move through your journey. If you would like to explore a little more deeply, take a look at some of the nonfiction books listed on the next page.

Thank you for allowing me to be a part of your spiritual journey.

*All the best on your quest,
Dannye*

Other Books by the Author

www.WilliamsenPublications.com

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Fiction:

[*Second Chances*](#)

[*The Threads That Bind*](#)

[*Center Stage*](#)

[*Chasing Shadows*](#)

[*Shattered Hearts*](#)

[*Unraveling Memories*](#)

[*Circles of Freedom*](#)

[*When The Walls Come Tumbling Down*](#)

Nonfiction:

[*It's Your Move: Transform Your Dreams From Wishful Thinking To Reality*](#)

[*MindSlap!*](#)

[*Metaphysical Minute: Philosophy on the Run*](#)

[*Where Do I Go From Here?*](#)

[*The 12-Step Business Plan for the Solopreneur*](#)

[*The Creative Model for the Solopreneur*](#)

[*The Seasons of My Soul: a poetic diary*](#)

[*Life Untwisted: Targeting Your Potential With A Fearless Attitude*](#)

[*A Weary Traveler*](#)