



I know I am good

Yet to have compassion

Communication

Misconstrued

How do I be me

If others feel inferior

See me as vain

We are just not the same

Everyone is different

Everyone has their gifts

What they are good at

What they suck at

The world is an amazing place

It is hard for me to find my place

Creating, putting it out there

Praying someone has eyes to see, ears to listen

What is me in this place

But a mirror for all to see themselves

Is it me they hate

Or themselves

To no longer take anything personally

Seems cold, yet appropriate

My heart hurts

Letting go of fitting in

I must love myself

In this the ego must be a companion

Not the enemy

In a world that can be beauty

Shaun











Into the abyss

Endless heart

Feelings to nowhere

In the void

Love, pain, expansion

It is the little things

Appreciation

Endurance of the thrill seeker

To just be with it

To constantly feel

No rest

Only presence

I don't know how

To name the feeling

Only to feel it

A different way of knowing

Shaun



What does it mean to have compassion for myself. This is a question I have asked for some time. It is not something I know a lot about, but am going to dive into in this book. To look into it through art and poetry. I don't know if at this time I know of another way to find out about this for myself. To say I love myself. Those are words that I think I know, yet with all my karmic afflictions, don't really have for myself. I have made myself so sick. I am on a journey of healing. How do I heal myself. I am on a path of the wounded healer. However I don't do a lot of it now as I tend to take on the afflictions that I assist others in dealing with themselves.

We can say the universe works through us. I can say that I am them so I am really healing myself. I can say they are me, but then does it become a power

over. What does compassion really look like. I was told once that a butterfly needs the struggle getting out of the cocoon or it will die. People need their struggle. Instant healing does not work for most people. They need time to integrate. I tried instant healing with myself. To take the Katharic Template and implement it over mine so that I was perfect. Well, it didn't work. I know it is possible. But still it didn't work. I did a shamanic healing and dealt with a lot of issues but did not get rid of the symptoms or get at cause. It is an ongoing journey for me. The journey to love myself. How can I have no pity for myself and give away the dis ease. Some say to clear it and not process it.

My theory has been that everything is energy. You give enough energy to some inorganic being and the disease is taken away. What does that say about healing. Then I hear that if we continue the karmic pattern that caused the disease in the first place it will just come back if someone does the work on us. Many ways to look at something. Sometimes the problem with multiple viewing points is that at some point I have to pick one and go broke with it.



Many feel that they need to hit rock bottom before they can make any kind of paradigm shift or movement in their lives. Many encounter the Dark Night Of The Soul. A place where we lose all hope and are brought to our knees. Here we surrender to the greater and our lives magically transform in huge leaps.

My question is why do we have to make things so hard on our selves. I remember a time when I thought pleasure was a temptation of the devil. To feel good was something to feel guilty about. What a horrible belief system, yet so many have it. I have a pattern right now where I feel good, then that good is followed by the deepest sense of loss,

depression and hopelessness. Then I am full of divine love again. It is like I am bouncing back and forth between the paradox.

It is all about the addiction to the spike. I have resisted the middle road for many years, instead treading the path of the thrill seeker. When I was young if the possibility of death was not involved it was not fun. Many get addicted to the appreciation of life they have after a close encounter with mortality. So what about happiness. Can we be happy. This is to have compassion for ourselves. I must let go of the need for pain to learn. I no longer need to do things the hard way. Go big or go Home. It is the little things that make the great miracles happen in this world. Once we know the comic laws and how they work we can perform many miracles for ourselves and others, for they are not really miracles, but an understanding of cosmic law in action.

I hear about positive thinking all the time. If you have a negative or self sabotaging thought do a 180 on it and do the opposite. Don't let myself get caught in a negative track. In other words, having a good attitude and approach to life all the time. A tall order for most, I know. Yet it is doable. Baby steps. The question is when I get hit with a negative feeling, how do I transmute it. I am getting good with my thoughts, simply x it out or delete the negative or undesirable one. Eliminate the unproductive patterns till they become productive and pro-creative. How can what we leave behind leave something for humanity with what we do in the world. Feelings, though, much more difficult for me.

I am an empath so I pick up on others feelings a lot. Then I have my own. I must realize the feelings in my body were first started by a thought. Can I trace the thought to its conception. Then I can clear the thought at cause and the feeling with transmute. To do this I need the observer. I observe everything I think and feel all the time. At one point if something happened in my day I could tell you the thought that created it. When we have this much control over our manifestation it comes with great responsibility. Not only do we have to look at how we sabotage our own world but the world of others

as well. We have no control over how others respond, but we do have control over what we hit them with because of our own incompetence. One of the first things I learned was to bubble myself so I would not hit others with my energy flairs if I got emotional. If I continue to learn the hard way I will constantly be hitting others with my stuff, and that is what will come back at me. To live more Dharmically is the goal.





“Forgiveness is when you return to complete unconditional love with yourself, the other(s), God, the incident, having completely processed and integrated all emotions, wounds, and/or trauma associated - on a mental, emotional, soul, and cellular level and as a result are completely transformed of miscreation’s (including physical symptoms) as if the incident(s) never even occurred in the first place, although all the wiser.” Cindy Ellams

I had done forgiveness work but had never conceived of it taking me to the before where there was no disease. I did not imagine that forgiveness could do that. I look at the aspect that all that is unbalanced in me has something to do with something I have not forgiven either in myself or about a perceived affliction. I look at it a little differently.

However it encompasses the same concept. I have been told that I need to Erase My Personal History. This is one of the first steps an apprentice of the light must do. What does it mean. Similar to the definition given above for forgiveness. To no longer have any buttons or hooks for the dark side to hook into. To no longer get mad or emotional about things. To be able to hold a solid one point and stay in neutrality. At the highest level it is to step out of the human condition and be able to observe life from a spiritual viewing point where we are no longer attached to being a body or physical any more. No longer attached to being a person. We are a magnetic attractive thought space. A space that is a thought that holds the presence of a body. Once we are unattached to being a person we have no more buttons. At least in my imagination of it.

From this vantage point healing myself would be simple. Simply image the perfect body temple. Sorry to say I am still working on it. Just like the definition of forgiveness above, I am still working on it. Some have a belief that they are whole perfect and complete. Granted from a certain vantage point this is true, yet in this physical world we are in we are broken, looking to get back to that divine state from which we come. I do not want to ascend and become one with source. I enjoy my individuality. Similar to 7 of 9 in Star Trek who separated from the Borg. There is a point where we start thinking of ourselves as we. We are one. Us. It becomes a collective mind. Yet in that I still have my free will here. I have my individuality. I am an individual bee in the hive. I love my individuality.

I believe we ascend so that we learn to go into fifth dimension and come back again. This is to loose our physicality and then come back into physicality at will. Is the true venture to resurrect. To create a double where the old self dies and the younger healthy self goes on. I see this as resurrection. Yet I have learned the double does not have the memory of the previous self, yet it has all of it's abilities. There is even more after this. What is it to be the avatar. To be the enlightened master in this place. Then do we choose to move on after we graduate Earth, or do we take the bodhisattva vow and choose to stay here



till all humans and the planet become enlightened. At this point time is no longer a tyrant, so I don't know how it would work. I have herd of some masters that pop in and out of time during the centuries. I believe we are surrounded by masters all the time, it is a matter of whether we notice them or not. Is it compassion for ourselves to accomplish all this. Is this the end game or just the beginning of something bigger. When I think of the big picture sometimes it is difficult to be here now. Deal with what is happening now. Back to the present.







I was told to keep my energy at the pit of my stomach, on the one point three fingers width below the belly button. Then to open my heart at the same time. A lot of the time I have my energy in my heart. It can be blissful or painful. However when it is intense it is hard to deal with. Bringing the energy down into the pit of my stomach is easier to deal with. Then it is a matter of not letting the energy rise up. I imagine some would call this holding the one point. Keeping the energy down there.

I don't know yet how to work with my heart doing this. I feel my heart in the center of my chest. Some feel their heart in their solar plexus. To me this is just bringing the energy lower. I think the reason for all this is so that I can feel instead of going into emotionality with things. Holding the

energy in the chest can cause a loss of control with emotions. I don't have a lot of experience with emotions in this life time. They are new to me. I am like a child learning how to deal with them. Simply feeling them from the one point is definitely easier.

When I go into an allergic reaction or a panic attack it becomes an act of power to hold my space. All the sensations happening in my body as it goes into shock can be difficult to deal with. However, as I keep my energy low and have a very direct focus of intent, I can ride it out. I don't know much of what else to do with all the energy generated other than focus on holding my one point and mental focus. This must be done or I would lose my integrity and become hysterical. That does not happen. I consider it training to learn how to deal with natural energies, or spiritual energies. The more I evolve the more intense it becomes. It is a matter of not becoming dramatic in that intensity. Where I am assembling it is a matter of getting to a place where the human condition is no longer an issue. There is no reaction. There is no charge. The buttons no longer exist. It is a challenge to get to that place. First I had to not care about it. Now it is simply not to react at all. That is what it means to have no pity.







How often do we wear the mask of clowns. We play dumb. We want attention. Many times it is our little kid inside that is acting up playing out all the drama's that kids do.

Where are we victims of society. Where have we simply succumbed to our circumstances, said, I don't care, and just let the cards fall where they may. There is something to be said for surrendering to spirit. This is something that we must do in certain faces of our evolving. At other times it is just us in our self pity. How then do we stand in our power as a sacred human on this Grand Mother Earth. That is self care. That is compassion for the self. I was taught "short term pain, long term pleasure" Swift Deer. How long are we going to let the drama play

out for. In my life I am always looking to clear the issue at hand and move on. I like to do it fast. Things that are drawn out drive me nuts. Yet I have these long term illnesses that do not seem to go away. Something that has to be dealt with on a daily basis. Yet there are things we can see, lean, and let go of. Unproductive patterns into productive patterns into pro-creative patterns.

My focus of intent for this year is to look at patterns and understand them. A lot of the time I go, what is the pattern? And I get a blank. There is nothing there. All I can do is recognize the feeling. The feeling is a pattern as well. If we look at addiction often it is a pattern of feeding an uncomfortable feeling. That is the clown. I like to let go of one thing and then find a way to replace it with something else. The real question is how do I get at the root of the addictive personality disorder. That is were I need to look. That is compassion. I am very tough on myself. I am ruthless. I think I need more ability to nurture myself. Especially when I am being the clown. Yet it cannot be enabling. It must be pattern changing.







Looking into the void of a chronic feeling that just won't go away. To eradicate pity around the feeling is the goal. Chronic pain. I don't know if I would call it pain all the time. Although the ability to deal with it gets very challenging sometimes. I have been moving between hallucination and the nagual for a while now. My heart centers have been so raw they feel like open wounds. When I hallucinate what I experience often has no bearing on truth. It is simply my subconscious mind trying to cope with an impossible situation. The Nagual often has beings in it that are much wiser than I am that give me assistance in my dreaming. Sometimes they are dream imposters that want to sabotage things. It is now up to me to be able to discern between the three of these realities or I will be lost to a psychosis again. "The mystic swims in the waters that the schizophrenic drowns" Rosicrucian manuscript.

I must become better at being the mystic in the challenging times. To hold my one point and have strength of mind. The mind is the key, however the feelings in my body are playing a large part. My heart is having problems. I will get the test results for my heart in a couple of days. I am being taken into altered states of consciousness, sanity and insanity. To develop the observer and simply observe with no pity. Can I get to the point where I can start playing and controlling the dream. To be the Death Bringer.

The Death Bringer is the one who goes after evil so that the Dream Master can create the dream. The first place I must go after evil is within myself. My medicine is to eradicate evil. Evil is any dark unproductive or Karmic pattern within myself. Evil exists in the minds of men. We created it. The paradox is here for us to learn in this place of duality. I choose the Light. Most of my life I have been trying to resolve the paradox of good and evil. As long as I choose the light can that happen. Yet living a Dharmic existence I have chosen to never go back to the dark. I have chosen the light. I believe that in the resolution is Love. As we go up in the planes to a place where good and evil no longer exist there is only the law of Love. It is divine bliss. Yet how to hold that in this place all the time. How do I be God's Love Now. To have compassion for myself is to be this love. To hold that presence and not get sucked into the pain and suffering of the dark side. There is a dark force here, yet there is my world and the world. My Egregore must be with the Light.

I have suffered so much and experienced so much pain in my life that my body has a hard time holding the feelings of love and joy. I am getting better. The more I clear away the more love I can let into my life. When I first got married I did not know how to love. I have learned a lot in the past three years about how to love a woman from my wife. One thing I have going for me is that I never give up.















I am beginning to feel. The nagual energies are hitting me again. It is a feeling of expansion that is centered in the heart. It is amazing to feel. It is large, it is powerful. I must be the presence within it. To just be it.

I try to see images, they are fleeting and scattered. I roll my eyes back in my head to move up the plains. I get some geometric shapes in patterns. Yet the images are fleeting. It is mostly feeling. I used to be a see'er. Now I am learning to feel. I know my sight will come back once I get past the fear. The interesting thing was that I was not scared in the feeling. It was exiting to me. It became fun.

I am still not sure what to do with it. Where can I set my intent to accomplish something other than just feeling a bunch of energy. I can focus on manifesting my dream. I can send energy. I can use the energy to build my orende. Orende is how fast we vibrate. The more energy we hold the faster we vibrate. It is something when the feeling continues for a long time. It is a test of endurance indeed. I am starting to wake back up to the other world. I must remember, baby steps. Not to ask for too much at once.









The why of why I am here is so that humanity can continue to exist on this planet. I have also come to know myself as an artist. I am an automatiste in that I do automatic drawings and paintings. I have done abstract and figurative works. Lately it has been a series of portraits, however they come from my subconscious. I am also working on portraits for others as part of my practice.

In my faces they are reflections of who I am in my masculine and feminine identities. If I can say,

“I Am the Universe”, then everything in it has something to do with me. I am a creator or co-creator with everything else in it. There is also thee world, then there is my world. My world consists of everything I am aware of in my circle of influence. All other objective things can be part of thee world, but don’t have anything to do with me on a subjective level because I am not the one experiencing it. Therefore everything that happens to me is subjective as it comes through my filters and is interpreted by me. As everything I experience does this how could anything be anything other than subjective that I am experiencing.

My paintings come from other places yet are still channelled through me to become physical on a piece of paper or in a painting. I am bringing fifth dimension, the dream time, into third dimension, the artwork. This is the work of the automatiste. To do without doing. To step into no mind. Simply be. This is why my faces become a reflection of myself as I am interpreting my dream on a piece of paper or canvas.



In my abstract work I see images in the work. It starts as an abstract expressionist piece, then as I view the painting, it becomes for me an objective image. Usually I can see multiple images in one canvas, even as I turn the paintings. Some only see color field, and that is fine. Once the piece has left me and is given to the public it is up to them to find their own subjective reality with my work.











The background is an abstract painting with vibrant, swirling colors including red, orange, yellow, green, and blue. A faint, sketchy figure of a person is visible in the center, appearing to be in a dynamic pose. The overall texture is soft and painterly.

*Your Smile opens the world
your eyes open my heart
your presence keeps me safe
I feel home when you are here*

*My heart hurts
and you rub my leg
the intimacy
makes me want to be in the world*

*Your love makes such a
huge difference in the world
changing peoples lives
just by walking in the world*

*Thank you for loving me
It makes my world
we are not alone
we have each other*

Shaun Gamche

An abstract painting with thick, expressive brushstrokes in shades of green, blue, and red. The background is a mix of these colors, with some areas appearing more saturated than others. The overall effect is one of dynamic movement and emotional intensity.

Into the nothing
the wonder of all that is possible
the point before something becomes
In that I am all things of possibility

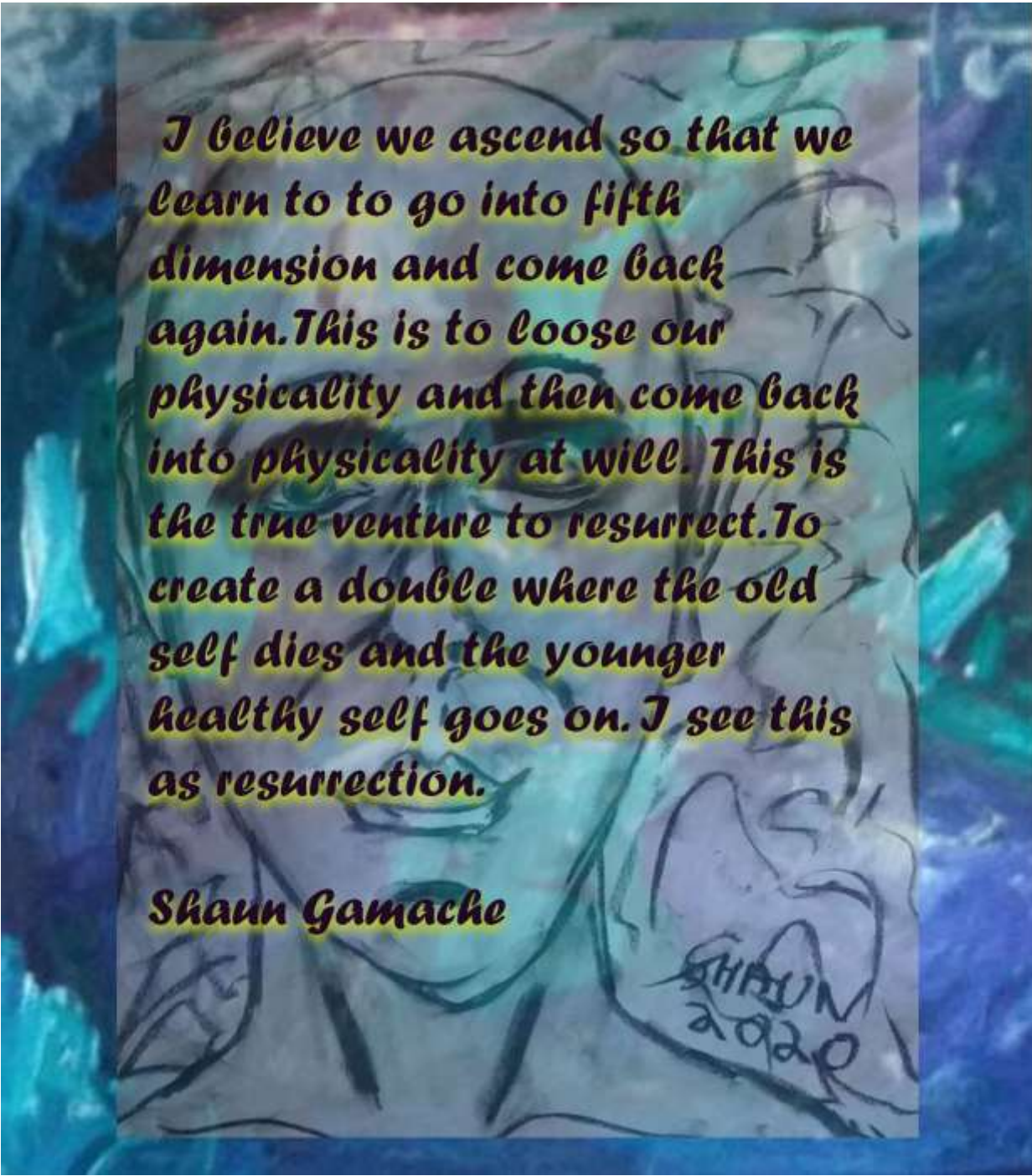
chaos swims in my mind
it flows, it feels
intention molding the daydream
and the sleeping dream

once pattern is changed
there is death
then there is new life
the Pheonix can rise

the feeling of Aw
all powerful
can I hold this space
can I be it

then it is doing
becoming
an architect of my reality
flowing in the dream

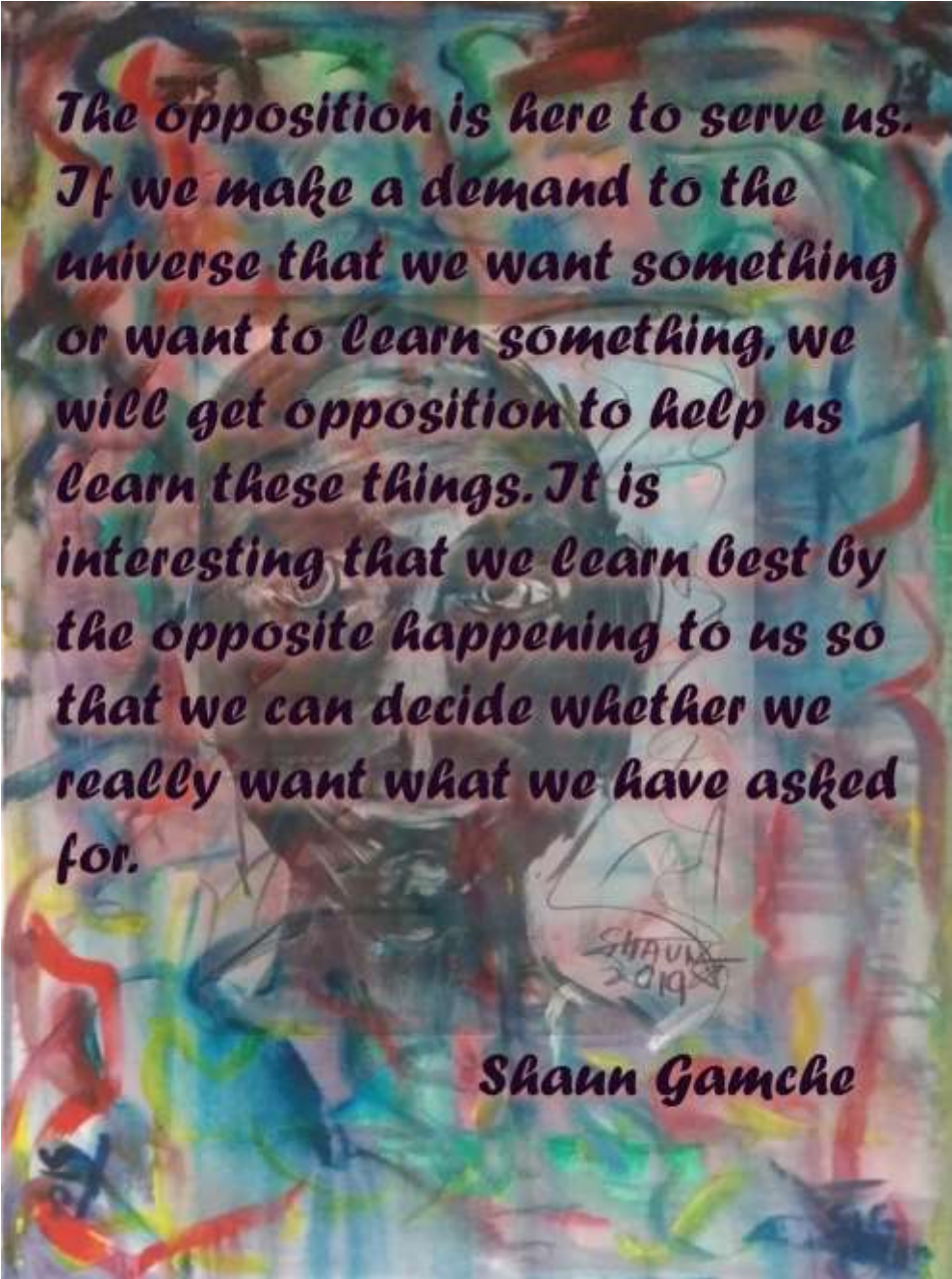
Shaun Gamache



I believe we ascend so that we learn to go into fifth dimension and come back again. This is to loose our physicality and then come back into physicality at will. This is the true venture to resurrect. To create a double where the old self dies and the younger healthy self goes on. I see this as resurrection.

Shaun Gamache

SHAUN
2020



The opposition is here to serve us. If we make a demand to the universe that we want something or want to learn something, we will get opposition to help us learn these things. It is interesting that we learn best by the opposite happening to us so that we can decide whether we really want what we have asked for.

Shawn Gamche



**In the midst of a dream
Were am I
Who am I
Where am I going**

**To feel knowlege
To open to the download
The cosmic library
rewired, rewired and rewired**

**To feel more
To be more
To see more
To actualize more**

**To asemble a world
At the highest level
Even in the death of all
Karmic patterns**

**I must become
This is the life time
To evolve
To be I Am**

Shaun Gamache

SHAWN



I want to create intent in everything that I do. For me that is quite the undertaking. I am so used to letting the universe figure out what is going to happen, having the creative originality to create in the moment takes work. What am I going to create instead of just letting things happen.

To focus on ideas and concepts and creative originality where excellence is mastery and impeccability. To do this in my life. I start by looking at every moment and say, what do I want to create here. What could happen. I am not interested in the personalities in the space or the event itself. I am interested in the concept and what I am creating. When intent is put into it, then everything else falls into place with both the masculine energy of action and the feminine energy of holding a space for all the elements working within a space. This

makes it happen and fall into place. Yet I hold an active part by holding the intent of what I will to happen.

This is the difference between being in action or reaction. To love myself I must be present with full presence. I believe presence is different than doing. An act of not doing is to hold an intent and it just happens without doing it. Rather just being it is the key. It is a different way of manifesting in the world. How good can I get at dreaming, and then pulling that dream down into the third dimension and making it manifest. I have the thought in third dimension, go into fifth dimension (the dream time), then bring it back down into the third dimension where it becomes physical. It can become an idea that can become.











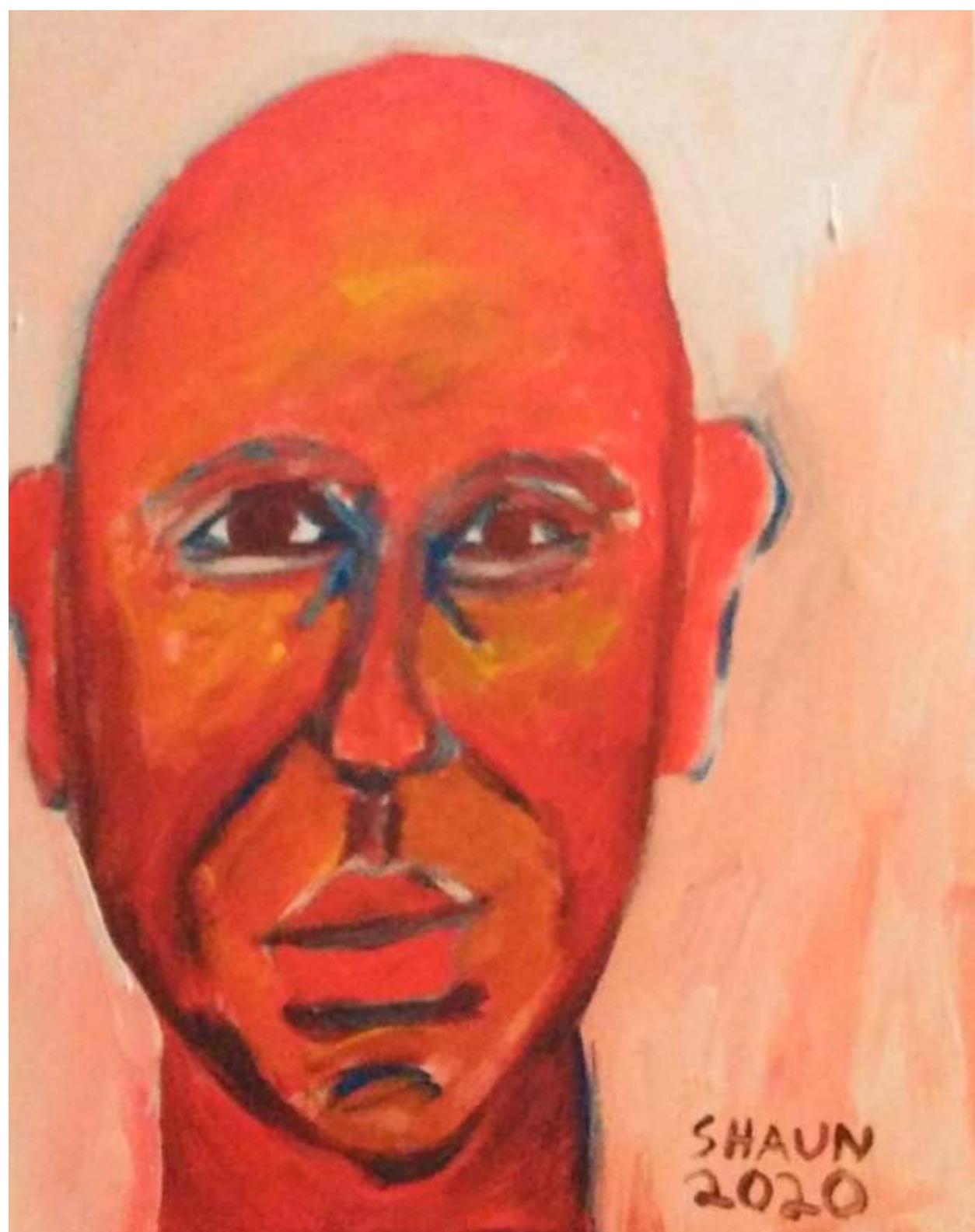






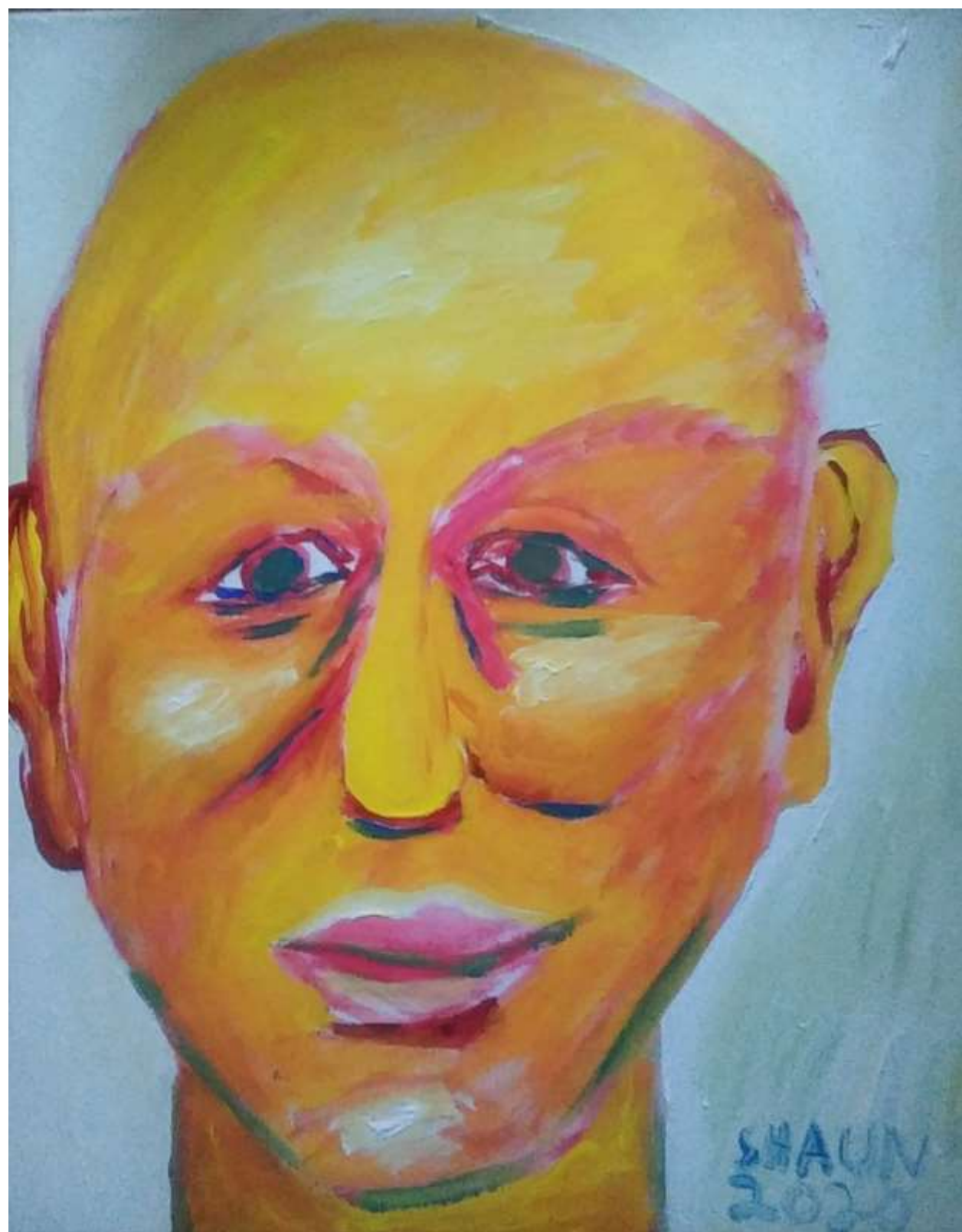






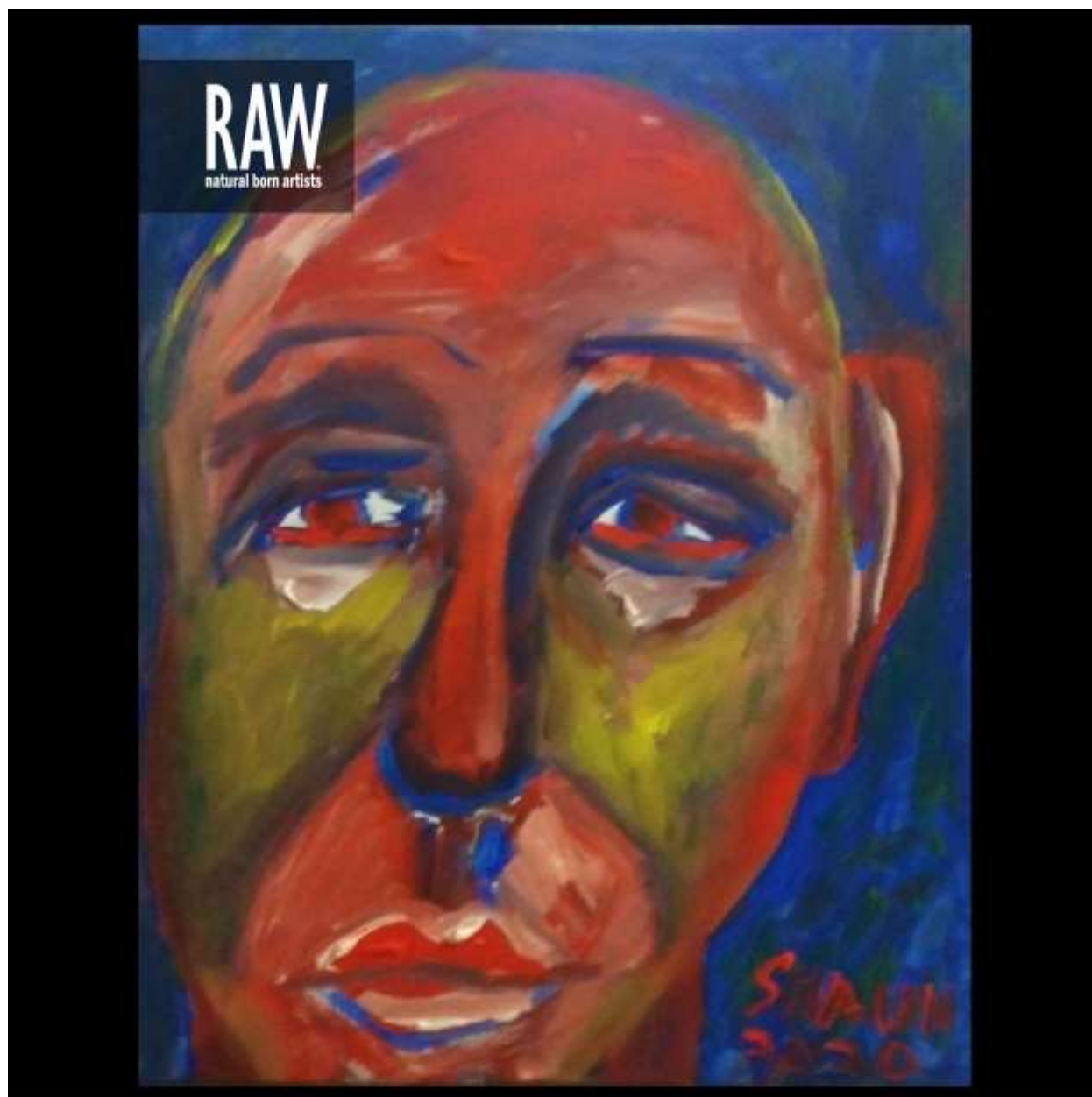












RAW:CALGARY PRESENTS GLOW

Shaun Gamache

April 16th, 2020 / 7:00PM / The Palace Theatre (18+)

Tickets: rawartists.com/shaungamache

To go up and down the planes. The planes of consciousness, the planes of awareness, the planes of evolution. There are masters that function on the higher planes, waiting for us to come to them. To commune with them. How high can we raise ourselves in our meditations.

Spiraling up and up, to a place of pure energy. It is a field of consciousness. A place where we can visit others in our psychic bodies. We project our dream selves into the universe. Yet what is really outside of us. That is one of the great illusions. That anything is outside of us. We are the Universe. It is us. There is no separation. Separation is an illusion. So then how do we relate to the world. What do we make of people that we encounter and realities that we get to experience.

We treat it no different than a dream. We are God observing itself Observing itself. Like a cell in our bodies we are part of the whole, yet each an individual cell. There are so many levels of experience that we can have here. So many different dream worlds and planes of existence. Parallels and multiverses. How we think of all these things evolves with us. "All the worlds a stage, and every player plays his part" Shakespeare.

So what are all the different parts if they are all me. Behind the veil it is part of the gift of not knowing that makes this mystery so interesting. We can drive ourselves buggy trying to figure out a logical understanding when it is not logical. It is Chaos. Yet even chaos has pattern. We are here to master the patterns. To become the architect of pattern. And then once we can do that we can become formless.









































