



The Seven Dark, Seven Light, and Seven Rainbow Arrows

A Map for Evolving Consciousness

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THE TWENTY-ONE ARROWS:

THE SEVEN DARK, SEVEN LIGHT & SEVEN RAINBOW ARROWS

A MAP FOR EVOLVING CONSCIOUSNESS

Among the First Nations Peoples' Medicine Teachings is a powerful oral wisdom lore known as *The Seven Dark, Seven Light and Seven Rainbow Arrows*. This profoundly deep and revelatory indigenous philosophy lends itself perfectly to our current times as a *map for evolving consciousness*. All twenty-one arrows represent the psycho-spiritual realms within us and serve as a healing tool, oracle, guide, counsellor and friend: Each individual arrow can support us to navigate the trajectorial path of Self-awareness, Self-awakening, Self-integration, Self-realisation, and Self-actualisation.

THE SEVEN DARK, SEVEN LIGHT, & SEVEN RAINBOW ARROWS

The Seven Dark Arrows:

Attachment

Dependency

Judgment

Comparison

Expectation

The Wounded/Needy Child Syndrome

Self-Importance

The Seven Light Arrows:

Self-Awareness

Self-Appreciation

Self-Acceptance

Self-Pleasure (Joyful BEing)

Self-Love

Self-Actualization

Impeccability (In thought/word/action/deed)

The Seven Rainbow Arrows:

Illumination

Introspection

Trust and Innocence

Wisdom

Open Heart-to-Heart Communication

Balance of Male and Female Energies

Abundance and Prosperity

The First Nations People state that for every Dark Arrow consciously broken, we automatically receive a Light Arrow to integrate into our being; and, for every Light Arrow integrated, we are gifted the opportunity to assimilate and harmonize with the teaching and promise of a Rainbow Arrow.



Artwork Mark Aziz - <https://www.pinterest.com/southpawdragonf/>

RECLAIMING AND EMBODYING THE TRUE SELF

Fifteen years ago, when I was in the deepest curve of my own psychological healing and reset, I came across the First Nations' Peoples' Wisdom Teaching: '*The Seven Dark, Seven Light, and Seven Rainbow Arrows*'. As I began to connect with these, a deeper level of opening and healing started to occur within me. The Arrows became one of the primary healing modalities I utilised to navigate my way through my own psychological inner-terrain.

In 2009, I began to research the arrows far and wide but could find no extensively written account of the deeper and broader meaning of them. As far as I could discover at that time, the only reference was a succinctly associated *trait* or *quality* ascribed to each arrow. I felt that this unique sacred lore of healing and awakening merited a broader written perspective in the context of psycho-spiritual healing, integration and awakening. So, I began to deeply contemplate each arrow and transcribe the teaching I felt *it* wanted to share in regard to the psycho-spiritual landscape of an individual in these modern times

Some of the information presented is accompanied by searching questions that the reader might wish to ask themselves. This is mostly the case with the Dark Arrows, although some of the Light Arrows present in this way as well. The remaining Light Arrows, and all of the Rainbow Arrows, follow a different path of Self-enquiry.

I hope that you find the Twenty-One Arrows as inspiring and transformational as I have.

In LOVE,

Nicolya ❤️❤️

THE SEVEN DARK ARROWS

The First Dark Arrow Is Attachment

1. To whom or what are you attached?
2. Where in your body is your attention most drawn when you feel into the experience of attachment?
3. Staying with your felt sense (not your mind) can you feel into the need behind the attachment?
4. What do you need in order to no longer be attached?
5. How might you, another, or life, meet that need?

The spiritual lesson of attachment is — non-attachment.

A sacred mantra for attachment could be: *Even though a part of me can become caught in attachment, I deeply and completely unconditionally love and accept myself.*

The Second Dark Arrow Is Dependency

1. Upon whom or what are you dependent?
2. Where in your body do you experience the feeling of dependency?
3. Staying with your felt sense (not your mind) can you feel into the need behind the dependency?
4. What do you need in order to no longer feel dependent?
5. How might you, another, or life, meet that need?

The spiritual lessons of dependency are — independence, interdependence, and self-love.

A sacred mantra for dependency could be: *Even though a part of me can feel dependent, I deeply and completely unconditionally love and accept myself.*

The Third Dark Arrow Is Judgment

1. How aware are you of the energy of judgment in your life?
2. How much do you feel you self-judge?
3. How aware are you of how you may judge others?
4. How often do you feel judged by others?

Recognize that when you judge others, or experience yourself as being judged, this reveals how you also judge yourself. If you were not self-judging, you would not perceive yourself as being judged and would not judge others. Instead, you would understand that when another is judging you, they are projecting their own psychological wounding.

On a scale from 1 to 10 (with 10 holding the strongest charge), how often would you say you judge yourself or others? Be honest with yourself.

5. Set an intent to spend a day self-observing and make notes of how often a judgment arises within you about yourself or another. Take note each time you catch yourself in judgment, and at the end of the day assess how frequently this has occurred.
6. Transform those judgments about yourself or another by thinking, stating or focusing on a positive quality about yourself or the other.
7. What is it you feel you need in order not to judge?
8. How might you, another, or life, meet that need?

The spiritual lessons of judgment are — unconditional positive regard, self-acceptance, and unconditional love.

A sacred mantra for judgment could be: *Even though a part of me does not feel good enough, I deeply and completely unconditionally love and accept myself.*

The Fourth Dark Arrow Is Comparison

1. How aware are you of the energy of comparison in your life?
2. How often do you compare yourself with others?
3. How often do you compare people with each other?
4. How often do you feel that other people are comparing you?

Recognize that when you experience yourself as being compared, or you compare others, this reveals how you compare yourself. If you did not compare yourself, you would not perceive yourself as being compared or compare others. Instead, you would realise that another is projecting their own psychological wounding onto you and your response would be one of understanding. When another compares you, it is because there is a deep need within them that is not being met. Therefore, their comparison is not about you but themselves. On a scale from 1 to 10 (with 10 holding the strongest charge), how often would you say you compare yourself or others? Be honest with yourself.

5. Set an intent in the days that follow to catch each moment you find yourself comparing. Transform those comparisons by choosing to think, state, feel, or focus on something good and positive about yourself or another.
6. What is it you feel you need in order to not compare?
7. How might you, another, or life, meet that need?

The spiritual lessons of comparison are—unconditional self-love, self-validation, and self-acceptance.

A sacred mantra for comparison could be: *Even though a part of me can become caught in comparison, I deeply, completely and unconditionally love and accept myself.*

The Fifth Dark Arrow Is Expectation

1. How aware are you of the experience of expectation in your life?
2. How often do you expect from yourself, others, or life itself?

3. How often do you feel the weight of expectations of others towards you? Recognize that when you experience others as having expectations of you, or you have expectations of others, this reveals how you have expectations of yourself. The expectations of others is but a reflection of the expectations they have of themselves, and how they are not yet able to meet the needs behind their own expectations.
4. On a scale from 1 to 10 (with 10 holding the strongest charge), how often would you say you have expectations of yourself or others? Be honest with yourself.
5. Set an intent to spend a day self-observing, and make a note of how often expectation arises in relation to yourself or others. Take note each time you catch yourself putting an expectation on yourself or someone else. At the end of the day assess how frequently this has occurred.
6. Try to feel the need behind your own expectation.
7. What need is not being met?
8. What is it that you need in order to get that need met?
9. Set an intent to try to meet that need yourself, or to consciously reach out to another/others expressing what you need and if they are willing to support you to meet it.

The spiritual lessons of *expectation* are - Self-Love, Self-nurture, Self-acceptance, non-attachment, trust, and surrender.

A sacred mantra for *expectation* could be: *Even though a part of me can become caught in expectation, I deeply and completely unconditionally love and accept myself.*

The Sixth Dark Arrow Is the Wounded/Needy Child Syndrome

1. How aware are you of the presence of the wounded inner-child within you?
2. In what way do you experience your wounded inner-child?
3. On a scale of 1 - 10 (10 holding the strongest charge), how often would you say you experience yourself as 'needy'? Be honest with yourself.
4. Set an intent to spend a day self-observing, and make notes of how often you are aware of your inner-wounded/needy child. Write down each moment of

realisation, no matter how fleeting or seemingly insignificant. At the end of the day, assess how often your inner-wounded/needy child has been present.

5. Set an intent over the days to follow to catch and record each moment you experience your needy inner-child.
6. Try to feel what is behind his/her emotions and reactions: Is she/he feeling fearful, unsafe, hurt, sad, or angry? Does he/she need to feel secure, seen, heard, held, validated and acknowledged?
7. What need is not being met?
8. How can the adult you (inner-parent) meet that need?
9. How might others support your wounded/needy inner-child?
10. Set an intent to try to meet those needs yourself, or to consciously reach out to another/others with whom your inner-wounded/needy child feels safe, who may wish to support you. Openly express what you need.
11. Recognize that when you experience another as needy, this is likely to stem from the unmet needs of their own wounded/needy inner-child. Such an experience can also act as a mirror, as a reminder, that your own wounded inner-child is in need of love and healing. Seek to respond with compassion and understanding, and remain mindful in that moment that you are not addressing an adult but the wounded inner-child within yourself, or the other.

The spiritual lessons of the wounded/needy inner-child are - trust, inner authority, self-love, compassion, empathy, deep understanding, and forgiveness.

A sacred mantra for the wounded/needy inner-child could be: *Even though I am aware of the wounded and needy child within me, I deeply, completely and unconditionally love and accept myself.*

The Seventh Dark Arrow Is Self-Importance

1. To what degree are you aware of the dark arrow of self-importance? How alive is that energy within you?
2. Take some time to write, sketch, or paint what you become aware of when observing yourself in the mode of self-importance.

3. On a scale from 1 to 10 (with 10 holding the strongest charge), how often do you experience yourself caught in self-importance? Be honest with yourself.
4. Set an intent to spend a day self-observing, and make notes of how often you become aware of your own experiences of self-importance. Each time this occurs, record the situation and your reaction of self-importance. At the end of the day, assess how frequently you have experienced yourself in this mode. Write down how you feel in those moments of realization.
5. Try to gain a sense of the needs behind your experiences.
6. Set out to identify the need within you that is not being met and what original (historical) need was not met. What do you need in order to meet that now? Go with your first response, and without censoring write whatever comes.
7. How can you begin to meet that need yourself?
8. How might another, or others, or life, meet that need with you in a healthy way?
9. Reach out to those you trust who are consciously aware and express what you need. Ask if they would be willing to support you to meet that.
10. The act of self-importance originates from traumatic experiences or unmet needs in childhood, as well as from karmic and ancestral influences.

The spiritual lessons of self-importance are – humility; the healing and integration of the unintegrated ego; and evolving from power-over (ego defence) to empowered (Self-integration). *(Reference my 'ego/Self Fairytale' for a deeper exploration of the healing and integration of the ego).

A sacred mantra for self-importance could be: *Even though I am aware of a part of me that becomes caught in self-importance, I deeply, completely and unconditionally love and accept myself.*

THE SEVEN LIGHT ARROWS

The First Light Arrow Is Self-Awareness

From a psycho-spiritual perspective, it has long been theorized that there are differing levels of consciousness. This theory entered the mainstream when American psychologist and philosopher William James, who was trained as a physician, postulated in 'The Principles of Psychology' (1890) that *there existed a physical, mental, and spiritual self and ego*. In approximately 1905, the Austrian Psycho-Analyst, Sigmund Freud, presupposed *an unconscious, preconscious, and conscious mind*.

Being psychologically self-aware requires a greater degree of psychological insight and a deeper understanding of the mechanisms and workings of the unconscious, conscious and superconscious minds. In psychological language, the term *ego* equates to the *psychological shadow, unintegrated personality, and historically wounded inner-child, (child of history)*. We are also aware of the constant presence of Soul, Spirit, Energy and Creative Force. Our dreams convey important information to be integrated during our waking hours. Self-awareness facilitates the awakening or deepening of our connection to the spiritual dimensions within ourselves, which results in a greater capacity for perception, cognition, intuition, creativity, visioning, and gnosis. Psychological self-awareness also invites us to re-connect to, embrace, and embody *the golden child* (soul child) that lives within each of us.

The First Light Arrow is Self-Awareness. We could say that Self-awareness covers a broad spectrum of past events, our current lives, and future hopes. Self-awareness requires a commitment to self-exploration and our capacity to self-analyse at a deeper psychological level; therefore (re)connecting more fully at a spiritual level. It is also facilitated through non-judgemental self-reflection and self-directed and autonomous thinking.

Self-awareness requires that we develop an inner-dialogue between the wisest part of ourselves - the *Authentic Self* - (again, reference the 'ego/Self Fairytale') - and the

historically-psychologically inner-wounded 'self' - the '*adapted self*'. It invites us to turn our attention inward. By becoming more self-aware, we become more familiar with our psychological edges; our propensity towards *reaction* (wounded self), rather than *response* (healed self). We are more aware of our psychological story, and how the 'myths' from our past (karmic and ancestral) can impact us in the here and now. We are able to adequately self-evaluate, self-reflect and self-guide as we come to more fully know and trust ourselves.

Being Self-aware enables us to monitor and observe our thoughts, actions, beliefs, perceptions, emotions, sensations and impulses. We are continually assessing our motives, drives and intentions. We listen deeply and are guided by our felt sense. We are more able to effect necessary and evolutionary changes in our lives. Our emotional and mental landscapes become expanded and more fertile. Self-awareness enables us to reprogram the unconscious mind, re-inform the conscious mind, and (re)connect to the superconscious mind.

Self-awareness is supported by our ability to self-observe. We are curious about ourselves, and the reasons for the patterns and themes in our lives.

A wonderful tool that greatly supports the development of self-awareness is *focusing*. There are also many other beneficial practices, so please refer to the resources directory at the end of this book. A good practitioner will not tell you what you should think, say, or do. Instead, they will share with you practices and techniques that can facilitate your ability to think, speak, and act for yourself with awareness.

When embraced as a daily practice, Self-awareness becomes instinctual: This can be illustrated by the analogy of driving a car: When we first take a driving lesson, we need to become familiar with all the fundamental and basic mechanisms involved in how to make it move. Yet, in a very short while, the process becomes automatic, natural even,

and we no longer need to think about the step-by-step mechanics of driving, which has become an effortless automation.

Becoming Self-aware marks a psycho-spiritual watershed on our journey of awakening: Its effect is akin to a veil being lifted, a light turned on in the dark, a once misty screen having become clear.

A sacred mantra for Self-awareness could be: *I choose to manifest my greatest potential and therefore I commit more fully to becoming Self-aware. And, I deeply, completely and unconditionally love and accept myself.*

The Second Light Arrow Is Self-Acceptance

The Second Light Arrow of Self-Acceptance invites us to break the dark arrows of *comparison and judgment*.

1. Find a quiet moment and assess where along the scale of self-acceptance you feel you are — 1 being the least self-accepting and 10 the most. Trust your initial response.
2. What would it feel like to unconditionally accept yourself, even your psychological shadow aspects that can make you feel uncomfortable?
3. Set aside some time to identify all you find difficult to accept about yourself.
4. Recognize that when you stop judging and comparing yourself, you immediately experience a more positive sense of who you really are.
5. When asking the question “Who am I?”, it is usually the adapted self (unintegrated ego) that replies, giving an entirely false account. The enquiry into *Who am I* is a question for the Self. To more fully embody the Self, (see ego/Self Fairytale), we need to embrace all the Light Arrows.
6. True self-acceptance connects you to your Authentic (True) Self.
7. Find some time to contemplate what you feel *is* authentic about you. What would you really wish for people to know? Write those qualities down and keep them close to hand.
8. Set aside some time to write a story about your ‘True Self’. This is a powerful way to get to know more about *who you really are* beyond any

psychological/historical wounding; and can help you to anchor *the more than you are* into your unconscious and conscious mind. Allow your imagination (the soul in action) to flow uncensored. *Who are you deep in your heart and soul?*

9. For the next seven days, seek to know what it is that you find difficult to accept about yourself, and what shadow aspects you may yearn to let go. Write it all down and at the end of the week, or when you feel ready, consciously and mindfully burn the list blessing each 'concern' on its way as you watch it dissolve in the flames. This process can be done in rounds, and so it may take several weeks or months for surface layers to dissipate and give way to deeper layers of shadow (wounding) to rise to the surface of your awareness. As you commit each 'issue' to the flames, see it as being transmuted into LIGHT.
10. Believe in your innate goodness.
11. Treat yourself with loving kindness.
12. Love yourself unconditionally.
13. Trust your wise and loving heart.

A sacred mantra for Self-acceptance could be: *I deeply, completely and unconditionally love and accept myself.*

The Third Light Arrow Is Self-Appreciation

1. Find a quiet moment and assess where along the scale you are in terms of Self-Appreciation—with 1 being the least Self-appreciating and 10 being the most. Where on that scale are you? Trust your initial response.
2. What would it feel like to unconditionally appreciate yourself?
3. Recognize that by no longer judging and comparing yourself, you immediately hold the Light Arrow of Self-appreciation in your hands.
4. Take some moments to contemplate what you really appreciate about YOU. Write those qualities down and keep them close to hand. Every time you pick up the dark arrows of *judgment* and *comparison*, take a look at the qualities you have written down and visualize discarding those dark arrows and replacing them with the Light Arrows of *self-acceptance* and *self-appreciation*.

5. Each day, appreciate something about yourself. State what this is about. Look at your reflection in a mirror and express what it is that you do appreciate about yourself and why.
6. When you appreciate something in another, turn that thought around, and appreciate the same quality within you. If you did not possess that quality, you would not be able to recognize it in another.

A sacred mantra for Self-appreciation could be: *I now choose to appreciate myself more. I deeply and completely unconditionally love and accept myself.*

The Fourth Light Arrow Is Self-Pleasure

The Fourth Light Arrow focuses on Self-pleasure and how this can connect us to both our earthly and divine selves. The Light Arrow of Self-pleasure refers to anything the *whole and integrated* Self experiences as *pleasurable*. When we experience Self-pleasure from this state of BEing, we are more fully aligned and connected with the psycho-spiritual multi-levels within ourselves: *From ego to I, and personality to soul.*

The experience of pure Self-pleasure is the birthright of every human being: Most happy young children are in this mode much of the time. It re-connects us to *innocence*, which leads to greater Self-trust and Self-fulfilment.

The phenomenon of Self-pleasure has become lost to the world and reduced to a distorted (mis)representation of what is truly at its core. Every human being has a basic need for pleasure. This fundamental necessity is a prerequisite for overall wellbeing and living a balanced and fulfilled life. Self-pleasure takes many forms, all of which are expressions of pure unadulterated love and joy – joyfully loving ourselves.

Sacred sexuality with the Self (another form of Self-pleasure) can open us to transcendent states of consciousness and higher dimensional experiences. It purifies and heals. Yet, this form of Self-pleasure may often instil a sense of shame or guilt within the unintegrated and unhealed wounded self. By allowing ourselves to openly acknowledge such feelings, we can initiate the process of healing and move closer to the experience of Self-Love; a pre-requisite for the expression of sacred sexuality with

Self. Sexual Self-pleasure, when encapsulated in the physical, emotional and mental energy of purity, is a gateway to the sublime – and can lead us into a mystical and momentary experience of Self-transcendence.

A sacred mantra for Self-pleasure could be: *I choose to consciously engage in sacred, joyful and loving experiences of Self-pleasure. I deeply, completely and unconditionally love and accept myself.*

The Fifth Light Arrow Is Self-Love

1. Where along the scale of Self-love do you feel you are, with 1 being the least self-loving and 10 the most? Trust your initial response.
2. What would it feel like to unconditionally love yourself?
3. Recognize that by releasing the dark arrows of *self-judgment* and *self-comparison*, you immediately pick up the Light Arrow of *Self-love*.
4. Take some moments to contemplate what it is that you *do* love about yourself. Write those qualities down and keep them close to you. Every time you pick up the dark arrows of *judgment* and *comparison*, take a look at the qualities you have written down and visualize discarding those arrows and gifting yourself with the Light Arrows of *Self-love*, *Self-acceptance*, and *Self-appreciation*.
5. Each day, find something *more* to love about yourself. State out loud what this is and then look at yourself in a mirror and repeat the statement again.
6. Set an intent to love yourself unconditionally.
7. When you find yourself loving a quality in another, turn that around and love that same quality in yourself. You would not be able to recognize the quality in the other were it not already within you.

A sacred mantra for Self-love could be: *I choose to love myself more. I deeply, completely and unconditionally love and accept myself.*

The Sixth Light Arrow Is Self-Actualization

In his article, 'A Theory of Human Motivation' (1943), the psychologist Abraham Maslow presented a psychological explanation for Self-actualization:

Self-actualization refers to the desire for self-fulfilment, namely, to the tendency for the individual to become actualized in what he or she is potentially. Self-actualization might be described as the desire to become more and more what one is, to become everything that one is capable of becoming.

Maslow identified some of the key characteristics to be found in Self-actualized people:

Acceptance and Realism: Self-actualized people have realistic perceptions of themselves, others, and the world around them.

Problem-Centring: Self-actualized individuals are concerned with solving problems outside of themselves, including helping others and finding solutions to problems in the external world. These people are often motivated by a sense of personal responsibility and ethics.

Spontaneity: Self-actualized people are spontaneous in their internal thoughts and outward behaviour. While they can conform to rules and social expectations, they also tend to be open and unconventional.

Autonomy and Solitude: A further characteristic of self-actualized people is the need for independence and privacy. While they enjoy the company of others, these individuals need time to focus on developing their own individual potential.

Continued Freshness of Appreciation: Self-actualized people tend to view the world with a continual sense of appreciation, wonder, and awe. Even simple experiences are a constant source of inspiration and pleasure.

Peak Experiences: Individuals who are self-actualized often have *peak experiences*, or moments of *intense joy, wonder, awe, and ecstasy*. After these experiences, people feel *inspired, strengthened, renewed, or transformed*.

Maslow's description of Self-actualization is a valid model and provides an insightful map for guiding us along the path of our own psychological evolution.

Self-actualization has a higher spiritual octave: Throughout time, mystics and sages have taught that Self-actualization extends far beyond the boundaries of the psychological and physical realms. It also serves as a bridge between the embodied states of *Self-actualisation* and *Self-transcendence*; the latter of which is rarely achieved and hitherto now only by those who have exemplified the most advanced states of awakening - Buddha and Yeshua are just two examples. However, there are many other highly evolved souls who have chosen to incarnate on this Earth, some of whom have been and gone, and yet others who *are* currently here; many of whom are unsung, and unknown to the world.

The spiritual-evolutionary trajectory of the awakened individual is such that it compels one to strive towards the most exalted expression of human *BEing*. To be Self-actualized is to *transcend* the limitations of the unconscious mind and psychological, karmic and ancestral (personal and collective) imprinting and conditioning.

Self-actualization compels us to strive for the highest ideals in regard to becoming a *perfected expression of a soul incarnate in human form*. When we no longer carry the dark arrows and instead hold only the Light, we have attained the state of Self-actualization. At this point, we experience an evolutionary leap in consciousness and align more fully with the Superconscious mind.

A sacred mantra for Self-actualization could be: *I choose to dedicate myself to embodying the state of Self-actualisation and becoming Self Actualised in the world. I deeply and completely unconditionally love and accept myself.*

The Seventh Light Arrow Is Impeccability

The Seventh Light Arrow requires us to cultivate *impeccability* in word, thought, action and deed. Impeccability is a mode of *BEing* in which our conduct, presence and actions are expressed to the highest evolved degree. This Arrow bestows pristine clarity. It calls for purity in the arena of relationships, including our relationship with ourselves, others, and the world. Impeccable Self-conduct is the core focus of this Light Arrow. When we are holding it in our hands, we are experiencing ourselves, and are experienced by others, as highly-refined, deeply sincere, fully responsible and

accountable, and profoundly aware. The focus of one who carries the Seventh Light Arrow is on the full embodiment of the Authentic Self.

Impeccability differs from perfection in that the quest for the latter can cause one to suffer, whereas the former gifts us the ongoing experience of ease of expression and accompanying joy when implementing and upholding the highest ideals and values. Perfectionism, on the other hand, can create a lack of fulfilment or satisfaction. If our quest for impeccability causes suffering to ourselves or anyone else, then we are caught in the shadow of perfectionism.

This arrow requires us to scrutinize our conduct under a magnifying glass in order to reveal where we may further refine the intent behind all that we do and say. Impeccability requires absolute commitment to attaining the purest states of physical, emotional, mental, psychological, energetic and psychic being, and calls on us to live from pure clarity and intent. It invites us to live transparently, and to be scrupulously honest, to honour our word and our commitments; and to *walk our impeccable* talk.

One who lives from impeccability no longer needs to carry the Seven Dark Arrows of *attachment, dependency, judgment, comparison, expectation, the wounded/needy child syndrome, and self-importance*. Instead, they are equipped with the Seven Light Arrows of *self-awareness, self-acceptance, self-appreciation, self-pleasure, self-love, self-actualization, and impeccability*, and are ready to take the next step on their journey of conscious evolution – integrating and embodying the Seven Rainbow Arrows.

When we carry the Seventh Light Arrow of Impeccability, we have attained an elevated state that exerts a beneficial influence on all we encounter. When we live from impeccability, we experience ourselves, and are experienced by others, as impeccable in all that we say or do. The Seventh Light Arrow can be likened to a tuning fork in that the tone it emits is one of the highest and purest frequencies, which can support others to realign with a higher vibration and higher level of consciousness.

A sacred mantra for impeccability could be: *I choose to cultivate and embody impeccability in every word, thought, action, and deed. I deeply and completely unconditionally love and accept myself.*

THE SEVEN RAINBOW ARROWS

We shall now begin our exploration of the Seven Rainbow Arrows.

The First Rainbow Arrow Is Illumination

The Consciousness of the *true* Mystic is one of Illumination. Such a physically embodied soul has a rare and unique experience of The Absolute. The Illumined Self is regularly subjected to transcendental states, including those described as ‘peak’ experiences. Illumination is an exalted condition in which one is steeped in rapture and bliss, and is in *LOVE* with the totality of Creation and Life.

Transcendent qualities accompany the illumined state. Those who exemplify this have often plumbed the depths of the unconscious – of both the Self and the Collective - and are Messengers for the deepest wisdom and highest truths. They are at one with the material world and otherworldly realities. To be illuminated is to pulse with LIGHT and transmit the very essence of LOVE.

The Second Rainbow Arrow Is Introspection

Introspection is the gateway to Self-awareness and Self-realization. The pioneering and visionary psychoanalyst Carl Gustav Jung, wrote:

Your vision will become clear only when you look into your heart . . . Who looks outside, dreams. Who looks inside, awakens.

To *look inside* is to potentially open Pandora’s Box. For, as we lift its lid, all that is contained within it, that has been repressed, split-off or denied, will rise to the surface for healing and integration. Many are afraid to *look inside* for fear of what they may encounter, of what may have been buried deep within the unconscious a long time ago. Ultimately however, under the auspices of the soul and divine timing, we will feel called and compelled to *look inside*, knowing/gno-ing that the only way we can cut the ties that bind us to unfulfilled and inauthentic being is by doing so.

How can we best utilise the Second Rainbow Arrow of Introspection?

First, we need to set aside the necessary time to explore the psychological dimensions of ourselves. Working one-to-one with a highly-reputable practitioner who is professionally skilled at holding psycho-spiritual (psychological and spiritual) space, and is able to listen deeply, no matter what stories present, and who knows/gno's how to respond appropriately and wisely, can support us to heal self-sabotaging patterns and lift the shadow of a life lived under the dictum of inner-wounding. Instead, we begin to embrace a new way of *living*; a new experience of feeling ALIVE; a new mode of BEing that is liberating and *life-serving*.

Secondly, a willingness to examine the origins of our thoughts, emotions, motivations, desires, drives, decisions, words and actions, helps us to heal and transform our lives. Inner-peace is the promise of the Second Rainbow Arrow of Introspection. Take hold of it and dare to *look inside* 'Pandoras Box', for, in doing so, you will discover the greatest treasure of all - your True and Authentic Self.

The Third Rainbow Arrow Is Trust and Innocence

Trust is to be found at the core of all meaningful and profoundly enduring relationships. It is the very heartbeat of the *true* relationship we can have with ourselves. Without trust we cannot bond, and therefore are unable to experience the full extent of *right relationship* with ourselves or others.

The roots of mistrust can be traced back to infancy - at least in this lifetime. Infancy renders us entirely vulnerable and dependent on others. The degree to which we trust originates from the quality of loving and mindful care that was given to us by primary caregivers. As children, when we are taught by example that it is safe to trust we grow into adulthood feeling secure in the world. Yet, if our primary caregivers were emotionally or physically absent, and/or were abusive, unreliable, dishonest, contradictory or rejecting, the wound of mistrust can deeply imprint into the unconscious mind where it remains festering until it is healed.

Where trust has been broken, a schism occurs within the emotional and mental bodies and the psychological symptoms of distrust are the result. We may then view the world hostile; an unpredictable and unsafe place; and we ourselves may be experienced by others as similar.

Here are some signs that may suggest you have trust issues: fear of intimacy, suspicion, anxiety in many forms including during physical intimacy, impotence, inability to orgasm or inability to orgasm when sexually intimate with a partner, panic attacks, irrational fear and terror, agoraphobia, claustrophobia, phobias in general, repeated patterns of relationship breakdown (romance or friends), and attracting dishonesty, betrayal, or deception.

There is a difference between fulfilment and security. The need for the latter can supersede the former in that we can run our lives on fear and make decisions based on our primary need for security at all costs.

Security is *the known*, and yet it can be restrictive; a self-imposed prison in which we feel the safest. When we are able to trust, we more readily embrace the *unknown*, and its potential challenges are viewed and experienced as opportunities that facilitate growth and set us on adventures that can lead to profound fulfilment.

The invitation of the Third Rainbow Arrow of Trust and Innocence is to *return to innocence*. If betrayal, deception, or the loss of innocence, (in any given relationship or scenario), are recurring themes in your life, it is quite possible that you are unconsciously *re-creating your history to do now what you could not do back then* - in terms of empowering and ultimately freeing yourself from the chains of the past.

Unless we consciously seek to heal issues of trust, we will continue to attract related patterns as *opportunities* (for this is what they are) for healing, integration and liberation. You *can* learn to trust again ... and you *can* reclaim lost innocence: The 15th Century Philosopher Paracelsus spoke of this when he shared that *there is small piece*

of heaven inside each one of us that remains whole and unbroken. Find that heaven within and, slowly but surely, it will expand until, once again, it fills your entire being.

The degree to which you can trust is the gauge by which you can measure how present trust or mistrust are in the overall experience of your life. Empathy, understanding, compassion and unconditional love are the potent medicines that are necessary to heal the wounds of mistrust and support the reclaiming of lost innocence.

The Fourth Rainbow Arrow Is Wisdom

The Fourth Rainbow Arrow teaches that true wisdom is not rationale, intellect, mental prowess, or academic brilliance. The wisdom this Arrow primarily points to is its truest expression - the type that is borne of gnosis – *knowing, yet not knowing how we know, we just know.* It speaks of perception and intuition; the whispers of Spirit; the equilibrium of heart and mind under the direction of the soul. It calls our attention to the promptings of the ‘sixth sense’; of a higher intelligence, the *still small voice within* that bestows wise counsel; the lens through which the visionary Self peers; wisdom in the form of premonition; unshakeable conviction.

The world’s insatiable thirst for knowledge has prioritised the intellect and its *need to know*, which is celebrated and rewarded in modern culture at the cost of the equal revering of true wisdom. Generally, people are inclined to hide their true feelings due to cultural, familiar, and religious conditioning: Yet, true wisdom is the language of the heart. To carry the Fourth Rainbow Arrow of Wisdom requires actively working with the Seven Dark Arrows.

Adapting our authentic truth, hiding our real feelings, silencing our inner-voice, and/or saying or doing what we feel is necessary in order to please or placate, all carry a high price in terms of our physical, emotional, mental, psychological, and energetic wellbeing. An equal balance of *knowledge* and *wisdom, knowing* and *gnosis*, are the ideal and healthy expression of this Arrow. A person with an overly-developed intellect who places too much emphasis on knowledge at the expense of wisdom, will never be truly wise.

Throughout history, the good, the great, and the honest and true, have all been recognized by the virtues of their heart and the keenly felt presence of their soul. Knowledge for the sake of knowledge disconnects us from the heart. In mainstream society, the fevered and almost exclusive pursuit of knowledge has diminished and disregarded the natural phenomenon that is pure wisdom. The true seat of wisdom *is* the heart, which holds the greatest knowledge of all – and it is only this type of wisdom and knowing that can ultimately transform the world.

The Fifth Rainbow Arrow Is Open Heart-to-Heart Communication

In the 1950s, the pioneering psychologist Carl Rogers, made the following statement in regard to communication: *Love, genuineness, and empathy are the three essential elements to constructive communication.*

The Fifth Rainbow Arrows invites us to communicate in ways that are loving and kind. It speaks of Love as being the foundation upon which all communication must be built. Communication can result in the triggering of unconscious memories that may be projected onto others. We need to understand what is behind our *reactions* in any given communication. Unless we have been raised by psychologically balanced and consciously evolved parents and caregivers, it is likely that we have never learned how to effectively and naturally communicate with others. The primary caregivers in our infancy through to adulthood are likely to have been raised under similar conditions, and are therefore merely repeating historical patterns that can go back generations.

The majority of people have rarely experienced heart-to-heart communication. The repressive and dualistic model of the mainstream education system fails us in the respect of an absence of *conscious communication* forming an essential part of its curriculum. However, we live in times where we are able to explore more meaningful ways of communication. The old dysfunctional models serve mostly to polarise people, often into positions of defence or attack. We have only to look at the mainstream media and within the working environments of the wider community to see evidence of this.

We have been raised in a repressive and fear-based society in which honesty often equates to blame, shame, rejection, judgment and attack; and so, dishonesty, disconnection and repression have been unconsciously adopted as principle ways to survive. *We have adapted in order to survive.*

Transpersonal psychotherapy speaks of an *adapted self* and an *Authentic Self*, a subject I explore deeply in the 'ego/Self Fairytale' that I wrote in 2009. In order to survive, the True Self retreats into hiding owing to the incongruency of the environment and the threatening messages it conveys.

In NVC (Nonviolent Communication) there is a model for heartfelt communicating that consists of the following four-steps:

Observing - Feeling - Needing - Requesting:

- What am I noticing/observing?
- What am I feeling?
- What do I need?
- What is my request?
- What are you noticing/observing?
- What are you feeling?
- What do you need?
- What is your request?

Such simple communication begins to open the channels of the heart and therefore heart-to-heart communication.

When we engage with these four basic principles, we understand not only our own basic feelings and needs but what may be similar in others. Practiced regularly, these four steps can guide us towards *compassionate communication* and teach us to see,

hear, validate, acknowledge and mindfully express our needs. This form of communication is a pre-requisite for ongoing harmonious relations.

Heart-to-Heart Communication can transform your life as you learn to communicate your feelings, emotions and thoughts in ways that are non-violent and preclude reactions such as naming, blaming, shaming, defending, rejecting, or attacking. The gift of the Fifth Rainbow Arrow of Heart-to-Heart Communication is to help us learn to *respond* through deep understanding, compassion, empathy, and unconditional love. When we are able to embrace this mode of BEing as the 'norm in our lives, we will have come home to our heart.

The Sixth Rainbow Arrow Is Balancing Male and Female Energies

It is believed that many thousands of years ago, when the soul first incarnated on Earth, that each descended in the form of a single androgynous Being of equal male-female balance. It is also believed that as the soul descended further into matter, and became increasingly attached to the physical plane and sensory pleasures of worldly life, it began to lose the full spectrum of its pure divine connection to SOURCE/GOD.

Instead, it is said that the androgynous incarnate soul began to develop a *separation consciousness*, which resulted in the birth of the ego; and thus, the androgynous form separated into two halves that took on the distinct genders of 'male' and 'female'. Since then, it is proposed that the soul has remained on the earthly wheel of death and rebirth until it is once again reunited androgynously with its 'other half'.

Within the male template is contained the blueprint of the female, and within the female the blueprint of the male. For each incarnation, whatever gender our form takes, and we have lived as both genders in other times, we have been developing dual aspects of male-female expression to the point where the male can embody a greater degree of feminine qualities, and the female, greater degrees of the masculine, in our quest to find the perfect balance of both within one form.

Conversely, a soul may incarnate into a male form in order to immerse itself in 'all things masculine' having perhaps just completed a series of feminine lives. The same

applies to females, who may also have chosen to develop and fully experience all that pertains to the feminine in a single life, having perhaps just finished a series of masculine incarnations.

Regardless of the soul's agenda for the integration of male and female energies, and irrespective of how much we may personally be polarized into definitive expressions of gender, we still retain an equally balanced male/female template within us, and so will always be drawn to expressing such in its ultimate perfected form.

The balancing of male-female energies is a prerequisite for magnetizing healthy and functional relationships, and perhaps even an 'other half' reunion. Humankind has lived through grand sweeping ages where either the matriarch reigned, or the patriarch dominated. Yet, the present day calls for *gender fluidity* and disassociation from previous gender categorisations. This new age upon us is one in which gender-fluid autonomy and altruistic sovereignty will reign.

We are entering a new conscious epoch in which gender-fluidity (the perfect male-female balance) transcends outmoded gender identification. It is time to celebrate gender-fluidity as well as initiate a more integrated expression of the 'masculine' and 'feminine'. We are evolving beyond the classic astrological gender interpretations of Mars (masculine) and Venus (feminine), and towards their *higher octaves* of 'Pluto' (Mars), who in this case speaks of *transformation* and *transmutation*; and 'Neptune' (Venus), who speaks of *boundarilessness* and *unconditional love*.

The Sixth Rainbow Arrow of Male-Female balance offers an evolutionary call to embrace a more androgynous mode of being. The boundaries between people, authorities, nations, and gender are seeking to be dissolved. It is time for all to be equal in the eyes of ALL. We can be each be empathic and constructive; compassionate and passionate; sensitive and strong; receptive and dynamic; intuitive and rationalistic; still and active; linear and creative. In the embodying of these seemingly (conditioned) male-female polarities, we move closer to the embodiment of our Divine Selves – where the balance of the Divine Feminine and the Divine Masculine comes as natural to us as breathing.

The Seventh Rainbow Arrow Is Abundance and Prosperity

Most people yearn to live an abundant and prosperous life, but what exactly does this mean when holding the Seventh Rainbow Arrow of Abundance and Prosperity? Does it refer to financial wealth? Is it the type of abundance and prosperity that is gained through overwork? Is it an expression of such that robs our time, our heart, or attempts to steal our soul? Is it the kind of abundance and prosperity gained through dishonest means ... through greed or betrayal? Is it a level of abundance and prosperity that has been generated through the darker agendas of the human shadow, and not the altruistic benevolence of the human heart? Or, does the Seventh Rainbow Arrow speak of the riches to be found in the depths of the *ensouled heart*? Could it be representing the emotional, mental, psychological, and spiritual wealth to be enjoyed when we are present in such a way to make another's heart sing?

There is an enormous divide in the world between material poverty and wealth, and we may often wonder just how it is that so many are financially rich and yet, by contrast, so many others are materially poor. Some of those who may be deemed by society to be 'poor' can bring the greatest riches to this world. A person may work tirelessly but their heart may shine while doing so. If you were to ask them *why this is*, they might tell you that even though they may lack materially, they feel wealthy beyond measure because they live from their heart and soul: These individuals are a gift to the world.

True abundance and prosperity *are* experiences of the heart and soul, which are always abundant and prosperous. An open heart gives and receives unconditionally, for it is sustained by LOVE. The duality of *rich or poor*, and the polarity of "success" and "failure", needs to be healed in a world that has lost its moral compass. Money is merely energy: We each have something of greatest value to contribute to Life and each other, and if we were all to share our gifts - be those material abundance or the prosperity of Love - the world would thrive in a beautiful experience of true abundance and prosperity, perhaps for the first time in its history.

There is nothing sordid about financial wealth when we are willing to share it with others and to utilize it to help make the world a healthier and more inspired place.

What is important from both ends of the spectrum in terms of “rich versus poor”, is an open and giving heart ... kindness, goodness and unconditional generosity ... compassion, understanding and love. In an ideal world, we would be able to ask each other for what we need with our dignity remaining intact.

When we leave these mortal bodies, we will not be taking our possessions with us. The spiritual merit of the life we will have just transcended is not measured by our bank balances or savings accounts. The only wealth that registers on the other side of the veil is the legacy of Love we gifted the world while we were in it. The life we have led until we return HOME is measured by all that we did in the name of LOVE, the degree to which we gave unconditionally from our heart, and how much our presence blessed others with the experience of true abundance and prosperity.

Yet still, the merit is not so much about the material support we gave to others, but the motive behind it and the purity of intent in which it was given. How we lived our lives and how our presence touched the soul of the world are the akashic imprints that register within the blueprint of our own soul after we have returned HOME. And, if we are to reincarnate into another life on Earth, then those imprints will determine the quality of inner-peace we experience in that next life, irrespective of whether our soul may have chosen a ‘materially rich’ or ‘financially poor’ existence. As long as we are affluent in our hearts and rich in our souls and bestow such wealth upon all we encounter, we will not only be carrying the Seventh Rainbow Arrow but will have mastered it. The Seventh Rainbow Arrows speaks of equality - where *all* are considered equal, and *all* of Gaia’s children – species wide - can laugh and play in freedom; where *all living beings* are liberated from suffering, and lack; and where Gaia Herself is honoured for the truly abundant and prosperous Mother that She *Is* to All of Us.

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