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2A

Staircase of Interface

Part of Rosemary Georgina's Mansion House Visualisation Series

A voyage of internal discovery including techniques to temporarily alter ones perception of reality as well as alerting the right side of the brain which is responsible for visualisation, imagination and 'open ended' creative thinking. This can lead to mindfulness which in turn brings about peace and stillness and a change in your emotional wellbeing.

Distance yourself from unhelpful emotions and move from attachment to non-attachment whilst mastering a life skill

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2 STAIRCASE OF INTERFACE WELCOME!!!!

Mansion House visualisations take place in and around a beautiful mansion. During each experience you can discover more rooms and add to your toolkit of life-enhancing resources. This set of visualisations (**2 and 2A**) can be carried out separately or as part of the Mansion House Visualisation and Meditation Series. It will increase and enhance your experience within the Mansion as well as allowing you to use more than one tool per visualisation and so really help you to get to grips with any problems and/or enhance relaxation.

It may help you to say 'no' on more occasions and help you manage your time in a better manner.

It may help you to make important decisions concerning your life.

It may help you to see other people's points of view.

It may help you to come to terms with your past.

It may help you to forgive and move on.

It may help you to come to terms with grief or sadness; anger or resentment; acrimony or bitterness or any other unpleasantness in your life.

It should contribute towards helping you create your perfect life!

I hope it will help you to be stronger in discussions or arguments as your opinions and awareness strengthen. Your habitual challengers may be surprised at your new depth of perception and discernment which is even more effective, if delivered with quiet assurance! They will almost certainly treat you **with more respect and deference**.

All of the above will arm you with information and place you in a better position **to make decisions for the benefit of yourself and those you have around you**.

First think about one of your most pressing worries concerning another person. It could be:

- *A dispute with a neighbour.*
- *Somebody who is taking up too much of your time.*
- *Somebody who is taking too much advantage of your good nature.*
- *A son or daughter who is acting badly towards you.*
- *A situation that you have been trying to ignore in order to keep the peace.*
- *An elderly relative who expects too much of you.*
- *A situation where you have willingly given your time but now feel that you would like to withdraw and explore other avenues.*
- *Or any other situation which you would like to resolve in order that you can get on with the matter of living your precious life in the way that **you find the most fulfilling**.*

If you are joining me from within the House, then, after passing or leaving the Healing Room, go to the end of the passage and through the last door. Remember that this door, as with the others you have encountered, is on the right. Join me on the landing on the other side of the door. **(2A)**

If however, you are new to this experience and this is the first of the Mansion House series for you then:

I am so glad that you have decided to come with me on this voyage of internal discovery. The following can be seen as a journey or a series of journeys which, with the aid of visualisation, will I hope, help you in many ways. **In time, I hope you will explore the rest of the Mansion.**

First-timers, RELAX!!!! Then starting with your toes, contract them and then relax them, **with full concentration...** Next contract and relax your lower legs... **Remember full concentration!** Move up your body contracting and relaxing each part in turn. Lower legs and knees..., thighs..., buttocks..., abdomen..., chest... Just before you do your neck, contract the muscles of your arms; starting with the hands, (very important as most of us carry such a lot of tension in our hands...). Then lower arms..., upper arms..., shoulders..., neck ...and then your jaw; again, so important, and then all those hard-working muscles, surrounding it...

Follow on with 20 connected breaths. Let me suggest a way of doing this and then in a moment or two, we will begin. **Just read first or have a little practise.** To do this, concentrate on your breath as you breathe in and out; counting 1 on the first breath in, then breathe out, count 2 on the second in-breath and so on. With each count, try and relax more deeply. Let the chair, bed or floor, take your weight; let all tension go. Most importantly, do not pause after breathing out; take the next breath. This will assist with focusing your mind and stop you falling asleep! Remember, you are learning a discipline which will become second nature and easier each time you try it.

Ready? 1, breathe in... breath out and relax, immediately breathe in, 2..., breath out and relax, immediately breathe in, 3..., breath out and relax; now keep going until you reach 20...

Eventually you will only have to do the connected breaths as your body will learn to relax you automatically; although, even then I recommend that you still go through the entire relaxation sequence occasionally, in order to continually improve and explore more deeply the wonderful complete relaxation of which you are capable. Do not worry if you feel that you have not achieved perfection! This is a work-in-progress!! Generally we improve and benefit more each time.

Are you ready?

I would like you to imagine that you are in the countryside. You are making your way down a path with hedges and trees on either side; the sounds of the world are receding, allowing you to enjoy the birdsong and the rustle of the leaves as a slight occasional breeze stirs them.



Looking to either side, you can see the sunlight filtering through the canopy of trees in long shafts of soft blue-grey light.

Beneath the trees and hedges is a diversity of flowers in delicate shades of pink, yellow and white amongst the undergrowth.

Breathe in their delicate fragrances...



This path is only used by those who choose to see what lies behind everyday existence. You will quickly feel a more rarefied and uplifting atmosphere as you proceed and a sense of anticipation **which will become more special each time you visit.**

As you come to the end of the path, it will look as if the end is blocked off completely by another high hedge. Do not worry! **Walk right up to it and push with both hands quite firmly.** The hedge will drop away and over to one side. Pass through... You may feel that you are in an alternative reality. The first few times immerse yourself in this feeling, (as if you were trying on an article of clothing). You might like to wait until you feel comfortable and have a look around before moving on...

A wide lawn is ahead of you. When you are ready, make your way across... take the time to appreciate the soft green, luscious grass beneath your feet...

Looking ahead you see a large mansion. It is old, large and very beautiful! Walk towards the main entrance, taking as long as you like and relaxing further into the calm ambience... When you are ready - walk to the door which will be opened for you. A robed figure will welcome you and ask what you would like to experience today. Explain that this is your first time and that you would like to visit **The Staircase of Interface...**

You will be quietly and calmly directed up the beautiful main staircase which is in front of you and opposite the door you just came in. Climb the stairs and admire the way they are lit. The light shining through the stained glass windows on the back wall gives them the appearance of a wonderful and harmonious collection of jewels.

There is a landing half way up on which you can turn to the left or right. Today, go to the left...up 4 steps and turn left again and on up to the top. At the top of the stairs you will find

that you are in a spacious passageway. Turn right and walk down to the end of the passage and through the last door on the right... ..

2A. You will find yourself on a large landing. Go to the banisters and look over the side and you will see **The Staircase of Interface**. As the stairs descend, a mist envelops them. This is quite thin at the top and gets thicker and more opaque as you move down. There is nothing to be afraid of as you will not be in the mist for long. Think about your problem and decide which person you would like to resolve a problem with. Merely see the situation. Don't let emotion or feelings detain you. Just hold the situation in your mind.



When you are ready, begin to descend. You will feel yourself almost floating down. The mist will slowly move around you, helping to support you. As you go down, feel a growing willingness to find a solution to your problem and know that everyone in our lives including those we are in dispute with, are attached to us in some way. These attachments might be made of energy or maintained with particular thought patterns. Feel the distressing attachments' loosening as the mist envelops them... At the bottom of the staircase, pause and have a look around.

You will see a hall with lots more staircases. Most will be going up, but a few will be going down. This time, choose one that is going up. Choose any, but if you are unsure, ask for help. A robed figure will soon be by your side. Probably on this first occasion you will be lovingly directed to a particular stair case...

Ascend and be ready for anything! Let your mind be open. As you go up, look at the stairs; they may change into stairs that are in the house of the person with whom you are in dispute or the door you come to at the top may open onto a public space such as a public library, shopping centre or a mutual friend's house where you will feel safe and free from pressure...

When you are ready, enter the space and if you wish, choose somewhere to sit... Bring to mind the situation that you are here to resolve. Know that you are in a safe space and that no harm can come to you here. Think about the situation from your own point of view. Try and identify the overriding emotion that arises. Be honest with yourself! Is it anger, jealousy, sadness, or do you feel victimised or maybe you have been made to feel embarrassed or even rather silly? There is no judgement here in this private space. Honesty really is the best policy!

Sit with the emotion... and then after a while, but only if you feel capable, try to intensify the emotion; otherwise just explore that emotion. Either way, note what it is doing to you... note what blocks it is creating; in your mind..., and in your life.... What is it preventing you from doing? ... What is it preventing you from being? ...



Look down by your feet and you should find a bag. Pick it up and open it. Now, pour your emotion into the container. Do this in the way that is the easiest for you. You might try breathing out into the container several times. Another useful method is to gaze into the container and let the emotion drain out of your eyes as well as your mouth. Do whatever feels best for you... Now close and put aside the container with the emotion in it.

Think about the situation again **without the emotion**. (You might find that you have some emotion left; if so, you might like to take the time to discharge it into the container once more.)

If you are not sure if you have discharged enough emotion, **watch your breathing until it feels easier. In addition, there should be less stress in your body. Perhaps your shoulders feel less tense or maybe you feel lighter. Note the way that you feel and see how despite the situation, the health and wellbeing of your body does not need to be affected. Think about that for a moment. The health and wellbeing of your body does not need to be affected by the situation.** Remember, you can always come here and shed unhelpful emotions. Know that what you are doing is making you healthier and stronger in every way.

If you wish, you can just relax for a while, enjoying the stress-free feeling in your body –allow the troublesome situation to exist **outside of your body**. Perhaps you can identify it by a certain shape or symbol and see it in the middle of the room... If you feel emotional feelings arising between you and the situation either expel them into the bag again or breathe them out with a little force...

You have done well and achieved much. **If this is your first time and you feel that you have done enough, just stay with your lighter feelings and enjoy seeing the problem exist separately. Realise that its power over you is diminishing and with that comes the clarity of detachment. Concentrate on that detachment and breathe into the gap between you and the diminishing problem. Breathe and enjoy! ...**

If, however you are feeling stronger, (perhaps you have achieved a good state of detachment from the problem), then let us explore an empowering process together:

And so, thinking through the situation with less emotion now, focus on one incident that has particularly upset you. Perhaps you have had an argument or a difference of opinion. Perhaps this occurred at the beginning of the dispute or maybe it is the latest spat in an on-going situation. See it being played out in the center of the room; watch and / or listen to yourself and the other person. Enjoy your feeling of detachment... ..

Well done!

Now, go through the scene again, remembering more details this time, if possible. Again, **release and breathe out the attachment**. Slow the re-enactment down, to help you. Try and see what emotions the other person is experiencing? Are they scared? Maybe they are afraid of 'losing face' in front of their family, or particularly in the case of young people, they don't want to be shown up in front of their friends.

Maybe the person takes on too much and is trying to offload some of their burden on you. What **is** really going on with them? Listen and watch. Is there a lack of love in their lives? Are they lonely? What drives them? Could they be too scared to be alone with themselves?

Perhaps the person is resentful of your advantages and instead of trying to improve themselves and look after their own happiness, they are attacking you. Why? Use your detachment to see what is really going on with them... ..

You may or may not be familiar with the concept that everyone has a **higher self**. This is a similar concept to that of the soul. In both cases it is generally agreed that these are the best part of a person's consciousness and whilst a person in conflict may be difficult to speak to in everyday life, it may be possible to speak to their higher consciousness.

In order to do so, remind yourself that you have shed your emotional attachments. In your own time, take three deep breaths; feel even more relaxed and yet strong... Examine your own consciousness for the next layer, which is generally **judgement**. Try to remove this layer. If you are finding this hard, search your mind for the word 'should', as in 'he or she should' know better or should behave in a different way... ..

Again, examine the person's motivations. No judgement or emotions- just an understanding.

If you feel comfortable, you can now speak to the higher consciousness of the other person.

You can either do this by inviting the person into the room and asking if they wish to sit down opposite you or you can relay your message to wherever they are, and speak, soul to soul... Perhaps you might start by saying that you now understand why they have acted in the way they have and that you understand their motivations and worries... Show that you understand the emotional and mental baggage that they carry and recognise that **we all have this encumbrance**. It is like a thick veil that we see life through. Every veil is unique and only partly self-inflicted. Think about that - **every veil is unique and only partly self-inflicted...**
Recognise how lonely, helpless and blind some people feel behind their own veils.

Now, with great love, show that you recognise their struggles. Tell the other person that you wish to lighten his or her burdens by working on the issue between you. Take three, deep steadying breaths, once again... Ask them if they are willing to work with you. Most will say that they are ready at this stage. If there is still some hesitation on their part, reassure them once again and ask them to just listen to you...

Remind the other person how the conflict began and what it was about. Concentrating on the facts only, for now, go over the incidents since. Maybe these have been arguments or hurtful behaviour or even silence... ..

Ask the other person if they agree with your summary and listen with compassion to anything they feel that they need to add... .. When they have finished, ask once again, if they are happy with the summary... ..

When they are happy, explain that you would now like to tell them about how your feelings and emotions were affected and that you will do the same for them when you have finished. Remember you have set aside your emotions in a container near you. Don't allow yourself to be reimmersed in them. If you feel this happening, take a deep steadying breath and then lean towards the container of emotions and push it a little further away from you.

Now, starting from the beginning again; retell the conflict story and relate how it affected you, emotionally and mentally. Just try to share how you have been affected... ..

When you feel that you have completely finished, allow the other person to have their say... ..

When you are both finished, relax in silence together for a moment...

Now, explain how **you would like things to move on from this moment**... .. When you have finished, listen to their views... .. **Agree, on the way forward for both your sakes**... ..

Relax together in silence once more...

Say goodbye to the other person in whatever way feels best at this time and watch or feel them leave... ..

Begin to prepare to leave the room. Decide what you would like to do with the container of emotions. Do you feel better without them? Perhaps you would like to give them a vicious kick for all the pain they have caused you - no-one will know - go on- kick! ... On the other hand, you may feel exposed without some of them.

A robed figure will appear as soon as you ask one to... .. They will put their hands over the container. What happens next is truly amazing! Guided by you, as to the amount; the emotions that you feel that you can discard, will rise from the bag. The robed figure will guide the emotions upwards where they will begin to spread and transform. Release as much as you can and keep any that you feel you need at the moment.

The rather dark energies and colours are broken down and transform into beautiful transparent colours that look like a particularly beautiful swirling, stained glass window. They gradually disperse, becoming paler and paler whilst filling the whole room. You discover that the dark energies were merely compacted energy **and you feel lighter, and more radiant as you are immersed in the newly transformed, uplifting energies...**

Decide what to do with the remainder (if any) of the emotions. Will you breathe them in and use them for protection or are you able to leave them in the container and carry them with you in case you feel that you might need them? Do what seems to be best for you... ..

The robed figure will now escort you back to the stairs. Follow and you will be taken back down your special stairs... through the hall...and back up the stairs to the main part of the Mansion. *Feel the enveloping mist supporting you as you ascend.* Follow the figure through the door at the top and out into the passageway.

If this is your first time, notice the lift on the right which leads to the upper floors. I hope in time that you will ascend, and benefit from the many possible transformations that take place there. Notice also the doors on the left. The first one leads to the Mansion Library which is an amazing interactive room and the second to an incredible healing room. I hope you will come back and explore these as well.

For now, follow your guide back down the main staircase and across the hall. Thank your guide... take your bag of emotions, if you still have one, and step out into the beautiful grounds. Make your way back across the lawn and choose and sit on a seat at the far side. Hold on to your container in your lap.

Coming back now... coming back... The mansion and its grounds are receding as you gently return.

In your own time become aware of your surroundings and either mentally or physically place the container of your remaining emotions on the ground beside you.



Take a moment or two, whilst your eyes are adjusting to think about the adjustment in your emotions surrounding the problem or worry that you have been working on. Either you have left them all behind or you are keeping them **separate** from your physical, mental and emotional body. Finally, note how the work that you have just done has caused changes in you.

First, **physically**, perhaps you are feeling lighter, maybe your shoulders are carrying less weight. Perhaps you are more relaxed and smiling more.

Now consider the **mental changes** – perhaps you are able to see just how your mind was being overworked; possibly making it harder to see the core issues. Perhaps subsequent arguments added layers and made the problem bigger.

Now let's look at the change in your **emotional wellbeing**. Congratulate yourself on making progress with distancing yourself from unhelpful emotions. **Well done! This is a life skill and you have made great strides in this area today. Again, very well done!**

If necessary, decide what steps you would take to resolve the issue. You may decide to arrange to meet the other person or let the occasion arise naturally. Whatever happens, your wellbeing will improve and you'll be doing the other person a great service. **We all learn from disputes but we learn more when we dissolve them for the good of all concerned.**

Finally, resolve to share your progress and insights with someone else, as soon as possible. This will integrate your progress into your psyche.

More information

1. Doorways on the right. I have often pondered as to why most of the doorways and other openings are on, or lead off to the right. I believe that this is to do with the right side of the brain which looks at things holistically. I mean by this, that it often starts with what it already 'knows' about the situation or similar circumstances that it has encountered before. It adds to this any feelings or emotions that might result. Then it engages intuition to get a feeling of a situation as well as making informed hunches about the situation.

It can also perceive imagery; colours and shapes; music and other sounds; all gifts to the meditator!

In addition, this awakening or alerting of the right side of the brain is responsible for visualisation, imagination and 'open ended' creative thinking, all vital parts and enhancers of meditation. This can lead to mindfulness which in turn brings about peace and stillness.

Another benefit is to activate the parasympathetic nervous system, leading to a reduction in stress and therefore better well-being. When the right brain is being ignored there is usually too much thinking going on, frantic doing, not enough being. What's not to like?!!!

(Turning left usually means that we move about the Mansion quickly and safely in order to get to the wonderful areas for our visualisations.)

2. Altered reality. During the above and other Mansion House visualizations there are many instances of techniques to temporarily alter one's perception of reality. There are many who say that merely by the exhaling of the breath, a surrender of our ego and a move from attachment to non-attachment takes place. In addition, some feel that that the preliminary controlled breathing allows a mild trance state. All of this may be true.

I feel that in particular, (using the above visualisation as an example), that the connected breaths and relaxing of the body are preparations for opening the mind to the existence of possibilities other than the visualiser might have perceived formerly.

The path itself and the hedge seemingly blocking the end of it can be seen as tools to help the participant follow a particular progression. The hedge falling away with just the intention of the mind as well as the descending and ascending of The Staircase of Interface, are all devices to access parts of reality and/ or the mind to bring new 'enlightenment', both to the problem in hand and for consideration in the participants future.

3. The robed figures. These have often intrigued me. I once asked the figure in the Hall, how he could always be there waiting for me. He said that he is an energetic consciousness and as so, is doing many 'jobs' continually and at the same time. Also, that I perceive him as male because I want a fatherly help and encouragement. At this point in my life, he is the perfect guide to greet me in the Hall, direct and on occasion, help me work out what I want to achieve from a particular visit.

For a time, I tried to remember 'his' name but found it very difficult. 'He' told me that this was because his name represented his consciousness in the moment and I came to understand that his name was a sound vibration of that instant and therefore constantly changing.

If you feel so inclined, do ask for the name, as the sound is beautiful and is relevant for the interaction between you and the figure and includes an awareness of the problem that you are seeking to solve.

Other robed figures around The House, are all equally intuitive and wonderful. They will never interfere but often have suggestions and solutions ready. **The trick is remembering to ask!**

Ask, listen and if necessary, ask again for further help. Remember they will only respond at your invitation.

I believe that they are a force for good and that they are there for those of us who seek solutions as steps along our journey. They know that the more people they help the better place the world will be. Our 'enlightenment' will shine for those around us and encourage others to act in a similar manner.