

GLORIA KARPINSKI

BY SIMRAN SINGH

*Experience Gloria Karpinski on
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on **Change...***

Based on her book *Where Two Worlds Touch: Spiritual Rights of Passage*, also newly released in a CD audio version.



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Q: Tell me who Gloria Karpinski was when her Spiritual journey as a teacher began.

Gloria: I cannot remember a time in my life when I was not asking 'Why are we here?' 'What am I supposed to be doing?', 'Where is God?', or even 'Wait a minute, you guys are not telling the truth!'

Q: Where were you at the first point where you decided, 'There is a place I have got to go...a path I must follow!'

Gloria: I grew up with a family that did not take me to church and 'I' could not stay away. I was the one that was constantly seeking. To tell you somewhat of the kind of kid I was, I stood up in kindergarten and said, 'This is not what Jesus looked like!' which probably did not endear me to the church! I loved Jesus and loved the message. I am comfortable with a lot of the dogma but at the same time compelled to be present with it. It is a very personal relationship.

I was always very interested and a very earthy child. I liked having a good time and exploring my world. By the time I went to college, I started seriously exploring and imagining. I was being Buddhist for a while, a Hindu for a while...I even experimented at being atheist for about six weeks, but that did not work. I was always trying on things. So I discovered the great god of Psychology. I felt if I knew enough psychology, I would be able to understand this complex journey we are all on. I was always clairvoyant...I saw pictures in my head. Energy translated to me as pictures and I had a high quotient for intuition.

Q: What direction did you take when crisis, change, or the uncomfortable aspect of life showed itself?

Gloria: When all else fails, you end up going inside. The integrated part of my journey which started me on my path was precipitated by personal crisis. I began therapy. Looking back I smile because the inner direction 'Know Thyself' is still the number one directive, as written in the Delphi oracle It wasn't seek an expert. It was 'Know Thyself'. When we genuinely want to know, we will draw to us the person or situation that will lead and guide us.

Q: How did you come to understand the necessity of embracing change in your life?

Gloria: Life is change. In the course of living my life, I increasingly understood that resistance is the source of suffering; resistance to what is. But it is a process. As a human being, you begin to determine that as change occurs... it opens one door that leads to another door, which leads to another. It is a combination of longing, nonresistance, synchronicity and the grace of God by seeking opportunities and paying attention. This is a door I must walk through to take me to deeper understanding.

Q: What were some of the 'gifts' that led to who you are today?

Gloria: Like most people, I had challenges in my childhood to work through. Also I was challenged early with a young marriage. I found myself on my own with two little ones by the time I was twenty-two. There was no money, so I started taking chances pretty soon and listening to my intuition. Being a very grounded child and young adult, my knowingness was what I depended on. Doing so was a combination of a kind of grace and living that we are privy to all the time. We just have to pay attention. When we think we run out of options, a door opens up.

I had taught school the first two years out of college and knew I could not support two children on that. At that time, child care was not an option and I was having to hire someone. So, I chose to go into journalism which led me to an opportunity as a design editor. I knew absolutely nothing about design. I never had that training growing up. But, it paid more and I was aesthetically and intellectually attracted. I look back now because that was a training ground for me.



Q: How do you describe change?

Gloria: One of the basic tenets ... Change often brings with it chaos. You know, you often dismantle things before you build anything. Destruction is sometimes the first step in creativity.

The trick is not to say, 'Oh, when everything gets wonderful, I will 'become' and find out who I am. No, you do it in the middle of chaos; becoming an island sanctuary in the middle of a tumultuous sea, for yourself. If you do not do it for yourself, you cannot do it for others.

Q: Who were your great teachers and what did they teach you?

Gloria: The list would be too long... But I would have to say that the teachings, in my understanding of Jesus, served as a model early on. Of course, I went through my disillusionment with the church and had to move beyond the distortions of how we were taught. Then, I went to college, explored and heard other great voices that had come to this earth. Through the many voices, there was a truth that resonated as one voice.

On a personal side, from my Mother I learned a lot about endurance. From my Grandfather, loyalty and an understanding, one do not have to agree with someone on the way they describe Spirit because he and I would never agree on certain things...but he lived the philosophy he believed. That is something I value very much: to be what it is you say you are.

Q: How do we as human beings often place band-aids on our experiences rather than dealing with them?

Gloria: By the time we see something on the material level, it has already taken place at other frequencies. To really cure...to change the manifestation, you have to change the energy behind it. You cannot 'fix' things. Yet we keep trying to manipulate things on the material earth level.

When most people start growing, they realize, I may have left this situation, denied it, or refused to embrace it. But then they turn around and recreate it with different names, faces, and surroundings...a different city, even a different country. And, lo and behold, there is the same dynamics. Of course! Because, if it is still in you, it is going to manifest. It again goes back to embracing and having gratitude for what is.

Q: What do you mean by 'embrace it'?

Gloria: The first thing you have to do is embrace whatever the wound is. Explore what the real feelings are. It is important to get support from professionals. I have seen people that try to intellectualize what has happened to them and go year after year telling exactly who did what to whom as far back as when they were children. Which means they still have not forgiven. It is still disturbing their life. It is still part of the mythology that is directing their life. We have to be really honest with ourselves and then make a commitment to take responsibility even if we may not understand in the moment.

Q: What made you trust your intuition?

Gloria: Necessity to some degree. I learned very young to run traffic between my right and left brain. Rather than escape through all the escape possibilities, I learned to gauge safety and choices based on intuition. I knew that I had to be practical. And it was very much my thistle code that 'we are here to be in this world but not of it.' I had to have my identity clear with Spirit.

We are not here to hang out in some other dimension. We are here to apply what we know and learn in this world...to be present here in our lives. To be present in our lives, one has to be present to what is, whatever family you are from, what responsibilities you have, whatever physical conditions you may have, etc... Whatever the circumstances are, there is a guarantee that it will change. Things will change. The only variable is 'how long' before things change. We are in constant motion. Change is 24/7. We exist in cycles. The cycle we are in now is completing a 25,000 year cycle. We are learning to accept the reality we live in... of change.



Q: Can you share the prayer that is written in *Spiritual Rights of Passage*.

Gloria: Yes. This is a very simple, but very powerful prayer.

I AM a Being of Light of the Mother/Father God. This day, only that which is for my highest good shall come to me. Only that which is Light will leave from me. Thank you Mother Father God.

A simple little prayer but involves many principles. When you say 'I AM a being of light', even if you say my world is falling apart or I am in a bad marriage or my kids are driving me crazy or I do not like my job... Saying 'I am a being of light' you are already determining your identity, as opposed to identifying with a situation. Then you are going through a situation but you are not the situation. The same goes for going through a cycle of abundance. Be grateful, feel blessed and this is grace. And that isn't who you are anymore than a disaster. So when you say 'I AM' it is the strongest thing you could ever say to yourself. You can be a male or female and do this.

When you say 'only that which is in my highest good shall come to me', you are not saying nothing bad is going to happen. You are saying I am not a victim. You are saying, whatever happens to me...and knowing that it has purpose.

Some people would have contention about certain situations and argue whether it was in good. But if you think about someone like John Walsh, whose child was stolen off the streets of New York... They actually killed his child. And that was horrible, unspeakable. Yet out of that came the milk carton in which now thousands of lives are saved. Is that good? Yes. Learning to hold paradox is extremely important. But it is also a progressed state. Is it hard? Is it unfair...is it in the long term going to have real value? And if you live long enough, you may be able to see the true outcomes.

Then there is 'choice'. 'Only that which is light will leave from me'. No matter what you do to me, I get to choose what I am going to do with it. And that is where the 'power' is.

And the last line is very important, Thank you Mother/Father God'. Gratitude is an energy that truly unlocks power in the cell structure. I highly recommend keeping gratitude journals. And one of the ways to work up to the place of challenges is to commit to a gratitude journal. There is a reason for every single experience. When you are living in gratitude, you are living in a constant supply...it is like you are constantly aligning yourself.

Q: Can you speak to how words have power?

Gloria: These energies are not abstractions. They actually translate into community. Love is community. Hate does poison. These are not just philosophical words. Words have power. Energetically they hit us and affect us. Energetically when we use them, we are transmuted by their force.

Q: What do you see is as spirituality versus religion?

Gloria: Getting in touch with your spirit, your essence and then establishing your own intimate connection to your Source is what it is all about. On this continuum of energy that we have, I am sitting here and I think I am Gloria and you think you are Simmi, this is where we come to try something individual. But if we sat here and meditated long enough, we would end up not seeing but one person because there are not many, there is just it. Mystical training and any training that takes place esoterically, whether that is from Master to student, from Rabbi to teacher...and Jesus said, 'I teach you' to the inner disciples. It is all the Law of Spirit and that is taught universally. Mostly what happens is that the outer teachings are the ones that get built with rules and information that are interpretations and biases. Knowledge is power. The more we know about everyone and everything else can only anchor who we are in a greater way...and in the end we are all One.