



Toltec Wisdom

The Three Masteries

How we focus our attention illustrates how we manifest our intent. A mastery is a developed ability to maintain attention on a specific capability. Few of us realize we are trained in the mastery of creating emotional pain and suffering. It is possible to shift focus and become a master of love, compassion and true divinity. In order to give rise to this transformation, the Toltecs have identified three masteries which must be developed so a continuous shift in focus can occur. Failing to develop any one of these masteries will sustain the spirit's imprisonment.

The first mastery required to free the human spirit shows up in the form of insight generation. As one learns how we are taught to create emotional pain and suffering we begin to see the lies which we hold to be true. This is the process of developing awareness. Thus the first mastery is called; **Mastery of Awareness**. First we learn to reflect and see the errors of our ways. We see how our reactions are often unconscious habitual responses to situations. As awareness develops it moves from reflection to current moment consciousness. We learn to watch ourselves react, emote and think. We learn to be the silent watcher of our experiences. Awareness of what we are creating and how we are creating it provides the opportunity to develop the second mastery. Once we see that we are doing things which give rise to our own suffering, what is the logical thing to do? ... We change what we are doing. We stop creating discontent and begin creating what we truly want. The process of altering old ways and creating new ways is the second mastery, called the **Mastery of Transformation**. With awareness of what does not work we can begin to create new ways of being in the world. When we stop, and observe, instead of reacting as we usually do, we are developing the skill of transformation. We are changing the habitual ways of interacting with the world and creating new ways to experience life. The process of changing old habits into new behavior takes energy. We use habits in order to conserve energy. Habits exist so we do not have to think of things over and over again. It takes energy to change old patterns. Becoming aware of how we utilize our personal energy leads to the third, most powerful mastery called the **Mastery of Intent**. Our intent is the expression of our personal energy. We are always manifesting our experience through the use of our intent. Many do not realize that they are choosing to manifest anger, resentment, jealousy rage and many emotions we do not desire. When we become aware of our expression of intent on a minute by minute basis, we are developing a mastery of intent. From this perspective, we freely choose to manifest love, contentment, compassion and peace. Why would we choose to generate discontent when we are always in control of how we manifest our energy? When one becomes a master of personal intent, one experiences life as an ongoing tapestry of love. One becomes a true Toltec which literally translates to "artist of the spirit".

The three masteries; Awareness, Transformation and Intent form the foundation for developing the abilities of the Toltec Spiritual Warrior. If one wishes to become free from fear and all emotions manifested through fear, one must develop competency in the three masteries.