

AN APPOINTMENT IN POWER SERIES

Your RETURN *to*

FREEDOM

REDISCOVERING WHO YOU REALLY ARE



*A Practical Guide to
Finding Lasting Inner Peace*

NIGEL **B.** PATTERSON

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VOL. 1

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*A Practical Guide to
Finding Lasting Inner Peace*

NIGEL B. PATTERSON

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DEDICATION

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I would like to thank all the selfless people who put up with me over the past 25 years as the material for this book presented itself over many, many Appointments in Power. They know who they are. They have been critical in helping me bring structure to the book. They may now take a breather until I call on them again to help with the next volume which is itching to manifest!

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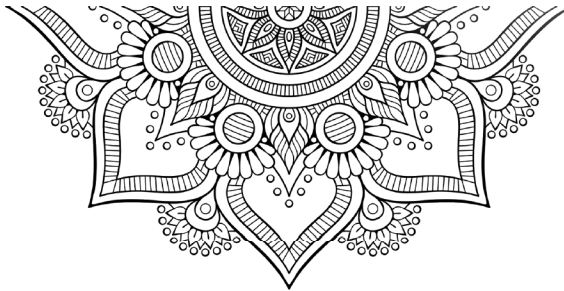
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PART ONE



BEING HUMAN



*I come to the garden, unknowing
And look around
Her beauty remains hidden in the recesses of the mind
Until stilled*

*As the cloak of the self is removed
Awareness presents herself
At first through ideas and images
And then through feelings and oneness*

*She welcomes me as a friend would
Without conditions or judgement
But in her wisdom she knows
That I have a long road to travel*

*With patience she waits
And supports me
As she had done for the others who have trod the same path
Without reservation*

*Her embrace is gentle and complete
Her faces many
And each place I turn
I see her waiting*

BY NIGEL PATTERSON

1

INTRODUCTION

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Have you noticed: society is going through a collective quickening? Time appears to be speeding up? The pace of information transfer has increased exponentially to the point of feeling overwhelming? Previously agreed upon facts are being questioned, and in many instances discarded in favor of new collective agreements? The keepers of knowledge are often being challenged and labelled “elitists”? Perhaps you wonder: whose knowledge is it in any case? Where does wisdom fit into all of this? What is the connection between knowledge, information and wisdom? And does it really matter?

You are not alone in noticing and wondering about these things.

With this quickening it feels that we each are expected to process an ever-increasing mountain of data from constantly emerging new sources. Where do we find the time to convert this data into

meaningful information, let alone guiding wisdom? Do we simply opt out of life, or are we here on the planet at this time of seeming chaos for a specific reason?

If at times you are feeling exhausted, you are not alone. If giving up seems to be the only option, keep reading! There is a way out.

At some point in their lives, most people feel trapped by the “system”, but are unable to define what the system is. This unseen jailer is causing extraordinary stress for many. We may ask ourselves, “how do we break free if we are unaware what it is we are trying to break free from? And what does freedom look like?”

Introducing the Journey

Freedom is an elusive thing. Likely, everyone defines it differently, based on their own experiences of life. However, probably most would agree that it at least contains an element of finding a sense of inner peace—you are in the “flow” and life no longer feels like a struggle. Your Return to Freedom is about rediscovering that inner stillness, no matter what that may mean for you.

This book takes you on a journey. Like any good story, it has a beginning, a middle and an end.

We start our journey together in Part 1. Here we explore *how* and *why* we lost our freedom in the first place. This happens to *all* of us, to some degree or another. Just being born human means we are not immune from losing a part of who we are. On our quest to reclaim our missing parts, we journey through a complex landscape exploring Power, and why this is so important if we are to rediscover our true natures.

Armed with a greater *awareness* of our modern environment, in Part 2 we dive into the elements that make up the very predictable journey we each undertake from birth. For the first time, a unique and practical model will be presented describing the path to find lasting inner peace.

Initially, we explore this from an observer's perspective, meaning we first become familiar with the path we each must walk, before inserting ourselves directly into the story. By doing this, we have clarity where freedom lies and how to get there. It also helps us identify where we, and others, are on our journeys to reclaiming freedom. It is here we learn useful tools to help us step onto the path to freedom. And our awareness grows even stronger as we become better people.

Part 3 is about reclaiming your own freedom, your birth-right. By now you know where you are on your journey to finding freedom. Additional tools and techniques are presented to make this endeavor easier, enabling you to short circuit the often-painful process many go through to find their inner peace. With practice and discipline, you will reclaim your freedom. And in so doing, you will return "home" to a place where you can be who you truly are.

Who Is This Book For?

There are several audiences for this book. If you relate to any one of them, then this book is for you. It will hopefully bring meaning and clarity to issues you may be dealing with. However, if you do not relate personally to any of the intended audiences, you most likely will know someone close to you who does. Please use the information in this book to support them, or share the book with them.

1. You are feeling trapped in the “system” or have a sense of confusion or loss of meaning. Life has become dull. You are bored. It is increasingly attractive to become addicted to external distractions. Deep inside you know there is more to “all of this” but are unsure what that phrase really means or what to do about it. At some level you sense that if this is not addressed, crisis could easily occur with potentially devastating outcomes. Your religious beliefs may no longer serve you as they once did. Instead they begin to feel more like coconspirators keeping you trapped in a world of guilt and fear. For too long you have been obedient to how others expect you to behave. Your desire for self-expression, for freedom, is gnawing away inside. You have a *knowing* that to grow, to reach your full potential, you may need to make some difficult choices. It is your birthright to find peace. You want to know how to get to freedom and no longer be controlled by others.
2. The relationships you are in, while perhaps loving and supportive, are not totally fulfilling. You have this sense that there is something missing. “It is me that has the problem,” you tell your partner. But that means nothing to you or to your partner because neither of you know what is behind this. And you most likely are unaware that your partner is going through a similar dis-ease. You may have already been through several relationships and are still searching for that illusive Mr. or Ms. Right. As self-administered therapy, you become distracted by and quickly addicted to the material and electronic worlds. Social media replaces real relationships.

3. Your sense of who you are as a sexual being is confusing. In a world of increasingly fluid sexual identities, this can be quite confrontational. Why are some able to move through these ambiguities so much easier than others, you may be asking? What is my sexual identity, my own gender expression and what does my ideal mate look like? You may be feeling incredibly alone and confused in figuring this out in a world going through its death throes dominated by its dying patriarchal, or old-school leaders. How much longer can the old-fashioned models of what constitutes expected behavior for a man and a woman survive? Why do so many men crave power? What is this “power,” anyway? Why do some women wish to compete against men on masculine terms? How does this translate into sexual energies and the gender roles people are unwittingly playing? Unless this is understood, resolved and inner peace is attained where judgement and discrimination from others no longer affects you, you may be a danger to both yourself and others. This book touches on aspects around the very complex issue of sexual orientation, and what it means for those who may be struggling to fit into the world. It may support them to find their inner peace.

4. On the other hand, you may have already experienced an Appointment in Power and now want to understand it. You’ve had an experience, a conversation, an encounter that seemed magnificently powerful, intense and meaningful, perhaps in a time or place you weren’t expecting such. If this is familiar, you’ll be glad to know that Chapter 2 of this book goes into detail on why this happens and what it may mean.

Unless an individual has been through a deep and intense process of inner reflection and transformation, one or more of the issues above will most likely be at play in his or her life. Those who have “done their work” will know that the work is never truly finished. On the other hand, those who declare to the world they “don’t need any of this stuff” are most likely in denial. They are the ones who need it more than anyone else.

Despite how it may seem at times, freedom and happiness are each of our birthright, but for reasons we will explore, many are unable to claim it.

We shall examine the major drivers keeping us in a state of fear-based denial, and how to break free from them. As we become liberated through doing our own work we stand ready to support others as they work to attain their freedom.

Provided we each remain in a place free of judgement of both ourselves and others, the world transforms into a far brighter and happy place. Life becomes so much easier to cope with. It is only when we judge the world around us that we need to defend our view of that world. It is even worse when we drop into a place of personal denial. We may feel directly threatened, our integrity is at stake, or so we tell ourselves, and we aggressively feel a need to justify our beliefs and behaviors. This is utter folly, but we are often unaware of this. Protecting our fears often consumes an enormous amount of energy, or personal power, which can be put to far better use in transforming ourselves, or supporting others through their transformation. When we awaken to the beauty of who we really are, happiness follows, together with a sense of meaning and purpose.

Why Now?

It is not the intention of this book to become a commentary on our current political climate. However, it is impossible to discuss the topic of Power without referring to the political climate in which we currently find ourselves. Fear, prejudice and discrimination are at risk of becoming normalized behaviors.

In the United States, where I currently live, we hear it is the middle class white male which is driving this movement. This may or may not be true. It does not really matter. What is instead more important is why this is happening? Where is this fear coming from? What is fueling this fear? We are hearing populist arguments for why this fear exists, such as fear of immigrants “stealing” working class jobs, fear of “terrorism” when in fact more Americans are killed each year by toddlers accidentally firing guns than are killed through acts of terrorism. We do not even know what terrorism means any more. We are building walls to keep imaginary enemies out, not controlling guns which are killing our imaginary enemies within. Who is it we are trying to protect ourselves from? What is it that is making us feel uncomfortable within ourselves? What order is it that is threatening to break down? It is well researched and extensively documented that once we find a state of inner peace, our outer world begins to reflect that same peace. Walls and guns become unnecessary. Surely this is what we should instead be striving for?

Several years ago, I was sitting in a mall in South Africa waiting for my elderly mother to complete her shopping when a Buddhist Monk approached and asked if he may sit down. The conversation quickly turned to global affairs. What stood out from our interaction was his comment about the US. He said; “The underlying energy

that pervades the whole of the US today is paranoia.” He must have seen the puzzled look on my face and thus continued, “Yes, since the attacks of 9/11 the US has dropped into an almost psychotic state of fear. But Americans seem to be unsure what they are afraid of.” And then he left.

This brief encounter with a man I do not know has kept me thinking for some time. What is it that many in the US are so afraid of? And is this paranoia unique to the US?

As we shall discover, current American paranoia is a fear that is being exploited by an increasingly desperate minority: mostly by those who are urgently clinging to a disintegrating patriarchal system. That we are moving into a more *matriarchal* era is nothing new. To be clear, this is not a male or female thing. Both men and women are equally capable of embracing both patriarchal and matriarchal energies. Creative artists are often the first to express this shift through their work, long before the majority awakens. In the late 1960’s, the rock musical *Hair* began alerting us to the “dawning of the age of Aquarius”, this being the matriarchal age that follows the patriarchal Piscean era. This is a slow transition with its full force being felt during the first few decades of this millennium.

This book will explore what this means from an energetic perspective, and why those entrenched in their old Piscean modes are finding the transition so difficult. These are practical issues, not some esoteric mumbo jumbo. And they play out in the stage of world politics. Closer to home, they reveal themselves as domestic violence and sexual abuse, among other things.

The Changing Times

We are transitioning through an astrological age. This causes significant changes on the planet. Each astrological age lasts for approximately 2,000 years. An astrological age is a time period in astrological theory which astrologers claim parallels major changes in the development of Earth's inhabitants, particularly relating to culture, society, and politics. The transition from one age to the next is gradual, but unavoidable.

The Piscean age which we are leaving was characterized by strong religious influences, especially from Christianity. It was highly patriarchal, dominated by male energy. In contrast, the Aquarian era which we are now well into, is associated with digital technology and democracy. It is a matriarchal age and is represented by female energy. This transition may be difficult for those individuals who define themselves by strong male energies, or behaviors. Or at least, that's who they believe they are.

As we transition further into the Age of Aquarius, the inner tension in these people will intensify. In fact, it intensifies in all of us. However, some are better prepared to integrate this transition than others. Many will find themselves in a place of inner crisis without the coping mechanisms on how to manage this transition. Again, this is a real transition, not some metaphysical "out there" concept or idea. At a cellular level, each human on the planet is *already* feeling this transition.

This book is about what this shift from Piscean to Aquarian—from patriarchal to matriarchal—means at a personal level. It is about how we as individuals must fully confront issues around *sexual energy*, which is different to sexuality. The transition from one era

into another is stirring up ancient memories of who we really are. We can hide for only so long.

Become Curious

As this transition into the Aquarian age continues and the female energies become further enhanced, we are each being called to surrender to the complexity of who we are as souls having an earthly experience in a human form. We are being asked to confront why the soul made certain decisions when incarnating into this dense realm. Those societies defined by paranoia could find this highly confronting. They are invited to use this as an opportunity to put judgement and discrimination to one side, and drop into a place of deep curiosity.

This book will help to explore other possibilities, in a safe and non-judgmental manner. Instead, discern what feels right and what does not. But should you find yourself emotionally reacting to any of the information that is presented, this would suggest you are again in a place of judgment. My recommendation is to stop reading and wait until you no longer feel threatened, but have returned to that place of deep curiosity.

Introducing the Path to Freedom Model

A new model will be introduced to assist the reader to understand where they are in the current, societal 'system' and what they need do to break free from it. It will also show where freedom is, how it was lost in the first instance, and the options for regaining it.

But why another model?, you ask.

As we habitually engage our minds when learning new material (instead of the preferred activity of going into total silence and *feeling through* what is being offered), the role of models is useful for keeping the mind engaged. However, because the mind is also the master of judgement, the reader is encouraged to move into a place of *sensing* or *feeling through* the material as quickly as possible. It is in the subtle place of feeling that the mind is quietened. We are then able to engage other senses, such as 'gut feel', to discern what feels right and what does not feel right.

The reader is encouraged to stay alert and vigilant and in a place free from judgement as he or she explores the model. If the information feels right, then go with it. If it does not feel right, then stop, reflect and question why it does not feel right.

- Is it because it is so foreign that it is threatening currently held beliefs?
- Or perhaps you have already worked through and beyond what the model infers and are on a deeper journey of discovery which you are ready to share with others.
- Or maybe you genuinely believe the model serves no useful purpose.

All reactions are quite valid and are to be respected as such. This is not to say your position won't change over time.

The Path to Freedom model commences by graphically exploring each of our journeys from pre-conception, through childhood and into early adulthood. It will look at the influences of our parents, cultures, society's structures including the role of government and

religion in shaping who we are. However, these influences are unable to answer *what we are?*

The model will then go on to explore the transition from the man-child and into manhood, or from the woman-child and into womanhood. Finally, it identifies the time when we each reach a point of personal crisis and start asking deeper questions. How we respond will determine how quickly, if at all, we find that elusive thing called *inner peace*.

The model will also identify that place where we most often find ourselves trapped, not by mistake, but by careful design. This is the Matrix that Neo, or Mr. Anderson, from the movie of the same name found himself. How do we free ourselves from this Matrix? The model will help you plot where you are on your own journey and plot where others are around you. By careful observation, you become adept at understanding the behavior of our leaders and what motivates one leader's values over another.

The Role of Spiritual Teachers

Often, we can't see the forest for the trees. This idiom is particularly applicable to our incessant fixation on the material world. Our minds are buried in our electronic devices, eyes cast down staring at small glowing screens. Some call this hell on earth, but we are not yet aware of that. Only when we are ready, will we awaken from our sleep.

As soon as our soul begins to stir and demands to be noticed, often due to some life crisis, we create the space for spiritual teachers to enter our lives, those people who have already done their inner transformation work and are patiently waiting to support others on their

own journey of awakening. They come in many forms, including books, movies and workshops. They also know it's almost impossible to walk this path on one's own. Their unselfish guidance comes with only one condition; their students take personal responsibility for their own awakening. Spiritual teachers know that heaven is waiting for us on earth. However, no one can force another to awaken. The choice is entirely an individual one.

Following my own life crisis, Ferdie (pronounced Fur-dee), an extraordinary spiritual teacher entered my life in the mid 1990's while I was living in South Africa. Around the same time I met Ferdie I became aware of Carlos Castaneda's revolutionary works on the Toltec teachings as shared by his teacher Don Juan, a Yaqui Indian living in New Mexico. Even though Ferdie was not a student or follower of Castaneda, he used a language very similar to Castaneda's Don Juan. Having both teachers around simultaneously, one in the flesh and the other in book form resulted in a depth of learning and transformation that would not have normally happened.

Just like Don Juan, Ferdie was an extraordinary seer, someone capable of expanding their perception beyond what we would call ordinary awareness, thereby accessing many unseen realms. Seers call these normally unseen realms the second attention, our normal waking reality being referred to as the first attention. While it was quite normal in the past for seers to use mind-altering substances to access these expanded states of awareness, it also became apparent that the energies of our world have shifted substantially enabling many others to access these realms without the need for external stimuli.

Ferdie taught his students to access these alternative dimensions while remaining fully conscious of the world around us. In other words, he taught us to access the second attention while still being

fully functional in and aware of the first attention. He seemed to personally spend more time in the *second attention* than in the *first attention*. Some of his teachings were thus quite literally out of this world! It made being around him quite exhausting as his students scrambled to assemble what was being taught in a way that would make sense to us based on our logical construct of reality. This was not always easy.

In this book, I refer to Ferdie's teachings where it supports my own work. Like him, we never stop learning as there is an enormity of wisdom just beyond our physical world waiting to be accessed and thus support us in our spiritual growth. I specifically recall him saying early on in our association, "Sacred knowledge is not yours to keep. It never came from you and thus you have an obligation and duty to pass it on. At no time must you claim it as your own, for that would be a deadly trap of the ego and all further knowledge will be withheld." He died before he reached forty, declaring to his students, "Ferdie's time on this planet will soon be over." He had a sense of his own mortality. Once his work here was done, he knew it was time to return to the world of spirit.

This book serves as my platform for sharing the sacred knowledge and wisdom that was conveyed to me from multiple sources, Ferdie being but one of them. It is thus with enormous gratitude and humility that I acknowledge all the teachers that came into my life the past thirty years, from both the seen and unseen realms. This book is dedicated to all of them. They already know who they are. That is the way energy works.

Welcome to An Appointment In Power



Ancient Wisdom
for Modern Times



AUTHOR – SPEAKER – TEACHER – COACH

Explore how to find YOUR Path to Freedom



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You ARE a magnificent, spiritual being. What is stopping you from fully living this? Perhaps you feel trapped or confused—knowing there must be something more, but you can't quite figure it out? Or you sense a more-powerful YOU, just waiting to break free, but you're not sure how to proceed?

Your Return to Freedom shows a way forward. Drawing on ancient wisdom and teachings, you'll explore how, and more importantly why, you feel there "must be more to life." Learn why you became separated from your true, spiritual nature—starting in childhood—and how to reconnect to the real, powerful YOU.

This book introduces the groundbreaking Path to Freedom Model® to help identify "where" you currently are in life, and what you need to do to reclaim your true essence. It will take you on a mind-expanding journey to find psychological and spiritual freedom—showing you how to free yourself of society's conditioning and control, liberating you to experience inner peace, love, joy and happiness.

*This revolutionary book will guide you to a place
where your soul can once again soar!*

RECLAIM YOUR BIRTHRIGHT TO FREEDOM, NOW.



NIGEL B. PATTERSON

was born in Tanzania, Africa and has lived in four countries across three continents. A significant life-crisis at the age of thirty-five shattered his carefully constructed ego-based self, and propelled him onto the path of the spiritual warrior. Today he is a counsellor, coach and spiritual teacher living in Hawaii. He supports clients around the globe in their quest for freedom.

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