

# HOW TO BE YOUR OWN SPIRITUAL DETECTIVE

APPLYING THE SYSTEM OF QUADRALITY AS A TOOL FOR  
PERSONAL THERAPY OR SELF-TREATMENT

An excerpt from



*THE TOTALITY OF GOD*  
**AND THE IZUNOME CROSS**

Unlocking the Secret to the Riddle of the Ages

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*Author's Note: The subtitle to this article is the heading for the section of the main text from which it has been excerpted; and it has been herein retained in the text for that reason. Occurring near the end of the First Print Edition, the section follows that detailing the Laws of Karmic Response and Responsibility, found in a separate stand-alone article for consideration on its own merits. Together they present a balanced system of personal healing based on the philosophy of **The Totality Of God** and its governing system, Quadrality, by revealing and resolving the ramifications of our intentions and actions through the spiritual and physical laws of Cause and Effect. Karmic truth, and its effect on fate, clearly concerns the spiritual, while the physical deals with energetic truth and its effect on a person's wellbeing. An understanding of Karmic truth can bring clarity to the events from our past that have brought us to where we are, and to the manner whereby we can improve what will happen in the future. But the need to make a change generally occurs as a result of some present issue for which an energy loss is occurring. This article is ideally suited to offer help in that regard, and can serve not only individuals pursuing relief on their own but also any health practitioners seeking a greater understanding of the energetic issues of those they treat. Its title came when I sought to present to the self-help community the information in a lecture format. The title will also appear as the subtitle for Opus Two of **The Totality Of God** trilogy, and deservedly so since its focus will be on the Four Cornerstones of Enlightenment and Healing, introduced in this excerpt.*

Now, let's see how this knowledge of energetic interaction can be put to use in handling the day-to-day trials of living in a physical world:

## **Applying the System of Quadrality as a Tool for Personal Therapy or Self-Treatment**

The misuse of language is one way through which we either give or receive pain. Both cause and effect can be categorized quadratically. The pain could be perceived spiritually as a violation of will. However, hurtful words can also affect us physically as an in-the-body experience, emotionally through the abuse or neglect of feelings, or mentally from a breakdown in self-worth or confidence.

Often, we don't know what's really at the bottom of our pain; and without that information we're ill-equipped to respond to it. To get to that place of personal knowledge, we have to become what teachers throughout the ages – from Gautama Buddha to Wayne Dyer – have instructed, each in their own way: "The Witness." The Participant then emerges as an alchemist in life, capable of changing Negative into Positive. As long as we're *Inside* our pain, we can only be *subjective* and see it as we experience it – not for what it truly is. Once we step *Outside* where we can be *objective*, we can draw on God's Wisdom and examine the facts as He sees them.

Before you begin, you have to be Ready, Willing and Able to play by *God's Ground Rules* – the **Four Cornerstones of Enlightenment and Healing**. They are a subject unto itself, and will be in **Opus Two**. However, that powerful quadrality, spiritually connected to the Physical Triunity preceding it in this sentence, can be adequately summarized for our present purposes in these simple interpretations of the four principles, incorporating their *Driving Forces*:

### **An Interpretive Summary of The Four Cornerstones of Enlightenment and Healing**

1. **Truth** – *Honesty is the only policy.* You can't hide the truth from God, only from yourself. You'll never find what you're not honestly looking for. Truth is seeking God's Will in all thought, word and deed. Place personal truth in its context.
2. **Faith** – *Without Trust, all hope is lost.* If you don't trust in God or the Universe to meet its end of the bargain, how passionately do you think you'll go about meeting yours? Faith is the knowing without needing the evidence to support it.
3. **Belief** – *You get what you Focus on.* Belief is the energy of formation. It's better to perceive with confidence than doubt. Eliminate any beliefs that disempower. Pay attention to your thoughts. Focus on your strengths, not your weaknesses. Your mind is like a camera that will imprint its images on your life's film; so don't let it take a picture that's out of focus.
4. **Commitment** – *The power to change comes from the Motivation for it.* Living by your truth takes Commitment. Positive change requires a positive alignment in thought, word and deed. Be resolved to do whatever it takes. The way to success is never to yield to the negativity of failure. Give your best in all endeavors to release regret or self-blame for having done less. Making mistakes is necessary for growth, with each lesson learned taking you closer to your goal.

Once you agree to *God's Rules*, the first thing you need to change is the word you've gotten accustomed to associating with any negative experience: pain. Its use may be understandable (since we feel hurt in some way), but when you attach an extreme negative to yourself, you're beaten before you get out of the starting gate. Therefore, let's simply refer to these experiences as *losses of energy*. Although this is still a negative condition, it minimizes its limitation; since, now we have something we can examine and repair – a loss of energy.

Another way to dissipate the negative energy we associate with pain is to be grateful for it. Any adversity can be a blessing in disguise if we choose to see it as such. Gratitude for all that occurs in life – including those things we may initially perceive to be painful – allows us to tap into the healing power of the Universe. Once we choose to look for the blessing, the path to it will be revealed.

It is within your willful decision to take a positive action that the understanding of the *System of Quadrality* and its **Four Pathways** can be effectively applied to a personal therapy or self-treatment program. By separating yourself from this loss of energy, you no longer own it. Unattached, it loses its power over you. The loss of energy is still present, but the ability to respond has been returned to you.

It is best to initiate this self-examination as soon as you notice a loss in energy – while the evidence you seek is still clear. Beginning in the realm of experience as a transition from Positive to Negative, it may take you a while to become aware of the loss of being in control. But with attentive practice, you'll soon find yourself naturally switching from *dying Inside* as the Participant to *living Outside* as the Witness.

Next, as your own best witness to the events in your life, re-examine that moment when the loss of energy occurred. Listen for the *Voice of God*, or draw from the *Universal Wisdom* flowing within you. To do so requires an analytic impartiality that you can't attain if you're emotionally involved. Meditation can help, especially since you'll be processing the information and forming conclusions with your mind. And that needs to be free from any cloudy thinking, which may actually contain the seed of the issue. A disempowering or limiting belief can only be accessed by a mind clear enough to see the truth, and with a willingness to look for it. But sometimes you simply have to snap yourself out of whatever negative spiral you're caught in, be it anger, pity, fear, depression, hopelessness, or whatever. So, detach your Mind from your Heart for a moment, get it clear and focused, and start by letting the Witness ask the Participant part of yourself where the energy loss was experienced internally. Use language that helps the eternal part of you that doesn't own the pain to remain disassociated from the temporal part that for the time being does. For instance, you might try asking the following, using impersonal adjectives and pronouns. In what part of the body did the loss occur? Did *it* suddenly feel weak all over or did a cramp start in the leg? Did *its* stomach hurt or throat get tight? Was the headache more a spinning feeling as eyes got blurry, or did it feel like being hit by a brick between them? How about the chest – intense suffocation, or just out of breath? Or, was it more like a burning ache? Remember. These are valuable clues for you to use, but you don't own them; at least, you don't as the Witness, only as the Participant.

Now that you know the "*Where*," it's time to learn the "*What*." What can you learn from the experience itself, and what is the participant's *soul* trying to tell you? Into which of the four general categories I listed at the top of the previous page, corresponding to the **Four Pathways to Light and Truth**, does the experience fit? Was a physical act involved, or did a new or recurring negative thought bring it about? Were the feelings injured, or was the will sapped of strength?

With these two clues – *what* triggered the energy loss and *where* it occurred – you can diffuse the disempowering issues you’ve retained until now, thus preventing further leaks, and then reclaim the energy lost by releasing them. This is where the *System of Quadrality* and its **Four Pathways** will help, for, now you become the Participant again. In [Figure 2](#), place the two clues you’ve discovered to see which paths apply, and then let them lead you to the specific words that clarify the situation or have some deeper meaning for you. Finally, look within the dualities and quadralities that all of these words can create to reveal the inner source of the energy loss, as well as the appropriate therapy or treatment to use to heal or fix it.

This Procedure can be summarized, as follows:

## **The Seven Steps to Wellbeing**

1. **Anchor yourself to the Four Cornerstones.** *Acknowledge* the loss in energy and call upon the building blocks you will need to reclaim it. The stronger your spiritual foundation is, the greater will be your physical restoration.
2. **Seek your Greatest Good.** *Allow* the alchemist in you to turn the negativity of victimization into the positivity of empowerment.
3. **Become the Witness.** *Detach* the soul you are from the experience you had. Your soul doesn’t own the energy loss. That loss merely is what has created a condition of imbalance in your body.
4. **Access your Higher Wisdom.** *Observe* without bias where the energy loss occurred, and build upon the Four Cornerstones to see what might have caused it.
5. **Compile and Analyze the Data.** *Be Ready.* Learn as much as you can through the Four Pathways to Light and Truth before you draw a conclusion.
6. **Prescribe a Therapy or Treatment.** *Be Willing.* What may seem unlikely is often merely the untried. Seek the assistance of others more knowledgeable in the path you need to travel.
7. **Take Positive Action.** *Be Able.* All action that is directed to achieving your greatest good is positive, even if the immediate result doesn’t appear to be so. Failure only exists in failing to try.

All the while, the **Principle of Simultaneous Cause and Effect** applies. This is key because being *ready*, *willing* and *able* concerns not just our initial assessment and response, but any we make based upon the initial result achieved. Experiencing a Cause produces an Action, which leads to an Effect. If you remain the witness you stay within this Spiritual Triunity, where old Effect = new Cause, and an enlightened Action contains the seed of Positivity; otherwise you move into Physical Quadrality, where an unenlightened Reaction could produce Negativity instead.

Examine the following quadralitic equation, derived through *Rule #1* or *#4*:

$$\begin{array}{r}
 \text{Cause (SP) Effect} \\
 + \\
 \text{Action (SP) Reaction} \\
 = \\
 \text{Cause/Action ~// Effect/Reaction}
 \end{array}$$

These dualities can function through both Root Models. In the Spiritual Realm, Effect/Reaction is the ideological congruence to Cause/Action, but in the Physical Realm it expresses their behavioral paradox; and as such, Reaction can achieve behavioral negativity as the term associated with the most physical of the four realms.

Whether or not we succumb to the Darkness of existing in a state of Negative Reaction is one of life's greatest challenges. Although our quest to return to the Light will often be more difficult than I may have made it seem, I feel that the less negativity we bring along with us at the start of our journey, the more likely will be our success. Therefore, I also hope you'll carry this Positive thought to strengthen you when life seems at its worst. No matter what personal demon or painful situation you ever have to face in life, the Love of God and Power of the Universe will be there with you. Think of the story of David and Goliath; God may not directly intervene, but He'll always give you what you need to handle it, even if it's only a stone in a sling. And I can tell you from personal experience that even when you're way up on the culpability spectrum, He's still rooting for you. That's what it means to be *the Source of Infinite, Unconditional Love*.

So, at the core of this method for personally applying the *System of Quadrality* is your examining any situation that requires realignment and then assigning the most appropriate words to describe it. Each word will have energy attached to it representative of the situation itself. But, as a word, it is easier to associate it with other words whose energies balance with it according to the fundamental *Rules* that are responsible for the existence of the entire Universe. To guide you on your way, I have provided you with an assortment of energetic relationships in a number of charts, as well as their application in others. However, to know that they're there isn't enough. The dualities of [Figure 1 a/b](#) and [Figure 15](#) were assembled not to impress you with the accomplishment, but for you to use. By combining them according to the *Rules* I've provided, you can learn about the energetic nature of the Universe for yourself. As I've said before, try to have fun with it. Fun will open you up to the Universe's healing power. So, if you prefer, think of this, instead, as a parlor game I've created called "Quadrality." Like Monopoly, Risk, or any similar to them involving a number of players (in your case, one), there are goals to accomplish, opportunities for advancement, and rules to play by. The goal in "Quadrality" is personal healing, the opportunities are the dualities you're presented with and the quadralitys you can create from them, and the rules are *God's Rules*. Pick a duality and explore its energetic nature. Find another duality that can energetically interact with it from either *model* and combine them according to the appropriate and applicable *Rules* for those *models*. Learn what works and learn what doesn't, and why. The closer to home you hit with the lessons you learn, the greater the benefit you'll derive. Thus, you'll discover how to make your life more abundant in all ways, and have fun in the process! Moreover, the only price of admission is your own willingness and effort. Not only that, but no matter how many play, as long as everyone stays in the game, nobody loses!!!

*Crucial to being able to apply the principles expounded in this excerpt is a familiarity with the Four Pathways to Light and Truth, which appeared on p. 33 of the complete work and would thus be available to any of its readers. Hence, to facilitate their study I am including them in this stand-alone article out of context. The dualities of Figure 1a/b and Figure 15 are likewise found in the main text, but are not being duplicated here. However, both sets of dualities are reproduced in another stand-alone article, **THE FOUR PATHWAYS AND THEIR SYMBOLIC ATTRIBUTES**.*

<b><u>PATHWAYS TO LIGHT AND TRUTH</u></b>				
<b>Characteristic</b>	HORIZONTAL		VERTICAL	
<b>Planetary Energy Fields:</b> <b>Sceptres Of The Great Spirits:</b> <b>Ancient Elements Of Life:</b>	<b>East-Tribal</b> <b>Wisdom-Why</b> <b>Fire-Aries</b>	<b>West-Individual</b> <b>Love-Who</b> <b>Water-Pisces</b>	<b>North-Symbolic</b> <b>Domain-How</b> <b>Air-Aquarius</b>	<b>South-Primal</b> <b>Might-What</b> <b>Earth-Taurus</b>
<b>Spiritual Purpose:</b> <b>Physical Goal:</b>	Nirvana Order (Time)	Salvation Presence (Place)	Oneness Method (Ways)	Being Process (Means)
<b>Spiritual Mysticism:</b> <b>Physical Mysticism:</b>	Buddhism Incantation	Christianity Works of Wonder	Philosophy Wish Fulfillment	Occult Secret Knowledge
<b>Spiritual Treatment:</b> <b>Physical Treatment:</b>	Yoga Mantras	Miracles Sacraments	Teachings Affirmations	Initiations Rituals
<b>Spiritual Path:</b> <b>Physical Path:</b>	Meditation Charity	Prayer Purification	Visualization Training	Magic Service
<b>Spiritual Cornerstone:</b> <b>Physical Cornerstone:</b>	<b>Truth-Honesty</b> <b>Desire-Self-expression</b>	<b>Faith-Trust</b> <b>Passion-Love</b>	<b>Belief-Focus</b> <b>Wellness-Attitude</b>	<b>Commitment-Motivation</b> <b>Abundance-Effort</b>
<b>Spiritual Alignment:</b> <b>Physical Alignment:</b>	Soul Communication	Heart Connection	Mind Thought	Strength Experience
<b>Spiritual Guide:</b> <b>Physical Guide:</b>	Will Intuition	Conscience Emotion	Ego-Attention Perception-Reasoning	Instinct-Incentive Sensation-Action
<b>Spiritual Block:</b> <b>Physical Block:</b>	Judgment-Deception Addiction-Criticism	Despair-Resentment Sorrow-Anger	Pride-Denial Fear-Anxiety	Attachment-Blame Failure-Adversity
<b>Spiritual Virtue:</b> <b>Physical Virtue:</b>	Compassion Willpower	Forgiveness Unconditionality	Humility-Clarity Courage-Tranquility	Release-Innocence Persistence-Endurance
<b>Spiritual Issue:</b> <b>Physical Issue:</b>	Disclosure Selfishness	Repentance Suffering	Esteem-Acknowledgment Doubt-Inadequacy	Survival-Reparation Inability-Frustration
<b>Spiritual Lesson:</b> <b>Physical Lesson:</b>	Empathy-Righteousness Discipline-Generosity	Hope-Faithfulness Joyfulness-Peace	Worthiness-Openness Confidence-Validation	Self-reliance-Resolve Capability-Achievement
<b>Spiritual Quality:</b> <b>Physical Quality:</b>	Kindness Temperance	Patience Happiness	Self-assurance Fearlessness	Drive Tenacity
<b>Spiritual Key:</b> <b>Physical Key:</b>	Respect Options	Gratitude Consequences	Honor Choice	Duty Result
<b>Spiritual Stage:</b> <b>Physical Stage:</b>	Violence Discovery	Acceptance Loneliness	Love Recovery	Sex Growth
<b>Spiritual Energy Center:</b> <b>Physical Energy Center:</b>	5th Throat	4th Chest	3rd-6th Abdomen-Head	1st-2nd Legs-Pelvis

Figure 2 : The **Four Pathways to Light and Truth** and their defining **Spiritual and Physical Symbolic Attributes of Quadrality**.