

The Mentorship Experience

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The Gift of Mentorship

“I’m about transformation. I work at an energetic level to manifest transformation at the physical level. Currently I am primarily involved with a farm with the core purpose of transformation at creating holistic –ecological, sustainable and profitable – agricultural products.

That’s the way Elaine Seiler, my mentor, introduced herself when asked by an artist at the Piece Gallery in Mullumbimby, New South Wales, Australia. She made a clear statement of who she is and what her purpose is. But it hasn’t always been that way for her. For most of her life, she didn’t believe herself to be creative. Now, she sees herself as an agent of transformation. She is an artist, but her medium is neither the canvas used by painters nor the clay by sculptures. Rather, it is the wide range of experience and people she encounters in her life. It is expressed in the way she carries herself; the way she moves and thinks in the world. It is expressed in the combined levels of the energetic world and the manifest reality. At the third dimensional level, as she refers to the world around us that we can see and touch, she currently works on two primary projects: ReGenesis Farm and her proposed Main Arm Eco-village. She also works at an energetic level, or the fourth dimension to use her words, and it is the combined expression of both of these where she has found her creativity.

I first came to know about Elaine through a mutual friend. The weekend that Ervin Laszlo came to The Graduate Institute in March 2004, I stayed with a good friend nearby. As we were discussing Laszlo’s philosophy about the future of our world, his theories about connections and communications between levels of energy, and my experiences with the Conscious Evolution course, she said repeatedly that I must meet her friend in Australia. She commented that I am in my personal growth where Elaine was about 20 years ago, and how it would be great for me to meet her.

When I returned home, I felt compelled to write Elaine an email. I told her that I was enrolled in a Master's Program in Conscious Evolution and working on personal growth, particularly in the intellectual and spiritual aspects of my life. I explained that I was in the process of putting together my Culminating Project and looking for a Mentor.

I knew, from my friend's description that Elaine is an American who spends much of her time traveling the world. In fact, I later learned, Elaine has not had a permanent address in over 14 years. In my first email, I shared with her that one of my desires was to become a more world-centric person and that I was ready to join a volunteer project in another country. I wondered if she was in a place - physically, emotionally, spiritually - to accept a volunteer to come help with her Australian projects and to act as my mentor. Within days of my inquiry, she offered a place for me - a small home that shares almost the same views of the Pacific Ocean, the hinterlands, and the rainforest as her own home near Byron Bay, Australia. She also offered a car for me to drive during my two-month stay. This was just a peak into the generosity and the care that Elaine has for others.

I actually arrived two weeks before Elaine returned to Australia. During that time she had provided people she trusted to help me adjust and get settled. One such person was Ann McCoy, who handles Elaine's house and property affairs when she is traveling. I arrived in Mullumbimby sick from a cold that had been made worse by the long flight and dry air. I couldn't connect with friends and family back home since I had only local phone service. The cell phone I picked up in Sydney wasn't working, and I was unable to connect to the Internet. I didn't have a car for the first few days, and I was miles from town. During those difficult moments I had adjusting to a new place and dealing with being sick, Ann was the reassuring voice I've most needed to hear. At one point, I told Ann that she could have been my mentor. She replied "No, I'm just preparing you for the real deal."

Ann described Elaine's energy to me. She expressed it as a force for change. There were several projects around the house and farm that seemed unmovable and stuck. "Watch what happens when Elaine return," she said, "Everything will shift and happen as it should." For example, the market garden on the farm, which already had a small beginning, now languished for lack of materials. It required more hay bales, and the hay had yet to be cut on the farm. ReGenesis was waiting for the baling equipment to come.

Ann advised me to pay attention; Elaine's energy would make the difference. And it did.

Within days of her arrival, the hay baler that ReGenesis had been waiting on for weeks finally arrived. A crew of men followed to pick up and move the bales to the paddocks where the market garden was staked out. Soon the paddock was transformed with neat rows of hay and sawdust, waiting for the soil and seedlings to be added. Elaine has the ability to balance energy so that it can flow freely and smoothly. This case illustrates the process I observed often while mentoring with Elaine.

The community of people I found myself with in Australia is a reflection of the values and commitments she has in her life. She draws to her people who are very much like herself and are committed to the same ideals. Every single one of them offered support in their unique way. Bridget, the part time gardener and massage therapist, brought me vitamins and invited me to local activities. Ann and her partner, John, took me to local markets and dinners. The staff at ReGenesis Farm invited me to go fishing with them and to their children's birthday parties. The friendliness and supportiveness they each gave reflects the type of people Elaine draws to her in the physical world. But it is deeper than that. They would have been friendly and supportive of anyone who came into their world. They knew that I was there on a journey of self-discovery and, although unspoken, they understood it. As I come to know each of their own stories, it was clear to me that every one of them was on the same path, and offered their help because we are connected by something greater than ourselves.

Elaine gave me an almost free reign into her life. We've spent time together during sessions, dinners, walks on the beach, in the company of her other friends, and among the staff at ReGenesis Farm. She was always willing to answer and explain any question I put to her. She often seemed to have a "sense" about my needs. One morning, it occurred to me that the farm needed much more print and web design work than I had thought, and was feeling a little down about not getting outside and working in the garden as much. Just as I had worked through that a "bad day" on the farm, (working inside in front of a roaring fire) still beats a great day working in the city, Elaine came in and spontaneously said that we were just going to have to let some design projects go. The work that I wanted to do for myself was important and should not be put aside. She really

cared about me, and each person, and his or her personal development. It all seems to be beautiful balanced with the work on the farm, in her life and the people around her.

Elaine helped me to see that any emotional issues that come up were the aspects that I most need to see and work with while I was there. During one session we walked along the beach. Just as the sun was setting and the mountains and sky around us were turning a magical color of blues and mauve, she asked me about my fears. In particular, which fears kept me from being the person I want to be. After I explained what I thought they were, she suggested that as I experienced fear, I should set my intention to stay with it, to observe and to watch those negative thoughts. Elaine recommended I write them down and ask myself why I had these fears. Were they really my own fears, or were they someone else's? Are the fears the voice of my mother's or are they "consensus reality?" We walked silently for a while. I noticed the little birds at the edge of the water on the beach. They patiently waited for each wave to flow in and out. At a certain point, they knew when to put their beak into the sand and pick out their food. I thought about how trusting they were of the ocean. How did they know that with every wave, there would always be food for them? How did they even know there would be another wave? Yet, they did. They didn't have the slightest fear that their needs wouldn't be met.

When Elaine spoke again, it was about how fear makes us smaller. We are afraid to be all that we can be. If we are afraid, then we don't have to step up and give a hundred percent of ourselves. We can somehow find an excuse to be lazy, to not take responsibility for doing what we are called upon to do in this dimension. She said it's usually a case of poor self-esteem. We don't believe that we can be more than we are.

In another session, she explained her version of how the universe is filled with energy and that we each have an auric field that connects us to each other. Because of that, we each have an ultimate responsibility to have absolute integrity. The word integrity comes from same root as integral, which means whole. Elaine and members of ReGenesis understand that they are in collaboration and need each other to act and behave in ways that don't undermined one's on well-being as well as the whole.

In explaining energy fields, she used a pendulum to demonstrate as she talked. Amazingly she said much of what Erwin Laszlo taught us during his lecture at the Graduate Institute, although without the scientific facts and terms that he used. He also

reminded us that meaning derived from science is not better than experiential knowledge; science has tested it and is considered more reliable. Elaine's knowledge isn't scientific; it is experiential. My time with her helped make the intellectual and scientific knowledge gained over the past couple of years become vividly real.

As all of do, Elaine lives in the physical world. But what is truly different and unique about her is that she lives in the other dimension. At lunch one Saturday afternoon, she explained this other dimension. She calls it "the fourth", her shorthand for Ervin Laszlo's "cosmic plenum" or Rupert Sheldrake's "morphic field." It's a higher energetic level, which most of us recognize as the "flow" in our lives. Elaine is able to transcend, for periods of time, into this non-dual unity of consciousness. She said that over the years she has managed to stay there longer and be there more often. That is where she meets her Guides. It is they who lead her around the world doing the transformative work she devotes her life to. She says that whether we accept the idea of Beings guiding us, or whether we believe it to be our own inner voice, we are being guided. It's just a matter of whether we want to listen to it or not. It can be those moments of sitting still and allowing our own guidance to come through, or the signs of synchronicity that happen each day in our lives. It is our choice whether we listen and see.

As I spent time with Elaine, I grew aware that when we look to a mentor, we have the opportunity to see our highest potential. Elaine functions and lives from a level of consciousness that encompasses her mind, heart and body with that level of energy that takes us up the ladder of consciousness toward the dimensions of subtle energy around us. It is the relationship, the contact and communication with the Source that is love. That is why she says her purpose is transformation. It is love that will transform human consciousness, if we each choose to let it.

Laszlo said that science of the future would recognize that information is subtle and will give us a new paradigm. We are all connected and this will penetrate into society and create a better world. Elaine Seiler is creating that world today, at ReGenesis, at the Main Arm Eco-Village, in her relationships with others, and in her gift of mentorship to me.

