

The Nahshon Effect

By Jason Miller

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Part I: Story Time, The Great Exodus

Most people have heard of the story of Moses parting the Red Sea leading the Exodus of the Israelites out of bondage from Egypt. However, most people have never heard about Nahshon, a man whose role was pivotal in the parting of the Red Sea.

Allow me to share the story of the famous Exodus as I introduce Nahshon:

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Egypt was a strong civilization built from the servitude of Israelites for centuries. These slaves had been captive in Egypt for four hundred and thirty years: their bondage was generational and all they knew. As an adopted Israelite, Moses grew amongst the family of the Pharaoh until his awakening called him to a change of heart and reality: to free his people in which he was tied to through blood. Moses was not a gifted speaker; he had a speech defect. But he was called to lead the Israelites out of bondage. God made way for the release and escape of the Israelites. After grand miracles, including the *passover* of the plague of darkness, Pharaoh finally agreed to let his slaves, the Israelites, go. The casualties were high as it is recorded that *there was not one house where one was not found dead*. Due to such havoc and grief, Pharaoh and the Egyptians were urgent with the Israelites to depart hastily.

Unfortunately, the majority of the Israelites who did not want to leave the only life they ever knew also died in the plague of darkness. The one-fifth who remained followed Moses out of Egypt in what is known as one of the greatest exoduses of all time. They traveled into the unknown heading towards the banks of the Red Sea.

But then there was a turn of events; Pharaoh had a change of heart and realized what he had done: allowing Israel to leave from serving him and the rest of Egypt. So they made ready their army and pursued the children of Israel to slaughter them or bring them back into bondage. When the Israelites saw the army drawing near, they were filled with fear and began to say to Moses:

*Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? Wherefore hast thou dealt thus with us, to carry us forth out of Egypt? Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness (Exodus 14:11-12).*

Moses tried to reassure them and reminded them of their faith in deliverance. Then the story goes that a pillar of fire and cloud came as a barrier, separating the Egyptian army and the children of Israel. It was at this time that the only way to freedom was through the Red Sea. So, as scripture records it, Moses stretched forth his hand and the Red Sea parted so that the Israelites had dry land on which to cross.

As they did, the Egyptians eventually escaped the cloud-barrier and followed the Israelites, but the water washed up and killed every Egyptian that crossed. The Israelites had witnessed a miracle bringing them to safety--bringing them to liberation.

However, instead of a trek that should have lasted less than one year, they wandered in the desert for forty years before entering into the Promised Land. It was during this time that they murmured, worshiped idols and were given new laws by which to abide. It was a time to *pasture the flock* and re-educate.

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Now, you may be wondering where Nahshon comes into the story. Well, according to rabbinical texts, Nahshon comes in during the moments leading right up to the parting of the Red Sea. Nahshon was a leader and noble man.

Like I mentioned above, upon reaching the shores of the Red Sea, it did not automatically part. The Israelites stood at the banks of the sea wailing with despair and filled with fear. It was then that Nahshon entered into the waters. He walked into the sea until he was head-deep up to his nose. It was not until this point--this moment--that the Red Sea began to part. Nahshon was the first to spring into the Red Sea, initiating the passage through the sea towards freedom.

Part II: The Dream We Call Reality, A Projection of our Unconscious Through a Quantum Physics and Psychological Lens

It is often said that your life is a mirror of where you are within your mind. So if you want to know what you believe about yourself and what you believe you deserve, then you look out there and you see what is in your world:

By what kinds of people are you surrounded? What statements are repeated in your head or by those around you? In what situations do you find yourself? How do you feel about yourself? What parts of you do you try to suppress only to have show up somewhere else in your life? What patterns or habits keep you from the results you truly desire?

A Detour Through the Mind

To begin, perception is interpretation. It is projection. We see the world as we are, not as it is. We experience life through five modalities: visual, auditory, kinesthetic, olfactory and gustatory. The mind is constantly receiving input. Now it cannot possibly process everything from the external world or events, so the input is filtered by either deletion (do not see it), distortion (based on your own internal state) or generalization (taking something specific and applying it to another). Then we naturally associate language to the experience. The words we use to label our experience do not describe the world we live in--they create it. Those labels then validate our narrative because what we focus on is what we see or experience.

Because language is the lens through which we all experience life, it is crucial to understand that we never truly touch reality due to the filters that help process every event. Think about it in simple terms when referring to waking up one morning on the “wrong side of the bed” as you get ready for the day compared to waking up in a good mood and getting ready for the day. Both of which are the same routine, but the label, emotion and experience will be completely different due to the mental-emotional state.

It is all about how the physical-emotional-mental-spiritual connection communicates while living in the subjective reality. If we are aware of something, it is because it is in our conscious mind. Our unconscious mind runs and preserves the body. It communicates in symbols and images. It is the unconscious mind that is inaccessible to the conscious mind, which affects behavior and emotions. It also determines our projections on our perceived reality. A part of the function of our unconscious mind is to make our reality reflect our beliefs. It is like a self-fulfilling prophecy.

The mind is fast at both continually and constantly taking input to PERCEIVE and CREATE the reality in which you see yourself. Change the perception and you change the creation of the reality. And to change your reality, you must change your perception (narrative) of it. You cannot control every circumstance that shows up, but you can choose how to define them. We may all live in the same world, but we all live in very different realities.

Wait a minute!

If you are feeling any resistance to anything that your mind has just read, that is great! It means that your protector, the ego, is doing its job. The ego's job is to constantly hijack the controls to keep hold of the construct of the individual self in relation to the perceived reality. It does not want to be caught or found out. We take all these shapes, forms and labels and create the identity. It does not want to lose the identity it has worked so hard to protect and make real.

So take a deep breath giving your ego permission to take a break and step aside as we go a bit deeper with this background understanding of the mind and reality.

The Dream: Coming From A Different Lens From Which To See A Different Approach on Life

What if you are currently in a dream (that is somehow interconnected with the dreams of others)? This life you call reality is actually a dream that appears and feels real. You are an avatar of your True Self and everyone else are characters in the dream. And your environment and situations that arise are the setting and plot within the dream.

And if you are in a dream, someone is dreaming. That is what we will call your True Self or Higher Self. This is the true You that is made of Infinite Light and Truth connected to Source.

So why the dream? Well, what if the only way for You to truly evolve and progress is to enter into the dream to allow Your unconscious mind to bring up everything that needs to unravel,

heal, resolve and awaken in order to truly transform and move forward. The dream is necessary in order to truly wake up.

Continuing On

Define yourself in five sentences or less. It can be difficult depending on what depth you define yourself. We often go through this dream trying to *find* ourselves. Well, you are already You and you just have to realize You are in a dream: the *you* that you think you are, the person/identity/form/labels, is not You. No matter how real this dream looks or feels.

What if everything you thought you were, is really just a projection of Your unconscious mind in this dream and you are seeing it through those eyes and feeling it from that perception.

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In other words, You are in a dream. And You are knocking from the inside. You think you are on the outside trying to reach or find yourSelf, but you are already yourSelf. This dream is a projection of Your unconscious mind. Everyone shows up as characters in Your dream the way that they need to show up for Your greatest enlightenment and evolution, playing a key role of the mirrored self or a projected aspect of the self. These “characters” come in and out depending on the timing of the lessons, reflections, awakenings and any resolve that are needed for progression and transformation. Everyone is you and you are everyone. You are because they are. That is why the ancient teaching that *there is no separation* is true.

Every character, event, situation and setting are projected, allowing you to awaken something inside of you through awarenesses or reflect parts of you that need to wake up and/or resolve.

Nothing is ever personal because there is no person. The identity, the ego, the person are an illusion--a projection running like a movie. The Self is the true identity to whom you already are and can tap into--but only once you realize this reality is the dream and the identity/person in this reality that you think is you, is not the real You. The mind will always tell you that you need to go, go, go and do, do, do and that you are getting closer to finding happiness, your “true self.” But that is the ego’s job: protect the continuation of the dream and the attachment to the person-identity.

So Now What?

The key is to detach from the illusion of identity and observe from the Higher Self to see what needs to be in allowance and what needs to shift. Examining and exploring the projected behavior, trigger, situation, setting, person before you, see what awarenesses come from the unconscious that allow You to move forward.

When you are aware of what is around you and showing up in your life, you realize it is all an inner projection of the Self anyways. It can be one of two things: you are attracting and resonating with an energy or belief within that projection **or** you are being asked to awaken by

shifting your relationship with yourself and doing some house cleaning (from a trauma, negative emotion, limiting belief, bad habit pattern, negativity, etc.).

In turn, your projected reality changes because you have changed. It is about living in alignment with your Higher Self and having that manifest in every aspect of life. As Greek philosopher Plutarch once wrote: *What we achieve inwardly will change our reality.*

Basically, whatever shows up in your reality are clues and nudges from the unconscious to lead you to your greater Self and become more enlightened. In this space, everyone and everything becomes a potential teacher or message filled with potential from which to learn and grow.

A Need for a Confirmation

You will know that you are on *the right track* when...

- You are congruent with your true Self and your potency is amplified as the dream (life) becomes more of an effortless effort;
- You can surrender and trust that the Universe will provide;
- Your narrative doesn't repeat the same limiting conditions;
- You're truly happy and fulfilled living the truest version of you and living the life you want and had part in creating;
- You look at obstacles and struggles as an opportunity and challenge to go deeper and live bigger.

Part III: The Exodus Juxtaposed with the Dream

Critical Analysis Ties it Together

Now, this is the section in which we will overlap Part I, the story of the Exodus, with Part II, the idea of the Dream, in order to discover its meaning.

Pretend that you are watching a movie. The movie begins and you become enthralled in the plot: a metaphorical representation of your unconscious mind and all its parts. Moses plays the main character of this story in the epic Exodus. Put yourself in Moses' shoes as we *deep dive*.

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awakening called him to a change of heart and reality: to free his people in which he was tied to through blood. Moses was not a gifted speaker; he had a speech defect. But he was called to lead the Israelites out of bondage. God made way for the release and escape of the Israelites. After grand miracles, including the passover of the plague of darkness, Pharaoh finally agreed to let his slaves, the Israelites, go. The casualties were high as it is recorded that there was not one house where one was not found dead. Due to such havoc and grief, Pharaoh and the Egyptians were urgent with the Israelites to depart hastily.

Moses grew up his entire life conditioned to believe he was someone that he was not. He was taken in by Pharaoh's daughter and raised as an Egyptian. He had a decent life growing up as a perceived identity with conditioning that was particular to the Egyptian lens. He thought, talked, walked, dressed, believed and lived like an Egyptian. He enjoyed the privileges of being the majority who held the power. His world was surrounded by slaves who happened to be Israelites. Moses was not even supposed to be alive, as he was an Israelite by blood and Pharaoh had an order out to drown all the male Hebrew children. However, due to his protective mother and hyper-vigilant sister, he made it safely to the care of Pharaoh's daughter: all by Divine orchestration.

All of this until one day he realized it was a lie. He was not an Egyptian by blood. He was not who he thought he was his entire life nor who he thought his family was. He realized he belonged to the very people who were slaves building the empire--the empire on which he was reaping the fruits of their labor.

After such a realization, Moses left everything he knew only to shortly find his true calling awaiting him as he heard the voice of God through a burning bush: deliver the Israelites from the bonds of Egypt. It was during this time away that he came to the understanding that nothing was real: a false reality where all shapes, forms and labels dissolved. Identity was no longer. And at that point, anything was possible. He tapped into Source. He listened to the inner guidance of how *the dream* had to play out, tapping into his Higher Self. Projections of his unconscious awaited him. It was time; there was no going back. Even with weaknesses and fears, he heeded the call.

It is here that we meet Ego personified as Pharaoh. This ruler found reason within each miracle to console his logical mind. He remained firm in his grip of keeping the form, labels and identity as it was. It takes something big to break Ego even for a moment. The plague of darkness and multiple deaths finally led him to a state of enough desperation to loosen his grip.

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Unfortunately, the majority of the Israelites who did not want to leave the only life they ever knew also died in the plague of darkness. The one-fifth who remained followed Moses out of Egypt in what is known as one of the greatest exoduses of all time. They traveled into the unknown heading towards the banks of the Red Sea.

But then there was a turn of events; Pharaoh had a change of heart and realized what he had done: allowing Israel to leave from serving him and the rest of Egypt. So they made ready their army and pursued the children of Israel to slaughter them or bring them back into bondage.

When the Israelites saw the army drawing near, they were filled with fear and began to say to Moses:

Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? Wherefore hast thou dealt thus with us, to carry us forth out of Egypt? Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness (Exodus 14:11-12).

The Israelites are Bondage personified. They were slaves and only knew captivity. Many refused to join the Exodus and died. The ones who followed Moses out of Egypt left with a hope for something better. But Ego is stubborn and persistent. It could not let Bondage escape: it had to hold onto the identity it had spent so much time to create.

*The unconscious mind carries stuck negative emotions (sadness, anger, guilt, hurt, fear) and limiting beliefs, which keeps the mind/behavior in bondage. And the ego will do anything to protect the idea of the “self.” Such loss could lead to further enlightenment of the mind to the Higher Self, which raises a perceived threat to Ego.

So the Egyptian army (personifying Resistance) went after Bondage with a vengeance to ensure that there would be no Liberation. On the brink of freedom, Bondage saw Resistance approach and they began to be filled with fear and resistance themselves. They never wanted to leave in the first place because of this uncertainty and unsafety. Slavery was what they knew, and it was inside their comfort zone of existence. They were not thriving, but they were at least surviving.

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Meanwhile, Moses knew what was at stake and what had to be done. He knew he had help from Source.

Moses tried to reassure them and reminded them of their faith in deliverance. Then the story goes that a pillar of fire and cloud came as a barrier, separating the Egyptian army and the children of Israel. It was at this time that the only way to freedom was through the Red Sea. So, as scripture records it, Moses stretched forth his hand and the Red Sea parted so that the Israelites had dry land on which to cross.

A storm came bringing about the gift of time: enough time for the awakening mind to make a move. It was now up to one last miracle to escape the grip of Ego. Amongst all the wailing, doubting and fear, Nahshon, personifying Liberation, stepped forward with trust and a knowingness that the first step had to be made to create a path towards freedom.

Liberation walked all the way up to his nostrils risking his life/existence--the very breath. It was because of his faith and determination that he was able to counteract the “collective unconscious consciousness.” And the Universe (being her beautiful self) responded to that frequency of being by parting the Red Sea after prompted by the simple action of Moses stretching forth his hand.

Liberation initiated the trek for Bondage to be released from Ego.

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As they did, the Egyptians eventually escaped the cloud-barrier and followed the Israelites, but the water washed up and killed every Egyptian that crossed. The Israelites had witnessed a miracle bringing them to safety--bringing them to liberation.

However, instead of a trek that should have lasted less than one year, they wandered in the desert for forty years before entering into the Promised Land. It was during this time that they murmured, worshiped idols and were given new laws by which to abide. It was a time to pasture the flock and re-educate.

At this time, Bondage was freer than ever before. Ego and Resistance were washed up from the waves of the sea. There was no going back in this sea of awakening. The old had to be cleansed before the birth of something new could take place.

Bondage made it out of captivity: one step closer to the *Promised Land* (enlightenment and freedom from all limitations to be the boundless Selves we were all born to be in order to share our gifts with the world around us and to intimately connect with Source).

However, because the unconscious has many layers and complexities, Bondage was not completely free. The Promised Land could have been less than a year's trek, but because they remained in their conditionings and ways of captive-living and thinking, they needed to be re-educated which would take a period of forty years.

Liberation brought the unconscious one step closer to awakening: away from the illusion of reality and identity with form; away from ego and resistance; away from limited thinking and being.

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It is when we tap into the part of us that can pass through the space of greed, ignorance, resistance, hate, conditionings, negative emotions, limiting beliefs etc. that true liberation can manifest within us and in the world around us. Truth is revealed and illusion dissolved when we step in and go up to our heads towards liberation: **The Nahshon Effect.**

Part IV: Application, The Nahshon Effect in Our Lives

We can all access the Nahshon Effect in our own lives. It is about going beyond the bounds and limitations. We are only bound by the limits of our mind and the projected reality from which we perceive and interact.

It is all about using the mind as a source for attracting what we truly want and deserve. When we work with and through the muck and shadows within us with loving-kindness and compassion, it opens a space for us to get out of our own way and embrace a greater living.

It all starts with the seeds of thought as they sprout into words, which become narratives. Those narratives become beliefs and values, which influence actions and behaviors, which become habits. Those habits turn into character creating the person we are and the life we create. We must intentionally choose which seeds we are cultivating because the future depends on it in the Now.

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The Nahshon Effect is all about vibrating at a higher frequency and through that clarity, the Universe responds to your intentions manifesting what you most desire and need as you are aligned and directed from Source.

Life becomes an “effortless effort” as the Universe responds when we step into action for the magic to happen. In order for this to transpire, there must be a space of allowance, acceptance and alignment: no force or struggle, no attachment or expectation, no identity or form--complete surrender. Inner wounds must be healed; limiting beliefs and old conditionings need to be reframed: empowerment installed.

The Nahshon Effect is about tapping into the part of us that can walk through the fear, wailing, negativity, resistance and step into the unknown with faith, hope and grace--all the way until the sea parts and a path is revealed.

The path is always there before us. It may not appear until the very last moment--when *all of you* shows up living from the frequency of Light and Truth.

May we all activate the Nahshon Effect in ourselves and our lives!

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