

# **Explorations in Self-Mastery**



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## Introduction



This book contains articles for the most part published in Sept. - Dec. 2018.

The articles fall into two categories: ones that relate to the experience of Self-Realization that I had at Xenia Retreat Center on Sept. 18, 2018 and ones that relate to my work on, as the Arcturians phrased it, mastering every thought and feeling.

One or two articles are included as background or to show the impact of my work on self-mastery on my writing.

There's nothing that fascinates me more than the workings of the mind and emotions. The two are part of the 1,000-piece jigsaw puzzle that we are. And we seem to have fit together only a few small islands of puzzle pieces .

In one little grouping, we see a picture of self-mastery. In another, a picture of Self-Realization. Still another depicts the nature of love. And so on.

And with these few insights into how we're constructed and operate, we try to steer the vehicle of our lives without crashing into too many things.

If an airplane pilot had as much knowledge of flying as I have of operating this mind-body complex, as S.N. Goenka called it, he or she wouldn't be allowed in the cockpit.

Remarkably, few of us are educated in school or university in how to be, how to communicate, how to craft a relationship, how to parent, how to handle money - and yet we're released into the world to make out as best we can.

If we want to know what makes us tick, it seems we have to do the work ourselves, usually without very much counselling. Many counsellors themselves don't seem to have very much more of a grasp of the workings of the human being than we do.

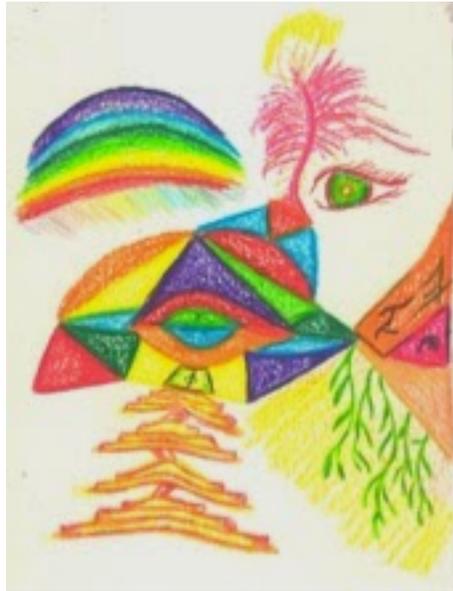
So we begin to look inwards and observe our moods, our self-commands, our conclusions about life, looking for what makes us stop and start, run forwards and put it in reverse.

This is a record of two and a half months out of my lifelong search to understand how I tick.

If it helps you to find your own inner Commander and take charge of yourself, if it helps you to find the Self in the lotus of the heart, I'm overjoyed.

## The Arcturians through Sue Lie on Mastering Every Thought and Feeling - Part 1/2

Nov. 8, 2013



Credit: Sue Lie

<http://goldenageofgaia.com/2018/05/16/the-arcturians-through-sue-lie-on-mastering-every-thought-and-feeling-part-1-2/>

*What follows is a remarkable discussion with the Arcturians through Suzanne Lie about the need for lightworkers to master every thought and feeling.*

*The Arcturians in two personal readings with Steve Beckow through Suzanne Lie, Nov. 8, 2013 and March 16, 2013.*

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The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, Nov. 8, 2013.

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Arcturians     You will be called up to master EVERY thought and feeling.

Hence the thought and/or feelings that are difficult to contain, or fit into your life are very important within the cycle of great transmutation.

As you have felt, the energies of your month of October were very intense. They will only intensify as your move through the remainder of your "time." Hence any thoughts or feelings that cause inner conflict or any form are best pulled into your conscious mind to be displayed as an experience. In fact, in 5D, this will occur with your EVERY thought/emotion.

Hence our leaders are having to totally hone this mastery of energy NOW.

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The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.

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Steve Beckow I wonder why so many teachers or beings have become enlightened, at least to seventh chakra level, what we call Brahmajnana, and yet have behaved so poorly, especially in the area of sexuality. But with money as well.

I thought to myself that our vasanas, archaic negative energy patterns derived from earlier traumatic incidents survive and survive until Fifth-Dimensional reality and Sahaja Samadhi. Even if that explanation is correct, which I hope you will comment on, it still doesn't help.

How can I avoid perpetrating or misbehaving if enlightenment itself does not remove those vasanas?

A As long as you are wearing a physical form, there will be certain neuropathways that will become activated. And certain lower emotions, sensations and desires that will move into your consciousness. That is the great challenge. ...

The challenge is really one of unconditional love. And in order to give unconditional love to the beings and the planet that you have come to serve, you have to give unconditional love to yourself.

And in order to give unconditional love to yourself, you will have to do, feel, think or be something that it is difficult to love unconditionally. Are you with us?

SB No, the last sentence, I could not follow.

A Unconditional love means that you love a being's darkness as much as you love their Light. You love their confusion as much as you love their illumination. And in order to give unconditional love away, you must have it within your consciousness. You must hold it for yourself. However, unconditional love does not even adhere to the frequency of an earth vessel, does it? (1)

Therefore, the earth vessel needs to be allowed to do what it does. And what the earth vessel does is it expresses its polarity. And as the frequency emanation within that earth vessel expands the frequency of the earth vessel into a resonance that is immensely uncomfortable but only on the edge of transmutation, for it is not yet your time to leave.

Therefore you will come to the point of transmutation into Light Body and you will stop because it is not your time, you have not yet fulfilled that which you came to do. You understand that, do you not? (2)

Therefore you have put your physical body into quite a spin. For within the physical world, what goes up must come down. Does it not? And so when you go down you are going to go down into your own darkness, are you not? And when you go into your darkness, you have the wonderful opportunity to unconditionally love yourself.

And when you unconditionally love yourself, then you can unconditionally love everyone. (3)

(Concluded in Part 2, tomorrow.)

### **Footnotes**

(1) Two years later almost to the day (March 13, 2015), I had an experience that showed me unconditional love. Higher-dimensional love is unconditional. It flows to all and sundry and cannot be contained or funneled, etc.

(2) Some aspects of which they're referring to I cannot discuss at the moment. But I'm also a pillar and a pillar's contract is to stay till the end.

(3) When you're in the field of higher-dimensional love, which is unconditional, you do love everyone unconditionally. The power of higher-dimensional love to sweep us clean of all other agendas than to love and serve leaves us simply loving unconditionally - with abandon, as Mary Magdalene once said.

## The Arcturians through Sue Lie on Mastering Every Thought and Feeling – Part 2/2

March 16, 2013



*Arcturian sacred geometry: Unity*

<http://goldenageofgaia.com/2018/05/17/the-arcturians-through-sue-lie-on-mastering-every-thought-and-feeling-part-2-2/>

(Concluded from Part 1, yesterday.)

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*The Arcturians in a personal reading with Steve Beckow through Suzanne Lie,  
March 16, 2013.*

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Arcturians: Unconditional love is the healing force of the multiverse. When you love yourself unconditionally, the molecules of unconditional love, which are the highest frequency of Light, move into the psychic scar tissue of your lower

Fourth-Dimensional areas that are holding the scar of being stretched beyond that which it can contain.

And that scar becomes presented into the Third-Dimensional world as a behavior, as a thought, as an action, and as you know from one who has experienced the glory of the kundalini, the energy is very sexual, is it not? (1)

One, who has felt the full flow of kundalini, (2) so that the alpha and omega can blur into the oneness, can fall down and not be able to use this beautiful opportunity to practice unconditional love.

The unconditional love will move into the scar tissue of the aura, into the scar tissue of the etheric body, into the scar tissue of the chakras, into the scar tissue of the habits of behavior. And it will replace those Third-Dimensional wounds with as high a frequency of Light as that body can tolerate. For unconditional love is the bonding force.

It can take the scar and close the wound and this must happen many times for the physical body is very dense and of a very, very low frequency.

Therefore there has to be an ongoing repetitive process of moving up and falling down, and unconditionally loving, and healing the part that was wounded. (3) And so that with each repetition of the unconditional loving of the healing the body gradually adapts to higher and higher frequencies of Light.

In the same manner, you are also downloading the higher frequencies of light. And the higher frequencies of light as you know are activating the DNA that was shut off from the Annanuki and that was shut off after Atlantis, for we realized that that much power would be very dangerous in the frequency to which your Gaia had fallen.

And so that ability had to be lost and now it is being regained by us that have taken the form and because we are able to detach from the form, because we are able to feel the bliss on the other end of the spectrum, we have the power to go through this immensely painful process of wounding, healing, wounding, healing, wounding, healing, adapting, adapting, falling, forgiving, falling, forgiving, falling, forgiving.

In fact the wounding is not the greatest challenge for our grounded ones. The greatest challenge is the forgiving. The forgiving of the behavior.

But you see in forgiving of the behavior of the body that you are wearing - does that not teach the one who is wearing that body to release any remnants of arrogance that might have adhered to the higher state of consciousness?

S: I have said in the past that it is bliss that heals the scars rather than love. Am I incorrect in that?

A: Unconditional love and bliss are absolutely the same.

[Later]

It is only within Third-Dimensional thinking that thoughts and emotions are separate. Thoughts and emotions are not separate. Thoughts and emotions are the same. Thoughts and emotions are creativity in motion. The thought is the matrix; the emotion is that which fills the matrix. But they are one.

With the thought of believing that you and all of our brave ones who have entered a form at this time believing and knowing with every shred of your consciousness that you are Arcturian, you have just released the greatest trap of the Third Dimension – and that is the trap of forgetfulness.

It is the forgetfulness that traps those that have achieved great states of consciousness for they forget that they are not their body. They forget that they are wearing their body and then they begin to think that they are their body.

And then they start listening to the primal urges of their body – the guilt, the fear, the anger and of course the most primitive and the most basic is the urge for procreation, sexuality.

### **Footnotes**

(1) At the center of our orgasm is bliss. The higher-dimensional love and bliss that the Arcturians are referring to feels like a cosmic orgasm in the sense that the bliss is multiplied and goes on for as long as the experience lasts. (All experiences short of Sahaja Samadhi are temporary.) There really is nothing like it known to our everyday consciousness and so no words for it.

(2) The inner tsunami of love, which I felt in full force on March 13, 2015. They, however, are talking about a much deeper experience of it than I had but I'm sure it's the same inner tsunami of love.

(3) The same with vasanas. We might have to re-experience a vasana many times before the really deep ones loosen their grip on us.

## What It Would Take

June 14, 2016



<http://goldenageofgaia.com/2016/06/14/what-it-would-take/>

It may be too soon to have this conversation.

Many of us may just be sitting on the fence about leadership and too much information too soon, or information that's too challenging, may have us shy away.

But I'm going to risk it.

Serapis Bey, on the last *Hour with an Angel*, (1) introduced a very masculine perspective on certain features of what lies ahead of us - most importantly, after the Reval.

One notion he introduced - the notion of discipline - has masculine, even macho, overtones to many of us. But Archangel Michael through Ronna Herman tells us that discipline will soon be needed among lightworkers.

“Disciplined, self-directed life tendencies must be developed in order to develop intense mental clarity, along with an integrated personality that is dedicated and directed by the OverSoul /Higher Self.” (2)

Why clarity? Not only for spiritual discernment between the Real and the unreal, whose development is the purpose of physical life. But also because we stand on

the verge of our service as financial wayshowers. Elsewhere he explains the importance of that.

“We don’t want what you would call tools ever again to be put in the wrong hands. So the clarity of those leading the charge with me has need to be 20/20.” (3)

Discipline is often called self-control, self-possession. The Arcturians through Sue Lie once told me: “You will be called upon to master EVERY thought and feeling.” Every thought and feeling. That’s a high bar.

The need to master them will only grow, they said.

“As you have felt, the energies of your month of October were very intense. They will only intensify as you move though the remainder of your ‘time.’

“Hence any thoughts or feelings that cause inner conflict of any form are best pulled into your conscious mind to be displayed as an experience. In fact, in 5D this will occur with your EVERY thought/emotion.

“Hence our leaders are having to totally hone this mastery of energy NOW.” (4)

In 5D, any thought we have will manifest so, there, we need to have control over our thoughts.

I’ve gotten to see Archangel Michael at work. He sets a high bar of integrity for organizations I’ve been associated with.

Once he warned me that someone in the organization was acting out of integrity; that person soon left.

Another person tried to take the organization over. After warning the person to stop, which they didn’t, and telling them what would happen, he removed them.

Another person tried to blame our organization for an action they had purposely carried out themselves - and lied about. How does anyone think they can hide something like that from an Archangel? You can’t.

His comments on that occasion are worth noting.

“This is not coming from a place of judgment but, if the collective is going to complete this Ascension process, which as I have said to you is well underway, you cannot have those who are speaking or appear to be speaking or hold themselves out to be speaking in the name of the Lord, in the name of the One engaged in subterfuge and drama. It is not acceptable!

“There are many light workers still who say that they are completely committed but to some extent, ... they are engaged in drama or [act out of] their own need for profile.” (5)

On another occasion, he told me solemnly: “There can be no falsehood.” (6) He can say that because he sees falsehood plainly.

People who want profile - who, for instance, are claiming to be incarnations of Gaia, Jesus, Michael, etc. - may want to listen to his admonition. If you really were Gaia, would you be talking about it?

Most genuine incarnations of figures such as these don't talk about it. They're here on a mission and identifying themselves at this early date usually only opens them up to ridicule and impedes their mission. They have no need for "profile." We need to ask ourselves: Why are we talking about it? We need to let go of all need for profile.

He's watching all our performances. The Company of Heaven is plainly stating its expectations of us and then observing how we do.

And why not? In the Plan, as already written, we lightworkers are to lead the way. They have to know who among us can be relied on to remain centered, grounded, and balanced while making large, potentially-global decisions.

Referring to financial wayshowers, he confirmed that:

“Those who are in a position of stewardship, of beginning projects that lead the way to the building and the re-creation of what Nova Earth is truly about ... [will] become the spokesbeings for many.” (7)

Are we ready to take up the challenge?

If you'll permit me to expand on what AAM has said here by way of summary: Building on the foundation of the universal laws and the ground level of the divine qualities, we're to erect the superstructure of Nova Earth.

He asks us to discipline ourselves, to take charge of ourselves, to put ourselves in our own driver's seat and boldly do what needs to be done.

As financial wayshowers, he cautions us against lying, cheating, chiselling, hoarding, revenging, preening, seeking approval, and all other elements of Third-Dimensional business paradigms, drama, and subterfuge.

He invites us instead to cultivate love, generosity, forgiveness, service and all other aspects of Fifth-Dimensional "naturalness" (sahaja).

He requests that we take up the challenge to work with him, to lead in the building of this new world, this new interdimensional space, a work destined to knit the planet together and allow it to turn its face outward, from inner to outer space.

### **Footnotes**

(1) At <http://inlightuniversal.com/wp-content/uploads/2016/05/AHWAA060216SerapisBey.mp3>

(2) "Archangel Michael "THE SEARCHLIGHT OF THE SOUL: YOUR TWELVE RAY CREATOR WHEEL" transmitted Through Ronna Herman, LM-11-2015, at <http://www.ronnastar.com/messages-aam/messages-aam/958-aam-11-2015.html>.

(3) "Archangel Michael: I See You! I Love You! I Will Engage," Nov. 8, 2013, at <http://goldenageofgaia.com/2013/11/notes-from-archangel-michaels-discussion-of-sacred-partnership/>.

(4) The Arcturians in a personal reading with Steve Beckow, through Suzanne Lie, Nov. 8, 2013.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2015.

(6) "Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015," at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>

(7) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 27, 2016.

## Lifelong Commitment

October 5, 2016



<http://goldenageofgaia.com/2016/10/05/282237/>

I'm having a back-and-forth argument with myself, after the latest and best Oct. 1 - Oct. 3 window for the Reval passed without event.

One voice says "I'm going to let this Reval thing go and it'll happen when it does. I'm not going to think about it any more."

Another voice replies, "But the Reval is inextricably bound up with building Nova Earth. Give up on following the Reval and you pass up a wonderful opportunity to discuss stewardship, spiritual currency, collective will. Do you really want to do that?"

And the observer of it all suddenly experiences an insight, a revelation, a realization. I as the observer see that I've never been part of a better-planned, more inspiring, more impactful scenario in all my life than this Ascension scenario, with the Reval, Disclosure, NESARA, and Ascension itself.

Never have I been party to such informed, even enlightened discussions. Never have I seen more clearly what needs to be done and come closer to being in a participatory role in it. Challenge, inspiration, encouragement are here aplenty.

The overall scenario is not something to think about in the same way I might think about a vacation or even a job. Nothing this good has come along, in my eyes, ever

before, nothing that I think is absolutely for the highest good of all, whether it materializes in the end or not.

If everything turns out to be a dream and goes nowhere at all, which I don't think for a minute it will, well, I've never been on a better ride. Can I go on that ride again? Do I need a ticket?

This is one that I'd want to be part of even if it was a movie about the future. Even if it were a roundtable discussion of prospects and possibilities.

Am I seriously going to plod along day after day, as part of such a wonderful scenario, bitching and moaning because an event hasn't happened when I wanted it to?

No, I'm not.

The observer realizes that what's missing here is a lifelong commitment. What's missing is me declaring that I'm going to keep working on building Nova Earth no matter what - what that new society could look like, how it could operate, what it could aim for.

I'm making a lifelong commitment to keep pursuing the scenario of building a new society. That society would be based on the divine qualities and our new and expanding understandings of spiritual verities.

I'm closing the back door, the escape hatch, the way out. There's no going back. I'm leaving no way out. If the container is airtight, the pressure can build, the pistons can pump, and the machine can go forward.

I'm deciding the matter independent of when something happens. It'll happen when it does. Meanwhile I carry on.

As W.H. Murray said, before one commits, there's always hesitation, the opportunity to draw back. Only when one commits does Heaven and Earth move.  
(1)

And why should it be otherwise? Only when we're certain, sure, committed is there an actual game to play. Before then, our mind, heart, and commitment are elsewhere. We have a divided mind and competing agendas and those weaken efforts.

I give up all romantic alternatives and flights of fancy for a life of commitment, responsibility, and concentration.

We're part of an army of light, pushing back war, poverty, hunger, disease, homelessness, rape, persecution, inequity, and all the other conditions of unworkability in our world.

We're directing ourselves not against people, but against attitudes, values, and behavior, And the way we move forward is by building the new, rather than opposing the old.

We're ultimately aiming for a world that works for all, with no one left out. And abundance is a very large step in doing that.

But even more basic than that is the building of collective will and - yes, I guess I can now use the word - collective commitment to building a world that works.

Building collective commitment doesn't take money and yet, if we build it, I predict that the job would be quickly done.

### **Footnotes**

(1) "Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.

"All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.

"I have learned a deep respect for one of Goethe's couplets:

“Whatever you can do, or dream you can, begin it! Boldness has genius, magic, and power in it.” (W.H. Murray, *The Scottish Himalayan Expedition*, and Johann Wolfgang von Goethe.)

## Competing Paradigms

May 2, 2018



<http://goldenageofgaia.com/2018/05/02/competing-paradigms/>

In the field of social relations, we've had two competing paradigms. And society goes back and forth with them, again in a movement like the sacred spiral. (1)

One paradigm prevailed in the late Nineteenth Century and has come to be called "creative repression." According to its tenets, one grew by denying oneself.

The body had a fixed amount of energy. If one wasted it through hysterical outbursts, for instance, one would faint. That's why so many people ... OK, women ... were depicted fainting in 19th-Cen. novels. They "became emotional."

That was a pretty confining point of view. It was used to control people.

There are modern versions of it that are not quite so far-reaching but still base themselves on growth through denying ourselves - vows of celibacy and poverty, for instance.

The second view is that we grow by expressing ourselves. That's the basis of what I think of as the path of creative expression. I think of followers of that path as "communicators."

Usually people who are on the path of full self-expression have felt themselves suppressed as children. That becomes their core issue or vasana. You've heard my story many times.

Although we tend to externalize our inner struggles, communicators "struggle" against an inner suppression and are really breaking free from their own chains. Well, at least I am.

They've lived lives of suppression and are stepping out of the ways they hold themselves back.

Therefore when it looks like another is suppressing them, ultimately they "break free." Breaking free becomes their life story, their drama, their purpose in life. (2)

Very few people today practice self-expression. Perhaps it's the state of the economy, the difficulty of finding satisfying work, or some other factor. We seem to want to play it safe. We don't often take the risk of revealing ourselves or sharing our withholds about another.

But I *want* to express myself. I *want* to be transparent. My whole life revolves around that desire.

I want to share my withholds and try on the withholds of others to see if they fit me. That's how I grow.

I want to call myself on my numbers, before others have to call me. Doing this accelerates my growth.

I know there are lines not to cross, but by the same token I've taken my stand against suppression. If I'm seen as crossing lines when I say no to suppression, I prefer to say no.

In the 1960s and 70s it was our orthodoxy to let it all hang out. We told it like it was. And the pendulum swung way out in that direction in the course of breaking free from a repressive culture.

Then the growth movement re-emphasized personal responsibility in self-expression and the model came back to the middle and had more balance again.

Now, as the Arcturians made plain, a third paradigm is being presented to us, which looks suspiciously like creative repression:

"You will be called upon to master EVERY thought and feeling." (3)

"You have to be the master of your consciousness at all times." (4)

But it's not repression. That in actuality is the destination of full self-expression too, when the reactivity is stripped away: Self-mastery through communication on subjects like our vasanas, our withholds, our *modus operandi*, our deepest desires is what results.

And it's a must when we remember that we'll soon be speaking to higher-dimensional beings for whom a lie, a withhold, or a resentment shows up like toxic fumes. Listen to one galactic back from a short visit to Earth:

"Each of us who does make short landings has to undergo a thorough cleansing process before we are allowed back on our mother ships where we reside, so as not to contaminate our own living quarters.

"We do not say these things to shame you, but to let you know that there remain some differences in our living environments that make it difficult for both sides to come together as one." (5)

People on the mythical planet I hale from want to stand forth. We want to emerge. Those who speak our language of self-expression reach a place of deep intimacy with each other. It's not unlike going through a war together.

The occupational hazards of the self-expression path are the risk of offending the other, the risk of overloading the other, etc.

Those who communicate this way don't have that problem among themselves; they only risk it with those who choose not to communicate. Growth workshop participants quickly learn to try feedback on, test it out, and see if it fits. If it does, they own it. It's a different way of life and it's one that I love and thrive in.

I don't know how we'll get to our destination from here. But for me, I trust that it'll unfold for me through self-expression (6) and not along a path of suppression - even creative suppression or repression - in this phase of things.

## Footnotes

(1) In my vision of Feb. 13, 1987, in which I saw the journey of an individual soul from God to God, the soul followed an arc from God to God, but it also followed a sacred spiral, returning to the same situation again and again until the karmic lesson in it was learned.

(2) I recently found myself in a legal wrangle where someone was trying to suppress me and I rebelled. Independence and freedom of expression are major vasanas with me.

(3) The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, Nov. 8, 2013.

(4) Ibid., July 22, 2014.

(5) Spiritual Hierarchy and Galactic Federation, through Sheldan Nidle, Aug. 19, 2008 at <http://www.paoweb.com/sn081908.htm>.

(6) I've been in the space of being fully-self-expressed once before in my life. In it I shone like a lightbulb.

It was at an est Communications Workshop in perhaps 1980. We were divided into groups and each group had to appoint one member to deliver a nonsense message to another group. But the communicator had to deliver it in the space of presence.

We did the exercise twice. The first time I wanted to be the one to deliver the message, but I was afraid to speak up. The second time I erupted with eagerness. I broke through my suppression and was shining like a light bulb. I delivered the nonsense message that sex is communication below the belt.

The receiving group's instructions were to not turn around unless they felt really moved to do so. Every single person in that group turned around when they heard my voice delivering the message.

This fully-self-expressed state is the one I choose. And it's like living on a different planet from those who choose to remain hidden.

## An Executive Order

September 13, 2018



*Credit: Wealth365*

<http://goldenageofgaia.com/2018/09/13/an-executive-order/>

I had an object lesson around 9/11 of the value of not getting swept up in any cause. Even one I myself feel passionate about. Especially not that one.

The Arcturians asked us to master every thought and feeling, not just the ones we disliked or the ones we'd like to keep hidden. Or the knowledge of the extent to which we judge or how banal our thoughts usually are. (1)

To master *every* thought and feeling.

And yet I felt myself getting swept away by a dream I was having - entirely self-created. I created the dream that the indictments were served, the cabal relinquished power, and abundance was released - all on Sept. 11, 2018, 17 years after 9/11 (17 is the number of Q).

I was really attached to that dream. I really wanted it to come true. It was hard to let go of it as 9/11 sailed into the past.

And yet once again, here we are, all dressed up and nowhere to go. How many times have I been in this position?

How many times do I have to repeat this scenario before I choose to remain calm, no matter what, as a matter of policy?

I don't have the answers. Everyone who has a part in this drama is manning their stations, as far as I can see. A vast operation - maybe more vast than administering the Reval - is bringing down the Illuminati worldwide. And they have a plan. We know they're being helped by the galactics, whose "computers" are better than the NSA's.

It allows SaLuSa to say:

“None shall escape as we know exactly who has been guilty and have all the evidence that will convict them.” (2)

Or the Galactic Federation through Sheldan Nidle to say:

“As we watch the way the Alliance, our Earth allies, work together to implement the very discreet and painstakingly orchestrated blueprint that we helped them formulate, we can't help but feel some pride.” (3)

Pretty clear partnership indicated there.

Maybe the White Hats decided to keep 9/11 sacred and take the cabal down on a different day. That too would make sense.

Maybe they took them down behind the scenes. How would we know?

The only thing I can work with is me. The only thing I'm tasked with working with is me.

I choose to remain calm from here on in. This is an executive order.

### **Footnotes**

(1) “You will be called upon to master EVERY thought and feeling.” (Arcturians in a personal reading with Steve Beckow, through Suzanne Lie, Nov. 8, 2013.)

(2) SaLuSa, Feb. 22, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(3) “Update by Sheldan Nidle for the Spiritual Hierarchy and the Galactic Federation, Sept. 4, 2018,” at <http://goldenageofgaia.com/2018/09/04/update-by-sheldan-nidle-for-the-spiritual-hierarchy-and-the-galactic-federation-sept-4-2018/>

## Original Innocence

Sept. 21, 2108



*The Lodge at Xenia Retreat Centre*

<http://goldenageofgaia.com/2018/09/21/original-innocence-2/>

*First of all thank you to MB for having so generously treated me to a vacation. I very much needed it and it was wonderful.*

*On the last day ... the last morning ... a few hours before leaving Xenia Retreat Centre on Bowen Island near Vancouver, I had the breakthrough I'd been hoping for.*

*Let me include the notes I made as the experience was happening:*

One of the “problems” I was having was around a peculiar and chronic feeling which I’ve mentioned a few times.

On most occasions I'd wake up with a feeling of dismay. On other occasions, when I thought unfriendly thoughts, I again had the same feeling of dismay.

At last I found the key to it. It came to me this morning (Sept. 18, 2018) at 5:55 AM. (1) I followed the dismay as deeply as I could and I ended up in my natural Self. I was angelic - gentle, kind, loving.

Since most of us *are* angels, it stands to reason that, at a very deep level, we know that we’re pure and innocent. It’s that deep level that responds to my irritable moods with dismay.

Whenever I even contemplate some form of nastiness, my insides respond as if to say, “You know better, Steve. You can do better.” (2)

When I got in touch with that deeper level of me, I felt completely blissful. And not blissful as in a feeling rising and falling but a steady and constant bliss. I’m in it now.

I notice that there's no resistance or blockage in my breathing when I’m in this space. It’s a little like having a full breath release in rebirthing. Not quite as deep but certainly deeper than my normal breathing.

I heard myself say, “This is who I know myself to be.” And I sell this Self out continually when I consent to be judgmental or grumpy.

The bliss continues to deepen. The deeper I breathe, the more it deepens as well.

This is me, not the irritability. No wonder I’m annoyed with myself and dismayed. I sell this one out in settling for ... whatever it is I seek ... probably control; also approval and acceptability.

I know that I push people around with my irritability - without anyone being able to put their finger on why they’re so scared of me. It can be just a look or a vocal tone. But THIS is what I’m missing out on.

Be still and know that I am God.

Yes, refrain from acting on my irritability ... and know that I am God.

Choose to go with my native innocence ... and know that I am God.

Breathe deeply into the bliss ... and know that I am God.

It isn’t a question of “getting to myself” but of not abandoning myself.

I’m already there. I already am who I am. I simply haven’t been *being* who I am. I’ve been ignoring or misinterpreting the inner promptings of my higher Self.

From now on, no resistance to who I am.

No choosing to go with who I’m not.

I feel clean. I feel innocent. I feel pure. And the only thing that has me think I'm not is where I go when I get irritable or unfriendly.

I'm not going to abandon it any longer.

Pope Innocent III is credited with saying, "In our obsession with original sin, we too often forget original innocence."

I've been forgetting original innocence.

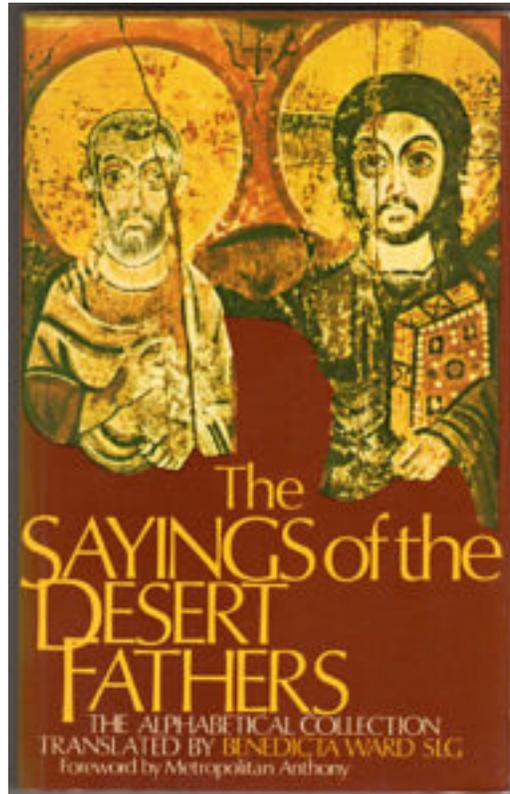
### **Footnotes**

(1) Sept. 18, 2018 =  $9 + 9 + 11 + 9 = 11$

(2) That was something my earthly Mother used to say. One comment like that from her was enough to have me stop and change course.

## I Now Know How the Play Ends

September 22, 2018



<http://goldenageofgaia.com/2018/09/22/i-now-know-how-the-play-ends/>

I had a reading with Archangel Michael Sept. 21. Of the experience he said:

"The challenge has been (and you have recently gone through this and this is why we are talking about it) to come to know yourself the way the Mother knows you, the way the Mother trusts you, the way the Mother sees you and to experience yourself in that way.

"And in doing that - experiencing yourself as the Mother does - what happens is you experience her. And this is monumental. This is the way that this human construct was formulated.

"So there is forward thrust and movement into this higher-dimensional understanding of who you are. And, yes, it begins and it ends with - it always comes back to - the heart. You know this." (1)

I couldn't have put it better myself. What I experience myself as now is innocent, natural, and pure. According to Michael, that's the way the Mother sees us as and that's the way the Mother is. Phenomenal.

I call that "angelic" - not as in an order of angels, but as in "angelic" or sweet and innocent behavior.

What other significance is there to the experience I had yesterday (Sept. 18)? (2)  
What are its other consequences and results?

I now know who I am. So the jig is up. I now need to act up to that level of awareness and integrity.

So no more judging. No more criticizing. No more blaming, including myself. Etc.

Also, I know how the play ends so no more confusion or consternation. I can leave the rest to Michael who has his own schedule. But I know where we're headed and it ain't towards disaster! (3)

I notice as well that I no longer feel the cold stab of anxiety. I'm calm and stable, as I might be if I meditated.

I got to see that, just as bliss and love leave subtle streamers which we can notice in our everyday experience, so our deeper, natural selves also can make themselves known.

Here was mine communicating its encouragement to pull up my socks. No more complaining, judging, comparing, blaming, being unfriendly, and so on.

My deeper self was radiating dismay that I was selling myself out. I finally sorted out that it wasn't my personality that was dismayed but my natural self.

One fewer knot in consciousness.

I tried to recover the experience of my angelic or natural Self and I could not. But what I could recover was the experience of inner innocence, naturalness, and purity. I somehow knew those feeling states.

I read *The Sayings of the Desert Fathers* on my vacation. I so yearned for the monastic life. I'm sure that contributed.

As I unravel each knot, I feel increasing calmness and clarity.

The experience yesterday showed me an alternative to what I had been living from - a gentler, kinder, more loving side of myself.

The matter facing me now is simplified in that most things I need to do are in the realm of not doing. I just have to stop. Judging, complaining, blaming, etc. It's that's simple.

I'm especially feeling gentle towards myself. Strange. Why did I never see any of this?

I feel completely in the moment and find it hard to be orderly or logical. And I'm not at all concerned.

One of the Desert Fathers said let the mouth speak what the heart says. Once we've experienced what the heart is - and who we are - I think that proverb will have deeper and deeper meaning and relevance.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.

(2) See "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/?p=296091>.

(3) "Laying New Track," September 19, 2018, at <http://goldenageofgaia.com/2018/09/19/laying-new-track-3/>

## Archangel Michael Explains What Happened at Xenia

September 22, 2018



<http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

*I create my readings schedule with Linda at the end of each year for the next year. So having a reading on Sept. 21 was planned last December and the trip to Xenia was only planned since the middle of this month. So no coincidence!*

*Here's how Archangel Michael described the experience. I found his description very interesting and took to heart his counsel to not get distracted from this angelic or natural Self that I came upon.*

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Steve: Well, first of all I want to thank you for the spiritual experience I had at the Xenia Retreat Centre. It has very much helped me to straighten myself out and achieve calmness of spirit. From your perspective, how would you describe what happened in that experience?

Archangel Michael: You have kept yourself, and I do not say this in any sense of the word as a criticism, not even as a critique, but you are asking for an understanding of the experience [at Xenia]. In your day-to-day life, shall we say, shall we call it pre-retreat and post-retreat?

In pre-retreat, you have kept yourself, your mind - and your heart, by the way - occupied and in many ways distracted. And you have lauded yourself and many times I have lauded you because you have been doing and feeling and working on

purpose and in sharing your progression through the ascension process [with readers].

But you were very plugged into and attached to the day-to-day, and, might we say, the outer world. True and untrue distraction, complete and utter distraction.

And so you have gone away [to Xenia]. And this has been - be clear - through your donor gift [from MB], which was a gift directly from the Mother, because she knew, as we know, that it was time and that you, sweet one, were in readiness, pleading actually, for the next step. And literally becoming quite discouraged and quite disenchanted with the world and with the process.

So, we have unplugged you and, yes, it took some time and shall we say, a few shocks and jolts. (1) But what you have done, is you have journeyed to the depths of your soul, to the depths of your core. This is not about simple vasanas. This is what this channel literally terms, “core, core, core issues.” (2)

And you have discovered, not lack, not criticism, not error, but beauty. (3) Underneath the dross is the full beauty, the power, the gentleness, the sweetness of who you are.

So often, my dear friend, you have worried, tried to rein yourself in, and direct yourself because you have been fearful of being arrogant or abusive or overriding. The list is long and I think you already know it.

But what you have discovered underneath that is the yearning, of innocence, of the sweetness and, yes, the purity that the Mother has filled you with, with her tsunami. And inside the purity is clarity, is love and so you have reached a deeper level, a higher level, a broader level of understanding.

And it is not merely an intellectual understanding. It is heart wisdom. And, in that, it allows you to proceed in a gentler way, not in a way where you feel you have your finger in the dam or you are pushing the river the other way. (4)

So you are in the early stages of truly, not falling in love, but truly being not only in love but Being Love. So often you are looking for magical formulas for ascension, for heart opening. You may call it all these things but it is an awareness, a deeper knowing of who you are.

And, in that, of the knowing of the universe. It is not merely knowing as information for its own sake. It is knowing as bedrock, as foundational to how you

proceed. And in this, how you share this deeper knowing, this deeper awareness with others and your encouragement with them, to not get distracted. (4)

*I am happy to Be Love.*

*I don't want to get distracted from being this pure, innocent, and natural Self that Archangel Michael has revealed to me. (5) I thank the team that travels with me, MB, and the Mother for this wonderful experience, which just keeps unfolding.*

### **Footnotes**

(1) I had a shocking experience while looking at a video on pedophilia and I'll write about it later.

(2) I did a meditation in which I journeyed to “the seat of the Soul” in the depths of the heart. I had the distinct sense that I went deeper than the realm of the vasanas; I went below or underneath them.

(3) My "angelic" or natural Self.

(4) Don't push the river. It flows by itself.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.

(6) Our spiritual experiences come from the angels and other masters. You can see Michael here explaining how he and maybe others crafted this one for me.

## Experience Dissipating

September 29, 2018



*The world becomes a gymnasium. Credit: Liverpool Echo Arena*

<http://goldenageofgaia.com/2018/09/29/296179/>

I read you some passages from the enlightenment literature which described the experience I had at Xenia. (1)

That experience is now lifting.

I'd like to explore those passages in more depth here, especially on the impermanence of spiritual experiences, what Werner Erhard once typified as "get it and lose it, get it and lose it."

When my 1987 vision of the total journey of an individual soul from God to God was over after 8 seconds, the bliss lasted for another three days and then all trappings of the experience disappeared. (2)

And so has every other experience I've had. Short of Sahaja, all experiences have a beginning and an end. And when they end, there's nothing else we can do but let them go.

Descriptions can be found in the enlightenment literature. Here for instance is Bodhidharma describing seeing the light:

"If, while you're walking, standing, sitting or lying in a quiet grove, you see a light, regardless of whether it's bright or dim, don't tell others. And don't focus on it. It's the light of your nature." (3)

If I were intent on achieving full enlightenment, I would *not* tell others my spiritual experiences but keep them to myself. But, as an Ascension journalist and ethnographer, it's my job to relate them.

The light I saw was not bright but luminous. But I knew it was the light of my nature regardless. Sri Ramakrishna also refers to it:

"Now and then man catches a glimpse of his real Self and becomes speechless with wonder. At such times he swims in an ocean of joy. It is like suddenly meeting a dear relative." (4)

I swam in an ocean of innocence and purity and then in joy. Gone were notions that I was sinful and should feel guilty, ashamed, and afraid of punishment.

It was indeed like meeting a long-lost, dear relative.

The Master Hilarion refers to it:

"In the deep silence the mysterious event will occur which will prove that the way has been found." (5)

But it won't last. And then we must begin the climb again.

"The silence may last a thousand years. But it will end. ....

"Again and again the battle must be fought and won. It is only for an interval that Nature can be still." (6)

Annamelei Swami makes the same point:

"Before one becomes established in the Self without any breaks, without any changes, one has to contact and enjoy the Self many times. By steady meditation and the continued practice of self-inquiry, one will finally become permanently established in the Self, without any breaks [i.e., ascended]." (7)

Permanent establishment in the Self without any breaks would be Sahaja Samadhi.

Sri Ramakrishna made the point with his story of the sage who told the woodcutter, looking for sandalwood, to go forward past the groves of trees and never stop in his search for wealth.

"Go forward. Beyond the forest of sandal-wood ... are many more valuable things: silver-mines, gold-mines, diamonds, and other gems." (8)

The woodcutter comes across sandalwood, but remembers what the sage said and so goes forward to find silver, then gold, then diamonds, always reaching for that which lay beyond.

In the same way, we go from one spiritual experience to another - without quitting - until we finally reach the ultimate treasure from the point of view of our Ascension - a full and permanent heart opening.

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So, nature is in motion again; I'm back in society; the feeling connection with the deeper Self has dissipated.

However, I'm not left entirely back where I started. Shankara suggests one change that occurs:

"Once we become conscious, even dimly, of the Atman [Self, Christ], the Reality within us, the world takes on a very different aspect. It is no longer a court of justice but a kind of gymnasium.

"Good and evil, pain and pleasure, still exist, but they seem more like the ropes and vaulting-horses and parallel bars which can be used to make our bodies strong. Maya [illusion] is no longer an endlessly revolving wheel of pain and pleasure but a ladder which can be climbed to consciousness of the Reality.

"From this standpoint, fortune and misfortune are both 'mercies' -- that is to say, opportunities. Every experience offers us the chance of making a constructive reaction to it -- a reaction which helps to break some chain of our bondage to Maya and bring us that much nearer to spiritual freedom." (9)

A second lasting effect I've noticed is that my breathing has become as smooth as a water slide, rather than choked or blocked or resistant like a bramble bush. I'm no

longer upset with myself, disappointed, or wary. I find this very smoothness of breath to be calming and relaxing.

I've now been given another fleeting taste of where we're headed. I'm no longer seeing myself in a court of justice where I'm condemned for sins and mistakes. Rather I'm in a gymnasium where I'm metaphorically leaping over vaults and practicing on the iron rings, all of which makes me spiritually stronger and more agile.

This experience now joins the 1987 vision, (10) the 2015 heart opening, (11) and the 2017 glimpse of my higher self (12) as steps up the ladder, but not the end itself.

Moreover, it did not come with a calling card, a brochure, or a handbook. As with all experiences, save when the guides whisper in our ear as Michael did about pedophilia, (13) they're wordless.

I'm now left to interpret and apply it. And to engage again and again until the effort to fully and permanently emerge bears fruit.

## Footnotes

(1) See "Original Innocence," Sept. 20, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "I Now Know How the Play Ends," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/22/i-now-know-how-the-play-ends/>

(2) See "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," at <http://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>.

(3) Bodhidharma in Red Pine, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 16.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 392-3.

(5) Ascended Master, probably the Master Hilarion, channelling through Mabel Collins, channel. *Light on the Path and an Essay on Karma*. Wheaton, IL: Theosophical Publishing House, 1974, 17.

(6) Loc. cit.

(7) Annamalei Swami in Berthold Madhukar Thompson, *The Odyssey of Enlightenment*. San Rafael: Wisdom Editions, 2003, 110.

(8) Paramahansa Ramakrishna in GSR, 434.

(9) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 24.

(10) See Footnote 3.

(11) "Submerged in Love," March 14, 2015, at <http://goldenageofgaia.com/2018/04/28/submerged-in-love-2/>

(12) "First Glimpse of the Natural Self," February 21, 2017, at <http://goldenageofgaia.com/2017/02/21/first-glimpse-natural-self/> .

At the time I was reluctant to say what I saw when I looked upon my higher Self, because I did not want to open myself or it to ridicule (one of the reasons why Bodhidharma said not to mention it to others). I'm willing to say now that what I saw was a knight in shining armor, astride a horse, with a lance in his hand.

(13) Steve: Pedophilia.... Was it you who put the idea in my head in the Safeway that I cannot write another word until I write about pedophilia?

AAM: Yes, that is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.)

## Explosion in the Meaning of Humanness

October 16, 2018



<http://goldenageofgaia.com/2018/10/16/explosion-in-the-meaning-of-humanness/>

AA Michael once said that we weren't going through an expansion in the meaning of humanness, but an explosion:

"The horizons of what it means to be human, of what it means to be Gaian ... comes to the forefront in redefinition, expansion and, might I even say, explosion of what it means to be in human form – Angel in form – at this time upon this beloved planet." (1)

"Yes, we know that we have used this term 'expansion' time and time and time again and expansion in this instance does mean explosion." (2)

If you can be with and savor the distinction between "expansion" and "explosion," you have the difference between Third/Fourth Dimensionality and Fifth, as I've known it in my brief excursions.

Expansion is gradual. Explosion is sudden. The heart exploding, for instance, creates a spiritual pipeline where before there was only blockage and no flow. Some obstruction is blown away and now love flows. It's wordless so we're left to wonder, after the fact, what just happened.

As Michael is indicating, Ascension is both gradual and sudden. The expansion part is gradual, going on all the time.

The explosions, which result in brief excursions to the higher dimensions, are the sudden part. These events may come decades apart:

- 1977 - Lost fear of death after OOBIE.
- 1987 - Was shown the purpose of life. Now knew what to do.
- 2015 - Had my heart blown open. Etc. First experience of transformative love
- 2018 - Had a glimpse of the Self. First knowledge of my own innocence at essence.

Each event repays years of peeling off the layers.

Sometimes the way things appear to me these days is as if I'm in a mine where there's been an explosion. A wall of dirt now separates me and my rescuers. And we have miners on both sides of the wall digging furiously.

When there's the slightest glimmer of light, that light brings increased freedom. Right now for instance, I see that I am that Self that I saw. That is a glimmer of light, that I will need to nourish, if I want the light of freedom to break through.

The only direction worth going in right now is inwards. The only place for me to go is to master every thought and feeling. And the only game worth playing is to move from being what Werner Erhard called "at effect" in my life to being "at cause." (3)

I am the Self that I saw. I really have been dreaming. And having a bad one at that. Hence I feel agitated and resentful upon awakening.

If I'm to honor who I really am, rather than perpetrate against and obstruct it, then I need to master every thought and feeling.

It used to be a favorite saying among spiritualists that, when we come to know the workings of the Law of Karma, our lives gradually begin to straighten out. Karma = causality so I'd extend that and say when we learn the true causality of things, our lives straighten out.

I see more clearly every day the degree to which I cause my life. When I see that, I also see my need to take command of my various bodies and selves, (4) to emerge from unconsciousness into consciousness, from immaturity into maturity.

### **Footnotes**

(1) "Archangel Michael: Explosion in the Meaning of Humanness," December 12, 2017, at <http://goldenageofgaia.com/2017/12/12/archangel-michael-explosion-in-the-meaning-of-humanness/>

(2) Loc. cit.

(3) At effect = Powerless, victim, subject to forces outside myself that determine my choice of words and deeds.

At cause = Empowered, not a victim, determining my own choice of words and deeds.

(4) And that's all I get to take command of.

## The Self is the Original Superhero

November 5, 2018



<http://goldenageofgaia.com/2018/11/05/the-self-is-the-original-superhero/>

The commonsense version of things has matters completely backwards.

If a person suddenly gets mad, we say, "I saw who he really is."

No, you saw a vasana (core issue) go off *obscuring* who he really is.

The prevailing paradigm is that we're born in original sin, who we are at the deepest level is sinful, etc.

And of course, as I experienced at Xenia, this is not so. (1) We're not born in original sin. We're born in original innocence.

How could it be otherwise?

How is the Self the Christ or Son of God if it's sinful? How could it be that the closer we come to God, the more we approach original sin?

It simply would negate every word that's ever been said about God, spirituality, and enlightenment. The closer we approach God, the closer we approach our own original innocence.

This pure and original Self enters into lower and lower dimensions and forgets more and more about itself. Until here we are and we remember nothing.

We have needs and wants with seemingly limited means. We scrape by and we suffer, punctuated by times of plenty. We feel bad and create judgments about others, pursue conflict with them, and vasanas arise.

But all of that lies on top of the pure and shining Self, untouched by these lower-dimensional dramas and traumas.

That having been said, our experiences of it, as long as we're fulfilling our soul contract as lightworkers, may be truncated so that we can continue to serve, as mine was at Xenia. The Divine Mother explains:

Steve Beckow: The Light I saw should have been brighter than a thousand suns. And the fact that it wasn't suggests to me that the experience was truncated. Am I correct in that?

Divine Mother: It was not as brilliant as possible. Let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: It is to keep you in sync with your readers.... But let me be very clear.... If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed.

Steve: Really! But that is, in classical enlightenment studies, thought of as the *first* stage of Enlightenment. Why would I depart, Mother?

DM: We don't mean die but you would have departed the life that you have designed - yes with us, for yourself, for the service you are providing - you would have departed and simply said, "I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!" (2)

Seeing the Self, even toned down, is still a life-changing event.

The Self is the original superhero. It's safe and secure, beyond the reach of the passions, shining in the seat of the heart. Our continued and eternal existence is guaranteed, it proclaims. We have nothing to fear.

In my reading with her, the Divine Mother asked me to give my worry to her.

I couldn't say this even six months ago, but now I'm ready to do that.

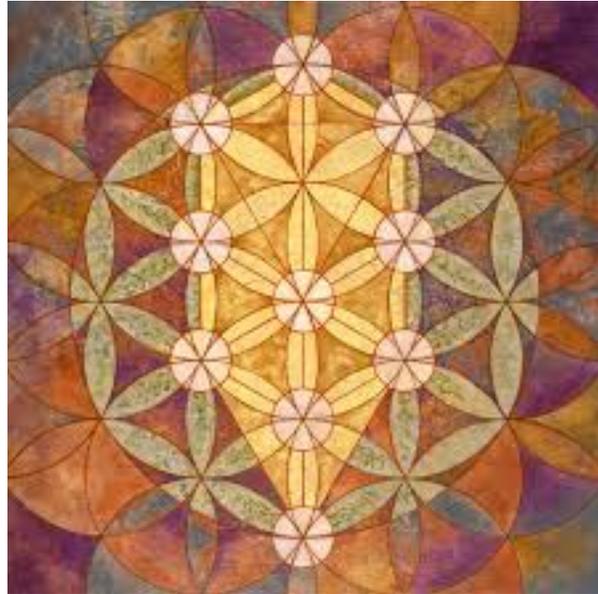
### **Footnotes**

(1) See "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/>

(2) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.

## Call to Integrity

November 12, 2018



<http://goldenageofgaia.com/2018/11/12/call-to-integrity/>

When I followed dismay and disappointment down deep into my heart at Xenia, I ended up staring at the Self.

I expected to find myself facing the original incident below a vasana (or core issue) of dismay.

I'd like to leave aside discussing the experience itself and look instead at what it may have been.

The experience came without any accompanying explanation, which leaves me to interpret it.

Did I establish a connection with my own voice of conscience? It felt somewhat that way. It seemed as if my Higher Self was having me true up to my integrity by sending waves of dismay and disappointment to me.

I think all of us, when we do, feel, or think something undesirable (for one reason or another), feel a pang of conscience. Some more than others. I emerged from my reflection thinking I needed to pay more attention to these.

Or was it perhaps another indication of a more refined density, such as the subjective feelings lacking objectivity were? That could be as well. The energies having risen, I may now be more acutely attuned to the nature and results of what I do.

Or was it a communication from a guide? Who knows? Perhaps I should be entertaining all three explanations for the value they produce.

Things like dismay and disappointment, when they come from a deep place, I'm going to interpret as a call to integrity.

Integrity is of a higher order than simply following the rules. In my view, it's what is meant by observing the spirit of the law, rather than just the letter.

Playing by the rules handles the social situation we're in. But integrity handles even broader and more elevated situations. It's a spiritual path unto itself.

Short of Sahaja, every spiritual experience passes. Will this awakening of conscience, pushback from a higher dimension, or inspired guidance also pass? Or is this a permanent call to a higher level of integrity? (1)

The most value comes from seeing it that way.

### **Footnotes**

(1) Go forward! Go forward! Sri Ramakrishna taught. Are we not always raising the ante and, in my words, going further?

"A wood-cutter once entered a forest to gather wood. A brahmachari said to him, "Go forward." He obeyed the injunction and discovered some sandal-wood trees. After a few days he reflected, "The holy man asked me to go forward. He didn't tell me to stop here." So he went forward and found a silver-mine. After a few days he went still farther and discovered a gold-mine, and next, mines of diamonds and precious stones. With these he became immensely rich." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 109.)

## Hidden Side of Self-Command

November 15, 2018



<http://goldenageofgaia.com/2018/11/15/hidden-side-of-self-command/>

We speak of a person being self-possessed, self-controlled, or in self-command.

And usually when we do, we picture a person behaving outside socially-accepted norms - too jovial, too loud, too this or that.

Them being self-possessed is seen as meaning that they've quieted down and pulled back in to a socially-accepted range of emotions, words, and actions.

However we may feel about it, people have their preferences on how we show up. And they bring sanctions against those who don't conform. My use of resentment as a tool to manipulate outcomes is an example of behaving along these lines.

Leaving aside the controlling and manipulating aspects of these ways of being, there is a side I just stumbled on that's profoundly useful.

I just saw how self-command also reveals our ability to "command" ourselves in the matter of how we relate to ourselves.

I saw myself feeling equivocal about feeling happy. When I was a child, I didn't allow myself to feel happy in an unhindered way because I could get the back of a hand for being too ... whatever. I'd have gone outside my Dad's preferred boundaries.

And I saw a role for me in encouraging myself back to life in this area. I began to encourage myself to feel happy. I congratulated myself when I did feel happy. I acknowledged and applauded myself. I never knew I had this ability. I became the new voice on the block.

And I saw that I had an important role to play in ensuring my mental health by supporting and encouraging myself, actively and ongoingly. I had never noticed this before either.

I agree to take on this role. I see this as a promising step forward which I plan to develop. I already know the love I seek is to be found in my own heart. Now I see that the encouragement I feel I need is also to be found within my own power to give.

## I Am at Work

November 16, 2018



Credit: GreenView Fertilizer

<http://goldenageofgaia.com/2018/11/16/i-am-at-work/>

What it means to master every thought and feeling, which the Arcturians have said is a requirement of wayshower/leaders, (1) is as much in need of looking at as the actual process of mastering.

It's becoming a preoccupation with me.

Now is the time. If it's the calm before the storm, then let me use it to its fullest advantage.

I need to focus on the subject of my own behavior. I need to up my standards around people as an approach to fulfilling the Arcturians' assignment. (2)

I'm already beginning to see the role of feelings in my life in deciding what my actions will be. It's fascinating watching how I respond to them.

Today, Sunday, I spent a total of between two and three hours at the retail store for Telus, my cellphone carrier. It was a slow Sunday so I had the help of everyone on duty, who were training a new person - who was redoing my bill.

I bought a new cellphone the day before and was overcome with sticker shock later. I needed to bring the cost down somehow and had spent an hour on the phone with an agent finding a way to do it. Now I needed the actual sales staff to agree to enact the solution.

Even though everything looked good going in, I was still stressed out of my skull going into the store and reminding myself that I'd put worry aside just the other day. (Nothing does it for me like financial stress.)

Ordinarily I'd be telling myself that I need to make the re-visit to the store successful; therefore, I needed to have a strategy and a sob story.

And just as ordinarily I'd try to push salespeople around with my irritation. I'd have a commanding tone walking in the door and I wouldn't relent until I got what I wanted. Usually people would be staring daggers at me by the time I rode out of town.

The trainee kept getting the complicated bill wrong, which is what dragged it out an extra hour or two. I could have played the impatience card.

Meanwhile I watched travel documentaries on an absolutely incredible 4K TV, mesmerized. I even had lunch there. I thoroughly enjoyed myself. Dinner and a movie.

*And* they ended up taking 20 percent off my bill, which no one foresaw starting out. Thank you, Mother.

When I left, we were like old friends. Much of that was due to them but the part due to me was *such a departure* for me.

I paid a great deal of attention to my behavior. I saw clearly how I ordinarily behave.

Whatever my feeling is triggers off a response pattern. Getting irritated, standing on my rights as a customer, being sarcastic, playing a victim - all these responses came up. When they did, I just stood aside from them, like a matador, and let them pass.

I refrained from following my conditioned impulses or being automatically triggered by my feelings. I was mastering every thought and feeling.

The lesson for me in all this is that (1) I got what I wanted (2) and more (3) without creating enemies and (4) I did it by being friendly and non-judgemental. People

actually did respond to friendliness and responded better than in previous interactions.

I'm digging in the dirt here. Real grassroots. What's coming down the pike is going to require me to grow up in every area of my life and I know it.

I am at work.

### **Footnotes**

(1) "You will be called upon to master EVERY thought and feeling." (The Arcturians in a personal reading with Steve Beckow through Sue Lie, Nov. 19, 2013.)

Keep in mind that all our thoughts and feelings are perceptible to higher-dimensional beings and the need to master them becomes instantly understandable.

(2) I should mention that I have a history with Arcturus, according to them and Michael.

## **It's I that Needs to be Universal, Not Love**

November 18, 2018



<http://goldenageofgaia.com/2018/11/18/its-i-that-needs-to-be-universal-not-love/>

A great healing has taken place and I can only describe it.

It used to be that, if I felt happy, one side of me would get nervous: Dad would swat me if I got too happy.

So there were two sides of me: the happy side and the nervous-at-being-happy side.

Nowadays the wounded child in me is happy being happy and the other side of me is just plain happy anyways.

So, when I feel happy, I feel genuinely, wholly, and indisputably happy.

I'm not a house divided against itself any longer. Given that till age 58 I was, (1) all discoveries in this area are like gladly-recovered ground on the road to wholeness.

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Now I've transitioned from happiness to transformative love. Thoughts of the beloved brought it on.

I keep thinking of new metaphors to describe this kind of love.

I compare ordinary love, no matter how refined, to my 1959 radio, which was primitive by our standards.

Now think of the first time you went into a home that had a \$2500 home audio set, including a radio that blew you away for fidelity. I compare that to transformative love.

Or take your \$150 TV and compare it to the latest 4G television that makes a jewel appear lustrous. I was moved watching a 4K TV for the first time last weekend. The gulf between the two is similar to the gulf between regular and transformative love.

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But as to describing love itself? I can't find words to do it justice. I wouldn't even try.

I look and look and look; I feel and feel and feel; and I cannot come up with a single word to describe this kind of love in and of itself.

And yet I can say that my experience of it is delightful. My experience of it is as of something that satisfies every sense, every longing, every desire I've ever had. No wonder Saul calls it the answer to every problem. It fulfills every desire.

Love leaves no one out and I wouldn't want to leave anyone out from the experience of it. The world will work for everyone when we all experience this kind of love.

One taste of it and one would know instantly what I'm talking about. Without a taste of it, it can sound as if I'm talking in mysteries and riddles.

Love itself is universal. It can be no other way. How would it be love if it excluded someone?

Everyone of this religion is loved and should come over here and everyone of that religion is not loved and can go to hell: How is that love?

To say "make your love be universal" is a contradiction in terms. Love is already universal. If I'm partial, loving some and hating others, transformative love won't visit me. It's I that needs to be universal, not love.

## **Footnotes**

(1) I was dissociated till age 58. I used to call myself the Humpty Dumpty Man. At 58, in a blazing heat, I fused back together again, thanks to my brother Paul's skillful therapeutic work with me.

Before then, I was never confident of the ground beneath my feet. I was always projecting a need for ... love, I think. I was not whole. I was fragmented, uncertain.

## Happy Guy

November 19, 2018



<http://goldenageofgaia.com/2018/11/19/happy-guy/>

As I become a happier and happier person, having integrated more of the remaining fragments of my dissociated personality, I have thoughts that are entirely foreign to me.

I feel like celebrating.

Say what? I never feel like celebrating. Bah humbug. Someone tell me: Who is this person who's talking as if he's me?

Nevertheless, I feel like celebrating. I can think of several grounds for celebration - which I probably need to keep private.

Restricting my attention to myself, I want to celebrate the arrival of happiness in my life.

I feel like I've been through one long Cold Mountain encounter group, without the group. (1) This has been my life since I opened the blog in 2009.

The awareness path that my teachers taught me - Werner Erhard, Ben Wong and Jock McKeen, Ramana, Buddha, Jesus - has yielded such rich dividends for me.

My awareness just keeps expanding and the discoveries open up new vistas. I'm definitely following the path best suited to me. I'm following my bliss.

Earlier this evening Kathleen asked me if I was ready to express gratitude for everything that happened in my life. I probably choked on my food and stammered out that I was willing.

But it wasn't till later this evening that I actually felt genuinely able to not only be grateful for everything - for the pleasure it brought me or the lesson - but to feel happiness and a desire to celebrate my life, the outcome, and my love.

All this is unheard of in my normal neck of the woods. Or should I say "abnormal" because where I'm ending up I may soon discover is really the "normal." (2)

I'm reconstituting, rehabilitating, and recovering myself. I'm reparenting, encouraging, and acknowledging myself.

I now feel entirely ready, willing and able to express my gratitude to everyone that has played any part at all in my life. Thank you to all of you. Look how it all turned out!

Either I enjoyed myself famously or I learned a valuable lesson at all times. Either way, the journey led to this most satisfying conclusion: I'm a happy guy.

Steve? Steve? Is that you? Are you OK?

### **Footnotes**

(1) Cold Mountain, now called Hollyhock, was a growth center in the 1970s that offered three-month resident fellowships; in essence, a three-month encounter group.

(2) This has happened before. In an Enlightenment Intensive I went through a mammoth vasana only to end up feeling ... normal. I was amazed. Where I had been had not been normal!

## The I of Awareness

November 20, 2018



<http://goldenageofgaia.com/2018/11/20/296962/>

Several hypotheses and postulates are becoming clearer to me:

- (1) Thoughts cause feelings.
- (2) Feelings are the prime motivator of human behavior.
- (2) Each of us has freewill, which the higher dimensionals respect.
- (3) Each of us is 100% responsible for our actions.
- (4) That means ...

Well, that's what I wanted to look into today. What are the implications of being 100% responsible for my actions?

It suggests that I need to play a more active role in choosing the mood I want to be in.

I'm not sure if I'm the last person on Earth who knows this or whether what I'm saying is unabashedly new. But I've stumbled on the fact that the "I of awareness" plays no role in my everyday life.

My everyday life goes on without any encouragement from me, any guidance, any love. I am not playing an active supporting role in my own life.

And I want to change that. I want to play an important, supporting role in my own life from now on. I want to encourage myself. I want to be my own cheerleader. I want to reparent myself, encourage myself, acknowledge my progress and look at my detours. I want to play an active role in my own life.

That part of me that feels this way I'm going to call, after Len Satov, the Watcher, the "I/eye of awareness." It's the one who always remains as the "I," no matter what happens outside.

It wants to come out of the shadows and participate.

It's no accident that this resolve arises a day after writing:

"I'm not a house divided against itself any longer. Given that till age 58 I was, all discoveries in this area are like recovered ground on the road to wholeness." (1)

### **Footnotes**

(1) "It's I that Needs to be Universal, Not Love," November 18, 2018, at <http://goldenageofgaia.com/?p=296959>.

## **This Gradual Unveiling of the Self**

November 24, 2018



<http://goldenageofgaia.com/2018/11/24/this-gradual-unveiling-of-the-self/>

As a result of seeing that "self-command" or "self-possession" included taking charge of my life, (1) I'm taking charge of one aspect of my life after another.

Today I'm taking charge of my path.

I saw for instance earlier today that my path had to be something that I can do anywhere. I was washing dishes and wanting to just sink down into a rising feeling of happiness and satisfaction. I said to myself that I can cut short doing the dishes and go lie down on the couch or I can wait.

Then I heard myself say, no, my path had to be something I could do anytime, anywhere.

Up immediately came the word, "Awareness!" Absolutely. Awareness can be done anytime, anywhere.

And, pursuing that path, at the end we at last become aware of real love, true love, as in the Fifth to Seventh Dimensions, finding our reward for decades of practice.

Leaving love aside for the moment, awareness is the one path to God that I can do without offending anyone, which endlessly absorbs my curiosity, resulting in one breakthrough after another. I confirm that awareness is my chosen path and where my heart lies.

Coming back to love, love is the royal path. Even though I know true love, I don't feel strong enough to hold to a path of love just yet. I need to complete more cleansing before I'll feel ready. That would be going too far too fast.

The process may speed up. I may discover that many things are already done and gone - except in my mind. But short of that, I feel the need to get out the brush and keep scrubbing.

That doesn't mean that I don't yield to real love when it arises, as it does at the sight of the beloved.

But in everyday life, awareness is interesting, pleasurable, absorbing. As long as I'm here in the Third/Fourth Dimension, I'll climb a wall if I don't have a good puzzle. And awareness is like fitting a thousand-piece puzzle together, one piece at a time.

The last time I examined the matter, I asked the universe, "If our early lives are a puzzle which, when solved, becomes a picture, could it be that life itself is a puzzle and, if so, what would the picture be that life is?"

At which point everything turned black and I found myself outside of time. I was shown the entire journey of a soul from God to God. (2)

That again was, in my mind, the outcome of decades of practice and entirely satisfying.

Awareness is not an intellectual thing, although our thoughts are a big part of what we become aware of.

Awareness is experiential. It's like receiving all signals from anywhere with as close to the whole of our being as we can.

We hear, see, touch, sense, intuit, and in all other ways perceive and receive signals from any and all others we're open to.

The information received goes to form an impression that we have of somebody. We respond to them based on how we feel about the impression we created.

Followers of the path of awareness go through that same process but consciously. They simply add "awareness" to what's otherwise an ordinary, everyday life. Awareness is what makes that life come alive. Life ceases to be ordinary.

Giving our awareness to any situation calls the Self forward. When we're present, we're conscious. Present = Conscious, in my view. The simple act of remaining aware, in my opinion, offers the best chance of us seeing the Self come forward - a little or a lot. (3)

Or maybe it's our Higher Self or Universal Self - it doesn't matter to the one who gazes upon it what it's called. Call it whatever you will.

Under all circumstances, the follower of the path of awareness remains self-aware. They're 100% accountable for their actions. They live a conscious life.

I often find myself simply sitting here, staring out the window and berating myself for being immobile. But I like simple, bare awareness. What I'm doing is resting the body and simply allowing the awareness to do what it wishes.

Isn't it interesting that I didn't start out to be a meditator and yet I end up there? (4)

See what happens when life doesn't come with a manual? We have to figure it out ourselves.

Whatever I give my awareness to slows down. When things slow down, I can "fly" underneath the unwanted feelings or "dodge" them like a matador, which is not possible if things are moving at a faster speed. By remaining aware, I slow down. That to me is a good thing.

Enter that line in the Manual of Life we're writing together: "By remaining aware, I slow down."

You may put this article down but I never stop this line of enquiry, this awareness, this gradual unveiling of the pure and innocent Self. It's a major, ongoing source of joy and satisfaction.

### **Footnotes**

(1) See "Hidden Side of Self-Command," November 15, 2018, at <http://goldenageofgaia.com/2018/11/15/hidden-side-of-self-command/>

(2) For the experience itself, see "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," at <http://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(3) A little or a lot - or truncated. Our angelic guardians may choose to tone down or mute the experience or realization so as not to have us leave our agreed-upon

contracts or missions. In my case, too much and I'd stop writing a blog. I'd go off in a cave and meditate, according to Mother and Michael.

(4) Let him who would climb  
In meditation  
To heights of the highest  
Union with Brahman [the Father]  
Take for his path  
The yoga of action:  
Then when he nears  
That height of oneness  
His acts will fall from him,  
His path will be tranquil.

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans.,  
*Bhagavad-Gita. The Song of God*. New York and Scarborough: New American  
Library, 1972; c1944, 63.)

## My Own Personal Kali Yuga

November 29, 2018



<http://goldenageofgaia.com/2018/11/29/my-own-personal-kali-yuga/>

It's ironic that I should emerge from a lifetime of dissociation (1) and then willingly choose to partition my consciousness again as a growth strategy.

What do I mean by that?

The way I see my mind, it operates in parts, sometimes roles, sometimes voices, but always a multitude. And, often, an unruly mob.

Recently I so disliked the direction I was headed in that I the watcher came forward and assumed command of myself. And the "self" that I take command of ... well, it's all the other voices, really.

I can't believe I've gone through my life leaving its direction in the reins of "sides" of myself that can often be misguided, inept, superficial, etc.

I have an angry mob inside my head and they've been running the show. At best they rise to intellectual self-righteousness. At worst they're headed in the wrong direction.

I the watcher have not played a role in my life since ... before memory. But somehow the origin of all this doesn't seem to matter as much these days as it used to. It's the presenting behavior that I the watcher needs to assume control over.

I know that I "made my living" as a very young child out of lacking self-control. I'd become a number one stick-in-the-mud. I was adept at slipping the stick into the bicycle wheel. And I just got better as the years went by.

Then I studied karate and applied a fresh coat of varnish to my already-dead statue. Then I became REALLY justified as a Member of the IRB. (2) Dead-right, Werner would have called where I ended up.

Just as the world finds itself, at the end of the Kali Yuga or dark age, (3) ready to nuke each other and destroy the planet, so I find myself at the end of my own personal Kali Yuga in a dead end of self-righteousness. I the watcher surveys the state of my inner world left in the stewardship of voices other than me.

Everything about my situation in life makes it no longer valuable to roll downhill in life like a snowball gathering more mass. Someone needed to take charge of this operation I call "myself."

But I do see the irony in my solution to the puzzle.

Whereas the answer once lay in fusing myself back together after dissociation, the answer now lies in I the watcher identifying yet another part of the mind and ceding to it command over all other perceived or imagined parts of myself. For the sake of taking myself forward, I go further into voluntary or wilful dissociation.

No matter what I do, I the watcher remains aloof from it. Nevertheless, such is the infinite flexibility of the mind that I the watcher, who does not descend into action, can still deputize yet another area of the mind to rein in the rest, this time under the watchful eye of me, the eternal observer, the aware scrutineer.

It just shows the need for flexibility; what hampered us yesterday could come to our aid today.

I'm shifting my focus from the parts of me that nearly caused a trainwreck of self-righteousness to the heart-informed direction of I the watcher.

All of this to me - new to the field of self-control, as I am - shows up like an exercise in using the mind in a productive way.

## **Footnotes**

(1) I dissociated after my Father yelled at me from just inches away from my face. I was around 7-10 at the time and didn't completely fuse back together again (the Humpty Dumpty man I called myself) until age 58.

The symptoms were intellectuality, no deep experiencing, a lack of self-confidence, a lack of feeling grounded, shyness at public speaking, having to watch for zealotry, resentment, aggressiveness, etc.

(2) Immigration and Refugee Board of Canada. I was tasked with making decisions on who was a U.N. Convention Refugee and who not.

(3) In Hindu cosmology, we're leaving the Kali Yuga or Dark Age and entering the Sat Yuga, Age of Truth, or Golden Age.

## Revisiting Self-Control, Self-Mastery

Dec. 2, 2018



*A depiction of Top Dog/Underdog*

<http://goldenageofgaia.com/2018/12/02/revisiting-self-control-self-mastery/>

The shortest way to master every thought and feeling (1) - in order to work with the galactics - is to take command of myself; that is, to practice self-mastery or self-control.

How would I normally accomplish the task? Go through each thought and feeling individually? It would take too long.

By assuming command of myself - self-mastery, self-control - I probably cut the time involved by an order of magnitude.

As the runt of the litter, I needed to get my message across somehow. I grew up specializing in menacing glances and resistant behavior. Self-control was never my strong suit.

So coming upon the need for self-mastery, self-control as an adult is a new thing for me.

In my growth-movement days, self-expression was preferred to self-control, creative expression to creative repression.

But the galactics - like the Arcturians here - often point out to us the need for self-control. The following quote is long but very germane.

Everything they say here mirrors my experience of taking charge of myself. Notice their reference to what I've called "I the watcher." (2)

"As this shift continually accelerates your consciousness, you will gain a new perspective on your physical world. This higher viewpoint will enable you to perceive your 3D reality from 'up above it' rather than 'stuck within it.' In other words, you will be able observe your ego from your Higher SELF.

"Once your Multidimensional SELF is in charge, you will be able to make some important decisions that make YOU the creator of your life. You will also become aware of many of your higher dimensional, alternate or parallel realities. ...

"As you regain a higher perspective of your life, many of your priorities will change. Your ego will no longer tell you to let go of your meditations and creative expression so that you can 'get back to the business of your real life.'

"With your Higher SELF at the helm, you will realize that what you have perceived as 'just your imagination' is actually your real life. Then slowly, or quickly, you will want to 'let go' of many of our your lower frequency chores, responsibilities and jobs.

"In this manner, you can more easily remain in the unconditional light and love of the fifth dimension. Of course you will still 'take care of 3D business,' but your priorities will greatly alter as your consciousness expands into the higher dimensions." (3)

Everything said about "your Multidimensional SELF ... in charge" and "your Higher Self at the helm" mirrors my experience.

Many years ago, I'd never have entertained the advice that Peggy Black and the Team give us here. But now I do.

"When these thoughts of discouragement arise shake them off as quickly as possible. We would like to invite you to practice feeling good for no reason.

"Look for ways to uplift your own personal energy field. This is one of the most important self-mastery skills that you can call forth. So no matter what is occurring in your personal life or the global arenas, find areas in which you can practice your gratitude. ...

"The vibration and frequency of gratitude is truly a game changer. Your entire field of energy shifts even if it is just a microscopic shift and a fleeting sense of thankfulness." (4)

Is mine an example of an outdated belief that needs to be dropped? Do I need to engage in patterns of behavior that I'd never have looked at after Cold Mountain like deflecting? Changing the subject? Talking over top of an upset (discouragement)?

Apparently yes. The higher-dimensional vibrations allow us to shift our mood now whereas deep third-density vibrations did not.

Here, Hilarion discusses the disappearing need for "tedious and painstaking" processing:

At this point in the unfoldment of the Divine Plan, the law of grace is in effect and humanity is being blessed by the neutralization of any repetitive thoughts that come unbidden from the very depths of their being.

"These core issues invariably have their roots in a previous existence as life was experienced through a physical incarnation. ...

"Gone are the days of tedious and painstaking efforts to become filled with more light quotient, for this is now a moment-by-moment occurrence as more light fills the planet and the strides being made in the advancement of the Divine Plan are beyond our wildest expectations.

"Many underlying changes are taking place within the structures of the old paradigm and are quietly being replaced by new systems which allow the rights of all to come into consideration." (5)

If our core issues are falling away as vibrations rise, why master every thought and feeling? There are many obvious reasons - getting along with the galactics,

avoiding misunderstandings, participating appropriately in galactic discussions and decision-making, etc.

Let's look at a few that are not as obvious.

The first is that the galactics are telepathic and can read our thoughts and see what we're thinking and feeling.

You remember the famous cartoon *Top Dog/Underdog*, where a person is saying one thing and his inner state is depicted as saying something altogether different (usually depicted as a screaming baby)? The galactics would be able to see our insincerity instantly. So that's a compelling non-obvious reason for self-mastery.

The second is a touchy subject - pun intended. Our emotional vibrations and levels of cleanliness can prove disturbing to them. One galactic even confided that he had to clean himself when he returned to ship after even a short visit to Earth.

“Each of us who does make short landings has to undergo a thorough cleansing process before we are allowed back on our mother ships where we reside, so as not to contaminate our own living quarters. We do not say these things to shame you, but to let you know that there remain some differences in our living environments that make it difficult for both sides to come together as one.” (6)

Michael confirms the fact that galactics on the ground have been getting sick:

"Many of the Galactics and Inter-galactics, what we and they have referred to as, 'the boots on the ground,' have been recalled. They have been ill and illness is something that has never occurred to most of them, ever. So the frequency has been difficult." (7)

Agarthan Princess Sharula Dux revealed that "in Telos there is no judgment of others, and we have telepathy between minds. Most people on the surface have judgmental thoughts, and these are physically painful to a Telosian." (8)

That may be a side of things that we haven't thought about and may not wish to think about. But we can contribute to their comfort by at least mastering every negative thought and feeling.

I've noticed that whenever I feel victimized, whenever I have a poor-me thought, whenever I feel weak and beaten down, I've forgotten that I'm the master of my internal states.

I know the literature of the Sixties and Seventies objected to any form of external control. But I think in the process we lost sight of the necessity for internal control - self-control.

As we ponder working with the galactics to build Nova Earth, self-mastery, self-control, self command are becoming subjects, in my opinion, that we may need to revisit.

## Footnotes

(1) "You will be called upon to master EVERY thought and feeling. ...

"Hence any thoughts or feelings that cause inner conflict of any form are best pulled into your conscious mind to be displayed as an experience. In fact, in 5D this will occur with your EVERY thought/emotion.

"Hence our leaders are having to totally hone this mastery of energy NOW." (Loc. cit.)

And another:

"You must see yourself. You must be aware of what you are thinking, what you are saying, what you are doing and WHY. Why are you thinking that? Why are you saying that? Why are you doing that?" ("Message from the Arcturians: Walking The NOW," channelled by Suzanne Lie. March 27, 2014, at <http://suzanneliephd.blogspot.co.uk/>.)

For more on "Self-Mastery" see [http://goldengaiadb.com/index.php?title=The\\_New\\_Paradigm\\_is\\_the\\_Divine\\_Qualities#Self-Mastery.2FSelf-Control](http://goldengaiadb.com/index.php?title=The_New_Paradigm_is_the_Divine_Qualities#Self-Mastery.2FSelf-Control)

(2) See "Len Satov: The Watcher: Loving, Non-Judgmental Awareness," at <http://goldenageofgaia.com/2018/06/30/len-satov-watcher-loving-non-judgmental-awareness/>

(3) Sue Lie, "Being A Multidimensional Leader," Aug. 2014, at <http://www.multidimensions.com/multidimensional-leadership-school/>.

(4) "The Team: Dedicated and Practiced Skill," as received by Peggy Black, September 15, 2014 <http://www.morningmessages.com>. This is Kathleen's advice as well, to practice, forgiveness, compassion, and gratitude.

(5) Hilarion, February 2, 2014, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>

(6) "The Council of Nine: True Change Starts From Within Self," channeled by Eliza Ayres (aka Tazjima Amariah Kumara), June 4, 2014 at [bluedragonjournal.com](http://bluedragonjournal.com).

(7) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 24, 2015.

(8) "Interview with an Agarthan Royal – Part 3/4," December 3, 2018, at <http://goldenageofgaia.com/2018/12/03/interview-with-an-agarthan-royal-part-3-4/>

## In Any but the Noblest of Ways

December 1, 2018



<http://goldenageofgaia.com/2018/12/01/in-any-but-the-noblest-of-ways/>

*This article is included because it shows the difference in my writing when I'm in command of myself.*

I think we as a society don't like to hear bad news.

The degree to which we don't sometimes obliges the Company of Heaven to accentuate the positive and deflect attention sometimes from the negative - from what might irritate or alienate us.

They may not tell us the true or the whole situation for fear it might deflate our balloon or have us turn away. Here for example is Sanat Kumara telling us of the instance of Dec. 21, 2012:

"So why did we not warn you that you might be disappointed [on Dec. 21, 2012]? Because the energy, the forward thrust of what you were creating together with us, was so strong that we had no desire, particularly in the unfoldment of the Mother's plan, to say, 'Wait a minute, and stop. Let us take time out and breathe.' Because that would have ... hmm ... you have a saying, 'put a wrench in the works.'" (1)

Any one of us, in the same position, might have done the same thing.

In 2012, SaLuSa also acknowledged that there had been changes in the Plan:

"In fact the timing has often had to be adjusted, and you are of course now aware that some events have had to be put back.

"However, you will not miss out and you will pass on to a higher vibration and benefit from the many changes that will lift you up further into the Light." (2)

And, finally, Archangel Michael also points to changes and says that they are not about to put the brakes on.

"[You] fear that you are going to be let down. You say, 'Yes, Lord, that is true, because I have been let down, many, many, many times. You have given us predictions and they have not come to pass. You have given us dates, and they have not come to pass. Am I on a fool's errand?' ...

"We are not putting the brakes on. We are not about to say to you, 'Well, there has been a change in the Divine Plan.'

"We have waited for eons. There has been alignment on more levels, in more realms, than you can imagine for this to unfold.

"It is not simply about whether you, individually, are ready. You were ready the moment you said to the Mother/Father, 'I will go, I will help, and my purpose is to ascend.' And you will do so." (3)

We need to take into account this "alignment on more levels, in more realms, than you can imagine," the decisions made by those responsible for a whole planet and much further beyond. (4)

For instance they leave the impression that the major events will happen "soon" when they may be a year or two (OK, a few years) away (see, even I don't want to disappoint or anger you).

In the case of Ascension itself, we thought it was promised for Dec. 21, 2012. And it would have taken place if we were satisfied with only a small number ascending.

As I understand it, the human community, through its collective consciousness, asked for an extension so that many more could ascend. (4)

Now here we are in that extension period and we're eagerly awaiting Ascension.

Few of us seem to deeply grasp the work involved in awakening and preparing an entire planet, many of whom remain completely ignorant of what's happening right now.

Among the many changes happening, we're undergoing a transformation of our bodies. If too much energy is passed through us, many people, not knowing about Ascension, might think that they're subject to some unknown disease or going insane.

May I speak to the spiritual adult in all of us for a moment?

Events of this magnitude take time. It takes time to unseat a global, despotic cabal, in possession of nuclear weapons (even if they don't work), which the world thinks could exterminate the population.

Imagine the work involved in coordinating the simultaneous takedown of such a cabal through a second event - a global redistribution of wealth. Whenever were events of such magnitude carried out?

Dictatorships have fallen - Napoleon, Richard III, Hitler, Stalin. To unseat many despots, there've been massive casualties.

Yet I'm willing to wager that, in the demise of the New World Order, there'll be very few and those that occur will happen at the cabal's initiative. How is this possible? I cannot fathom it.

This is an operation none of us probably could have imagined possibly two decades ago. Now here we are, watching it unfold before our eyes, and probably taking it for granted. We're not thinking the matter through.

Ascension has to be slow. The Reval must be well-timed. Disclosure has to await the right conditions. Accountability requires massive coordination and enrollment of military and peacekeepers. We can't expect them to be carried out quickly. Or without a hitch - usually from the human side, as I understand it.

Might I suggest that we consider our service as lightworkers to have begun? Our first assignment is to watch and observe everything that we know is happening, as far as the Company of Heaven reveals it. It's to do what we can to aid the enormous events unfolding, without descending into arguments among ourselves or venting our frustration at waiting.

Raising our own vibrations by cleansing ourselves of our old resentments and issues is another part of that assignment. That apparently raises the vibrations of many by entrainment or example or the collective consciousness.

In my opinion, it's time for us all to become self-mastered. The events we're witnessing are too historic for us to want to serve in any but the noblest of ways.

### **Footnotes**

(1) "Sanat Kumara: Our Heartfelt Apologies to the Disappointed," Jan. 7, 2013, at <http://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/sanat-kumara-our-heartfelt-apologies-to-the-disappointed/>. Sanat Kumara is the Planetary Logos, with prime responsibility for the success of Ascension.

(2) SaLuSa, Sept. 28, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(3) "Archangel Michael: This is the Unfoldment of the Promise of the Mother," at <http://the2012scenario.com/2012/09/archangel-michael-this-is-the-unfoldment-of-the-promise-of-the-mother/>.

(4) Archangel Michael explains:

"Now as you know, during our latter conversations, it was still felt that about 30 percent of the population was, shall we say, good to go. Then there was the gray area, and then there were those who were well behind the fence. ...

"There is an instantaneous moment, and you can think of that moment as a moment within a very elongated process, but there is a moment of soul decision, when either the collective shift takes place - even though some were already through the portal and anchored, but many were not; most were not.

"The collective of humanity, the soul-decision consensus, plea vote - however you wish to think of this - the plea went up to ask the Mother, not for a halt, nor even for a pause, that was not the plea. The plea was, we came together as one family, to do this, to make this monumental change that not only changes each of us and our family and Gaia, but has effect so far beyond. We are aware and we choose to make this shift, but not all are completely ready, but we are asking, and it was a request, in that instantaneous moment: May we do it together? And the answer was yes.

"The heart plea was the most earnest perhaps that we have ever witnessed from the collective. Now it wasn't instantaneously put on hold or halted. The process is still

very much underway - giving you, but we did not put a timer on it, but you - humanity, your soul collective, said that we want to do this – and we don't want it (listen to what you are saying to us,) to take hundreds of years or decades.

"Just (what is your expression) just give us a chance to get our ducks in a row. And that is exactly what you are doing, and might I say, that you are doing it with surprising rapidity." ("Archangel Michael on the Pause and Full Restoration," Feb. 28, 2013, at <http://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/archangel-michael-on-the-pause-and-full-restoration/> .)

(4) Our mass, physical Ascension is only the first in a cosmic domino effect. Many more planets will follow the template we lay down here in their own Ascensions, as Michael acknowledged in discussing my future missions:

S: The next assignment is in the Seventh Dimension?

AAM: You will have a choice of planetary systems. This is just the warm-up for [another] Ascension. It is to bring a further rising of vibrations to those throughout the Universe.

(Archangel Michael in a personal reading with Steve Bedckow through Linda Dillon, Sept. 13, 2011.)

AAM: As I have said to you, when you complete this mission, you are allowed to have 200 years off. (AAM, Dec. 18, 2012.)

## The Purpose of Life is Enlightenment – Ch. 13 – Epilogue

August 13, 2011



*The little golden star leaves the domain of the Mother and returns to the big Golden Sun*

<http://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

*Because I've mentioned this article a few times in the book, I post it here.*

(Continued from [Part 12.](#))

Last revised: 13 Aug. 2011

### **When time stood still**

What inspired this book? What motivates me as its author?

The energy I have for the subject arises from an event that happened on 13 February 1987, a vision. Rather improbably, it happened while I was driving my car. I'll try to describe it in as much detail as I can for interest's sake. You may recognize it as a variation on the spiritual parabola or Jacob's ladder of consciousness.

The previous weekend I had been at a rebirthing workshop and had had a full breath release, an event which left me feeling incredibly clean and clear.

Moreover, I was at the time studying for my doctorate in sociology and had been counselling people on a volunteer basis. This experience as a counselor contributed directly to what happened next.

At first, like so many counsellors, I used “problem-solving therapy,” but soon became weary of trying to “sell” solutions to people who weren't inclined to buy. They seemed to want to tell their stories no matter what and rebuffed any attempt I made to offer a solution until they had had their say so I started listening.

I found that people presented me with a puzzle and, when I listened and they talked about it long and deeply enough, they suddenly had an “Aha!” The puzzle turned into a picture which caused their upset to disappear. (Of course I'm simplifying a more complicated process.)

In all sincerity that day, I said to the universe in general, “If our early lives are a puzzle which turns into a picture, is it possible that life itself is a puzzle? And, if so, what might the picture be that life is?”

I'd turned the corner in my car and was travelling through a part of the city I knew well. Having asked my question, everything suddenly turned black. I forgot about my car and found myself staring at a wordless tableaux, a spiritual movie, if you will. All of it was relational, a cause-and-effect story in pictures. I was watching God's wordless way of speaking to me.

At the same time as I watched this spiritual tableau — and this is very important — I was filled with bliss. The experience of bliss resulted in greatly-increased comprehension. It somehow made it easier for me to take things in so that, what I could not wrap my thoughts around in everyday consciousness, I now knew and understood quite simply, intuitively, and directly.

I knew intuitively the identity of the actors in the film and the nature of the drama that was unfolding before my eyes. Words just arose in my mind to explain what I saw.

There was before me a large Golden Sun, which I knew intuitively to be “God the Father” (Brahman, the irreducible Essence, the Tao). From it emerged a small golden star, which I thought of as “God the Child” (the Atman, the Buddha-nature, the Christ, the Pearl of great price). This small golden star streaked out into the blackness of space and disappeared.

I noticed that I had the capacity to follow the golden star wherever it went. I simply wondered where it had gone and I was there, looking at that corner of “space.”

In the corner where the golden star had gone, there was a kind of hazy cloud. I knew that cloud to be God the Holy Spirit, which I would now call “God the Mother” (Shakti, the Word, Aum/Amen, the creative universal vibration).

Within the haze, I saw a spiraling tube and recognized the Star-Child, moving through it. Now it had lost its brilliance and I could only see its perfectly-circular outline, as it wended its way through what I knew intuitively to be “lifetimes in matter.”

I watched for a time and then, suddenly, the Star-Child flashed back into brilliance and I knew that to be an experience of enlightenment. As soon as its luminescence returned, it left the tube and raced back to the Golden Sun in which it submerged itself. I knew this to be another, more senior experience of enlightenment.

The Star-Child having disappeared, I pondered what I had seen and the words formed in my mind: “Enlightenment is the purpose of life.” This understanding summarized my experience.

As soon as I had reached this conclusion, the vision disappeared and I was back behind the wheel of a car.

Knowing that part of the city well, I looked to the right and the left of me to see how far I had moved in the roughly eight seconds I had been somewhere else. I had not moved an inch. I concluded that the whole event had taken place outside of time.

The experience was not enlightenment. It was a teaching *about* enlightenment. I had been given a glimpse of God’s great Plan for life, a representation of the total journey of an individual soul. It went out from God, on a spiritual parabola, all the while spiraling forward, through the universe of matter, and back again to God once it had achieved a supreme level of mergence or enlightenment.

**“It all works out in the final reel!”**

Behind the wheel of the car again, I came to a red light and looked over at the worried expression on the face of the driver in the next car. I wanted to roll down my window and shout: “It all works out in the final reel!”

For the next three days, I remained in bliss. I saw that all of nature praises God and reveals His Plan. Trees raise their leafy branches to the sky as if in adoration. Their leaves drop off, as our bodies do, but the trees don’t die. The birds flying through the air leave no trace; nor do souls journeying through life. The way the sand and

sea mix and yet return to their basic natures reminded me of the relationship between the soul and the body. Everything natural was a metaphor of the Divine or one of Its created processes.

Thereafter my doctoral studies seemed insipid. I tried to enroll my professors in allowing me to study enlightenment for my dissertation but no one at the university, including the religious studies department, would hear of it. Religious studies said that the university regulations prevented them from studying such a subject. I was amazed.

Empirical materialism was the dominant paradigm at my university in those days. Only what could be known through the senses was considered real. None of what I'd seen was known through the senses; hence none of what I'd seen was, to the university, real.

I felt confined by the academic paradigm, was glad to leave it, and have never looked back. Moreover, I've never allowed my research, since that day, to be subject to academic scrutiny to preserve my freedom to wander where I will.

I remained entranced by the vision. I had to find words to express its wordless message. One by one, as I read the classics, statements appeared that explained what I had seen. Jesus saying that he came out from the Father out into the world and now returns to the Father was an exact description. Jacob's Ladder was a depiction of it. Here it was discussed in Ibn Arabi; there in Krishnamurti.

I spent almost twenty years trying to put that eight-second movie into words and, in fact, this book is the latest attempt. And now it's done.

May your efforts to achieve the purpose of life and consummate God's Plan for you be blessed with success. May you be filled with divine joy and love. May all God's children be enlightened, fulfilled and reunited with God.

Namaste,

Steve Beckow