

BACK TO THE BASICS:

The Purpose of Life and What It Means to Be Human



by
Steve Beckow

Back to the Basics: The Purpose of Life and What It means to Be Human

Copyright declined by Steve Beckow. Please copy freely.

For more information on this series, please visit us on the web at:
The2012scenario.com

Contents

Chapter 1. Back to the Basics: The Purpose of Life	4
Chapter 2. Back to the Basics: Emergence and Balance	6
Chapter 3. Let Me Not Forget That	10
Chapter 4. Ushering in the New Age	13
Chapter 5. The Basic Spiritual Movement	16
Chapter 6. What's Basic Here?	19
Chapter 7. An Introduction to the Perennial Philosophy	22
Chapter 8. Did I Open My Heart or Not? That is the Question	30
Chapter 8. What Does It Mean to Be Human?	34

Chapter 1. Back to the Basics: The Purpose of Life



Whenever I've been away for a time I like to remind myself of the basics. What is life all about? What is its purpose? Why am I here and why do I return to the body again and again?

The purpose for which God created life forms, as far as I'm aware, was to raise them up through a process of spiritual evolution from a place of unconscious awareness of their true identity to a place of conscious awareness. The reason for this is so that, in a moment of Self-realization, God meets God.

God is formless, one, all there is. There is no other besides God and so there is no occasion on which God could meet another and through that contact come to know Him/Her/Itself. Since there is no other, there is also no camera, mirror, feedback loop or any other means by which God could discover truths about Himself.

And so He (She, It) invented life forms, finger puppets as it were, into which He placed a spark of Himself which would grow in consciousness until they realized themselves as God. We are those finger puppets and this was the purpose for which life was made and introduced into the formless Oneness of the Divine ground of being.

Many religions map out this Divine Plan by saying that God the Father (Brahman) created a phenomenal realm of matter, *mater*, Mother (Shakti, the Holy Spirit) into which he embedded a spark of Himself as God the Child, the Christ (the Atman).

The Christian Trinity of Father, Son and Holy Ghost is the Hindu Trinity of Brahman, Atman and Shakti. It is the Transcendental, the Phenomenal, and the Transcendental embedded in the Phenomenal. We must know these three levels of reality if we are truly and completely

to know God. We know them in stages of enlightenment, which is itself virtually endless.

So now, we life forms at this human stage of evolution, having passed through the mineral, plant and animal kingdoms have reached the Third Dimension of life in the physical realm and the Fourth Dimension in the astral realm. We stand at the end of a cycle which will see us graduate into the Fifth Dimension or mental realm. This graduation has been called a shift, transformation, or Ascension. It is one stage along the endless journey from God to God.



It is only one stage. It will see our bodies change from carbon base to crystalline, our active DNA strands increase from two to twelve, our bodies grow younger, stronger and healthier and ourselves never need to die again. This is slated to happen on or before Dec. 21, 2012.

To free us from the grip of a dreaded cabal which intended to kill off a large segment of the population, reducing us from 7 billion to 500 million, the Company of Heaven summoned the extraterrestrial civilizations which originally gave us birth. It asked them to come to Earth, rescue us, revive us, and prepare us for Ascension. These millions of galactics have stewarded the Earth since its beginnings and will now mentor us and prepare us for this joyous undertaking.

Those are the basics.

This site aims to publicize the events of 2012, which will lead us from darkness to light, untruth to truth, and death to immortality, in this consummate year of 2012 and the Golden Age that follows it.

Chapter 2. Back to the Basics: Emergence and Balance



If I were to restate what for me are the basics, my restatement would be incomplete without a word on emergence and balance. These two notions have become so important to me in the last three or four years that I feel a surge of love each time I utter them.

“Emergence” is a word, not the thing itself. You can hang it on your wall, read it every day and nothing will occur from repeating the word.

And to describe what occurs when we do emerge is also difficult. Emergence is a spiritual event. When it happens, it isn't easy to say what just happened - except emergence.

In the split second in which we emerge, we put our fears behind us, cast off our constraints, and stand forth radiantly. We feel our full selves at that moment and radiate peace and confidence.

Why do I mention it? Well, in another article I said that enlightenment was the purpose of life. That God should meet God was the reason why all life forms were created.

But most people associate enlightenment with meditation and singing devotional hymns. But we here read and write. What spiritual practice is consistent with reading and writing? In my opinion, emergence is.

Emergence appears to be related to speaking. When we speak our truth fearlessly, we emerge. And so what I'm advising is that we do just that - speak our truth fearlessly and emerge. It's our enlightenment practice, if you will, a practice particularly suited to lightworker communicators.

But the minute I say that I feel the tug from my inner guidance to add: "harmlessly."

Humans can turn anything into a weapon, even the truth. And so unless we speak the truth harmlessly, even the truth becomes a lie.

We often emerge by the stands we take, the commitments we make, the promises, declarations, and other forms of soul-speaking that we engage in. We emerge in and through the use of language. What we are doing is using the very medium of language as our enlightenment practice. If Zen is a transmission outside of language, then emergence is emergence means we are fully here, fully present. Given that the dark ones on this planet intended to defeat and enslave us through financial manipulation and the erosion of constitutional rights (which they sold us as a “war on terror”), our emergence from the bonds of fear is no less than a social revolution.



Occupy, Arab Spring, We Won't Pay and Wikileaks are all forms of social emergence. So when I say to you “emerge,” I'm counselling revolution. I'm probably being more seditious than you could possibly imagine, at least in the eyes of the cabal. (1)

Emergence is service of the Divine Plan. And what is the Divine Plan for this time? The ending of duality on the planet and the rise of unity - and more particularly unitive consciousness. And all of that leads us to the second essential notion - balance.

Emergence does not persist forever. Yesterday's emergence would not buy you a cup of coffee today. We need to emerge daily. But what causes emergence to persist for even a

short while is balance.

I don't personally conceive of balance as a teeter-totter or a set of scales. Balance for me is not a question of up or down or more or less weight. It's a question of being in one's center or not.

I theorize that emergence persists in direct proportion to balance. To the extent that I can remain in the center, emergence persists. Remaining in the center is a function of the reduction of desires for worldly things and pleasures. Worldly desires are what pull me away from my center. When my desires are quiet, I remain in the center.

The more desires I have, the more I seem to exist on the peripheries. And the peripheries are really what we think of as “up” and “down.” When my desires are quieted, my mind is quieted and I remain quietly in the heart or passively in the center.

I have no right to call myself a spiritual teacher. Spiritual teachers are enlightened and I am not, At least not in this lifetime. Like all starseeds I come from a higher dimension, or so I'm told. And so chances are that I've been enlightened in another lifetime but wear blinkers in this one to serve Ascension. Even though I'm not a teacher and don't aspire to be one, the Boss (AAM) has said that I would soon be writing on spiritual themes and so it has developed.



My spiritual path is awareness and my discipline is observation. I “be with and observe” all unwanted conditions, upsets, resistances, and incompletions. And the more I be with and observe their rising, persistence and passing away, the more my mind grows quiet and I remain in the center.

Groundedness and centeredness are, I believe, synonyms for balance. Maturity is as well. The Boss has said time and time again that balance is an essential quality for Ascension.

If balance meant not too much of this and not too much of that, then why would the Boss urge balance for Ascension? But when we remember that balance means remaining quietly in the heart, the role it may play becomes clearer. If we're balanced, we're complete with Third Dimensionality and not holding onto this old setting and its pleasures and attachments. We're free to fly, as the Boss would say.

So emergence calls us out of our fears and balance releases our hold on the Third Dimension. Emerge and balance, emerge and balance. Turn away from this dimension that we're leaving and set our sites, in a grounded and centered manner, on the new dimension that looms out in front of us.

Balance and emerge, balance and emerge. Move forward one step at a time and then consolidate. That's what it feels like I've been doing for as long as I can remember and as far as I can see it works.

And so if you were to ask me what I've been doing this last month, perhaps the shortest possible answer I could give would be to balance and emerge. The circumstances have been challenging. I've been stretched and strained. I've blown a few situations, lost my way, fallen and picked myself up again. I've overstretched myself, failed even in many of my smaller undertakings. But all the while I've concentrated on emerging from those circumstances and then recovering my balance.

Life is good and it promises to become a whole lot better very soon. But good or bad, the way I plan to meet it is by emerging and balancing, balancing and emerging.

Footnotes

(1) In fact, Archangel Michael told me in a reading on March 8 that the Canadian equivalent of the CIA was observing me and considered me to be a rabble-rouser. Well, there you go. Obviously something I'm doing is working!

Chapter 3. Let Me Not Forget That



With everything that's going on, in all this hubbub, what gets forgotten, what falls by the wayside, time and time again is our remembrance of the purpose of life.

I can forget a day's appointment or where I left my keys, but I never want to forget the purpose of life.

I'm not an enlightened man so where do I get off talking about the purpose of life? In the strongest spiritual experience I've had, (1) one which propelled me out of academia and into life as an urban monk, I was actually shown the purpose of life. I was given one jewel from the treasure box buried in the field and have gazed into its depths ever since.

The purpose life could be stated many ways. The way I'd like to state it today is that our purpose in life is for each of us, by our own efforts, with a clear consciousness and not through a mind-altering substance, to know and realize the ultimate Truth - the Truth of who we are, the Truth of our identity, as God.

I'm convinced that God designed life. I think She (He, It) created design elements of life and divine processes. Among design elements in the Third Dimension are things like birth and death, reincarnation, the full-life review, the Adam Kadmon template, (2) and many other things.

Chief among the divine processes is that the Truth will set you free.

Have you ever wondered why you can be in an upset and then suddenly have an epiphany of some event, and seeing that event, the upset is released? The truth has set you free.

Or when a lover's ardor has cooled, you ask them what's going on and, even though they tell you the cruelest news that breaks your heart and sunders the relationship, once the truth is known the forward direction comes to a halt and a new direction begins, whatever it may be.

No matter whether we're talking about the relative plane or the Absolute Plane, the truth applicable to it sets one free at that level.

We are here to know and realize the Truth.

Not to get rich. Not to rack up conquests. Not to see as many countries of the world as possible, not for any other reason. And life responds to our discovering the truth by freeing us from whatever condition propels us in that moment.

I'm inclined to say, but I don't know whether I'd be correct or not, that the truth will free us from karma. It will eventually. The one who knows the truth of his or her being in *sahaja nirvikalpa samadhi* will in fact be freed from karma. The one in whom not a wave arises in the mind - a wave or vritti being a thought, which is inherently illusory and hides the truth - is ultimately set free.

In a relative sense there are reasons not to disclose the truth on occasion - not to lie, but not to disclose the truth. If a mind-controlled hybrid supersoldier showed up at my doorstep and demanded to know where my wife was because he wanted to kill her, I would withhold the truth.

Such reasons exist and form part of the drama of life. But, left to my own devices and not having to obey any other social exigency or duty, only the truth matters to me.

And that truth in the end is not the truth of who won the 2000 election or who killed JFK. It's the truth of who I am. And that truth is not the truth of what substance makes up my skin or why I'm allergic to soy. It's who the dweller in this body really is. And that truth can only be found by looking within, where the dweller is.

So, in the last analysis, I'm actually not that much interested in anything at all that lies out there, except insofar as I have a duty to it. There is something in here I'm more interested in, a treasure buried in the field of this body, in the heart to be precise - a Pearl of great price, a mustard seed, a something which can't be known for looking, can't be found for thinking, can't be called out, or cajoled out. A something that only responds to (and in fact

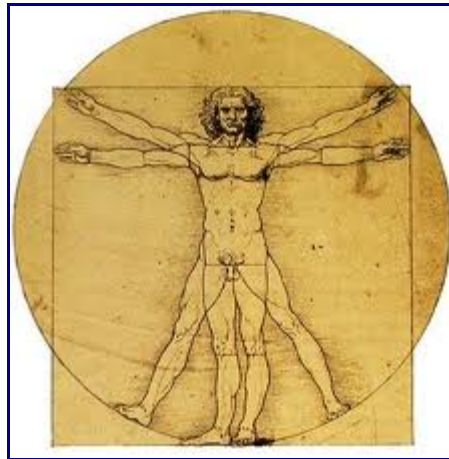
IS) openness and love, stillness and silence.

That I don't ever want to forget no matter how the outside of me changes. Disclosure doesn't touch that. NESARA doesn't touch that. Let all this panorama outside of me change with the season, but let me not forget *That*.

Footnotes

(1) Found here: "Epilogue: Eight Seconds Out of Time," at <http://www.angelfire.com/space2/light11/epilog.html>

(2) The template of the galactic human, whether reached by mammalian, reptilian, cetacean, insect, or other evolutionary line. We are most used to thinking of it terms of Leonardo's depiction of its male version:



Mammalian version of the Adam Kadmon template

Chapter 4. Ushering in the New Age



Awareness: Enlightenment Intensive

Each of us has his or her favored path to enlightenment and mine is, and has always been, the path of awareness.

The path of awareness is in many ways a western development. Its closest Hindu equivalent is jnana yoga or the path of wisdom.

It traces back to the growth movement of the Sixties - encounter groups, sensitivity training, consciousness raising, the est Training, rebirthing, Zen workshops, enlightenment intensives, and many other growth activities that stressed being here now, raising one's awareness, and breaking through resistance and irresponsibility.

Critics of the growth movement called it the "Me Generation." Well, it *was* about *self*-awareness. But it was neither narcissistic nor trivial. If anything it led to a greater sense of responsibility for and commitment to all aspects of oneself and one's world.

Among the consequences that flow from self-awareness, two are important to me: transparency and emergence.

By "transparency" I mean congruence between what is happening inside of me and how I'm presenting myself. I also mean acknowledging what is actually going on with me, being honest, revealing myself. As far as is prudent in a world where some opponents can be people who exploit transparency.

One doesn't want to belabor transparency and talk about every burp and hiccup. One doesn't want to be maudlin. But one does want to be open and clear with others.

The value of transparency is that I don't need to manage my impression. What you see is

what you get. There are no rehearsals, no attempts to make up for gaffes, and no need to keep a historical record of anything. Granted it does require keeping one eye on being graceful, which can be an early casualty, it doesn't mean that life is a performance, that I have to keep up with anyone else, or that I need to be any other way than I am.

By “emergence” I mean standing forth from the constraints, worries, fears and other barriers that keep us hidden inside and out of touch with our own personal power.

Emergence can be effected by telling the truth, sharing a withhold, letting go of fear, breaking through suppression, taking a stand, making a promise, and many other kinds of breakthrough actions.



Emergence: Facing down the guns

Emergence is something I can't do only once and I'm finished with the whole business. I have to emerge daily. Yesterday's emergence must be followed by today's emergence, although it does get easier.

And emergence means that I don't prefer character armoring or defensiveness or fighting for my share of the pie over standing forth unbound by any constraint, inner or outer.

Transparency and emergence, to my way of thinking, are natural correctives to some tendencies of our 3D social life. Much of our need for wealth, acquisitiveness, and endless striving is bound up with managing our impression in the eyes of others.

There's a very famous chapter in Erving Goffman's *Presentation of Self in Everyday Life* where Preedy goes for a swim. Preedy stage manages each stroke, when to rise up out of the water, how to glide back in, how to stand looking out to sea, etc. All of it is constructed for maximum effect - to impress, influence and attract.



Transparency: Woodstock

Yet what Preedy wants remains forever outside his grasp because he seeks it outside himself. The flow of energy that comes from congruence, the innocence that comes from honesty, the relaxed frame of mind that comes from ending seeking and acquiring never occur for Preedy. And so he must swim, and preen, and posture.

Now we're in an era where all our tendencies to acquire, impress and posture are being shown to be empty. All the residue, the flotsam and jetsam of a life lived to impress, is standing before us, waiting to be released.

I've been having a great number of fond remembrances these days of the Sixties - what we strove for, what we accomplished, what we enjoyed. Somehow that age was a trailer of what is coming down the pike now. I expect consciousness raising, communication and listening skills, responsibility, breakthrough and all the matters we studied then and introduced into our lives to be raised again and this time mastered.

Only this time, what we were about won't be mistaken as entitlement or self-fixation, but as what is required to build a world that works. I'm excited by what I conceive of as the flowering of civilization in the months ahead - from every possible perspective. We joked about it being a "New Age" then. But now it will be. And this time we *will* build it. And everyone, with whatever skill they have - listening, responsibility, team development, loving, healing - is invited to contribute.

I'm not waiting for the last cabal to fall. The time to let the sunshine in is now. The time to open ourselves and let love in is here. This is indeed the beginning of the New Age and we are the ones who will usher it in.

Chapter 5. The Basic Spiritual Movement



I was reading a back issue of SaLuSa the other day and he provided me with a statement that startled me and caused the melding of two bodies of literature in my mind:

“What the next few years will do is to offer you the opportunity to lift up your sights, and set them upon the most lighted expression you can achieve. After all, the object of working your way to Ascension is to move into a state of enlightenment, and continue to evolve.” (1)

Until I heard SaLuSa say that, I had puzzled over the matter and kept the literature of ascension and the literature of enlightenment separate in my mind.

But now I felt released from that. I felt as if a dam had broken. It was now time to meld the teachings of the spiritual sages with those of the masters, celestials and galactics that we have been so earnestly listening to.

As a result of these events, I struggled today to carry on my daily affairs because words kept pouring through my mind. I realized that it was time, for me at least, to begin to focus on the spiritual fundamentals as my way of preparing for what looms ahead in our lives - the reality of announcements (2) and all that follow.

From my studies of enlightenment, and I am not myself an enlightened man but only a seeker, the basic spiritual movement, the fundamental spiritual act, could generically be phrased as “turning from the world to God.”

To my way of thinking, all of life is a huge spiral in which the soul leaves God and begins a journey outwards, towards realizing itself as God, only to merge again with God when that realization is complete.

Jesus described it when he said, lo, I came from the Father out into the world and now I leave the world and return to the Father. (No time for citations anymore.) That is a precise description of what I just referred to.

And the halfway point, and this is only my way of seeing things, occurs when the individual soul turns its attention from the world and focuses it on God.

Those words “the world” and “God” can mean many different things to different people and all would be partly sound and correct. I could say “turn from worldly desire to desire for God alone.” I could say “turn from my appetites to my longing for God.” I could say “turn from pleasure to yearning.” I could substitute for the word “God,” the One, the Self, the Tao, the Formless, it really doesn’t matter what word I use.

However one wants to talk about it, there comes a time in one life or another where one feels the irresistible call to put aside what St. Paul called “childish things” - one more movie, one more bottle of wine, one more trip to Marrakesh - and cry out for God.

Sri Ramakrishna had many parables about the child playing with its toys. So long as it did so, the mother continued cooking rice over the fire. But the minute the child tired of its toys and cried out for its mother, she would take the rice pot down from the fire and hurry to her child.

The child has turned from the world to God and God has hurried to the child.

Or Jesus, when asked what the first commandment was, said “Love the Lord your God with all your heart and all your mind and all your soul.” A person who does this has turned from the world to God.

For me, this basic spiritual movement is the first noteworthy, conscious step an individual takes on the spiritual path and the one who does it has covered perhaps more than half the “distance” between Origin and Destination in the overall journey of life.

For me as well, delving into what it means to turn from the world to God (please substitute any other word you’d like if this word does not work for you) is an ongoing practice.

It's been quite a while since a movie no longer satisfied me. I have my wardrobe down to ... well, I may as well wear a uniform. The only uses I have for money are so basic that I could leave home without it some days and not notice.

When I look, I see that the consequence of turning from the world to God is that, after a while, it remains no longer a conscious action. I do not need to *turn* from the world at this time. I am drawn from the world, drawn inward, irresistibly.

I am almost incapable at this moment of doing much more than simply communicating about this. As a useful member of society, I am at this time a complete waste, a nincompoop. I don't even care to make excuses for myself.

I have no idea how I shall be tomorrow, but if there were a predictable direction to this, I quite seriously think I will be what spiritual writers call "abstracted" - not good for anything other than to simply contemplate God.

And not even to contemplate. Just to be bliss.

With the last ounce of focus I have, before surrendering even that, I say again what I wanted so desperately to say, as if it were a message in a bottle, a deep dark secret passed between best friends shhhhh (is anybody looking?) ... the basic spiritual movement is to turn from the world to God.

Footnote

(1) SaLuSa of Sirius, April 6, 2009, through Mike Quinsey, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(2)"Announcements" refers to the expected announcements disclosing the reality of extraterrestrial life and UFOs and the announcement of the abundance program called NESARA.

Chapter 6. What's Basic Here?



The Storm

We were told by SaLuSa on Sept. 12 that “once we can get started, you will find yourselves on a bit of a roller-coaster ride.” (1) We seem to be already on that roller-coaster ride.

Spaceships are circling the planet. Economies are falling. A new economy is waiting to be born. Conflict is breaking out around the world. Nations and armies are standing up to their erstwhile masters. Arrests are said to be occurring. No one knows if an attack these days is the elite attacking or being attacked. In every area of light work, new initiatives are beginning, new coalitions forming, new knowledge coming to light. All is a whirlwind of activity.

At times like this, to ground my being, I ask myself: What's basic here? What never changes? What is this all about?

While Ascension itself is basic, any one Ascension is not. There are always more Ascensions. When I asked AA Michael what my next assignment was, on the private part of the tape I made with him, he told me of another Ascension, a higher Ascension, happening after this one. On another occasion he had this to say about an even grander Ascension than that:

“There are many levels and stages of Ascension. ...

“Ultimately, we will experience the universal Ascension process together. This phase of Ascension will take place in the far-distant future; however, we in the higher realms of existence have had glimpses of this prodigious cosmic event and, we assure you, it is so magnificently complex and awe-inspiring that it is beyond your present comprehension.” (2)

Ascension is basic because it is one mechanism of a return to God and a return to God is basic. Regarding ever more enlightenments, each more basic, Franklin Merrell-Woolf once testified.

“A certain Sage..., speaking of unfolded Consciousness above the level of the highest human Adepts, said: ‘We attain glimpses of Consciousness so Transcendent, rising level upon level, that the senses fairly reel before the awe-inspiring Grandeur.’”

“Here, certainly, is space for evolution far beyond the highest possibility of man as man.” (3)

“Truly, within the Infinite there are Mysteries within Mysteries, Deeps beyond Deeps, Grandeurs beyond Grandeurs. ...

“Mystery of Mysteries, reaching inward and outward, but ever Beyond! And from that Beyond ever there come new whisperings of other imponderable Glories. Ah! How little is this world at the beginning of the Trail, barely a point in a Space of unlimited dimensions!” (4)

When Alfred Lord Tennyson was enlightened by a Seraph on the shores of Africa, Tennyson fell on his face and the angel picked him up. What the angel said is instructive.

“With ministering hand [the seraph] rais’d me up:
Then with a mournful and ineffable smile,
Which but to look on for a moment fill’d
My eyes with irresistible sweet tears...

““There is no mightier Spirit than I to sway
The heart of man: and teach him to attain
By shadowing forth the Unattainable....” (5)

The One is so far above us, the way to It is so long, that we may as well consider It “the Unattainable.” Implicit in this statement is that, for even this mighty being who stands in the face of God, there are yet more Ascensions.

Knowing our own true nature is more basic than anything that is happening at this moment or will happen tomorrow, or tomorrow, with the exception of Ascension.

God and the knowing of God are basic. The rest of this, as grand and exciting as it may be,

is just a passing show, whether it be war or peace, loss or salvation, the pit of despair or the heights of elation.

We are here to know the One. We are here to know ourselves. We and the One are the same. And all of this show is simply here to reveal to us our own true nature.

When things get as busy as they are now, because people are awakening, rising up, refusing and embracing, I remind myself that, as glorious as it is, it serves only my own personal awakening, and your own personal awakening, and the awakening of us all. Not an awakening to 2012, not even an awakening to only one particular Ascension, as if it were the end-all and be-all, but a full and complete awakening to our own true Self. There is nothing else that's happening here but a sleep and an awakening.

So don't be swept away by the busy-ness of the moment. Don't lose your grip on things. The rush and roar is not what's happening here. It's as much a passing show as a storm of a half-day's duration. There's something more basic happening here, and that's your own deepest awakening. Hold fast to that.

See that as what's happening. Sink down deeply into that. Let all of this, as chaotic and insane as it may seem, serve that.

Footnotes

(1) SaLuSa, Sept. 12, 2011, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

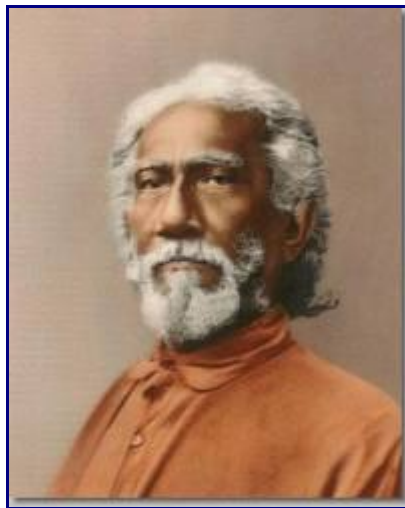
(2) Archangel Michael, "Passport to Ascension," May 2009, through Ronna Herman, at <http://www.ronnastar.com/latest.html>

(3) Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 5.

(4) *Ibid.*, 115.

(5) Alfred Lord Tennyson in Marghanita Laski, *Ecstasy in Secular and Religious Experiences*. Los Angeles: Tarcher, 1961, 401-2.

Chapter 7. An Introduction to the Perennial Philosophy



Sri Yukteswar Giri

In his Sept. 11, 2010 message, Matthew said: “The truth is [that] religions were devised to keep you from knowing who you truly are, to keep you ignorant of the universal laws, and to create divisiveness within the populace.” (1) So bad did the situation of religious division become that, SaLuSa tells us, “throughout your history, religious battles have been at the root of many wars.” (2) As I understand it, in many of these wars, the controllers funded both sides.

The division and manipulation that Matthew and SaLuSa are referring to are not born of the Truth itself but of a desire to control. Paramahansa Yogananda explained that religions may argue with each other but “men of realization who have the common knowledge of the same truth do not contradict one another.” It is not they who create dissension. “Their disciples of limited understanding create differences and establish different cults with varying beliefs.” (3)

Having seen the Truth of life, the masters searched for words to describe it to the people of their time. The Truth that lay beyond words and beyond religions has been called the “perennial philosophy” or “ageless wisdom.” One group called it the “divine wisdom” or theosophia. Another called it the “eternal law” or sanathana dharma.

Paramahansa Yogananda’s guru, Sri Yukteswar Giri explained it this way:

“There is an essential unity in all religions; ... there is no difference in the truths inculcated by the various faiths; ... there is but one method by which the world,

external and internal, has evolved; and ... there is but one Goal admitted by all scriptures.” (4)

“Only a few specially gifted persons can rise superior to the influence of their professed creeds and find absolute unanimity in the truths propagated by all great faiths.” (5)



Aldous Huxley

Aldous Huxley devoted his life to an explication of it. In one of his statements of it, he developed the notion:

“Philosophia perennis – the phrase was coined by Leibniz; but the thing – the metaphysic that recognizes a divine Reality substantial to the world of things and lives and minds; the psychology that finds in the soul something similar to, even identical with, divine Reality; the ethic that places man’s final end in the knowledge of the immanent and transcendent Ground of all being – the thing is immemorial and universal.”

It was to be found wherever humans pondered the meaning and purpose of life.

“Rudiments of the Perennial Philosophy may be found among the traditional lore of primitive peoples in every region of the world, and in its fully developed forms it has a place in every one of the higher religions. A version of this Highest Common Factor in all preceding and subsequent theologies was first committed to writing more than twenty-five centuries ago, and since that time the inexhaustible theme has been treated again and again, from the standpoint of every religious tradition and in all the principle languages of Asia and Europe.” (6)

He never tired of taking up the theme.

“In Vedanta and Hebrew prophecy, in the Tao Teh King and the Platonic dialogues, in the Gospel according to St. John and Mahayana theology, in Plotinus and the Areopagite, among the Persian Sufis and the Christian mystics of the Middle Ages and the Renaissance — the Perennial Philosophy has spoken almost all the languages of Asia and Europe and has made use of the terminology and traditions of every one of the higher religions. ...

“The records left by those who have known [the pure state described by the Perennial Philosophy] make it abundantly clear that all of them, whether Hindu, Buddhist, Hebrew, Taoist, Christian or Mohammedan, were attempting to describe the same essentially indescribable Fact.” (7)

This one great Fact of life is known in a moment of enlightenment. Enlightenment itself became known by many names in diverse religions, as John White explains.

“Enlightenment has been given many names. ... St. Paul called it ‘the peace of God that passeth understanding’ and Richard Maurice Bucke named it ‘cosmic consciousness.’ In Zen it is satori, in yoga it is samadhi or moksha, in Sufism it is fana, in Taoism it is wu or The Ultimate Tao. Gurdjieff labelled it ‘objective consciousness,’ Sri Aurobindo spoke of the Supermind, mystery schools and occult paths speak of ‘illumination,’ ‘liberation,’ and ‘self-realization.’

“Likewise, enlightenment has been symbolized by many images: the thousand-petalled lotus of Hinduism, the Holy Grail of Christianity, the clear mirror of Buddhism, Judaism’s Star of David, the yin-yang circle of Taoism, the mountaintop, the swan, the still lake, the mystic rose, the eternal flame.” (8)

But the Truth discovered in enlightenment was not different for the people who found it. Said White:

“The perennial wisdom is unchanging; truth is one. That is agreed on by the sages of all major religions and sacred traditions, all hermetic philosophies, genuine mystery schools and higher occult paths. Enlightenment is the core truth of them all.

“Even more broadly, it is the essence of life — the goal of all growth, development, evolution. It is the discovery of what we ultimately are, the answer to the questions:

Who am I? Why am I here? Where am I going? What is life all about?" (9)



Sufi Hazrat Ilayat Khan

While masters are many, Sufi sage Hazrat Inayat Khan said, the One who incarnates as all masters remains always the same.

"The Masters have been numberless since the creation of man; they have appeared with different names and forms; but He alone was disguised in them who is the only Master of eternity." (10)

"If the Masters were not the same in mortal garb, yet in spirit they were one; if it were not so, how could one and the same truth be disclosed in all?" (11)

Each new era and country needed the truth restated, says Hazrat.

"Their messages differ from one another in their outer appearances, each message being given in accordance with the age of man's evolution, and also in order to add a particular part in the course of divine wisdom. Certain laws and principles were prescribed by them to suit the country where the message was given, the climate, the period, customs, manners and requirements." (12)

In the nineteenth century, the ascended master Hilarion offered that generation this eloquent summary of the truths at the base of the Perennial Philosophy:

"The soul of a man is immortal, and its future is the future of a thing whose growth and splendor have no limit.

"The principle which gives life dwells in us and without us, is undying and eternally

beneficent, is not heard or seen or smelt, but is perceived by the man who desires perception.

“Each man is his own absolute lawgiver, the dispenser of glory or gloom to himself, the decreer of his life, his reward, his punishment.” (13)



Annie Besant

A few years later, Annie Besant, President of the Theosophical Society, offered her own summary of it:

“The main spiritual verities of religion may be summarized thus:

“i. [There is] one eternal infinite cognizable real Existence.

“ii. From That, the manifested God [unfolds] from unity to duality, (14) from duality to trinity. (15)

“iii. From the manifested Trinity many spiritual Intelligences [guide] the cosmic order

“iv. Man [is] a reflection of the manifested God and therefore a trinity fundamentally, his inner real self being eternal, one with the Self of the universe.

“v. His evolution [proceeds] by repeated incarnations, into which he is drawn by desire, and from which he is set free by knowledge and sacrifice, becoming divine in potency as he had ever been divine in latency.” (16)

And Aldous Huxley also offered his version of its fundamental tenets.

“At the core of the Perennial Philosophy we find four fundamental doctrines.

“First: the phenomenal world of matter and of individualized consciousness – the

world of things and animals and men and even gods — is the manifestation of a Divine Ground within which all partial realities have their being, and apart from which they would be nonexistent.

“Second: human beings are capable not merely of knowing about the Divine Ground by inference; they can also realize its existence by a direct intuition, superior to discursive reasoning. This immediate knowledge unites the knower with that which is known.

“Third: man possesses a double nature, a phenomenal ego and an eternal Self, which is the inner man, the spirit, the spark of divinity within the soul. It is possible for a man, if he so desires, to identify himself with the spirit and therefore with the Divine Ground, which is of the same or like nature with the spirit.

“Fourth: man’s life on earth has only one end and purpose: to identify himself with his eternal Self and so to come to intuitive knowledge of the Divine Ground.” (17)

Now the galactics and spiritual hierarchy say they will assist humanity to shed the shackles of religious belief and recover the truth of spirituality. Diane of Sirius for instance informs us: “In recent times more of you have broken out of the rigid disciplines of a religious nature. The truth will be brought into the open in due course and it will be left to you as to whether you accept it.”(18)

Kryon also foresaw the fall of the manipulators and the release of the truth.

“There are so many asking this. *‘Is it possible that God is bigger than I was told?’* Thousands on the planet are awakening to this truth all by themselves. There is no place on Earth where this is not happening... and it’s profound. It’s not limited to the esoteric belief systems, either, for many organized religion campaigns are seeing it as well. Humans are hungry for Spirit, and are looking for answers that feel good in this new energy. They will look for love, and a personal God.

“The old-energy organized religion will suffer greatly, with membership and interest falling to an all-time low. In the next years, there will be a new Pope who will attempt to revitalize his church by finally creating something that fits into what humanity is feeling. He has to, or he will lose a 2,000-year-old dynasty.” (19)



Matthew Ward

Matthew reassured us that “individuals are holding onto the godly aspects and discarding the dogmatic rules of their respective faiths as hearts and minds are transitioning from religion to spirituality.” (20)

SaLuSa describes how a spiritual flowering will lead us on to Ascension:

“When you are given the full truth of your spiritual heritage there will be an appraisal of your beliefs. Much that is false will fall away and thus allow for a coming together as there is but the One Creator, and not the many Gods you have envisaged.

“You will recognize the Light within all souls, and that will lead you towards Ascension as the one great civilization that you are. Seek to know the common ground between each other’s beliefs, and you will begin the process of re-integration and comradeship. You have been separated for far too long and it is time to bring everyone back into the fold.” (21)

I personally look forward to this spiritual flowering with unmixed delight. I welcome the day when our spirituality is truly cross-cultural and the truth is known free of dogma and doctrine. For me, it’s of primary importance that the people we listen to at the moment appear to fully understand the truth behind religions and assure us that its restatement and reintroduction into our society are among the highest priorities.

Footnotes

(1) Matthew’s Message, Sept. 11, 2010, at <http://www.matthewbooks.com/mattsmmessage.htm>

(2) SaLuSa, Feb. 15, 2010, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinse

[y.htm](#)

(3) Paramahansa Yogananda, *The Second Coming of Christ*. Dallas: Amrita Foundation, 1979-86, II, 10.

(4) Sri Yukteswar Giri, *The Holy Science*. Los Angeles: Self-Realization Fellowship, 1984, 3.

(5) Ibid., 4.

(6) Aldous Huxley in *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, vii.

(7) Aldous Huxley, "Introduction" to Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 11-2.

(8) John White, "Introduction" to his *What is Enlightenment?* Los Angeles: Tarcher, 1984 xvi-xvii.

(9) Ibid., xi.

(10) Hazrat Inayat Khan, *Way of Illumination*. Delhi, etc.: Motilal Banarsidass, 1988, 31.

(11) Loc. cit.

(12) Ibid., 33.

(13) Ascended Master Hilarion, channelling through Mabel Collins, medium, *The Idyll of the White Lotus*. Wheaton, IL: Re Quest, 1974; c1952, 114.

(14) Various religions will interpret the expansion from one to two differently. Some will say that it means the evolution from the Transcendental Formless only to the Transcendental Formless plus God in form. Some will say it means the creation by the Holy Father (Allah, Brahman, Buddha Nature) of the Divine Mother (Shakti, the Holy Spirit, Dharma). Others will say it refers to the creation by the Father of the Christ (Child, Atman, Original Face).

Since God with form and the Mother are in the last analysis the same, the models can be reduced to just two: Father and Mother or Father and Child.

(15) The trinity refers to Father, Mother and Child (Father, Holy Spirit and Christ or Brahman, Shakti, and Atman).

(16) Annie Besant, Besant, Annie, *The Ancient Wisdom*. Adyar: Theosophical Publishing House, 1972; c1897, 5-6.

(17) Huxley in "Introduction" to BG, 13.

(18) Diane of Sirius, Oct. 24, 2008, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(19) Kryon, "The Shift is Here," Oct. 20, 2008, at http://www.kryon.com/k_channel08_Chile.html

(20) Matthew's Message, May 19, 2010.

(21) SaLuSa, Feb. 15, 2010.

Chapter 8. Did I Open My Heart or Not? That is the Question



Hoodwinked

Reader Number 1: “Please keep us up to date with what is happening for you personally (vasanas and emotions). Some of us are more isolated than others and it’s such a relief to know that I’m not the only one feeling this way. Whenever you mention your presenting emotions/thoughts, it always directly echoes mine.”

Reader Number 2: “I’m finding, as we get closer into the changes, many in the community are expressing ‘egos’ and there appears to be a convergence between disinfo and real info. Witness Georgi’s ”attack’ on you, Ben Fulford’s attack on James Martinez (a synchronicity?). Witness O’Finouan’s attack on David. There’s just a lot playing out.”

Several things about what our friends say above.

I agree that as we rise up in our vibratory levels, all manner of archaic feelings, which I’ve called vasanas after the Vedantic tradition, are shaking loose. And we’re using all manner of ways to deal with them.

I’m amazed that, in private readings with Jesus and Archangel Michael that my wife and I have had, they address the very subject and recommend ways of dealing with them. Jesus recommended singing at the top of one’s lungs as well as his favorite means: going off into the desert and meditating on them.

Archangel Michael recommends allowing them to surface, even if they result in unpleasant feelings, expressing them, releasing them, but not aiming them at others. Hmmmm...

Sounds like an Enlightenment Intensive to me.

But the very articles that I write where I say what vasanas are arising for me - recently arrogance and jealousy - are designed to get these topics out into the open. Do I like thinking that I can be arrogant and jealous? Not at all. But these subjects must get an airing and starseeds are here to go first with that.

I actually do know that if one person expresses him or herself on a matter and another reads or hears it, it can be as useful for the second person as the first. Anyone who has attended a growth workshop like the old est Training or an encounter group knows how that works. So I do know that when I or anyone else “shares” their shadow side, others will benefit from that share.

I also know that when someone expresses him or herself with the force that exists for other people, the other people can experience release. And that is why I risked oblivion in Herculobus (not really) to say to Archangel Michael that we want action now and say it in a firm tone. I’ve received feedback from many people that that recreated their own feelings and allowed them to feel release on the subject. Believe me, I thought it would.

You can be assured that Archangel Michael knows how we feel and that one could not work for a kinder boss. It’s a bit silly to think that he wouldn’t know, even without us expressing it. And you can be assured that, if I said that to AAM, it was he himself that was probably pulling my strings because I’m surrendered to him. I allow him to use me for whatever purposes he wishes. He might not admit it on the air, so as not to short-circuit the drama, but I’m sure he arranged it.

As to the second reader’s share, there is indeed a lot being played out. Lots of us are feeling cranky, upset, unhappy and frustrated. All our residual negativity is surfacing as we rise in energy level. And we’re projecting it onto one another.

We have an extensive literature in the righthand column on how to handle vasanas. But the short form of it all is just to be with them when they arise and get their underlying communication or message.

But, yes, this is a very difficult time and we are going to screw up on occasion. Give yourself a break. Give another a break. This is what occurs when we rise up in vibration.

The residual resentments and incompleted feelings, especially the negative ones that are

stored in our mental and bodily memories, rise to the surface to be released. So perhaps just “get” that this is that time of recycling through all the garbage in our lives and is nothing personal.

And, while I’m here, another miscellaneous matter.

Someone wrote Linda Dillon a really awful letter saying that she was hoodwinking me, that I knew nothing about the ascended masters, and that I was as such a sheep ripe for the shearing, etc., etc.

I flatter myself that I know a mite about the ascended masters. I read the same sources as the correspondent. And I also have a fairly extensive background working with mediums for a number of decades - in fact, longer than Linda has been channeling.

I chose Linda for a wide range of readings because in my books she’s one of the best. More than a few people have expressed sentiments to me that I suspect (just suspect, don’t know) arise out of jealousy.

But can we spend a moment on the whole subject of hoodwinking?

Suppose Linda were, which I don’t think she is, hoodwinking me by pretending to allow Archangel Michael to speak through her. First of all she should get an Oscar for that performance.

All her information, no matter who speaks, is consistent and very, very detailed. How can anyone pull such a thing off? Only a masterful individual. Perhaps the mastery, if it were all a hoax, is more of an accomplishment than the mediumship.

But that aside, what matters it if I’m hoodwinked? In my heart, I’m serving AAM and would not the real AAM know that all my efforts were in service of him?

A friend once told me that a man on the street had asked her to give him money for food. She took him to a restaurant and bought him a sandwich. As she walked out she observed him throwing the sandwich into a trash can.

Does it matter?

When I give money to another, I’m giving money to God. If the person I gave it to turns out to be undeserving, so to speak, did I not give my money to God regardless? I never feel hard done by if the subject turns out to be undeserving. God knows the intent of my heart. It’s

God who accepts my gift.

Haven't we all heard the story about the false guru with the sincere disciple? God forced the guru to bestow the divine vision on the sincere disciple and appeared to her Him/Herself even though the guru lacked the wherewithal to bestow that vision. Isn't the moral of the story the same?

The same with the 2012 scenario, generally. So what if it all turns out to be a hoax, something that is very, very unlikely. If we've served it and it turns out to be untrue, have we not served enlightenment, humanity, the angels, and God? Is any such effort wasted?

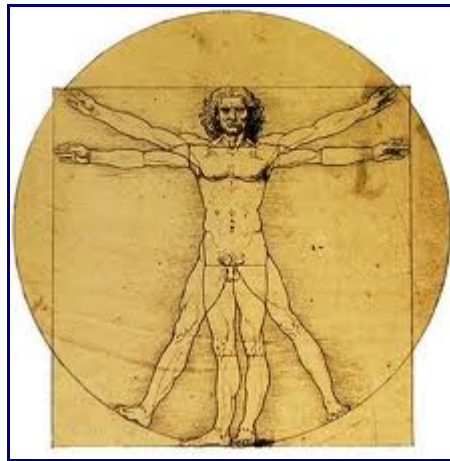
In my view, no sincere extension of yourself is wasted. All of it is seen by the One who reads our hearts, And isn't an opening of the heart what this is all about anyways?

So allow yourself to open the heart and, if you'll permit me to say it, put aside the fear of being hoaxed. Yes, we should all endeavor not to hoax another, but if we ourselves are hoaxed in serving what we believe is God, as far as I can see, there is no loss.

The action of serving has never turned on the fitness of the recipient. Did not Jesus treat Judas the same as he did the others? It's our heart that is the subject of the opening and, for me anyways, that's all I want to concern myself with.

Did I open my heart or not? That is the question.

Chapter 9. What Does It Mean to be Human?



The Adam/Eve Kadmon template

I'm glad so many people enjoyed the last article in this series (1) and are interested in beginning a global conversation. Let's take another step towards starting one. A global conversation is addressed to the human race. So perhaps I can be permitted a few words on my view of what it means to be human.

I'm not an anthropologist but I worked many years as a cultural historian. Nonetheless this is meant as a commonsensical discussion and not one that's somehow scholarly or academic.

What does it mean to be human? Believe it or not, human beings can achieve that level of evolution by different paths. David Wilcock described some of them:

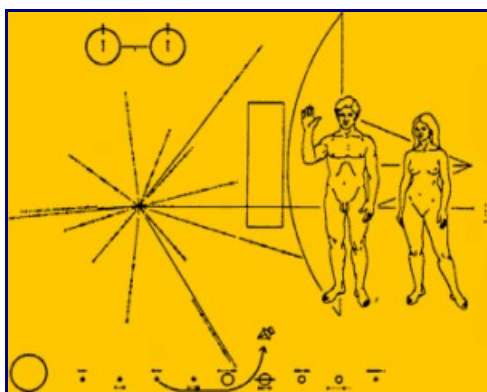
“The human body shows up in the galaxy on every planet where life can form. It's a natural evolution. Some might get there by an insect; some might get there by a lizard; some might get there by mammals like we do; some might get there by cetaceans; some might get there even by vegetation, apparently.” (2)

Even though humans can be mammalian, reptilian, or even plant-based, the humans around our planet at the present time are all of the same mammalian genetic makeup as we are; in fact they're our ancestors, the races that first populated the Earth.

The basic human form is known as the Adam/Eve Kadmon template and is best represented in Leonardo's drawing (above) or the Voyager Plaque (below). That template is upright, bipedal, bilaterally symmetrical, with stereoscopic vision located on the front of the face, arms, legs, opposable thumbs, a brain with hemispheres, etc. The form is human, but the soul divine. The soul is at a level of evolution called being human. As the saying goes, we

are not humans having a spiritual experience but spirits having a human experience. We're immortal and live many lives, only some of them as humans.

The physical human form has certain aspects: the biological, cultural, emotional, and spiritual. The biological aspect centers around the need to eat, drink, breathe, sleep, procreate, clothe ourselves, etc. These needs are only associated with the Third Dimension. We share this level of existence with animals, but we satisfy our needs in a peculiarly human way, through the use of culture and tools.



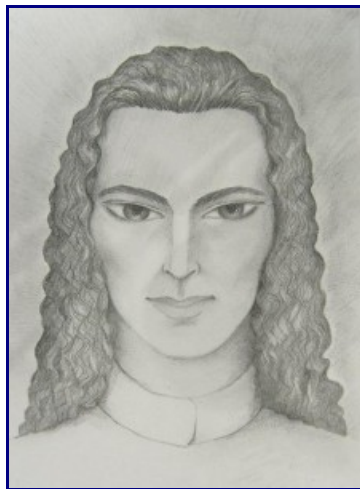
The Voyager Plaque: Another view of the Adam/Eve Kadmon Template

The cultural aspect relates to the fact that we traffic in ideas. Culture = ideas. To create an idea that can be communicated, we bestow meaning on symbols, freely and arbitrarily. This tall wooden thing before me I think I will call a “tree.” (Non, non, un “arbre.”) This barking animal I will call a “dog.” (Non non, un “chien.”) With ideas, we communicate and dream, rehearse and remember. We get the idea, make believe, and pass the word along.

When I was a cultural historian, I used to say that culture was an organization of ideas, manifest in act and artifact, though consisting of neither, by means of which we think, respond and take purposive action. We live in a world of ideas, whether animals do or do not. (Some say they do.)

There is an emotional aspect to us which builds on both biology and culture. We respond emotionally to our body's needs and urges and to our thoughts and actions. We respond emotionally to others. We even respond emotionally to our dreams and fantasies. We love and hate, desire and reject, lean towards and away from. We're repulsed and inspired, jubilant and depressed, encouraged and discouraged. And we then we double back and have thoughts about our emotions.

The spiritual aspect builds on the cultural and emotional, beginning with the power to make an object of ourselves. Taking cognizance of ourselves we term “self-consciousness.” It was a huge innovation. We can make of anything an object and end up making one of God as well. As we expand our consciousness more and more, moving towards the event for which all life was created (enlightenment), we move ever closer to transforming God from an object into the one and only Subject. We've moved from self-consciousness to Self-Realization, using object-consciousness to reach consciousness without an object.



SaLuSa, human being from Sirius

These processes are what all of us humans share. If we want to take a human perspective rather than an American or a Catholic or a Republican one, then we'll be looking at what we are and do relative to our biological, cultural, emotional, and spiritual selves and others.

We haven't been speaking about these before now - not commonly. Certain scholars do, but not the mass of society. We've been speaking about Presidential candidates, the pound sterling, and housing prices. We've been speaking about the Vatican, and Burma, and space shuttles. Always we take the partial view, the specific view, the named and unique perspective. Always we focus on differences.

But we're being obliged to become aware of ourselves as a planet by the guests who are coming to dinner. If we're talking about Pleiadians and Arcturians, how can we not think about terrestrials? We're suddenly finding that we need to know more about ourselves, even as we attempt to know more about them. We can see that the galactics are studying us. Just get yourselves onto Ellie Miser's distribution list. Ellie is a conscious Pleiadian starseed

who studies us like an anthropologist.

They're studying us. We're studying them. Now we must also study us. We have to survey us, take stock of our credits and debits, surpluses and insufficiencies, gifts and weaknesses.



Asket, Billy Meier's human Timorian mentor

As I said in an earlier article, (3) in regard to the work that needs to be done between now and the end of the year, primarily what we address is “problems.” We aim to turn unworkability into workability.

But we also need to get to know each other from a human vantage point. After years of focusing on our differences, we now need to focus on our similarities. What ties us together? We all have the same biological needs. We all live our lives by using and communicating ideas. We all have emotional reactions to things. And many of us also feel the tug of the spiritual.

So this is what it means to be human - at least on Planet Earth. Who's coming to dinner are more humans like us, from other dimensions and places. We already know they'll have the Adam Kadmon form. Their bodies may have some of the biological processes that ours do or maybe fewer of them. They'll traffic in ideas, though perhaps telepathically. They'll react to things with emotions, though less dramatically than us. And we know they worship the same God, see the purpose of life as knowing themselves and God as one, and live their lives in service to others.

So this is a framework that we can use to see what it means to be a human being, whether we are talking about us as humans or the galactics. As we begin our global conversation, we're talking as one human being to another and what this article describes is what we share in common.

Footnotes

- (1) "Having a Global Conversation," April 7, 2012, at <http://the2012scenario.com/2012/04/having-a-global-conversation/>
- (2) *Project Camelot Interviews David Wilcock*, Part 2 of 4, at <http://www.youtube.com/watch?v=0Bz9YPriDLo&feature=channel> . For more on this subject, see "We Gaians (Repost)," at <http://the2012scenario.com/2011/10/we-gaians-repost/>
- (3) "What There is to Do," April 7, 2012, at <http://the2012scenario.com/2012/04/what-there-is-to-do/>

In My Opinion: The Three Most Basic Survival Skills in These Quickening Times



Did you ever stand in front of a spinning children's carousel and wonder what would happen if and when you leapt aboard it? Would you be swept away? Would you lose all ability to think? What capacity would you draw on once you found yourself spinning rapidly? How would you endure the experience without falling off or worse?

Our world is about to become a spinning carousel, according to commentators like SaLuSa. "If we said that the ball is rolling where the changes are concerned, it would be an understatement as it is thundering forward," he told us on April 2, 2012.

Wanderer of the Skies told us on March 25, 2012: "When the dominoes fall, they will fall quickly." And the Ashtar Command through Greg Giles informed us on March 21, 2012 that "we have much to do together, and these activities will begin with a flurry of activity all around your world."

What are the three most basic skills we can draw on when the world begins spinning and we along with it? Is it information that will save us from keeling over, metaphorically speaking? Is it our memory? Is it our winning number, or personality, or poise?

I don't think it's any of these, quite frankly. I think three skills will save us: (1) the ability to remain balanced or centered, (2) the ability to remain as the observer, and (3) the practice of loving unconditionally.

I've discussed these matters before but I repeat them here because, perhaps any time now, the referee may blow the whistle and the game may be underway. We may have laid in food and put some money away at home, but have we prepared ourselves internally? That will be the most important question, I believe, in the times ahead. Let's look at all three of these "survival skills."

Remain in the Center

Remaining in balance and in the center mean the same thing to me. Our heart, our soul, our center of gravity is to be found in the center. I've been outside my body and returned to it so I know experientially that I exist in the body's center.

"Balance" for me does not mean "more or less," "up or down." It means remaining in the center. When I'm out of balance, I swing from one periphery or one extreme to the other. When I'm in balance, I remain in the center, in the heart of my being.

We think of balance as referring to a kind of teeter-totter or set of scales. But I believe it's more useful to see it as remaining in the cave of the heart and not venturing out into the maelstrom.

For me strength resides in the center and weakness resides in the extremes. Conservation of energy is associated with remaining in the center. Manageability, response-ability, calm reflection are all associated, for me, with remaining in the center. So the first survival skill of paramount importance for me is to develop the discipline of remaining in balance or, if you prefer, remaining in the center.

Remain as the Observer

The second survival skill of paramount importance is to remain in the position of the observer. Observing what? Observing me. I am what needs to be observed. And why observed?

Think of it this way. Consider a mother and child in the supermarket. The child is kicking and screaming and the mother is observing the child and responding.

Now consider what the situation would be like if the mother were also kicking and screaming. Utter chaos. No hope of anything constructive getting done.

When we adopt the observer position on ourselves, we are like the mother; when we remain in the upset, identified with it, acting it out, we are like the child. When we take the observer position, we break the connection between the upset or other unwanted condition and ourselves. We remove ourselves from the upset and make it something we're looking at rather than being in the midst of.

Right away, this new positioning gives us a modicum of relief. Right away the temperature drops somewhat and we restore a degree of manoeuvring room.

There's no satisfactory resolution to things when we're "in it." A satisfactory resolution does not become manifest or possible until we take the first step out of the upset by beginning to observe it. The positioning is altogether different. This different positioning is what gives us space. And space is what will be least available and most in demand in chaotic times. So this is my second recommended survival skill.

Love Unconditionally

As far as I can see, it's getting easier and easier to love. According to the sources we follow here, we're being bombarded with love and light and our ability to come from the heart is increasing by leaps and bounds. Certainly I feel it.

Thus the discipline I think we need to practice and to practice with all our might, and mind, and soul, is to love one another, everyone, everything freely. This practice of unconditional love is the only one I can think of that seems guaranteed to leave no harmful residue when things get off-the-wall chaotic, too fast to permit us to think. Only loving empowers, ennobles, and endears us to others and others to us. It's the smokeless fire, in my view. So this is the third survival skill I recommend.

Now let's combine the three. If we assume the observer position on ourselves while remaining in the center, in balance, we've maximized our ability to respond to the chaotic nature of this fast moving carousel we call life in 2012. If having accomplished these two ends, we face our world and simply love it unconditionally, we are positioned in the very best way, I think, to meet what comes to us without being thrown off track, off balance,

confused, ending up in controversy and confrontation, and creating residue.

In my opinion, it isn't the information we have, our neat personality, our winning smile or any other similar thing that will save us in the times ahead. It is our ability to stay centered, to remain as the observer, and to love everything we see and meet, unconditionally, that will have us come through this time of rapid change - not only in one piece, but perhaps even having thrived.