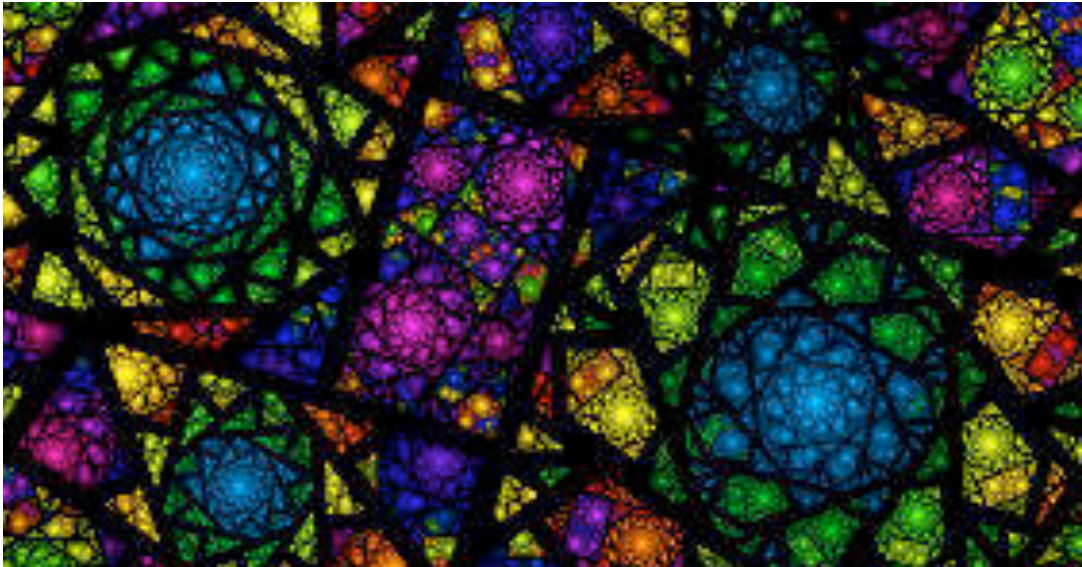


# **From Love to Bliss to Ecstasy - Part 3**



**by Steve Beckow**

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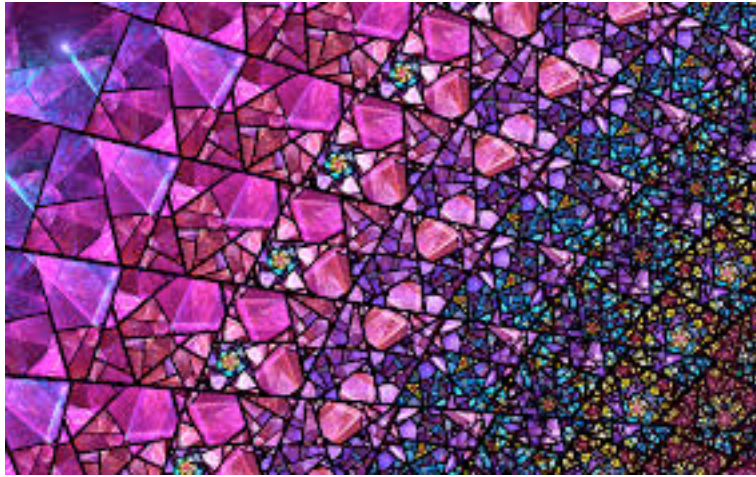
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## Best Before Tomorrow



Oct. 7, 2015

Hours later, I continue to be in an expansion of consciousness. (1) I'm not going to call it "Ascension" because what do I know about Ascension?

At this moment? Probably nothing.

But it's an unexpected and delightful expansion of consciousness. It's pleasant and I don't care what anyone calls it, really.

Expansive, relaxed, without a care. Buoyed up and optimistic, I feel very philosophical.

It happened in the bath. I had just finished listening to the Divine Mother's channeling on Heavenly Blessings. After that, I was thinking about a beloved friend.

Before I was aware of it, I noticed that I felt this way (expanded). I didn't see it coming. I only noticed it when it began to make itself felt.

I remember that, after the first expansion of consciousness, I had a meeting with a man and that meeting went fabulously.

Here again, I may have missed an appointment because I keep losing everyday awareness, but I'm OK with whatever results. I feel equanimous, balanced, centered.

The articles I post these days are all out of order because I keep having red-hot shares that push them back. I'm trashing more than a few, which no longer make sense after I burst through again to this space.

Nevertheless, in this space, the ideas for articles keep pouring out. I worry about tiring you.

All of this bears witness to the creative power of this space, call it what you will.

I feel cosmically complete and have nothing is holding me back at this moment. I could take off, stay another round, immerse myself, let myself go. I'm at choice.

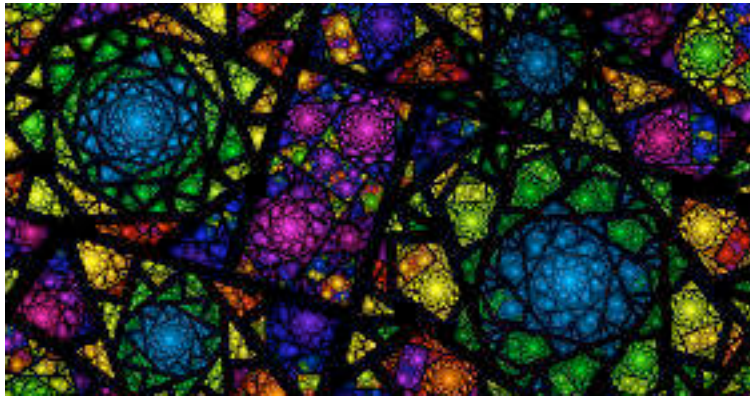
I most probably will return to 3/4D consciousness by tomorrow. By now I shouldn't have to say: "Permanence of experience comes only after Sahaja Samadhi, a little ways down the road." You've heard it enough from me.

So this is the truth of the moment for me. Best before tomorrow.

### **Footnotes**

(1) See "Love is My Very Being" at <http://goldenageofgaia.com/?p=266425>.

# An Ethnography of Ascension



Oct. 8, 2015

Ethnography is defined as "the study and systematic recording of human cultures; also : a descriptive work produced from such research."

Ethnography is one subdiscipline within the discipline of anthropology.

A culture for me is an organization of ideas, manifest in act and artifact, though consisting of neither, through which human beings understand their world and take purposive action.

Every society has a culture. We're creating a new form of society, without borders, without racial, gender or other biases, and ascended. That society has its own emergent culture and lightworkers, by their thoughts and actions, are creating it as we speak.

What does "ascended" mean? Ascension for me means a radical, transformative, and reorganizing expansion of consciousness. This expansion removes one, for the time it's experienced, from the vibrational frequency of the Third and Fourth Dimensions and leaves one in the vibrational frequency of the Fifth or higher.

Along with this elevation of consciousness comes the experience of states of being like love, bliss, happiness, tranquillity, satisfaction, and aliveness.

When ethnographers enter a new village, and I'm guessing at this, they begin by first orienting themselves. They make notes of all they see, usually without trying to impose a form on it. So I shall begin by making notes of all I've noticed about ascension so far without imposing a form on it either.

First of all, it's been my experience that ascension occurs primarily because of, and in a moment of, release. It isn't something that requires effort, struggle, labor, exertion. One releases oneself into ascension.

Secondly, strong determination contributes to ascension (what Buddhists call, if I remember correctly, *adiktan*). We have to be 100% resolved to ascend, not 90% or even 99%. If you had a

bicycle tire that was 90% whole and had a gash in it over 10% of the area, the bicycle couldn't be ridden. Even a gash of 1% in the tire would still mean it couldn't be ridden. To ride the bike, the tire must be unpunctured over 100% of its area.

So with ascension, one must be 100% resolved to ascend. Without that, there is not the "juice," the resolve, the determination to ascend. The mother who lifts the car off her child has found the juice to do it. And the universe moves in support of her. To make the universe move in response to our resolve, that resolve must be 100%.

That's why certain practices are useful. Making a promise, committing, or declaration, taking a stand, sharing a withhold, telling the truth at a deep level - these stir the soul and well position a strongly-determined person to ascend. Any indecision or wishy washiness and the air goes out of the tire.

Third, the practice of the divine qualities are essential to create the most fertile ground in which the seed of ascension can blossom.

For Buddhists, the divine qualities anymore than simply sila or morality. That's at best a matter of integrity - necessary but not sufficient. More is needed.

The divine qualities are what Buddha called the paramitas or virtues. These must be practiced for there to be a tire to inflate or fertile ground to plant the seed in.

Fourth, there will be different experiences of ascension with different people. For Paul Backes, (1) ascension landed him in a different place. For me, ascension was an expansion of consciousness with no perception of landing in a different place. Undoubtedly people's experiences will vary.

After my third trip through the ascension portal, I attended the Vancouver meet-up, at which another member related experiences which were almost exactly the same as mine. So some have similar experiences; some have different.

Fifth, being in sacred partnership magnifies and multiplies the results of spiritual practice. Love is the royal road to ascension, in my view. It's what allowed my sacred partner and I to climb the ladder of Jacob's consciousness and reach the ascended state. There 's no road more direct and promising, as far as I'm concerned, and love in relationship is especially fertile.

Sixth, going through the ascension portal only brings us into the first subplane of the Fifth Dimension, what I call the "vestibule." Further stages await us, according to the Divine Mother and Archangel Michael.

They are Brahmajnana, or God-Realization, and Sahaja Samadhi, or our natural state. These happen deeper into the Fifth Dimension - i.e., more subplanes in than the vestibule that I'm in.

Upon the attainment of Sahaja, we're liberated. Hindus call this moksha. It's the death of our root vasanas or core issues.

That's probably enough for one go. These are noticings from having landed in the ascended state. These noticings, from me and others, can eventually be gathered together to produce an ethnography of ascension.

### **Footnotes**

(1) Paul Backes, "My Ascension Story: A Glimpse Of Nova Earth," Oct. 4, 2015 at <http://goldenageofgaia.com/2015/10/04/a-glimpse-of-nova-earth/>.

## Reflected and Transformative Love



*Credit: ellieelectro.deviantart.com*

Oct. 10, 2015

Even as I sit down to write, I go into my sixth expansion of consciousness. My fifth was yesterday and I never got near a computer to record it.

As with almost all previous expansions, it came with the thought of the beloved. This so much validates the value of partnering.

Again what I'm primarily aware of is, as I begin to write, the feeling of blissful calmness.

I've mentioned ordinary love and transformative love as two phases of love. There's actually another and it bears looking at as well.

I call it "reflected love." Let me illustrate from my own background.

For many years of my life, I felt that I could not love. Such was the power of my vasanas and scripts, that I had closed myself off to it.

When called on the situation, I said it was like having a hole in your heart. And I largely gave up on myself.

The best I could manage was, when I was in a new relationship with a woman, I could reflect back the love I received.

It wasn't really "reflecting." The love I received inspired and enabled me to find love in myself to radiate out. But that love was a mere trickle.

But when the woman stopped loving me, everything crashed. I couldn't take over and radiate the love. Not like I knew any of this was happening.

Then, only as recently as October 2014, I suddenly found myself able to love and I loved passionately.

Then again on March 13, 2015, I had a major heart opening. My life really began from that date.

What I observe about reflected love is that it's not strong enough to build a platform of promises, commitments and stands on - whether we're talking about sacred union or sacred projects. It isn't count-on-able. Usually it's only there when it's not needed. It's not there when it's needed most. Because it's reflected.

When it's needed most is when I'm flagging in my ability to love. Since it's reflected, when I (the original source) am not loving, it (the reflected love) is not there.

There's no substitute for transformative love - whether we're creating a sacred union or building Nova Earth.

It alone - and not affection or reflected love - is strong enough to call into being the love revolution the Divine Mother called for in the most recent Heavenly Blessings. (1)

I feel so guilty saying that because transformative love isn't something that we can go out and buy. So what to do?

The only thing I know is to ask for it, intend with strong resolve that it happen, and then allow the rising energies to do the rest. An expansion of consciousness is something we relax into; it cannot be won by striving.

All the world around us seems to be tumbling down, refugees are moving from country to country, new technologies are being revealed, and we're talking about transformative love?

People are running around screaming about climate change, American bankruptcy, and police brutality and we're discussing transformative love?

Yes. And we're only a small group of lightworkers and lightholders who are doing it.

But this is the answer for the world. Transformative love is what it'll take to make and deliver on the promises, commitments and stands that will make the world work.

Ask for it. There's nothing like it. There is nothing more fulfilling, more uplifting, and more connecting than transformative love.

## **Footnotes**

(1) At <http://inlightuniversal.com/wp-content/uploads/2015/10/HB-MOM-oct-6.mp3>.

# Love Builds: Transformed Consciousness and Building Nova Earth



Oct. 11, 2015

How can the energetic results of the Blood Moon Equinox be related to managing the money flows of the Revaluation and building Nova Earth?

Well, what happened at the Equinox seems to have equipped a few people, yes, for Ascension but also for building the new world.

I can speak for myself that I'm ten times more productive and effective in the transformed space which I've been in for the last week (intermittently) than I was before.

My meetings go smoothly and the outcome is to the satisfaction of all.

As long as I'm in the transformed space.

When I'm back in my everyday consciousness (call it 4D if you want, 3D if you must), things don't go nearly as well.

I feel territorial. I get impatient. I make my complaints known. And so on.

But in the transformed space, everything works.

I can therefore confirm that building Nova Earth will almost certainly proceed ten times more effectively if we're in the transformed space.

I confess that I don't know how to reliably transition from everyday to transformed consciousness. I wish I did.

I've used the thought of the beloved to give me the push, via love, to reach it. And that has always worked.

But not everyone is in relationship so I'd like to look at other ways as well.

Whatever means is selected, love almost certainly has to be a part of it. I don't know how to reach the transformed space without loving .... someone, something.

So let me practice a more generalized love and see what outcome that produces.

Yes, it does work. Impersonal, generalized love directed to the world is capable of lifting a person from everyday consciousness to transformed consciousness. At least in these energies.

It's the love that uplifts. The object is variable. But, since love needs to flow, it's useful to have an object it can flow to. Direct it to God. Direct it to the Mother, Archangel Michael, Quan Yin, it doesn't matter. Just let love flow.

Then it's a question of allowing the feelings and sensations proper to that level to fill me up. Being filled up is what determines whether or not I stay there, if even for a while.

So breathing in love and sending it out to the world is again the central practice in elevating me and allowing me to stay where I land.

At some point, something will happen to make this space permanent, as Alexander del Sol reported it was for him. (1) Until then I have to kickstart it.

St. Paul was pointing at this process when he said that "love builds." The Divine Mother also described the same space on An Hour with an Angel:

Divine Mother: Sweet Steve, you have said to me many times; How do we build this Nova Earth?

SB: [laughing] Yes, Mother.

DM: And you build it, my beloved son, by claiming the love, by claiming the building blocks, the glue, the dissolving agent, and you use it as your creator self however you choose.

And I support those choices because, when we are in harmony, when I am permitted to be acknowledged and loved within you as you are within me, then the choices are always reflective of this forward movement of Ascension. (2)

So to repeat, operating from the transformed space will multiply and magnify our efforts towards managing the money flows of the Revaluation and building Nova Earth with them.

## Footnotes

(1) Alexander del Sol, "Profound Inner Peace, Ineffable Bliss — The Shift is NOW in Progress!" On the Cusp of the Wave, March 26, 2013, at <https://waverider1.wordpress.com/2013/03/26/profound-inner-peace-ineffable-bliss-the-shift-is-now-in-progress/>

(2) "Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.

# What was Accomplished at the Blood Moon Equinox? - Part 1/3



*Credit: <http://in5d.com/wave-x-awakening/>*

Oct. 13, 2015

I'd like to look at some of the available reports on what occurred during the Blood Moon Equinox, 2015. I'd also like to bring forward some of the predictions that were made before the event, that seem to have borne fruit or promise to bear fruit.

The extraordinary wave of energy occurred at the time of the conjuncture of the Super Moon, Harvest Blood Moon, Equinox, and Lunar Eclipse. Many called it "Wave X" or "the Event."

Patricia Diane Cota-Robles called it "an incredibly powerful influx of Light from a total Full Moon Lunar Eclipse, [and] a life-transforming influx of Light from a Celestial Event referred to as WAVE X, or The Event Horizon." Here's how she described it:

"On September 28, 2015, we will receive a crescendo of Gamma Ray Light from the Galactic Core. This is a rhythmic pulsation of Light that blesses our Solar System every 3,600 years with the Divine Intent of raising the consciousness of Sons and Daughters of God and accelerating the evolution of our Solar System.

"Even though this wondrous Gift of Light from On High has been available every 3,600 years, since our tragic fall from Grace the Earth and Humanity have been vibrating at a discordant frequency that was unable to receive or assimilate the benefits of these Gamma Rays. Now, however, EVERYTHING HAS CHANGED!" (1)

Archangel Michael through Michael Love described the event in this way:

"Over the next 21 days the powerful wave of gamma light coming in from the Galactic Core (the Pleroma), will continue to impact Earth and its beings! The power of this

incoming gamma light wave as measured by German and Russian scientists recently was discovered to have doubled over the last 2 weeks and is now increasing exponentially!

“This super wave of gamma photon light has the power of one hundred million nuclear reactors and had to be diffused using advanced satellite technology by a group of star beings known as the Earth Alliance to turn down the power level to be safer and easier to integrate by the Earth and its beings. ...

“As we have now entered the densest area of the Photon belt, the power of Wave-X is increasing each hour and each day.

“This great point in humanity’s evolution is known as ‘THE EVENT HORIZON’.” (2)

Matt Kahn had been predicting a great shift in consciousness on Sept. 27, 2015 for some time. He reminded us that we wouldn’t experience a change of surroundings but a change of consciousness.

“While the Universe gave me the date 9/27/15 as a marker in time, signifying when the first wave, or 1/3 of the planet would be aligned in 5D consciousness, many interpreted this through older ascension models and created literal meaning out of a metaphorical journey of expanding consciousness. Others assumed it to be a date when the world in view begins to become the heaven on Earth they yearn to discover.

“As a way of clarifying what I’ve been told, 9/27/15 signifies a moment in time when 1/3rd of the planet will be aligned in 5D consciousness. When you are aligned, it signifies your readiness for entry. This means, as of 9/27/15, 1/3rd of the planet will begin a rapid ascension into 5D consciousness. It won’t be a dissolving into a different planet, but an emerging into a new spiritual paradigm of experience.” (3)

According to Cosmic Awareness, we’ve reached a plateau of energy.

“A plateau has been reached if you will, and many have been elevated to this new plateau, and ... it is now important simply to become aware of the new rarefied air to be taken in at this higher plateau, the energies of this new level of experience.

“The energy of the month [of October] will be to balance yourself, to find your own stability in this new energy. For many, it will not be noticed at all except [in] more chaos in the world and in their lives. But for those who have anticipated this event, have followed it, have flowed with it, that they are now at that level, this new plateau level where integration is necessary.” (4)

The energies, CA says, “are not ramping up any further. In fact, in some ways the Wave will recede, but over the next several weeks, it is still this new level. ... There will be other waves above the peak level that this Wave X presented.” (5)

This is part, CA tells us, “of the ongoing process of Divine Consciousness, Divine Source Consciousness and Spirit bringing humanity to new levels.” (6)

The dark will try to take advantage of the new energies. They will mount several false-flag incidents “but they are not effective for they cannot come to those higher frequencies that the many who are focused on this, who have been open to this, who have worked with this, are at.” (7)

CA concludes by advising us that “this is an important time to realize that this energy is there, you are in it, it is being integrated, you are finding the new balance and the new way of it.” (8)

Tomorrow we'll continue with our look at what we accomplished at Equinox 2015.

### **Footnotes**

(1) “Life-transforming Success and Much, Much More! – by Patricia Diane Cota Robles,” September 8, 2015, at <http://www.eraofpeace.org/news/>.

(2) “Archangel Michael: September Cosmic Wave Increasing Exponentially!”, Channeled by Michael Love, September 7, 2015, at <https://prophecychief.wordpress.com>. The event horizon is the point of no return in the descent into a black hole. I suppose the term is used here to denote a point of no return or choicepoint in Ascension.

(3) Matt Kahn, “Energy Update March 2015 – Demystifying Ascension: Part 1,” March 2015, at <http://www.truedivinenature.com/EnergyUpdateMarch2015.htm>.

(4) “Cosmic Awareness: Riding the New Plateau of Energies,” channeled by Will Berlinghof, October 3, 2015, at <http://rainbowphoenixcom.ipage.com/Archives/20151003M.pdf>.

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) Loc. cit.

## What was Accomplished at the Blood Moon Equinox? - Part 2/3



*Credit: [www.dzopa.com](http://www.dzopa.com)*

Oct. 14, 2015

We continue with our look at what our sources have said occurred at the Blood Moon Equinox, 2015 and what may occur afterwards.

SaLuSa warned us that:

“The Illuminati will make their last attempt to keep on their chosen path but it will be to no avail, as their power has been seriously curtailed by the Galactic Forces that surround the Earth. So have no fear as all is progressing well, but be patient as all benefits will come in good time – you are in the period of the Great Awakening.” (1)

He tells us that we can expect some delays but they'll be short-lived.

“The changes continue to grow and at a faster rate than earlier, and so it will continue all the way to Ascension. Meantime you should be watchful of the news for indications of changes that are about to be announced, but there will be attempts to prevent them that may delay matters.

“However, any delay will only be short as the dark Ones no longer have the power or connections to dictate matters. They are the victims of their own plan to imprison others that has backfired on them. With their greed and arrogance they have never contemplated failure, but are now confused and unable to control events as they have done in the past. So we can all concentrate on the coming changes and help in many ways to make them completely successful.” (2)

He assures us that the dark “will not recover from the setbacks they have experienced” (3) and adds:

“You are entering an eventful period when many things will happen, often in quick succession. However, do not be dismayed if some are concealed from you, as there are still ones who would keep you in the dark if they could. For our part we will enlighten you when it is appropriate to do so. As far as possible we would like to see a smooth transition from the old ways, but that may not be possible until the dark Ones are out of the way. ...

“All comes in good time and of course what we call the right time. So do not despair if something dear to your heart does not occur, as the delay may only be due to circumstances at that time. Also know that every soul will be in the right place for them by the time Ascension takes place.” (4)

He further reassured us that:

“There will of necessity be a clearing out of the old that no longer serves you, but at the same time the new energies will become established.” (5)

“Great changes are on the verge of taking place and all will quickly bring the New Age into being, much to your delight. You have already been given an idea of what lies ahead and we can assure you that you will not in the least be disappointed.” (6)

The ascended master Hilarion also commented at length on the great awakening that the new energies have ushered in. He advised us that “the world is in a far reaching transition into a higher level of consciousness and this is a difficult time for many as the changes within occur.” (15)

He asks us all “to let go of all previous expectations in regards to how [our] lives in the material realm should look like and [not] to be so obsessed with it.” He says that this will be difficult for some.

“Each individual needs to spend time alone to readjust and reevaluate those areas of their lives, particularly looking at where their personal energy is being utilized. It is a time to look at self as the creator of all that one is experiencing. It is time to take responsibility for all choices made individually and collectively.

“This can be overwhelming to one who wants to live true to self yet still live their material life and interact with the others around them. It is difficult to move past the self- and society-imposed limitations that have beset them and to really focus on creating a

peaceful and prosperous life. However, this is what will be addressed from this point on.” (7)

Choosing to live according to the dictates of the heart rather than the intellect "will bring greater satisfaction to every area of their life. People will start to enjoy each moment they are experiencing rather than being focused on the 'someday or sometime' [one day, some day] in which they will begin to enjoy it.” (8)

People will re-evaluate their quest to acquire material things, Hilarion says.

“Instead, their focus will shift to their inner world and consciousness, stretching and expanding their previous beliefs about what is possible, and will thereby find their personal freedom. ...

“This will be a liberating experience as they realize they really did not need all the things they thought they did in order to find happiness in their personal lives.” (9)

People will come to understand the way in which the universal law works. They'll realize “that what they empower is what will come into their experience.”

“As they transcend former limitations of thought and expectation and move beyond into limitless possibilities, they will manifest on a higher level of consciousness than ever before.

“As this occurs within each individual, it will create a desire within them to give to others in meaningful ways that will enrich and empower them to also move forward into unlimited possibilities for their own lives.

“When the shift in consciousness to a higher functioning level happens within each human heart, many miraculous manifestations will begin to take place and this is when rapid acceleration of the evolvement and expansion of the human species will begin to occur.” (10)

Manifestation will occur quicker.

“That which took many years to accomplish will begin to take place overnight. When humanity collectively focuses on creating their vision for a better, more peaceful and prosperous world for everyone; when the collective vision is to empower and give to their neighbour that which they need to move forward, it is then [that] a better reality will manifest quickly for all. ...

“That which was termed altruistic in the old world paradigm will become the norm in the new consciousness that is now dawning.” (11)

Tomorrow we'll conclude our look at what happened with "Wave X" and what may lie ahead.

## Footnotes

(1) SaLuSa, Sept. 25, 2015, at <http://galacticchannelings.com/english/index.html>.

(2) Loc. cit.

(3) Loc. cit.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

(7) Hilarion, Sept. 28, 2015, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>

(8) Loc. cit.

(9) Loc. cit.

(10) Loc. cit.

(11) Loc. cit.

(11) Loc. cit.

## What was Accomplished at the Blood Moon Equinox? - Part 3/3



*Credit: Don Dixon, Cosmographica.com*

Oct. 15, 2015

Today we conclude our look at the impact of Wave X and what lies ahead for us.

Archangel Michael reassured me in a personal reading on Sept. 30, 2015 that "the frequency has increased and it is being raised substantially each and every moment." (1)

Matthew Ward agreed with him. He described what we could expect from the Equinox energies this way:

"What is happening and will continue is this: Earth's ascension into successively higher vibratory planes with correspondingly stronger surges of love-light energy is accelerating souls' journey along the spiritual pathway." (2)

Prior to the event, SaLuSa told us:

"Many of you will begin to feel the benefits of the rise in vibrations, and it should bring a peace of mind and a happy feeling that at last you can fully enjoy the Light that is increasing all of the time. Life is to be full of purpose and uplifting, and the old days of chaos and uncertainty will fade into the background having served their purpose in helping you evolve." (3)

Speaking before the event as well, Quan Yin noted that it would cause an increase in the goddess energy. She discusses the gifts that that will bring.

“From the core of the Creator, the core of the Earth and the core of your being, the Goddess Consciousness will begin a recoding of your being to align you with the Creator and to further allow the Goddess energies to transmit through your being. The Goddess beings have much to share, anchor and transmit in the future of our ascension, as they begin to recode all to further create the Era of Love upon the Earth.

“The recoding of the Goddess Consciousness at this time offers a greater sense of freedom spiritually, which can be experienced as expansion, ease of flow, the manifestation of perfection, realization of self, or greater trust in abilities.” (4)

Archangel Gabrielle offered a glowing description of the elixir that would enter our souls.

“Regardless of where you are on your journey, prepare yourself for a quickening. The energy coming with the eclipse and wave of Light is immense and a true blessing, although so much has been hyped about September 27 that you may be feeling frightened.

“The Wave of Divine Love that will be pouring through the hearts of all humanity with the Full Moon Eclipse is the elixir that your soul has longed for, the spark that ignites the awakening consciousness of all those on the cusp of the first wave of ascension.

“This is not the Mother Ship taking you away to somewhere else, but a divine experience in your physical form that awakens the deep codes of divinity within your DNA acting as a catalyst for change, new life, and awakening of your higher consciousness.” (5)

She tells us that nothing is assured for anyone. Experiences will vary.

“Nothing is assured in this wave of awakening light. There will be some who may not notice the difference in their lives immediately. There will be others who can track the changes they are experiencing within. There may be some who have a radical spiritual experience of tremendous power as the wave of Divine Love permeates their being. No matter what your experience is, the illumination of your soul will be able to jump-start your life when you create your intention to work with this energy.

“As you use the energy to create your highest good and bless all of humanity, it will calm the over-emotional responses that some are experiencing. Acting from neutrality and non-attachment to outcomes is the name of the game. What God has planned for all humanity is much grander than what can be imagined on a purely human level.” (6)

We can hardly imagine what awaits us, but AAG encourages us to:

“Call forth the highest possible Joy, Love, Wisdom, Success and Abundance. Fill your life with Beauty. Offer your dreams to the forces of the Universe that await your direction, then come into the still point of centered awareness within your heart and let yourself become a vessel for awakening consciousness on Earth.

“This activity is what your soul has longed for, for this activity of awakening consciousness you came to Earth in this incarnation. You are here as the bridge

between Heaven and Earth. Your presence provides the fertile ground for those not yet aware of the Beauty and Potential of this time.” (7)

She tells us that “the shift you will experience in your life will allow a realization that you are indeed a part of something momentous. As you let go of preconceived ideas, the 5th Dimensional energies will bring more magical occurrences into your life.” (8)

I personally experienced eight temporary passages into a transformed space. I have no way of saying whether it was Ascension or not. But the space itself rewarded months and years of effort and is welcome no matter what name we attach to it.

These energies, which have probably given extreme pleasure and satisfaction to many, are only to increase. Lightworkers stand to gain the most benefit from them, the better to act as financial wayshowers, repatterners, healers, etc., as we turn our attention to building Nova Earth.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, Sept. 30, 2015.

(2) Matthew’s Message, September 20, 2015.

(3) SaLuSa, Sept. 11, 2015.

(4) “Lady Quan Yin: The Shift at the Core of the Earth,” Channelled through Natalie Glasson, September 24, 2015, at [http://www.omna.org/Latest\\_Free\\_Weekly\\_Message.html](http://www.omna.org/Latest_Free_Weekly_Message.html).

(5) “Archangel Gabriel: The Waves of Awakening Light and Your Emergence from the Chrysalis,” channelled by Shanta Gabriel, at <http://thegabrielmessages.com>.

(6) Loc. cit.

(7) Loc. cit.

(8) Loc. cit.

# Get It, Lose It, Get It, Lose It



*Credit: itiwits.info*

Oct. 16, 2015

A reader wrote in and said he had entered the transformed space and lost it.

Yes, getting it and losing it, getting it and losing it is the order of the day, short of Sahaja Samadhi. Sahaja comes down the line, not at Ascension, but after it.

I had eight experiences of the transformed space, which implies that I lost it eight times as well.

There's nothing amiss with losing it. Stress, aches, pains, a lie, an untoward thought - anything can cause the body to tense up and close the space off.

Love someone. Love everyone. Surrender completely. And you may recover the space.

Telling the truth at a very, very deep level has caused me to burst through into the transformed space many years ago. Making a huge difference in someone's life has. Taking a stand, making a promise, sharing a withhold - all of these call the Self forth, which is the same as saying "cause us to break through to the transformed space."

But be prepared to lose it again. Perhaps enjoy it while you can as a taste of what's to come.

So let's consider the permanent entry into the transformed space Myth No. 1.

Myth No. 2 would be that you can only reach the transformed space if you're in sacred partnership. I was in sacred partnership (I'm not now) at a strategic time in my life and it greatly magnified and multiplied my consciousness' ability to rise. I highly recommend it and I acknowledge that many lightworkers are not in it.

Being in the space does not depend on being in relationship. If it did, monks of all ages would not have sought the sanctuary of their cell or cave. They would have been householders. But most were not.

When I was not in sacred partnership, loving the world still allowed my consciousness to rise. It's love and not the object of love that's effective.

I don't think love is the only road to higher consciousness. If it was, we wouldn't have the many spiritual paths that we do. Wisdom, service, meditation - these are alternatives to the devotional path or the path of love.

Perhaps let me use this space to speak to one other matter. A reader asked me what was the primary pitfall for humans. Well, everyone will have their personal choice.

Mine is the self-serving bias. What's that? It's the tendency to glorify oneself and diminish others, to attribute all successes to oneself and all failures to others.

I do it. Most people do. I praise myself and call attention to evidence that I'm a pretty good guy. People that don't like me I find some self-serving reason for discounting.

Anyone who judges people is using the self-serving bias. A judgment diminishes the other person. Diminishing is self-serving.

The more I live in the center or heart and love, the less I feel the need to be self-serving.

The person who doesn't judge anyone, who lives to serve others (and themselves, proportionately) has probably escaped from self-servingness. The ranks of those people will undoubtedly increase as the energies rise, but, up till this point, being self-serving was positively inculcated in us from practically all the controlled media we watched or listened to.

In all things like the self-serving bias, the answer, for me, is simply to observe myself, to be aware. Any behavior pattern, raised to awareness, will likely not persist. I've said on earlier occasions that awareness is not neutral, as so many of us think. It dissolves.

Simply becoming aware of any habit of mind immediately begins the process of its dissolution. We don't have to "change." We don't have to mend or amend our ways. What we need to do, in my opinion, is to raise our consciousness or become aware.

Finally, one can be an "awarewolf" and try to force people to become aware of matters they don't wish to become aware of. Many don't want to think 9/11 was an inside job. Many don't wish to contemplate that the biggest contributor to methane in the air is feedstock cattle. This is a world of free choice and any kind of force simply invites resistance.

Lightworkers especially can get pushy and impatient in the area of awareness of issues. Force has never worked since the beginning of time. We might wish to become aware of the vasana or core issue that has us want to force others rather than allow them the same right to be and think as they do that we'd want extended to us.

So, no, I'm not in the transformed space now that I was. And I've stopped trying to force the issue by loving "rigorously." I'm happy to allow the scenario to unfold as the Divine Plan stipulates. So far the ride's been the thrill of a lifetime, punctuated by many down moments and a lot of waiting. Whoever has their hand on the tiller is doing a pretty good job, in my view, and I'm content to remain for the ride.

## God's Way of Saying "Yes!"



Oct. 17, 2015

Continuing yesterday's discussion, if I were to tell my truth at the very deepest level, what would I say?

I'd say that I am love. No, not on a daily basis. Not in 4D. But at the deepest level I can reach, I know that who I am and all I am is love.

And when I say that, I feel myself begin to lift up into the higher vibrations. This is one experiment anyone can try.

The bliss returns. This is not a love for the beloved. This is truth-telling about who I am.

There isn't a person alive or "dead" who isn't love. And, as I say that, the bliss surges again. Is this God's way of saying "Yes!"?

This blissful state is so sweet. It causes me to forget all my woes and ills. I remember again how grateful I am for the people in my life. Again, in my everyday, 4D consciousness I'm not as grateful.

The higher up Jacob's ladder of consciousness we go on our return to God, the more we forget all the unfortunate things that happened to us. SaLuSa predicted that, with Ascension, we'd quickly forget all we've been through and I can imagine how that would be.

In this blissful space, I'm filled with love and gratitude. Even for the situations that didn't work out. Every one has moments of divine pleasure and heartfelt love. Some anonymous sage said that the value of our life would be measured by the amount we loved. Oh, I can so see that.

Thank you, thank you, thank you to those who've accepted my love and have loved me. I don't think I've thanked them half enough. What a magnificent life I've had. The most unpleasant times simply steeled me for the challenges that lay ahead.

My body is 69 but my internal state remains around 18. I'm always surprised that people relate to me as a grown man because I feel so young. I keep thinking my disguise will be seen through and it'll be recognized that I'm really a teenager in a body that's somehow advanced in age.

Some things have fallen away, but what remains is the innocent and precious love of a teenager. In this blissful state I can see the whole of my life and all I can feel for anyone I've known is love.

# Total Release and Surrender



*Credit: barefeetpoweryoga.com*

Oct. 22, 2015

Zap says the Reval is in motion and close to finishing. A worldwide effort by countless thousands of people to raise an entirely new financial edifice on top of the ruins of the old is about to be consummated.

And not even the contemplation of that can surpass the enjoyment I feel from the transformed space.

Exploring it continues to hold my attention. Archangel Michael confirmed in a reading I had with him Oct. 21 that this space I have gone in and out of is what is being pointed at when talking about "going in and out of the Ascension portal."

Steve Beckow: Now I've been going in and out of the transformed space, between unconscious and conscious awareness. Is that the same as going in and out of the Ascension portal?

Archangel Michael: Yes.

SB: It is. So I have been in and out of the ascension portal about 10 times?

AAM: Are you enjoying it? (1)

Even though I get that the Ascension terminology applies, I need a term that can appeal to more people and so I choose to continue calling it the "transformed space."

My assignment is to go through the stages of Ascension along with everyone else but to do it publicly. These notes represent my journey and may or may not be useful to you.

I've been in the transformed space for a few hours now and I began to notice that it was possible to "anchor" it.

I immediately began what I hoped was "anchoring" - allowing it to fill every part of me and sending it down to Gaia. Doing that has allowed me to stay in the space much longer than before.

This elevated mood is the best I've experienced in perhaps 25-30 spiritual experiences since 1976 (my first experience). It's loving. It's blissful. It's peaceful.

It's entirely satisfying, entirely fulfilling.

Constant expansion into this space is the direction that all life goes in. Archangel Michael said in the reading just mentioned:

"You of all beings know this. This is about the journey of faith, of love, of connection, of unity back to the Mother, back to the One. It is not about anything else." (2)

Yes, I've written on the purpose of life. I should know that continually-unfolding enlightenment fulfills the purpose of life - that God should meet God in a moment of our enlightenment. Life isn't about money, sex, or power. Or anything similar. And the journey is from God to God. Nothing else finally matters.

When I allow the present energies to settle into all parts of my body, I fill with bliss. And it doesn't impair my movement, (3) although it would disappear in a flash if I went into blame or judgment. My mind is empty. My desires are quiet. My heart is open.

I was aided in re-entering this space by my reading this morning. I've been drawn to the biography of Nag Mahasaya, a great renunciate and devotee of Sri Ramakrishna's. When I see the extent of egolessness and purity of a truly determined seeker, I just hunger for that existence so much.

My bliss expands just thinking of it.

Then the thought arises: Why can't I live that way in the city? Surely that would be the challenge of these times. An urban renunciate.

A quiet mind. A life of service. And a heart that's open to all alike. How that calls to me.

[Seven hours later.]

I've had wonderful conversations today coming from the transformed space, which itself has lasted now quite a few hours. It shows no evidence of flagging or fading.

In this space, I'm humorous and sympathetic, honest and blissful.

This is either the Seventh-Dimensional "Higher Self" or the true Self, the Christ, the Atman that the saints and sages talk about.... I don't know which.

In this process, a lot depends on me receiving and accepting the energy. Often I think I'm open when I'm not.

I'm again, as I was thirty-five years ago in the Communication Workshop, glowing like a lightbulb.

All I want to do in this space is meditate.

[A day later]

I see that the rise of the transformed space is intimately connected with conscious breathing. It's as if conscious breathing has the power to hook up to the transformed space and pull it in.

Here I am the following day again in this wonderful space and this time it happened through the use of the breath.

I know this is my original Self. But I only know it intellectually and experientially. I haven't got it up to realized knowledge.

[Many hours later.]

I am awash in love. My mood is stable. I'm not going up or down. My mind is still. My heart is wide open.

Again the draw is to meditate, to contemplate the sacred, to be still and just experience being myself.

There is a drift to these matters of consciousness, a tidal pull. And the tidal pull here is to total release and surrender.

[Hours later again.]

At some point I'll have to make the switch of allegiance from the reality and consciousness of everyday life to those of the transformed space. That is such a delicate moment and transformation. It has to be a moment of total truth. At that moment I will have lit the pilot light. But any gust of ego will extinguish it.

The amount to which I yearn for it, hunger for it will provide me with the motivation to make the leap. It used to be that we had to want it more than life itself.

But now the banquet is set and the invitations have gone out to all of us.

## **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, Oct. 21, 2015.

(2) Loc. cit.

(3) This description is applicable to universal love more than transformative love. Universal love is just making itself first felt here as a kind of texture to transformative love. It hasn't yet fully emerged as it was to do in a day's time.

# On Being Enough



Oct. 24, 2015

I feel impelled to write.

I notice that it's just hours after having worked on the transcript for my last reading. The lessons that are packed in it are starting to sink in, one by one.

As a result, the love I feel has taken a dramatic turn.

Until now, it was always love for the beloved. And that is a sweet and rapturous love. It was transformative love: it could sweep away conflicting emotions.

But today I've reached the same levels feeling an impersonal love, a universal love, a love for everyone. I can still taste the sweet and rapturous love if I wish. The way forward is indeed additive rather than subtractive or substitutive.

But this universal love is so much more stable, more substantial. It sweeps away attitudes, philosophies, religions.

It's so subtle that, when I first noticed it, I could easily have overlooked it. Instead I recall myself saying: "What is this?" An arising of love that's not connected to any one person?

And the more I gave my attention to it, the more and the faster it grew, until it had unfolded itself.

And then I began to see things about it: it wasn't connected to anyone; it was substantial; etc.

It's easier to embody this impersonal love than it is the rapturous kind of transformative love. The latter leaves me incapacitated. I think the Middle Ages used to call it a "swoon."

But this universal love doesn't leave me undone.

This universal love takes in everything else I'm aware of at this moment. It completely erases any desire for anything other than itself.

Just as bliss brings all things to remembrance, so does this love open the doors of understanding.

Here again I encounter this feeling of certainty that so often comes with and characterizes this space. And here as well is that confidence in myself that I've known on other occasions. The certainty and confidence are not related to knowledge; they are properties of the soul, it seems.

This is what Archangel Michael was talking about: how the celestials mourn when we doubt and turn on ourselves. This confidence and certainty is what then shows up as missing.

These two qualities are part of the deepest part of me. Am I unwittingly turning my back on them?

I think I am. I must stop. I must make friends with confidence and certainty because they're the twin pillars of the transformed space.

Not a false confidence or a fake certainty. Nothing fake can exist in this space. Even that need only be said for Fourth-Dimensional ears. Fifth-Dimensional ears have lost their connection to fakery.

Oh, the buoyancy of this love. How it holds me up. How it elevates me.

Again, the deeper I breathe it in, the more it fills me up.

How could I have known?

[Two hours later]

I've just had lunch with a friend, in the space of universal love the whole time. My mind didn't work very well. It was like Teflon. A thought would come in and shoot right through it, at the speed of light. Nothing stuck.

This space of universal love is as great an increase in enjoyment to transformative love as the latter is to ordinary love.

It's a love that's much more substantial. That makes sense when you think about it because the more enemies we create the more difficult it is to love. The more we love universally, the fewer enemies we create and therefore the calmer and more tranquil our life becomes. There's a divine calculus to it, not like I can clearly see it yet.

When in transformative love, I'd bask in the sun. Today, in universal love, I have no attention on outside conditions at all. I'm certain that I'm enough. There is no need to seek outside stimulation.

This is the first state that I'd be willing to call an "ascended" state. An entry-level, foot-in-the-door transformational space that feels non-ordinary and better than anything I could have imagined. That's an experiential definition.

For as long as it lasts, it's magnificent.

What a responsibility to be in this space. What a privilege, yes, but what a responsibility too. I can see why many people would move away from the city, from society. Once I'm enough, once I don't need anything more than myself, there's nothing holding me to any place. There's also nothing drawing me to any other place. I am equanimous.

Only the desire to serve the Mother remains.

## Like a Hollow Bamboo



Oct. 25, 2015

It gets more and more confronting to continue sharing the more this journey unfolds. Nevertheless that's the mission I signed up for, so I continue.

I'm now in a space that I'd characterize as like the hollow bamboo that the wind whistles through.

The wind is love. There's now no impediment to love flowing through me.

I search my personal space and there remains at this moment no obstacle to love. A quiet mind was passed long ago. The heart opening led to transformative love, which led in turn to universal love. I was ripe for this next development.

I have to acknowledge a friend who helped me "source" (complete) a core issue this morning. It was around someone trying to get between me and someone I loved. I put my foot down when that happened.

My friend helped me see that that core issue went back to someone else trying to drive a wedge between me and my brother. At that point in my life, I also drew a line in the sand. I was not going to stand by while someone berated my brother.

Seeing the origin of that vasana or issue released a bundle of energy that, unknown to me, had been locked up. And that resistance gone allowed me to soar.

And soaring I am.

This demonstrates the importance of the clearing work we've been doing for so long. What holds us back are chains of our own making.

It's so hard to get that the real us is simply formless consciousness. And these knots in consciousness, what Hindus call granthis, are all that stand between us and flying.

How to get through them? When we stumble on an unwanted feeling, name it. Ask our minds what earlier, similar incident has triggered us and accept the first image, thought or word that comes to us. Then experience that incident and all its attendant feelings, thoughts, etc., through to completion. That's it. Simple. But how many of us actually do it?

Years ago I'd have said it might be necessary to run through this process many times with a single vasana, but these days that doesn't seem to be necessary. Once through seems to release our vasanas or issues now.

In this flow of love that rushes through this hollow bamboo, I feel a sense of completion, of fulfilment, of destiny.

In this space, life seems sweet. There's nothing missing, nothing I want or need. It's only a sense of personal responsibility that keeps me writing now.

Like universal love, I'm willing to call this space of the hollow bamboo "ascended." Decades ago, it might not have been. It would have been an enviable state but not Fifth Dimensional.

But, when combined with the heightened energies, which are gamechangers, I'm convinced that it is.

Sheldan Nidle's sources told us recently: "Long ago, we [ascended masters] progressed through these same types of changes. These took a number of lifetimes to achieve." (1) Now these changes don't take lifetimes; they only take years, and then, as we clear and the energies increase, months, weeks, and days.

Finally, of my conventional views of enlightenment, Archangel Michael said: "What you are seeing or what you are referring to, can we suggest is some old patterning, not incorrect patterning, but patterning that has shifted and expanded." (2) Even the patterning of enlightenment is changing.

The angels and archangels mediate enlightenment to humans. (3) In addition to the energies rising, I imagine that the celestials have the ability to adjust their mediation of Light. But that's just a guess.

That having been said, I haven't the slightest clue how to estimate what is happening in consciousness right now. The best I can do is report what's happening to me. And name it according to the markers I'm already familiar with. But nothing I say could remotely capture any of these spaces. It's just the best that can be done.

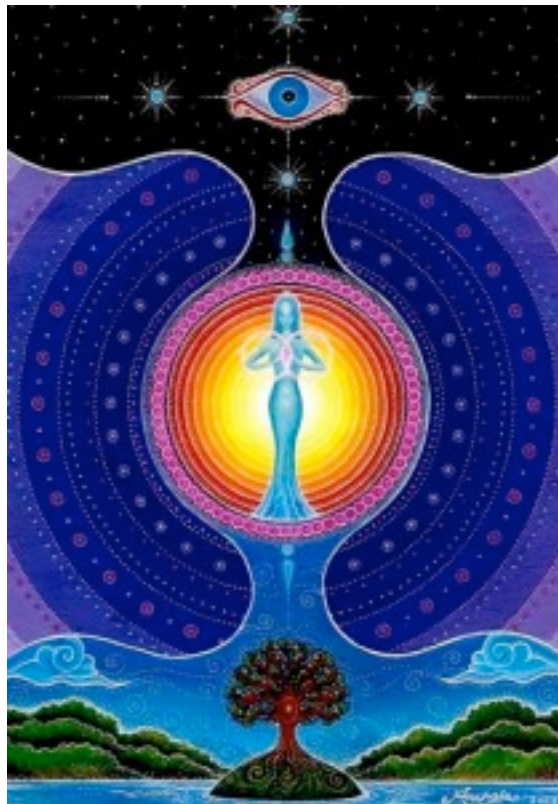
## Footnotes

(1) Spiritual Hierarchy and the Galactic Federation via Sheldan Nidle, October 20, 2015, at <http://www.paoweb.com/sn102015.htm>.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

(3) See "Angels - Angels enlighten, or participate in the enlightenment of, humans" at [http://goldengaiadb.com/A#Angels\\_-\\_Angels\\_enlighten.2C\\_or\\_participate\\_in\\_the\\_enlightenment\\_of.2C\\_humans](http://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans)

# The Journey of Life



Oct. 26, 2015

Archangel Michael said recently:

“You of all beings know this. This is about the journey of faith, of love, of connection, of unity back to the Mother, back to the One. It is not about anything else.” (1)

What is he referring to? He's referring to the journey of life from God to God.

Truly, at the absolute level of reality, though not at the relative, there's only the return to God. Nothing else is happening.

The illustration at the head of this article calls to mind that journey. The Divine Child, in the center, leaves the first symbol for God, the tree of life, and journeys to the second symbol for God, the supreme "I" or eye.

In between "leaving" God (we never actually leave) and "returning" to God (having never actually left, we never actually return), we exist in the matrix or womb of matter, mater, Mother, as the illustration shows.

But we never actually exist within it. The Child of God, which is not material, is separate in essence from the physical world, and has no actual contact with it, as the picture shows.

And when we emerge from the Mother's womb as a blazing Star of Light and when we return to the "I," the one and only Subject, and join again with the only One that ever was, is, or shall be (we were never unjoined), the mission assigned to each and every one of us is complete.



*Hildegard of Bingen*

Hildegard of Bingen's illustration to the right shows the relationship with a slight difference. The difference is that Hildegard does not include a symbol for God as origin and destination, apart from the grey outer ring (the Transcendental).

However, as in the first illustration, the Child of God is again not actually separated from the grey circle, but exists suspended in it and inserted into the womb or matrix of the Mother, mater, matter. We too at essence are a spark of the Divine and not material; that is, not a part of the matrix of matter, which is often called "illusion" because it's impermanent.

When the Child of God reaches term, it emerges again into the the Transcendental that it never left.

Between God and God on the journey of life lie endless lessons, all designed to show us, teach us, or demonstrate to us who we really are.

From our vantage point, our mission could be expressed as knowing our true essence, which is God. When we realize that essence, in a moment of our enlightenment, God meets God. For that meeting was all of this that we see and don't see created.

From God's point of view, every enlightenment is an opportunity for God to meet Itself. In no other way could this occur.

The moment of freedom from illusion is the moment when God realizes Itself. Sri Ramakrishna rendered this moment humorously when he said: "When Siva realizes his own Self, He dances about in joy exclaiming, 'What am I! What am I!'" (2)

Bayazid of Bistun captured the wonderment of that exact moment: "I went from God to God, until they cried from me in me, 'O thou I!'" (3)

The Divine Mother's domain of matter is a lawful domain; no law can bind the Transcendental. She is all movement and sound; the One (which I call the Father) is still and silent. Therefore she's depicted as a "voice," the Voice of One crying in the wilderness, the Voice in the Silence.

She's also depicted as a sound: Aum or Amen. Hers is the music of the spheres, the sound of creation, the universal and primal creative energy. Mother Aum is the Word of God, the Sound Brahman (God). With her palette of movement and sound, light and love, she creates, preserves and transforms this world of matter, in which the Divine Child lives and learns.

The journey from God to God can be envisioned as a circle. However the Child of God also follows a spiral, returning to the same lessons again and again, further down the road, until the lesson is learned.

The Fibonacci sequence (see below) captures this spiral journey of life back to the Center. It's probably intended to awaken long-buried memories or significant downloads. Everything in nature seems to reflect the relationships prevailing among the Trinity.

This journey of life is one of, not simply physical evolution as Darwin and Wallace discovered, but also, and more importantly, spiritual evolution.

On the descent from God, the Divine Child enters ever deeper into ignorance as it penetrates lower into the dimensions of life. At some point it has a realization of who it is. That realization is powerful enough to send it questing, on the return journey back to God.

As it returns, it frees itself ever more from ignorance. Finally, it removes its blindfold altogether and realizes the ultimate truth. The pilgrim has reached its destination.

As J. Krishnamurti described it, looking at it from another vantage point:

"The really important thing is ... the knowledge of God's plan for men. For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful." (4)

I've been unable to do anything else but work for it. It was the substance of a vision I had on Friday the 13th of February 1987. (5)

I never tire of telling this story or reflecting on it.

As AAM said, all of this is about the journey back to the Mother, who is the One. It's not about anything else.

### Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, Oct. 21, 2015.

(2) Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 393.

(3) Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.

(4) J. Krishnamurti, *At the Feet of the Master*. Adyar: Theosophical Publishing House, 1974; c1910, 17.

(5) "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/>.

# Completion Unlocks the Value in Us



*Credit: addriana1.wordpress.com*

Oct. 31, 2015

This lesson keeps getting fed back to me: The value of clearing and completion cannot be overstressed.

I see it everywhere I look.

In several readings, I've been asked to relax and have more fun. And in my half-hearted attempts, I watched a few (old western) movies and tried a few computer games.

And there was one computer card game that conveyed that same lesson again: the value of completion cannot be overstressed.

Suffice it to say that the card game requires the player to sort out random cards into alternate-suit rows. When that task is complete, the cards cascade into four piles, now arranged in same suits. Once all the cards are in the piles, the game is won.

First there was the untangling of the cards; then their liberation. First there was completion; then there was ascension.

What I imagined I saw was value accumulating in the cards in the piles. They seemed to me to be like gold coins falling into a treasure box.

I saw completion of a row resulting in the release of value. I daresay that was not what I was supposed to do.

The epiphany that resulted was that completion unlocks the value in us. Why can the value of completion not be overstressed? Because it unlocks value.

Value - whatever value represents to us - is just waiting to be released and completing with something releases it. Previously we were invested in defending something, protecting it. And now we've let go and set it free.

The value that was tied up in us until that moment, now released, becomes available to us again. It might be joy; it might be calmness; it might be self-confidence.

Ultimately our original innocence will become available to us. That seems to me to be the best prize at the end of this very valuable process of completion.

This process is different from remembering. It's freeing up what was already there but, not forgotten so much as suppressed or overlain.

I could give an example from "real" life. I experienced release with a friend recently when she guided me to see that defending her harked back to defending my brother. No one is going to come between me and my brother. Period. End of conversation. Line in the sand.

Great vasana. Seeing it, becoming aware of it, and accepting it for what it was released a great deal of energy in me in that moment. I soared as a result of that piece of work, for which I thank my friend.

The value lying below the resistance is just waiting to be released. It's held down, held back by the bands of muscular tension we weave into our bodies as a result of resisting something.

Awareness itself is the first victim of our holding our emotions and memories in, of creating character armor or bands of tension. Awareness varies inversely with muscular tension in the body. Therefore, more tension in the body, less awareness.

All the clearing work we're doing - seeing our vasanas and acknowledging them, telling the truth, sharing a withhold, actually and really listening to someone - is releasing the value that was locked in there, waiting to be released.

We need to unlock that value. It lies hidden as a result of our conditioning. It doesn't matter where that conditioning comes from or what it is. Wherever it does and whatever it is, we need to release ourselves from it and the suppression it brings.

The way to go deeper and deeper in this process is to complete, complete, complete. Clear, clear, clear. Tell the truth, tell the truth, tell the truth.

We needn't complete with the individuals themselves. In many circumstances we can't. It may end up having to be done with ourselves alone.

It isn't a matter that can wait for the right circumstances. It has to be done while it's up.

Completion unlocks the value in us.

Unlock the value in yourself. Get complete.

Thank you, computer card game. Thank you, Boss, for suggesting that I relax and have fun.

Mission accomplished.

## Release and Fly



Nov. 1, 2015

The work of Ascension in its simplest form is to complete our issues and emerge, to clear all ties and attachments and open to the wonderful energies that are lifting us up.

When we remove the overburden, the treasure buried in the field makes itself known. It's there wanting to be revealed.

If you think about it for a moment, you'll see that never in history have so many people been aligned on one commonly-desired outcome: Ascension.

The same cannot be said for world peace or abundance or even Disclosure.

This alignment of so many people itself builds momentum.

Combine that with the tsunami of love coming from the Mother/Father One and we have a spiritual climate unlike any that faced the ascended masters of generations ago.

Theirs was a solitary climb. Ours is greatly assisted.

The only thing that we've been asked to do is to clear ourselves of our core issues or root vasanas.

And why do that? To answer that I have to start with the fact we are consciousness in essence. These party suits we wear are strictly rented gear.

As we go higher in dimensionality, we reach a point (and many of us came from these regions originally, anyways) where we no longer wear a body or any kind of form and exist in our formless essence. Viewed from that perspective we have no difficulty seeing that we're nothing else but consciousness.

If we are in fact consciousness, then we can see that the real obstacles to our rise in dimensionality, or Ascension, are what can be thought of as knots in consciousness. Collectively we call them our core issues or root vasanas.

These knots in consciousness are prior to any physical manifestations and cause them.

The knots in our physical form will lift with Ascension and are no obstacle to our ascending.

But the knots in consciousness will not lift and in fact are the only obstacle there is.

They are the cause of the knots in our physical body and much more.

Our resistance to something translates into bands of muscular tension, which in turn become an "itis" (arthritis, bursitis, colitis, etc.), some other form of pain such as backaches or headaches, or, in the worst-case scenario, cancer. Resistance causes dis-ease.

It all starts with a thought. The thinker sees himself (or herself) as separate from the object of thought, reaches a conclusion about it, takes a position towards it, makes a decision about it, and, if that position is resistance, reinforces its decision with bands of muscular tension.

These bands of tension "steel" us against unwanted contact or consort with the thing in question. They allow us to mobilize our inner and outer resources to resist it. They lend force to our words and actions of opposition.

But they also pinch off awareness, block love, and cut us off from our joy.

To increase our awareness and liberate our love and joy, we have to stop resisting things. And for that to occur we have to complete with our core issues.

Complete, complete, complete - that's always the work. Far past this Ascension, we'll still be completing with anything that separates us from walking with the Divine.

Pope Innocent said, in Brother Sun, Sister Moon, "In our concern for original sin, we too often forget original innocence." Without core issues, there's no thought of original sin; there's only original innocence.

The space that then exists when the mind no longer goes into resistance, all muscular tension is released, and the doors of perception are wide open is itself what we're looking for. That space is itself who we are.

Recovering that original innocence, we'll have become again like the angels we already are.

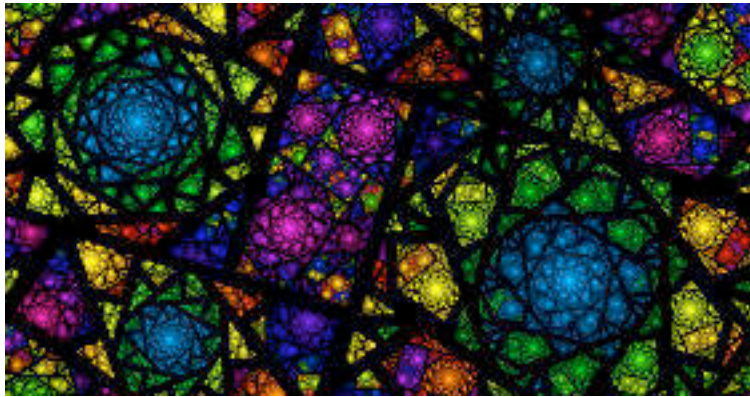
Our assignment was to do this work slowly and talk about it as we go so that the mass of people from the Third Dimension could have demonstrations of clearing and role models to follow.

To do that we had to have a few core issues to complete and, so, many of us have lived hard lives, which we're now digging ourselves out from under. And as we do and as we rise, we provide an example for others to follow.

Complete and emerge. Clear and ascend. Release and fly.

And of course, if you prefer life in the fast lane, then concentrate on loving as you do all this. Whether you're resisting or allowing, breathe up the love that lives in your heart and send it out to the world. That acts like a supercharger, like jet fuel, propelling us on our way.

## Time 11 in the Transformed Space



Nov. 4, 2015

It's three hours before the Vancouver Meet-Up and I'm just now entering a very blissful state. I'll try to record it but I don't know how well I'll do.

Thank heavens someone is giving me a ride to the Meet-Up because I lose track of time in this state. I might miss it altogether as I nearly did in the tenth sojourn in this space (Time 10) when I forgot a lunch engagement.

Grand thoughts arise. I can see that all is a process of letting go. The amount we need to let go will always be more than what we can see or imagine. Some of the resistance we carry exists out of sight, out of mind - we don't know we don't know about it.

There'll almost always be more to let go of. Why not just make it a policy to first look at letting go?

I need to ask myself: Is there something I need to let go of?

In this space, there's no time. A short interval in that "no-time" space and I completely forget what day it is.

There's been a substantial interval between Time 10, when I was last in this transformed space, and this, Time 11. The mellowness I feel now is much greater.

This is a refined space - soft, gentle, silky.

I'm buffeted by every current of the tsunami of love. I feel profoundly impacted by each wave of cosmic energy.

And now bliss rolls in like a wave. I can feel the tide of evolution slowly moving forward in the changes I see in me.

Time and movement stop.

Past this point I cannot experience the experience and write about it. I must stop.

## The Use and Importance of the Breath - Part 1/2



Nov. 6, 2015

There are many doorways into the deeper part of ourselves. The use of the breath presented itself to me or I was guided to it. That was followed within a short time by a life-impacting heart opening. Does that pique my interest? You bet it does.

Therefore I've been looking into the use of the breath as an easy and accessible spiritual practice. Let's take a look at what our sources have been telling us regarding the use and importance of the breath.

Blossom Goodchild's Galactic Federation sources have given us a wonderful and rousing description of the feel and reach of our breath.. Let me quote from them at some length.

"Dearest Souls ... take a moment if you would now ... to Breathe in the Breath of Life along with us. To Breathe in and hold within you the Highest, Purest Energy of LOVE. Hold it within your Being and allow it to circulate within ... Deeply within.

"So, as together now, we take in the Breath of life ... The Breath of the Deepest Purest LOVE that connects us all ... And we hold it within our Being ... FEELING it circulate ... FEELING the Power of that LOVE ... within every cell ... And then we let it out.

"And we Breathe in again ... and we hold it there and we FEEL Light ... we FEEL Love ... And we breathe out ...

"And once more ... and we hold in the Light – Love and we smile ... and we let it out ... and as we Breathe out ... ALL THAT WE ARE connects with ALL THAT WE ARE ... for it

is our Breath ... It is our Life ... It is our Love ... It is our Light ... that in this way brings us together as One. ...

"Yet, when you accept ... when you KNOW ... that each Breath you inhale connects Each One with ALL THAT IS and ALL THAT IS ... IS LOVE ... for there is nothing else ... Then ... then Dearest Souls ... do you find ... yourself." (1)

In another message, they assert that following the breath is the way to still the mind.

"The hubbub of the mind is under YOUR control.

"This is understood by many ... yet not so easily achieved.

"Then, may we suggest that one lets go of this hubbub by simply concentrating on the breath. For that is all that is required ... and for those who say it is not ... they are not concentrating on the breath." (2)

They follow this with tantalizingly mystical allusions, which cannot but invite the seeker.

"This gift that was 'installed' within your BEING ... this gift of 'travel' without moving ... is one of the most precious treasures that the human Being was equipped with. Yet, it is one that is very much underestimated and pushed onto the back burner. Yet, we say to you ... open this gift and see for yourselves, the jewels that lie within.

"There shall be many that read these words and say that they have already done so. These souls will KNOW then of which we speak. Yet we say ... allow yourselves to go even further with each opportunity that you give yourselves." (3)

No, I don't know precisely what they're talking about but it resonates.

Not only does following the breath help us find ourselves, but it leads us to knowledge of the unity of all, they say.

"Not only do you find yourself ... you find one another for Each One ... Each One of you IS the other.

"YOU ARE ONE ENERGY OF LOVE ... creating a world through thought ... to experience LOVE in all its forms.

"Yet, the more you understand of this thread that binds you together ... as the needle of life weaves in and out ... the closer you become to the FEELING of Being One." (4)

The pattern of breathing in love or peace or joy from our hearts and then breathing it out into the world appears in the writings of many of our sources. Here's the Divine Mother through Natalie Glasson on breathing love in:

"Allow yourself to be conscious of love. Love is the essence of the Creator. It is the natural healing energy for your body, being and reality and will bring everything within

and around you into perfect alignment, harmony and bliss. Breathe within the vibration of love.” (5)

And here’s Archangel Michael through Linda Dillon on breathing peace in and exhaling love:

“Breathe in the peace and exhale the love, exhale the joy, exhale the balance, the harmony. You have been granted these divine qualities by the Divine Mother herself. They are innate to your very being.” (6)

Sue Lie's Arcturians give counsel which most resonates with my experience. They tell us that:

"The Flow from the higher dimensions is grounded into the physical plane with your in-breath, and you are sharing it with all life via your out-breath. As the higher dimensional spirit/energy is integrated into the lower dimensional matter/form, the frequency of the form begins to transmute. (7)

Jesus has often spoken of the importance of the breath. In Pondicherry there's a sign dedicated to "Matsya, the Fish Prophet" (8) recording that he preached deep breathing there to shallow-breathers. Here he stresses the importance of deep breathing.

"With the deep breath you can come to the feeling of the current of living energy. That is why I say unto you to take the deep breath, because when you take that deep breath, you allow yourself for a millisecond to touch the current that is underlying everything.

"So whenever you remember to take the deep breath you allow yourself to go to the place that truly is the underlying divinity, the current that is always you and will forever be as you go forward into what you see to be other experiences, other lifetimes, other forms, other manifestations of whatever you want to bring forth." (9)

The master Hilarion called it “heart breath,” by means of which we bless all around us.

“Breathe with and through your heart. Learn the heart breath. Become the benevolent and shadowless ones who walk the Earth blessing everyone and everything upon its surface and below. Let your constant refrain become, ‘let me a blessing be, let me a blessing be.’” (10)

Hearing what they have to say makes St. Germain through Natalie Glasson more understandable, when he asks us just to breathe in the energies and let them work their miracles.

“Ask us to pour our energy into your being to support the transfiguration of your molecular structure and the Earth’s molecular structure so that all energetic ingrained habits especially connected to the third dimension are erased and more light is able to channel and manifest within your being.

“Then simply bathe and breathe within the energies that we share with you and activate from within your being. Believe in the process of transformation as it is occurring within you constantly now.” (11)

Something so simple as the breath produces considerable value in the spiritual process we're all engaged in. If we're looking for simple practices that busy people can engage in, following and using the breath is one of the most productive, from so many angles.

I personally still recommend, as a minimum, breathing up love from the heart and sending it out into the world. That use of the breath has proven to me the most fertile practice I've engaged in so far. (12)

Tomorrow I'd like to focus in on Archangel Michael's discussions of the Infinity Breath or Breath of Life and the spiritual basis to reliance on the breath as a spiritual practice.

## Footnotes

(1) The Federation of Light: October 29, 2015, channeled by Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG259oct29.html>.

(2) The Federation of Light as channeled by Blossom Goodchild, February 21, 2014, at <http://www.blossomgoodchild.com/index.html?page=BG205feb21.html>.

(3) The Federation of Light: October 29, 2015, *ibid*.

(4) *Loc. cit*.

(5) "Mother Mary: Transitions of the Emotional Body," channeled by Natalie Glasson, December 16, 2013 at <http://omna.org>.

(6) "Transcript: Archangel Michael Declares the Day Hostilities will End on the Planet," Feb. 6, 2015, at <http://goldenageofgaia.com/2015/02/06/transcript-archangel-michael-declares-day-hostilities-will-end-planet/>

(7) "The Arcturians and Symptoms of Transformation," channeled by Suzanne Lie, February 26, 2013, at <http://suzanneliephd.blogspot.co.uk/>.

(8) I confirmed with Jesus that he was Matsya. The Fish Prophet may be a reference to the fact that the sign of Jesus was the fish. In Greek fish is rendered "ichthus," which is used to indicate Iacchus CHristos THEou Uios Soter, or Jesus Christ, Son of God, Savior.

(9) "Jeshua: The Basic Law of the Universe, as channeled by Judith Coates, September 2013, at <http://www.oakbridge.org>.

(10) Hilarion, October 13, 2013, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>.

(11) "Saint Germain: Essential Guidance," channeled by Natalie Glasson, September 19, 2013, at <http://omna.org>.

(12) More valuable to me than what I learned in Zen, Vipassana, encounter, enlightenment intensives. But similar to rebirthing, which seems to use the breath in the same manner as the Infinity or Accordion Breath.

## The Use and Importance of the Breath - Part 2/2



*The Infinity Breath*  
Credit: [www.spiritofmaat.com](http://www.spiritofmaat.com)

Nov. 6, 2015

(Continued from Part 1.)

I'd like to focus in now on Archangel Michael's discussion of the "Sacred Breath" and "Infinity Breath," which he's been having with us through Ronna Herman for some years now.

Let's begin by listening to him on the nature of the breath itself.

"Remember, the breath is the conductor of the vital Life Force energy. In the years to come, humanity will understand that the breath is sacred – it is the gift of life – and you will learn not to waste it. As you inhale each breath, be aware that it is the only breath you are assured, for it may very well be your last breath." (1)

The breath conducts the vital energy, which can be nothing else but love. The breath, he says, is vital to our transformation process, which I can certainly validate from my own experience.

"You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process.

"Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery – vital information you are to integrate and then share with those on the Path behind you." (2)

On one occasion, he recommended that we breathe in light and breathe out love. In the course of it, he reveals how the breath is the conductor of the vital life force energies.

"Have you wondered why, several years ago, we instructed you to "Breathe in Light and breathe out Love," when you go into the World Pyramid with the intention of radiating Love/Light to humanity and the world?

"WHEN YOU BREATHE IN LIGHT, YOU ARE BREATHING ADAMANTINE PARTICLES INTO YOUR SACRED HEART. WHEN YOU BREATHE OUT UNCONDITIONAL LOVE, THE ADAMANTINE PARTICLES OF PURE GOD ESSENCE ARE EMPOWERED OR IGNITED BY YOUR LOVING INTENTION SO THAT THEY MAY BE USED FOR THE GREATEST GOOD. YOU ARE THE RECEPTACLE FOR THESE GOD PARTICLES AND YOUR LOVE IS THE ACTIVATOR." (3)

What AAM calls adamantine particles are the same, I believe, as what St. Germaine called "love atoms" on An Hour with an Angel, Oct. 29, 2015. In another quote, he equates the adamantine particles with prana: "Tap into the Living Light called Adamantine particles or Prana." (4)

Let's now listen to AAM describe Infinity Breathing, which he says helps to open the heart. A version of it certainly did open my heart:

"We cannot emphasize enough how important the breath is in reclaiming your Divine nature. Not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of ineffective breathing has resulted in many debilitating symptoms and dis-eases as well as limiting your intake of Divine Essence, which is critical to your well being and the reclamation of your vessel of Light. We have explained and emphasized the Infinity Breath, the Accordion Breath and how important is the practice of breathing with intention.

"The Infinity Breath could be called the Ascension Breath, for it aligns your Galactic chakras with your physical vessel, and opens the return passageways to the higher dimensions via the Binary Sequencing Technique. It speeds up the process of building your ascending vehicle of Light called the MerKiVah. It also facilitates the opening of the portal to your Sacred Mind and the front and back portals to your Sacred Heart.

"The Accordion Breath facilitates a double benefit: it draws forth the Adamantine Particles stored within the root chakra and also the Adamantine Particles stored within your Etheric Replica, which is located within your fifth-dimensional, personal Pyramid of Light." (5)

I'm willing to bet that what he calls the Infinity Breath or Accordion Breath is the same in form as what Rebirthers call the connected breath, others called holotropic breathing, etc. I'd be interested to know if it's the same as what Kundalini yogins call "the breath of fire."

Archangel Michael goes on to give us a detailed description of how the Infinity Breath moves:

"The Inbreath loop of the Infinity Breath passes through the Medulla Oblongata and out the back of the head as it sweeps upward into your Soul Star [eighth chakra]. The Adamantine Particles of Creator Light that you have inhaled through the back portal of your Sacred Heart are programmed to integrate a specific number of Life-Code Seed Atoms from your OverSoul-Higher Self as the Sacred Breath passes through your Soul Star.

"The Outbreath or exhale passes through the Root Chakra and enters the Kundalini Seed Atom contained therein. Monitored by your OverSoul-Higher Self, measured portions of the Adamantine Particles stored within the Root Chakra are added to the Sacred Breath. The Adamantine Particles of Light which are stored in the Root Chakra are unique, for they have already been programmed with some of your special talents, attributes and qualities from past life experiences.

"The Sacred Breath then moves back up in front of the physical vessel and automatically enters the body where your crystalline Still Point Seed Atom is located. This Seed Atom was designed to magnetize, integrate and hold these higher frequency Particles of Light. It could be called a holding center, for it is directly connected to your Sacred Heart.

"The Adamantine Particles of Light are then drawn into your Sacred Heart to be activated through your seed thoughts and intention. These programmed Adamantine Particles are then ready to be breathed out into your Twelve Ray Creator Wheel, as well as out into the world-at-large. A dedicated portion will also stream into the World Pyramid and other pyramids of Light of your choice." (6)

When the Breath of Life is restricted, he tells us, we're reduced to a starvation diet of Light nutrients.

"Those who exist in the illusion of the third and lower fourth dimensions receive only a small stream of Living Light from our Father /Mother God via their Higher Self. The Breath of Life is restricted, and only a minimal amount of primal life force energy is available to them. You might say they are on a 'starvation diet' for they are not receiving all the 'Light nutrients' they need to function as an 'empowered Spiritual/human Being.'

"The air the masses breathe at this level of existence is only oxygen; however, as you gain access to the higher dimensions, you also tap into the Living Light called Adamantine particles or Prana. For you see, when you are resonating with the more refined levels of consciousness, the air is filled with the Elixir of Life, and through dedication and intention, you prepare yourselves to become vessels for the Living Light. This Christed Light cannot be re-qualified, it can only be used for the greatest good, for it must be activated by your pure, loving intent. Otherwise it remains dormant." (7)

AAM's discussions are the most detailed "anatomically" and the first I'd read that confirms that the soul lives in the heart; specifically in the Vesica Piscis.

The form of the Vesica Piscis is illustrated to the left. He says:

“As you develop the ability to breathe in the Sacred Breath deeply and effortlessly, your awareness will gradually descend into your Sacred Heart Center, and then even deeper into the Vesica Piscis Mandala which contains the White Fire, Sacred Seed Atom—your own personal Divine Facet of our Father/Mother God.



*Form of the Vesica Piscis  
Credit: Daniel B. Holeman*

"This is when you may draw forth all the Sacred Love you can contain. This is where you realize that you are the dreamer as well as the dream. It is in this Sacred Space that you will begin your journey back into the wholeness (holiness) as you strive to recreate yourself into a SUN CHILD of our Father/Mother God. This has been preordained; it is your Divine Heritage." (8)

On another occasion, he tells us how we can know we're making inroads in this practice. Again he advises us to breathe up love from the heart and send it out into the world.

"Consciousness within is a constant state of JOY and an overwhelming feeling of LOVE. This high frequency radiation from your Sacred Heart Core, via your Solar Power Center, will affect everyone and everything around you.

"Just as the blessed Essence of Love/Light/Life is radiated to you from the higher dimensions of Light, you must radiate a portion of Living Light outwardly to humanity and the world-at-large." (9)

The bliss for us arises as a result of the love flowing through us, out to the world. Apparently a certain amount of love can be held statically but the remainder, to be experienced, has to be allowed to flow and the most fruitful place for it to flow is to others.

Since I began reporting Ascension back in 2008, I've been looking for easy spiritual practices that writers and readers can use to further their enlightenment. Emergence was one such "easy" pathway. The path of awareness is the simplest thing in the world.

Likewise a knowledgeable use of the breath can be practiced everywhere, It's portable and eminently simple. And the returns in love that it brings make it a continuous gift without value.

## Footnotes

(1) "Archangel Michael: Perfecting your Skills as a Co-Creator," channelled through Ronna Herman, July 29, 2013, at <http://www.ronnastar.com/messages-aam/>.

(2) "Archangel Michael: Downloading Your New Divine Blueprint," channelled by Ronna Herman, November 1, 2014, at <http://www.ronnastar.com/messages-aam/>.

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

(4) MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING \* THE BREATH OF LIFE, at [http://www.lightgatherings.com/AAMichael\\_SoulBreathing.html](http://www.lightgatherings.com/AAMichael_SoulBreathing.html).

(5) "Archangel Michael - Traversing the Upward Passageway into the Future, through Ronna Herman, April 1, 2013," at <http://www.ronnastar.com/messages-aam/>.

Specific discussions of the Infinity Breath can be found by googling the term and adding "Archangel Michael." Here are some: "Binary Sequencing Exercise with Infinity Breath: Archangel Michael through Ronna Herman" at <http://www.edsia.net/meditations-content/infinity-breath-with-binary.html>; "Archangel Michael ~ The Spirit and The Soul and a New Pyramid of Light Meditation. – Through Ronna Herman" at <https://archangelsanddevas.wordpress.com/tag/infinity-breath-meditation/>; and "MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING \* THE BREATH OF LIFE" at [http://www.lightgatherings.com/AAMichael\\_SoulBreathing.html](http://www.lightgatherings.com/AAMichael_SoulBreathing.html).

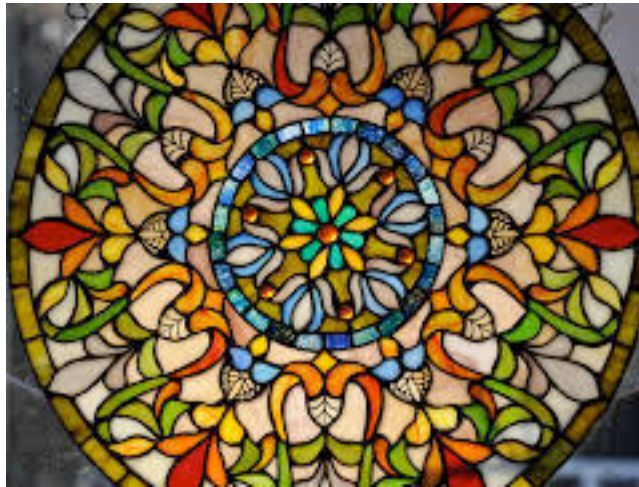
(6) "Archangel Michael - 'Hold Steady, Beloveds,'" transmitted through Ronna Herman, Feb. 28, 2013, at <http://www.ronnastar.com/messages-aam/messages-aam/667-aam-03-2013.html> <http://www.ronnastar.com/messages-aam/messages-aam/667-aam-03-2013.html>.

(7) MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, *ibid*.

(8) "Archangel Michael - 'Hold Steady, Beloveds,'" *ibid*.

(9) Archangel Michael in Ronna Herman, "The Mystery of the Vesica Piscis," Oct. 2012, at <http://soundofheart.org/galacticfreepress/content/mystery-vesica-piscis> <http://soundofheart.org/galacticfreepress/content/mystery-vesica-piscis>

## Elevating Energies



Nov. 6, 2015

Right at the end of writing "On One Occasion," (1) I began losing consciousness. I knew I'd have to carry on but I didn't want to do so in the same article.

At this moment, I'm almost swooning with a wave unlike anything I've ever experienced before. It has no flavor. No feel. I'd say it has no other characteristics than that it elevates.

And I feel myself being "elevated."

This is coming while I eat lunch. I stop eating and become still.

Obviously I can't catch the finer vibrations if I write at the same time. I'm interrupting my state and process constantly. But I'll communicate whatever I can.

The breath is a vital component of this experience. I reconnect with the experience by taking a few deep breaths, into it.

I reconnect with the elevating energy and discover that it's a dynamic energy. It's allowing me to act, to move. And so I try to continue eating while experiencing it.

Implicit in my assumption is that the elevating I feel will have a natural conclusion or resolution. I'm not just being with it but anticipating. I switch to being with it.

So far the elevating energy has brought me again to the transformed space. I'm in conscious awareness and transformative love but not universal love.

I feel love for everything I do. I'm loving, really loving, eating lunch. The enjoyment is ten times what it normally is. Yes, I feel blissful. I'm floating away on waves of bliss.

The Arcturians through Sue Lie recently suggested how we'd be floating in and out of Fifth-Dimensional consciousness these days. I quote that passage from Sue's email at length:

"As the perceptions of your inner Higher Self expands into higher and higher dimensions, you can project these higher and higher frequencies into your physical world. Gradually, you will become 'out of phase' with the lower dimensional versions of Earth, as well as 'out of phase' with the humans projections that are still trapped in the need for 'power over others.'"

"Progressively, Gaia's 3D hologram will also become out of phase with your own ever-expanding frequency. You will then begin to flow beyond the illusions of the third dimension and into a higher frequency of energy field.

"Your '3D human projection' will safely become a higher frequency of energy that is becoming more and more aligned with the fifth dimensional perceptions of your ever-expanding Lightbody.

"By then you will have released the illusions of up and down, as your Multidimensional SELF will begin to flicker in and out of Gaia's physical reality. Where do you go when you flicker out of your 3D world?

"You simply resonate to a frequency of reality beyond the visual, auditory and kinesthetic perception of the third dimensional reality. However, just as your Higher Self can always perceive your third dimensional world and reality, you can choose to perceive the third dimension by simply lowering your consciousness.

"However, our ascending ones are usually striving to perceive, experience and live within the fifth dimensional reality that has been flickering in and out of their earthbound meditations.

"Hence, eventually, you will take the risk to just 'let go' of your third dimensional illusions. This letting go opens the multidimensional portal to your true SELF. Instantly you feel the deep sense of 'home sickness' for the YOU that you have always been, but often forgot.

"This longing for your true Home is based on the unconditional love and deep unity with the ONE that resonates to that frequency. You want to leave the third dimension, but as you begin to 'let go,' you hear,

"'NOT YET'

"As an invisible voice whispers, shouts, cries into your ascending projection of SELF.

"'YOU CAME TO TAKE GAIA WITH YOU!'

"You cry, you sob, you know the voice is right. In fact, the voice is YOU. Therefore, you return to the illusions. You return to the lies, the violence, and the debts. Fortunately, as you reconnect with your third dimensional expression of self, you realize that you return for LOVE.

"You have returned for the love of the people, the places, and the situations that have filled your third dimensional life. You also realize that you are returning for the love that you have found/created for your home and your planet." (2)

I'm going to allow myself to stop writing now and simply float away to whichever higher0-dimensional perch these waves wish to carry me.

### **Footnotes**

(1) Nov. 5, 2015, at <http://goldenageofgaia.com/?p=267972>.

(2) The Arcturians through Sue Lie, "The Next Octave of Service ~ Goddess Series Today & Gift," Nov. 4, 2015, by email.

# The Perfection of All Creation



Nov. 7, 2015

I have a new love in my life: Sacred geometry.

Sacred geometry is convincing me of the perfection of all natural creation. When you see the mathematical ratios and perfect shapes and musical scales and animal and plant designs, at last one must lay down his weapons of skepticism and admit defeat.

Not human creation. I'd wear you out producing proofs of its imperfections to date. Prognosis: Definite improvement soon.



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But natural creation is perfect and I'd also wear you out producing all the graphics that prove that case.

Sacred geometry establishes better than anything I can think of the case for God's perfection and his (her, its) creation's perfection.

The flower of life, the Fibonacci sequence, fractals, platonic solids, the golden mean, on and on and on. I surrender. God is great. His creations are endless and perfect.

Another layer of skepticism swept clean from me. I'm now a whole-hearted believer in God's Perfection, where I was not before.

## Building the New While the Old Falls



*Credit: [www.stonesoupwr.com](http://www.stonesoupwr.com)*

Nov. 8, 2015

I regard it as my best way to contribute to the world to continue ethnographically describing the higher-level spaces I go through, rather than tracking and commenting on the tragic refugee situation in Europe, the bombing of the Doctors without Borders hospital, or similar heart-rending events.

Others are following current events but fewer of us are diarizing our Ascension journey.

The sooner we all tap into the vibrations that are increasingly being made available to us, the quicker the situation for refugees, the poor, and the disenfranchised will be solved. We cannot even see the solutions viewed from the Fourth-Dimensional level most of us are seeing from.

Again, the sooner the Reval gets here, the quicker their situation will also be seen to. We'll then have the funds to drive important interventions and processes to move us toward world peace and plenty.

Our commitments and commentaries are not like playing music while Rome burns. They're building the new city, that was in the catacombs until now. It'll replace the imperial drama we called the Third Dimension. We're designing and building the new. Yes, some areas of the old are burning. They were meant to fall. And, no, they won't take us with them.

Let me make a hard share. It comes as a result of reflecting on Ben Fulford's news that Doctors without Borders may have been taken over in Afghanistan and a few other places by the cabal and is being used for heroin distribution.

I want to pick up from where I left off. I said then:

"The best thing we can do for Doctors without Borders, if Ben's reports are true, is to send them our loving thoughts and picture them as cleansed of the Illuminati. We tend to be black or white, either/or with things. News of the kind that Ben passes along, if it's true, can send us from support to opposition.

"Again if what Ben says is true, rather than condemning them, let's hold the space for Doctors without Borders returning to their previous commitments. Presuming the allegations are accurate, and they may not be, I'm sure no doctor in the organization would have wanted this outcome to happen. Nor would they be happy if we abandoned them, blaming the victim." (1)

One of the advantages of passing through a higher-dimensional portal and then returning to everyday consciousness (whatever "everyday consciousness" is, as the energies continue to rise) is that I see matters from both angles. I have the unique advantage of being able to understand what happens at the Fourth-Dimensional level and how matters are seen from at least the vestibule of the Fifth.

There's a fundamental difference. I'm very reluctant to describe it because I fear I'll be accused of being arrogant or something. But I regard it as helpful and important to illustrate the difference in feeling and approach. So I accept the risk.

Viewed from the Fourth-Dimensional perspective, the news that Doctors without Borders may have been invaded by the cabal and bent to use in their heroin-distribution chain causes a recoil in me. My face scrunches up in disapproval. I activate all previous records, files, scripts, vasanas and issues under the file marked "Opposition." And I block any good feelings I once had for Doctors without Borders.

I put doctors who work for the organization into the box marked "handle with care." I write Doctors without Borders off my charity list.

How nonsensical this reaction is when viewed from a Fifth-Dimensional perspective!

From a higher vantage point, I feel compassion for the doctors within the organization who almost certainly have been mistreated or killed so that the cabal could take the outfit over. I feel their pain. I imagine them crying out to the public to dig deeply into this one and uncover the truth, for their sakes and for that of their future patients, now deprived of their services.

I feel no recoil. I don't feel disapproval of anything. No negative emotion arises within me; only love and bliss. None of this news changes my original feelings of loving support towards Doctors without Borders.

So there's a fundamentally-different experience between the Third/Fourth and Fifth Dimensions over a matter like the purported discovery of the fall of a light organization to the dark.

May I now leave the ethnography behind and broaden the discussion for a moment?

I said some time ago that entertainment figures who'd been forced into submission by the Illuminati need to be forgiven and welcomed back into the tribe. Some of them were drugged,

raped, tortured, and subjected to other mind-control practices at an early age to force them into submission.

That statement applies to many more than just entertainment figures. Boy prostitutes used in the Washington pedophile rings, female sex slaves around the world, addicts of all kinds, even child soldiers - the list is long of people we'll need to welcome back into the fold - and rehabilitate.

Why need to? Because we want as many people on the planet to experience the grace and liberty of Ascension. We came as starseed and celestial lightworkers exactly for that purpose: to help as many as possible to ascend. Who said it would always be pleasant or easy?

Why would we want to blame the victims of Illuminati evil? Yes, rehabilitating them may take work and it can often be unrewarding work. People who've been severely abused may be unable to have trouble-free relationships. They may turn the rescuer into the perpetrator faster than an eye blink. They can hurt people, especially the ones they love.

But that again is the job. Only the hardy need apply.

From the Fifth Dimension, forgiveness is easy, natural, obvious. There's no need for Ho'oponopono. Forgiveness and the request for forgiveness are immediately followed by love; no words, no prompts or props are needed.

Getting, shoving, pushing or enticing people into the Fifth Dimension will produce the climate of opinion and values in which obvious solutions to problems will appear that cannot be seen from the vantage point of the Fourth, as Einstein reminded us.

Try to imagine the Fifth if you're "not there" yet. Try experiencing deep love, ecstatic bliss, gratitude, forgiveness, peace. Just try. In a flash, you may connect with the bliss and then the space opens up.

Ask for celestial assistance. The angels and archangels are the dispensers of enlightenment - and Ascension. (2) Spiritual currency is what Archangel Michael calls transformative and universal love. Ask for our spiritual inheritance, held for us until this day.

## **Footnotes**

(1) "Ben Fulford's Allegations on the Downed Russian Airliner and Doctors without Borders" at <http://goldenageofgaia.com/2015/11/03/ben-fulfords-allegations-on-the-downed-russian-airliner-and-doctors-without-borders/>.

(2) See "Angels - Angels enlighten, or participate in the enlightenment of, humans," at [http://goldengaiadb.com/A#Angels\\_-\\_Angels\\_enlighten.2C\\_or\\_participate\\_in\\_the\\_enlightenment\\_of.2C\\_humans](http://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans). See also preceding and following sections.

## How Could I Have Missed It?



Nov. 9, 2015

There seem to be steps to this process we're all going through. I don't think the steps are the same for everyone.

And I don't think the existence of steps necessarily means more than the need to step up and then rest and regroup.

I just passed through what feels like a huge step for me. It's hard to talk about it because I fear being misinterpreted. I could be called a narcissist for this next share. But it doesn't change the fact that I'm pretty sure I'm telling the truth. Here goes.

I've just fallen in love with myself, passionately. Passionately, I say. With abandon. As passionate as I've felt in relationships recently.

This evening I've erased the obstacles within myself to loving myself completely. And oh, what I found.

Previously I've been the timid resident in a body with complaints, with an uncertain future, carrying a lot of responsibility. I didn't love myself. And I didn't know that I didn't love myself.

When I began to love myself passionately, the sensation was as if I just came alive. It was almost as if my self said: "It's about time I was noticed."

It was like letting light into a room that had been dark for a thousand years.

Never mind that it's dualistic. Never mind that it's using your imagination. Just do it. Love yourself, passionately.

How many teachers have said: Love thyself?

The Arcturian Group told us a few days ago to "learn to love yourselves." (1) In another message they made the case for why that's good advice.

"We wish to speak of Love as an energy, which is why it is so important for individuals to love themselves as well as others. Love in its purest form resonates on a very high level – it is pure Light. When a person does not love or honor themselves, they block the flow and integration of this energy.

"You cannot leave yourselves out of the picture if you are to learn and experience Love which is the foundation of all that exists. Remember, there is only ONE expressing Itself in infinite form and variety and therefore you could never be left out.

"Many have been falsely taught that it is spiritual to denigrate the Self. It is not, this belief is an insult to the Divine – your true nature.

"Love, the energy of ONE is infinitely present and flowing within ITSELF. Everything you see, hear, taste, touch, and smell is ITSELF but interpreted according to the state of consciousness of the individual. Nothing or no one can ever be separate from ITSELF." (2)

The statement of the case I most resonate with came from Mary Magdalene:

"Do you understand deeply that YOU ARE LOVE?...

"Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening. ...

"Do you realize that this tool of Love can be wielded with utter power and abandon, knowing that with every swipe of it, you become more whole, more entrenched in your divine nature — more whole within all your aspects, and more capable of absorbing and integrating all parts and aspects of you, multidimensionally, as well as with all aspects of Christ Consciousness/God Consciousness? ...

"Invite all your cells and every particle of them, invite all parts of your Being, to be drenched in Love and let Love glue together all parts of you in perfect Harmony as you walk, talk and live Love. ...

"Magnify this dose of Divine Love I give you now and saturate your very Being with it, and then saturate all parts of you not in Love or Harmony and watch how you will feel more buoyant and in the Zone of Love — where it takes over all your thoughts and fuels your dreams, sculpts your dreams, and enables others to do the same." (3)

We often take their advice to love ourselves casually. But it's profoundly important.

The degree to which we love ourselves is, it seems to me, the degree to which we can (1) love others and, (2) as wayshowers, demonstrate love.

How many times have we heard it? Enlightenment is an inside job. The kingdom of God is within you. Seek God in the heart.

The ultimate nourishment we seek comes from within. It comes from loving ourselves. The love we lavish on ourselves is like a restorative and a restorer of the peace. It's our spiritual currency. It's our best investment. It's positively what's been missing.

The love that comes from the heart has to be of the strength of at least transformative love for it to produce results. Ordinary love is like striking a wet match.

Universal love? Even better.

Play music. Dance with yourself. Treat yourself to dinner. Whatever you do with yourself, do it for yourself as well. Fall in love with yourself all over again. And again. Every day.

To the degree that you do, to that same degree, I predict, can you fall in love with others. That's my bet. My money's on the green. (4)

Please don't misinterpret me. I'm not saying become a narcissist, a navel-gazer. This form of Self-love energizes and is capable of being shared with others (in fact it has to be). In the hands of lightworkers, Self-love is safe and beneficial.

Ayeee! How could I have missed it all these years?

## Footnotes

(1) The Arcturian Group, channeled by Marilyn Raffaele, Nov. 1, 2015, at <http://goldenageofgaia.com/2015/11/02/the-arcturian-group-via-marilyn-raffaele-november-1-2015/>.

(2) The Arcturian Group, channelled by Marilyn Raffaele. September 6, 2015, at <http://www.onenessforall.com/newest.html>

(3) "Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <https://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>.

(4) The heart chakra is green.

## Just the Prelude



Nov. 13, 2015

To summarize then, there have been twelve transformational experiences since Oct. 3, 2015. They've stopped now and I'm in everyday consciousness again - whatever that is dimensionally.

Talking to St. Germaine in An Hour with an Angel today, he confirmed that we'd take "trips through the Ascension" portal and return as long as we're unable to hold the complete energy.

Nonetheless, though we'd relinquish some of that energy, we'd also hold on to some. Her confirmed that it was possible to completely ascend now. It depends on our "capacity," so to speak.

As far as I've gotten in this latest round, to the best of my knowledge, is the "vestibule" or first subplane of the Fifth Dimension.

I don't consider a transformational experience to be enlightenment. I didn't experience the two enlightenments that await us further into the Fifth Dimension.

I've mentioned them often so perhaps I can dispense with the long explanations of the terms and just say that seventh-chakra enlightenment, called Brahamjnana, awaits us in 2017 and shortly thereafter what sages consider to be liberation, Sahaja Samadhi.

Brahmajnana is a temporary heart opening and Sahaja is a permanent heart opening.

Here's Archangel Michael on the subject in a personal reading through Linda Dillon on Sept. 28, 2014:

Steve Beckow: Matthew [Ward] seemed to imply [Ascension] was going to happen in 2017. That is not the case, right?

Archangel Michael: That will be what you can think of as phase two, when the full awareness is anchored within everybody.

SB: So, now, the full awareness is Sahaja Samadhi.

AAM: Well, it won't be that extreme. But it will be a full... it will be what you think of as your Golden Age.

SB: Right. Is it an enlightenment?

AAM: Yes.

SB: So is it Brahmajnana?

AAM: Yes.

SB: Oh! 2017 will be Brahmajnana. When will Sahaja occur?

AAM: Shortly thereafter. (1)

These two enlightenments take place, the Divine Mother told me on An Hour with an Angel, at what could be considered higher subplanes of the Fifth Dimension, not in the vestibule or first subplane.

Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. (2) And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes?

DM: You can think of it as sub-planes, dimensional sub-planes, yes. (3)

What continuing effects did the transformational experiences have? I think the most prominent is that I take my life seriously in a way I did not before. And that applies to almost anything I do, from planning an organizational structure to going out for coffee.

That doesn't mean I take myself seriously. It means that I take my work for the Mother seriously.

It isn't exactly as if something new has arrived that has me take matters more seriously. It's more that some old things seem to have fallen away. I don't even know what they are exactly, but they leave me greatly unencumbered.

My mind remains quiet. My experience of life has an unmediated quality. I experience life more fully, deeply, and directly.

I also feel myself drawn to fields that have weight - sacred geometry is a good example; philosophy another; human-rights law another. I can't engage any more in things designed merely to pass time, although my desire for deep and intense discussions has increased.

I was introducing a colleague to the work of the Gender Equality Project today and found that, in explaining credibility analysis and decision-making, I was right back at the Immigration and Refugee Board, though nine years have passed.

It took no effort to retrieve that knowledge. In fact it wasn't as if it needed to be retrieved. It was right there at my fingertips.

I'm trying to put my finger on some quality that life has for me these days. No worries are showing up. The kinds of issues I used to have with life only a few years back appear to be gone. I'm absolutely ready to begin the next chapter - the Michaelangelo Fund, Gender Equality Project, expansion of the Golden Age of Gaia, on and on the list goes.

If Zap is right and project money begins to flow in a week or two, I plan to take a vacation of at least two weeks (I may write a bit on the road, not much; I really do need a rest). (4)

I feel no frustration, no expectancy, no issues at all. This in itself, whether Ascension or not, is a space worth experiencing and it's just the prelude.

## **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 28, 2014.

(2) What Archangel Michael calls "trips through the Ascension portal" may be the same as what the Divine Mother calls "jumps" and "leapfrogging."

(3) "The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

(4) Until the Reval, we only have a skeleton staff here. To train new staff would take more time and energy than we can afford, making it a Catch-22. After the Reval, the Golden Age of Gaia will have departments and will expand by leaps and bounds. Prior to that, we're simply doing the best we can. We still have not found an IT guru and welcome applications.

# Mary Magdalene via Fran Zepeda: You Are Pure Divine Love



Nov. 14, 2015

*I'm reposting this wonderful message from Mary Magdalene for the relevance to these times of transitioning from Third/Fourth to Fifth Dimensionality.*

Hello Beloveds,

It is I, Mary Magdalene, bringing you sweet tidings and abundant Love to all who tune in to my energy this day. I AM full of Love for you All. I AM deep within your hearts this Now Moment.

I wish to speak with you today about Love. About Abundant Love to which you have all fostered a deeper connection to and understanding of in these recent times. You understand it on a much deeper level now, do you not?

Do you understand deeply that YOU ARE LOVE? As you accept the perpetual divine energies pouring into you constantly now, you are no doubt establishing a much deeper understanding of that. As a part of Source, you are also the essence of Source: Love.

This, no doubt, is not new to you. But I want to explore this further and deeper with you.

Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening.

This requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love.

As your crystalline body comes more on-line, this is becoming more apparent to you. It is essential that you not separate yourselves now from your Crystalline Body, your Christ Consciousness and your Love Essence, in how you look at yourselves. It is no longer something to attain. It is what you are NOW.

The more you are aware of this in every Now Moment, the more you will be able to actualize your True Divine Essence, and thus so your every dream.

You can now construct your dreams with this Love that is pulsing in every particle of your Being. And in doing so, you are an example for others.

Love can be used to dissolve every negative aspect of yourself simply by your intention and your acknowledgement that every negative experience, aspect, emotion and thought is merely a construct waiting to be made whole and pure with your ministering of Love, Forgiveness and Compassion, for yourselves, and for every aspect of your Being, and every aspect of others' Being.

Do you realize that this tool of Love can be wielded with utter power and abandon, knowing that with every swipe of it, you become more whole, more entrenched in your divine nature — more whole within all your aspects, and more capable of absorbing and integrating all parts and aspects of you, multidimensionally, as well as with all aspects of Christ Consciousness/God Consciousness?

By absorbing and demonstrating the full vibrational nature of those divine aspects/Cosmic Rays, you are fully in command of them, and more integrated in full divine expression. Divine Love, which is what we are speaking of today, is just one of them. Divine Harmony, Grace, Divine Will, and Freedom are but a few more, which I will speak of another day.

So absorb fully this beautiful Divine Ray of Divine Love, more fully each moment, and wield it to raise the vibration of all, to create your dreams, and to sustain and raise the beautiful Unity Consciousness becoming prevalent and divinely entrenched in your world now.

Invite all your cells and every particle of them, invite all parts of your Being, to be drenched in Love and let Love glue together all parts of you in perfect Harmony as you walk, talk and live Love.

I have encoded in this message the infinitesimal Essence of Love. Allow it to vibrate within you and allow it to thus color everything you think of and do from this moment on. For this is your birthright. This is your nature. This is your essence. This is your purpose.

Magnify this dose of Divine Love I give you now and saturate your very Being with it, and then saturate all parts of you not in Love or Harmony and watch how you will feel more buoyant and in the Zone of Love — where it takes over all your thoughts and fuels your dreams, sculpts your dreams, and enables others to do the same.

Namaste.

I AM Mary Magdalene in Pure Divine Love.

"Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <https://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>

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## Who Will Accept the Invitation?



*Credit: delacrememastermind.com*

Nov. 21, 2015

On *An Hour with an Angel*, Oct. 15, 2015, Archangel Michael said:

"You say, 'It is not fair, Mi-ka-el, because [the Mother] is favoring some with visions, with bliss, with ecstasy, with knowing.' ...

"Let us play this out. If some of you are not feeling the expansion, the bliss, the love, that does not mean that it is not occurring. Do you feel the blood running through your veins? Do you feel the constant division and growth of your cells? Do you feel the synapses in your brain, the neurons? Do you feel that movement?

"You do not always even consciously feel the beating of your heart unless you are taking your pulse, unless it is pounding extraordinarily. That does not mean that your body has ceased to exist, that somehow you have died. This expansion, this upliftment, this increase in your frequency, is taking place regardless." (1)

"Do you feel the blood running through your veins?" We don't, but the blood is running just the same. And we don't say to ourselves that it isn't running just because we can't feel it.

In the same way, a few times when I've "recognized" the bliss, I saw that it was already there and I saw that I hadn't noticed it. The minute I noticed it, I was in there in a new way. Now conscious of the bliss, I felt it fill me up and sweep my concerns away. Bliss was like the heart beating or the breath; it remained unnoticed.

AAM goes on: "You do not always feel the beating of your heart." The heart beats but we're unconscious of it. That doesn't mean it isn't beating. When we become conscious of it, we're filled with awe that this mechanism, the heart, never stops its beating, just as the breath never stops its breathing. And it does so without any conscious effort from us. But that epiphany did not occur to us while we were unconscious of the heart and unconscious of being unconscious.

It's the same with the bliss as it is with the heart. It's there and probably always has been. But we just haven't been able to see or experience it. When we notice that it's there, when it enters into our conscious awareness, it blossoms and we become fully aware of it and fully immersed in it.

The thereness-and-not-thereness of the bliss is a paradox but only one of many we encounter as we mount Jacob's ladder of consciousness. I expect paradoxes to arise and fall away in steady succession.

The higher we go, the more what we left behind is seen as illusion. But it isn't seen as illusion while we're on the lower rungs of the ladder. The bus is a bus is a bus to us on the 3rd/4th. Later we see the illusory quality of it when we rise to a higher dimension.

I can conceive of an ascended master describing a high space to our uncomprehending looks and saying, "You'd have to have been there." And, yes, to understand what's being said, we'd have to have been there; we'd have to have had the experience. It's that way with bliss. There's nothing like it in the realm of consciousness we normally exist in.

Many spiritual teachers talk about the high, non-dual space (we call it "unitive consciousness" these days), speaking in ways and terms that are often incomprehensible to us.

"Abide as That in which there are no gods and their worship, none of the three Divine aspects of Creator, Preserver and Destroyer or meditation on them, no Supreme Formless God not meditation on Him." (2)

Excuse me? No gods? (3) No Creator, Preserver and Destroyer - i.e., no Divine Mother? No Supreme Formless God? What is this? This cannot be correct. If it were, it would be a paradox.

And yet, where there's no thought, there's none of these. All of these are ideas, concepts, notions. What the sage is pointing at is beyond thought, beyond vrittis or waves in the mind, beyond all movement, to complete stillness. Stillness of this order, to the best of my knowledge, can result in cessation or nirvana or Sahaja Samadhi. This is the direction the bliss is carrying us in.

When we go beyond ideas, we see there's no object. There's only the One Subject of all experiences. Moreover there's no objective consciousness; there's only consciousness without an object; i.e., Oneness.

How does one communicate the experience of something in words? I cannot. One can only communicate ideas, which haven't the power to bring the experience alive for another. Intellectual knowledge is good for brush-clearing, but it takes experiential knowledge to grab our attention and realized knowledge to satisfy our quest. Those cannot be supplied by another in the same way intellectual knowledge can.

The Ascension energies have the power to allow us to recognize the bliss that's already there, and recognize it for what it is - the very thing we've always been looking for.

All the sages seem to have the same object: They, knowing this space, only want to invite us into it.

It isn't because they're lonely and want playmates because, I think, they're never lonely. It's because the space is so wonderful that the heart overflows. One simply wants to give that love away to all who'll receive it. One wants to facilitate others entering this space.

Yes, it takes work to be in it. That's what all the clearing we've all done in the last two to three years was about. It was about emptying the lamp so it could be filled with oil that we, the unascended, might join the Bridegroom at the Wedding. This bliss we're feeling is the oil in our lamps. And our lamps apparently will be full.

God has sent the invitation to all the world - Christians, Muslims, non-believers; rich, poor, and in-between; blacks, whites and everyone else.

Who will accept the invitation?

## Footnotes

(1) "Transcript ~ Archangel Michael on AHWAA: No One Will be Excluded from Ascension, October 15, 2015," at <http://goldenageofgaia.com/2015/11/19/transcript-archangel-michael-on-ahwaa-no-one-will-be-excluded-from-ascension-october-15-2015/>.

(2) Bubba Free John, ed. *The Heart of the Ribhu Gita*. Los Angeles: Dawn Horse Press, n.d., 21. Ramana Maharshi, who loved to recite the Ribhu Gita, is on the cover.

(3) That is, no personifications of the three cosmic forces, the gunas: Rajas = Creation = Brahma. Sattwa = Preservation = Vishnu. Thamas = Transformation = Shiva.

Creation + Preservation + Transformation = The material forces of the Divine Mother in her aspect as the universal creative vibration, the Word of God, Aum/Amen.

The cosmic forces or gunas make up the upswing of the sine wave that Aum is, the pause, and the downswing. Our breath imitates and reflects the structure of Aum.

# The Play of Conscious Awareness



Nov. 26, 2015

The play of consciousness continues to be the most important thing for me. In the face of it, all thoughts connected to the external world fade into insignificance.

While I was interviewing the Arcturians, the mood of conscious awareness began to rise in me.

By the time I joined my coffee partner, I was beginning to enter the transformed space again.

What I noticed predominantly was the feeling, not of love, not of bliss, but of being consciously aware. I have a base level of awareness that's not conscious, but this was conscious. It was if the totality of me was a conscious space extending outwards a few feet in all directions, with a point in the middle that I recognized as somehow "me."

In unconscious awareness, I was very much limited by the body and equated the body with "me." I was an imprisoned consciousness and I was unaware, because of the body's density, of much that was happening around me, outside of it. My consciousness did not extend past the limits of the body. What and how the body was doing was intensely interesting to me.

In conscious awareness, I was very much aware past the limits of the body. In fact I wasn't much aware of what and how the body was doing and I paid it little attention. It just didn't attract my interest.

It was as if I had wraparound awareness. We would ordinarily say that I had "expanded."

It took a lot to remain open, in conscious awareness. Conversation about Aunt Betty or Harold the salesman did not interest me at all and, if I allowed myself to remain with it too long, the space of conscious awareness began to seep out of me.

While conscious, I felt certainty and confidence, though there was absolutely no reason to feel these ways. I "came from" these spaces rather than "reaching" them. They were my point of

origin rather than my destination. That's the reverse of how we usually look upon those qualities in ordinary consciousness.

While conscious as well, I felt exhilarated, buoyant, capable, free. I remembered what Archangel Michael and the Arcturians had said that we have to value this space and want to remain with it for it to stay. If we didn't want to remain with it, or just didn't value it, it disappeared.

I wasn't impacted by what I did (as long as it was dharmic). But I was impacted by what I thought and felt about what I did. My mood was governed by my thoughts and feelings.

Again that's probably exactly why the Arcturians said we had to master every thought. Our thoughts have the power to pull us out of the conscious space. In fact it may be in the end that only our thoughts (and thought-generated feelings) can pull us out of it.

I feel joyous. I feel alive. I have boundless energy. I remembered being warned that we'd feel this way and yet we still need to rest.

When I think of giving myself rest, I feel bliss. The bliss comes from feeling caring for myself. I used to fester with self-hatred, as so many of us did. But now all that is gone, replaced by a feeling as solicitous to myself as it would be to anyone else standing in front of me.

Self-love has replaced self-hatred and that love of self becomes available to give to everyone else I meet.

One of our 3D paradigms is that we get love from other people when predominantly we get it from ourselves, from our own hearts. I'd appear before someone else with my begging cup in hand and a sign worn round my neck: "Love me."

Then I discovered, after the heart opening on March 13, 2015, that it was I who had to love me. That task fell uniquely to myself. And if I didn't love myself, I had no love to give to anyone else. The love pump, once running, does not discriminate. Excess love is always available and free (almost) to anyone else for the asking.

I'm now nestled into the bliss, like a pile of down feathers in a nest. I don't care if I lie down and don't sleep - as happens many nights. Every waking minute in this space is splendid.

# Why Does Love Not “Sell”?

Nov. 27, 2015



Blossom's Federation of Light sources gave a fascinating message the other day, which I'd like to look at briefly.

At one point, they said:

"The only responsibility that any One Soul has ... be they residing on Earth or otherwise ... is to BECOME WHO THEY ARE ... IN TRUTH. By BEING so ... ALL that one is hoping for ... expecting ... desiring ... needing ... simply melts away. For when BEING in the fullness of their True Reality ... none of these things matter ... not one." (1)

That so fits with my experience. When I'm in the transformed space, in touch with my natural being instead of my scripted self, what we think of as our "personalities," nothing else matters. Expecting, desiring, needing do indeed melt away.

But my saying that probably shows up like a mere factual statement for which there is, so long as we're in our constructed selves, no evidence, no proof. In the dense vibrations of our ordinary consciousness, there's no experience of the truth of the FoL's words.

"We CHOOSE to speak of LOVE over and over for this is OUR PURPOSE ... to assist souls in Awakening from the dream. ...

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?"

I've noticed that too. When I operate self-servingly, I overlook the fact that I, before my heart opening and like the people the FoL are talking about, also put down messages that talked about love. I wanted the hard news, not the soft news.

Why is that love does not sell, so to speak? When we hear news of the ships, or of abundance, or even accountability, we perk up because we feel that "now my life will get better." But what we overlook is that the end of all our suffering is to be found in our burgeoning experience of love. That in fact is the goal of all the external events we're following, although we don't know it is as long as our consciousness is embedded in density.

The whole of the show that the galactics and celestials are mounting for us - Disclosure, Abundance, new technology, new healing modalities, etc. - is simply to release us from density enough that we can experience real love and then to provide the circumstances for us in which that experience of transformative love can continue and grow.

Women are said to be much more open to love than men are and, if so, it'd make sense that women should disproportionately lead in the chapter of our history that's opening up. This is going to bruise some male egos but perhaps less so as the vibrations rise. In any case, if men don't like it, it's clear what they'd need to do. (And some men are.)

Several times, when I go for my coffee at my local Starbucks (the one on the block nearest me, rather than on every other block), I watch men - usually from European settings - carry on in ways which the women seem to tolerate, often with amusement, sometimes with boredom or chagrin. I have to fight myself not to go over to their table and tell the man to be quiet.

One man I watched, at the beginning of the conversation, carried on bombastically, jabbing the air with his finger, speaking in a loud voice as if he were prancing up and down in front of the two women, reached a crescendo of whatever it was he was saying (they spoke in a foreign language) and then fell silent.

The women then began to have a normal conversation, probably about the real meat of the meeting, and the man, while silent, could be seen talking to himself, probably reviewing the conversation in his mind, thinking of things he could have said, rehearsing, approving of himself, and so on.

Why do men do that? Why do two men in a conversation in which a woman is the third participant utterly ignore the woman? Why do men feel the need to establish that they're the top dog on the block? It's so unbecoming, so unflattering, so demeaning and unproductive.

It's also so far from an appreciation of what's important in life, which is just what the FoL said to Blossom. All the galactics do is to open us up to the centrality of love to the enjoyment of existence.

I grow impatient with my surroundings, even though it's fruitless and counterproductive to do so. And yet to stop asking for a speeding-up or amplification of external events and to get that what's important is the degree to which I surrender to love is counter to all my conditioning. I am unconditioning myself these days. I am coming out from under the impact of our so-misguided, so-mistaken conventions and norm, mostly male-dictated.

In the beginning it could be a lonely affair if it were not that love buoys me up. And when it buoys me up, as the galactics say, nothing else matters.

### **Footnotes**

(1) The Galactic Federation through Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG261nov25.html>.

## Emerging from the Chrysalis of Ascension



Nov. 28, 2015

As we all continue our gradual emergence from the chrysalis of Ascension, I'm now noticing stages in the development of my ability to express love.

In the early years of my marriage, it was as if I had a hole in my heart. I couldn't generate love for life or money. My wife hung in with me, loving me always, for 23 years, even though there was apparently nothing in it for her.

At that time I was not aware of the impact of vasanas. It was in fact the clearing of major vasanas or core issues that contributed to the breakthrough - the heart opening - on March 13, 2015.

But at that earlier time, I was a loveless being for most of my life. Not like I knew I was. Not like I knew what real love was.

I'd polished my constructed self about as much as I was ever going to. I mainly just wanted to be left alone to write. I became more and more frustrated and retreated more and more into the paradigm that anger, rather than love, gets you what you want. It never did.

So not a pleasant guy to be around for practically all the loving women in my life. I was probably about as automatic as they come.

Meanwhile everything that was happening for me was happening internally. My spiritual life was blossoming. Spiritual experiences were occurring right and left. The Flame in the Heart, the Highway to Heaven, the Universe Inside, the Silver Bullet - I named them all for memory's sake. They would come and go.

I remember saying to myself that one moment of bliss in these experiences made many years of spiritual work bearable.

However, none of this translated into real love for others. Generosity, yes. Affection, yes. Real, transformative love, no.butterfly09

Fast forward to the near present after endless clearing of vasanas. My love for one woman was like a volcano. But it was focused on that one person only. With everyone else I remained a stick man. But at least I'd had that breakthrough. It started the glacier calving.

Added to that was an exercise that I'd been doing - raising love from my heart and sending it out to the world. And this exercise worked, where many have not. I began to feel real love.

Then came the heart opening on March 13, 2015. As I remember it, it began as a feeling of energy going up my leg. This could not have been my own kundalini because that would have started from the root chakra, not from my foot. It felt like it was coming from "outside."

At first I was startled and then I relaxed upon thinking to myself that the Divine Mother was in charge and so why am I worrying?

When the energy reached my heart, there was a sensation as if a gigantic cork had exploded outwards. And the love flowed in a flood now.

This happened at 7 a.m. on a morning I was to have a reading with Archangel Michael at 10:00. I imagine there was no accident involved here. When the hour of the reading arrived, I was still immersed in a torrent of love.

AAM explained that the experience was a heart opening and said that the personal love I'd been experiencing was the precursor of this new breakthrough into impersonal love. He added that the exercise of bringing love up from the heart and sending it out into the world had greased the wheel.

Not everyone will experience a heart opening, as I understand it. One devotee will derive the same effect from seeing a brilliant Light. (And I'll be sharing about an Australian friend who's had that experience.) A bhakta or devotee may see the loving form of their Chosen Ideal. A jnani or student of wisdom will have a realization. I'm a student of consciousness or awareness and so I had an experience in consciousness. (This gives rise to perhaps a different meaning of "what you sow, you reap.")

When I started writing this article I was not in the transformed space and I notice that I now am.

After the heart opening, for many months, love just flowed. And it was a love that made no distinction, what sages call impersonal or universal love. I loved everyone. Of course some people meant more to me than others. We had need to be together. But my love itself was incapable of making any distinctions past that.

So, for me, the heart opening of March 13, 2015 was like a watershed in my life.

I sincerely apologize to the many people for whom I was not present. I apologize to everyone who had to bear the force of my anger because my inability to love revealed me as such a beggar in matters of the heart. And I could not stand being seen in that light.

The bliss arises in me and settles me down again. I send my love out to all who hung in with me for so, so long.

# Breakthrough



Nov. 29, 2015

I'm having a breakthrough at this moment. I type this as I wait for a colleague to arrive for lunch.

I was walking down the street, full of joy and bliss, and I found myself saying to myself that I'd better cool it.

People would think I'm drugged or drunk. And I'm neither. I'm in the transformed space.

But just as suddenly I heard another voice say: "No, I don't want to hide it or shed it or deny it. I want to be as happy outside as I am inside from here on."

And that settled the matter.

I found myself snapping my fingers and "dancing" down the street (modest dance). You have to understand that to myself, that'd be the equivalent of a rhinocerus pirouetting. I could see that many people scarcely believed what they were seeing. Someone smiling, snapping his fingers and dancing silently to the music.

Jim Carrey?

No, that's how I feel. And I can take one of two courses. I can suppress it or I can express it. If the former, I hand in my awareness writer's badge.

If the latter, then my entire conversation from this moment on - when on this topic - would simply be: How do I express the bliss?

Under what circumstances? To what degree? In what manner?

What would happen if there were thousands more of us or dancing down the street? Not like a staged event. A spontaneous outbreak of happiness.

Well, that would be fine with me. I popped my cork. (1) I can stand the love. Now, I can. I couldn't before.

If I take this path, of staying with expressing it, I can imagine that I might see fewer people. One of the ways I lose this space is to give it away to another. I then occupy their space which could be about selling Encyclopedia Britannicas. I'm no longer willing to sell out this space.

Hours later....

This is one the longest stretches I've ever been in the transformed space.

I simply consider it normal now and am actually quiet about it rather than dancing down the street. I did some breathing exercises designed to let go of holding patterns in my stomach and that helped stabilize the space. I seem to hold my anxiety, fear, worry and such in my stomach.

I'm behaving perfectly normally now, although I'm joyous. I feel grounded, happy, content to lie on my bed and just enjoy my breathing. I may watch a movie tonight, something I almost never do. I may watch a lot of movies, five minutes of each. I may do nothing at all, have a luxurious bath, listen to music. I feel completely carefree.

### **Footnotes**

(1) The heart opening of March 13, 2015, which felt like popping a very large cork.

# A Big Push in Consciousness



Nov. 30, 2015

How can I not comment on the channeled messages we're seeing these days.

Notice how coordinated they all are. What do they all say in common? Love, love, love, love, love, love.

Natalie Glasson's message hit the ball out of the park for me.

"An explosion of light is moving through the atmosphere waiting to penetrate your being." (1)

OK.

"It may feel that everything that does not resonate with the light is protruding from your being, wishing to remain anchored within your being while also wanting to escape. This may create a chaos within you which will be experienced at different levels for each individual."

Absolutely.

"In the past it has been through chaos that light has been born. Again you are moving into an experience of inner chaos awakening to bring forth and allow an explosion of light into your being."

Totally. And I'm ready for the light.

I just spent the morning feeling bummed out, before realizing that these emotions were arising to be experienced (finally) and let go of. All they want is for me to experience them and let the river of awareness carry them away.

"Chaos doesn't have to be something which you are fearful of or shy away from because it is seemingly not spiritual or [impossible] to be enlightened when you experience chaos.

"However your reactions are the keys which allow you to move into a space of light within your being. Can you experience chaos within your being without fear and with a reaction or response of love? This is what is being asked of you."

No, I cannot. Not yet. Not completely.

And then the piece de resistance:

"A light which is the supreme love of the Creator and will intensify the supreme love of the Creator within you will explode within your being, it will fill every cell with light and create a powerful realignment encouraging balance, healing, further Creator consciousness awareness and resonance with the Creator. Imagine if all misalignments, blockages and limitations were dissolved and your entire being was free to reform itself into an awakened and aligned version of yourself."

This is the Light of the Self, the Christ, the Atman. This is the pearl of great price, the treasure buried in a field, the mustard seed that will grow into a great tree.

The message goes on to amplify what we may experience in this phase of our Ascension. It promises a fourth-chakra experience. We've already heard the Mother and AAM describe a seventh-chakra experience and a permanent heart opening in 2017.

One aspect of their report I'm hesitant to mention because we've all had such difficult experiences with dates. They predict this experience for most people will happen between Dec. 21-26, 2015:

"Many people will experience an explosion of light within their beings sometime from the 21st – 26th December 2015, those who experience it during this time will either require the collective support of others achieving it at the same time to aid their activation or are supporting the collective in their experience. Those who do not require amplification from the collective consciousness of humanity will experience their light explosion with divine timing either before or after these dates."

Eek! Not another date. I can't avoid mentioning it here but I won't mention it again, I promise.

I maintain that it doesn't have to be the sight of a bright Light that we experience from the impact of these energies. I believe it can also be an explosion in consciousness, the vision of one's Chosen Ideal, or other manifestations. But the impact will be the same.

For me, this ability to look upon chaos without fear or reaction is what the growth movement aimed at. It's what est was all about, Zen, Vipassana (certainly), and enlightenment intensives. To regard everything with the same loving glance, without judgment or reactivity.

My work with vasanas could be boiled down to: Are we willing and able to experience our past traumas, now, without reacting so that we can then let them be swept downstream by the river of awareness?

You and I have been having this conversation about major vasanas (or what Linda Dillon calls "core issues") constantly for nigh on ... oh ... many years now. That conversation is now being declared a "global" imperative. It's no longer a small and local conversation, but an inclusive, planetary one. I for one am swept away by the thought.

I don't even know what it means. I feel finished with the subject and now the planet is being implicitly asked to master it. I guess this is what wayshowers do, right? Talk about the territory they've been through already?

"The chaos which is arising from within your being is beautiful. You may have already experienced it in the past few weeks."

Uh, yes.

"Be experiencing it now or about to identify it within your being. It may feel all-consuming, familiar or simply a mild frustration and yet if you are willing to recognise the chaos with awareness and love, you will accept and ignite an explosion of light within your being."

I'm up for that. Ready, aye, ready.

Holy mackerel. The rest of Sunday's messages are also on love. A big push in consciousness must be on. Or that's the way it seems to me.

Now to take pen in hand and continue drawing the new map of Ascension. Ascension has had long times of gradual elevation. If we were to see the Light of the Divine Child (Self, Christ, Atman) in a fourth-chakra moment of enlightenment, as the Andromedans suggest, then that would be one instance of Ascension being sudden.

I imagine that would be followed by another period of gradual ascent. And that too would be followed by another sudden moment of "ignition" - the sixth-chakra sight of the Light in all creation.

Then more gradual ascent and then the kundalini would reach the seventh-chakra and we'd have the sight of the Light transcending creation.

And finally, at the end of our current round of Ascension, the kundalini would double back to the heart through the nerve called the Atma Nadi and permanently open the heart in the experience of Sahaja Samadhi.

This is the manner in which Ascension can be said to be both sudden and gradual.

Oh, yes, and I mustn't neglect this diary entry. At the beginning of writing this message, I was not in the transformed space. And now I am.

## **Footnotes**

(1) "The Andromedans: Explosion of Light Within," Channeled by Natalie Glasson, November 27, 2015, at <http://goldenageofgaia.com/2015/11/29/the-andromedans-via-natalie-glasson-explosion-of-light-within/>.

# I Want Nothing Else



Original bliss

Dec. 1, 2015

I was "sharing" and "comparing notes" with a friend in Australia who's also had a heart opening and he reported the same experiences.

In his case, he saw a brilliant Light, which would be a vision of the Self, Christ, or Atman, our essence. In my case, I felt a torrent of love.

We both agreed that there was no way to describe the flood of love and bliss one feels when the heart opens. It defies words.

But the point I wish to make is that just talking about bliss brought me into the transformed space. I acknowledged to him and his partner that I had just entered the transformed space. The conversation had carried me into it.

I left the conversation deep in bliss. So talking about bliss seems to invite .... well, yes, it does. It does invite the experience of it.

And one experience of it seems to be all it takes to create an explosion of and then an ongoing ease connecting with bliss.

I cannot for the life of me see the pattern in all these trips in and out of the transformed space but I'm quite sure there is one. I can certainly see the direction all this is going in though.

For now, all I can do is list the circumstances, define the situation, like an ethnographer or sociologist. So here we have "talking about bliss" resulting in another entry into the blissful transformed space.

I can't remember which day it was that I decided I wasn't going to abandon this state any more. My house is now bliss-friendly.

After making that decision (but making it firmly), I remained in the transformed state for the rest of the day without fear, worry, anxiety. I was comfortably and stably settled into it.

It still comes and goes however. But it's getting easier to summon bliss, so to speak. It comes by earnest invitation. And (consciously) touching any little bit of it, no matter where or how it happens, has led and can lead to an instantaneous and explosive experience of it. After that, the channel is open.

My friend described an explosion of white Light. I felt a torrent of love. I'm beginning to suspect that both were instances of "stream entering" in Buddhism and "spiritual awakening" in Hinduism. (1)

If I can pretend to be him for a moment, here's what I'd say: I have seen the Light (2) and I knew it was myself. I found the treasure [the Self, the Light, the Christ] buried in [the] field [of the heart]. And buried it up again [relinquished the experience].

Having seen the treasure, I now want to own the field and hence the treasure. And so I sell all other desires than that and focus on purchasing the field. Purchasing the field is to say the Light becoming so intense that it causes a permanent heart opening.

Having purchased the field is a state which many sages call moksha or liberation. I've called it, after Ramana Maharshi, Sahaja Samadhi. It's the endpoint of Ascension for most people.

Sahaja means our "natural state of being." Our natural state becomes our normal state and our heart remains open. What a torrent of love and bliss that must be.

For my friend, his "crystal staircase" (his words) of enlightenment might be more and more brilliant experiences of Light. For me it might be deeper and deeper experiences of Love. The ascent will be different for different people.

You can see that I'm quite present in my writing. Anyone who's followed me over the months and years can detect in the way that I'm speaking right now that there has been a change in me. Yes, it comes and goes, but it's staying more and more as well.

My job is to go through Ascension along with everybody else and write about it, to make the whole thing public. This is what that looks like.

Back to the bliss. I feel myself enter a space of freedom from care.

I can feel those careworn feelings if I wish (purely optional), but, even if I did, I'd still feel buoyed up.

Bliss is like a sweetness that's maintained through different concerns and anxieties. The different worries are all there but the sweetness of the bliss is also there and it cancels the worries out, while itself retaining its fullness. For these reasons, I contend that bliss transcends and transforms worries.

One taste of bliss, a sage once wrote, and he hungered for it ever after. For me, bliss is the reward for all action. It's all I want and all I've asked for.

I feel blissful at this moment. I feel satisfied. I feel at peace. This is the experience of the transformed space. And all I want is for others, like my friend in Australia, to know this space. Jump in. The water's warm and so inviting. And love is nothing without participation, without flowing.

### Footnotes

(1) On stream entering, see here: <http://goldengaiadb.com/E#Enlightenment> - .  
[281.29 Spiritual Awakening -](#)  
[How has the experience of spiritual awakening been described.3F](#) and following.

(2) Compare with Krishnamurti's first experience of enlightenment:

"I sat crosslegged in the meditation posture. When I had sat thus for some time, I felt myself going out of my body, I saw myself sitting down with the delicate tender leaves of the tree over me. I was facing the east. In front of me was my body and over my head I saw the Star, (1) bright and clear. ... There was such profound calmness both in the air and within myself, the calmness of the bottom of a deep and unfathomable lake. Like the lake, I felt my physical body, with its mind and emotions, could be ruffled on the surface but nothing, nay nothing, could disturb the calmness of my soul. ... I was supremely happy, for I had seen. Nothing could ever be the same. I have drunk at the clear and pure waters at the source of the fountain of life and my thirst was appeased. Never more could I be thirsty, never more could I be in utter darkness; I have seen the Light. I have touched compassion which heals all sorrow and suffering.... Love in all its glory has intoxicated my heart; my heart can never be closed. I have drunk at the fountain of Joy and eternal Beauty. I am God-intoxicated." (Krishnamurti in Mary Lutyens, *Krishnamurti: The Years of Awakening*. New York: Avon, 1975, 171-2.)

## Sudden Rise of New Interests



Dec. 2, 2015

Another feature of this new space that many of us are probably exploring is the sudden rise of new interests, including what feels like the remembrance of things associated with past lives.

Jesus said that the blissful comforter will bring all things to remembrance. Bliss has that impact on a person, as I recall from my 1987 vision experience. (1) There I found myself tapping into all manner of knowledge that I probably would not have known ordinarily in the face of the overwhelming bliss I was feeling.

In the present situation, I received a book from Amazon.com on sacred geometry and found that nothing in my ordinary day-to-day life would explain my almost insatiable desire to read the book.

I've told many people that I have no time any more to read books. But I made an exception for this one.

I've had a life as a physical and sacred "geometer." But I don't remember any of the knowledge I presume I had then. However, I feel confidence around the subject, even though I know nothing about it.

I even went out to a local art supply store and bought a desk-sized drawing board and began immediately drawing all the figures in the book, which helped me understand the concepts. But I did all this not knowing why I was doing it.

Platonic solids, the Golden Mean, Fibonacci sequences, fractals - I couldn't get enough of it. Here I was cutting out triangles to make a five-pointed star and really understanding

relationships and patterns that had been totally hidden from me. This was all new knowledge and strange territory, but I felt as if I already knew it (even though I don't).

It isn't that I'm remembering knowledge. I'm remembering enthusiasm.

Here's another indication that our past lives may be coming to our conscious knowledge. In freshman college, I took Ancient Greek. And now here I am, today, poring over ancient Greek vocabulary lists, lapping it up. (2)

My point in saying this is to suggest that, as we enter this new transformational territory, we may find new interests arising without them having any foundation or prior appeal that we're aware of. I hated mathematics in high school and university. (3) It was the opposite of everything I enjoyed - the humanities and social sciences were my "beat" and I roared through them. (In fact I may go out to UBC Library and spend a day flipping through kinesics, proxemics, semiotics, etc. But without confining, critical professors. I'm really bitten.)

At one point I was almost flipping through the pages as if it were a manual that I had used many times before and was totally familiar with - when I'm not familiar with it at all.

I experienced confidence, certainty and courage where there was no basis for any of them.

This is becoming in effect my diary of entry into and adaptation to the transformed space - whatever it is - Fourth-Dimensional, Fifth, Sixth or higher. We really are, all of us, explorers entering uncharted waters; in this case, regions of consciousness. If the world is flat, we're going over!

The transformed space does take some getting used to. It doesn't come with a user's manual and there aren't a lot of folks to rub shoulders with in the beginning.

I don't know if you get the irony of that: As a lightworker and a believer in UFOs, Ascension, etc., there weren't a lot of people to rub shoulders with anyways! And now!

I recall saying to myself today or yesterday that I was willing to model this transformed space, to demonstrate it. That's a hugely confronting choice for me to make but I'm willing to do it. Well, I am doing it. This is what I do and chose to do.

Here's to authenticity, transparency and self-revelation. They're all the same thing. Coming out of our shells, making the whole thing public, opting to be seen rather than hidden. And making the best possible sense out of things that arise within us, which have no obvious or clear explanation.

## Footnotes

(1) On that experience, see "Chapter 13. Epilogue," at <http://goldenageofgaia.com/spiritual-essays/16244-2/the-purpose-of-life-is-enlightenment/ch-13-epilogue/>

(2) <http://socrates.berkeley.edu/~ancgreek/vocabU/vocabmainU.html> Alpha, beta, gamma, delta, epsilon.... It's all coming back. And I love it!

(3) In a reading, AAM said that, at the end of this particular life, I said to him: "Please don't ask me ever to study mathematics again." And he agreed. But here I am.

There actually was another chap back then who was interested in numbers. I was more interested in relationships.

# Bliss Methodology



*Bliss Dancer from Burning Man*  
Credit: [www.seeknewtravel.com](http://www.seeknewtravel.com)

Dec. 6, 3015

I can now state with a reasonable amount of experimental and experiential certainty that, just as I could draw love up from my heart and send it out to the world, I can now do the same with bliss.

I'm at this moment awash in bliss. And this time it was a direct result of drawing bliss up from my heart and breathing it out to the world. If this proves consistently to be the case, then this method would rise to the top of the list for me. (1) Although any method is welcome.

It'd rise to the top of the list because it's a method that addresses the rise of bliss rather than bliss being an unintended consequence of some unrelated activity (reading the life of a sage, listening to music, etc.).

As a self-professed Ascension "ethnographer," I assert the relationship between bliss and the heart. The heart is the source of my bliss.

My act of drawing bliss up produces a soft flow of it. The more I repeat the action, the more bliss comes up and remains.

Unlike love, which flows, bliss stays. Not forever, but longer than love. I simmer in bliss whereas I experience love as it pours through me.

Like transformative love, bliss is impersonal. Unlike transformative love, which has to be given away, bliss is enjoyed equally as much by oneself alone or as something shared.

Moreover, I experience transformative love as it goes up and through the region of my head. I experience it as it's passing by.

But bliss fills me up like a balloon and is capable of being enjoyed in a more static way.

In the face of transformative love, I want to hug everyone. But in the face of bliss, I want to sit quietly and simply enjoy it. Love has me be social; bliss has me be solitary.

I'm tempted to associate transformative love with the Mother and bliss with the Father. But I have no more reason for saying that than noting the movement associated with love and the stillness associated with bliss. (2)



*Drawing bliss up and sending it out to the world.  
Credit: fitlife.tv*

The only connection bliss seems to have with the mind is that, when I judge someone, bliss flees. When I anchor myself in my thoughts, bliss flees. I have to surrender everything and simply enjoy it for bliss to stay.

Ah, but what enjoyment!

### **Footnotes**

(1) Here is that list. Some have carried me to the transformed space. Some have only led to flashes of recognition of that space, in passing, so to speak. But all have contributed.

Laughing at myself  
Remembering the beloved  
Remembering bliss itself  
Having a taste of universal love  
Listening to music

Reading the life of a sage or saint  
Reading about sacred geometry  
Taking a stand  
Stating the truth  
Having a committed conversation  
Making a promise  
Declaring myself unequivocally  
Protecting someone  
Making a difference in someone's life  
Taking a pleasurable thought or feeling and filling myself with the energy of it  
Breathing bliss up from my heart and out into the world

(2) Father is stillness and silence; the Mother is movement and sound.

## Onwards and Inwards



Dec. 6, 2015

We hear the masters often say to us to go inward. Seek the kingdom of heaven within. Know thyself. Go within, into the heart.

Onwards and inwards, a friend quipped to me the other day.

And I saw that I've been going inward for the better part of my life, but never thought I did.

For me it was always self-awareness, and it happened, well, in the everyday layers of the mind as well as the deepest part of me, simultaneously. I would shift back and forth between aspects of myself, states of mind, effortlessly. I think we all do.

Add to that that this occupation requires a lot of time spent alone. "Inward" has just been home to me.

Now it's becoming interesting. Because what I now see as "inward" is shown to be my naturalized state. Not my natural state yet. That's more than a year away (apparently). But the state I've grown accustomed to.

The simple act of maintaining awareness of oneself is all it takes. Sitara in her article talks about listening to herself say something negative. (1) Yes, being a witness of one's own words, emotions and deeds. Being the observer.

Watching ourselves. Listening to ourselves. Experiencing our emotions fully. Being who we are, in this moment, consciously. This is the consciousness path or awareness path.

I wish I could describe what it feels like to be in touch with one's self. The most exquisite love for oneself comes up, as if one is one's own best friend.

Tender love for one's self.

When one is OK with one's self, when one is at peace with one's self, when one is in love with one's self, then, for me, life really begins.

I think at some point most of us got scared out of loving ourselves. And now it's almost as if we need to regard ourselves as separate, as an object of investigation, to fall in love with ourselves again.

I think of myself as both a subject and an object. And the subject loves the object. I'm best friends with a second self that I project outwards. I find this imaginative exercise helps me to love myself, take care of myself, etc. I become the lover and the beloved, in my heart and mind's eye.

### **Footnotes**

- (1) "Sitara: Love Works. Always" at <http://goldenageofgaia.com/2015/12/01/sitara-love-works-always/>.

# The Absence of Pain



Dec. 6, 2015

I'm going deeper and deeper into my own consciousness.

It's as if my consciousness is imploding into itself, structures are collapsing, and belief systems are exploding.

I'm experiencing a collapse of what I'd call a "self" or an "ego."

And I welcome it. I remember that, earlier this evening, I asked for it. And now it arrives, barely an hour later, I'd say.

Every image of collapse, destruction, and explosion is flashing across my mind. Everything about me that could collapse is collapsing.

The old is falling away and the new is being revealed. Only it's happening rapidly, almost in fast forward.

What keeps us in the Third Dimension is negativity. But what would keep us in the Fifth Dimension is not positivity. That's itself a part of a duality.

It's contextuality. Contextuality is an appreciation of the whole, a universal consciousness. It takes in everything. Examples of contexts are peace, love, health, and completion.

When we can think from a universal standpoint and love from the same, then I think this world will work.

\* \* \*

I'd call the space I'm in at the moment "ecstasy." Thirty years ago I did the drug ecstasy. And the space ecstasy presented then is the space I'm in right now, without the use of any stimulant.

It's predominant characteristic is depth, profundity, fulness.

It's almost as if I'm on a scenic tour of the transformed space - be it Fifth Dimensional or otherwise.

Each day, more of it's revealed.

\* \* \*

I'm still in the space of ecstasy, some hours later.

I tried making a smoothie for a friend in this space. I'm in utter abandonment of thinking. Could I even slice an apple?

It was very hard to concentrate. Every act I didn't like to do I could have resented. That would've been my Third-Dimensional response. But instead of that, I did it out of love for my friend.

There are rules of the road for ecstasy, just as for love and bliss. And I'm finding them out by experience. This is all brush-clearing.

I feel buoyed up so high that it would've been hard to imagine this space if told about it previously. I'm not trying to suggest that it's a high enlightenment. It isn't.

It's a high subplane, if you will, of the transformed space. So I mean "comparatively" buoyed up, short of enlightenment.

There were several times today I thought it would take a turn towards enlightenment, but it didn't.

And so I've continued to simply hold myself open to what is an unfolding experience.

\* \* \*

I now feel routinely and totally free of emotional trauma and pain at this moment. No vasanas (or core issues), in other words.

They could come rushing in in an instant, but right now I'm pain-free.

This breath that I take, I take without the memory of past upsets or any trace of resentment or regret.

I call this "back to innocence." Original innocence, rather than original sin. That's the feeling.

I feel fresh and pure.

I turn the ordinary method of breathing around and breathe into myself profoundly, as deeply as I possibly can. And then I breathe out ecstasy. I go as high as I possibly can. And I repeat this.

Again I marvel that these are events in consciousness. Not a Light for me. Not a vision of the Beloved. But a continual expansion in consciousness, with the rewards of love, bliss, and ecstasy and the absence of pain that they have - so far - brought.

\* \* \*

Paramount to this space is how relaxed I feel. I feel totally at peace with myself and the outside world.

And it turns out that I'm the only person I absolutely have to be at peace with. Ups and downs with other people I can endure. But I cannot manage being at odds with myself.

The absence of peace within my self makes me right away a breeding ground for mayhem and chaos.

But it takes real work to maintain peace with my self. Any judgment could start a war. Any blame, resentment, regret.

All of it, I earlier called "negativity." All of it now has to be put aside to keep the peace within my self.

\* \* \*

Having chosen the path of consciousness or awareness, I now find my reward in constantly-expanding. consciousness. This validates what the Arcturians said: "Where your attention is, there you are also. ... attention is how you connect with realities." (1) I connect with the reality of love, bliss and ecstasy through awareness of my internal states.

It also validates the notion that we can walk any path to Ascension. Any path that elevates our consciousness and hence our frequency will do.

I feel totally different than I did even a day ago.

I feel ... well, it's always that I feel more of what I did then. These are obviously areas of life I've been working on and working out and I'm now reaping the benefit in these areas.

I feel confident. So obviously I've been working on issues of confidence.

I feel strong, peaceful, free from desire.

I feel content, satisfied.

What more could anyone ask?

And yet I know there's always more.

## **Footnotes**

(1) "Transcript ~ "The Arcturians on AHWAA: Ascension is a Multi-Dimensional Activity,"  
Channeled by Dr. Suzanne Lie, November 26, 2015, at <http://goldenageofgaia.com/?p=269824>.

## A Glimpse of Ascension - Part 1/2



*This is bliss. More is ecstasy*

Dec. 11, 2015

We all have our missions and mine is to be a communicator.

Further to that, I'm to go through Ascension with everyone else and write about it.

It seems implicit in that and in other things that I know that the experiences in consciousness I or others like me (people who've agreed to go first and go public) pass through are meant for some people to read and then experience themselves once the territory has been identified and at least tentatively mapped.

We're explorers. We're scouts. And we're reporters.

Since it's my job, I'm going to talk about some things I ordinarily would never talk about. These things are usually meant to stay private. One doesn't want to be ridiculed for one's spirituality. That's precious and it'd hurt.

Moreover, it sounds boastful to be talking about these kind of things and most people wouldn't do it. Neither would I, were it not for the fact that I'm expected to. This is my work. Self-awareness, transparency, consciousness raising - it's what I do for a living. It's this or wash dishes.

I'm now ready to conclude that the events I've been through since at least March 13, 2015, when I had a major heart opening, up to this past week when I experienced ecstasy for some days, were meant to be a foretaste of Ascension itself.

I said it was implicit "in other things that I know." I've had the inestimable benefit of having a personal reading with Archangel Michael every three weeks since early 2011. I'm able to ask him to interpret events and confirm certain lines of inquiry. That's where the knowledge of certain matters comes from.

I've had profound spiritual experiences in the last eight and a half months, but they've been truncated, as Archangel Michael has confirmed for me in a reading. I'm being allowed to visit "exalted" states, have a glimpse of them, but I'm not allowed to live there.

Let me cite a conversation in which he confirmed that the completion of the kundalini that I experienced after Wave X was truncated.

Steve: [Emptiness of mind] was followed the next day by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

Archangel Michael: Yes, now it is part of the reset button. Think of it in this way. If you are installing, say, a new program, or you had an old program that kept stalling out three quarters of the way full and you were frustrated as all get out with it. And you are asking for the fullness of the program to come online so you turn off your computer and you restart it.

That is what you did.

Steve: Hmm, interesting! Ordinarily you would experience Brahmajnana at that point but I felt that it had been muted, toned down.

AAM: Completely toned down. We want you very physically present.

Steve: Alright, good. That makes sense. (1)

Not only do they tone down these experiences so that I'll remain in the physical body, but they want me to keep writing rather than sit under a tree in bliss.

Therefore I'm being offered a glimpse of these states, a holiday, a reward, and an enticement to conduct spiritual studies on these states of consciousness. Well, no need for an enticement there.

I believe that the events of my last eight and a half months have paralleled what we think of as Ascension, but toned down. I've had a partial experience and that was marvellous enough to set me singing.

Let's review those events. The articles on this site will establish the timeline. I'm just going on memory and my memory is not the best these days (It's wanted that I forget about 3D and taking away my memory of it was the preferred way of accomplishing that). So I'm at best being approximate in what I say here.

The heart opening on March 13, 2015 opened me to love and I realized immediately that I had (almost) never loved in my life. I might have spent minutes in love in some of the transformational experiences I've had in my life (hence the "almost"). But that's all the love I've felt in my entire life.

The important thing here though is that I believe the heart opening was comparable to the first experience of enlightenment, which occurs when the kundalini reaches the fourth or heart chakra (not the heart).

I think we as a collective will have that experience in the near future (no dates please). That experience is called spiritual awakening by Hindus and stream-entering by Buddhists.

I think I had a toned-down version of it. If it were full-blown, I'd be shouting with enthusiasm, as my Australian friend who had it did.

Nevertheless, I began to explore this new domain that I found myself in, in which transformative love swept aside negative conditions like anger, jealousy, and greed. Ordinary love is overwhelmed by these negative states but transformative love doesn't offer them any footing.

I lived for months in transformative love and then came Sept. 27/28, the Blood Moon Equinox.

(Concluded in Part 2.)

### **Footnotes**

- (1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

## A Glimpse of Ascension - Part 2/2



Dec. 12, 2015

(Concluded from Part 1.)

Some days after Wave X hit the Earth, I found that my mind had fallen quiet. And the next day after that, I watched as the kundalini completed its circuit to the crown or seventh chakra.

Ordinarily the completion of the kundalini circuit would result in Brahmajnana or God-Realization. Brahmajnana is a temporary heart opening and is redolent with bliss.

I didn't experience God-Realization, just the completion of the kundalini. I posted in the first part of this article what AAM said about truncating the experience.

However a few days later I began to watch bliss arise in me. It was almost as if I was getting to experience the state in pieces. First the kundalini rising; then my mind falling quiet; and a day after that the bliss.

I existed in this state of bliss for some time and very much enjoyed it. And then I hit a state that was even higher than that.

Before I get into that, I must digress.

The defining event of being inside the Fifth Dimension and anchored to it is Sahaja Samadhi. Sahaja, or our "natural state of being." It's a permanent heart opening. It occurs well inside the Fifth Dimension. It brings with it moksha or liberation from the need to be physically reborn.

Sahaja and not Brahmanjana sees the end of our vasanas or core issues. The seeds of future action are burned to a crisp. Our karma is complete.

And our heart remains permanently open. This is the Fifth Dimensionality that we're all looking for and which we hear described in many channeled messages, especially those of Saul and Jesus through John Smallman. This is our collective destination.

If we're looking for the sudden side of Ascension, it'd be in these experiences of (1) spiritual awakening, (2) Brahmajnana and (3) Sahaja Samadhi. All the rest of Ascension is gradual.

Two aspects of what happened next convinced me that I was given a truncated experience of Sahaja. The first thing was that I felt ecstasy. Bliss is higher than love but ecstasy is higher than bliss. It's like a staircase and these are its steps.

Ecstasy was completely satisfying. I was totally content. And yet, unlike as in bliss, in ecstasy I didn't want or need to stand off from people. On the contrary ecstasy was enough to stand the jostling that people do with each other whereas bliss would have me be off by myself enjoying it.

While I was in ecstasy, I noticed that I felt no pain, no leftover trauma, no vasanas, no core issues. They were utterly gone and that too is a feature of Sahaja Samadhi.

Now I did not say I've had Sahaja Samadhi.

What I said was that I'm being given tastes of what lies ahead because it's in my soul contract to write about it.

Why would the Company of Heaven not give brief experiences like these to someone who has signed on to write about them? It makes perfect sense. But that's not equivalent to residing in the state we call Ascension. I've just had a look inside the room.

Mine has been an experience of the consciousness side of Ascension. Other people will ascend the mountain by other routes. Some will love Krishna or Jesus. Others will labor for the poor or hungry. Others will study sacred mandalas and ponder Sri Yantras. Others may chant Aum and say their mantra.

Everyone will have their own pathway. Mine is the path of awareness, which again makes sense. What better thing to write about when one is writing on Ascension than one's own experiences and noticings, seen in self-awareness?

It all fits. It all makes sense.

Having gone through the experiences of the last eight and a half months, I think, allows me to speak about them with a modicum of experiential knowledge.

I'd like to say that what awaits us, based on my experiences, is wonderful beyond description.

We're in good hands. We'll enjoy the ride. And getting there will satisfy us completely.

Oh, look, just in writing this, I'm back in the space of love/bliss/ecstasy again. This space is definitely the payment for all labors. Write "Paid in Full" on my account.

Last night, in ecstasy, I phoned Suzi Maresca and asked her if she'd just be my witness of what the ecstatic state looks like. I had a five mile smile and an unflappable sense of humor. I was imperturbable. And oh so happy!

Having come back from looking at the territory up ahead, this scout reports that all is well. Just remain open and accept what the energies bring you. And, if you'll take it from me, don't allow Team Dark to set your agenda. Let's set our own agendas from now on.