

Falling Deeper and Deeper into the Center



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Exploring My Ascension

At the Crossroads



I'm beginning to see what Archangel Michael means by saying that we're on the doorstep of the Fourth Dimension but looking back at the old Third longingly.

I had a situation arise recently that clearly showed me how I was at a crossroads between the old Third and the new Fourth.

I've had glimpses of the higher states but I'm very much used to Third-Dimensional life, habits, attractions, etc. It's as if the old Third is my fallback or default and I sometimes find myself casting a backward glance at it.

I was having lunch with a friend I hadn't seen in quite a while. When I canvassed myself for my news, I was surprised to see two "selves" present themselves to share.

All of this went on below conscious awareness. Had I not been observant, I might have missed it. I certainly might have had trouble making the distinction between "two" selves. I'd probably have felt simply out of sorts, like some part of me was bothered.

The first self was the emergent (probably) Fourth-Dimensional self that I feel quite a bit these days. That self is joyful, optimistic, even blissful at times. For it, nothing's wrong. There are no situations that cannot be managed as long as I remain centered.

The other is my 3D self, the constructed self, complete with wounded child, demanding parent, vasanas, history, zero-sum attitudes, you name it.

I saw the old me wanting to chime in and, if it had, I knew that it planned to bemoan a lot of things and speak along the lines laid down by very limited and limiting thoughts, a looking for what's out, a groaning about everything that's incomplete, etc.

I could have given voice to either self; they both competed for attention.

At first I didn't know what was happening, but I very quickly cottoned on. So I declined to give voice to my 3D self, but I did observe it.

Let me describe a few things about it.

It sees itself very much as powerless, always responding, seldom initiating. It sees itself as a victim, forlorn, buffeted by the winds, tossed hither and yon by circumstances, just getting by, etc.

I'm pretty sure it knows I'm leaving it behind and so it projects onto me feelings of loneliness and anxiety. The loneliness stops me in my tracks and the anxiety has me withdraw into myself. Those are pretty convincing strategies to have me not venture out of the old Third.

These feelings aren't present in my emerging 4D self. It lives outside the constructed self and flows from one minute to the next. The minute I leave off focusing on my 3D self, these aberrant feelings subside and disappear. They reside in the constructed self, the facade of Third Dimensionality, not outside it.

It's only years and years of habit, conditioning, addiction and familiar, rutted roads that find me looking back and wandering again into the bylanes of victimization and powerlessness.

When I respond to these upsetting feelings associated with 3D life, I devote a significant portion of my time to liaising with friends, buying things, planning trips, watching TV. I initiate a round of activities designed to keep me away from feeling myself, being in the space of love, sinking down into my center.

So I'm still at a place of jeopardy where I've seen the New World, so to speak, but still am liable to forsake it and fall back into the patterns of the old. My hunch is that the more I choose love, joy, bliss, and the higher sentiments and feelings, the less the tug on me will be of the old Third. But confirming that lies out in front of me.

I'm using every technique, every course of action that our sources have suggested to make the turn away from the old Third and into the new Fourth permanent. I predict that the call of the old will die down over time and perhaps die faster the more I consciously choose the latter.

Falling Deeper and Deeper into the Center



It feels like time for a check-in.

I'm going through so many inner changes that I don't quite know where to start. I imagine I'm not alone in this, though the particularity of the changes, the way we respond, etc., may differ from person to person.

One of the most significant changes I feel is that I've passed a milestone at some point, unmemorialized by me. Life's unfolding has seemed to show me that each day is better than the last and that I can trust life to continue to unfold in much the same promising way.

Life gets better and better, even if there are no necessary outer indications or markers of what's happening internally. My inner criteria for trusting life have been met somehow and I look forward to the next new day.

As one aspect of this development, what I call "dawning awareness" - whatever it is, whether it's my guides or some beings who are not my guides but nonetheless work with me or, as my wife suggests, my higher self - have so reliably offered me answers to my questions in the form of ideas that appear in my mind that I feel a certain degree of confidence in speaking and knowing that what I say next will be somehow apropos.

There are many times that I find myself pausing and saying, "Who just said that?" I don't have the sense it was me. But it does seem like the appropriate next thing to say.

This happened in spades in the recent interview I did with Dr. Dream and Laura Eisenhower. Each new sentence just rolled out, which did not fit my pictures of myself. Those pictures are that I don't necessarily know what to say next when doing an interview. If I just let go and trust, it seems as if I do know, somehow, these days.

The nearest comparison I can make to it is the movies in which an individual is told to put his foot out into pure space and the ground will be there to receive it. That was a theme in the movie *Indiana Jones and the Last Crusade*. And I saw it in another movie, *Scorpion King 2* I think, that I watched for perhaps half a minute just the other day.

It's as if, if I risk in my speaking, the inspiration will be there to supply the next word. That's as close as I can come to it.

Another development is that I think I've found the modality I'm destined to follow. I think that modality differs from person to person so I'm not saying that I somehow recommend my modality for you. I'm not sure I do. It's just what seems appropriate for me.

That modality is to go deeper and deeper. My life these days is a process of going deeper and deeper into any one thing. Not to cover it broadly or extensively, but to take any one thing and go deeper with it.

When I do, I feel more and more satisfied. (Please remind me of this because I seem to forget. And remember. And forget. And remember.)

Others might say that their modality is to be more and more loving, or perhaps more and more accepting or compassionate or courageous. I'm not trying to limit anyone. I'm more saying that a channel is opening for me and fairly beckoning me to explore it and that channel is increasing depth of looking.

Still another development is some kind of inexplicable insight into things like social relations. I saw the other day that I and a friend were operating like computers. In the course of any social activity together, we had a range of issues and a range of tolerances associated with any one issue.

Our choice of the next thing to do together was a negotiating process in which both of us expressed our issues and range of tolerances and then reached a choice that seemed to be the best fit, all things considered.

And I watched all this happening in the moment. That's just one example of what I'm seeing these days. It is a fertile time for the exploration of things and themes.

Another sensed development was that my sensitivity to things appears to be increasing. Every impression I received or thing I saw seemed to have a second dimension to it. I saw a person smile and I sensed that smile as part of a process. Or a person spoke and I felt myself aware of some of the background to their speaking.

I have to add that I've never considered myself at all psychic so what I'm describing may be in an area like that and just shows up for me as altogether unfamiliar. I don't know. So much of what is happening for me is brand spanking new.

There have also been times lately when I felt irresistibly drawn to meditating, where the distinctions I feel I need to make get finer and finer, all the time pointing towards a culminating inner stillness. It may be the mind quieting down or something else. The unfoldment seems to have a mind of its own.

On all levels, I feel inner movement, inner reconstruction, inner reconfiguration.

As a result of developments like these, life is getting increasingly exciting. At the same time, I also feel a hankering in me for something new, for some vista to break wide open, for the next thing. I feel like I'm going to croak if some of the exciting developments that we're expecting don't happen at some point soon. Enough waiting already.

Archangel Michael said to a colleague in a reading that the archangels sometimes feel the same way. I nearly fell over laughing when I heard that. I know that he's been waiting a good deal longer than we have.

At times I feel peevish, like a pregnant woman wanting ice cream and pickles. The usual does not satisfy but I'm not necessarily totally happy with a steady diet of the novel either. I'm just hard to satisfy on some days.

And running through all of this is a steady belief that the most important thing for me to do now and forever is to continue to burrow, deeper and deeper, more and more often, into whatever it is that I conceive of as the center, the heart of things, the essence of everything. Nothing matters to me more, when all is said and done, then going down this eternal rabbit hole, falling and falling and falling into the center.

Accepting the New Normal



Yesterday was spent mainly in bed, wrestling with tremendous exhaustion (Ascensionitis). But also wrestling with a thorough renovation of myself, a coming out of the closet, on a matter I've been dodging for years.

I gave up an image I was projecting of myself and reached a place of peace with what is really true for me, but which I've been in denial about most of my life.

I've been denying to myself that I am in fact a mission-driven person and trying to portray myself as straddling both camps - the camp of being normal and the camp of being captured by my mission and happy being so.

I've represented myself as doing all the normal things that a person does - going on long holidays, being available around the clock for friendly socialization, on and on - when the truth of the matter is that I've lost my enjoyment for these things and really judge almost anything I can think of in life on whether it contributes to my mission or not.

I exercise, eat, invite relationships and do almost any other thing from a mission-driven perspective and to represent the situation as being otherwise is simply image management.

I've been a little like a person wearing a cloche hat and pretending to be thoroughly modern.

To deny anything that's true is to open myself to being conned and manipulated. To accept the truth of the situation and the pain that may go along with it is to remove myself from the possibility of being easily conned and manipulated.

This really isn't a normal life for me and I'm happy it isn't. I'm prepared to accept the loneliness that comes from having few friends. I'm prepared to avoid the scenes where people who don't share my appraisals of life congregate and socialize. I'm prepared to accept the criticism that comes from having the estimations of life I do and what's important to them.

To actually admit that to myself, and what's more - to come out of the closet and admit it to others - shows up for me like opening myself to significant short-term pain. But there's also the

achievement of a congruency that's been lacking in my life and the achievement of long-term peace within myself.

So what if I give up ten percent of my happiness to those who would criticize my choice? I'll pay the price.

I can now get down to work and shape the rest of my life consistent with my decision to serve and stop trying to pretend that I or my life is otherwise. And I can begin valuing skills and talents in me that contribute to my work even if they depart from the social norm. So what if I become powerful? That's a good thing, not a bad thing for a person with my mission.

It cannot be an accident that while musing over these matters, I read the following passage from Tazjima:

"You are, indeed, undergoing a profound period of change, a [transformative] process where you are becoming a new being, one who can anchor and carry the high frequency energies within a physical body and still function in the world. ...

"Your planet is becoming a sacred planet, one of twelve in the Universe, a very special place, and you are here to assist in this birthing process. It is a sacred trust and right now, it is a work in progress. ...

"It has been a lonely time for many lightworkers, who have been sprinkled liberally across the face of the planet, many being the sole anchor of light in their communities.

"All of you came with specific missions or dharma to complete. You chose to be here for a purpose, a holy purpose. Open to your greater being and discover that purpose for yourself." (1)

A friend reminded me that Archangel Michael spoke about "the new normal" and this shows up for me as being exactly that. I want my mission to set the parameters of my life. I want to stop pretending and putting my mission in second place. My service is the new normal for me.

All of this isn't to say that I consent to lose my balance. I don't. But remaining balanced is important to me because it contributes to the success of my mission. It's the assessment criteria that change, not necessarily the goals.

Just as there's a new normal, so there's also a new innocence. Rather than seeing myself as guilty because I'm mission-driven, I begin to see myself as innocent. I came here to do this work and that's not something I need any longer to apologize for. My friends are others who also came to do their work. We don't set each other up for failure because we want to serve. We support each other in succeeding.

Footnotes

(1) “Metamorphosis – All is in a State of Flux,” 26 Feb 2013, by Tazjima at <http://aquariusparadigm.com/2013/02/26/tazjima-message-from-the-angels-metamorphosis-all-is-in-a-state-of-flux/>

I Create My Own Reality



English Bay, Vancouver, on a summer day

I had a brief experience yesterday which has quite affected me. You recall that Archangel Michael said that we, as lightworkers, can visit the higher states but we'd be best advised not to stay in them or we'll forget our lightwork. (1)

My usual in-town friends were not available yesterday and it was a very sunny day. I wanted to get out and at the same time there was no one around. I decided to go down to the beach but I also felt a little lonely.

Add to that something else that happened recently. I had gone to the Apple Store to learn about the iCloud. And I got into a mild disagreement with a teacher. I had security concerns and he discounted them on the basis of there being no such thing as a cabal.

He asked me who I worried might be keeping surveillance on me through the iCloud and I suggested the CIA and FBI. He replied that we were in a separate country and I responded that that did not decide the situation.

Before long we were discussing 9/11 and the London bombings and he responded with a look of contempt and ridicule. Obviously he did not believe that 9/11 was an inside job.

I was still feeling a little residually sore being around people who probably did not share my point of view, wary of beginning a conversation and meeting a look of ridicule.

The loneliness and fear was enough to induce me to watch my thoughts arise.

For a very brief time I entered a slightly higher vibrational state. It was if I had waded into a sea of love for a brief time. But it heightened my ability to follow my thoughts. In that blissful experience, I saw myself have thoughts that would take me out of it.

I saw the causal connection between my thoughts and my experience. I realized that my thoughts determined my response to life, my moods, attitudes, orientation, etc.

We often say “You made me mad,” but in fact, that's not a true statement. We make ourselves mad with angry thoughts. I saw that plain as day now.

My thoughts created my mood and my mood decided how I'd respond to a situation. A fearful thought resulted in a fearful mood. A lonely thought resulted in a lonely mood.

I began to question my thoughts and saw that I was not always the best judge of the situation.

For instance, I knew intellectually that there was nothing to fear in life. But I nonetheless had fearful thoughts and they created me feeling fearful and responding to the situation with fear. So I could see that my thoughts and assessments could be off and therefore my responses could be off as well.

I came to realize that there is in fact one area in life in which I can plainly see that I am a powerful creator and that is exactly this area. I create my moods with my thoughts. I watched my thoughts change and my moods change along with them for enough time to see the matter clearly.

As I wandered among the crowd at the beach, I watched myself having various assessments of the situation, defining the situation this way and that, and responding to my assessments and definitions. How I see the situation determines how I'll respond to it. And how I respond to things is not necessarily productive, useful, or even desirable.

Perhaps what I'm saying here sounds obvious and may even sound unremarkable but to me it was a terrific revelation in that moment. I now see I am the sole creator of my reality insofar as how I see things determines how I'll respond to them. And I also see that my common assessments, my opinions, my perspectives are often not true and not even useful.

It wasn't long before I became dissatisfied with my own assessments and opinions. And I realized that I wanted to meet life directly, without the screen of my thoughts, opinions and assessments. I actually wanted to be in flow. The whole process of creating my experience and my response to things in line with my thoughts and evaluations, I saw, was another facet of living from within a constructed self. I build that self with my thoughts and the results are not always happy, productive or constructive.

Footnotes

(1) "Running Light," May 7, 2013, at <http://goldenageofgaia.com/2013/05/running-light/>

A House for the Mind in a World of Our Own Construction



Marcel Marceau: The Mask that Stuck

Given that Archangel Michael has agreed to discuss the constructed self or persona with us on *An Hour with an Angel*, May 13, 2013, perhaps I can be permitted a few words on it, to allow us a context to listen from.

When we experience disappointment, loss, defeat or trauma, we take a number of steps to reduce the likelihood of these types of outcome in the future.

We reach conclusions about what caused that outcome. On the basis of our conclusions, we reach decisions about how we'll behave in the future.

Having reached a decision on how to be, we then begin to fashion a persona, mask or self that acts along the lines we've laid down.

As teenagers we can be seen constructing that self - trying out various trendy lines and fashionable phrases and gestures. We may try on a "move" or dress a certain way or sport a secret handshake.

We may strike a pose that's thought to be particularly sexy, stand-offish, or dominant. We may cultivate a come-hither or a stay-away look.

Together with our friends, we convene and rehearse over and over how we did, taking our story and refining it with each pass until it reflects our best efforts at making us appear successful in whatever we're attempting. Once we have our story down pat, it comes to substitute for what really happened and is handed down through eternity. We are as we represent ourselves to be.

Marcel Marceau illustrates this process of constructing a mask here. And he illustrates how life is when a mask we construct sticks.

[youtube]<http://www.youtube.com/watch?v=PXwGGbnvIYg>[/youtube]

As the years pass, we perfect our lines into entire scripts and use them to get what we want from life, ward off what we don't want, and leave us looking like the hero of the piece.

We develop a loyalty to our winning lines and numbers. We become masterful at strategizing, manipulating, and controlling outcomes.

But what we miss out on from behaving in this artificial way is that we remove ourselves from the flow of life. We no longer live in the present moment but live instead in a world of our own construction.

Everything we see, do and hear is filtered through our concepts; life is not met head-on, so to speak.

Life lived from this personal or constructed self lacks aliveness, freedom, spontaneity, and satisfaction. Moreover, the feelings we describe as being "negative" live in this world of the mind. Those feelings don't live in the world outside the constructed self.

To break the mind's commitment to and fascination with a world of our own making takes an undivided resolution of decisive strength. Of this moment, Lin-Chi (Rinzai) wrote:

"Where the student is exerting all his strength, not a breath of air can pass, and the whole thing may be over as swiftly as a flash of lightning or a spark from a flint. If the student so much as bats an eye, the whole relationship could be spoiled. Apply the mind and at once there's differentiation; rouse a thought and at once there's error. The person who can understand this never ceases to be right before my eyes." (1)

He captures the concentrated energy and focus that needs to be present to make one's exit from the grip of the mind and the constructed self.

But once outside the house built by the mind, all the mind's chatter quiets down and we find love and satisfaction rising freely. It becomes clear to us that the persona, the cage we built for ourselves, which started as a guardian and ended as a guard, is what impedes us from living in the Now in a state of flow.

So, as we contemplate or move into Fourth Dimensionality, we need to familiarize ourselves with the structures and processes of the persona or constructed self so that, at a moment when we yearn for aliveness and satisfaction more than anything else in the world, we know what we must leave to attain it.

It's this persona or constructed self that Archangel Michael will discuss with us. As the energies continue to rise, it becomes easier and easier to understand the workings of our own mind and the time approaches when we emerge from our upsets, our vasanas, and our constructed self.

And for two good views of life in Third Dimensionality and how we came to create the constructed self, see today's messages by Saul and Jesus.

- Saul channeled by John Smallman, "When You Do Not Feel Peace, It's Because You are Choosing to Be Part of The Illusion," May 12, 2013, <http://johnsmallman.wordpress.com>
- Jesus channeled by John Smallman, "To Trust is to Be Free," May 12, 2013, at <http://wp.me/p1B8dY-dT>

Don't overlook the synchronicity: Notice how many spiritual messengers are talking at this moment about how to clear our vasanas and exit the constructed self.

Footnotes

(1) Lin Chi [Rinzai] in Burton Watson, trans., *The Zen Teachings of Master Lin-Chi [Rinzai]. A Translation of the Lin-Chi Lu*. Boston and London: Shambala, 1993, 58.

Hiding Under the Bed



I'm finding the articles are getting harder and harder to write. What needs to be said is more and more challenging. My desire to hide under the bed is growing and growing.

But I signed on to go through the process of Ascension publicly. This is my job. And even if I look like a fool, or a braggart, or a nincompoop, this remains the job I must do.

I've shared this with one other person and, usually when one does, one breaks through a psychic barrier and it becomes easier thereafter to share with others.

I don't share this to draw attention to myself. I have no need for attention, no need for life's rewards. I actually do know that I'm finished with them.

Indeed I wish I didn't feel the need to share it. But transparency and the path of awareness demand it. Here is that share.

I feel so much power inside of me that I feel constantly frustrated, constantly suppressed, in danger of developing an ulcer unless I find a way to let it out or express it fully and healthily.

I've been denying this feeling for most of my life. Not mysteriously (any more), I have also been battling with anger a great deal of my life, which I attributed to my Dad's violence and my mother's unfortunate death. But I'm only now coming to see that the source of that anger is very, very different.

The source of this anger is that I do not know a healthy way of letting out the degree of power I feel bottled up inside of me. And I'm afraid of it. And I'm ashamed of it, like it cannot be discussed, leaked out, referred to or be known.

And I only say this because it might be something you recognize as well and because I sense saying it is in some way important to Ascension work.

I'm aware of an energy inside of me so big that I'm loathe, even scared, to acknowledge it. I was told about one of my past lives and the minute I heard it, I said "Yes!"

I don't discuss past lives because one can be the butt of jokes for doing so. So I'd rather not that this one be communicated, and I say this to those of my friends who know it. Please don't seek it out. But allow me this degree of privacy, if you'd be so kind.

But the person Archangel Michael named is a byword for what he described as "will directed to action." What he did in his life has become associated with audacity. Not like I'm that audacious this lifetime. I'm not. But there is a streak of ... I'm not sure how to describe it ... that arises at times and completely throws me. And when it does, I'm not sure I handle it very well. And certainly others around me don't welcome it.

There's a feeling that exists inside of me that often roils around. I see now that the anger I've felt all my life is a suppressed, repressed, and mismanaged sense of this feeling of will or power. I am angry because I'm in a complete state of disorientation when this feeling arises within me. I'm angry that I feel I cannot let it out, angry at myself that I hide, angry that I "know" what will happen if I let it out. I show up as completely confused in this situation.

Don't forget that for the first forty years of my life, I was mildly dissociated so most people who knew me back then would probably say "Are we talking about Steve?" Overcoming that dissociation, which resulted from my Dad yelling at me at around age seven, was like a life assignment that released that willpower.

When AAM named this historical figure, there began for me almost immediately a process of assimilating the information which, to this mo

ment, has me feel close to craziness. I believe this discombobulation is why our guides are reluctant to reveal this kind of information to us.

Regarding this feeling of power inside of me, I could immediately see evidence of it. In my karate days, I used to look for situations on the street. I disarmed a man who came at me with a knife and I did so with a smile on my face. It was as if I enjoyed it. I had no fear of death.

A fellow once belted me in the eye when I had my coat half off. I was defenceless. I finished removing my coat and then took him down and again noticed a steely quality in myself that was a mystery to me. But it now makes sense to me.

At age 64, I walked into the hall of this building to see two people threatening the manager. I pulled one man out of the building by his hair. The other one squared off with me and I stared him down. I've been told that I have a glare which frightens people. All of this now makes sense to me.

When I accused the cabal several years ago of a long list of crimes, I attached my address and phone number to the article. (Scared the heck out of a relative.) I remember the icy determination I felt when I wrote another article detailing the crimes of the cabal ("I Accuse"). Again I did not know where this sense of determination came from.

I used to describe myself as a kamikaze. Wherever there was trouble, I was drawn to it. I never for a moment suspected this hurricane inside of me. And I never knew how to tame it. (I shudder

at thinking how I will handle this information being known. I'll probably create expectations I can never meet.)

It's not any easier today but at least I now understand it. I have lived almost all of my life in a state of inner turmoil because I've denied and not known how to express this quality inside of me.

This is definitely not a lifetime in which I was to repeat the same experiences, but nevertheless there are traces of this former life that make themselves known at times.

Now here is the final irony. AAM described another lifetime in which I was a religious figure of exactly the opposite temperament. Go figure.

And now the sharing becomes even more difficult. And I'm almost red in the face and want to run away and hide forever. But I have to push myself because I think describing these matters is important. Perhaps if you can see the difficulty I'm having, it may make what awaits us easier for some. In a sense, I suppose, I'm going first but I'm only doing this to make it easier for the next person. *This is very hard.*

I may have told you before that an attempt was made in 1979 to measure my IQ and the psychological-vocational consultant ran out of IQ tests. I scored perfectly on the highest IQ tests he had.

I had an interview with the consultant afterwards and what he told me caused my eyes to glaze over. He said: "I don't think you understand what I'm telling you. Your IQ compared to the average normal's is the same as the average normal's compared to a man who cannot control his bowels." (Whatever that means.) But, no, I could not take in what he said.

I asked Mensa Canada to look at the test results and tell me if the gentleman who did it was a complete incompetent and a loony. I received back a letter saying "Welcome to Mensa."

Why do I mention this? Because I don't think I'm unique. Heavens, we've been posting videos of Jackie Evancho, of boys who consistently sink baskets from perhaps hundreds of feet away, of seven-year-old children who play the piano flawlessly. Folks, these are us.

All through my early life, I was related to as if I was a freak. No one understood me. Only later did I discover that it was because I spoke in latinate diction. It wasn't until a colleague threw a banana peel over a divider and said to me, "Steve, speak in Peter Rabbit English" that I cottoned on (pun intended) to what was happening. Ever since I speak in the simplest of words.

I'm being slowly awakened by Archangel Michael and certain galactics which I'll refrain from naming at this point. At first they told me something that was so outlandish that I laughed.

Later I asked AAM if they were kidding me and he said they were not. Again that information sent me into a tailspin and I'm still assimilating it with difficulty.

All of this is just preamble to saying this to you: Folks, we do not know who is here. We are going to get the biggest surprise of our lives when the masks come off. I know that the masks cannot be taken off all at once. They have to be removed gradually.

When AAM agreed to tell me six of the eight lives I had lived, it sent me into a tailspin. It was like having six people inside me wanting to get out. I can say that one was a mathematician who at the end of his life asked Archangel Michael to grant that he never needed to be born as a mathematician again. I hate math! I almost throw up when confronted with math. I cannot even figure out modest sums in my head. But at least now I understand why.

AAM will not tell me two of my lives and I can imagine why. In fact I don't even want to know them if he's reluctant to say. I have enough on my plate already handling the information he did convey.

But the point is this: It's the same for you. Ask not for whom the bell tolls.

And don't go putting me on a pedestal. That's senseless and the exact opposite of what should happen. If you really need to put someone on a pedestal, which is unhealthy to begin with and only leads to a fall, then for heaven's sake, put yourself on one. Because you're about to find out that you're a masterful individual. (Listen. They *pay* me to say these things.)

I know I've said this before, but you have to realize how important, how necessary this share is to me. It's like I saw the treasure buried in the field and now can do nothing more than sing and shout about it. And I have no desire to buy that field. In fact I'm freely sharing its existence with others.

There are others known to me who could say exactly the same thing. It wouldn't be right of me to share their circumstances but they would be as unusual as mine are.

How many of you out there have felt a tremendous feeling of power inside? How many of you know you know the deepest of mysteries, even though at a surface level you don't? How many know you've played a decisive role in some circumstance, even though you can't quite put a finger on it?

Monday on *An Hour with an Angel*, AAM discussed how the Third-Dimensional energies are very, very dense. I chimed in about the human body being dense and he said that too.

We're mired in the La Brea Tar Pit at the moment. But when the energies rise sufficiently, we'll be out of the tar. For heaven's sake, hold a particle of faith back for you being absolutely flabbergasted at who is here. That who is *you*.

OK, I'm going to run and hide. I've shared to the point where I feel almost too embarrassed to face the day. But if you got from this share that we don't know who is here, *we really don't*, then this burning embarrassment will be worth it.

I'm increasingly becoming a recluse because what I'm coming to know has me feel more and more like a crazy person. And sharing it only invites embarrassment on top of craziness.

Nevertheless sharing it is what Werner Erhard would have called "full self-expression" and "sharing a withhold" the hiding of which ties our power up in knots. I have to admit that I feel better for coming out of the closet, even if I feel agonized at the same time.

I'll probably hide away for a day because I feel so exposed and fragile. But at some point I must discover how to bring these qualities into my life so as to make them useful to me and to this work we do. Right now, whenever I allow them even a little bit of expression, I do things which others say devastate them, rip their faces off, etc. So I don't know how to let these qualities out safely yet.

So if my behavior is bizarre at times, please realize what it's like to be told these things a wee bit ahead of many others. There's no one to say these things to. Most of us aren't writers. As excruciatingly embarrassing as a share like this is, at least I can say it. Many others have no one to share it with and no obvious way to share it.

Exploring Our Ascension

The Paradigms of the Third and Fourth Dimension Compared



I wrote a gloss of my research into Third and Fourth Dimensional paradigms for another blog, based on what I've discovered, uncovered, speculated, or been "gifted" with from inner guidance.

Not like you should accept any of this as gospel, because it isn't. But simply to inspire your own lines of thinking and exploration, let me reproduce that post here.

Life in the third Dimension has been organized for hundreds of years along certain lines. For instance, our seeing and believing has been organized by the dominant scientific paradigm of empirical materialism, which holds that only things that can be seen, heard, felt, tasted, etc., are real.

Those people who are aware that a planetary elite tried unsuccessfully to take this planet over (they've been stopped) can see how well the paradigm of empirical materialism might serve them. It cuts us off from our natural sources of aid, which are higher-dimensional beings, often from distant parts of the universe, who serve the Divine Plan, observe the universal laws, but cannot be seen.

The standard approach to these beings, who are known to the planetary controllers, is to ridicule mention of them. But this being a time of shift, these beings, our natural allies, have seen that none of the plans of the cabal have been allowed to succeed, even if certain actions cannot be prohibited by universal law.

Alongside of this scientific paradigm of empirical materialism is a second paradigm that dovetails nicely and serves the purpose of the global elite. That is the social paradigm of Social Darwinism.

Darwinism sees nature as being red in tooth of claw. Life is a struggle for survival in which only the fittest survive.



Nature does have its predators and the existence of a law of free will means that God must allow many actions to occur impartially. However, that having been said, since the purpose of life is to realize our true essence (and that true essence is God), life does tend towards God or the Good, as Lao Tzu reminds us:

“Impartial though the Way of God may be,
It always favors good men.” (1)

The fact that nature may be red in tooth and claw does not mean that human society is so as well. In fact the weakest seldom go to the wall in human society. The young are protected. The sick are cured. The disabled are assisted. The old are cared for. And the dying are tended to as well.

The impact of Social Darwinism is to see that as little of the world’s wealth as possible is spent on what the cabal termed the world’s “useless eaters” (2) and as much as possible is spent on the elite itself or the protection and extension of its prerogatives.

To do so they hide behind rationales like “free enterprise” and “rugged individualism” except in circumstances where the elite itself is threatened, at which time they welcome government intervention.

The bank bailout is an example of that. But the tremendous defense outlays are as well since it’s the elite itself who start wars for their own benefit and use the terror they themselves create to erode civil rights and extend their control over others.

A life lived under these two paradigms sees us experience a great deal of trauma for a large number of reasons. And the precipitate of that trauma is what I call the constructed self.

We see that simply being ourselves is not enough to allow us to thrive and survive. And so we begin work to create a second self - an artificial self complete with projected self-image, script, act, lines, poses, postures, hidden investments and hidden agendas.

With that we lose touch with our world and become as artificial as a robot. And that describes a great deal of life in Third Dimensionality for a large number of the world’s population.

Enough said about Third Dimensionality. We are at least enroute to Fourth Dimensionality or in it, and headed for Fifth Dimensionality. What is the paradigm there?



The paradigm in the Fourth Dimension is flow. To leave behind us the constructed self takes an act of tremendous will, such as Lin-Chi (Rinzai) intimates here:

“Where the student is exerting all his strength, not a breath of air can pass, and the whole thing may be over as swiftly as a flash of lightning or a spark from a flint. If the student so much as bats an eye, the whole relationship could be spoiled. Apply the mind and at once there’s differentiation; rouse a thought and at once there’s error. The person who can understand this never ceases to be right before my eyes.” (3)

When I myself managed to exit the constructed self, I did it as a result of a strong-willed “No!” being a thousand percent sick of my own act.

Once we leave the constructed self, we leave behind worry, anxiety, fear, dread, and many other negative emotions which are born of the constructed self and can only exist within it.

And once we leave the constructed self, we sooner or later become aware of what I call threshold states. Threshold states are states of being which we’re fully, completely or totally able to manifest.

So it may mean that we are fully responsible or totally self-expressive or completely self-sourcing. (Self-sourcing means to see that we are the source of our own love, authority, etc.)

As long as we’re in the constructed self, we tend not to be fully, totally or completely anything. Our minds are easily distracted. Our intentionality is weak. Our sense of our own authority is not strong either.

But once outside the constructed self, all of these states of being firm up.

It’s my hypothesis that, while these are threshold states to those whose consciousness is located in Third Dimensionality, they are normal states to those who are in Fourth-Dimensional consciousness.

I'm not saying that being in these threshold states automatically mean we're in Fourth Dimensionality but we're at the bus stop waiting for the bus.



And once in Fourth Dimensionality my further hypothesis is that our lives take on the quality of flow. Here are the Arcturians saying that the Third Dimension is based on resistance but the higher dimensions are based on flow:

"Time is based on resistance. Hence, time does not exist in the same manner in realities that are NOT based on the hard boundaries and resistance of the third dimension. Instead, time in higher realities is based on the timeless Flow of the ONE. When there is nothing to resist, such as going to work, wishing to leave work, escaping traffic, fighting with your boss or mate, getting well and/or reaching your location, time will flow much as light flows." (4)

Here is SaLuSa of Sirius also saying that the higher dimensions proceed by flow.

"Time for you has dominated your lives, but as you immerse yourselves more into the higher vibrations so it will have less importance. You will begin to understand the concept of all being in the Now, and you will simply go with the flow.

"We know you are used to working to plans of how to use your time, but when you can allow things to happen naturally without having any rigid thoughts on the matter, life will flow much more easily for you.

"It is difficult for you to contemplate life without time as you understand it now, but you will feel absolutely free and enjoy a life that is peaceful and fulfilling. As your perception of time changes, so will your experiences." (5)

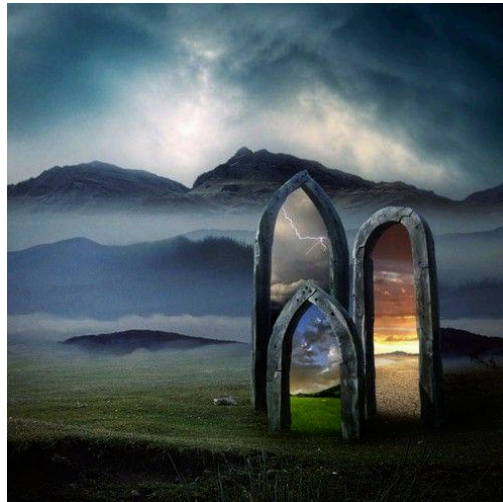
Archangel Michael and Saul also point out to us the centrality of flow in the higher life. First Archangel Michael:

"In order to become a living tributary for the River of Life, you must prepare yourselves to allow the Essence of Life to flow into and through you. You must use what you need and then allow the remainder to flow forth, ready and available to be molded into wondrous new creations. In this way, you will become bearers and servers of the Light.

"This is the ultimate message of all the teachings we have given you over these past years. This is the goal of Self-mastery. This is the way of Ascension." (6)

Now Saul:

"Everyone on Earth is here to learn lessons personally selected or chosen, and to help everyone else to see the illusion for what it is. There is really only one lesson, despite the innumerable forms in which it can be and is presented, and that is to accept the Love that your Father offers you constantly, and to be a channel, a conduit through which that Love passes to all with whom you interact so that a spontaneous and constant flow of Love envelops and embraces you all." (7)



For Saul the flow of love is all there is.

"[Love] is all that exists; It is the flow of God amongst his beloved children, seeking only to embrace them and see them peaceful, content, and happy, always." (8)

When Archangel Gabriel advises us how to be with the new, she too recommends surrender and flow.

"We will simply remind you to stay in a state of surrender and flow, of acceptance and of focused creation. Listen to your bodies. Be the nurturers of yourselves. Honour yourselves and give yourselves what you need to keep your balance, to bloom, to shine and to navigate with grace and ease." (9)

It's quite common to counsel us to flow with the changes. Here the Orion High Council through Karen Doonan suggests that we "be guided at all times by how you Feel and allow the transformation of all parts of your human life experience to flow." (10)

So let's summarize. The Third Dimensional paradigms which the planet's controllers have propagated are empirical materialism and Social Darwinism. Collectively these legislate that only what can be seen and heard are real and that our lives are a struggle for existence in which only the strong survive.

Drawing on these paradigms, life involves much suffering and we construct ourselves a persona that's designed to see us win in life and avoid suffering. But it also removes us from being in the present moment with life.

However, as we continue with our shift and brush against or enter Fourth Dimensionality, we exit the constructed self and enter the present moment.

We enable ourselves to reach threshold states of full participation with life and may find that these are the normal states of being in higher dimensionality. We become aware that life proceeds in the higher dimensions by flow rather than strategy and manipulation.

These are my hypothetical speculations on the differences between Third and Fourth Dimensionality.

Footnotes

- (1) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 132.
- (2) Many people have used the term. See http://www.whale.to/b/genocide_q.html
- (3) Lin Chi [Rinzai] in Burton Watson, trans., *The Zen Teachings of Master Lin-Chi [Rinzai]*. A Translation of the Lin-Chi Lu. Boston and London: Shambala, 1993, 58.
- (4) "Message from the Arcturians - Point of Perception, Part 2," by Suzanne Lie, Dec. 24, 2012, at <http://suzanneliephd.blogspot.co.uk/>.
- (5) SaLuSa, March 1, 2013, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm
- (6) "Archangel Michael - Assuming Your New Galactic Mission," transmitted through Ronna Herman, Sacred Scribe - December 28, 2012 <http://www.ronnastar.com/messages-aam/messages-aam/646-aam-01-2013.html>
- (7) Saul, Jan. 16, 2013, at <http://johnsmallman.wordpress.com> (9) Saul, Jan. 16, 2013, at <http://johnsmallman.wordpress.com>
- (8) Loc. cit.
- (9) "Archangel Gabriel via Shelley Young: The Time is Now," April 28, 2013, at <http://trinityesoterics.com>.
- (10) "High Council of Orion via Karen Doonan: Anchoring of New Coding In the Human Vehicle," May 9, 2013, at <http://goldenageofgaia.com/2013/05/high-council-of-orion-via-karen-doonan-anchoring-of-new-coding-in-the-human-vehicle/>

The Threshold States are Fourth Dimensional



Someone is whispering in my ear - my guides, a friend. I call him “Brother” and them “Dawning Awareness.” They're inviting expression, through my notions and vocabulary.

Welcome to the Fourth Dimension, they're saying.

Many of our sources say we're in the Fourth Dimension. My sense is that we are and we're not.

Some parts of us unknown to me - crystalline structure, online DNA, I know not - may indeed be in the Fourth Dimension but our consciousness may not.

Our way of life in the Third Dimension doesn't see us rise to Fourth-Dimensional levels of consciousness, in my estimation.

Let me explain.

If you read the literature on the Higher Summerlands of the Astral Planes in *New Maps of Heaven*, (1) you'll see that people conduct themselves there in ways we don't. They're honest, responsible, functional. But not just some of the time. (Almost) all of the time.

We just talk about those states of being, but they actually live from them. We talk the talk compared to them and they walk the walk compared to us.

The state of consciousness they live in, and this is my chief hypothesis, is what I've called the threshold states.

These states are threshold to us, but normal to them. They're the roof for us but the floor to them.

The emphasis in all this discussion of the threshold states, and what makes them threshold, is contained in the word “fully.” They are:

- Fully self-expressive.
- Fully truthful.
- Fully harmless.
- Fully responsible.
- Fully self-sourcing. (2)
- Fully happy with what they do.
- Coming from being fully complete, fully loving, etc.

Let me refer to a case in point related to myself.

A week or two ago I transgressed against another by transferring feelings proper to my Mother more than a half century ago onto this poor present-day stand-in for my Mother.

The transgression was multiplied by the energies so that what was once manageable was now like being blown apart.

If I'm to be conscious in a way consistent with levels attained on the Fourth Dimension, there's no way I can represent myself as less than fully responsible for that sequence of events. To do otherwise is to risk lowering my vibration to less than is compatible with the Fourth Dimension.

The lowering of the vibration takes no time. But if my vibration goes below the levels tolerable in one dimension, I'll probably recede to the next lower dimension in terms of my consciousness.

When I had my out-of-body experience in 1977, I had to leave the Astral Planes because I was crying. I couldn't stay on that plane as long as I wept. I had to go back to the next lower plane, which was my sleeping physical body.

And the same feature of conscious life may apply here. If we cannot be fully responsible for ourselves, we may find our consciousness in Third Dimensionality, rather than Fourth Dimensionality. The vibration of being irresponsible may turn out to preclude having Fourth-Dimensional consciousness. That's my hypothesis.

But in terms of talking about threshold states, it isn't a case of saying a threshold state carries us from one state to another. The threshold state puts us at the doorway. The state arises in us or it does not. But it will not arise for us as long as we're not in the threshold state. The threshold state is a necessary but may not be a sufficient condition.

Fourth Dimensionality is however reached, I think, by being fully responsible and in other ways fully functional. The question of full responsibility for our lives has to be a settled matter for us.

Obviously a life lived that way would be substantially different than a life lived here in 3D.

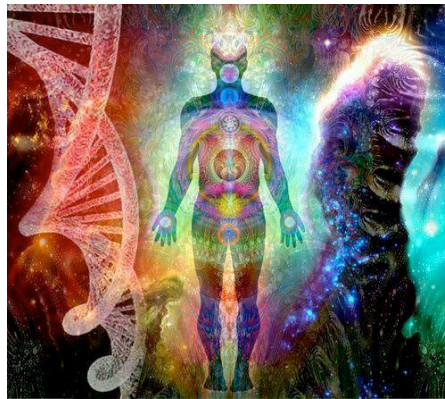
So the threshold states now show up for me as the doorway in to Fourth Dimensionality.

Footnotes

(1) "The Higher Summerlands" in *New Maps of Heaven*, <http://www.angelfire.com/space2/light11/nmh/high1.html>

(2) I explain what I mean by "fully self-sourcing" in "What is Self-Sourcing?" at <http://goldenageofgaia.com/2013/05/what-is-self-sourcing/>

More to Ascension than Meets the Eye



Probably everyone will agree that their knowledge of Ascension has grown or expanded over the years.

Where most people encountered the notion of Ascension for the first time is probably in Matthew's Biblical description of the Rapture:

"At that time the sign of the Son of Man will appear in the sky, and all the nations of the earth will mourn. They will see the Son of Man coming on the clouds of the sky, with power and great glory. And he will send his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of the heavens to the other." (1)

Melchizedek assures us that the present day corresponds to the end times spoken of in the Bible:

"These are the end times that have been prophesied many times in many ages past and now these times are upon you. You who read this are Ones who chose to be here in order to anchor the Light upon the Planet in preparation for these times." (2)

And Archangel Michael confirmed for us that our Ascension is indeed the same as the Biblical Rapture, but the word "Rapture" is no longer being used because it's become politicized.

Archangel Michael: People talk about ...the "rapture." Well I assure you, dear friend, that when you ascend, you will feel a sense of rapture! Now, because that is a highly charged word, I would say, "you will feel the bliss." So we will not call it the "rapture." But that is what it is.

Steve Beckow: I thought that might be the case, that it is a rapture.

AAM: But the word has become politicized. (3)

But as soon as we encountered accounts of the Rapture, our notions of Ascension began to expand.

The Rapture in the Bible is commonly thought of as a singular event in which people are drawn together and then apparently rise into the sky to be with the Son of Man. But the information that has gradually been given to us differs from the Biblical account in significant ways.



For instance, the next thing we hear is that Ascension is not a singular event. It's taking place, not just on Earth, but throughout the universe (but then, perhaps that's what Matthew meant when he said: "from one end of the heavens to the other").

Here's Atmos of Sirius on that subject from 2009: "The plan for your Ascension is contained within the many cycles that are part of the orderly function of the Universe. It is not a process confined to Earth or just your Solar System." (4)

Later, in 2012, SaLuSa confirmed that "the process of Ascension ... is affecting the whole Universe and you are a small but nevertheless important part of what is taking place." (5) He told us that "as with the Universe, all are in the latter stages of readiness. ... You are the only ones who are unable to do it entirely for yourselves." (6)

He then told us that not only is it "the Divine decree that this Universe shall lift up," but it will also "enter a new area in the Cosmos." (7)

Archangel Michael gave us the next additional detail that not only were the "righteous" invited to this event; all of humanity was.

"In past ages, the ascension process was available only to those who incarnated as initiates firmly on the path, and as disciples whose mission was to anchor as much Divine Light and to bring forth as much cosmic wisdom as possible. That time is past. It is a time of mass Ascension, for all the planets, solar systems and galaxies within this universe are actively involved in an Ascension process." (8)

SaLuSa said the same: "This time ... the whole of Humanity has been given that choice." (9)

The next expansion of our knowledge might have come when we learned that this Ascension was unlike any that had occurred before; it was unique. Unlike in past ages when people discarded their bodies to ascend, in this Ascension we retain ours. And unlike with past planets that

exploded after Ascension, Gaia would ascend with her physical form as well. That should have alerted us to the fact that not all details of our Ascension may have been worked out beforehand.



According to SaLuSa, this Ascension "is unique because you will ascend in a physical body, that has changed its body cells to make it suitable for life in the higher dimensions." (10) Matthew informed us that "persons who receive the light will ascend in their physical bodies along with Earth as she progresses into the higher vibrations of fourth and fifth densities. The absorption of light changes bodies' cellular structure from carbon-based of third density, which cannot survive the intensity of light in the higher vibrations, into the crystalline structure that can survive." (11)

So we now discovered that the Ascension we'll go through has not been tried before.

Next SaLuSa hinted that ours was a bigger challenge than past Ascensions, not only because we'll ascend in our physical bodies but also because everyone has the opportunity to ascend, rather than just spiritual initiates and adepts.

"The Galactic Federation has had much experience in helping civilizations to pass through Ascension, although yours is a bigger challenge. Never before have both the people and the Earth ascended together, but there is absolute confidence that it will successfully take place." (12)

The next expansion in our knowledge may have come when we hear that the whole universe is watching Earth. In early 2012, SaLuSa said that Ascension "truly is a great occasion that has stirred the interest of life throughout the Universe." (13) But he does not say why it has stirred interest everywhere.

Mira increases the mystery by saying "there is not a single place in all of Creation that is not affected by what is going on with the Earth right now." (14)

Finally the Planetary Logos, Sanat Kumara, let the cat out of the bag: Earth was the first place in the universe to ascend.

Sanat Kumara: Well, they have always been watching Earth, and they have always been interested in the Ascension process, because it is unique. It is phenomenal. It is the

fulfillment of the plan of the Mother. This is far greater than any movie that you could ever create in your reality.



So it is having a ripple effect throughout the entire universe. And the fact that the human race matured enough to say, no, we will care for everybody, has caused ripples and amazement throughout the galaxies! So they are watching very closely how you are doing it and how it is going, because it will set the paradigm for other planetary Ascensions, other realms that want to work in this way.

SB: But isn't the whole universe ascending, Raj? We're not the only planet, are we?

SK: You're first in line.

SB: Ah! So we're the first planet to ascend. Is that what you mean?

SK: Yes. (15)

Earth, being the first to ascend, allegedly chose to postpone its Ascension so that many more who awoke and chose to could ascend with us. We're now in that extra portion of time before full restoration of consciousness.

"Robert" (not his real name) confirmed with "Anastara" that we were the first planet to ascend and that what is happening here is audacious.

Robert: Why exactly is this the first planet to undergo the planetary ascension while still in physical form? Why are we the first and why is it normally not done this way?

Anastara: It is simply – you will not probably like this answer, but it is the truth. Well, there are many truths. But this is part of the evolution and the unfoldment of the Mother's plan. So it has been done in other ways in other capacities, but now it is the next step. ...

So, is it audacious? Yes. But is it part of the evolution of the Mother's plan? Yes. Now there will come a time, certainly not soon, but there will come a time when the evolution,

not only of Gaia, but of this universe has migrated back to the one and then will be reborn again, but it will be reborn in a different octave and in a different way because of what has happened and what is taking place on this planet at this time.

It is more phenomenal than many realize. (16)



Lao Tzu confirmed that not all matters are discussed with us at any one point in time. In April 2013 he told Suzi Maresca on *Heavenly Blessings* that “we have not spoken of this before because it was not yet time.” (17)

Sanat added to this his explanation that lightworkers were not told that we would not ascend *en masse* on Dec. 21, 2013 because the Company of Heaven did not want to lose the momentum that had been generated. In the course of his explanation he confirmed that even the Company of Heaven can be surprised by some things that happen.

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

Does that mean that we set you up? No. What it means, actually, sweet angels, is that there are times when even we are surprised. Yes, I know. Yet it is so. We know of the grander plan and the unfoldment of that plan on Earth and elsewhere. And let me tell you that the unfoldment and the Ascension of Gaia and everything upon her is a very big piece of the plan, which is infinite and eternal. So when I say that, within that context, please understand what I am telling you. (18)

So Earth is the first planet to ascend in this current round of Ascension, which is why all the other planets are watching us. But it also means that what's happening on Earth has not been

tried before anywhere else, which again suggests that not everything may be known about our type of Ascension.

Now add to these pieces the various times that the Company of Heaven have told us how gigantic this project is. Adrial told us through Mark Kimmel in 2009: "Keep in mind the vast scope of the transformation of Earth and her six billion humans." (19)



Parts of it, taken individually, are also huge. Speaking of the change of governments, SaLusa said in 2011: "It is a mammoth task to reach the point where we can allow our allies to step into power." (20) That same year he told us, speaking of NESARA, that "it is, was and still is a massive undertaking to shift a whole population onto a new path, while at the same time 'moving house' as you might say. Not an easy ride by any means but you have us by your side ensuring it goes as smoothly as possible." (21)

Matthew Ward agreed with him, informing us that "conversion to a new economic foundation and operation is an enormous undertaking." (22)

So, over the years, our understanding of what is taking place has grown and grown.

Let me summarize what's being said here because I think it helps us to appreciate just how large, new and complicated an operation our Ascension is.

Ascension is a process affecting, not just Earth, but the whole of the universe. Not only will the entire universe ascend but it will move to a different place in the cosmos. This is not just the Ascension of spiritual adepts as in times past, but a mass Ascension: all humans may ascend if they so choose and assimilate sufficient light. Moreover it has never been done before: previously people ascended by discarding their physical bodies but this time we take our physical bodies with us.

Earth is a small part of the overall process but all eyes are upon us. Every place will be affected by our Ascension, which we discover is the first Ascension in the current wave. It's described as audacious and phenomenal. Its scope is said to be vast, mammoth, massive and enormous.

Our sense of what Ascension involves continues to grow, probably as we become informed enough to digest and hold the details. It's not a simple Rapture in which the Son of Man appears in the clouds and all of us are gathered to him. It's not simply the Ascension of planet Earth. And it's not an event that has been done many times before, whose process may be fully known and well worked out.



It's a new departure and the first time that that new departure has been run in all the universe. It may fall on us to appreciate its scope and complexity and perhaps not demand, as we might otherwise be wont to do, that it happen quickly, without a hitch and in a way that's fully revealed to us ahead of time.

When we start to appreciate all that's involved, we can see that Ascension probably cannot unfold that way. There's more to Ascension than can be contained in our understanding and it will have to be enough for us for now that we've been invited to assist with and participate in it. The full story of our Ascension may only emerge later.

Footnotes

(1) Matthew 24:30-36, at <http://www.matthewbooks.com/mattsmessage.htm>

(2) Mechizedek, through Marlene Swetlishoff, March 14, 2012, at <http://www.therainbowscribe.com>.

(3) "Archangel Michael: Creating a World of Peace," Sept. 15, 2011, at <http://stevebeckow.com/2011/09/archangel-michael-creating-a-world-of-peace/>.

(4) Atmos, Jan. 28, 2009, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(5) SaLuSa, Sept. 10, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(6) SaLuSa, Nov. 26, 2012.

(7) SaLuSa, Dec. 22, 2008.

- (8) Archangel Michael, "A Clarion Call for World Servers," May 2010, through Ronna Herman, at <http://www.ronnastar.com/latest.html>.
- (9) SaLuSa, Feb. 22, 2012.
- (10) SaLuSa, Dec. 16, 2009.
- (11) Matthew's Message, Feb. 7, 2009.
- (12) SaLuSa, Feb. 22, 2012.
- (13) SaLuSa, Feb. 1, 2012.
- (14) Mira, April 14, 2013, at http://thegroundcrew.com/channeled_messages.htm#message
- (15) "It Is a New Day: Sanat Kumara on Pope Francis, the Process of Ascension, the Earth's Place in Ascension, Etc.," March 13, 2013, at <http://goldenageofgaia.com/2013/03/it-is-a-new-day-sanat-kumara-on-pope-francis-the-process-of-ascension-the-earths-place-in-ascension-etc/>
- (16) Anastara, "Earth's Ascension process is Audacious," April 19, 2013, at <http://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/earths-ascension-process-is-audacious/>.
- (17) "Transcript: Lao Tzu on Humility on Heavenly Blessings," April 26, 2013, at <http://goldenageofgaia.com/2013/04/transcript-lao-tzu-on-humility-on-heavenly-blessings/>
- (18) Sanat Kumara: Our Heartfelt Apologies to the Disappointed," Jan. 7, 2013, at <http://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/sanat-kumara-our-heartfelt-apologies-to-the-disappointed/>
- (19) Adrial, May 11, 2009, at <http://tinyurl.com/2a5shgl>.
- (20) SaLuSa, Nov. 30, 2011.
- (21) SaLuSa, Aug. 5, 2011.
- (22) Matthew's Message, July 18, 2009.

Social Maturity is the New Baseline



I think we as a society are going through one baseline after another of social behavior. A baseline of behavior for me is one or more norms for behavior that society as a whole agrees on or tends towards.

The Arcturians through Sue Lie described one of them:

"The years of 1996 to 2003 were the darkest times since the fall of Atlantis. These times were even darker than your World Wars because these were times when your entire planet was on the edge of complete domination and/or destruction. That reality still exists, but at a much lower frequency." (1)

I personally would have extended that date past 2003 - perhaps to as late as 2010.

And I'd call the baseline of social behavior the Arcturians were pointing at criminality.

Whether we were aware of it or not, as a world society, I think we were being dragged down into criminal and corrupt behavior by our governments and their agencies.

Government and agency involved themselves in false-flag operations, engineered warfare, the rape of nations, the erosion of civil rights, the drug trade, fraudulent financial operations, chemtrails, pandemics, GMOs, weather warfare, etc.

A steady diet of crime dramas on TV persuaded us that life was not safe. So-called action-hero movies inculcated in us an "us against them" mentality. Much flag-waving lent a veneer of patriotism and respectability to this brand of social manipulation.

Our opinion makers and leaders seemed hell bent to have us descend into violent and opportunistic behavior. We've wholly or partly emerged from that chapter in our history. As the energies pull us higher, so our social behavior seems to be evolving upwards.

I think the next baseline came for everyone who accepted that we were in a unique transformational corridor in time. That next baseline was release. All of us who accept the global shift in consciousness have agreed to release the patterns of behavior that haven't worked. We've been in this baseline period of release for several years now, some longer than others. We've let go of much of our negativity, conditioning, and constructed self.

I think the baseline of social behavior towards which we're headed is what I'd call social maturity. I'd rather not define what I mean by that because I think a rich discussion can be had that will be educational for all and I'd rather not slant that discussion right off the starting block.

I can say what I sense about it. I sense that mature social behavior is what's left once we release our negative tendencies and social narcissism. It's implicit in humanity and simply needs the overburden of negativity and irresponsibility to be released.

Mature behavior is marked by accountability, harmlessness, forward thinking, and cautiousness. Immature behavior is marked by unaccountability, potential harmfulness, a lack of foresight and a lack of caution.

A mature social order strikes me in its most general form as things getting better and better rather than getting worse and worse. Social maturity leads to wisdom, love, and harmony. It builds the confidence that allows a society to found workable social institutions that resolve social conflict and ensure the well-being of all a society's citizens.

A society being sent towards its own devolution, as ours was until around, say, three years ago, is a society that cares little for its members apart from looking out for Number One, seeing to me and mine.

Such a society doesn't feel that the commonwealth should pay for its ailing members, that social problems should be addressed by society, or that there should be equality or even freedom except in relation to a person's political and other forms of power.

But a society being guided as ours is towards the divine qualities, socially central of which is compassion, experiences a growing caring for its members. Such a society sees itself as responsible for its ailing members, holds that social problems should be addressed by society, and believes that equality and freedom are independent of a person's political and other forms of power. It sees them as inalienable rights.

Social immaturity seems to suggest the childhood of humanity and social maturity seems to suggest its adulthood. I found myself asking, in relation to social questions that arose for me: What does maturity say? And what the answer to that question was, in any one instance, interested me. I welcome a behavioral baseline of social maturity.

The thought arose in me that social maturity is the minimum level of behavior at the present time that unites us as a civilization headed for Ascension. I have a strong hunch there'll be other stages that become the baseline later on - or the floor of our common behavior. But this is as far as I think I see at the moment.

Footnotes

(1) "The Arcturians - Living Your Highest Point of Perception," by Suzanne Lie, Dec. 31, 2012, at [http://suzanneliephd.blogspot.co.uk/.](http://suzanneliephd.blogspot.co.uk/))

The Light Leaves us Free to Choose



Every so often, I feel the tug to repeat something that's important and bears reflection. I feel that desire reading a passage from Aisha North's latest message, if you'd permit me. Aisha's sources say:

"The light is there to help you see better, but the light cannot tell you what to do, or even, what to see. For that is you and you alone who are able to understand the signals and the not so discreet hints coming your way that will point you in the right direction. But it is your choice to open up to what you see, and to act accordingly." (1)

I think it would be hard to understand that passage without remembering the purpose and design of life.

The purpose of life is for us divine sparks to recognize, remember or realize the truth of our nature - to remember that we are God. As one well-known guide said many years ago: "The whole purpose of incarnation is this slow evolution of the spirit, its awakening in matter, to self-consciousness and God consciousness." (2)

The process that allows us to achieve that purpose has three steps: (1) discriminating between the Real and the unreal, (2) detaching ourselves from the unreal, and (3) devoting ourselves to the Real. I think of this as the basic spiritual discipline.

The light is there to help us see better, to be sure. But the purpose of life wouldn't be served if the light actually showed us what to do. If that were the case, then discrimination would not result. Life would be an automatic process of us seeking the light and the light doing our work for us by sitting in for our own native though undeveloped powers of discrimination.

Krishna discussed the situation we face in the *Bhagavad-Gita*. What he describes is what life is like when we fail to follow the three steps. This is the opposite, I think, of what we might think of as the spiritual life.

"Thinking about sense-objects
Will attach you to sense-objects;
Grow attached, and you become addicted;
Thwart your addiction, it turns to anger;
Be angry, and you confuse the mind;
Confuse your mind, you forget the lesson of experience;
Forget experience, you lose discrimination;
Lose discrimination, and you miss life's only purpose." (3)

Here "sense-objects" represent the ephemeral, the unreal. Grow attached to sense-objects and we forget the purpose of life. When we become addicted to the unreal, we forget the primary lesson of experience: that no addiction to anything unreal lasts long or satisfies us completely or forever.

Buddha called our lives an endless cycle of desire. We fasten on one desire and follow it until it pales and then replace it with a new desire. Round and round this circle we go, seemingly forever, pulled onward by the subsensible longing for God but not recognizing it for what it is.
(4)

Our answer to the longing is to fill it with sensory objects and experiences. But these fail to satisfy us completely. Only the experience of God can do that.

We can know what it's "right" to do, spiritually speaking, and still prefer the pleasurable. Why is it so hard to do the right thing? Exactly because the "wrong" pursuits bring pleasure.

The Upanishads suggest: "The wise prefer the good to the pleasant; the foolish, driven by fleshly desires, prefer the pleasant to the good." (5) We can find ourselves caught in the desire cycle.

It's said that we cannot escape our addiction to sense-objects until it falls away of itself through total satiation with the pleasurable in life. Once our thirst is slaked and our hunger is satiated, we begin our search for a more permanent form of satisfaction.

The student being ready, the teacher will arrive and learn why life was created. We may then ask ourselves how to fulfill the purpose for which life was created.

At that point, the three steps to liberation - to discriminate between the Real and the unreal, to detach ourselves from the unreal, and to devote ourselves to the Real - become known to us and important. They offer the means of escape from the wheel of life. We're now ready to master them. We can say, with Buddha:

"I have been wounded by the enjoyment of the world, and I have come out longing to obtain peace; I would not accept an empire free from all ill even in the third heaven, how much less amongst men?" (6)

Nothing is lost by spending more time amid the sense-objects and pleasures of the Third Dimension. Except the bliss and fulfilment available to us on the higher planes of life. For some life sees slow progress and for others more rapid progress. But no judgment attaches to either.

The light now helps us but it won't take the place of or usurp our own choosing.

Even now, as the light quotients rise on the planet, we see that people are left to open to the light or not, as they choose. Ascension isn't forced on anyone. Those who don't choose Ascension will spend more time in Third Dimensionality and then be presented with the choice again.

Footnotes

(1) "Aisha North: The Manuscript of Survival – Part 312," May 20, 2013, at <http://goldenageofgaia.com/2013/05/aisha-north-the-manuscript-of-survival-part-312/>

(2) White Eagle, *Wisdom from White Eagle*. Liss: White Eagle Publishing Trust, 1983, 49.

(3) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 42.

(4) See "The Longing for Liberation" at <http://goldenageofgaia.com/spiritual-essays/the-longing-for-liberation/>

(5) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948. , 16.

(6) Buddha in E.B. Cowell et al, trans., *Buddhist Mahayana Texts*. New York: Dover, 1949; c1894 , 119. The "third heaven" is the third subplane of the Mental Planes. The Mental Planes are the afterlife equivalent of the Fifth Dimension.

Spiritual Recapitulation



Everywhere in nature are metaphors that hint at the Divine Plan for life.

Nowhere is that clearer than in the conception and embryonic development of the human being.

Consider first the Divine Plan itself for there is a plan, Krishnamurti tells us.

“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.” (1)

The Divine Plan sees the Father send a spark of itself, called in the Bible the fire ever burning on the altar (2) and a firebrand plucked from the burning, (3) out into the world of matter, *mater*, Mother.

There, the Mother ensconces the spark in a body: "Wisdom [Sophia, the Mother] hath builded her house, she hath hewn her seven pillars." (4) The seven pillars are the seven chakras and the spiritual house or temple is the body.

The spark is nurtured by the Mother who creates, preserves and transforms everything in her lawful domain. With the law as its teacher, she raises all her children from the most elementary stages of consciousness to a superconscious being.

Under the Mother's perpetual guidance and always in her world - or womb - of matter, the spark evolves, traversing all the kingdoms - mineral, plant, animal, human, and so on - and grows in consciousness through one enlightenment after another, to full maturity as a God-conscious being.

As Rumi has said:

“I died as mineral and became a plant.
I died as plant and rose to animal.
I died as animal and I was man. ...

Yet once more I shall die as man, to soar
With angels blest; but even from angelhood
I must pass on: all except God doth perish.
When I have sacrificed my angel soul,
I shall become what no mind e'er conceived.
Oh, let me not exist! For Non-existence
Proclaims in organ tones, 'To Him we shall return.'" (5)



The journey leads from God to God. Once the divine spark begins, through enlightenment, to know who it really is, to know that it's no other than God, as is everything that is and is not, it begins the return journey to God which culminates in divine mergence.

Now consider that the male in the reproductive cycle of many species, not just the human, introduces the sperm into the female's womb. There it penetrates the mother's egg. The mother immediately begins to build the body. The foetus gestates and develops, growing in consciousness until it reaches full term, at which time the mother delivers the child into the "real" world, where waits the father.

The reproductive cycle of father and mother captures in its major features the divine cycle of life, from the spark being released into the womb of the Mother's world of experience, there to learn through a law-governed round of life first who its Mother is, then who its Father is, and then who it is itself, to be born into divine life.

When it learns who it is, truly, at essence, it's said to have completed the journey of life and a new journey begins, about which we know nothing. As Hilarion tells us:

"When after ages of struggle and many victories the final battle is won, the final secret demanded, then you are prepared for a further path. When the final secret of this great lesson is told, in it is opened the mystery of the new way -- a path which leads out of all human experience, and which is utterly beyond human perception or imagination." (6)

Thus, embryonic development is a metaphor always available to us of the spiritual journey of life.

In the same way, every element of nature bespeaks some aspect of the Divine Plan. The life of a tree also repeats the divine journey. The seed takes root in the ground of Mother Earth and grows into a great tree.

It draws its sustenance from Mother Earth and carries it as sap up from the roots to the trunk and out into the branches and leaves, where the seed is produced for the next generation. So we draw our sustenance from the Mother of all life through the heart and up into our trunk and branches to produce the seed of new life.

The leaves fall off but the tree never dies. Our bodies fall off but the soul never dies.

Like the tree launching seeds, the Father continuously launches new life out into the world.

The tree raises its branches to the sky, seeking the warmth of the sun and seemingly praising the Mother/Father God. It can be seen as a metaphor of us seeking the warmth of God's love and raising our arms to the sky seeking God's Light.

All of life is a metaphor, bespeaking its divine origins and destination. Many of life's processes recapitulate the spiritual journey.

Footnotes

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

(2) Leviticus 6:13.

(3) Amos 4:1.

(4) Proverbs 9:1.

(5) Rumi in Anne Fremantle and Christopher. *In Love with Love. 100 of the Greatest Mystical Poems*. New York, etc.: Paulist Press, 1978, 58.

(6) Hilarion, channelling through Mabel Collins, channel. *Light on the Path and an Essay on Karma*. Wheaton, IL: Theosophical Publishing House, 1974, 11-2.