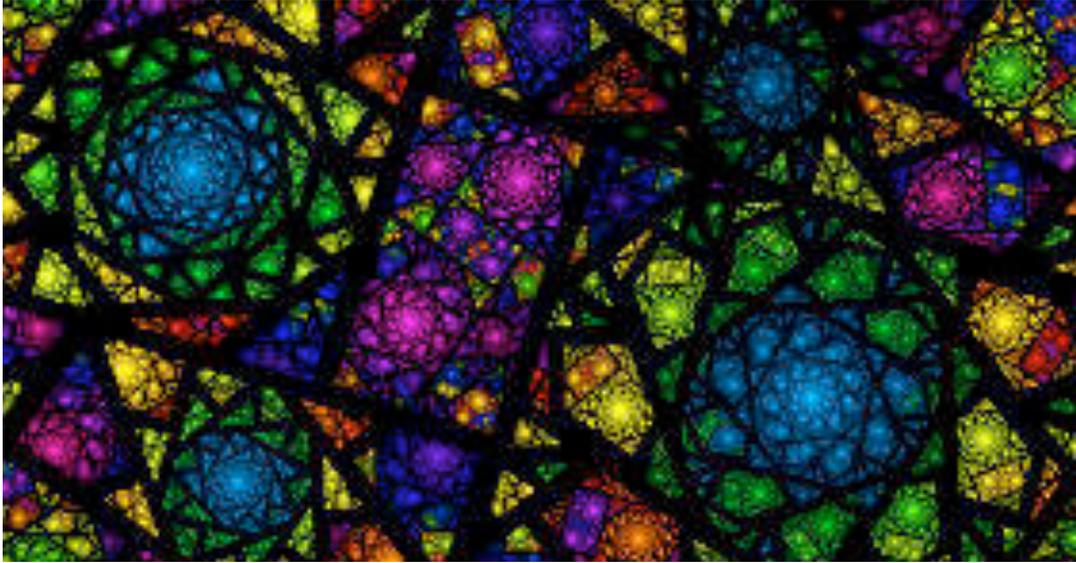


The Lure of Love



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The Lure of Love



Credit: magazine.good.is

"There is a love in me raging, Alegria
A joyous, magical feeling."

- Cirque de Soleil, *Alegria*

The Arcturian Group said recently: "You are ready to be taught from within. Trust this. It is why you came." (1)

Are we? What could possibly teach us from within? How would it teach us?

In a word? Love.

Love is the great teacher. It hides away from us when we neglect it. It flees to an unknown place when we resist it. No Earthly partner ever played hide-and-seek like love does.

We must attend to love and no amount of wishing it were otherwise, no amount of entitlement or complaining changes the situation a bit. Love is a demanding lover.

I've been stumbling and bumbling and watching to see what happens to love ... and love disappears.

Getting this feedback from love is more valuable to me than ... well, there is no comparison. I am wed to love. That's what it amounts to, the same love that gazillions of beings are also wed to. Very loose lover. Universal lover in fact. This divine being is with everybody.

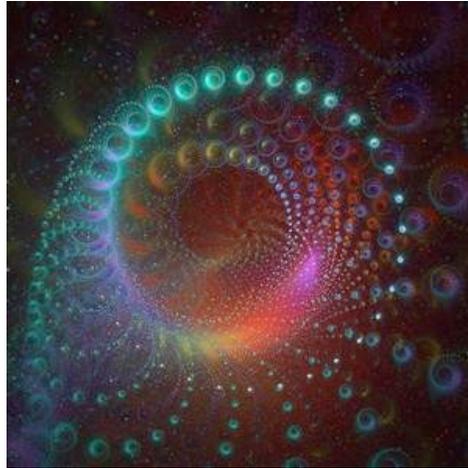
Is there any other power I need answer to? If there is, stand in line. I'll get to you some day.

When we look inside and find love, the cat is out of the bag. We just bit on some big hook. We're caught now. There's no escaping the lure of love.

Footnotes

(1) The Arcturian Group. Channelled by Marilyn Raffaele. April 12, 2015. <http://www.onenessofall.com/newest.html>

Never Enough Love



When I see how often in a day I forget love, I'm dismayed. So powerful is the appeal of love, that I immediately send myself searching for ways to ensure that I forget love no longer.

I turn to reading books on bhakti, devotion, love. And then I realize that my paramguru, Sri Ramakrishna, was arguably the greatest devotee of love ever born on the planet. Off I go to read him.

How fortunate I am!

Look, the love bug bit me and now has me scampering in 100 different directions at once. Lady Love ran her scarf under my chin and here I am building a house for her. Powerless in the face of love.

I'm getting straight about what can and cannot be done with love. Love brooks no lies. It brooks no harshness or hostility. It cannot be hidden unless you want it to disappear.

I can only announce my love and announce it and announce it. And some will hear it; some will not.

See how bitten I am? Your turn next. Everyone's turn's coming - or so I'm told. This is definitely worth reaching out for, worth asking for, worth holding out for. Don't you wonder where my mind went, so to speak? So do I but I haven't the interest to find out. Love does that to you.

So to return: I feel the need to create new channels for the expression of love, to serve as reminders not to forget. Where's the incense? Where's my seiza bench? My meditation tapes?

I understand how Rumi could say that a man could go insane feeling separated from love. I don't intend to go there because I know the connection to love depends solely on me. If I

disconnect, it's because I did it. So no excuses on not remaining connected to love. And no cop-outs.

Gone are all my intentions to create a cross-cultural spirituality or the return of the growth movement or much of anything else as long as I'm the unrequited, ever-yearning lover of love. I know full well my yearning will be fulfilled. Not a moment too soon.

There's never enough love. And I will never drink my fill.

Nothing Matters But Love



"I am God's creature.
Of him I am part.
I feel his love
Awakening my heart."

- Donovan, Brother Sun, Sister Moon

When you combine a call to personal authority with an opening of the heart (keeping in mind that the latter magnifies all feelings), what you get is a person who loves himself and sets about organizing his life in a way that serves ... serves everything: the Divine Plan, his soul's contract, his beloved Boss's wishes. And serves himself.

You get a person who's no longer content to allow himself to flirt with depressive feelings.

You get a person who interjects a note of oversight into his life to get the mechanism going when it's unawaredly stalled.

You get a person who realizes the preciousness and importance of choice.

You get a person whose greatest joy is to maintain connection with himself - first. After that, everything else.

The key to the success of any and all of this work for the Divine Mother, it seems to me, the key to the success of this intense intentional life we're living, is love. My gosh, it's so obvious after the fact and so unutterably unfathomable before.

I didn't know I didn't know. I was unaware of being unaware. I would never have seen unless you intervened, Lord, and burst the dam.

There's so much in my life that's out, incomplete, mishandled, sticking out at the seams. But none of it matters when love flows. And all of it matters when it blocks love.

It doesn't matter that all the chips are up in the air. It doesn't matter that there's so much to do and so much of it is time sensitive.

When it flows, nothing matters but love.

Love is All There Is



How easy is it to comprehend something that is all there is? And even if we did comprehend it, intellectual knowledge is not powerful enough to cleave the space and bring Light. Only realized knowledge is.

Nonetheless intellectual knowledge is a first step. Here I want to listen to those of our sources who say that love is all there is.

Jesus through John Smallman suggests that “love is the key to spiritual awareness because all that is spiritual, all that exists rests in Love.” (1)

He continues: “Love is your nature, your Source.” (2)

“Love is the most powerful field of energy that exists. It is the only energy field that exists. Any other energy that you can conceive of or experience is of the illusion, and is an enormously diluted and weakened form of Love, which allowed you to think that you had power without the Presence of your Father.” (3)

Love, he says, “is the life force; you cannot live without It. You are, every one of you, essential parts or aspects of It.” (4)

“Love is all there is,” the Arcturian Group says, “because Divine Consciousness is all there is. Within this ONE every Divine Idea flows forth in infinite form and variety... but always in and of the One.” (5)

SaLuSa of Sirius agrees. He tells us that “in the final reckoning, Love is all there is.” (6) Love, he says, “is life itself and the most powerful force in the Universe that will enable you to continue rising up through the dimensions.” (7)

“The order you see in the Universe comes from all souls reaching a point when they come to the realization that, in the ultimate, there is nothing but Love and that all life revolves and has its being within it.

“Even now you are rising up and your awareness is such that you understand the amazing power of Love.” (8)

Several sources list some of the forces and substances that love becomes.

Sanat Kumara

“The fabric, the energy, the subatomic particles of this universe come from Love.” (9)

“Whether it is a love partner, a sacred union, a perfect family, or a gold coin, it is made of the essence of love.” (10)

Jesus

“The construct — the fibers, the molecules, the subatomic particles, all of it that we have spoken of time and time again — the building blocks are love.” (11)

The Arcturian Group

“It is the one energy, substance, and activity flowing in and through seemingly separate life forms, yet it is always the ONE because that is all there is – Omnipresence.” (12)

The Divine Mother

“Love . . . is the only essence; that is the only substance; that is the only fiber there is. So everything that takes form comes from Love, comes from my heart and my essence.” (13)

“Child, love is all there is. It is the fuel, the fiber, the substance, the essence of All.” (14)

In a rather amusing metaphor, Mother Mary through Fran Zepeda represents us as bandying love back and forth between us, as it it was a tennis match.

“The love you receive and the love you give are now one and the same, dear ones. It is a constant bandying of energy back and forth and within you as you learn to live within this beautiful ‘Net of Love.’

“Take everything and see everything from that standpoint, the standpoint of love and beauty and the sweet soft nurturing that love is offering you now.” (15)

One corollary of these axiomatic statements is that love is in no way limited or exclusive, as the Angelic Guides through Taryn Crimi make plain.

“From our perspective love is unlimited. It knows no boundaries. It knows no color, no race, no creed, no gender, and no species.” (16)

Another is that love can be used to create. The Divine Mother reveals that “everything is created from Love.” (17)

The masters know this and use the energy of love to create, Jesus tells us.

“Love, as you have been frequently informed, is the power, the energy, and the intelligence of creation itself. Everything that exists was created in Love, by Love for the infinite pleasure that it would then enjoy, basking in and forever savoring the divine embrace in which all is encompassed.

“So, when you want to achieve something, when you intend to achieve something, the way to do so is to engage with Love. You are all children of Love; Love is your eternal nature, and it is by engaging with It that all that you could possibly desire not only becomes possible, but actually occurs.” (18)

The notion that love is all there is is so unsettling to our everyday notions of life that, reading the words above, we may not know how to react.

I look around my room and I see walls, chairs, tables, etc. Nowhere do I see love. I feel love a lot more now than I did, say, a year ago. But even then, the fact of love’s omnipresence and omnipotence doesn’t enter into most of my everyday dealings.

Having it be up to experiential knowledge excites interest. But even the feeling of it is intermittent and certainly not overwhelming.

This great fact of life - that love is all there is - only comes alive when we realize it; that is, when it becomes realized knowledge.

Then, I suspect, love becomes universal, unconditional and constant.

Footnotes

(1) Jesus via John Smallman, November 27, 2013, at <http://johnsmallman2.wordpress.com> .

(2) Ibid., May 15, 2013.

(3) Ibid., June 13, 2013.

(4) Loc. cit.

(5) Arcturian Group, January 19, 2014, at <http://www.onenessofall.com/> .

(6) SaLuSa, Jan. 17, 2014, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm .

(7) SaLuSa, March 22, 2013.

(8) Loc. cit.

(9) Sanat Kumara through Linda Dillon, "The Universal Law of Unification & Unity," Oct. 8, 2010 at <http://counciloflove.com/2010/10/the-universal-law-of-unification-unity/> .

(10) Sanat Kumara through Linda Dillon "Sanat Kumara discusses the Universal Law of Attraction and Repulsion," June 16, 2013 at <http://counciloflove.com/2013/06/sanat-kumara-discusses-the-universal-law-of-attraction-and-repulsion/> .

(11) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/> .

(12) Arcturian Group, Aug. 3, 2014.

(13) "Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity on Heavenly Blessings, December 3, 2013," at <http://goldenageofgaia.com/2013/12/universal-mother-mary-discusses-the-law-of-completion-and-continuity-on-heavenly-blessings-december-3-2013-2/> .

(14) The Divine Mother in Union & ReUnion, Council of Love Annual Gathering, Oct. 3-5, 2014, Lake Tahoe, Calif., 2014, 7.

(15) "Mother Mary: You Are the 'Harbingers of Love and Light," channeled by Fran Zepeda, June 9, 2014 at <http://franheal.wordpress.com> .

(16) "Angelic Guides: Love Knows No Boundaries," channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(17) "Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity," *ibid.*

(18) Jesus through John Smallman, May 1, 2013.

Just Love



Yesterday I felt so much love that what I thought of as “me” disappeared.

What do I mean by that?

That which I experience as “me” comes along with worries, hopes, fears, concerns, anxieties, preferences, desires, etc. When the love I felt washed away the me, all the worries, concerns, etc., disappeared as well.

When I noticed they had disappeared, I also noticed that the point of reference that I considered “me” had also disappeared.

I’m not sure for how long it disappeared because I fell asleep at some point and lost track of my situation. The “me” that I think I am was back by the next morning with all its worries, hopes and fears.

I’m not saying it was part of the tsunami of love, although it may have been. But I think it was a second preview, the first being the wave of bliss I experienced on last Thursday’s *Hour with an Angel*. (1)

I say a “preview” because the Mother said that the impact of the tsunami of love would be permanent and this was not. But even as a trailer, it was dramatic and utterly welcome.

The sense of peace I felt was the result of all my cares being swept away. It wasn’t something that descended. My cares were washed away leaving nothing in their wake.

One of the things I saw from this is that, at this moment, I exist as a point, a focused spot, which I would imagine is infinitely elastic but definite and unmistakable (relatively speaking).

It’s as if I have an IP address in the universe, as if I can be located by GPS – almost. That spot, that point of focus is “me.”

And around it cluster all my worries, hopes and fears. When that point or spot is evaporated or blown away, well, I'm not sure what happens to the worries, hopes and fears that cling to me, but I'm no longer aware of them.

And, at that moment, I was no longer aware of myself as a definite entity. I was only aware of love. Just as the explosion of love I felt in November washed away separativeness for a time, so here the love I felt washed away my worries, hopes and fears for a time.

Now I descend into speculation. I'm not a spiritual teacher and I don't want to leave the impression that I want to be or am trying to be. I don't want to be one. It isn't my mission. But I do love this subject.

I speculate that the ultimate disappearance of the point of focus that I consider myself to be is (potentially) the same as the heart opening that Sri Ramana Maharshi discusses here.

“[The] heart [hridayam] is the seat of Jnanam [Wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut.” (2)

It is this knot or nexus that results in the experience of myself as a point of focus, I think. The nexus is loosed when the heart opens.

“When the mind drops down in Kevalya Nirvikalpa [Samadhi], [the heart] opens but shuts again after it.

“When Sahaja [Nirvikalpa Samadhi] is attained it opens for good.” (3)

Kevalya Nirvikalpa Samadhi, also known as God-Realization or Brahmajnana, occurs when the kundalini reaches the seventh chakra and results in a temporary heart opening. This is not liberation from the need to be reborn into physicality (Third Dimensionality).

Sahaja Nirvikalpa Samadhi occurs when the kundalini reaches the Hridayam or spiritual heart (not the heart chakra) and results in a permanent heart opening. This is liberation or what we call Ascension.

We've already heard our sources say that the tsunami of love, in which I believe we'll have a heart opening, probably partial, probably temporary, is not Ascension. I asked the Divine Mother that question:

Steve: Now, my understanding is this event is not Ascension. But can you tell us what this event is and what we can expect from it, and where it fits into the Plan, what it contributes to our movement towards Ascension, please?

Divine Mother: It is another expansion of your ability to hold love and heart consciousness. (4)

And more recently Ashtar through Philipp said:

“I’d like to emphasize that the Love Transformation is not your Ascension. Ascension, as you all know very well by now, is a process that unfolds step by step. But this Love Transformation is one of the key elements of your Ascension journey.” (5)

If it were Ascension, the heart opening would be permanent. It seems that there will be permanent expansion but not to the extent that Ascension will bring.

I think expansion has to be considered as a question of degree, with the added parameter that reaching a certain degree will have us reach a tipping point, a critical mass that will bring Ascension in its train.

Returning to Sri Ramana, he says:

“The granthi is the knot which ties the insentient body to the consciousness which functions in it; that is why when it is loosened temporarily in Kevalya Nirvikalpa [Samadhi] there is no body consciousness.” (6)

I wasn’t aware of whether I felt body consciousness or not. I didn’t focus on it – or anything else to be quite honest, except the love I felt.

“He for whom the Atman [soul, Christ, Self] alone shines, within, without and everywhere, as (clearly as) objects to the ignorant, is called one who has cut the nexus.

...

“Once the knot is cut, one is never bound again. This is considered the state of power supreme and peace supreme.” (7)

So once the knot is not simply loosened temporarily in the experience of kevalya, but cut asunder in the experience of sahaja (Ascension), one is never bound again. I can imagine that Sri Ramana would see it as “power supreme and peace supreme” but we know it as no more than Fifth-Dimensional consciousness and we also know that much more lies beyond it.

I think Sri Ramana also knew that but probably could not take the conversation that far with his listeners without confusing them. But here we are a little more than a half-century later and becoming familiar with the mechanics of liberation. How cool is that?

I’m not saying that I experienced a heart opening. I don’t think I did. But I do think that the utter disappearance of the point of focus that I think of as myself, when it does come, will lead first to what Sri Ramana calls Kevalya Samadhi (Brahmajnana) and later to what he calls Sahaja Samadhi, which to us is Ascension.

That movement will be from a temporary to a permanent heart opening and will see the disappearance of what we conventionally think of at this moment as “me.”

When that happens, I surmise that I, or you, or we, will just be love.

Footnotes

(1) SB: Well, you know, Lord, I suspect that I'm getting a download because I'm almost awash with bliss here. It's very hard to do a radio program when you feel as blissful as I do. You almost forget what it is you're doing. If this is a foretaste of the tsunami of love, it's wonderful.

AAM: And this has been my goal this day, to give you a wash, all of you, to feel our love. ("Archangel Michael: Swept Away in a Tsunami of Love – Part 2/2," Jan. 11, 2014, at <http://goldenageofgaia.com/2014/01/archangel-michael-swept-away-in-a-tsunami-of-love-part-22/> .)

(2) Sri Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(3) Loc. cit.

(4) "The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," channeled by Linda Dillon, November 14, 2013, at <http://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/> .

(5) "Ashtar: The Love Transformation," channeled by Phillip, January 13, 2014, at <http://goldenageofgaia.com/2014/01/ashtar-via-philipp-a-new-message-the-love-transformation/>

(6) Sri Ramana Maharshi, *ibid*.

(7) Sri Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*. Tiruvannamalai: Sri Ramanashramam, 1977, 49-55.

Nothing Greater Than Love



Back in 2010, Archangel Michael said:

“As this acceleration [towards Ascension] occurs, you will see more clearly that everything that you experience is Holographic in nature. It is energy and light and it has no ‘real’ substance. It is ‘dream’ made manifest for a while to be experienced by you so that you may experience, enjoy and grow!” (1)

I had an experiential proof of this statement yesterday.

I went about as far down as I ever go these days in the course of a conversation. It raised what Jesus would call my doubt and fear.

When I get down, I rehearse all kinds of scenarios. Hey, I’ve been doing this long enough. Time to do something new.

This is never going to happen. Do you really believe the sources?

Gawd, I can’t stand this any more! I want to go on vacation and leave everything behind for a while!

Even though I don’t go very far down any more, the downest down I go is still as unpleasant as it gets. So I was in the New Age equivalent of a trough.

And so after wallowing for a while, dousing myself in mud, and feeling very sorry for myself, I began to dig myself out.

That for me is not an intellectual exercise. I don’t reason myself out of my funks, although I do know people who do – quite successfully. Not putting any method down.

Instead I began “being with” my upset. But I also began being with it in a new way that’s become available as the energy rises. I slowed the whole thing down and watched myself as I covered every inch of the ground of “experienced experience” or “conscious awareness.”

And I watched my own doubt and fear gradually ease and fall away. There was no thought process involved. I didn’t tell myself anything. I simply painted my felt experience with awareness and watched it dissolve (the hologram? The illusion?).

What happened next has been discussed by so many sources that I hesitate to say it because it sounds so Pollyanna-ish. But it was true nonetheless.

I was left in love. The only thing that survived and remained was love. Now, because I observed this process minutely and because my awareness and depth of experience have expanded, finding myself in love AND finding that love was stable and enduring had a real effect on me.

I knew, at that level of recognition that is not illusory, that love was all that exists. I knew that love was not a part of the hologram, the illusion.

And getting to love by this process was itself ... well, do you remember being in Grade Six and the chemistry professor mixed the copper and hydrosulhuric acid together in the vial and the water turned blue? And you said “Wow!”

Getting to love by this process was itself a “Wow!” It had an impact on me.

And I knew that love was the only thing real, lasting and stable.

And that in itself had a further impact. It lifted me up. And love became bliss.

As Archangel Michael said, all of this is a hologram. It’s superimposed on love. It hides love. It covers love. And all we have to do is to be aware of the hologram, experience its content to completion, and we uncover the Reality at the base of the illusion and that Reality is love.

There is nothing more to say on the subject. Love is the beginning and the end, the alpha and the omega and, if we had the eyes to see, everything in between. There is nothing greater than love.

I just am enamored of the illusion – of the thrill of the chase, of the temporary ecstasy of some things, of the ups and downs and ins and outs. But the only thing that satisfies completely and lasts forever is love.

Footnotes

(1) Archangel Michael, “Navigating the New Earth Fifth-Dimensional Hologram,” February 2010, through Celia Fenn, at <http://www.starchildglobal.com/february2010.html> .

Love is the Answer



Love

Saul once said: "Once Love is recognized, ... Its loving embrace is utterly irresistible." (1)

I can vouch for that. (2)

Saul isn't talking about romantic love, friendliness, or kindness, but about transformative, universal and unconditional love. How can I suggest the difference between them?

Romantic love affects us on an emotional level, but doesn't sweep away (or transform) unwanted conditions like loneliness, sorrow, and dismay; transformative love affects us on a deeper level than that and has the ability to sweep unwanted conditions away.

According to Saul: "Whatever the question, Love is the only answer." (3)

The Company of Heaven returns to the point so often that we must hear their message one day. The Galactic Federation said to Blossom Goodchild. "Over and over again we to talk about it , because [love] is all there is."

"That is all there is to talk about. For there is nothing else in existence other than love...

"For if there were many that [saw this] they would not have the need to have answers to all these questions ... that in truth ... if we may be bold in saying ... do not matter!

"Nothing matters other than being love. If you really got that ... there simply would be no need to KNOW anything more." (4)

It's my sense that this message is being sent by the Company of Heaven more and more these days because we're ready for it. Sanat Kumara said last month:

"I am going to be very forthright in this discussion because you are at a level of maturity, spiritual and emotional, where you can truly engage in the discussion, not the soliloquy, but the discussion of 'what does this mean? How does this occur?'" (5)

In one of their discussions of love last summer, the Arcturian Group said: "Most were not ready for the deeper truths until now." (6)

I've wrestled with why I don't stop everything, lay down tools, and simply love. It'd take a huge commitment and the willingness to look simple and far out. I'd have to be willing to risk ridicule, a tool the Illuminati used with such success to keep us quiet on UFOs, etc. It'd take abandoning everything I've based my work on - research, building a case over time, etc.

Just as intellectual knowledge won't move us while realized knowledge will, so the stage of my growth and evolution is not strong or vivid enough to move me to be so radical and advanced. I stop short of going that far.

But that will change. Ask me again next year. Or maybe next month.

It's mainly our fear that led us to deny love, Saul says, and he describes what results.

"You allowed yourselves to fall into fear and remain there, convincing yourselves that fear must be overcome by the denial of Love, by judging and condemning those whose beliefs are not in agreement with your own, and then by demonizing and attempting to destroy them." (7)

Those are the traps that society at large may have fallen into, but not every person in society. What results within ourselves when we allow ourselves to fall into fear?

"When you are driven and guided by fear your hearts are closed off, shut down, in a state of hibernation and unawareness, to enable you to use your fear as a tool that you think will provide you with the means to build impregnable defenses against your enemies." (8)

Just as choosing fear shuts us down to love, Saul tells us, so re-choosing love proves to be the answer to emerging from fear. It's as if we put the car in reverse and back out of the place we've been in.

"Dismiss your fears by intentionally and very consciously opening to the divine field of Love which envelops you in every moment of your eternal existence, thus allowing your guides to help you see things more clearly and leading to the resolution of issues with which you have been concerned." (9)

Given that we haven't chosen love up till now, the solutions our guides suggest to us now may seem novel and strange to us.

"It is likely that the solution that results will not be what you had expected, because frequently your expectations, your ideas of what needs to occur are not in alignment with Love's solution, the only viable solution.

“Let Love resolve your issues and problems by letting them go and handing them over to the divine Wisdom that will compassionately and gently show you the way forwards.” (10)

Saul explains why love is the answer to all social problems: “Love is the only means of resolution and It is completely effective because It embraces all unconditionally without judgment of any kind.” (11) Where things break down is where the mind kicks in and judges, makes wrong and tries to dominate.

“It is through love that you change it all,” the Galactic Federation emphasize. (12) “Love is the key,” Jesus tells us. “Love is joyful, accepting, enthusiastic, comforting, and inspiring, as divinely intended.” (13)

Love may be the key and “the solution to every issue with which you have to deal,” he explains “but one of the major problems is that most of the time you do not believe it!”

I myself am in that position. I find it hard to full accept that love is the key - at a deeper level than the mind. Jesus continues:

“And yet you can see clearly that anything that is in opposition to Love can never succeed in solving any of your multitudinous, and presently seemingly insoluble, problems.” (14)

Therefore, believing in the power of love to heal social situations is something that we may need to cultivate. I know I do. Relying on love exclusively is not something that comes automatically with me.

We as a civilization are slowly coming to recognize how love is the way out for us, Jesus suggests.

“Finally the Light, Love, which has always been with you and fully available, is being recognized as the only way out of your present cataclysmic dilemmas of perpetual wars – on terror, unjust political systems, evil corporations, the establishment, the anti-establishment, cancer, drugs, poverty . . . on and on interminably and therefore insolubly!” (15)

We cannot fail in this endeavor, he reminds us, because love is all there is. We can bank on awakening and eventually relying on love exclusively.

“So, I repeat, ‘Hold your Light on high, constantly’ as we offer you endless, abundant assistance in your intent to be courageous, to be seen, to be loving, to be accepting, and by so doing, to change, permanently, yourselves and the world.

“Failure is neither an option nor a possibility, because there is only LOVE. All else is illusory. You will awaken into the brilliant Light of God’s eternal day!” (16)

We're being asked to reshape our personal lives to base them only on love. We're also being asked to radically alter our social perceptions, calculations and approaches to base them on love as well.

We've let our fears and desires blind us to the power of love but now with the waves of love hitting us and causing us to rise together, the centrality of love is becoming obvious to us and in the world.

I imagine that our embracing of love will go on in the manner of wayshowers continually pushing their edges, first one, then another out into the frontier of love until love is accepted by us as a global society as the answer to all our personal and social questions and problems.

Footnotes

(1) Saul via John Smallman, Dec. 7, 2014, at <http://johnsmallman.wordpress.com/> .

(2) After the heart opening of March 13, 2015.

(3) Saul via John Smallman, Dec. 7, 2014, *ibid.*

(4) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

(5) "Transcript: Sanat Kumara – We Override Those who Want to Hurt by Anchoring Greater Peace Within – Part 2/2," February 25, 2015, at <http://goldenageofgaia.com/2015/02/25/transcript-sanat-kumara-override-want-hurt-anchoring-greater-peace-within-part-22/> .

(6) Arcturian Group, Aug. 3, 2014, at <http://www.onenessforall.com/>

(7) Saul via John Smallman, May 27, 2013.

(8) *Loc. cit.*

(9) Saul, June 16, 2013.

(10) *Loc. cit.*

(11) Saul, August 28, 2013.

(12) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

(13) Jesus via John Smallman, July 31, 2013.

(14) Jesus via John Smallman, April 27, 2014.

(15) Jesus through John Smallman, July 22, 2013.

(16) *Loc. cit.*

I Love; Therefore I am



Descartes had it all wrong. It isn't "I think; therefore I am." It's "I love; therefore I am."

My muse is calling and I can't write fast enough the random thoughts that are popping into my mind so I'll simply jot them down as they come. I can't wait till Wednesday to post them.

We are love. The animals are love. The trees and plants are love. The void behind the air in the spaces between the trees is love. All, all is love.

Everything we see and don't see, feel and don't feel is composed of love, held together by love, and given leave to go by love. Love calls worlds into being, gives them life for a while, and then plunges them back into nothingness when their usefulness has ended.

* * *

Love is the answer to all our dilemmas, problems, and quandaries. That having been said, one can say to another that the answer to all dilemmas is love and it may not make a whit of difference to that person. It didn't make a whit of difference to me either so long as I was into resistance, resentment and revenge towards my father.

So long as I was I could not get something said like that as more than intellectual knowledge; later it was up to experiential knowledge; but only after I eliminated from my life the feelings of resistance, resentment and revenge could I feel unconditional love.

So subtle is the latter and so obedient to free will that my resistance to my Dad was sufficient to deny it access to me.

Now that those are gone, love arises automatically. Once the obstacle was removed, life took over. I couldn't have had love arise in me before for the life of me. I don't need to make love arise in me now; it arises effortlessly upon my calling it.

* * *

What I want is a quiet mind and a loving heart, a still mind and an open heart.

If I want there to be peace inside me, I need to quiet my mind.

If I want there to be peace in the world, I need to share my love out into that world.

A quiet mind and a loving heart can bring peace to the world.

* * *

A quiet mind is an unattached mind. To quiet the mind, detach from any and all emotions that will take you to the peripheries, the extremities.

Take out your garden shears and cut away all the vines of attachment that you can find anywhere around you. Take out Archangel Michael's blue sword of truth and peace and make sure that no visible or invisible attachments remain. Use St. Germaine's violet flame to burn up all seeds of attachment. And blow away the dust.

Now, remain in the middle, the center, the heart, without attachments. Abide as that and decline to go again to the extremities.

And love.

* * *

The answer to depression is love. Imagine yourself as an elevator clerk, going up and down, picking people up.

Depression is a call to bring the elevator down. Jubilation, inspiration, love is a call to bring the elevator up.

The motive power for the elevator to go up is to breathe in love from the heart and then breathe it out to the world. Up you go, almost instantaneously. You get to feel the love as it goes by.

You can't hold onto love so you'll need to do this exercise ... well, with every breath. In my eyes, there's no exercise that's more important to do. In fact if I could choose but one exercise to do, I'd choose this one.

How many will do it? Perhaps not many.

But I will. Will you?

Focussed on the Heart



There's a war being fought inside of me. It's between the mind and the heart.

My heart may be open but nothing flows unless I invite it or in other ways cause it to.

And when love doesn't flow from the heart, I fall back into the default of the mind.

We usually talk about the world outside the mind. But we don't usually talk about the world outside the heart and inside the mind.

The mind has no idea that love (real, transformative love) exists. It can't see very far, has very little hope, and experiences very little satisfaction, happiness, or self-expression.

It focuses on its own survival and the survival of everything with which it identifies - spouse, children, job, house, car, etc. ("me and mine").

It ensures survival by making itself right and others wrong, judging and avoiding being judged, dominating and avoiding being dominated.

Where it sees itself wronged, it endlessly rehearses and feeds itself on the memories of its past woes and others' perpetrations.

When opposition is encountered, its rule is resist, resent, revenge. Resist others; resent their seeming misdeeds; and revenge itself upon them. It deals in fear. It operates by force. There's no aliveness there.

The heart dissolves woes and perpetrations, fear and force. It resists nothing, resents no one and never revenges. There's only aliveness there.

And then there's me, who forgets the importance of working with the heart, forgets to unpack its treasures and use them to raise me up beyond the reach of the mind.

Hour after hour goes by while I walk past what Krishna called the place in the heart where the Lord resides. (1)

The mind will never drop away or die. It just needs to be enlisted in the service of the heart once and for all.

It needs to know who's boss. The heart is boss. It's the kindest and most loving boss anyone will ever have.

The mind needs to be ushered into its new habitation. And thanked and loved and nurtured. Job well done. Thank you. Time to step down.

I haven't taken the time to do that. I allow the small cares of the day to endlessly postpone the final shift from fear to love.

New management coming soon! But soon is, oh, so slow to arrive!

When I was married in a Zen Center long ago, the monk conferred on my wife and me Zen names. Mine was Ancient Spring. Hers was Spring Rain.

The heart is that ancient spring. Love is that spring rain.

Hour by hour I must intend that my attention remain focused on the heart, the fount of all good things. Remind me if I forget?

There's nothing more important, now or ever, than heart consciousness - than remaining focused on the heart.

Footnotes

(1) "Fools pass blindly by the place of my dwelling
Here in the human form, and of my majesty
They know nothing at all,
Who am their Lord, their soul."

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 81.) [Hereafter BG.]

"The Lord lives in the heart of every creature." (Sri Krishna in BG, 129.)

"The devoted ... know Him always
There in the heart,
Where action is not." (Sri Krishna in BG, 59.)

Change Ripples Down



Credit: www.business2communtty.com

The widening of the stage and the impact of the heart opening create "new business" for a person going through Ascension publicly.

Significant aspects of my behavior will have to change, not like I see the whole picture or how to do it.

Once one tastes transformative love, I cannot see how most people wouldn't want more. And more. And more.

And a time arrives when the ordinary measures are not causing more to arise. At that point, I'd imagine most people take stock and see what the barriers may be. I know I have.

Sanat Kumara, in our last Hour with an Angel said that this breaking down of the barriers to love is central to the Company of Heaven's work with us on our Ascension.

"Really the question has been the breaking down with love of the various levels of resistance that humans have had to accepting the love and accepting the fact that they are love." (1)

In my case, the barriers aren't the ways I learned in the family as much as the ways I learned in workshops and courses. In that bygone era, different problems were being addressed and different measures seemed appropriate, measures that no longer work today.

Back then, we were determined to break the deadening hand of conformity, stereotypical roles for men and women, arbitrary taboos, and so on. People were admired for standing up for themselves and opposition was the order of the day.

Nowadays we're wanting to achieve a higher-dimensional way of being. It isn't opposition any more but cooperation that's the order of the day.

In the growth movement, the emphasis was on authenticity and transparency. I used to respond to things pretty much as I felt and that was what was wanted and needed.

It was a sound strategy for the times. But it bears no relationship to what the Company of Heaven asks of us today, which is that our communications and behavior be "of love." (2)

That left a gulf between me and those who follow the teachings of the Company of Heaven more closely than I. I was authentic and transparent and they were loving and compassionate. We existed in two solitudes.

In bygone days, I didn't experience love - not transformative love - except perhaps for a few minutes a year, in a peak experience. Romantic love, yes, but that also became a victim, on occasion, to my "transparency." I had no idea what "of love" meant.

Now that I've experienced love - not like I'm experiencing it at this moment - but now that I've tasted it and hung out with it long enough, I too want my communications to be of love. If they're not, chances are they'll chase love away. My priorities have changed: I don't want love to be chased away any more.

I was daydreaming today, imagining how I'd respond communicationally to a certain situation, and I found myself playing out "resist, resent, revenge." I wasn't using the distinction that it be "of love." Seeing that shocked me and woke me up. Can I afford any longer to be unconscious in this area?

It's time for me to relearn how to be with people. I've been a hermit most of my life - a developed writer, perhaps, but not necessarily a developed person.

Now I have to drop back and relearn basic relationship and communication skills. What does it mean that a communication be "of love"? What else do I need to do to ensure that all my behavior is of love?

The prospect is daunting. How does one relearn something as extensive as that? I have no time to study and attend workshops. How do I make such a wholesale transition?

I suspect that what gives me pause is not the "how," but the time, the diligence, and the resolve it'll take. It's those things that seem overwhelming.

But, inescapably, that's what this job is all about. We all have tremendous help at this time and I'm sure there are people with a more daunting prospect that they're facing. It does cause me to feel compassion for those people who've played the role of Black Hats. The leap they'll have to make, when the curtain comes down, must be almost beyond conception.

Footnotes

(1) "Transcript: Sanat Kumara: The Only Litmus Test is Love," at

(2) Some examples are:

"Many of the structures you have -- and we're not suggesting that they have been not worthwhile; there are many worthwhile, many, many, many worthwhile things that the humans have constructed. But many more have been constructed on these false human paradigms that were not real. And they most certainly were not of this side. And they were not of love. They were of belief in the need to control, or to be greedy, or to be lustful -- to limit." ("Archangel Michael on NESARA, Opposing the Cabal, and Ascension - Oct. 1, 2011 - Part 2/3," at <http://the2012scenario.com/2011/10/archangel-michael-on-nesara-opposing-the-cabal-and-ascension-part-23/> .)

"When you encounter that which is not of love, then what you do is you send — not engage, not jump into that person's field — but you send from your heart to theirs, knowing that they are already on your grid, the collective grid, you send them the amplification of love, and it will, and it does, transform them." ("Archangel Gabrielle on the New Golden Grid, the Process of Ascension, and the Advent of Global Prosperity – Part 2/2," channeled by Linda Dillon, August 26, 2013, at <http://goldenageofgaia.com/2013/08/archangel-gabrielle-on-the-new-golden-grid-the-process-of-ascension-and-the-advent-of-global-prosperity-part-22/> .)

"In your natural state as beings of Love, there is no thought of hostilities, threats, or betrayals because they are not of Love; and only Love is Real." (Saul, October 1, 2014.)

"We transmute and transubstantiate that which is not of love and wholeness into the truth of love and wholeness." ("Transcript: Archangel Raphael Discusses Healing in the Higher Realms on Heavenly Blessings," channeled by Linda Dillon, January 21, 2014, at <http://goldenageofgaia.com/2014/02/transcript-archangel-raphael-discusses-healing-in-the-higher-realms-on-heavenly-blessings-january-21-2014/> .)

What Love Is



**WHAT
IS 
LOVE?**

As I personally clear away the core issues that remained hidden, deconstructing the constructed self that stubbornly persists, what arises in the space thus cleared is ... love.

That and many other reasons make “love” for me the most important topic to be looking at right now. We write about what we need to learn. And “love” is up for the learning.

Especially for a hard-charging male, love is like stepping off the plane in an exotic foreign land, without even knowing the language. So let me explore love, if you will, in the days ahead.

So let me investigate what our sources say about what love is.

Jesus, in a manner reminiscent of Paul so many centuries ago, starts out by describing love as gentle and kind.

“Love is gentle, kind, compassionate, accepting, forgiving, and yet It is the most powerful energy, the most powerful Will because It is infinite, and there is nothing apart from It.

“It cannot be destroyed, defeated, weakened or avoided because all is contained within It.” (1)

It doesn’t force itself on us. We can reject it if we wish - for a time.

“It does not impose or demand, but within the illusion you can pretend that It does not exist, and by doing so you shut out joy and happiness from your lives, replacing them with fear and anxiety which you either deny, attempt to conceal, or cower away from like helpless victims of some hideous monster.” (2)

But love awaits us opening our eyes.

“Love is endlessly patient, It will wait until you choose, as you eventually will, to accept It, whereupon boundless joy will be eternally yours. That, surely, is reason enough to give thanks?” (3)

In trying to avoid it, we're like a baby who puts his hands over his eyes and says the world does not exist.

"Because Love is the Source from which all that exists flows, because It is That from which all is created, it makes absolutely no sense whatever to deny It, avoid It, or hide from It.

"To do so is to be like an infant that on putting its hands in front of its face believes that what it can no longer see is no longer there.

"Humanity has collectively chosen to remove its hands from in front of its face and once more see its Mother looking at it adoringly.

"You have played at hiding yourselves from Her for far too long, but She has never lost sight of you, She never will, and your awakening is divinely assured." (4)

How can one describe something that is everything that is? To describe something, it must stand out from other things. There has to be comparison and contrast to provide material for the description. But with love there is neither comparison nor contrast.

The Arcturian Group tells us that "love is the energy of Oneness." (5) Jesus says "It is the life force, the limitless field of infinite divine energy in which All That Is has Its eternal and utterly fulfilling existence." (6)

Jesus tells us that "you cannot live without Love."

"You are alive and therefore held closely in the warm embrace of the field of Love which supports you totally and provides abundantly for all your needs without you having to, as it were, lift a finger." (7)

Saul calls it "the power, the energy field of infinite potential in which creation rests in constant alert awareness."

"That potential is the creative idea that God unveiled at the moment of creation, and it is eternally present throughout Reality, available in every moment for his children to develop and expand." (8)

SanJAskA explains that "pure love creates and sustains your realities and when we use the term Love, we do not use it in the hollow sense many on the Earth have been accustomed to."

"Rather we speak of true, pure unconditional Love, which is sent out to every facet of our Creator's inexplicably-large Creation." (9)

"Every single Godspark on your dear Earth and far beyond can begin to unlock and understand the true, full and awesome power of the energy that is Love." (10)

No matter how much deeper our knowledge of life grows, we'll never see an energy or force in the universe beyond love, SanJAskA says.

“So many aspects of your current experience will fade away or be transmuted altogether as you grow into greater perceptions, but the energy that is Love will only come to be understood more and more as the ultimate, infallible energy that it is.” (11)

Footnotes

(1) Jesus via John Smallman, November 27, 2013.

(2) Loc. cit.

(3) Loc. cit.

(4) Loc. cit.

(5) Arcturian Group, Aug. 3, 2014.

(6) Jesus via John Smallman, January 1, 2014.’

(7) Loc. cit.

(8) Saul, January 28, 2015.

(9) SanJAsKa and the Pleiadian High Council, "Pure Love Creates and Sustains your Realities", channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com> .

(10) Loc. cit.

(11) Loc. cit.

Transformative Love is an Inside Job



Archangel Michael said the other day that forgiveness was a step along the path. (1)

That was certainly something I noticed in the work I did when I was off. I set out to forgive everyone in my life. But simply talking about it did nothing.

So I ran an exercise (2) which involved imagining my resentments to be arrows that were thrust into me (I actually thrust them into myself).

When I removed all the resentments, something amazing happened. I couldn't remember anything unfortunate that had happened to me; all my issues were gone; and there was nothing and no one to forgive.

We go beyond the need to forgive when we drop all our issues and resentments.

Another example of an interim matter is an aspect of romantic love. That aspect too, I think, is a step on the path.

Of relationship love, Saul said recently: "You seek satisfaction in relationships with other humans, and while they can be deeply satisfying they are never enough." (3) They are never enough for two reasons. One is that the built-in longing for God (4) will not let us rest until we lose ourselves in love for God.

A second reason is that we primarily feel love, in my experience, by its welling up in our own hearts, what AAM called the wellspring or the volcano. (5)

Yes, it's true that we experience the loving energy of someone capable of radiating it. But the experience of that is nothing in strength, potency or duration compared with experiencing the love that finds its way up from inside.

As long as we feel romantic, we're generating love from within ourselves. But when that stops for any reason and we look to the other person for love, we run into this predicament. Transformative love is an inside job, not an outside job.

I use the word "transformative" to indicate how the love I'm describing here sweeps away elements of sleep, unconscious awareness, or old 3D thoughts and feelings, and leaves us for as long as it lasts in an elevated vibration.

There's no substitute for experiencing this unconditional love. It cannot be conveyed to another. It cannot be wrapped up and delivered. We each have to find it and experience it for ourselves. The difference between it and any other kind of love is the difference between biting into a juicy apple and sipping a glass of heavily-watered-down apple juice.

Without that experience, we continue along the same groove of seeking love from parents, lovers, gurus, bosses, etc.

Interestingly, transformative love contains within it every feeling I associate with love for an intimate partner. It receives and conveys sexuality (it enhances it, actually), intimacy, fondness, the personal.

It contains within it everything else. But, interestingly, the realization of that goes out the window when the energy of love makes itself felt because all sophisticated considerations like "everything" fade away. I'm left with a happy, equanimous Cheshire-cat smile. (6)

I use anything to trigger this bliss effect. The photo of a loved one, drawing love up from my heart, simply deeply breathing since love is the very air we breathe. Once I establish contact with the love again, bliss almost always follows.

Love doesn't like to be ignored or neglected any more than an intimate partner might. It diminishes with neglect and increases with the loving attention we pay to it. Just writing about it right now is causing me to drift into bliss.

Once marry love and you'll never want for anything else. That's how it shows up for me.

I'm in love with love. I'm worse than bitten. I'm consumed. I've fallen head over heels in love with the very love I feel. Last night I rolled in ecstasy on my bed, loving the love.

I'm sure this is where we're headed, folks. The Company of Heaven seem to be rolling out their new Spring line. Heart openings, the emergence of transformative love, for some (I imagine) Ascension and even levels of enlightenment beyond that. (7)

This is one reality I have no difficulty creating. And all of a sudden, seen from this new vantage point, I no longer feel doubt about my creative abilities; I feel curious, optimistic and satisfied.

Notwithstanding that curiosity, all I wish to create is love.

Footnotes

(1) “When you are thinking about forgiveness, think of it as a step along the way.” (“Activating the Wellspring – Part 1/2,” at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/> .

(2) “Healing the Wounds,” at <http://goldenageofgaia.com/2015/03/11/healing-wounds/> .

(3) Saul via John Smallman, Marh 16, 2015, at at <http://johnsmallman.wordpress.com>.

(4) See “The Longing for Liberation” at http://goldengaiadb.com/L#Longing_for_Liberation and [http://goldengaiadb.com/The Nature of Life 1#The Longing for Liberation](http://goldengaiadb.com/The_Nature_of_Life_1#The_Longing_for_Liberation) .

(5) “What you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.” (“Activating the Wellspring – Part 1/2,” at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/> .)

(6) In Alice in Wonderland, the Cheshire Cat would fade away until only his smile remained.

(7) Ascension is Fifth-Dimensional consciousness (eventually, sahaja samadhi) but many will end up in higher dimensions.

The Mind Without a Heart - Part 1/2



Credit: www.lifehack.org

Krishnamurti said that liberation comes through understanding the ways of the self. Let me look at that self, ego, or mind.

The mind is a complex spiritual computer which:

- (1) Stores memories from the past of things and events significantly related to its owner's perceived interests and survival;
- (2) Watches out for those interests and survival in the present; and
- (3) Takes purposive action designed to enhance and protect them in the present and the future.

Considered from the standpoint of the soul, which is who we are (the big-S "Self"), the mind is the epitome of highly-advanced artificial intelligence. Truth be told, every one of our bodies is artificial intelligence. Everything about us is, except the Self (and some would argue that even that is).

The mind is capable of making an object of awareness of anything, including itself. It can think and even talk about things that are distant, invisible, and non-existent.

It can conceptualize and talk about things that, for most of us, have only a theoretical existence, like subatomic particles and numbers. Have you ever seen a number right there in front of you? I haven't. Does it bother you to talk about something that has no form? Probably not. Thank the mind for those extensions of consciousness.

The most significant thing the mind is lacking is that it lacks a heart. I've been unable to find a mind with a heart, save one that has been placed in the service of the heart. It simply lacks it and everything that goes with it - compassion, generosity, mercy. An individual who has those has activated their heart and gained some mastery in conditioning the mind to its direction.

I'm not seeking to turn the mind into a little, grey, squishy thing that we chase around the room. I'm just saying that I consider its usefulness to have limits. I see the need to bring the mind under the heart's direction. And I have the motivation to do it.

Mine is not yet under the heart's direction. I'm walking through that process as we speak. And it has to be done because the new call to leadership from Archangel Michael raises the bar again.

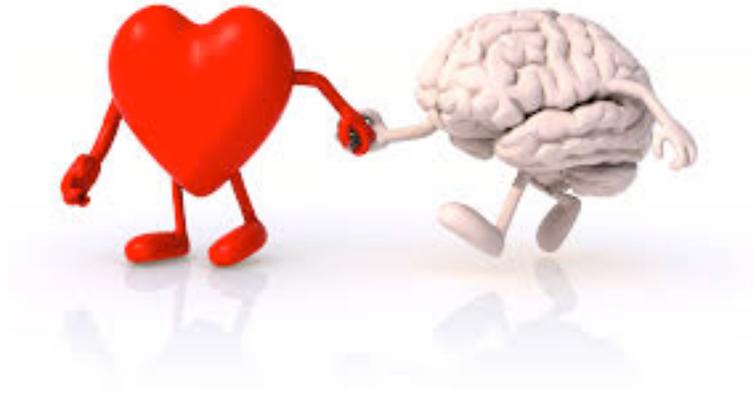
I used to ask myself how I could cross the line that separated me from not caring to caring about others. I couldn't see how it could be done. Not really.

I now see that I couldn't because my heart was closed and I was only looking from the mind.

The passage from a mind-centered to a heart-centered consciousness is the very thing I was looking for, the very thing that would help with that transition.

(Concluded in Part 2.)

The Mind Without a Heart - Part 2/2



Credit: the heartandmindconnection.com

(Concluded from Part 1.)

The mind reacts to things with defensiveness, anger, fear, etc. I asked Archangel Michael in my last reading how I could get on top of my own aggressiveness, my edge. The answer was again to put my anger under the control of love, of my heart:

Archangel Michael: Come back to the love, my brother. This is the most radical treatment in the entire Omniverse.

Steve Beckow: I understand. After the heart opening, I do. I probably wouldn't have before.

AAM: Let it simply wash away this anger. When you feel that lightning strike, the match being struck, and you think, "here comes the anger," acknowledge it for what it is: fear.

I will give you a magic word that will extinguish it.

SB: What's that?

AAM: Michael.

SB: Undoubtedly!

AAM: If you say that, I will immediately be within you.

SB: Wow, radical intervention!

AAM: Yes. (1)

Now that is a friend.

I suspect that living from the mind only, without the mind knowing or serving the heart, is like being poverty-stricken. One is perpetually hungry, wanting, grasping and rejecting. Living from the mind has been described as eating the menu instead of the meal. There's no experience in it and hence only superficial learning. (2)

Because so many of us live from the mind, it's said that the progress we make in any one lifetime is not that great.

Living from the heart, and keeping the mind on a short leash, is like living beyond financial concern. The pleasure of the love that comes from the heart makes one forget about things and possessions. Hence financial concern goes out the window from a lack of desire.

Finally, there's no waiting with love. No lineups. No credit cards. No insiders, galactics and discussion groups. Love is available instantly at a fountain that never runs dry. It's a permanent feature of some locales, which you and I intend to visit. And maybe live in.

I'm almost sure that leaving the mind behind as a controlling and directing force in my life and looking to the heart for guidance is exactly what I'm looking for. I hear myself asking: "What does the heart say?" I know who planted that idea in my mind.

I'd never have seen any of this before. It wouldn't have done much good to even tell me about it. Probably many people tried and are happy that I finally got it. (3)

In this new era we live in, archangels can bestow spiritual gifts and by that means came my sudden windfall. It now allows me to see that Archangel Michael's heart consciousness is for me indeed the answer.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, April 3, 2015. Everything he says here I assert he says to you too.

(2) Knowledge has to move from being intellectual to being experiential, to being realized for there to be motivation to action and lasting benefit.

(3) We often worry a great deal about what others will think of us now that we finally see. Mostly, I think, they're just happy and relieved we finally got it.

What Is the Nature of Unconditional Love? - Part 1/2



The true prize of all our clearing, cleansing, letting go, etc., is the achievement of unconditional love. That achievement has not been possible for any but a handful of advanced beings in the past, most of whom, like Jesus or Buddha, came here expressly to demonstrate it.

Nonetheless, "every sentient being is perfect unconditional love," John Smallman's Saul tells us. "However, in the illusion, the dream state in which humanity has chosen to hide itself, this is not apparent." (1)

The illusion, the dream state of Third Dimensionality hides the nature of unconditional love from us almost completely and quite effectively, Diane of Sirius says.

"As you have often been informed, your ultimate aim is to live in Unconditional Love, and, if you can get anywhere near it whilst in duality, that will be quite a notable achievement." (2)

Sue Lie's Arcturians agree. Unconditional love is virtually not to be found on the Third Dimension, they explain.

"That feeling of unconditional love is something that does not arise from the physical plane at all. It is something that each and every one of our ascending ones must find within themselves; [they] must have that dedication to move up that ladder." (3)

That's why, they say, galactic humans have been born into Earth life:

"Mostly the ones who are even able to feel the unconditional love that we send are ones who are of our Galactic Family in human costume and that is a large reason why they took on the human costume because the energy package of the 3rd dimension is so very very difficult to rise above." (4)

In view of what's coming, we'd best be prepared, they say.

“It is very vital that you raise your consciousness, which is happening for all of you, because the higher light is coming in, so ready or not your consciousness is rising.” (5)

The Arcturians explain that “unconditional love is the highest frequency of light.” It has an attractive and bonding force that is the key to creativity.

“It is the healing force of the Universe and the bonding force of the Universe so it is a Key of Creativity for it can take possible molecules, thought forms, actual physical molecules, whatever the substance or frequency of reality.

“Unconditional love can collect them into a malleable frequency much like clay made of light and within this malleable frequency many concepts, many innovative thoughts, many advancements can come into a format in which the one who has manipulated this energy field can understand it because you have been able to feel that sensation of unconditional love.” (6)

They explain that “unconditional love is always seeking. It's always looking to recreate itself in yet a new expression for it is the Creative Force of the Universe.” (7)

We think we can cultivate unconditional love and loving kindness. But Saul reminds us that loving kindness is “a state of being,” (8) and not something that can be cultivated per se.

“It is not doing good deeds, offering help, treating others with respect.

“Those are activities that flow naturally from that state, but they are also frequently undertaken for the benefit or honor that the person undertaking them hopes to receive.” (9)

He advises us that loving-kindness is the state “in which what you think, what you say, and what you do is directed by the energy of unconditional love that flows through every sentient being who allows it.”

“You are all unconditionally loved by our divine Father, but in the illusory reality in which you appear to have your existence it is very difficult for you to accept that infinite abundance of love.

“If you accept it, it flows through you without interruption and with tremendous vitality, washing away all grudges, resentment, judgment, unacceptability, and suffering, replacing them with peace, joy, and the inner knowing - not a belief - a true knowing that you are one with all sentient beings and with God.” (10)

He urges us to “relax, allow the abundance of God's unconditional love to flow through the conduit that you are, as you and He have always intended.”

“When you do so, miraculous things happen, just as they should. The power that suffuses your entire being and flows through you as you live in complete acceptance of and harmony with the divine Will is astounding.

“There is nothing to which it can be meaningfully compared as it is far more efficient, effective, and finely focused than anything your most brilliant scientists could possibly imagine.” (11)

What Unconditional Love is Not

Suzanne Lie’s Arcturians tell us that there have been few people in Third Dimensionality who’ve approached unconditional love. Thus the difficulty for us is that “there are not many models at all of unconditional love on that physical plane.”

“Through myriad incarnations on a third-dimensional reality based on the polarity of fear and conditional love without any representation whatsoever of unconditional love, the highest of the opposition to fear was human love which is immensely conditional.” (12)

We on the third dimension, the Arcturians say, “are used to having everything in life be extremely complicated. And the reality is, that it is all very simple. It is all based on unconditional love.”

“Therefore, each human must meditate within themselves and meditate and meditate and meditate. Until they can experience that feeling of unconditional love. And once that feeling of unconditional love comes into their conscious third-dimensional awareness, everything in their life begins to change. Because then they know how to unconditionally love every marker within their DNA.” (13)

Unconditional love, they tell us, “does not mean you must seek an emotional connection to everyone.”

“[It] means that in spite of any appearances to the contrary, you recognize everyone is the manifestation of the Divine even if they themselves do not know or care. This is Unconditional Love and the practice of it does not prevent you from saying what may need to be said to someone behaving in ways needing to be addressed.

“When words are spoken with an awareness of the other’s Divine nature they flow on an energy of Light, whereas those same words spoken in the energy of duality and separation carry a low resonance.” (14)

Tomorrow, let’s explore more of what universal love is.

Footnotes

(1) Saul, Feb. 3, 2010, at <http://johnsmallman.wordpress.com> .

(2) Diane of Sirius, Sept. 25, 2009, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm .

(3) “Suzanne Lie and the Arcturians on Heavenly Blessings,” July 2, 2013 at <http://goldenageofgaia.com/2013/07/suzanne-lie-and-the-arcturians-on-heavenly-blessings-july-2-2013-part-23/> .

- (4) Kathleen W's Reading with the Arcturians through Sue Lie, March 23, 2014.
- (5) "Suzanne Lie and the Arcturians on Heavenly Blessings," *ibid.*
- (6) Kathleen W's Reading with the Arcturians, *ibid.*
- (7) "Suzanne Lie and the Arcturians on Heavenly Blessings," *ibid.*
- (8) Saul, Feb. 3, 2010.
- (9) *Loc. cit.*
- (10) *Loc. cit.*
- (11) *Loc. cit.*
- (12) "Suzanne Lie and the Arcturians on Heavenly Blessings," *ibid.*
- (13) *Loc. cit.*
- (14) Arcturian Group, August 31, 2013, at <http://www.onenessofall.com/Welcome2.html> .

What Is the Nature of Unconditional Love? – Part 2/2



What then is Unconditional Love?

What is unconditional love then? In the first place, the Angelic Guides through Taryn Crimi observe:

“True love is unconditional. It cannot be taken away, nor can true love be removed based on circumstances or situations.” (1)

Moreover, they hold that “unconditional love can be experienced between everyone.”

“We do not have ‘rules’ about who can experience love; a man and a woman, a man and a man, and a woman and a woman all can share love. Where there is love, there is compassion for another even if that other is seen as different.” (2)

The Arcturians suggest that we’re beginning to chafe at the restrictiveness of conditional love.

“Verbal words are becoming restrictive and you yearn to live in unconditional love and peace. There are many components of your apparently third-dimensional life that have already shifted into the fifth dimensional resonance. You recognize these areas of your life because they are filled with, and/or create the sensation of unconditional love.

“This unconditional love may not feel the same as the love that we, the Galactics and Celestials, can emanate from our Group Mind, but it is love that has no conditions. If you can remember to allow this unconditional love to guide you to surrender to all issues of life, you will be creating an aura of protection around you composed of that frequency of unconditional love.

“Whenever you surrender your life to your higher expressions of SELF without any conditions or limitations, you are creating an aura of unconditional love around you.” (3)

The Importance of Unconditional Love to Ascension

Archangel Gabrielle reminds us that “you cannot experience ascension or 5th dimensional consciousness if you are still dragging with you a conditional love belief system.”

“It simply cannot be done. It cannot. It must be released. How do you release it? By replacing it with the divine truth that unconditional love is your birthright. As you embrace new and deeper truths there is no real work required to release the old. You will simply shift into a new state of knowingness and BEingness. (4)

She tells us that “this is what you’re here to do.” We’re here to evolve “beyond the conditional love paradigm and embracing that of unconditional love.”

“This is deeply profound and this is the game changer, Dear Ones. Because as you start to practice unconditional love for yourself, it will flow through you and you will draw it to you.” (5)

We then become a beacon of love to everyone we come into contact with.

“You then start practicing unconditional love for your partners, for your children, for your family, for your friends, for your planet, for the animals, for every living creature that you come across. By releasing the conditional love paradigm and embracing unconditional love as your divine birthright, you will also be releasing perfectionism, fear, judgment, separation, pain, worthlessness.”

"Do you see? By releasing the conditional love paradigm, you will naturally start to live your truth, which is that of unconditional love which, in turn, supports the very aspects that you wish to anchor in for your evolving planet. You will be supporting and creating the energies of acceptance, joy, ease, support, togetherness, unity.” (6)

She paints a glowing picture of what other changes flow from releasing the conditional-love paradigm.

“Can you see the healing that will occur from this massive shift of thinking and BEing? And it all begins with you. That is how powerful you are. Because as you release the conditional love paradigm, you will finally recognize that you are truly an integral part of the Source that you came from.

“From that knowingness, you will all become beautiful thriving aspects of Source, shimmering brightly in your truth, in your glory, creating a life and a world that will support you and evolve and expand in ways that you have barely dared dream of. It will create the amazing changes that each and every one of you are on the planet to help make possible.

“It is a sacred and joyous time. And as you start to think differently, as you start to recognize your truth and allow it to shine forward, only the most magnificent things can happen to you, and you will find yourselves finally, finally, living in the love and support that you have always craved and yearned for.” (7)

Archangel Metatron and the Buddha challenge us all to fall in unconditional love with Gaia, humanity, and ourselves.

“This time that you are now experiencing is also a period for profound and immense love from your being to shine, it is appropriate more than ever for your powerful love to shine soaking the Earth and all souls. You will see the change that you wish to see on the Earth through your love for the Earth and humanity.

“In truth we are asking you to fall in unconditional love with the Earth, to fall in unconditional love with humanity and to fall in unconditional love with yourself. Achieving this with conscious understanding and awareness will allow for the Earth to heal completely, for actions taken on the Earth to alter and align with love and for truth to prevail.” (8)

When this happens, the greatest shift will take place all around us.

“When humanity falls in love with each other, the Earth and their own soul, then we will see the greatest shift occur on the Earth where complete embodiment of the Creator manifests.

“With the transitions that lead to this major shift we will see humanity and the Earth becoming one in respect and honour for each other which in truth is one of the purposes of your existence on the Earth.” (9)

The challenge of being and transmitting universal love is probably the greatest we'll ever face. Everything counter to it must be let go of for it to arise in the Heart/Self that we always already are. Once it takes hold on Earth, it'll rapidly spread, uplifting all the inhabitants of the planet into the ascended state.

Footnotes

(1) "Angelic Guides: Love Knows No Boundaries," channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(2) Loc. cit.

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

(4) "Archangel Gabriel: Evolving Beyond the Conditional Love Paradigm," channeled by Shelley Young, January 26, 2014 at <http://trinityesoterics.com/> .

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) "Natalie Glasson: Archangel Metatron, Lord Buddha and the Celestial White Beings - 2013 and Beyond," channelled through Natalie Glasson, Dec. 30, 2012, at http://www.omna.org/Latest_Free_Weekly_Message.html .

(9) Loc. cit.

A Fountain of Love



Fountain of Love by Cherished Memories

The other night I awoke at around 2:30 a.m. absolutely certain that I was a fountain of love. As are we all.

Given that the original intent of Boxing Day was for those who had much to box from what they didn't consume at their Christmas feast to share with those who had less, I think the insight is a propos.

It began when I saw that we, as a society, were making a basic error in how we looked at and approached life.

The error is that we think that love predominantly comes from without. Some love does. We're touched by the love that others radiate towards us. We can be inspired by it. But predominantly in the Third Dimension, I believe that the love that we deeply feel, the love that is felt in copious quantities, comes from within.

Seeing love as coming from without skews things quite a bit and has people gather together, all of them seeking love, asking to be loved, hungering for love.

A few stumble on the fact that love comes from within and try to convey it to the world at large but seldom with effect.

Nonetheless, it seems to me, we predominantly receive love in the act of giving it. We get to feel it as it passes up and through us and out to others.

Those few who saw that love comes from within were among the lucky ones because they actually got to feel love while the rest of us went around perpetually hungering for it and never experiencing it no matter what we tried or did. And I mean real love, not a romantic rubbing of fenders.

Embedded in social unconsciousness, we ran around a circuit from dating to marriage to child-rearing to empty nesters to retirement to death. Ours were so very often empty gestures on a never-ending carousel of hungering. For love. Very, very few of us, I think, took life seriously enough or had enough hope to inquire into matters such as where love comes from.

Well, that's the way it was for me and so many I mingled with. Of course that's all seen through my glasses, my filter.

As we face into the New Year, all of us must know that, if this ever was the way for us, it isn't the way of the future.

We see the futility of chasing love as one might chase a butterfly. We've done enough of that with no success to get that that's a tunnel with no cheese. We're slow learners, we human beings, but eventually we do learn. We've learned not to go down the same tunnel forever if there really is no cheese at the end.

We now know that love arises from within us and is experienced as it passes through us. So we really do know that in giving we receive. In giving love, we experience it passing through us; in giving it we receive it.

And that changes everything, does it not? Because this whole 3D round of life was based on getting love, getting approval, getting strokes, getting, getting, getting. And now we see the futility of it. And we laugh.

If we do just one thing, may I suggest that we stop searching for love outside of ourselves and ask it to arise in us and channel it outwards when it comes. Then we'll have shifted the key log in the logjam that the old Third Dimension was.

This is that key log in the logjam: Love does not come from another; it comes from the Self in the heart.

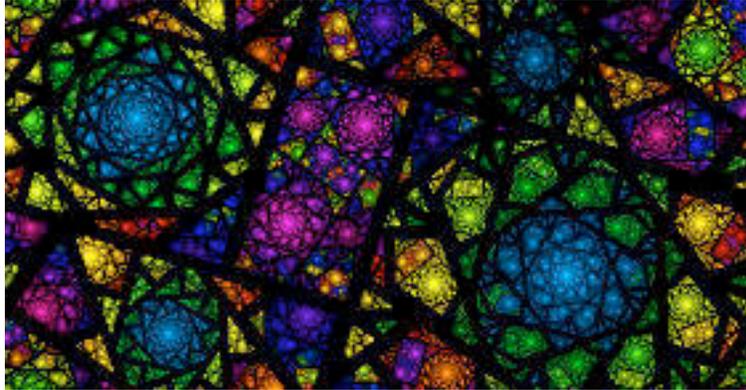
So now: what about the fountain of love? If love comes from within and is felt as it's sent without, then surely to heavens the best and wisest course of action for me would be to send it out to the world copiously and continuously.

If I were to be a beacon of love, a fountain of love, would that not erase all sense of ego? Would it not dissolve every last bit of personality and leave me with what is? And what it is that I'm left with is love.

Admittedly in saying this, I run into the mind's tendency to jump from one subject to another, never staying with one for long. How long I'll remember my good intention to be a fountain of love, I don't know.

But I do see in this moment and for this moment that, if I were to realize my full potential as a human being, I would choose to be, moment by moment by moment, a fountain of love.

Submerged in Love



The next two articles require a little explaining. This morning (Friday, Mar. 13, 2015, at 7:00 a.m.) I had a spiritual experience, which still continues with me late into Friday evening. (Archangel Michael says the experience will be permanent.)

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later.

Two hours into the experience, I wrote the article that follows. It was written before I had my conversation with AAM, to record as much as I could discover about this remarkable space.

Archangel Michael called it a “heart opening,” and “the beginning” and “a part of” Ascension. Did I say I was ascended? No. But the space itself is exquisite, wonderful, and so I record it here.

I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (1) that began so subtly that I knew I had to make a record of it.

Imagine becoming successively drunk from drinking one glass of sake after another. Only you haven't drunk anything. I hadn't taken so much as an aspirin. The event was clearly inner-initiated. It had no “external” cause.

I became aware of something which I thought of as “an influence” creeping up my legs and torso, which put me in a mood of love and calmness.

After the mood came to my awareness, I acknowledged to myself that it seemed like the Divine wished to communicate. (2) So I surrendered to the communication. I allowed it to continue, unhindered.

And almost immediately thereafter, in an outward sweep of the experience, it blossomed, or mushroomed, or expanded into a deep sense of love, joy and stability. (3)

I believe it was meant to be a showing, a greeting, a demonstration of what emergence onto another plane of consciousness may be like. (4)

I think there's some correlation between it and the exercise that I've been doing of breathing up love and sending it out through the Third Eye. (5) I think doing that exercise may have released this energy.

Calmness predominates. It's what allows the experience of all the other qualities. But calmness without love or joy would be like a dark night to the soul. We of this generation are spared that fate. We've been given the complete cleansing and purification treatment during the Mother's baptisms and tsunamis.

I'd like to think that this state I'm in right now is what awaits us. But I don't know.

What's different about this experience from others?

(1) It just crept up on me, from nowhere, for no reason. It wasn't an Aha! It wasn't even a dawning awareness. It was an influence that saturated me.

(2) It announced itself so subtly. I was reminded of the scene in The Ten Commandments where the Destroyer's green fog surrounds the Egyptians. That was about the feeling here as well – something almost creeping up on me. I had to become aware of it and then work my way through ideas to discover what it was or might be. I had never experienced it before.

(3) It wasn't just one thing; it was several. I felt love, bliss, stability, OKness, (6) a propensity to joy, and a stillness of the mind. Usually I only feel one – love or stillness or bliss.

(4) It lasted. Here I am approaching ten hours from when it began and the experience of being submerged in love continues. Usually it begins to subside very soon after the experience and slips away. But this demonstrably remains. In fact some time ago, it increased. It's now stable. That's the opposite of an experience's usual progress.

(5) It can be maintained in action, which is a first for me. Usually with bliss, I can't move a muscle. This also may be a marker of our collective progress.

In this space, all is forgotten and forgiven. In it, there isn't the possibility of error. There are only dramatized moves that don't need to be dramatized. But they themselves are part of and embedded in a wider drama of need/hurt/vengeance that so many of us are caught in. (7)

It would take years to emerge from this desert we inhabit by ordinary processing. The jump to a higher space accomplishes the task instantaneously.

This space doesn't care about allegations or legal arguments or even matters of principle. Why? Because human beings are known to drag principle into the service of their own self-interests.

It cares only about the presence and the primacy of love.

That's as far as I can take the reporting and analysis. I have no idea however long this will last. It's lasted far longer than I'd expected, as of right now. Is it permanent? I don't know that either. Is it wonderful? Superb.

Read next the discussion that followed with Archangel Michael about this experience and how it relates to what others can expect.

Footnotes

(1) The vision experience I had in February of 1987 also happened on Friday the 13th.

(2) It was surrender or drown.

(3) Archangel Michael later described it as a "heart opening."

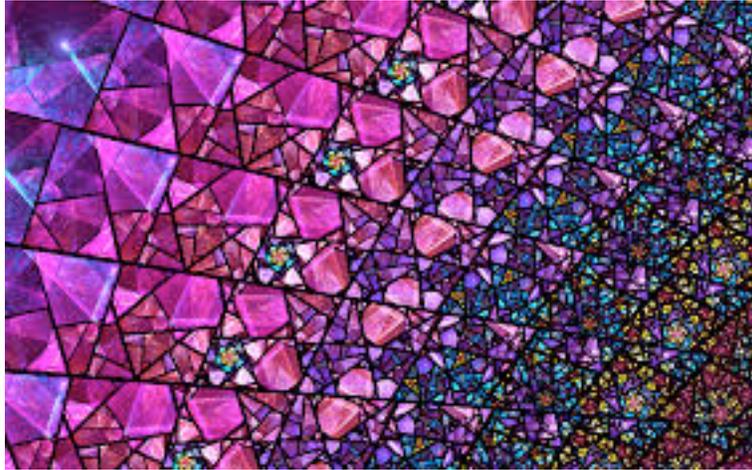
(4) AAM actually described it later as "the beginning" and "a part" of Ascension.

(5) AAM later confirmed that there was a connection.

(6) Original innocence.

(7) Which is probably why our relationships so often don't work.

Activating the Wellspring - Part 1/2



Thanks to Dana, we have an actual transcript of the part of my reading that relates to the spiritual experience I had, which Archangel Michael here describes as a "heart opening."

Part 2 supplies a later conversation in the same reading that touched on these matters again (posted tomorrow.)

Reading with Archangel Michael through Linda Dillon, March 13, 2015

AAM: Greetings, I am Michael.

S: Greetings Lord.

AAM: Welcome, welcome, welcome, to you, beloved friend, ally, anchor, communicator, bringer of news.

S: Thank you.

AAM: And yes, your heart is open. The opening is, and will, and shall continue.

S: You mean permanently, Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes!

S: Yes, I have. I definitely have said yes.

But you must give us details because I think other readers will want to know what just happened, and what the consequences are. Can you talk about it for a little bit for the sake of others?

AAM: Yes, we will talk about it.

As I, and we, have relayed, many are either at, or through, or back and forth through the Ascension portal. Now, we don't want to talk about this strictly in terms of Ascension.

Because what you are doing is anchoring the higher vibration of divinity, of the Mother, of the Love, of the One into your sacred being, into your consciousness, into every fiber and level of your being.

The feeling, the experience - because it is so much more than a feeling - the knowingness is actually very simple. It is love. In that, there are the elements of joy, of peace, of calm, of serenity...of simply being.

This occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence. (1) What we mean by this is simply, think of it in spatial reality, time and space reality: you have created the space for this [energy of love] to, not only pass by you like a passing breeze or a rain, but to anchor within you because there is a sense of this spaciousness within thee.

S: I understand.

AAM: When one is clinging to core issues, to fear, to lack, to limitation - you know the list - there is not that sense, not only of spaciousness, but of acceptance, allowance, readiness and even permission. Because as you know, we continually say that we will never override your free will.

So, if the will, either actively or subconsciously, is actually choosing to still engage in the issues or the drama, then although we are standing at readiness and still penetrating you, that open door is not there.

S: So, the open door was there with me?

AAM: That is correct.

S: Did the exercise of bringing love up from my heart and sending it out through my third eye to the world play a role at all in this?

AAM: Yes, it did.

S: Could you talk about that for just a bit, please?

AAM: One of the strongest or the ultimate expressions of love, of willingness to not only participate in love but to be the love, is in the sharing. To say that you are love, or are loved, or you love this, that, someone... but [then] you keep it within you, you hoard it - and we do not necessarily mean that in a negative way - sometimes the feeling is so blissful you do not wish to actually take the next step quite yet, in terms of sharing.

The ultimate experience is in this sharing. This is what we speak of when we speak of sacred union and partnership. How can you possibly be in any form of partnership with humanity, with the Star-beings, with us, with any being, if you are not sharing.

So what you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.

It is not that you empty out. It is that you discover that that wellspring is SO full and overflowing that it is a steady stream. That steady stream does not ever, ever (think of what I say!)... it never has to cease!

S: It is hard for a human being to get that, you know. We keep thinking, "Oh no, someone's going to turn the wheel and it's going to stop."

AAM: You tend to think of start-stop; of full-empty. But it is not the case. What you are doing is plugging into the ever present flow of the Mother's energy, of the love.

S: Remarkable, remarkable. We human beings want to know where this fits in the scheme of things, and what its relationship is to this over there. Is there a name for this kind of experience I just went through? And still am, actually... And will be.

AAM: Yes, and will be. This is what you call part of your Ascension process and it will simply grow and expand.

S: What growing and expanding means is exactly what happened this morning, right?

AAM: That is exactly correct.

Then it begins to expand in what you can think of, in every body - mental, emotional - because there is no separation. So the physical attributes that are one and the same with love begin to come forth as well.

S: Okay, can we just go back over that for a second? I'm trying to get my mind around that.

So this transcendental wave of love that is coming to us is impacting all our bodies in all dimensions, the mental, causal, all the other bodies?

AAM: That is correct.

S: They are going forward together. Now I think you suggested there is an impact on the physical body or our everyday awareness from this. Is that what you were saying?

AAM: Yes, because you cannot be in this intensity (and do not turn it down whatever you do!)....

S: No, gosh! Why would anyone want to do that?

AAM: Well, we are often surprised!

What happens is, then you begin to see with different eyes. Then you begin to see more clearly. Humans have a tendency to think, "Oh, now I am seeing with my third eye," "Now I am seeing with my fourth eye," "Now I am seeing with my fifth eye." It is not like that.

There is the inner vision, the experience of the inner vision which allows you to truly see what is, but you also began to see that, energetically. You will see more with your eyes. You will see orbs, different colours, bigger fields, etc.

S: Telepathy may also expand?

AAM: Exactly. Telepathy, communication ability. So think of your physical communication, your writing, your oral you, your telepathic, your soul-to-soul communication, your communication above and below begins to expand, your cellular structure, because it is vibrating at a different rate.

Your cellular structure begins to regenerate because it is filled with what you think of as life force. It is a truly love force. So everything begins to shift. You begin to see that you can be the truth of inter-dimensionality.

S: Yes, a sense of certainty arises, a sense of stability and solidity.

AAM: And you realize that it's a solidity that is not solid at all!

S: No, I know! I was thinking of that even as I said it! Yes, absolutely.

AAM: It is a sense of knowingness. And, yes that stability means there is simply no space for the sense of doubt or uncertainty or even concern or fear.

S: Also, issues just disappear! There is no need for forgiveness because I can't remember what the issues were! In this wave of love, this submergence of love, and I really do mean submergence, like I am under sea.

AAM: You do not need to remember.

S: No, no need at all! I wonder why I felt the need! (Laughing)

AAM: It was part of what we would refer to as the old human traits.

S: It is all a question of deprogramming, is it not?

AAM: In many ways, yes. What you are doing, is what you think of as deprogramming, unwinding the old programming; hitting the literal delete button; not simply saving it somewhere where you can go back and pick at it later. Yes, it is the reprogramming, the rebooting of your entire system.

S: I think people may not adequately realize, (oh, how can I say it; is so hard to talk about these things, they are so new to me) that forgiveness itself is tied to memory. If there is no memory,

there is no need for forgiveness of anything. There are other factors too. This love does something to me that has me not be interested in the drama and the other things.

AAM: Because it does not serve. When you are thinking about forgiveness, think of it as a step along the way.

So when you have done your forgiving; and the most important part is forgiveness of self, then you can create if you choose, situations where you wish to keep score. But the larger question is, why? Why would one even choose to do that?

So often we hear the humans (to myself, to Gabrielle, but mostly to Yeshua or to the Divine Mother) begging for forgiveness. Now, understand that forgiveness is always granted, because it is an act of mercy. It is an act of love. But does the Mother have need to forgive? Does she keep a tally sheet? No!

S: No, as competent as she is!

AAM: As competent as she is, it would be far too lengthy!

So, no, it is not a trait. It is a plea for help. And that plea, of course, is always heard.

S: There is another aspect I would like to talk to about for a minute, and that is that I think people hearing a discussion like this might say to themselves, "That's all fine and dandy for you to say. You're living in the experience of love."

And, that's true; it's true that it was very hard to deprogram while not living in the experience of love and it is very easy to think, "I don't even need to deprogram in this space."

AAM: It is difficult to reach this place, only because the human program as you are calling it (and this is an excellent term) is one that thinks, or feels (but it is [the] mental/emotional [body] that thinks) that, "That [outcome] is above, or beyond".

When we suggest that there is a need to create this sense of spaciousness, so often what we hear is a resistance that says, "Well, I have already done my clearing. I have already done my forgiveness. I have already asked for help."

But if you are not in this sense [space] of the love and knowing full well, beyond any shadow of any doubt in any realm, this is what you desire, this is why you are here to create - this sense - then simply go a little further, my friends. You do not walk alone. And the journey is guaranteed!

There are very few guarantees, but when you keep going, you will arrive!

S: Thank you!

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Footnotes

(1) "As you remember to be loving, and demonstrate Love in action, your energy field changes to reflect and extend that Love to all with whom you connect in any way at all. And so by changing yourselves, you are changing the world and dissolving all that is not in alignment with Love." (Saul via John Smallman, Nov. 23, 2014 at <http://johnsmallman.wordpress.com/2014/11/23/you-are-all-spiritual-beings-and-nothing-can-change-that> .)

Activating the Wellspring - Part 2/2



(Continued from yesterday)

Later in the same reading of March 13, 2015, I returned to the topic of the spiritual experience that I was in the middle of (and still am) because I wanted further reassurance.

AAM gives a lot more information on this space or state of being, which he described earlier as a "heart opening" and the beginning stages of Ascension. Thanks again to Dana.

Steve Beckow: So, I need more reassurance. You are reassuring me that this space that I'm in right now will not suddenly disappear tomorrow. This is the baseline now, correct?

Archangel Michael: That is correct. Hold it, love it. Allow it to grow. Cherish it. Do not think for one moment, "Oh tomorrow I'll wake up tired, grumpy and wasted." Do not go there, dear heart.

S: Also, it seems to be affected by breathing. Breathing helps. It seems to cause it to expand. Is that an accurate observation?

AAM: It is the letting go.

S: The letting go. So in breathing in, am I letting go of the tension? (1)

AAM: You are letting go and you are bringing in. It is as simple as that. But of course it is not.

Breathwork, as you well know, (2) has always been the most straightforward and one of the most powerful of tools. It is the essence of life. You cannot live without your breath.

But what people have not truly, fully understood (just like they have not understood the space between the letters of each word, not understood the space between each atom and cell of their body), the breath, the air, the oxygen, the compound that you are breathing in is the love force.

(3)

Now what happens, (this is something for you to share) is that you are breathing love force, quite literally, from the Divine. Then what happens, or what has occurred, in what you think of as your past (now the key; do not go and live in the past). It has passed through what we would call the denial filter.

The denial filter is your filter that has been filled with the constructs of the old Third: fear, control, sense of lack of worth, sense of lack of love... It passes through that. You can even think of it as being like a filter that is in your sinus, the top, the back of your throat. And it passes through the denial filter, so when you bring it in, you are only getting a minimal part of what is being offered.

S: And that's our programming, by the way.

AAM: That is the programming.

It is like when someone says to you, even when I say to you, "I love you" and then you immediately put all these restrictions or limitations on it. So often among humans it is, "Oh, you love me because..." and it is not [so]. It is simply ... love.

S: Yes, yes, yes. And when one sees that, it's such an amazing thing to realize. That real and transformative love has no object except as we call it into service. But unto itself, it has no preference, no partiality.

AAM: None.

S: So, what is next? What do you want me to do next?

AAM: What is next is the anchoring, the allowing of this sense of unity to simply expand and anchor, expand and anchor. Go higher, go deeper, go broader and, celebrate, sweet angel.

S: The predominant way I go broader, etc., is by writing, right?

AAM: That is correct!

S: I share my space. I share what's happening...

AAM: It is our platform!

S: Okay. Very good. Thank you for that. Anything else I haven't touched upon that I should know about?

AAM: You are in your process of expansion, of allowing, of becoming, of accepting the sweetness of who you are.

Often you have said to me, "Oh Lord, I am a warrior." But beloved, you are so much more!

Allow every aspect of your being - the poet, the lover, the artist, the child, the adult, the elder - let it ALL be [expressed].

Let it all come to flower and share it all. Demonstrate and share and show what is possible. (4)

For this I thank you.

S: Thank you, Lord. Thank you ever so much.

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

Note: Already one reader has written in saying she had a similar experience:

"Dear Steve

"On Friday I felt this loving energy expanding out from my chest. I felt secure and I knew this was the time to give birth to the new, to grow and do my part. I have been waiting for this all my life. Sometimes I had this experience only for a short time. If now as Archangel Michael said, it's going to be permanent we literally have the sacred fuel that we need to do what we came here to do."

The experience may be permanent but its intensity or fulness does wane. It can be brought back to its fulness by breathing in love from the heart (or from the air) and breathing that same love out to the world, as AAM discusses in the reading.

Footnotes

(1) Muscular tension in the body is the cause of lowered awareness. Awareness varies inversely proportional to tension in the body. The Divine Mother said on last week's *Hour with an Angel*: "Density of the human form is caused by unloving emotions."

The bands of muscular tension we create by our counterproductive programming are this density. ("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/> .)

(2) I've done rebirthing, bioenergetics, vipassana, and probably several other practices with some relationship to breathwork. So, yes, I do know the power and importance of the breath. If I have the time after the Reval, I'd like to do some work reviving these almost-lost arts.

(3) So I don't need to be drawing love up from the heart. Love is the very air we breathe.

(4) Would you agree that this is about the clearest example of a mission being assigned that any of us may have ever seen. It is and was for me.

Learning the Ropes



I'd like to share a few noticings about the heart opening I had on March 13, 2015.

First of all, I imagine most people think of any kind of opening as being followed by a flood. Open the sluice gates and the water pours through. Open the purse strings and the money flows, and so on.

A heart opening isn't like that. It allows for access but it doesn't necessarily result in a flow of love.

If I want love to flow, I have to breathe it up from inside of me and send it out to the world or do some other similar exercise that primes the pump, to use AAM's expression. My reward is that I experience the love as it's passing through me.

Secondly, a heart opening magnifies love when love does come up, but what we don't think of ahead of time (Who would? Why would we?) is that it also magnifies unwanted or unpleasant feelings.

I was feeling what would have been a mild heartache the other day, missing a former love. Ordinarily it would have been just a nagging sadness in the heart, but after the heart opening, it surfaced as crippling grief.

I had to more or less go into isolation because I could not factor the grief out of my experience when I spoke to people. I was toxic for the time being because my emotions were exaggerated. And none of it had anything to do with the outside world.

I was trying to describe to Graham Dewyea the other day how it felt at a time like this. Whenever something like grief or sadness arises, it feels like walking around in a body that's sometimes in emergency, sometimes in shock, sometimes at the end of its rope. Tough assignment. Not all wine and roses.

This morning, I was feeling more grief and sorrow than I thought I could manage. And then, in the course of simply allowing and observing it the past several days (OK, weeks), it lifted.

Here's a second example. A friend invited me to a Disney movie. Harmless, right? I nearly left the movie three times when the bad characters had their way. I was either outraged or ready to scream. When the good characters were coming together and winning ... in the final reel ... I couldn't stop crying. My friend may never take me to a movie again. I could neither stop the magnified experience of feeling nor could I hide it.

Many of us have probably heard of "enlightened" masters who still have their temper, greed, or lust. I can see how that could happen (until sahaja samadhi) (1) based on what I'm living through right now.

If I was unconscious of the unprocessed feelings that are still left (some of which could be for the collective) or if I denied or refused to acknowledge them, then I'd most likely be acting them out and projecting them onto others. Or at least speaking over top of them, a situation that makes me cardboard and fossilized over time.

Spiritual experiences like a heart opening don't come with a user's manual. How to manage them isn't taught in school or university. Our parents probably wouldn't even know what we're talking about if we described it to them.

We're more or less like a Connecticut Yankee in King Arthur's court in that we don't necessarily know how to deal with the situations that arise.

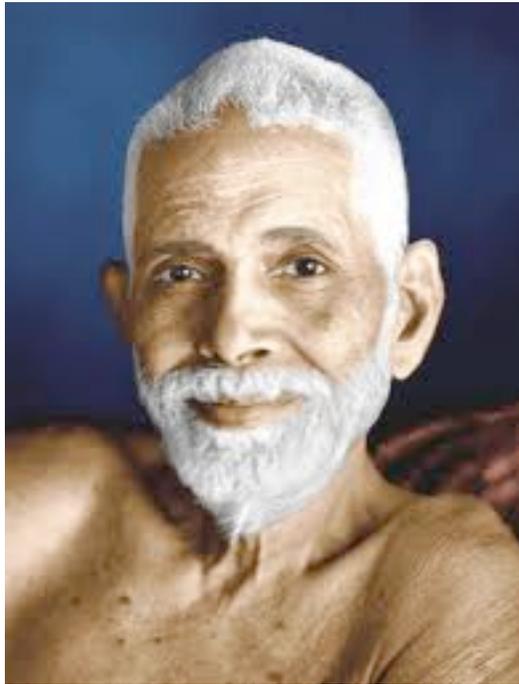
We have to learn how to adjust to and cope with some of the supremely-aching states of heart and mind we may have after an opening as well as the ecstatic states, without freaking out, remaining balanced and calm. And that can be a huge challenge.

Footnotes

(1) Sahaja Samadhi is the stage of enlightenment that brings moksha or liberation from death. Once we experience sahaja, our harmful vasanas, including our appetites, are incinerated.

It's also called a permanent heart opening. My own heart opening is not sahaja. I don't believe it to be "enlightenment." But it's a wonderful state of being nonetheless - until sorrow arises.

Heart Openings and Ascension - Part 1/2



Sri Ramana Maharshi

It intrigued me that Archangel Michael would characterize my heart opening as permanent:

AAM: And, yes, your heart is open. The opening is, and will, and shall continue.

S: You mean permanently Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes! (1)

The only permanent heart opening I had been aware of until then was the enlightenment deep within the Fifth Dimension called “sahaja nirvikalpa samadhi.”

Achieving sahaja samadhi is the end of our unfolding Ascension process.

Let’s look at the differences between the very joyful experience that I had, which was not enlightenment, and sahaja, which comes a ways down the road and is the culmination of our present phase of evolution.

First of all, though a “permanent heart opening,” mine did not result in a realization of the Self, not even a glimpse. Bliss, yes, but not enlightenment. Sahaja is a stage of illumination. Mine was a stage preliminary to illumination.

Moreover, rather than leaving me in the permanent enjoyment of that love and bliss, it left me in a state of potential. I had access to the love that flows through the heart and in the breath, but I had to work for it.

So effort was involved and sahaja is known to be effortless. Sahaja means “natural.” Mine was not that.

So the only thing common to the two experiences is the fact that both are said to be heart openings and permanent.

Let’s look in more detail at what the sages - primarily Sri Ramana - have to say about sahaja.

Sage Dattatreya said millennia ago: “A man is said to be free even in this life when he is established in illumination.” (2)

So first of all, there must be illumination or enlightenment and secondly the individual must be “established” in it. “Established in it” implies permanence.

In a conversation, Ramana compared sahaja with the next level of enlightenment “below” it: seventh-chakra Brahmajñana, or God Realization, which Ramana calls kevalya nirvikalpa samadhi.

“Sahaja is also Nirvikalpa [trance with no movement in the mind]. You are probably meaning Kevala [sic] Nirvikalpa, which is temporary, while the Samadhi lasts. The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths.” (5)

Ramana tells us that, unless enlightenment is permanent, effortless, and natural, we’ve only glimpsed, rather than realized, the Self.

“By repeated practice one can become accustomed to turning inwards and finding the Self. One must always and constantly make an effort, until one has permanently realized.

“Once the effort ceases, the state becomes natural and the Supreme takes possession of the person with an unbroken current. Until it has become permanently natural and your habitual state, know that you have not realized the Self, only glimpsed it.” (6)

Sage Dattatreya tells us what the reward of sahaja is: “[The seeker's] bliss is unending. He almost forgets this world of appearances. This highest Consciousness is identical with liberation.” (3)

We’d say that the individual with Sahaja would forget the Third Dimension, which is, comparatively speaking (since all that we know is illusion - Fifth, Sixth, and all dimensions), the world of appearances or illusion.

This is the stage called sahaja: being “established” in enlightenment. And this is liberation. (4)

Tomorrow we'll conclude our look at sahaja as a permanent heart opening.

Footnotes

(1) Personal reading with Archangel Michael and Steve Beckow through Linda Dillon, March 13, 2015.

(2) Dattatreya in Swami Chetanananda, *Avadhuta Gita. The Song of the Ever-Free*. Calcutta: Advaita Ashram, 1988, 95. [Hereafter AG.]

(5) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 88.

(6) Ramana Maharshi in Paul Brunton and Munagala Venkataramaiah. *Conscious Immortality. Conversations with Sri Ramana Maharshi*. Rev. ed. 1996, n.p.

(3) Dattatreya, AG, 95.

(4) So many people consider Brahamjnana as the point at which liberation occurs and it's not. During the seventies we used to call Brahamjnana “full enlightenment.” Not even sahaja is that.

Heart Openings and Ascension - Part 2/2



Sri Ramakrishna in samadhi

Following my own experience, I more or less have forgotten about the Self and fallen in love with love.

Either the path of Self-realization or the path of love-actualization, I'm quite sure, will take us to the goal.

And, looking back, I think the path of love will appeal to a lot more people in this mass Ascension than would an abstract concept like the "Self." So "love" is probably a better tool than "Self" to share with others who haven't yet awakened or are newly-awakened to Ascension.

Let's continue with our look at sahaja.

One of Ramana's students, Swami Annamalei, tells us that if there are any breaks in our awareness of the Self, we haven't reached safe haven yet.

"If there are breaks in your Self-awareness, it means that you are not a jnani [enlightened sage] yet. Before one becomes established in the Self without any breaks, without any changes, one has to contact and enjoy the Self many times.

"By steady meditation and the continued practice of self-inquiry, one will finally become permanently established in the Self, without any breaks." (1)

Let's listen to Ramana describe the manner in which sahaja is achieved:

“Enquire into the nature of that consciousness which knows itself as 'I' and it will inevitably lead you to its source, the Heart, where you will unmistakably perceive the distinction between the insentient body and the mind [i.e., see the Self].

“The latter will then appear in its utter purity as the ever-present, self-supporting intelligence, which creates, pervades its creation, as well as remains beyond it, unaffected and uncontaminated.

“Also finding the Heart will be experienced as being the Heart. When this experience becomes permanent through constant practice, the much-desired Self-Realisation or Mukti [Liberation] is said at long last to have been achieved - the 'I-am-the-body' illusion has [been] broken for ever.” (2)

And what about the vasanas - the trauma-born reaction patterns that ensnare us further and further into duality? When are they transcended?

With sahaja, the unwholesome vasanas fall away. The seeds of future reaction are incinerated. Those vasanas which are wholesome and don't lead to attachment persist, Ramana says.

“In Yoga Vasistha two classes of vasanas are distinguished: those of enjoyment and those of bondage. The former remain even after Mukti [Liberation] is attained, but the latter are destroyed by it.

“Attachment is the cause of binding vasanas, but enjoyment without attachment does not bind and continues even in Sahaja.” (3)

Let's go to Yoga Vasistha and read what Sage Vasistha says on that subject. He explains how the wholesome vasanas assist our liberation while the unwholesome ones are what keep us in the cycle of birth and death.

“Moksa or liberation is the total abandonment of all vasanas or mental conditioning, without the least reserve. Mental conditioning is of two types - the pure and the impure.

“The impure is the cause of birth; the pure liberates one from birth. The impure is of the nature of nescience and ego-sense; these are the seeds, as it were, for the tree of re-birth.

“On the other hand, when these seeds are abandoned, the mental conditioning that merely sustains the body is of a pure nature. Such mental conditioning exists even in those who have been liberated while living: it does not lead to re-birth, as it is sustained only by past moment, and not by present motivation.” (4)

The use of similar terms does not make two events the same. A permanent heart opening such as I had on March 13 is not the same as the permanent heart opening we all will have some time after Ascension and deeper into the Fifth Dimension.

The difference lies in whether the one or the other involved a permanent realization of the Self. That alone leads to liberation from birth and death, such as will come to us all from Ascension.

Footnotes

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

(2) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 95-6. [Hereafter GR.]

(3) Ibid., GR, 89.

(4) Sage Vasistha in Swami Venkatesananda, ed., *The Concise Yoga Vasistha*. Albany: State University of New York, 1984, 5.

Back to the Basics on the Path of Love



I'll walk through what are for me the basics of spiritual life as an approach to discerning how to make my behavior be "of love."

I'd have to say that for me the basic elements of a spiritual life are three.

The first basic element is the practice of discernment. If we're to know the truth of ourselves and fulfill the purpose of life, then we need to be able to distinguish between what's Real and what's not, what's of love and what's not.

Without being able to discern between the Real and the unreal, love and not love, we'll never know the truth of ourselves (because we are the Real, the love).

The second basic element is the practice of detachment. We detach from that which we know is unreal. Probably you're finding that you're less and less interested in food, clothes, movies, etc. The tsunami of love, now in its third phase, is raising us above superficial enjoyments. We're detaching from the unreal.

The third basic is the practice of devotion. Once detached from the unreal, the next step is to attach ourselves to the Real. That's usually called devotion but it's an attachment, a lifeline if you will. The attachment to God and our love for the Divine is the only attachment that does not harm us, as Sri Krishna explains:

"I am all that a man may desire
Without transgressing
The law of his nature." (3)

Only God can be yearned for and loved and it won't bring karma.

Devotion to the Real, to love for God, becomes like a tow rope that's gradually drawing us Home. The greater our yearning, our love for the Real, the more successful the result. Apparently our love for God is not something God can resist.

That's the most generic, integrated, and direct interpretation of the basic elements of spiritual life that I think I can possibly give.

So that's where I wish to begin. Discern between the response of love and the response not of love. Detach from that which is not of love. Attach to or devote yourself to that which is of love.

Love is Real and the only thing that is. The new path for this age, I'm certain, is the Path of Love.

Footnotes

(1) See "Enlightenment - Enlightenment is the purpose of life," at <http://goldengaiadb.com/E#Enlightenment - Enlightenment is the purpose of life> . Knowing ourselves truly can also be stated as realizing God (whom we truly are), realizing the Self, reaching God, obtaining the vision of God, illumination, seeing the light, etc.

(2) Paramahansa Ramakrishna in Swami Chetanananda. *They Lived with God*. St. Louis: Vedanta Society of St. Louis, 1989, 126.

(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, 71.

Our Original Sacred Partner



I'm still learning the ropes following a recent spiritual experience. (1)

Last week, I was on an emotional roller coaster. This week I wanted to smooth out my experience a little and recover some stability and predictability in my life.

So I returned to meditation again but more particularly meditating on the Divine Mother, who's my ideal. And at one point I invited the Mother, with quite a bit of emotion, to come and live in my heart.

The Divine Mother is our original sacred partner. Genders and sacred unions are both designed to remind us of the original partnership of Father and Mother God. (2)

But the mystery of mysteries is that we are that Father and so, the Mother is our original partner. (I just got goosebumps saying that.)

I invited the Mother to sit on the swing, what Hindus call the jhula, in my heart. I began to use my Mother mantra again after some years. Now my mantra has a life in it I haven't known before.

When I invited her into my heart, I felt elation. I have to tell you that I'm not constitutionally wired to use my imagination; I'm very factual. So doing things like inviting the Mother into my heart are not usual for me.

I'm more into tracking my internal space - feelings, thoughts, flows of energy. I suppose I'm a kind of empirical materialist in that I use my body, mind and senses, and now my heart, to know things.

But this use of the creative imagination worked. In the elation that I felt, I was totally carried away,

When I repeated the exercise some time later, I was filled with the most delicious love, tapering off into bliss. I wrote at the time:

"So here I am at this moment in bliss. I can only report. Everything hurtful, unwelcome, and unpleasant is forgotten. I'm as meek as a lamb. But I also feel the impact of thoughts just hovering in the background ready to catch up with me again.

"The deeper I draw in the in-breath, the deeper the experience of the Mother's love goes.

"I allow it, with every sense.

"Utter calmness. Utter peace. No desire to move.

"Total obliteration of care. No, it's deeper than that. Care does not arise in this place. In this space, the world would work for me no matter how it showed up. In this space, I am the change I want to see and my transformation is what has the world work out for me. Nothing external."

And not only bliss but the thoughts flowed as well. I'm sure they were being sent along to me. At one point, I got that it's my job, and yours and yours and yours, to show everyone who approaches us love and respect. I can't say I've done that much or overly well. That was a hugely challenging thought. Thank you, Mother.

It's probably as simple as this to make the world work: Love.

I cannot describe the way I feel at this moment, the feeling is so new to me. I've only felt this way when, say, I've won some really big prize in high school or something similar. "Aha. Life is working out."

Footnotes

(1) A heart opening on March 13, 2015.

(2) The correlate of the human female and male is God the Mother and God the Father. The sexual act mimics the divine creation of beings.

The Social Science of Love



This article was written before the spiritual experience that occurred on March 13, 2015.

A New Earth needs a new approach to love. I can't think of anything else more important to study if we really do want to work together and build Nova Earth.

Love is what makes a world work for everyone. I think more and more of us are becoming aware of that.

In service to finding a new approach, I call for a new social science of love.

Some subjects proper to its study are:

- The Nature of Love
- The Role of Love in the Divine Plan
- Love as the Substratum of Everything That Is ... and Is Not
- The Creative, Preservative, and Dissolutive Functions of Love
- Love and Sex
- Love is Unconditional
- Love is Universal
- Love is Eternal
- Self-Love
- Love and the Sacred Couple
- Love and the Family
- Love and the School
- Love and the Workplace
- Love and the Community

- Love and the World
- Love and Enlightenment

We also need a new paradigm of heart consciousness to replace the old paradigm of empirical materialism.

The old paradigm held that only what could be seen, heard, and touched was real.

The new paradigm holds that the heart is the final arbiter of what's real. Most of reality is invisible to our eyes, intangible to our touch, etc. Every dimension above us remains unsensed. Every other universe than this as well. Every being who resonates at a higher vibration than us is also unsensed.

In the face of the need to contact and work with beings who are unable to be sensed by us, the only reliable guide is the heart. And the language of the heart is love.

To say “the heart” is to say “the Self.” They're one and the same. (1)

The spiritual currency where we're headed is love. The reward for services rendered is love. The very God at whose feet we lay our service is Love.

Our one assignment in this lifetime is to feel as much love as possible and radiate as much as we can out into the world.

For a thesis: Report on what you find.

To replace laboratory experiments, all externally-oriented, we must use internally-oriented experiments in awareness or consciousness. In this case it would be our awareness of love that we're deepening into.

The goal of this line of research is to promote the experience and sharing of love worldwide. One of its sub-aims is to tear down the barriers to unconditional love and provide every possible inducement to the recalcitrant to love.

Its job is not complete until every knee bends to Love. So long as one person holds out, to paraphrase St. Paul, Love has not become all in all.

Footnotes

(1) “The Self is the Heart. ... If the mind is turned in towards the source of light, objective knowledge ceases and Self alone shines forth as the Heart.” (Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi*. Three Volumes in One. Tiruvannamalai: Sri Ramanashram, 2010, 96.)

A Spiritual Social Science in a Cross-Cultural Spirituality



This article was written before the spiritual experience that occurred on March 13, 2015.

It isn't enough for me to establish a social science of love.

I want to go further and locate that spiritually-based social science in a cross-cultural spirituality.

The particular social science I choose to work in and from which I'd draw my examples is the social science of love. But here I want to look at its "fit" within spiritual studies generally.

Social science proceeds by observable phenomena. "Observable" covers a much broader range today than it might have even a few years back. Telepathy, clairvoyance, automatic writing, etc., extend the range of our senses and soon we'll be seeing their range extended further.

Nonetheless the material of social science continues to be what's perceptible to me. Based on my perceptions, I form an impression or idea of the matter, reach a conclusion about it, make a decision on it (if necessary) and respond to it. I share what I notice with you. This is the way my consciousness operates. I simply take this mode of operation and apply it to the social-scientific pursuit.

Another way of saying this is that the social science of love, at least, would proceed through personal awareness. It'd involve participant/observers engaging with themselves or each other, making of themselves and others an object of awareness, sharing their noticings, and comparing notes.

By "participant/observation" is meant that:

- We are the workshop participants.
- We're also the observers of ourselves and others.

- We participate in experiments from a place of self-awareness and personal responsibility and communicate what we see.
-
- We conceive of life itself as a game of moving from ignorance to knowledge, from separation to unity, and from no love to universal love.

Gone would be ordinary paradigms that stress a rigid objectivity. In the new social sciences, objectivity and subjectivity would blend and collaborate in an integrated consciousness.

Participants would aim to move effortlessly back and forth between observing and participating, between being objective and being subjective. An integrated response would not be a question of “either/or,” but of “both.”

The sharing of noticings is not to position ourselves as competitors but as corroborators and collaborators. The whole moves forward by a process of ever-increasing transparency and awareness.

Sharing leads to an experience of mutuality, unity, and harmony. People who’ve shared deeply together tend to feel they’ve gotten to know each other; they’ve met; they’re fully expressed or they’ve been heard. A meeting of the minds and hearts has occurred, and trust has been established.

This spiritually-based social science would be embedded in a cross-cultural spirituality.

Spirituality proceeds by faith where observation leaves off. The final truth, I’m told, cannot be known through a process of sensing and observing but through a process of unknowing and surrender.

The road of faith is the road we all must travel past a certain point because the One is unknowable to its creatures. Only God can know God, (1) a mystery, so it’s said, that will be revealed to us at the last. It’s the ultimate answer to the question: Who are we? (Knowing the answer won’t help you. Realizing it would.)

For spirituality to be cross-cultural, it would have to bring all existing religions to a point where there was basic agreement on eternal verities. Or the widest agreement possible with the added proviso that the truth of those verities themselves must submit to every available test for accuracy and be itself established.

Here’s an example of a matter on which universal agreement would have to be sought: What or who is the Self?

The identity of the Self as the Christ, the Atman, the prince of peace, the pearl of great price, the treasure buried in a field (the field of the body), Fire the Son of God, the inner Sun, the firebrand plucked from the burning or the lamp that’s always burning on the altar is an example of a matter that (1) is known to all religions and (2) would be important to reach agreement on across religions.

From there we could separate the Mother and Father from any misinformation or dogma that surrounds them and describe “them” (they are One) in a way that all religions could also agree on.

Next we could establish agreement on what the purpose of life is: my own sense of it is that the purpose of life is enlightenment, knowing the truth of our essential and eternal identity. God’s purpose in setting up the game of life was for God to meet God in a moment of our enlightenment.

From there we could establish agreement on the fact that a quiet mind brings peace, that unconditional love brings harmony, and that Self-Realization brings fulfillment of the purpose of life.

Once we reach the level of practice, we might see endless variations as people push out and push forward the frontiers of knowledge.

It’s my job to provide a picture of what could be. I see no obstacle now or in the future to social science and spirituality working seamlessly together.

Footnotes

(1) “[The] absolute cannot be realized or experienced by another; only the absolute can realize itself.” (Sage Vasistha in Swami Venkatesananda, ed., *The Concise Yoga Vasistha*. Albany: State University of New York, 1984. 46.)

“Only God sees God.” (Muhyideen Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d. , 48.)

“Only grandeur appreciates grandeur: and God realizes God.” (Paramahansa Ramakrishna in Anon., *Life of Sri Ramakrishna*. Calcutta: Advaita Ashrama, 1977; c1924, 47.)

“Only God can know himself.” (Swami Brahmananda in Swami Prabhavananda, *The Eternal Companion. Brahmananda*. Hollywood: Vedanta Press, 1970; c1944, 205.)

“This space I produce that My Glory shall be revealed; yet I alone Realize that Revelation.” (Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 18.)

A World That Works for Everyone; or, When in Doubt, Love



When Werner Erhard first called for “a world that works for everyone” in around 1980, it was a radical concept.

I remember when I grappled with it, I couldn't imagine how such a world could come into being.

Now that question has been answered: A Fifth-Dimensional world is a world that works for everyone. Unconditional love and unitive consciousness will prevail. The combination of the two, affecting everyone and everything, will create a world that works.

Back then I was deeply mired in Third Dimensionality, as were we all and I couldn't see the solution to the problem. Werner could see it however because he was enlightened and was probably acting on what he saw as a result of his enlightenment - or its further unfolding. (1)

There are two ways in which a Fifth-Dimensional world works for everyone.

The first is our internal state and the second is the way in which we regard everyone else.

Just from the few tastes of love I've had in the last two weeks and multiplying that by factors of ten or a hundred, I can see that, if I were in Fifth-Dimensional consciousness right now, I'd need little, desire little, probably own little, etc. I'd be content with love and bliss and joy.

So my internal state would be conducive to a world that works for everyone.

Moreover, the way in which I'd regard others, from a place of love, compassion and sympathetic joy, and the fact that all others would also be in the same place, would mean that any departure from happiness and pleasant conditions would be quickly remedied.

But then, there would be no such departures. They could not exist in the elevated vibrations of the Fifth Dimension.

So we could say that Ascension itself will naturally lead to a world that works for everyone.

The trick is, and this is where we lightworkers come in, to create that world now, while we're not in Fifth Dimensionality.

We can sit back and wait for it and it'll come but we have an excellent opportunity instead to develop our skills by working diligently now for that same world, without the advantages we'd have after Ascension.

Moreover, as lightworkers, we'd be fulfilling our mission to see that as many folks come with us as possible by laboring strenuously for that world that works (and there are those lightholders for whom the words "laboring strenuously" won't apply).

How do we act Fifth-Dimensionally when we're not yet Fifth Dimensional?

First of all, we can trust. Why trust? Well, if we don't know the way, we're going to have to hear about it from others. And we're going to need to trust the best accounts we can find if we want hints on how to get there sooner than the rest ... like now.

Trust who? Trust the most credible sources we're aware of, who are telling us what life is like ahead of us and urging us to love, be compassionate, be generous, etc.

Second of all, we can see and extend the trend. Have you not noticed that our emotional floors - the point below which we never go emotionally any more - has risen? Can we not see that, as it rises, we feel more and more love, calmness, mental silence, etc.? Can we not distinguish that as a trend and, if we can, can we not extend it in any way we can now and into the future?

Thirdly, when in doubt, love. Love is what this whole thing is about anyways. . We're asked to realize our true identities and one way to say what that is that our true identity is love. The mind is the barrier to love so let go of thoughts and just love, as Mary Magdalene said, with power and abandon.

All our efforts are maximally aided at this time. There's so much love washing our planet and so much help, as S.N. Goenka would have said, that we're bound to be successful, bound to be successful.

So we can understand what a world that works for everyone would look like and we're building it. No, we'd rather not wait to have it handed to us on a silver platter because we know that we can learn and grow from this work. So we're building Nova Earth now and the biggest step we'll ever take in that process is just to love.

Footnotes

- (1) The est Training was Werner's attempt to communicate the experience of enlightenment. See W.W. Bartley, III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978.