

**Paradigmatic Breakthrough:
Essays in New-Age Philosophy**



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— What is Paradigmatic Breakthrough? —

Paradigmatic Breakthrough as a Type of Spiritual Realization

October 11, 2020

<https://goldenageofgaia.com/?p=313922>



In this article I'm going to look at paradigmatic breakthrough from a number of angles.

A paradigmatic breakthrough is a discontinuous movement from one contextualizing understanding or point of view that has come to pinch and restrict to another more acceptable one.

If the resulting shift in understanding, attitudes, desires, and constraints is lasting, we say we've had a paradigm shift. If not, we say we had an interesting idea.

An example was my enthusiasm for the notion of a "cooperative commonwealth," as an historian. For whatever reason, it never caused paradigmatic breakthrough whereas Werner Erhard's context of "a world that works for everyone" definitely did.

It resulted in a lasting paradigm shift for me. I realized on March 13, 2015 that the phrase was a simple description of life immersed in the love of the higher planes. There, the world works for everyone.



A build-up of cognitive dissonance is what causes paradigmatic breakthroughs. No dissonance; no need for a breakthrough. We're happy with our paradigm.

Only when it starts to pinch and restrict do we chafe and end up finding a new and larger contextual home.

A beautiful description of a version of this process comes from the afterlife journal of William James, which I read for *New Maps of Heaven*. (1)

He's leaving far more than just a paradigm. He's ascending from the Astral Plane (Fourth Dimension) to the Mental Plane (Fifth Dimension). But the process he describes here is similar:

"I feel myself growing out of myself in a certain fashion. My adopted characteristics are becoming too small and cramped to contain my new growth and development, and I will move on most certainly to larger psychological quarters.

"It is not only the physical body we outlive, but the psychological house we have chosen. First after death we add new rooms and suites to accommodate our greater experience, but it is soon obvious that the entire structure has had its day. We must move out of it completely." (2)

Perfect. Make appropriate changes and you have a description of the process behind paradigmatic breakthrough.

It can happen explosively or quietly. One is either pushing oneself to break through an obstacle or letting go into release. Push or release. In the latter case we may not even notice we've had a breakthrough, but we probably notice the paradigm shift.



A paradigmatic breakthrough is an example of a spiritual realization. But not all spiritual realizations are or lead to paradigmatic breakthroughs.

Paradigm shifts are events in knowledge. Spiritual realizations may be events in knowledge but they usually involve every other part of our being as well.

Have we some examples of the points I've just made?

Yes. An example of a paradigm that proved “too small and cramped” for me was my Sociology Ph.D. at UBC. I'd finished my exams and was due to choose a dissertation topic. However at that moment, the 1987 vision happened and totally reoriented my life. (3)

But the University of BC at the time was gripped by the paradigm of empirical materialism. Only what could be seen, heard, touched, or tasted was real.

Enlightenment was at least not real unto itself and brought us into the discussion of other events that were not considered real (ascension of Jesus, Buddha's enlightenment, angelic intervention, etc.).

Two departments (Sociology and Religious Studies) refused me.

But what I saw in that vision was more important than anything the university could offer me, then or for a lifetime and so I left. Yes, that's quite enough of that.

“It is soon obvious that the entire structure has had its day. We must move out of it completely.”

Precisely.

An example of a quiet paradigmatic breakthrough would be when I realized the price I was paying for having an underlying hostile nature.

I changed my vote on or around Sept. 30, 2020, from being hostile to being harmonious. (4) It took the form of a stand, rather than a realization; it wasn't noisy or filled with lights. But it still led to a breakthrough and a paradigm shift regardless.

Have we an example of a blissful realization that did not result in a paradigmatic breakthrough?

Yes. On Sept. 28, 2015, I realized bliss (so, realization) and the experience remained for several months. It did not lead to a paradigmatic breakthrough. It resulted more in me wanting to sit quietly in the space and enjoy it.

Here's an example of a blissful experience that *did* lead to paradigmatic breakthrough.

Bliss was what made possible my understanding of the 1987 vision. It lifted my faculties up to a place where I readily understood what I was seeing.

It led to many paradigmatic breakthroughs over the years.

Without the bliss, I doubt whether I'd have had insights powerful enough to have caused paradigmatic breakthrough. The vision was definitely strong enough.

Have we an example of a realization that is not preceded by cognitive dissonance?

Yes. I realized (realization again) the nature of love during an explosive heart opening on March 13, 2015. (5) There was no cognitive dissonance beforehand. There was nothing immediate I was doing which could be interpreted as causing the opening or leading up to it.

In a reading I had with him that very same day, Michael revealed that he decided the timing, strength, etc. of the heart opening and discussed the factors involved. (6) So dissonance did not cause it; a celestial did.

Nonetheless, at the heart of every paradigmatic breakthrough is a realization. I'd like to look at spiritual realizations as a class of phenomena in a separate article.

Footnotes

(1) *New Maps of Heaven* at http://goldengaiadb.com/index.php?title=New_Maps_of_Heaven

(2) William James through Jane Roberts, medium, *The Afterdeath Journal of an American Philosopher: The World View of William James*. Englewood Cliffs, NJ: Prentice-Hall, 1978, 159.

(3) I had an extended vision in 1987: See “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(4) “From Hostility to Harmony,” October 2, 2020, at <https://goldenageofgaia.com/2020/10/02/from-hostility-to-harmony/>

(5) See “Submerged in Love,” March 14, 2015, at , “Activating the Wellspring – Part 1/2,” March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>, and “Activating the Wellspring – Part 2/2,” March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(6) I’m not surprised the experience happened that day. I’d have needed some explanation of what it was that just happened. The reading was like being given a handbook on the subject.

My cognitive dissonance had been around not being able to make sense of the literature on enlightenment I was reading.

The vision showed me the entire journey of an individual soul from God to God. It left me knowing for certain that the purpose of life was enlightenment.

That vision became my paradigm and will remain so until it begins to pinch and restrict.

(7) The passage is long but very germane. I’ll italicize the steps he says were influential in the event happening:

Archangel Michael: 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.*

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. ...*

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.

[But] 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! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.)'

As an aside, this exchange proves that our spiritual experiences are overseen and modulated by the celestials.

Paradigm Shift

Oct. 26, 2018

<https://goldenageofgaia.com/2018/10/26/paradigm-shift/>



How are new paradigms born?

Perhaps we can continue a discussion we had years ago around their development because we're going through a time that's seeing massive paradigm shifts in society.

Dominant paradigms are breaking down or being overturned, so it may help to review the process.

It goes like this.

We live according to our existing paradigms or core beliefs about life. Then something comes along and brings their validity into question.

Repetition shows up and we begin to feel uncomfortable.

More repetition shows up and we resolve to do something about it but we don't know what.

We sit in discomfort as cognitive dissonance rises - the inner conflict between what we believe to be true and what's showing up as fact.

Finally cognitive dissonance becomes too great and we cast down the paradigm, without anything to replace it or in allegiance to a new idea that has presented itself.

At the moment of casting down the old paradigm or in the space thus created, a new idea may dawn on us, which, when seen with clearer vision, more closely fits and addresses the circumstances. Or the barriers to accepting an idea that has already arrived fall.

The new idea may be inspired; it may come from dawning awareness. Wherever it comes from, it becomes our new paradigm or belief. This process has been called "paradigmatic breakthrough." If the breakthrough is lasting, we call it a paradigm shift.

We move from paradigm to paradigm, shedding them as a crab does its shell, as long as we rely predominantly on the intellect, which most males seem to do.

Cognitive dissonance seems to be building up in many people at the moment. My purpose in writing this is to say that this may not necessarily be a bad thing, as uncomfortable as it may be.

If we sit with the dissonance and the paradoxes that arise from it, we may reach the point of being totally willing to let go of the old and make room for the new. We call it a lightbulb moment, "Aha!" realization, peak experience, etc.

In my view, that's how new paradigms are born.

Paradigms of Paradigm Change

January 1, 2015

<https://goldenageofgaia.com/2015/01/01/social-development-chaos-and-compassion/>



Happy New Year, everyone!

I'm convinced that, in this new year, we'll see a very great deal go forward in the reconstruction of our world. We'll need to start small and depend on our own resources for a while yet. But at some point abundance will begin to flow.

As we approach the building of Nova Earth, we'll be confronted and perhaps limited by our own views of the situation. I'd like to give an example of that from a historical way we have of approaching the subject of change and see how we can avoid it.

Thomas Kuhn was a historian of science who, after he migrated from science to history, fought a war within himself. He tried unsuccessfully to understand how science progressed through time.

The prevailing theory of the day was that scientific knowledge grew. Later developments added to and amplified earlier developments. The latter-day scientist stood on the shoulders of giants. This was the "accretion" view of the history of science and it was the prevailing view of Kuhn's day.

Fanned by that belief and implicit in it was the further belief that the present day was the peak of excellence and that all other periods led up to it. It held that ours was the best of all possible worlds and was the heir to and realization of all that had gone before. This view has been called temporocentrism.

Something about these views did not sit well with Kuhn. And in tending to his own discomfort, he had a breakthrough in conceiving change generally.

And that very breakthrough for him brought with it the explanation of how science progressed as well. So he not only solved a difficulty for himself, but came upon the process of scientific progress in general at the same time. Chalk one up for Kuhn and the history of science.

Paradigmatic Breakthrough

The notion Kuhn arrived at was the concept of “paradigms.” I'm not sure if he used the term "paradigmatic breakthrough," or if I dreamed he did. But the term describes the process he was concerned with and the process he went through.

Put in my own words, he saw that, when cognitive dissonance built up to an unbearable level, the individual dropped the distinctions that he (or she) could not abide, creating room for a moment of real re-appraisal, original thought, inspiration, intuition, etc. This is the moment of breakthrough.

In the space thus created, if all other conditions were right, the individual had a “Eureka!” moment and a new paradigm was born.

The creation of the new paradigm clarified matters for some but for many others it created chaos.

All those whose work was made antiquated by Kuhn's view - all those who wrote temporocentrically, all those who saw science as progressing by accretion - found that their jobs were in jeopardy, their careers, in question. Kuhn had just introduced a note of chaos into their lives.

And so it is with each paradigm change. Some have been brutal, like the industrial revolution and the age of automation. They produce comfort for some but severe dislocation and impoverishment for others. Those others, however, don't write our history. Their side of the question tends to go unheard.

The new paradigm of paradigms contains within it the seeds of its own need to be developed further if it's to be truly useful to an ascended society.

Paradigmatic Breakthrough Creates Winners and Losers

I think Kuhn was right. Social change - scientific or otherwise - proceeds by accretion, to be sure, but the truly significant leaps are made by paradigmatic breakthrough.

But we can no longer simply account for change through a new theory of paradigmatic breakthrough and think we're done with the matter.

Paradigmatic breakthrough itself creates winners and losers.

It was an answer to a problem for Kuhn; for those impacted by it, it was itself a problem. This was a win/lose, zero-sum answer to the question of how does change proceed?

Let's look at the example of automation, a paradigmatic breakthrough of the 20th Century.

Magazines in the Fifties envisioned automation as freeing the housewife from vacuuming and the husband from mowing the lawn and allowing them both to vacation in Bermuda. But that isn't how it worked out.

The paradigm change that automation represented resulted in the creation of a buyer's market for labor, the loss of jobs and careers, the ending of benefits plans, the loss of pensions, the cutting of the social-safety net, the rise of JIT (Just-in-Time production) and outsourcing.

How many people lost their jobs because of automation? Their careers? How many suffered acute impoverishment because of it?

I believe that labor was broken as an organized force as a result of automation. We as a society didn't see that the value realized by automation was fairly distributed among the population. It was concentrated in fewer and fewer hands.

Many other paradigmatic breakthroughs like automation have consigned generations of professionals, workers, farmers, and others to obsolescence, causing severe pain.

It's now time to see to some of the losers in the forward movement of science.

In the future, that which is the solution to one problem should not be allowed to create a problem for others unless the newly-created problem is mitigated.

A universal basic income is an example of a program designed to mitigate the impact of such things as technological innovation.

We Have to Create Change Responsibly in the Future

We need to rethink our refusal as a society to intervene in the process of social change. We now need responsible social development if we're to build a world that works for everyone.

Yes, we *are* agents and architects of change. But part of playing that part is being accountable for the process we set in motion if we as a society are to feel comfortable with the rapid change we'll be creating.

We as a society need to take care of all our members now. (1) That's how the higher dimensions operate. We may not have the benefit of their vibrations but we can imitate their way of being as best we can.

We'll be confronted with constantly-changing technology, healing techniques, spirituality, education, history. Each problem that confronts us, we must resolve, one problem at a time. And we'll have to do it without creating harm or residue.

This time we mustn't make the mistakes of the past. We must see to the losers, the victims, the obsolesced among the population if we're to have social change without festering wounds, fears, and, finally, revolt.

Footnotes

(1) Yes, there will be those who take advantage of a mitigation program for non-genuine reasons.

Therefore count in a percentage for the abuse of the program. Those funds will be lost and we may as well adjust to that eventuality at the outset. The lost funds need to be seen as part of the cost of caring for the others who don't abuse the system.

Trimming Down for Paradigm Shifts

Oct. 16, 2009

<https://goldenageofgaia.com/spirituality/on-processing-vasanas/trimming-down-for-paradigm-shifts/>



Enlightenment and Paradigm Shifts

I said earlier that we don't want ice on our wings when trying to take off in our plane or we'll stall.

Recent events have shown me that it isn't just Ascension that may bring a "take-off" in our lives. We'll be faced with the opportunity for multiple "smaller takeoffs" or perhaps "rising currents" if we are already in the air, every time we encounter galactics.

Ascension promises to be an enlightenment experience that will carry us from dualistic to unitive consciousness. That's a huge jump.

But there will be smaller contextual transformations we will face from just seeing and hearing galactics. These smaller transformations I call "paradigmatic breakthroughs." If they last, I call their impact, "paradigm shifts."

What is a "paradigm shift"?

A paradigm shift may be a contextual flip, (1) a contextual breakthrough, a moment of "Aha!", a deep insight, a revelation, a discontinuity in knowledge, a "break-open," a revolution in seeing or being, etc.

It may not be an enlightenment experience, but it causes a revolution in being at some level.

It depends on our openness, detachment, and stillness whether a paradigm shift merely rearranges our concepts at a superficial level or gets right in there and alters our context. The latter would be a more powerful experience.

I had a paradigm shift in 1987 when I was shown in a vision a working model of life that shattered all my previous conceptions. It showed me, without words, that we lived forever on a journey from God to God; it showed me that enlightenment had stages; and told me, without words, that enlightenment was the purpose of life.

The vision was totally wordless and took eight seconds to complete itself.

That resulting paradigm shift reorganized my life. It shaped thought, feeling, and action forever afterward. I could only read the works of enlightened authors after that.

A paradigm shift has all kinds of corollaries and deeper and deeper levels of significance. It can be a wedge that splits the wood open. It can reorganize our lives in an instant or in a gradual process.

How Does a Paradigm Shift Happen?

When the galactics finally do come, everything about them will invite a paradigm shift.

The depth to which their words and actions have impact may be determined by the excess weight we're carrying around - or what I called "ice on our wings" - whatever holds us down.

A paradigm shift starts with becoming aware that we have a way of seeing things that organizes our lives in that area. We may also become aware that our way of seeing things no longer serves us.

We usually see the new way or paradigm in a flash, which gives us a gestalt or overall picture, but not necessarily the details. I was given no details of the total life of the individual I watched in my vision. I had to study for twenty years to give that wordless vision words.

Some of those words were:

Jesus: "I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father." (2)

Krishnamurti: "For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful." (3)

We're talking about the highest levels of reality. Understandably, discussions of it are rare.

We May Resist and Reject the New Paradigm

The danger is that when we're confronted with a paradigm shift from the galactics and the spiritual hierarchy, we may resist and reject it because we want to hold onto our own worldview, fixed beliefs, favoured self-perceptions, resentments, or even in some cases possessions.

We may have relationships where we are still attached by cords of love/hate; possessions that we are very much attached to; antiquated belief systems that determine our thoughts, feelings, and actions. That may be all ice on the wings. (Depends.)

Or we may resist and reject because an incompleteness arises and calls forth a rejecting response from us. "He's ordering me around the way my Dad did. I don't need this. I'm outta here." We've stepped into the leg-hold trap of an incompleteness.

Oct. 14 is an example of an incompleteness. If we have not completed our upset about Oct. 14, 2008 [when a mothership was supposed to decloak], then when something comes up on Oct. 14, 2009, we may be hooked by the "Oct. 14" part and resist and reject the 2009 part.

There's nothing the two share but the month and day, but up come our incompletenesses saying: "Never again. I won't be fooled twice."

If SaLuSa had published on Oct. 21, perhaps none of these reactions might have come up. In this case, we may be incomplete with Oct. 14.

Can you see how the mechanism of resistance works? And usually it plays itself out well below everyday consciousness.

Oftentimes rejection of the new paradigm comes with resentment towards the one who has catalyzed our new awareness and results in our moving away from him or her.

We lost both the paradigm shift and our relationship with the speaker. How many times has this happened to us when we've mentioned aliens to others?

We're going to have a lot of our life-organizing principles or paradigms directly confronted and challenged in the days, months, and years ahead.

If we react to the new way of seeing by resisting and rejecting, we could lose valuable opportunities.

In fact, SaLuSa, in his latest message of Oct. 16, 2009, has said:

Dear Ones, be prepared to think anew and leave your selves open to new ideas.

Those who refuse to move on will be allowed their freedom of choice, but they will remain in the lower vibrations, which they cling to." (4)

This is a pretty grim result that we're working to avoid.

We Need to Prepare for Predictable, Upcoming Paradigm Shifts

In the years ahead, we'll probably go through one challenge to our existing paradigms after another.

SaLuSa says in his Oct. 16 message, speaking more of Ascension but his words are applicable to paradigm shift:

“There is nothing to be frightened of, as you will lose little and gain much more than you could imagine.

“Consider how you would like to jump ahead a thousand years by your present standards, and enjoy all of the benefits it would bring.

“That is realistically what you stand to gain, and not least of all upliftment to a state of full consciousness.” (5)

We need to prepare for the challenge. When I say "don't get caught with ice on your wings," there are a number of scenarios, depending on the amount of ice.

We may have so much ice on our wings, our plane may not get off the ground. It could get off the ground but stall in a turn. It could get off the ground and lumber along but not be able to take advantage of a sudden updraft.

All of these are symbolic for missing one type of opportunity or another in a time of many desirable opportunities ("rising currents").

So, whenever the time of contact between terrestrials and extraterrestrials starts, the time between then and now becomes an important time to trim down and detach.

How Do We Successfully Drop One Paradigm and Take Up Another?

Naturally we want to get to a place in which we live without conceptual boxes. But until we do, we're trading up in paradigms.

When the galactics start splitting our paradigms like so many atoms, we face the need to make the jump from the paradigm destroyed to the new and unfamiliar one.

To complete a paradigm shift, we must first agree to be temporarily denuded of our worldview.

We may be obliged to rely on the other person's integrity, brotherly friendship, and mentorship, as we swing off one branch and into the wind, not knowing if another branch awaits us. We become children again but not as cute and with less license.

It's a moment when we can't fall back on what we know or what's familiar because that's been called into question.

We may have to rely on how able we are to relate in a friendly way to the person who just destroyed our existing paradigm because we may be relying on their kind offices to assist us to complete our transition.

Having one's paradigms laid bare and discarded can be a painful process, leaving no place to hide. We'll be stripped bare, again and again.

It is a time that calls for humility and self-forgiveness.

Can we endure the embarrassment of appearing as if we know nothing, have nothing to contribute, and are causing our mentors to have to work with us?

Squeaky Clean

We need to get out the bar of soap and clean ourselves of everything that would hold us back, that would have us resist, resent, and reject the stunning news we'll be hearing whenever First Contact comes about.

We need to be squeaky clean if we're to drop our paradigms and try on what is being offered us without missing a beat.

Remember Richard Dreyfus's look of open amazement in *Close Encounters of the Third Kind* when he was selected to go aboard the craft and the space children walked him to the loading bay?

That's the kind of open mind I want to have, unencumbered by resistance and rejection, when the galactics come. (I know some of you have fears of entering spacecraft; I respect that.)

That's the situation we face in the years ahead, as far as I can see.

That's the reason to de-ice our wings, finish our incompletions, get rid of our old baggage, get caught up to date, and be present.

Footnotes

(1) A contextual flip is when a context becomes, in a moment of realization, turned inside out, turned on its head, reversed, or in some other way radically altered. Contemplating a Zen choan, for instance, can cause a contextual flip.

(2) Jesus in John 16:28.

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

(4) SaLuSa of Sirius, Oct. 16, 2009, at http://www.treeofthegoldenlight.com/First_Contact/mike_quinsey/channeled%20messages/October%202009/salusa__16october2009.htm.

(5) Loc. cit.

Turning My Hat Around and Embracing Oneness

June 6, 2020

<https://goldenageofgaia.com/2020/06/06/turning-my-hat-around-and-embracing-oneness/>



Where polarization leads....

I find myself repeatedly disappointed reading articles in the alternative press. No, not the mainstream media, which I don't read except when necessary.

The straw that broke the camel's back was one from the alternative press that started out well. And then before long it descended into name-calling and meme wars. And I just couldn't read one more such article.

The current favorite is the communist vs. fascist or left vs. right theme. Variations are rich vs. poor, white vs. black, chauvinist vs. feminist, etc. You can trace the

polarization paradigm back through the crusades, Roman times, pharaonic Egypt, etc., etc.

I'm becoming sick of polarized coverage.

It's having an unintended effect. Unintended as far as I'm concerned. Not unintended in terms of the larger plan, I'm sure.

I've never been more ready, willing, or able to really embrace the idea of Oneness, unitiveness, unity.

EXCEPT in times of extreme danger, like a war. EXCEPT where there's a common, not-us, not-made-up enemy. But not just flat out accept it, universally, now and forever.

I've never been able to accept all people. I've never been willing to take the leap to Oneness, because, I tell myself, it'll have me leave the safety of the herd. And I've never been willing to risk leaving the safety and comfort of the herd altogether.

But I'm becoming so turned off with the rampant displays of polarization, division, and hate that I'm giving Oneness a fresh look.

The written devices of polarization include judgments, insinuations, allegations, quarreling, slogans, memes, and hostile hashtags.

When people are upset, as much of America and other countries are today, everything repressed comes out. It's no different with a social vasana (or core issue) than with an individual vasana. Some people choose to project their anger outwards instead of processing their vasana. (1)

That's what we're seeing all around us - the eruption of social vasanas rejecting control and demanding freedom.

People (where they're not agents provocateurs or crisis actors) are projecting years and years of repressed anger outward.

You'd expect me to say that we all need to calm down. Well, we do. Clearly.

But a certain amount of creative chaos has its useful side as well. It gets me to the point where I'm prepared to make a change; in my case, to Oneness.

A spiritual guru, perceiving that my girlfriend and I had been quarreling, chided us, "One, not two. Ah, but which one? That is the question."

No, no, not oneness as in control. Not oneness as in New World Order, One World Government.

Oneness ... well, here I am talking as if I know something about it when I don't.

This creative chaos is bringing me to the point where I'm ready to choose Oneness whether I know anything about it or not. (2)

Of course the rampage needs to be shut down today or as soon as possible. But I'll use it as long as it persists to maintain the momentum of choosing Oneness.

It had to come to this before I'd re-choose. Anarchists would have to be subverting the social order and blowing things up before I'd make the leap.

We have words to describe what's happening for me. I've "changed my mind." I've "gotten the message." I've "turned my hat around" and embraced Oneness.

Dividing ourselves into warring camps - polarization - does not work. Only unity works.

OK. I got it.

Footnotes

(1) To process a vasana, see "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

(2) And if I did, you know how I'd proceed. I'd establish a beachhead of understanding and radiate out from that.

Breakthrough

October 3, 2020

<https://goldenageofgaia.com/?p=313764>



I'm inspired by Linda Dillon's recent Daybreak on breakthrough (1) and encouraged to organize my own thoughts on the subject.

At the same time, I've just had a breakthrough from hostility to harmony and that fits into this discussion.

I invite anyone interested further in the subject to read anything by or about Werner Erhard, but specifically his biography. (2)

Breakthrough is an action. We break through a persistent barrier - physical, mental and/or emotional. It implies a push or release of extraordinary lengths designed to overcome what has until now been insurmountable.

In my view, it occurs as the result of several actions.

The first is the arrival of a settled will around the contemplated action or situation.

The second is the arrival of a full (100%) commitment to the action.

The third is the issuing of the command to move forward on our commitment.

The fourth is proceeding with all actions needed and all resources available to achieve the result.

I've often called the process "changing our vote." We can change it from a non-tea drinker to a tea drinker, but that would only be a very minor breakthrough, if one at all.

Linda points out that the word "breakthrough" is usually associated with urgent and important situations - something important that needs to be done and done now.

4When and how to engage in a major battle. Whether to fight back when attacked on the street. How to lift the car off my child. Etc.

We're either going to break through our hesitation, risk all, and do what we contemplate or not do it, continue to play safe, and hope for the best.

When suddenly we do it, we say we've had a breakthrough.

Well, when you look at the list, if one has not had the breakthrough one would like, it has to be for a reason either on the list or not contemplated yet.

Is ours a settled will on the matter? Or do we hope for rewards from not acting?

Is ours a full commitment? Or is part of us hanging back? A house divided against itself cannot break through. It requires our full commitment.

Have we issued the command to act? If not, what are we waiting for?

Are we going full out with all the resources we have whatever the predictions?

Looking for the roadblock in these areas doesn't guarantee success, but it increases our chances of it.

I'm undergoing a personal revolution as a consequence of a breakthrough. I switched my vote from hostility to harmony. (3) I now have a settled will on acting so as to encourage harmony. This is like walking into a new world.

In each everyday situation I have the choice to continue being hostile or begin to be harmonious.

I'm 100% committed to harmony and taking actions that demonstrate that commitment.

My not going with my "normal" grumpy responses is something that falls out of the breakthrough - a consequence.

I'm sure there will be others. One can't walk a new road, which breakthrough makes available, and not see changes everywhere.

Footnotes

(1) Linda Dillon, "Daybreak – Breaking Through to Breakthrough," at Sept. 28, 2020, at <https://counciloflove.com/2020/09/daybreak-breaking-through-to-breakthrough/>

(2) William Warren Bartley, *Werner Erhard: The Transformation of a Man, The Founding of est*. San Francisco: Clarkson Potter, 1978.

Werner is able to make an authoritative statement on the subject; I'm not. I haven't had that moment of realization on it and so I'm still piecing it together, a prerequisite I think to its advent.

(3) "From Hostility to Harmony," October 2, 2020, at <https://goldenageofgaia.com/?p=313728>

Paradigmatic Breakthrough – Part 1/4

February 4, 2014

<https://goldenageofgaia.com/2014/02/04/paradigmatic-breakthrough-part-14/>



Paradigm Breakdown and Breakthrough

We're often troubled when we feel inner turmoil.

But in the times ahead, we may grow increasingly uncomfortable with existing arrangements or the ways we see things.

Often matters come to a head and significant rearrangement needs to take place in our lives. And we don't know how the process came about or what its outcome will be.

That same process is basic to the scientific endeavour and is the way one scientific paradigm arises and succeeds another.

I wanted to spend a moment looking at it, because I've just had a paradigmatic breakthrough myself. I'll discuss the breakthrough, which is quite amazing, in the course of the next few articles.

Given that we're headed for a time that will probably show us the fall of one way of seeing things after another and given my own experience of it in the moment, I think the exploration of the topic may be useful.

We usually don't think of the paradigms through which we see things as being paradigms. They're simply normal for us.

But when they begin to be contested by anomalies, paradoxes, facts that just won't fit in, and when those threads that stick out grow in number or become ever bigger problems, we grow increasingly uncomfortable.

The more uncomfortable we grow and the more difficulty we have rationalizing things in the face of growing anomaly, the more difficult we may be to be around.

When the difficulty reaches the point where we can no longer stand the situation as it exists in the moment, we cast down our paradigm.

We may then accept the way of seeing things that has been forcing itself upon our attention. We may have a wholly new insight and see in a flash how things work that takes care of the anomalies.

Archimedes' "Eureka!" ("I have found it") moment has become synonymous with this type of paradigmatic breakthrough.

Whatever the new paradigm is, it resolves the anomalies and paradoxes that presented themselves to us before and allows us now to avoid those same anomalies in the future. (1)

What that means for us is that the rise of increasing anomaly, leading to paradigmatic breakthrough, is not necessarily a bad thing. If we try to hold on to our paradigms in the face of increasing anomaly, then it may become a bad thing.

But if we accept that increasing cognitive dissonance or anomaly can lead to a breakthrough in our seeing and understanding, then it may make the process more tolerable for us.

If those around us can see it that way too, it may perhaps become tolerable for them as well.

Anomaly is present when we see that things no longer fit for us or that our existing way of seeing things no longer brings us the resolution of events we wanted or comfort with the way things are.

If the anomaly doesn't disappear over time, but increases, that's a sure sign that an existing way of viewing matters is reaching the end of the road.

(To be continued in part 2.)

Footnotes

(1) Paradigmatic breakthrough is the exception to Einstein's comment that we cannot solve a problem thinking from the same level on which it was created.

But the exception proves the rule because in the moment of paradigmatic breakthrough, I maintain that, for a brief time, the individual is operating on a higher level than ordinarily.

Paradigmatic Breakthrough – Part 2/4

February 5, 2014

<https://goldenageofgaia.com/2014/02/05/paradigmatic-breakthrough-part-24/>



Time for a new paradigm

(Continued from [Part 1.](#))

Stumbling into a Whole New World

I can draw on my own experience of what a breakthrough looks like.

I stumbled onto a paradigm of communication as an unintended consequence of sourcing a vasana.

The vasana itself is unimportant. I regularly go through a stack attack at the end of each month over my frustrations.

This one brought up everything that was out in my life. And it brought up a constructed self I think of as the rebel.

But that wasn't the most interesting part. The most interesting part was that it threw into stark relief my communicational paradigm, which wasn't working, and introduced me to a new one.

Let's look at two paradigms of communication that we've had in the last, oh, hundred and fifty years. The new paradigm I saw would be a third.

Creative Repression

The Victorian era had a communicational paradigm that said that we grow by repressing or denying ourselves.

Their view of things reflected the fact that the body was seen as having a fixed amount of energy. If we bled off energy in emotional reactions, that energy had to be borrowed from somewhere else, causing depletion in some other faculty.

Victorian novels feature women collapsing because they became excited or hysterical (neurasthenia). Men were pictured as becoming debauched because they gave vent to their anger or cursed someone.

So if we suddenly grew excited, our body was physically drained of energy and we fainted. If we expended energy cussing another, we bled off the energy needed to keep up our ethical refinement and became debased.

This paradigm is not "true." In fact we have access to a great deal of energy from sources we know not. We're just learning about that at the present time.

Creative Expression

The Sixties and Seventies saw a paradigm arise that said that we grew by expressing ourselves. This is the paradigm that I was anchored in.

We let it all hang out, dropped the suppression, encountered each other, etc.

All our expression was seen as creative rather than destructive, which is where it differed from the Victorian perspective. Everything became a matter of creativity. I even recall a book called *Creative Divorce*, which took the paradigm about as far as it could go.

This paradigm helped end a lot of useless suppression in our society but it also took its toll. Our unbridled expression, which we considered "creative," scared a lot of people who could not understand the benefit of owning and expressing our anger, etc.

When I sourced or completed my vasana, the fact that I lived in a context or paradigm called "creative expression" became plain to me because my vasana had me speak ... well, shall we say "creatively"? ... to my guides, the universe, anyone who would listen.

I saw the limits of the old paradigm of creative expression and, in a glimpse, an "Aha!" moment, I saw the new paradigm - self-mastery.

The glimpse began to spread through me. It was a matter of dawning awareness rather than an explosion into the paradigm. Let me look at this new domain that was made apparent.

Self-Mastery

The Arcturians through Sue Lie once said to me that the new leaders of our coming society will have to have mastered every thought and feeling. I sure don't see myself in that place at this moment.

At the height of my vasana attack, I realized that my "creative expression" of it was not working. I railed at the universe and, while I knew somebody was listening, I didn't get that the way I was expressing it was serving me.

I was watching myself as I blustered and saying to myself: "This doesn't work. This is not having the desired effect."

And either my guides whispered in my ear or I remembered the Arcturians' use of the phrase: "Self-mastery."

I more or less awoke to the notion as a paradigm, that self-mastery was the domain I now needed to explore. I was like the newest newbie on the block in a domain I knew nothing about. But as the hours passed, I realized that I'd been given the answer I was looking for and now needed to build the context, the paradigm, the domain of meaning for myself.

Right now it seems like unexplored territory and dense jungle at that.

I could count the number of things I know about it on one hand.

Jesus has described in “The Third Way” the three paradigms.

“There [are three ways] to experience your own human emotions. The first way was to totally identify with your anger [creative expression]. . . The second way was to crowd it out, to suppress it and to condemn it [creative repression].

“The third way is to allow it – to let it be and to transcend it [self-mastery]. That is what consciousness does. The consciousness of which I speak does not judge – it is a state of being.” (1)

The third way is self-mastery, is a state of being, and involves observing our thoughts and feelings and not reacting to them. Other masters have encouraged us to drop our judgments. The new way of self-mastery is being imparted to us in bits and pieces.

Until I reach a point of completion with my past and the cleansing of all old baggage, issues, vasanas and false grids, I may not be proficient at it. I may stumble around a lot, but that's the way with new paradigms.

I'll share some of my realizations in the next piece and then in the last piece share the lessons I've learned about sourcing a vasana and breaking through to a new paradigm.

(Continued in Part 3.)

Footnotes

(1) "Jeshua via Pamela Kribbe: The Third Way" at <https://goldenageofgaia.com/2014/01/jeshua-the-third-way/>.

Paradigmatic Breakthrough – Part 3/4

February 6, 2014

<https://goldenageofgaia.com/2014/02/06/paradigmatic-breakthrough-part-34/>



(Continued from [Part 2](#).)

Going Beyond Creative Expression

I needed to source the vasana while at the same time getting the underlying message about my communicational frame of reference. It was a two-stage process and I went back and forth with it.

I was maximally confused. And I stayed religiously away from people while I navigated it.

I didn't navigate it alone. I had very competent help.

And now I'm left with the incidental discovery that my very paradigm of communication played a role in keeping me from seeing what I needed to see. My paradigm defined how I saw things. It limited my understanding. It was itself skewed.

As a result of my breakthrough into a new paradigm, a new world as it actually seems, I could see that the paradigm of "creative expression" may not come with

us into the future. Parts of it may survive, because they're useful, but other parts may not.

The bar seems higher now. The bar, the paradigm of the future, appears now to be self-mastery and that takes things in an entirely new direction.

I feel like a fish having come up on dry land, I'm taking baby steps in this strange and new environment. I may as well be walking on the moon as be inside this new paradigm.

As a stranger in a strange land, I don't know a thing about the paradigm. I want to ask someone where the washrooms are. But I agree that the paradigm is a good thing.

It isn't the final step. No paradigm is. Every paradigm offers comfort for a while and then, as we expand more, begins to pinch somewhere.

All paradigms are sooner or later superseded, as far as I know. They're all thought-born and that alone ensures that they will be overtaken.

As each hour passed, the import and impact of this particular discovery spread through me and my amazement grew.

I may have reached here by stumbling into the Labrea tar pits (vasanas), but I got here, and not a minute too soon.

Being in quest of self-mastery, even if it means being the newest newbie on the block, is infinitely better than being in quest of creative expression.

Even the first minute of it, the first breath of it is invigorating. It's like being in a bigger room, a bigger house, compared to the old paradigm.

I get to see how any paradigm can be confining.

If this is not an example of paradigmatic breakthrough on the hoof, I don't know what is. I've shifted from the old paradigm of creative expression to the new paradigm of self-mastery.

Ever since, I've been seeing things about self-mastery. It's causing, not a creative explosion perhaps, but a building bonfire.

I get to see how much rides on me mastering my own thoughts and feelings. I get to see what vistas open up if I can get beyond creative expression to self-mastery.

I don't know where to turn next. I'm like a kid in a candy shop only there's nothing in the shop yet.

So let me stop here. I hope I've illustrated the process of paradigmatic breakthrough. I thank the friend who helped me through this situation, who assisted me to source my vasana and who listened to me as one paradigm collapsed and another arose.

I'll probably need a day or two to rest and make sense of where.

Now off to walk on the moon, all alone out here, taking baby steps into a whole new world.

In the last section I'd like to look at lessons learned and make some suggestions for others going through the same process of paradigmatic breakdown and breakthrough.

(Concluded in Part 4.)

Paradigmatic Breakthrough – Part 4/4

February 7, 2014

<https://goldenageofgaia.com/2014/02/07/paradigmatic-breakthrough-part-44/>



(Concluded from [Part 3.](#))

Lessons Learned

Before starting in, I need to say I'm not sure that we always have to break through to a new paradigm.

I've had several instances in my life where awareness has dawned without the need of a breakthrough. (1) But some situations are stubborn and may require it.

Increasing anomaly or inner turbulence may sometimes be a sign of mental or emotional difficulties, but it could just as easily be a sign of maturing perception and understanding.

In our society we develop cartoon ways of seeing people. “Eccentric genius” or “mad hatter” are examples of judgments we coin to describe a person sensitive to increasing anomaly.

My suggestion is to see increasing anomaly as a sign that we're reaching the end of the road with one way of being and look for the new road to begin.

Here's what I've learned from this tumultuous exit of one paradigm and entry into another.

Just as with a vasana, we don't want to project our frustration outwards. A simple statement that we're experiencing inner turbulence should be enough (but it also may not be) to gain us the room we need to go through the passage from a less adequate way of seeing things to a more adequate way.

Since we're all going to be experiencing a lot of anomaly in our society as we advance to higher-dimensional perceptions and understandings, it may make the way easier for us if we come to accept growing cognitive dissonance as a fact of life that we may all need to adjust to and make allowance for. We may need to cut each other some slack in this area in the days ahead.

If we ourselves feel anomaly, I recommend relating to it the same way we'd relate to a vasana: by noticing how we feel and naming it; by asking the mind to serve its faithful function of sending us a picture of what caused the anomaly and attending to the picture that arises; and then by allowing whatever process of awakening and resolution that follows to occur.

It would help if the person affected by the rising dissonance recognizes that it's a process of letting go of a paradigm that no longer serves (whether we know what that paradigm is or not) and allows the rise of a new paradigm that lets us manoeuver in the circumstances we face (not like we'll know what that paradigm is beforehand either).

The anomaly we feel may be too great to just pretend that nothing's happening. Our frustration level may be too high to just carry on as if things are normal.

If we're not accepted while in this phase, it may become difficult to be around others. Their frustration would add to our frustration and breakdowns could occur.

If we can be granted space while going through this process, or find a quiet place or an outside space to be in while we allow the new paradigm to emerge, that may save us all a lot of wear and tear. (I was granted space and I thank those who did so.)

We'll know when the new paradigm arrives. Archimedes is depicted jumping out of the bathtub, hopefully clad in a towel, and running through the street when he had his paradigmatic breakthrough.

We call these "Aha!" moments and they can lead to great discoveries. We may feel ourselves swell with satisfaction, the end making up for the journey.

But it can feel like a rocky ride while we're going through the turbulence.

OK, time to rest. And then go off exploring this new land.

I'm going to give you a rest for a day from the current subject and then continue establishing a beachhead in this new land of self-mastery.

Footnotes

(1) In fact there are explosive and quiet breakthroughs. My heart opening of March 13, 1987 is an example of an explosive breakthrough. Changing my vote from hostility to harmony is an example of a quiet breakthrough.

Breaking Through to a New Paradigm – Part 1/2

September 5, 2016

<https://goldenageofgaia.com/2016/09/05/breaking-new-paradigm/>



Credit: billbovill.com

I said yesterday that I'd look more closely at the growth work I did over my holidays.

I wrote this article before reading Sandra Walter's latest, in which she said:

"Transparency and disclosure is a global unfoldment; every heart and mind will have to come clean. Revelation affects everyone, not just *the bad guys* – and you can accelerate all of it through your own transparency and disclosure. Express all that is within your heart, and the collective will reflect that." (1)

I get the impact of the third wave she describes in her article. And I so agree on the importance of transparency and disclosure - our own, never mind the bad guys.

Without us disclosing and letting go of our unworkable ways, our relationships will only get more and more strained as we head into the more refined vibrations.

Take me. I made a profession as a child of being a complainer. Now the basic negativity of that profession colors everything I do. In the more refined vibrations, I'm going to stick out like a sore thumb.

To return to the growth work, the trigger for it needs to remain private, but I fell into a depression as a result.

I had a disastrous social exchange while inhabiting this down space. I became frustrated, sharp with another, pointed in my remarks, altogether objectionable. I should never have ventured out.

In the reflection that followed, I became aware that not just one, but a number of areas in my life were simply not working. My conditioned behavior, which had never really worked but which many people caringly turned a blind eye to, was starting to cost me and others big time.

I looked for help and one source was my guidance. When I was in the pit of despair, I received this apt counsel, by way of a thought that didn't come from me: "You can't afford the luxury of a negative thought," someone said.

That really rang a bell with me, for some unknown reason. It connected with my situation at some deep level that I didn't fully understand.

You'd have to unpack that sentence to really get how appropriate it was for me.

I have to say more about my childhood career choice: the whiner and complainer.

As the youngest in the family, the only way I could get attention was to whine and complain. So I became a professional at it. The squeaky wheel that got the grease, Always seeing the negative side of things. Always seeing what wasn't working. Oh my. A life sentence of negativity and objectionableness.

In the amount of pain I felt at seeing this, I saw how my tactics of negativity needed to stop.

I worked for days with this one piece of guidance.

But there was also a second source. Three local friends in my life operate on a similar, wonderful philosophical principle. Just purely by coincidence. They don't know each other well.

I knew there was something about what they did that worked but I could never describe it or get the hang of it.

Then, one day, I was hurting bad and looking for a way out. In response to a now-forgotten question, one of the three said to me "I'd rather be happy than right." Again the light went on.

Yes, that's what all three of them seemed to know and practice in common. That remark sank right into me. The realization that occurred at that moment was strong enough to cause a paradigm shift. I dropped wanting to be right rather than happy and took up the reverse.

I saw that I'd always lived by the opposite precept: I'd rather be right than happy. A person following that line of behavior drives people away. It fits right in with being the complainer - the righteous complainer. Dead right.

So switching from where I was to where my three friends are was definitely a plus for me, a benefit, an advantage. (2)

Perhaps notice that I'm moving from one line of behavior to another here. I'm changing my mind and changing my behavior. Such a thing is possible and usually realization furnishes the juice, the power to make a change of mind and behavior. (3)

Being motivated to change is not our usual MO. Usually we resist attempts to change us or have us change. But when we hurt enough, as I did at that moment, we can make needed changes, without resistance.

I now have to true up to this guidance and assimilate it, allowing it to turn me in a more favorable direction than I've been in.

(Concluded in Part 2, tomorrow.)

Footnotes

- (1) “Acceleration and the Solar Eclipse: Making the Choice,” by Sandra Walter, August 29, 2016, at <https://goldenageofgaia.com/2016/08/30/sandra-walter-acceleration-solar-eclipse-making-choice/>
- (2) Which I later called “changing my vote.”
- (3) Later I called this “reparenting.”

Breaking Through to a New Paradigm – Part 2/2

September 6, 2016

<https://goldenageofgaia.com/2016/09/06/breaking-new-paradigm-part-22/>



While the shoe fits.... Credit: www.containerstore.com

That was only one set of vasanas that went off over the holidays, what with the rising energies, solar eclipses, etc.

Here's another.

I'm a monk and an introvert by inclination. But I've also made agreements that will pull me more toward the extrovert side of the spectrum.

Those agreements will mean, at a future date, a lot of meetings, conference calls, lunches and dinners, etc. As an introvert, I don't excel at these. I wouldn't seek them out voluntarily.

How am I'm going to do this and remain calm, loving, and sane?

I look and look at what isn't working, what there is to do, what I *can* do.

At last I look at the way I'm holding things. Something about my context or paradigm (introvert vs. extrovert) may not be working.

Notice what I'm doing. Cognitive dissonance has arisen in the sense that as an introvert I'm feeling a lack of space for introspection and my future holds more extroversion and even less introversion. I therefore feel anxiety rising.

What do I do? I begin to look for another way to contextualize my situation that will work better. A different way of framing it. A different way of describing it.

In this never-ending stairstep of paradigms, what other distinction can I make that works better than this one and entices my mind to change?

"Servant and served. I am the servant."

Interesting. Let me try it on, test it out.

Yes! That fits.

I've always considered myself Archangel Michael's servant. I am the Mother's servant.

I now begin a different phase of that service with the Reval.

I'm kicking the tires, looking under the hood, considering.

Yes, that paradigm works for me. Thank you. I'll take it.

In whatever occurs, the gate I start at, the ground I stand on, and the destination I aim for is service.

It's confronting to say this publicly but then, if I weren't saying it publicly, I probably wouldn't be doing it. Nothing would be holding me to the mark.

There has to be something at stake to make a person move and, when you write ethnographically and publicly as I do, you have a lot at stake.

A servant cannot afford the luxury of a negative thought. In most situations, a servant will profit from being happy rather than being right. A servant knows to take care of himself first if he's to be of service to others and to allow himself some downtime and playtime. A servant....

The dissonance is gone. While the shoe fits, I have a new paradigm.

How Paradigmatic Breakthrough Works

June 7, 2020



We have to lay new track

I just wrote an article (1) that illustrates a process that I don't want us to miss out on noticing.

It's a very important process and realizing it's at work here would be of benefit.

What just happened for me was that cognitive dissonance built up to such an extent that I cast the prevailing paradigm down and accepted a new one. This is one way - not the only way - in which the process of paradigmatic breakthrough works.

I've discussed this process in an earlier set of articles. (2)

The cognitive dissonance I was feeling when reading news accounts in the alternative press had two parts.

The first was that current events revealed that our currently-prevailing paradigm of polarization is not working. (3)

The second was that reading polarized accounts in search of the news was becoming for me so unpleasant an activity that I was fast reaching a point (again) of refusing to continue.

Our practice of polarization is not just a race to the bottom; it's a train headed for disaster. Leaning to the right or the left side won't help us on a train that's headed for disaster.



Alice in Wonderland was all about vasanas.

Being polarized on the left side, the "commie" side, or being polarized on the right side, the conservative or "patriot" side, won't stop the train from going where it's headed. We have to stop the train and build new track. (4)

That's how paradigmatic breakthrough works. Increasing cognitive dissonance leads to rejection of the prevailing paradigm and acceptance of a new one - to laying new track.

If you're wanting to see what it would take to have your intimate partner, business colleague, etc., change, this is what it would take - and how it would occur.

And they'd say they had an epiphany, saw the light, got the message, changed their mind.

This may or may not be accompanied by, or reach the level of, realization. Mine did not. It was a building of disgust combined with the apprehension of emergency circumstances that forced me to cast down the statue of Baal, so to speak (I'm being dramatic).

I'm now wholeheartedly intellectually convinced that polarization won't work; only unity will. I'm not yet experientially convinced and not yet realizationally anchored.

As I've discussed before, I'm now going to consolidate this re-choosing, this paradigmatic breakthrough by establishing a beachhead of understanding and then moving out from there.

Footnotes

(1) "Turning My Hat Around and Embracing Oneness," June 6, 2020, at <https://goldenageofgaia.com/?p=310978>

(2) "The Principles of Largescale Employment Projects – Part 1/2" at <http://goldenageofgaia.com/2016/02/23/the-principles-of-largescale-employment-projects-part-12/> and "The Principles of Largescale Employment Projects – Part 2/2" at <http://goldenageofgaia.com/2016/02/23/the-principles-of-largescale-employment-projects-part-22/>

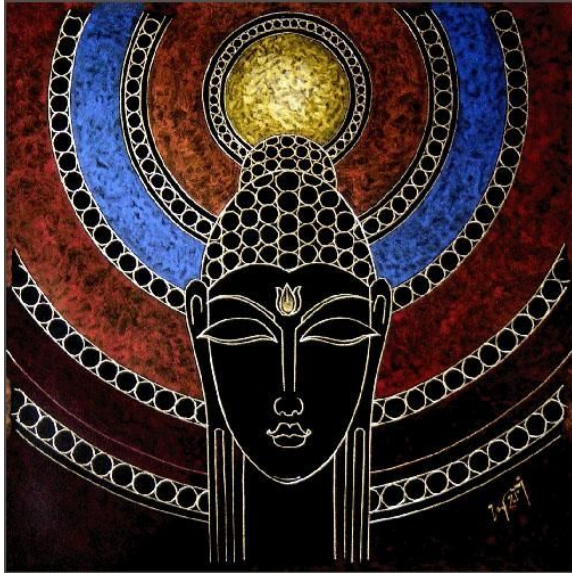
(3) The paradigm has been with us since time immemorial, but the Illuminati honed it to a fine point with their "divide-and-conquer" strategy.

(4) I acknowledge Werner Erhard as the source of this extended metaphor.

Breaking Free from Confining Paradigms

February 11, 2019

<https://goldenageofgaia.com/2019/02/11/breaking-free-from-confining-paradigms/>



Credit: Shekina-el-Daoud.com

If we were to look, I think we'd find that our prevailing viewpoint is the following.

We operate on survival instincts associated with feeling alone in a world where everyone has to compete for scarce resources.

We might have to scratch below the surface to see it.

Yes, we team up - for the sake of survival. Then we gather retainers and maraud our neighbors. Then we form armies and nations maul nations. And underneath it all is the assumption that life has to be a struggle for existence, in which only the fittest survive.

Now hold that thought. That point of view is called by historians social Darwinism.

Now add to that a second point of view we have: That only what we can see, touch, hear, and feel is real. This is called empirical materialism.

In academia back in my student days, if one contested these two points of view, one encountered resistance - one might be denied acceptance in a program or promotion in a teaching position; one might be ridiculed behind the curtain; one might be recommended only for positions no one else wanted, etc.

I was required to accept competition as the natural order and war as largely a necessity in the defense of freedom when neither were true. I was asked to live in a world where subjects like the soul, the Light, and the Mother had no relevance and commanded no respect.

Cognitive dissonance built up to a breaking point - after which I lost interest in academia and could no longer hide it or fake it. Either I studied enlightenment or I'd leave the program - either way, I'd study enlightenment. (1)

What precipitated that decision was a vision I had on Feb. 13, 1987. I couldn't shoehorn it into the prevailing paradigms - I've never been able to. (2) It was a vision of the entire journey of an individual soul from God to God. Not anything we could touch, see, or hear.

Finally, I got it. It was during a phone call with my thesis adviser. I saw that I was not born to be an academic and would never fit into that world. I was born to roam more freely. And roam freely I have.

Footnotes

(1) The result was the database called *From Darkness Unto Light* found here: https://goldengaiadb.com/index.php?title=From_Darkness_to_Light

And the book, *The Purpose of Life is Enlightenment*, found here: <https://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>. These two would in fact have been the basis for my doctoral dissertation.

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

My Life is Mine to Create – Part 1/2

September 24, 2017

<https://goldenageofgaia.com/2017/09/24/my-life-is-mine-to-create-part-12/>



Written in the midst of a spiritual experience

I'm in the middle of a realization. If I don't write it down, no trace of it will remain.

I suddenly felt the onset of a wave of love directed from me to myself. For a moment, I fell in love with myself.

I felt the same divine love for myself that I feel for my sacred partner.

I was delighted with myself. And it didn't depend on what I did or did not do.

I was aware of myself as a being. And I loved myself. Why have I been holding back?

When I saw that love didn't depend on what I did or did not do, I had yet another realization.

I saw that nothing depended on what I did or did not do, that everything I did was made up anyways. This whole world is illusion compounded and I'm acting as if anything I do truly matters, when it really doesn't. Not absolutely.

It probably sounds as if I'm demeaning myself. I'm not. At the absolute level, every trace of an individual "I" dies. At that level, none of this that has gone on will retain its meaning.

It's a very refined form of play acting we do, with some very real consequences on the level on which events transpire. But at the level where we re-unite with the One? No meaning at all.

In my moment of realization, I saw that my life was a series of actions that I'm carefully making up as I go along, moment by moment. I observed myself making it up.

And then I persuade people to believe about events whatever I want them to. I sell my story to them. But it's all made up.

It's all my interpretation, my version of whatever actually happened. It isn't the truth.

And invariably I construct my version to favor myself, to give myself the benefit of the (read: every) doubt, etc. It's very refined but nonetheless it's all there, just spread out over a little more time.

In this second "Aha!" I saw that the matter goes much deeper than just this one instance in which I observed myself "making it up."

The self-serving bias is one of the hardest viruses to clean out of ourselves, one of the last to go, I believe. I saw how deep it goes in me. And how subtle it is.

I've talked about this for years under the term "the constructed self." May I digress? I think it's important. This is me the sociologist.

Almost all of what we say, in my estimation, comes from our constructed self, the character or persona we project and try to sell to the world. Our self-image, with its self-serving interpretations. In lightwork, we call it our "service-to-self" persona. I just happened to find myself staring at mine.

This whole thing I call "my life" is simply something I'm making up, self-servingly, as we go along and have made up throughout time. (1) And none of it matters a damn. Not one damn. Not really.

None of what I do or do not do ultimately matters. When I bend the knee before God and hand him back everything he gave me, including my separate identity, what I said to the car mechanic or stewardess won't matter.

Ultimately we're dreaming that we're acting when the real us - the Self, the Christ, the Atman - is not acting. "I am not the doer."

(Concluded in Part 2, below.)

Footnotes

(1) See "The Death of Narcissus; or, Everything I Do is Trying to Make the World Over in My Own Image," September 18, 2020, at <https://goldenageofgaia.com/2020/09/18/the-death-of-narcissus-or-everything-i-do-is-trying-to-make-the-world-over-in-my-own-image/>

My Life is Mine to Create – Part 2/2

Oct. 6, 2019

<https://goldenageofgaia.com/2019/10/06/my-life-is-mine-to-create-part-2-2-2017>



(Concluded from Part 1, above.)

Written in the midst of a spiritual experience

Meanwhile, everything we do together as a collective is a carefully-scripted drama, in which we have the right to depart from our agreed-upon lines.

Well, now that I'm free of thinking that what I do or do not do matters, the question then becomes: Now what? I'm not going anywhere so what do I want to create with the rest of my life?

Where can I turn for guidance? I'll turn to the Divine Mother:

"I have chosen and created and birthed you into form. That is the Plan at work and I have done this, we have done this, with that spark of divinity so that you would be divine in form.

"And what that means in very practical terms is the assumption of your divine authority to be in charge of your life, of your thoughts, of your feelings, of your actions, of your behaviors, of your steps, of your environments, all the way out to the edges of the universe, throughout all times and dimensions. ...

"If you do not take authority over your existence – think in practical terms, this life – then what happens? You are adrift. You are in fact that row boat in the middle of the ocean being twisted and turned every which way. Divine authority means choosing - yes, with ... your divine authority of free will - to direct how, where, when, [and] if you choose to proceed." (1)

Assuming my divine authority, rather than continuing to respond to my vasanas and conditioning, what do I want to create with my life?

If this were the processing of a core issue, then this would be the moment when the individual, having laid the vasana bare, has the opportunity to rechoose.

Do I want to create a sad tale of ... whatever ... or a tale that I myself can be proud of?

Moving beyond myself, do I want to see the tragedy in the world continue or do I want a world that works for everyone?

I've seen such a world. When the whole planet is in the higher-dimensional state indicated by phrases like sacred love, divine love, true love, etc., then the world will work for everyone.

It's in our future, no matter what. I certainly choose a world so deeply in sacred love that it effortlessly works for everyone. That's the world of my dreams.

Somehow I find myself in the driver's seat in a way I wasn't before. I've moved from acting as the victim of circumstances in some insidious and unconscious way to acting as a self-commanding individual.

As a result of these two realizations - realizations are the ultimate fruit of the awareness path - I feel inspired and energized. I'm more in my power now than I was. (2)

Footnotes

(1) "Repost: The Divine Mother: Assume Your Divine Authority," March 11, 2017, at <https://goldenageofgaia.com/2017/03/11/repost-the-divine-mother-assume-your-divine-authority/>

(2) These are not major realizations so deep that they bring on enlightenment. These are a minor order of realizations, often called peak experiences, transformational moments, or "Aha's!"

Nevertheless they differ only in depth of realization, not in content.

Letting Vasanas Arise

April 29, 2020

<https://goldenageofgaia.com/2020/04/29/letting-vasanas-arise/>



When a vasana is triggered I become a young child again

Heck, I'm not going to let a rich occasion like this get away from me without exploring it.

In a similar situation, most company heads would deny that anything's wrong and spin the news. But vasanas (or core issues) are my field of specialization. No, sir. Let's dig in.

The events of the last few days, with Kauila's site being taken down and us getting a second red screen (not like we know what caused it), have triggered a whole library of vasanas going off in me.

OK, I exaggerate. But there have been vasanas going off connected with loss, with acting stupid, with making a fool of myself, with being caught with my hand in the cookie jar, with having my doctoral thesis turned down as "unhistorical" ("cultural

history" having not been invented in Canada yet), from having my request years later to write a Sociology thesis on enlightenment be turned down, on and on the reactivation went.

I have (1) never felt so many vasanas go off at once and (2) never been as aware of the process as I am now.

When so many vasanas go off simultaneously, it's very difficult to keep them all straight. This may be why many people find a situation like this to be "crazy-making."



I DON'T have a vasana!

What I do is allow one vasana the microphone at a time and listen to it until it's done and then the next one. That simplifies everything.

Approached individually, the experience is bearable. When they're all competing for my attention (which can only focus on one thing at a time), then I begin to panic and feel I'm going insane.

This is a time when most corporate executives would "go on vacation."

I opened myself to the next vasana and felt immense sadness. But it was overlaid with so many other emotions and issues that I had to simply be with it, rather than inquire into it. (1) I experienced it through to its completion and departure. My

sadness was tidal and very deep. It swelled and faded away but was like a vast body of water that only the wind can stir. My breathing was sad.



"Why do I need to know about vasanas?"

I didn't need to inquire into it. This vasana was born upon the death of my Mother in a housefire.

When I see the origin of it, it lifts.

As sad as I am, I'm ready for the next one.

Up come vasanas connected to catastrophic losses as the loss of all this literature would be for me, if I allowed it to be. I don't have those feelings in me but I could. I obviously have had traumatic experiences of loss in the past.

Now here is a case where two feelings overlap. Sadness and loss both originate with my Mother.

Now, both sadness and loss fade into the background. I'm ready on Mike One for the next vasana.

Feeling foolish comes up. All the times I've done foolish things with girlfriends. I cringe. And here I'm convicting myself of doing something foolish that could result in the closure of the blog. (That's how my mind is working.)



So I experience foolishness and immediately begin to see many photos of early girlfriends and awkwardness, gaffes, bricks dropped on my own foot.... I remember them one by one.

I don't need to drag you through them all but you get the picture....

This is the alternative to shouting at someone, hitting them, destroying a piece of furniture, and other projections of our vasanas onto the external world.

Doing it this way we don't shout at anyone or kick the dog. AND the upset gradually lifts. Not so with the other way.



Let me turn from narrating the completion of the vasanas to a little of the theory behind it.

In my view, we have vasanas (or lingering core issues) because we refuse to re-experience an emotion or thought that was traumatic for us when something happened to us, usually in early childhood.

If we allow ourselves to re-experience the trauma, the vasana begins to loosen its grip.

Unfortunately, the more common response is to say, "You made me mad," which is not true, and let fly at the other person.

As I said above, that's projecting our vasana onto someone else and all it succeeds in doing is energizing the vasana which then recedes back into the sea of forgetfulness or unconsciousness, to rise again when triggered.

So here with this one-two punch, vasanas are going off right and left - feeling challenged, feeling tested, thinking I've let the team down, on and on the memories go and the traumatic feelings arise.

I re-experience them and let them depart according to their own timetable. That way they're not energized and gradually begin to lift.



I notice that I really don't like to feel the feelings that arise. My natural tendency is to run from them, divert myself, pick a fight with someone, etc. It's counter-intuitive just to sit with them and observe.

This process goes hand in hand with telling the truth because when we know the truth of the vasana, it tends to lift. Not only will the truth set us free, but the more truth we unconceal, the more our release.

We can use this fact to guide ourselves. Do I experience increasing relief? If so, I'm headed in the right direction. No relief? Better go another way.

The awareness of how to complete a vasana, to the best of my knowledge, is not being taught in school. Nor in university, as far as I know.

It was being taught in workshops such as est and spiritual traditions like Buddhism and Hinduism. I hope that one day it'll be second nature to people and our long history of being a prisoner to our reactions ends.

Footnotes

(1) On inquiring into a vasana, see “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

Here are some articles on vasanas:

- [What is a Vasana? – Part 1/2](#)
- [On Being Rebuffed ... and Getting It](#)
- [The Truth Will Set You Free](#)
- [Sooner or Later We Must Forgive Everyone in Our Lives](#)
- [How to Handle Unwanted Feelings: The Upset Clearing Process](#)
- [On Looking like a Fool ... and Getting It](#)
- [How to Deal with Upset People as the Energies Rise](#)
- [From Reaction to Completion](#)
- [What Are You Invested In?](#)
- [Dealing with Stored Emotional Trauma](#)
- [I Know I Came Here to Communicate This](#)
- [OK, I Feel Upset. ... Oh, Great!](#)
- [To Be With and Observe](#)
- [Presence Dissolves Issues](#)
- [No Mask, No Box, No Path](#)
- [Clearing an Upset in the Moment](#)
- [Running the Process](#)
- [Emergence](#)
- [What is "Emergence"?](#)
- [Just Simply See](#)
- [Karma and Issues Are Not the Same](#)
- [Sri Ramana Maharshi on the Problem of Our Habitual Tendencies](#)
- [Can Illness be Caused by Reactive Habit Patterns?](#)
- [Deconstructing “Me,” Removing the Masks](#)
- [Time to Complete Old Issues – Part 1. Rising Energies are Awakening Us or Exposing Our Barriers](#)
- [Peggy Black: Emotional Alchemy](#)
- [Time to Complete Old Issues – Part 2. We Must Heal the Barriers to Love](#)

- [Time to Complete Old Issues – Part 3. Dropping Rackets and Completing Karma](#)
- [Time to Complete Old Issues – Part 4. How to Clear Old Issues and Upsets](#)
- [Time to Complete Old Issues – Part 5. What Can Go Wrong?](#)
- [Time to Complete Old Issues – Part 6. Philosophical Considerations](#)
- [Conclusion to “Time to Complete Old Issues”](#)
- [Let Go, Let Go, Let Go](#)
- [What We May Need to Leave Behind – Part 1/2](#)
- [What We May Need to Leave Behind – Part 2/2](#)
- [Cathy Heath: Liberate Yourself from Destructive Emotions: Become the Objective Observer](#)
- [Yayayayay! We’re Reactivated!](#)
- [Processing the Upset](#)
- [Processing the Sleeping Volcano and Moving On](#)
- [Inelia Benz: Anger – Why It is Important to Process It](#)
- [Looking in the Mirror – Closely](#)

An Us-and-Them World

May 27, 2020

<https://goldenageofgaia.com/2020/05/27/an-us-and-them-world/>



Werner Erhard made the distinction between an us-against-them and an us-and-them world.

A world that works for everyone is an us-and-them world. Others have called it win/win.

Now, I was not raised in an us-and-them environment, not viewed from any angle - except perhaps the angle of the soccer or baseball team.

Our team - whether sports or military or commercial - was us-and-them. But everyone else was us-against-them.

I remember reading the business reports of the 1990s having to do with automation. It was from reading them that I came up with the designation "business Darwinism," because that's what it was.

Everything was about survival and the pursuit of money and power. Business was red in tooth and claw. The weakest went to the wall. It was the law of the jungle.

Our aim was to eat someone else's lunch before they ate ours, to strike before they did, to behave like a shark.

I couldn't believe what I was reading.

So I'm learning something brand, spanking new, along with everyone else. All I have are the concepts, "us-and-them" and "win/win."

My habitual tendency is to be aggressive and distrustful of strangers. So at the moment I'm just plastering "us-and-them" over top of "us-against-them." I'm "looking good," rather than being genuine.

I have gotten that "us-against-them" *doesn't work*. This current mass hypnosis over memes and hashtags has shown me how deeply into the rabbit's hole I can fall without realizing it. (1)

I've known since the Seventies that, when awareness contracts, awareness that one's awareness has contracted also contracts. I did not know I had become polarized and I did not know I did not know.



As I've said many times, when I set out into new territory, I first establish a beachhead of understanding. My beachhead of understanding here is that the current divisive atmosphere in the world today is serving no one's purpose but the Illuminati's.

Unity must be what we lightworkers embrace or we forfeit a voice at the council fires later on, if I can use that motif.

If our left is throwing names at our right, and vice versa, we lose our right to speak for the collective. Our power dissolves in civil conflict.

We regard it as making a difference that we make war on each other. The divide-and-conquer strategy is almost invisible to us. Where's a redpill when you need one?

If this pandemic has taught us anything, it's taught us (OK, me) that, as Steve Rother and the Group said, "you're all in this together, and the only way out is together." (2)

That lesson has been gotten. And that is the extent of my beachhead of understanding at the moment.



I can connect with the matter more deeply when I consider it from the vantage point of presiding in a hearing room on a refugee claim. (3)

I would not allow villifying, slurring, insinuating, or ridiculing in my hearing room. To resort to such devices would bring the speaker's credibility into question. Why would I allow it in here? And yet that cuts out a good proportion of ostensible lightworker news sources.

The search for credible sources may not be easy. It's complicated by being in the midst of the storm. But the end result is worth it. The search is my first foray out from my beachhead.

My second foray has been, on two occasions, to separate the person from their behavior. I have never actually done this, no matter how many times I've used the phrase. On two occasions I actually did. Well done, Steve.

A third foray has been into movies in which people really did stand for values. Remembering some of my favorite scenes (like Moses coming back from the burning bush) is helping. And your encouraging feedback is like gas in my tank.

Michael and Mother, I ask you to furnish me with the realizations I need to connect with and understand an us-and-them world. Realizations such as these are in your hands. I invoke the laws of above and below and give and receive and your grace to this effect.

Footnotes

(1) I was becoming polarized and partisan. Michael warned me years ago it was quicksand. And it turned out to be:

Archangel Michael: You have stood at the edge of the fray and you have inserted not only rationality but a sense of balance and of light and of peace. So for this I commend you.

Steve: But go no further, right?

AAM: Yes. Because this has the energy of quicksand. It will suck you dry. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 2, 2016.)

(2) Steve Rother and the Group, "Beacons of Light May 2020: White Noise," Era of Light, 05/20/2020, at <https://eraoflight.com/2020/05/20/beacons-of-light-may-2020-white-noise/>.

(3) And that's where the last article came from:

“Trial by Social Media: Stop the Meme War,” May 19, 2020, at <https://goldenageofgaia.com/2020/05/19/trial-by-social-media-stop-the-meme-war/s>

Living Up to a Higher Standard

January 21, 2020

<https://goldenageofgaia.com/2020/01/21/live-up-to-a-higher-standard/>



I was deeply moved by watching Martin Luther King deliver his 1963 "I Have a Dream" speech.

I found myself immersed in inner work in response to it - in between my tears from being moved.

Aided by the buoyancy I felt from listening, at that moment, the penny dropped for me on what Archangel Michael had asked of me on Nov. 26, 2020. (1)

Previously I had no context for his remarks, could find no power within myself that would take charge of a task not understood, and felt confused and impotent. I searched for what he could be asking of me.

Rev. King's speech re-awakened the human-rights decision maker in me and I remembered all I knew then. This was again a huge missing piece for me, one that I had all but forgotten.

Now I had a context to interpret what Michael was saying. The "me" that was called forth on the refugee bench is the "me" Michael was speaking to: That "me" gladly lived by a higher standard.

Oh, yes, someone else would get the realization in their own way. And maybe I only got ten percent of it, but it's what I've called a beachhead of understanding. I have a small bit of dry land I can stand on now.

Yes, the person who sat at the head of the room had to respect the claimant's rights in all ways. All proceedings were recorded. Any decision could be appealed and overturned by a higher court.

The law was requiring me to be the best possible person I could be.

Reflecting on what that brought out in me allows me to both access that side of myself and update the file in all respects.

Realization seems to begin with remembrance.

What Michael was asking of me in November was: Live up to a higher standard. Thank you to the spirit of Dr. King for reminding us what a higher standard looks like.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 26, 2019. See "On Malware and the Redirection of the Blog," December 5, 2019, at <https://goldenageofgaia.com/2019/12/05/on-malware-and-redirection-of-the-blog/>

The Big Change – Part 1

May 8, 2020

<https://goldenageofgaia.com/2020/05/08/the-big-change-part-1/>



If we were to see the ending of the careers of corrupt politicians, of big business's control over the finances of the world, of the military-industrial complex's grip on the world, etc., I think we could all agree that we'd be in a time of terrific, even revolutionary change.

We may be saying to ourselves, "I hate change!"

It was so comfortable before, even if I wasn't getting ahead and had no future. No job. No prospects. Having increasingly to rely on family and friends.

We liked our little prisons because we could decorate them as we pleased. And we lived our lives comfortably.

But if we're living in a time when tens of thousands of imprisoned children are being released from a tortured captivity that we weren't even aware of, (1) when a total revolution in the global economy is just around the corner, when humanity is united as it never has been before because of a pandemic, then now is the time to act.

Only a community endeavor would, under ordinary circumstances (that is, pre-Reval), be able to get us through the recovery phase ahead of us. If anything, the pandemic has impoverished large numbers of us. How much lower do we have to go?

It's only in the depths such as we're about to enter that a community draws together and acts.

It'd be better if we had a plan, rather than simply reacting chaotically.

What do I recommend?

Well, I'd first of all act on the President's Executive Order of Sept. 21, 2017 and sequester the proceeds of everyone connected to serious human-rights abuses. (2)

That includes human traffickers/slavers, the makers of viruses and vaccines that spread disease globally, the spreaders of chemtrails that cause disease, mafiosi, drug cartels, "merchants of death," corrupt judges who sentence youth to (private) prison for petty offences, the operators of those private prisons....

I think you get the picture. All of them are guilty of serious crimes against humanity and human-rights abuses, some of them on an omnicidal scale (like this pandemic).

Then I'd recommend using that sequestered money to create a fund that would provide the following Six Point Plan - in North America first and then elsewhere. This would be on a perpetual basis, anticipating a global currency reset. (3)

The Six Point Plan

One, universal basic income covering all normal living expenses for every person living in that country, lesser for young children (under twelve). Everyone has their basic expenses in life covered and can choose to work on top of that.

Two, universal (free) medicare, pharmacare, and dental care. Public health of excellent standards available to all people living in that country, without distinction.

Three, universal accessibility to all levels of gender-equal education (K-Ph.D.) for all people living in that country.

Four, universal elder care, child care, and single-parent care.

Five, the elimination of personal debt.

Six, the elimination of the national debt.

That's what I'd do.

Too often in the last forty years, we've chosen to have a race to the bottom. OK, here we are, at the bottom as a world, a global dark night of the soul.

Many businesses have shut down. Many jobs have been lost. Many people's savings are gone. Credit card debt to the max. People living from paycheck to paycheck on several part-time jobs are hard hit.

We need to step up to the plate, begin thinking of ourselves as a world, and take loving care of our global family.

Those are my recommendations. This is the program I'll be working on after the Reval.

(Continued tomorrow, in Part 2.)

Footnotes

(1) I was aware of it but I was stuck in "it's too big. There's nothing I can do about it." So I left the solution of it to others.'

(2) *Executive Order Blocking the Property of Persons Involved in Serious Human Rights Abuse or Corruption*, December 21, 2017, at <https://www.whitehouse.gov/presidential-actions/executive-order-blocking-property-persons-involved-serious-human-rights-abuse-corruption/>

(3) A planned global reset of currency values, including a return to the gold standard, is in process, which will provide large funds to lightworkers for humanitarian purposes.

See *Financial Wayshowing and Stewardship* at <https://goldenageofgaia.com/wp-content/uploads/2019/09/Financial-Wayshowing-and-Stewardship-R18.pages.pdf>

The Big Change – Part 2

May 9, 2020

<https://goldenageofgaia.com/2020/05/09/the-big-change-part-2/>



(Continued from Part 1, yesterday.)

The point I wanted to make however is: what do we do in the face of this constant change to maintain our equilibrium, our balance?

Things are going faster than I can keep up with.

What do we do?

I can only say what I do, which I've been doing since childhood, but which a boss later called "getting your arms around it."

I say: We need to get bigger than the situation we face.

That's only one way of handling it but a way that's worked for me, who likes the big picture anyways.

What do I mean by it?

Well, I imagine myself getting bigger than the planet and therefore having the view of the entire globe.

And I then experience the feelings or vibrations that I sense from the various countries. Next I allow my mind to feed back to me what I know of the situation on the ground. Now I'm starting to open to the bigger picture.

And then I look at universal factors.

We all need food. We all need shelter. We all need access to the best medical care available. And so on. I'm now beginning to *think* bigger. I'm now thinking globally.

That's how I do it. (1)

The real hurdle is in getting over only thinking about what's best and most loving for us personally and beginning to think about what's best and most loving for the whole human family. (Think globally, act locally, they said in the Sixties.)

The minute you get near to this territory, you're called a communist, socialist, leftie, whatever. Ridicule is a recognized attack strategy. (2)

Putting that aside, we can't let the opportunity this pandemic represents pass us by. It's had us as a world act together to end a global threat.

Think and act globally we must. That's the big change.

That's where we need to go, in my view, as the one global family we're showing ourselves to be in response to the pandemic. I'm not talking about our leaders. I'm talking about us, whom we watched in every corner of the globe via stories of the world's response to the pandemic.

We saw our commonality. Oh, gosh, there's their coffee shop. There's their drug store. Their streets look just like ours. They're waving to us from their balconies. They're banging their pots. The first message that came across was: "Just like us."

Black/white, Muslim/Jew, Christian/Muslim, rich/poor, whatever, just like us.

It's said that travel broadens the mind. So does televised coverage of life elsewhere.

The second message that came across, again unitive, was: "We're all in this together." We all faced a common threat and it brought us all together.

I'm not sure the cabal foresaw that. Our harmony will again foil their plans.

All of us need to take the first step to sharing the wealth more equally around the world.

That first step should not be threatening to anyone. It is to follow the President's plan to sequester the wealth of serious human-rights abusers.

The President mandated it in his Executive Order of Sept. 21, 2017. That money could be used to finance the program I just outlined.

The program I laid out is not communist, not socialist. (3) The program is humanitarian and compassionate. It eminently accords with Jesus's teachings, such as "love one another as I have loved you."

It compensates people for what they've been put through.

What have they been through? Again big picture:

Everyone endured the automation of work, the buyer's market for labor it created, and the fall of trade unions.

We endured jobless recoveries from periodic recessions, which recessions were nothing more than a means of shedding workers.

We lost pensions, medical plans, dental plans, and all other benefits. Reasonable salary increases. Permanent employment. Opportunities for advancement. All these became things of the past.

We suffered under weather warfare attacks by HAARP - hurricanes, earthquakes, flooding. We suffered from chemtrails, viruses, and vaccines.

And now we face enduring privation on a global scale. Will we let this be another jobless recovery, where we shed millions more workers?

Or will we have it be a wholesale, tectonic shift in our values and actions.

There are so many forces behind the scenes acting on our behalf, some of them dying for us. The part of the program that I just outlined falls to us. I don't want their sacrifice to have been in vain and I'm sure you don't either.

I've provided a platform, a package of services, which I make freely available to anyone. Let's globally enact this basket of universal services and make the big change. (4)

Footnotes

(1) Watch my critics try to shame me for looking inwards to get a sense of what's happening in the world. And yet I'm consulting my knowledge gleaned from research and stored in memory and the sense I've generated as a result of it.

(2) Developed by the CIA. As a number of leaders have observed: First comes ridicule. Then comes anger. Then comes agreement and protests of obviousness.

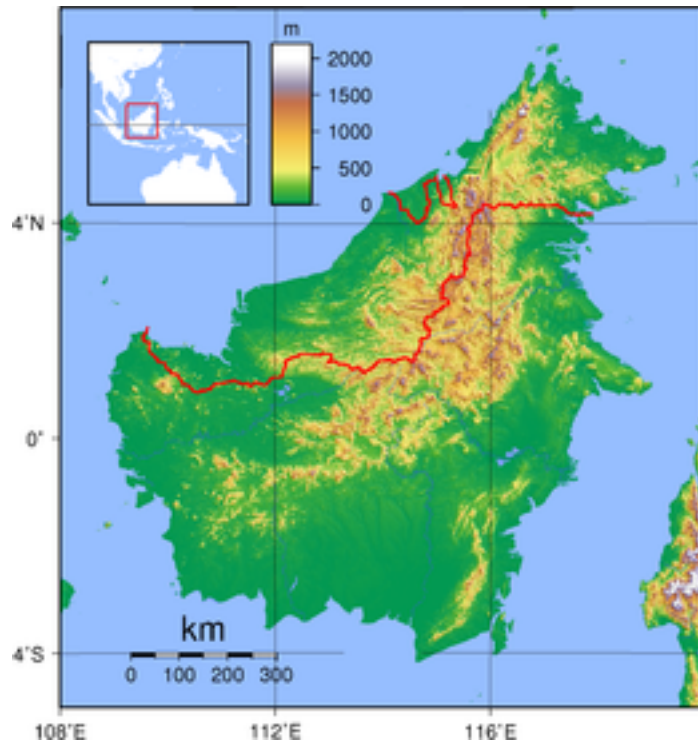
(3) I once nearly flubbed a Ph.D. exam because, in reply to a question about Karl Marx, I acknowledged that I had never read him and didn't care to.

(4) There's no need to credit me for any of this. Just take it and run with it.

In New Territory

January 16, 2019

<https://goldenageofgaia.com/2019/01/16/in-new-territory/>



When in new territory, I need to keep bringing myself back to first principles.

Our oneness with each other and with the One Itself is as close to a first principle as we may ever get.

That life is a quest to realize that Oneness is another first principle, a really basic fact.

It follows as a corollary that any activity that assists us in this quest has great value.

By the time these ultimate truths filter down through multiple layers of density, the outlook is not as clear.

I need to pay my rent and put food on the table in this 3rd/4th Dimension. Who has the time to think about the One?

But then a time arrives when thinking about the One comes to have real and practical value.

It raises our vibration and that just happens to be, evidently, the need of the moment.

I could sit here, meditating with a still mind, until my ability to sense and capacity to discern is so great that I realize the One.

But I work as a communicator, in this case, to raise my own vibrations in ways that could be applied by the greater part of society - which meditating may not.

Using harmless truth (or, maybe, starting to use it) as a means of unpacking old baggage seems to have much recommending it.

What's the truth of Oneness as seen from a 3rd/4th Dimensional standpoint?

It has to lie in the realization of the Oneness of all of us. We're all we see and hear.

It has to be the brotherhood and sisterhood of all of us. That in itself has to translate into equality, freedom from fear, etc.. rippling down the line.

Therefore, if I'm to raise my vibration to have the Reval escape from the influence of the dark side and to do it as a communicator using the tool of truth and drawing the basic Oneness of life down to this 3rd/4th level...

... it'd have to be by seeing and acting from the brotherhood and sisterhood of all.

This again has the ring of truth. My beachhead of understanding has now brought me to the oneness and equality of all.

A Beachhead of Understanding

August 16, 2013

<https://goldenageofgaia.com/2013/08/16/a-beachhead-of-understanding/>



We're in such new territory for me, on so many fronts, that at times I feel like a stranger in a strange land.

And I've been watching myself to see how I adapt to a process whose only constant is change.

I'm a student of awareness, a person who regards his own internal states as a fit subject of observation, and a person who believes that the most enduring part of himself is his consciousness.

I've agreed with myself to observe my own states of consciousness and being over time as yielding the most valuable of results, among all things that I can do. And Archangel Michael has confirmed for me that this is part of my mission as recently as *An Hour with an Angel*, on Aug. 5, 2013 when he said:

“You are very good at expressing the shifts, the openings, the expansions, the questions, the doubts, on our platform [the *Golden Age of Gaia*]. And we thank you for this, because in this what you are doing is you are

sparkling the same awakening in others. You are also giving them permission to acknowledge their own process and shift.” (1)

It's always wonderful when what one does turns out to be what's needed! I'd be doing this anyways so that's excellent!

So I'm here to watch how I adapt to the new at a time when all things seem new and to express what I find.

The way I move forward into and through the new is the same way the Allies moved forward on D-Day. I establish a beachhead of understanding, one thing that I sense to be true, one thing of which I'm certain, and then venture out from there into the unknown.

That doesn't mean the thing I stand on is true, just that I sense it to be so and feel certain of it. It doesn't mean that all people venture into the new in the same way. This is just the way I do it.

What I feel certain of at the moment is that we're all of us engaged, willingly for the most part, but unwillingly for some, in a process of constant, continuous and gradual unfoldment. And knowing that provides both the ground I stand on and the platform for further movement out into the new.

Archangel Michael, in that same interview, implied that we're in such a process when he said:

“You, my beloved friends, have been diligent in your work, diligent in your commitment of your hearts, your souls, your beings, your bodies, to go forward in this Ascension and this unfoldment of your plan and our plan within the greater plan.

“I say this, and I remind you of this, because we want you to know that your forward progress, your growth, is not only noted; it is celebrated, and we are proud of you — proud in the sense that you are brothers and sisters, colleagues, and fellow travelers.

"You are the masters who inhabit the planet of Gaia, who walk this beloved Earth in this period of miraculous change, and in a period of change that has never been experienced, on Gaia or elsewhere.” (2)

What he says here acknowledges this process of unfoldment we're in and how it is the Divine Plan for us in this age.

Here and now, we ascend from the Third to the Fifth. But on other occasions we unfold into other dimensions. What's common and a constant is the process of unfoldment itself. At this time it's occurring rapidly and in a way that can be more easily experienced than at other times.

We call this process "Ascension." Its main engine is the energies that are being beamed to us by higher-dimensional beings, which Matthew Ward described here:

“[Mother Earth's] cry for help went out into the universe and instantly God authorized myriad spiritually advanced civilizations to respond by beaming their own vast light into Earth's body.

"The massive infusion of light from those distant sources stabilized her orbit and enabled her to jar loose from negativity's stranglehold, start to ascend out of deep third density and continue toward her ultimate destination in fifth density.” (3)

Archangel Michael described our unfoldment this way:

“You are dealing with the fading hologram of the old third while anchoring and embracing the reality of your sweet selves in the fifth.

"Now, we know this is not always easy, but it is your diligence, your commitment that brings you to this point of change. You do not always see, or, more importantly, acknowledge the change.

“And one of the things I would like you to do is to begin to more clearly and vociferously acknowledge the changes that each of you are experiencing, within and without.” (4)

Chief among the changes - for me anyways - is the expansion in my contact with the one who changes. When so many features of the landscape are new, what's thrown up into sharp relief is the changer/changee. I am both the one who changes (changee) and the one who commands the response to change (changer).

Who decides what changes I make? Who is the authority here? Whom do I listen to? In the process of enquiring further, I become increasingly aware of the subject and object of all change: me.

I am not the energy of change - well, at least not that I'm aware of. But I am both the subject and the object of change.

The emergence of increasing clarity around this "I" turns out to be the most significant aspect of this continuous and continual process we call "Ascension."

In fact it's the most important result of the whole unfoldment we call "life," not just this one movement from the Third to the Fifth.

The emerging contact with myself, the unfolding knowledge of me - and the same could be said for you, I think - is both the result of this continuous unfoldment we're in and its reward. All things seem to ride on it. "It feels right," as Archangel Michael said in his interview. (5)

And the farther this process of unfoldment that we call "Ascension" goes, the deeper and more substantial my contact will be with myself. That also "feels right."

Once I make deeper contact with myself, I'm induced to throw everything else over and consolidate it. Having sensed the treasure in the field, so to speak, I tend to sell all I have and buy the field. I do this primarily by meditation.

Moving ahead by this process of sensing and internal observation, I establish a beachhead of understanding in this new and constantly-changing world. I sense that I'm headed in the right direction.

And I'm eager for more, not of stuff, not of things, but of contact with this self that is changing, in this constant process of unfoldment, and commanding the response to change.

Footnotes

(1) "Archangel Michael: Expect Miracles – Part 2 The Event and the Chaotic Node," Aug. 7, 2013, at <https://goldenageofgaia.com/2013/08/archangel-michael-expect-miracles-part-2-the-event-and-the-chaotic-node/>.

(2) Loc. cit.

(3) Matthew's Message, Aug. 13, 2010, at <https://www.matthewbooks.com/mattsmessage.htm>.

(4) “Archangel Michael,” *ibid.*

(5) “Just like you, Graham, you have stepped forward into a new realm of existence, and you have said, not only to me, but to all, not only do I love it, but this feels right.” (“Archangel Michael,” *ibid.*)

Establishing a Beachhead of Understanding in a New Context

January 13, 2019

<https://goldenageofgaia.com/2019/01/13/establishing-a-beachhead-of-understanding-in-a-new-context/>



Not only did Michael's and the Mother's call to raise our vibrations bring several strands together for me but it's galvanized me into action.

I had never considered what our common contribution could be to all that's going on, but now I see it: Our common contribution is exactly this, raising our vibration.

The very phrase has the ring of truth for me.

Earlier I said that "getting" this phrase was like knocking the billiard ball in a different direction. That's in effect what it's been for me.

I, a person who specialized as a very young child in lowering the vibration by being a stick in the mud (in order to be heard), am now confronted with the need to learn something new from square one: How does one raise one's own and the collective vibration?

I know none of the skills.

I watched myself the other day about to say subtle things on my cellphone which were designed to control. That was the first time in my life I had seen myself trying to control another person. I *do* try to control. Amazing. So awareness is working.

I have to stay out of judgement of myself to make the process work.

OK, here is my beachhead of understanding in this new field.

I can contribute my time-tested knowledge of one principle: The truth will set me free. In the practice of awareness, the truth sets us free from muscular tension, cognitive dissonance, weakness of purpose, etc.

I now have one skill to use in raising my vibration: Telling the truth.

Here's a *second* skill in my moral inventory: I know that harmlessness comes before truthfulness. I can practice harmlessness, except where life and limb are threatened.

Then up comes a *third* principle. My mind is popping like a popcorn machine. In a civilized society, a crime in the past does not justify a crime in the future. There's no justification for a moral person to avenge themselves on the basis of past crimes.

These are all skills and principles that'll assist me to raise my vibration.

But rather than simply knowing them, I now need to act on them to have the desired result.

I'm now headed in a different direction with three arrows in my quiver.

Harmlessness.

Truth-telling.

And a refusal to avenge.

Extending the Beachhead

February 11, 2014

<https://goldenageofgaia.com/2014/02/11/extending-the-beachhead/>



Mastery for me implies the ability to remain grounded, centered, balanced, and calm in the face of the blandishments of the lower vehicles - the ego, mind, body, and senses.

Everyday consciousness has the ability to identify itself with anything it can perceive. It can identify itself with a feeling, a thought, a sensation, a memory, etc.

It locates itself at the dimension on which it's conscious. For some that might be the Third; for others the Fourth, Fifth, etc. On that dimension, it can identify with whatever comes to its attention, depending on the capabilities available to it on that dimension.

People conscious on the Fifth Dimension can be conscious of people on the Third, but not vice versa.

Most people on the Third Dimension are not conscious of what their soul says - what we commonly call "heart-consciousness." But they are conscious of what their ego, mind, body and senses say.

Mastery cannot involve suppression *per se* because that invites muscular tension and muscular tension invites the lowering of awareness. Such constriction tends to send the consciousness downward dimensionally. It wouldn't be mastery in my books if my consciousness were sent on a downward spiral.

So it must involve the ability to remain in awareness of the blandishments of the lower vehicles without reacting and without losing one's center, balance, etc.

The first step in that is realizing and acknowledging that one is not one's ego, mind, body, etc. Without making a clear distinction between what one is and is not, there's no way to know which voice one wishes to follow.

The second step is generating the willingness to listen to what the lower vehicles say but without reacting to them. One cannot control one's thoughts and feelings but one can observe them without reacting.

So mastery therefore seems to imply the ability to watch and listen to the reactions of the lower vehicles without identifying with them and responding along the lines they lay out. That is the second distinction I make, extending the beachhead of understanding.

**— Essays in Paradigmatic Expansion
and Breakthrough —**

Building Social Capital

October 6, 2020

<https://goldenageofgaia.com/?p=313879>



Credit: Marketbusinessnews.com

Social scientists have the concept of "social capital." What does it refer to?

Business journalist Will Kenton defines it:

"The term social capital refers to a positive product of human interaction. The positive outcome may be tangible or intangible and may include useful information, innovative ideas, and future opportunities. It can be used to describe the contribution to an organization's success that can be attributed to personal relationships and networks, both within and outside an organization. It can also be used to describe the personal relationships within a company that help build trust and respect among employees, leading to enhanced company performance." (1)

The relationships, the trust, the caring, the connectedness that come from one person helping, serving, or in other ways assisting another is what social capital is.

It's intangible. It grows out of personal/interpersonal interaction.

Here's a video illustrating a child building social capital:

<https://goldenageofgaia.com/wp-content/uploads/2020/10/Austin-Perine-Pray-For-You.mp4>

4-yr-old "President Austin" Perine Feeds the Hungry

Why am I mentioning this? Because we don't have to wait for the Reval to work at building social capital or elevating our collective consciousness.

If we all followed President Austin's example and made sandwiches and drinks for people in the poorer areas of town, the homeless, and whoever else might be short of food, that would elevate the vibration and increase the community's social capital.

Actions as simple as President Austin's are what can begin to rebuild connections in our society.

And with so many cities under siege from hired thugs and vandals, we'll need to rebuild our cities' social capital.

All notions like social distancing, isolation/quarantine, masking, etc., erode social capital. We're going to have to rebuild that sense of community and connection. But the rising energies on the planet, I think, will make it easier and easier to do as time goes on.

I think the deep state planned matters to dissolve our sense of community and connectedness. Divide and conquer has always been their strategy. Nothing has done that so well as the pandemic.

So now we need to go out of our ways to rebuild social capital. Acts of generosity and service are one excellent way of doing it.

Footnotes

(1) Will Kenton, "Social Capital," Investopedia, Jun 14, 2019, at <https://www.investopedia.com/terms/s/socialcapital.asp>

How Do I Change Myself?

August 5, 2020

<https://goldenageofgaia.com/2020/08/05/312381/>



There's so much I want to say about the process I've just been through so things are not missed.

The ideas are tumbling out.

What I did was I processed a root vasana or core issue. Processing a vasana is the (wholesome) alternative to blaming and shouting at another person.

Long ago I swore I would not "keep the family secrets" (domestic violence) and now I've gone too far in the other direction: being far too direct for most people to tolerate. Encounter groups may not have helped.

Another instance of the guardian becoming the guard.

The root vasana is father hatred and the elaborated vasana is "I won't keep the family secret of domestic violence [or any other immoral circumstance]." These were triggered and Vesuvius erupted.

Here I am in my rocking chair, having coralized around this issue. Nodding away and telling my exaggerated and self-serving story. By crackey!

Of course I'm right. That goes without saying. But deadright? Have I killed other people off to make myself right?

Ideas keep tumbling out. I know from my general experience that a leader's words and actions get exaggerated in the retelling - routinely. If I'm to be the head of a large corporation, I'm going to have to avoid extremes for just this reason.

Furthermore, I also know from historical study of world wars that a dictator just grows and grows in the desire to control until mistakes accumulate and he/she falls. Absolute power over a company seems fairly similar to absolute power over a country.

If I allow my father hatred/anger/fear vasana to continue into the post-Reval economy, the effects could be devastating. Who needs a little dictator at the helm of a very large enterprise?

Important

So wrap up everything I just said and put it on the shelf. Take down from the shelf the image I received of a very, very large boulder sitting on top of and pinning down my inner child.

Having realized this, I now have two very good reasons to now wish to be done with this vasana. Two very good reasons to change my vote and drop it.

If I were to do this, then I draw a line under what just happened. What just happened is what every wife or husband wants their spouse to do: Change. (1)

I can't change another, but I can ask another to change. If they're willing, what might it take for them to change their vote?

What did it take for me to change mine? (A) I needed to have good reasons for dropping my protective number. (B) I needed to be shown, in some way, that it led to something better.

That's what it took to switch my vote from "I will protect [myself, little brother Steve]" to "This is killing me. I don't want this protective number any longer."

These are the circumstances under which I'd drop my knee-jerk protective impulse and all that goes with it (suspiciousness, disbelief, depression, etc.). These may prove to be the same steps a willing partner would need to follow to successfully change his or her vote.

I assert that it takes a genuine change of vote for a change of thought and behavior to follow. It can't be superficial. I believe this applies to matters of race, religion, or politics as well as personal growth.

So processing a vasana can lead to a change of vote, which then leads to a change of thought and behavior. Projecting a vasana onto another only increases resentment and separation.

Feeling right carries a certain kind of pleasure. As long as we enjoy it and see no costs, we continue with the vasana.

I'm encouraging us not to project the vasana but to process those that come up as the energies increase, squeezing them out of us. And the way that I just did it, even though I resorted to several methodologies in no planned manner, is one version of the way I recommend a vasana be processed. (2)

Then, instead of suppressing the very individual we think we're protecting, we'll allow that person out into the light of day. We (the protector) can now cede control of the vehicle and enjoy a pensioned life of peace and relaxation.

Yes, we have to let go of our story. But guess what? We made it up anyways. (3)

We won't need a story where we're going. Fifteen minutes in the Ocean of Love and we'll have forgotten what a story is. (4)

Footnotes

(1) Werner Erhard's discussion of transformation vs. change is right there in the foreground of my mind. But given that I'm writing to everyone on the planet, I'm not choosing to discuss transformation right now.

(2) This version is a bit more organized: "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/>

[2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/](#)

(3) I watch myself do it all the time.

(4) If I'm in this much disarray from a gentle increase in the energies, can you imagine what would follow a really large increase? This is a demonstration of why Ascension in the physical body must be gradual.

Getting Out of My Own Way

July 2, 2020

<https://goldenageofgaia.com/2020/07/02/getting-out-of-my-own-way/>



Workshop area at Cold Mountain Institute

My life is a workshop in awareness.

My agreement is to remain aware of myself.

My process involves observing, noticing, and sharing.

Viewed from a cultural-historical standpoint, my notes are an Ascension ethnography - a biography or narrative of one person's slow and gradual, and sometimes sudden, Ascension process.

Right now, I'm noticing the impact of the "hollowing-out" event I just went through. So flattened was I that I could see what I'd been building, below awareness, in what Werner Erhard called "the background of obviousness."

I saw my self-importance, arrogance, and pretense. I couldn't stand the sight of it.

And it's the impact of that sudden awareness of facade, of empty posturing that I wanted to write about.

There's been a change in me as a result of this dawning awareness. It's very hard to put in words. I feel more self-confident. I feel more capable. I feel more down-to-Earth, grounded, present.

A lot of the flutters in my stomach are gone. I'm not protecting an image now. Doing so sets up an elaborate network of inner sensors and analysts that make the mind busy and noisy forever.

I'm not seeking anything. Large amounts of money will be passing through my hands (as through yours) on their way to fund - in my case - universal basic incomes in countries that want them. The Reval is just the beginning, apparently.

And I don't feel a desire for anything in return, more than my living expenses. There's nothing (very much) I want.

Grief took me to such a low level that nothing mattered any more. I got to see my striving for security, recognition, validation, etc., in relief and it was all empty and vain.

None of it had the inherent value that, for instance, love and bliss do.

On the awareness path, the focus of activity lies in raising things to awareness. Once they're up to awareness, they usually take care of themselves.

I theorize that awareness is not neutral, as we may think it is; it's dissolutive (apparently I invented the word). It dissolves emotional blockages and muscular tension. The truth has set us free.

When my self-importance was raised to awareness, I had a conscious experience of it. That was freeing.

And I got to see its downside as well, like the way I felt when I was behaving self-importantly. I certainly didn't feel loving. I felt self-righteous, brittle. If awareness is dissolutive, self-importance is corrosive.

As the realization unfolded, I felt an increased degree of genuine self-confidence. It was a deep and solid feeling. Don't ask me how it's all connected. The "upgrade" didn't come with a manual.

Please see the irony in this: The less self-important I am, the more confident I am. Should it not be the other way around? The more self-important I am, the more self-confident I am, right?

It turns out not to be the case. The more I stand aside and get out of my own way, the greater my sense of competence and capability. It makes sense. The more the ego stands aside, the more the Self, the Higher Self, our guides, etc., can reach and guide the everyday consciousness (the spirit operator of the body).

Michael once asked me to "dream big." (1) I feel more capable of doing that after being hollowed out.

He also said: "You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership." (2)

Yes, I am.

So a diminution of the ego results in an increase in self-confidence, which allows us to take on the exact same assignments that the ego craved. The ego would not have been able to meet the demands of those assignments whereas the everyday consciousness freed of the ego can. (3)

I now feel comfortable contemplating the road ahead where two weeks ago I'd have felt nervous. If you'd have asked me a month ago how I'd get to this place from where I was, I wouldn't have had any idea.

There's less of me around now and I feel much better for it. (4)

Footnotes

(1) "We want you to dream big." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, July 1, 2016.)

(2) Ibid., Aug. 17, 2018.

(3) As much as anyone can ever be free of the ego.

(4) This process is an instance of personal cleansing, from which I've emerged with less of myself around.

Emerging from the Shell

February 9, 2020

<https://goldenageofgaia.com/2020/02/09/emerging-from-the-shell/>



I was talking to a colleague when someone planted the idea in my mind - out of nowhere - that it's all about emergence.

For us it's all about coming out of our shells.

What is "it"? Growth. Enlightenment. Ultimately Ascension.

We've been conditioned by a hundred forces all our lives. It's time to come out of the shell of our own conditioning, our own programming.

I look back on my last few decades and I see a person constantly struggling to emerge - just as in the graphic accompanying this article (above). Struggling to stop wrestling with his Father. Struggling to find the ground under his feet after dissociating.

Michael put the matter precisely and succinctly:

"The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured. [Yes.] In the truth of Ascension, this is what you are doing: Healing and opening to a greater capacity of love consciousness." (1)

I couldn't have put the matter better myself. Yes. In one shattering moment, my Father yelled at me from mere inches away from my seven-year-old face and my young and fragile made-up self fractured into a thousand pieces. It was not to be pieced together again until age 58. Michael captured it perfectly.

And I was opened to a greater love capacity on March 13, 2015. First awareness of what real love is. A fourth-chakra heart opening. (2) I also know the seat of my soul, where the Light is. (3) So I know that of which he speaks. We speak the same language.



Nevertheless, here I am, still behind the same familiar shell I erected around myself to prevent anyone ever getting too close to me again. No spiritual experience so far has erased my conditioning or self-programming. (4)

I imagine that was the decision I made: Not to let anyone get that close to me again.

Karate. Being a hermit. My "scared wolf" look, my wife called it. All to have others keep their distance, stay away from me.

I was the Humpty Dumpty Man. I had to put Humpty together again, to choose whether I wanted to go under from it all or ... emerge. It's been a journey of emergence ever since.

It's all about emerging from that shell we have around ourselves, in my opinion. I need to emerge from mine. Hey, lemme go first.

For no reason. For no known or sought reward. Without creating residue.

Like a newborn chick, we just emerge from the shell.

At last to find ourselves, present, happy, and peaceful.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.

(2) On that experience, see "Submerged in Love," March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/submerged-in-love/>; "Activating the Wellspring – Part 1/2," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>; and "Activating the Wellspring – Part 2/2," March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(3) On the experience at Xenia, see "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(4) It is not until Sahaja Samadhi or Ascension that the seeds of our karma - our vasanas - are burned to a crisp. Until then we still cycle through them - they form our conditioning or programming.

The Grand Motif

October 13, 2019

<https://goldenageofgaia.com/2019/10/13/the-grand-motif/>



Hmmmmmm....

I notice that, as I go down through my vasanas or core issues, I reach a place where I can almost draw back and see the bigger picture.

For instance, I've been reviewing my life and seeing how everything I did fits in with or has prepared me for what I'm doing now.

History, academia, museum work, Cold Mountain, est, travel in India, business writing, sociology, leaving academia, configuration management, writing legal decisions, etc. - each of those "assignments" contributed something to who I am and what I do at the present time.

As a second example, and the one I want to focus on here, when I draw back further and look, something very different comes into view.

I see a grand motif that colors everything about my thoughts, feelings, and behavior. It flows down through my life and also explains much about where I am today.

Everyone's motif will be a matter of individual choice. And in most cases the grand motif won't be pretty. (1)

It's reached in a moment of trauma and has become prized and habitual, immersed in the background of obviousness, hidden in plain sight.

OK, OK, enough build-up, Steve. I'm stalling because I'm embarrassed to say what mine is.

My grand motif is: "You can't trust anyone."

Everything I do, feel, and think is seen from the vantage point of always, already not trusting anyone. You'll find traces of it everywhere you look.

You can see it in the way my face looks after many years of seeing life this way.

You can hear it in my quick response to an offer to help. No, thank you. I'd rather do it myself. No, I'll do it. That's fine. I can manage. (2) I don't need help. After all, you can't trust anyone (to do the job right, show up for work, pay on time).

I don't make loans (you can't trust anyone to repay); I only give money if I have it (that way I'm not disappointed later by people you can't trust).

On and on the movement that ends in solitude goes.

I learned it from my Dad, who I'm sure learned it from his Dad, an example of intergenerational transfer.

But it turns out that Dad was only the ignition key that started my engine in this lifetime. Michael tells me I've had this vasana for lifetimes. (3)

If I were to comment on myself, I'd probably be self-serving. (4)

I don't trust myself to report on myself - or anyone else to report on themselves. As I said, I don't trust anyone. Least of all myself.

The only place to go with this vasana is ... well, into a very dark place, alone, let me put it that way.

Any motif that governs how we think, feel, and act is not eternal, not of love, and not of freedom.

It's an artificial restriction and boundary that we've erected and then obliged ourselves throughout time to respect. *Even though it may have an awful effect on us.*

Now that I know, I'm working on trust. My colleagues would probably notice that there's been a change in me. I'm keeping my big paws off things. I'm welcoming assistance. I'm encouraging others to step out.

I'm more than my vasanas. I'm more than a grand motif.

Footnotes

(1) Where is the grand motif, "I love everyone"?

(2) I don't see help as an opportunity for another person to make a difference. It's a potential source of disappointment.

(3) AAM: In many ways, sweet one, this has been your Achilles heel, not only in writing appeals and asking for donations, for money, but - in many lifetimes - you were fiercely independent and you literally can't stand asking for help. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Oct. 1, 2017.)

(4) Self-serving bias: I do no wrong; my Dad does all the wrong. Everything good about me I grew; everything bad I inherited from my Father, etc.

From Hostility to Harmony

October 2, 2020

<https://goldenageofgaia.com/2020/10/02/from-hostility-to-harmony/>



I know that, at my deepest level, I am pure and innocent. (1)

But between here and there is a layer of barely-suppressed hostility - suspicion, guardedness, aggressiveness.

Part of that, I believe, is past-life bleedthrough. I was a military commander a long time ago. I see the jarring events of my early life as being geared to reawaken those martial memories.

For me, until very recently, to think of harmony was difficult. I'd never known harmony in my parents' relationship - not since I was seven and they began to quarrel. "Keep the peace" meant nothing to me.

My Dad's coaching was that you can't trust anyone, never let your guard down, you never know where the next punch will come from, etc. But that played right into and ignited my "pre-existing condition," I think.

But lately - and I credit it to the influence of a friend and the rising energies - I've begun to feel love and compassion for those around me. And it's raised the question of: When do I switch my vote from hostility to harmony?

I used to like the way I felt when I felt hostile. But I no longer do.

And I know for a certainty that hostility creates a vast amount of residue/karma. All I have to do is turn around and look behind me at the wreckage of my life. As Kathleen would say, how's it working for ya? Miserably.

Hostility is a cure that's worse than the disease of fear it treats. (2)

Harmony feels better and it leaves no residue. Harmony, balance, and integrity. I'm gambling that acting in concert with those three will bring peace of mind in their train, even in the midst of busy-ness and chaos.

I've changed my vote. Now let's see what falls out of it.

Footnotes

(1) I experienced my essential innocence and purity in an experience of the Self at Xenia Retreat Centre, Sept. 18, 2018. See "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(2) As if by synchronicity, Daniel Scranton's Arcturians mirror back:

"We send that compassionate, healing, loving, energy to you, and then you all just have to stop and feel for what we have sent.

"And you cannot be simultaneously feeling for what we have sent and resisting what you deem to be the cause of your pain, discomfort, or even suffering.

"You must let go in order to let in that which you have summoned.

"You have to let go of the fight, and we know that statement ruffles feathers.

"We know that many of you identify yourselves as the fighters of the good fight, the ones who are going to take down the such-and-such cabal group.

"But please trust us when we say you are *less* powerful when you are fighting, resisting, and pushing against, and you are *more* powerful when you accept, let go, and open up to the energies that you have just summoned." ("The 9D Arcturian Council: When We Open Portals for You," September 28, 2020, at <https://goldenageofgaia.com/2020/09/28/the-9d-arcturian-council-when-we-open-portals-for-you/>.)

And here is Jesus:

"For many of you it appears that the spiritual evolution that you are each experiencing has slowed down. It has not, it only appears to have done so because the mainstream media has been further distracting you by encouraging you to focus your attention frequently and regularly on world events, when you need to be focusing within yourselves as you set and reset the intent to be only loving whatever arises." (Jesus through John Smallman, Sept. 26, 2020.)

I Can't Afford the Luxury of a Negative Thought

October 7, 2020

<https://goldenageofgaia.com/?p=313896>



The change of vote from hostility to harmony has been a landmark for me. (1)

I'm seeing things from an entirely-new angle. Just to give you an example....

John-Roger and Peter McWilliams co-wrote a book called, *You Can't Afford the Luxury of a Negative Thought*. I'm beginning to see why we can't.

As I left my apartment this morning, a negative thought arose. And in its train came a Pandora's box of other negative thoughts, strategies, assessments, grumbles.

I watched myself at a store checkout counter, annoyed that the clerk was having me wait. I was annoyed at the coffee shop for getting my order wrong. I was annoyed at

I saw at that moment that the real pain and suffering I experience I bring on myself with and by these thoughts. I'm the one who's doing it to myself.

Now, with this heightened awareness, the experience of suffering that went along with my hostile thoughts was intolerable. And I could no longer overlook who the author of it was.



Previously these thoughts and strategies were hidden because they fit with my agenda of guardedness and suspicion. But now they don't and so they stick out in my experience, like obstacles on the way forward.

Mostly they serve to remind me of what I don't want - the various feelings that arise when I decide to be hostile.

AND if I respond with hostility to the various feelings of hostility that arise in me, same diff. Hostility is hostility. The target of it doesn't matter. I'm still causing the whole reaction to go off again.

I have to be harmonious and be harmonious about being harmonious if I want to live in the divine state of harmony.

It's only hard for the part of me that may still be hanging back. The part of me that changed its vote to harmony just feels itself expand. It absolutely depends on, rides on, my choice.



So, for these reasons, I can't afford the luxury of a negative thought. I really do get it now. It's only taken me a few decades since first hearing the book's title and wondering, but I do get it.

It overturns much that is sacrosanct to males, what has been referred to as the male-domination script. But following that script is, in the end, so painful that I'm glad to be rid of it. What was it the Mother said?

"It is painful for a being that seeks power for themselves or power over another, whether it is a parent over a child, a husband over a wife, a man over an army. It matters not.

"The yearning [for], the exercise of control never gives joy. The pain simply grows. And so the actions become more grotesque, larger, until the breakdown is and has [been] and will be occurring." (2)

I know her words to be true from experience.

I used to think that only vasanas (or core issues) caused this kind of character degradation over time. But hostility is a structure totally made up of vasanas. It's vasana-born, vasana-laden, and vasana-driven.



All we have left is our vasanas.

This kind of stimulus-response structure leads over time, as the Mother says, to us becoming coralized, petrified, inflexible and opinionated, like the figure above.

We run the same hit tunes often enough and our lives become a reflection of them. We know nothing else after a while.

So all of that is now left behind by a change of vote - a really-deeply-felt, deeply-meant change of vote.

Footnotes

(1) See “From Hostility to Harmony,” Oct. 2, 2020, at <https://goldenageofgaia.com/?p=313728> and “Breakthrough,” Oct. 4, 2020, at <https://goldenageofgaia.com/?p=313764>

(2) Transcript ~ The Divine Mother: Take Up Your Divine Authority, AHWAA, February 23, 2017, <http://goldenageofgaia.com/2017/02/28/transcript-divine-mother-take-divine-authority-ahwaa-february-23-2017/>.

Autopilot Set to “Learn”

October 4, 2020

<https://goldenageofgaia.com/2020/10/04/automatic-pilot-set-to-learn/>



The way things seem to go, it's often only after a condition has departed that we learn what it was and what it did.

For example, hostility having been recognized and left, I'm now beginning to see some things about it.

Hostility has many poses. One of them, I'm now seeing, is "Don't mess with me."

This pose was my first line of defence.

It in turn has many faces. One of them apparently was so fiercesome that my karate partners used to give me a wide berth. (1) (It was 70% show.)

Underneath was a young boy afraid for his safety, who was putting on a threat display. (If you attack me, you're gonna have to take me down.) People who do that are often amazed when they're called on what turns out to be mostly bluff.

I mentioned before that I loved fighting. I always let the other fellow throw the first punch of course. Karate doesn't teach a person how to start a fight. The first move in karate is always defencive. Punch coming in. Kick coming in.

Because I enjoyed it so much, I never really planned what step 2 or step 3 were. With me it was trade insults and fight or get lost. There was no middle ground.

I know this is past-life bleedthrough because the way I feel inside (ferocious) is out of all proportion to the body I was born into (average in all respects), the circumstances of my family life or anything else I can think of. But it fits with what I know of the past life.



I declare my life a draw. I won some and lost some. The wins felt good and the losses felt awful and they all balance out.

I'm looking forward to learning about harmony with the same gusto that I learned about self-defense.

Some time after I wrote this, I read what Daniel Scranton's 9D Arcturian Council said:

"You have to let go of the fight, and we know that statement ruffles feathers.

"We know that many of you identify yourselves as the fighters of the good fight, the ones who are going to take down the such-and-such cabal group.

"But please trust us when we say you are *less* powerful when you are fighting, resisting, and pushing against, and you are *more* powerful when you accept, let go, and open up to the energies that you have just summoned." (2)

I'm ready.

My will is settled; my commitment is complete; I'm issuing the command to begin investigating harmony.

I've established my beachhead of understanding: Harmony leaves no residue/no karma. Harmony promises to contribute to peace of mind, which I long for now. These are my testable hypotheses.

I now set my autopilot to "Learn."

Footnotes

(1) After I shaved my beard off, I sparred with a karate partner who used to give me a wide berth. I said to him, "Clem, you've never come this close to me. What has changed?" He said, "Steve? Steve? You shaved your beard off. If I'd known it was you, I wouldn't have."

(2) "The 9D Arcturian Council: When We Open Portals for You," September 28, 2020, at <https://goldenageofgaia.com/2020/09/28/the-9d-arcturian-council-when-we-open-portals-for-you/>.

Open Road; Not a Scrap of Resistance

October 7, 2020

<https://goldenageofgaia.com/2020/10/07/open-road-not-a-scrap-of-resistance/>



Here's another consequence of having changed my vote from hostility to harmony.

There's now an open road in front of me in terms of the experience of love.

In 1987, a week before the vision, I had a full breath release in a rebirthing workshop. I was at that moment totally cleaned out.

I feel the same way now, having switched from hostility to harmony.

Now when I breathe up love from my heart there isn't a scrap of resistance.

Now when I listen to music I really get it, as if I'm in Surround Sound.

There's now no longer any stop on me, no suppress button. I can expand infinitely into harmony whereas hostility would always lead to a fall, if only when one becomes old. The need for constant vigilance and preparation becomes wearing.

Harmony leads to the building of social capital; hostility erodes it. Harmony leads to relaxation; even success at hostility does not lead to success in relaxation.

Having won all that money can buy by hostile means, we look forward to a life of ... harmony. Peace, relaxation, golf, gambling, wine, women, and song.

But harmony is an internal state. Money won't buy it and our desires are for nothing conducive to it.

Meanwhile changing our vote is the open sesame. Once firmly inside and having closed the escape hatch, the very world we sought by force and accumulation now opens up to us. Irony or ironies.

Well, it is for me. What did I know? I set out by establishing a beachhead of understanding that choosing harmony would lead to inner peace, etc. That was my testable hypothesis. Well, of course, it's lead to much more.

It's removed the key log in the logjam for me: In computer language, it broke the hyperlink between me and "hostility" and hyperlinked instead to "harmony."

This again is an aspect of reparenting myself. I have no more parents to look to. If I don't do this, no one will.

A Radical Change of Vote

December 23, 2019

<https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>



Over the years, I've regarded "positive thinking" as naive and simplistic.

I've seen it as papering over reality, confining spontaneity, etc. I've preferred such things as "truth" and "authenticity" to it.

However, recently, having had a vasana go off related to long bank lineups, I delved more deeply. I began to see that my support for truth and authenticity was in part self-serving. It suited my own proclivities.

Growing up amid emotional and physical abuse, I made a career out of being a complainer. Unbeknownst to me, that kept me chained to a negative role in life. But I masked it by standing on principle - I was just being authentic and truthful.

That "stand" - or rather the use I've been putting it to - is no longer proving completely satisfactory and now has to go. That day in the bank I saw that I needed to make a shift from predominantly negative ways of handling important situations in life to predominantly positive.

I researched the matter and two comments - one by Matthew Ward and another by Archangel Michael - best summarized the reasons for dropping negative ways of being for positive.

Matthew Ward detailed the "physics" of the matter:

“Energy is neutral, but streams of energy can be directed by their attachments of thought forms. The forms are actual substances, albeit invisible to your vision, and they are created by every thought, feeling and action of every life in existence. Thus the attachments are either positive or negative in nature, and this universe is teeming with both.

“The closer [one is] to any energy movement, the more profoundly they are affected. Your world is awash with duality’s negative components—fear, warring, divisiveness, rage, greed, deception, corruption, poverty and random violence—you are at the epicenter of dynamic quaking and shaking.

“Not only are those negative streamer attachments being generated there. They are emanating from there. Through the physics that governs life in this universe, energy generated anywhere shoots out into space, attracts and attaches itself to the nearest similar energy and, like a boomerang, returns with that reinforcement.

“Because Earth’s streamers at duality’s negative end are being sent out in abundance, they are attracting and bringing back exactly what they sent out. This immutable law of attraction is why your world still is steeped in turmoil. ...

“Those kinds of thoughts and feelings are fraught with the negativity that prolongs the situations that they want ended!” (1)

Like attracts like. Positive attracts positive. Negative attracts negative. The negative goes out into space and attracts itself to itself, returning with renewed vigor. I get Matthew’s physics.

This passage finally got in, past my barriers and my familiar pattern of using self-righteous negativity to get what I wanted.

I further resonated with a passage from Archangel Michael about how the subconscious mind worked.

“The subconscious mind – your subjective mind – is part of the Etheric Body consciousness, and it records and stores everything you experience, what you see, hear, think and feel emotionally. The subconscious mind takes everything literally, and it does not matter if you have experienced an event or just imagined it vividly, the subconscious mind registers it as fact.

“That is why it is so important to change negative, debilitating, past memories into positive memories. Your thoughts and intentions resonate to specific frequencies, and by changing the frequency patterns you project through the use of will power and conscious effort, you will gradually create the life, physical health and circumstances you desire.” (2)

So at last I made the long-overdue switch, which is perhaps the deepest and most essential switch I can think of making, from resorting to the negative to staying with the positive. I've seen the writing on the wall and surrendered, agreeing to go another way.

That includes everything from irritation to anger, complaints to edginess. None of it is of love. All of it has to go.

SaLuSa tells us that taking the first step is the hardest:

“Making those first positive moves are the hardest, as you will be reluctant to leave your old established ways behind.

“Sometimes it involves family and friends, and the new you seems somewhat strange to them. You may even experience opposition or direct rejection, as your psyche changes. We would say that it is important to stay on your path and not be held back by emotional reactions.” (3)

Matthew adds a final sobering note:

"It does take effort to switch from negative thinking to positive, so ask for 'divine' help - and cooperate with your helpers!" (4)

Amen to that and I do ask for help.

SaLuSa recognizes the timeliness of this process:

"These are times when you are dealing with personal battles within. Old beliefs and knowledge that do not carry the new higher vibrations are surfacing for clearing, but sometimes it is hard to let go. You are entering a period of intense changes and the old is breaking down, and the new energies bring truth and all that you require to forge ahead on the pathway to the Golden Age.

"It will be quite a revelation as you realize the immensity of the changes to self, as your old mindset is easily replaced by all that is pure and wholesome. Indeed, as you progress it becomes easier to move further along the path of Ascension. Making those first positive moves are the hardest, as you will be reluctant to leave your old established ways behind." (5)

All I have at this time is the choice having been made - a radical change of vote. I don't have the slightest clue as to what to do next. The work of constant awareness and recalibration has only just begun.

Footnotes

(1) Matthews's Message, Oct. 21, 2012, at <http://www.matthewbooks.com>.

(2) "Archangel Michael – The Essence of Who You Are," transmitted through Ronna Herman, Sacred Scribe, April 30, 2013, at <http://www.ronnastar.com/>.

(3) SaLuSa, Aug. 9, 2010, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(4) Matthew's Message, *ibid.*, April 26, 2010. Of the switch, he adds:

"To achieve the balanced experiencing necessary for spiritual growth, a soul may spend hundreds or more lifetimes evolving out of duality's negative potential into the positive end of the spectrum, where the energy of love, peace, generosity, harmony, honor and kindness prevails.

"In this unique time in the universe when all experiencing is being accelerated, souls have been given the unprecedented opportunity to evolve out of third density's low vibrations and physically accompany Earth into higher energy planes." (Matthew's Message, *ibid.*, Jan. 11, 2010.)

(5) SaLuSa, *ibid.*, Aug. 9, 2010.

Escape from Adulthood: OK, That's Enough of That

Oct. 12, 2020

<https://goldenageofgaia.com/?p=313996>



Clearly my personality survives intact in some way, shape or form. I don't know what the road ahead holds. I can only report.

What I report now arises from my practice, on the path of awareness, of maintaining awareness of myself.

I detected a pattern. I was people-pleasing. I was complimenting someone on a coat and I made a distinction that was quite elegant.

Immediately in my own mind I became a fashion expert.

And I looked at that. What is this impulse to give and receive validation?

I must feel invalidated at a very basic level.

I feel into it, exploring what arises.

I do feel invalidated, at such a basic level that my exterior almost melts when I get in touch with it. A primal wound. So many wounds. Primarily from my Father.

Just as I can ride a wisp of bliss to a full-blown experience of it, so here I can ride a wisp of woundedness to....

In my imagination, I'm in a place that is the antithesis of everything we consider pleasurable. It's like a swamp. It smells. No, it stinks. It's dark. It brings up in me the most horrible feelings - misery, regret, incomprehension.

No one is denying the validity of my allegations of being wounded. It's just that the condition of seeing oneself as wounded, as a victim is not a high vibration.

It results in a yielding up of sovereignty, a disempowerment of the self, addiction, and a train of other unfortunate consequences.

The whole of them make for a dense, low vibration, symbolized by the swamp in my imagined vision.

That is graphic. That is as graphic as seeing the cost of my hostility was. When I think of the decline that sets in when I agree to see myself as a victim, I don't even need to go into the metaphysical side of things. I get it!

I changed my vote. I used to enjoy being a victim. Now I don't. Yes, that's enough of that! Time to close one more door of escape from adulthood.

Expanding in the Face of Change – Part 1/2

March 27, 2016

<https://goldenageofgaia.com/2016/03/27/expanding-face-change-part-12/>



The Ascension energies right now are causing us to grow and expand.

What can we do to help them along?

What are the ways that we can expand our view, our seeing, our experience?

I'm going to go over as many as I know of, which will turn this article into a series.

We can begin by expanding our outlook. For many of us, our introduction to the fact that dimensions exist has only come within the last ten years. One way we can expand our outlook is to feel those states of being that are known to be higher dimensional.

Draw up love from our own heart. That's where we'll find it.

Find any bit of bliss that comes fleetingly across our hearts or minds and flow with it. Watch it expand.

Most of us have no experience of higher dimensions. So we're at square one on this one. Therefore, think of it as a campaign. Establish a beachhead of understanding.

Realize or come to know intellectually one fact about the new territory and fan out from there.

I'm not talking here about spiritual enlightenment, about which I'm not fit to speak. I'm talking about adapting to change. In the former, we might suspend knowing at times; in the latter, we build on our knowing, our experience.

Another expansion tool is that we can use what we've learned about the divine qualities to expand our ability to be like the Divine. Allow ourselves to be joyful. Notice how deep peace is, like a doorway into the Divine. Every godly quality - prudence, courage, compassion, etc. - is a portal into expansion.

We can "true up" our behavior. Get mad at people less. Assist someone. Give up our seat. Pay for the groceries of the person ahead of us. We can actually fashion our behavior to align with our values. That also will expand consciousness.

(Concluded tomorrow in Part 2.)

Expanding in the Face of Change – Part 2/2

March 28, 2016

[https://goldenageofgaia.com/2016/03/28/expanding-face-change-part-22/.](https://goldenageofgaia.com/2016/03/28/expanding-face-change-part-22/))



(Concluded from Part 1.)

In addition to expanding our outlook, we can break through to new levels of experience. One way to do that is to open our hearts so that love can flow freely. This heart-opening is the brass ring for me - so far on this amazing journey.

We can break through on all our inhibitions, reservations, wounded spots. We can push back the barriers and frontiers we've erected to protect ourselves. This is the time to do it. At no other time will conditions be better to have us push back against the results of our own suppression.

In addition to breaking through to new levels of experience, we can also take committed action. Step out into the world. Take on a piece of the world's unworkability and fix it. Address an injustice in the world - from a place of calmness, centeredness, and love. Avoid making anyone wrong: That should prove challenging.

I have at times felt I could mentally "throw my arms around" a subject, take an unbrageous view, see the whole picture in a flash.

At other times I found I could create a wider context to hold things in.

At these moments, I felt transformation from a lower to a higher state of consciousness (I hesitate to say "dimension").

Typically I went from unconscious to conscious awareness, from unexperienced experience to experienced experience, as Werner Erhard has described it. These were "peak moments" and they passed within a short period of time.



A lot of me exists below the surface.

Credit: www.entrepreneur.com

In addition to committed action, we can also commit to being transparent, as another ongoing ticket to expansion. The more we peel the masks away, come out from hiding, and reveal ourselves, the better life becomes in every way.

Whoever had us, as kids, stop sharing with each other didn't do us a favor and now it's time to go a different route.

In addition to transparency, we can process the obstacles to expansion - our core issues and conditioning.

When we hit an obstacle, like an upset, we can recognize that we've triggered a core issue. Our upset probably has little or nothing to do with the person in front of us. It probably traces back to childhood. We need to get to the bottom of it and complete our experience of it. And let it go.

To complete our upsets, we need to stand in the face of them, not run from them. We need to become masters of them instead of allowing them to master us. Tell the truth deeply. Come clean. Own our own stuff. Drop any baggage we can.

We can emerge. Come out. Break through. There are so many ways to expand.

Using all of them, we're not just standing in the face of change. We're expanding in the face of it.

All of these then are ways of expansion, transformation, emergence. All of these are excellent adaptive tools in the face of change. And all of them contribute to the overall Ascension of the planet, which is what we came to help with.



Working out in these areas, I believe, generates light. That's what the Company of Heaven seems to be saying. Matthew Ward often says if we could see what he sees, we'd be overjoyed: Lightworkers are generating a great deal of light, apparently.

There are so many ways to expand and now's the time to use them, if we want to leaven the loaf that Ascension is. Put another way, if we want to increase the number of people who awaken to Ascension, which is what we came to do, then we need to master expanding as one way of adapting to the change that we're all in.

After that, we need to master change itself - or, more precisely, our response to change. We've spent years clearing our emotional upsets and issues to be ready to respond well at this time. Now our DNA is activating. Our crystal body is forming. Gamma waves are hitting us.

The pace of spiritual change is very gradually picking up. Now's the time for our discernment to kick in, our resolve, our sense of mission.

Standing in the center, revealing ourselves and speaking the language of committed action, owning our upsets and processing them, we do what's needed to expand, emerge, break through. Or we do what's needed to nurture, nourish, and love. We do this on behalf of those ascending, including ourselves.

We're Exploring Nova Earth

November 27, 2014

<https://goldenageofgaia.com/2014/11/27/were-exploring-nova-earth/>



Cyndy is next to Kathleen in the back row; Sitara is seated far left in the front.

Another thing the Bellingham Meet-Up did was to make a useful and clarifying distinction around meet-ups themselves. And here I credit Cyndy.

Until that point I had been seeing meet-ups as a transitional phenomenon. People came together, shared and met and then "progressed onto" project groups.

But Cyndy pointed out that many people want what the meet-up offers - the camaraderie, companionship, sharing, and so on - and wouldn't be interested in seeing it diverted in another direction.

That makes perfect sense.

Weeks ago Sitara made a distinction between the hub and the outreach teams which solved a difficult dilemma and allowed more lightworkers to see how and why they should be working together.

Now Cyndy makes a distinction that shows how it can be equally useful to have separate streams going forward.

And this is how all matters of social consequence, I think, go forward.

We hit a bottleneck somewhere and things bog down. Or I could say we hit cognitive dissonance and breakdown occurs. Or we could say lightworkers have a seemingly-insoluble disagreement.

Or two sides face off against each other. Whatever and wherever it is we cannot get together on something, what provides the way out almost always comes in the form of a distinction.

Distinctions are what take us from an old paradigm to a new. They're what result in peace between two warring sides. They provide the breakthrough that takes human endeavor into entirely new fields.

In our case, they provide one beachhead of understanding after another as we enter what is for us a new land. With very little pre-existing understanding, we'll have to work our way forward by arriving at one distinction after another.

Explorers work their way along by making one distinction after another after another. We call it "exploring," but for many of them it's a process of making distinctions.

I honestly haven't found a dictionary definition of "distinction" that I feel comfortable with so here goes one of my own. A distinction is a re-framing of the context of a situation, that solves a problem or resolves dissonance.

In this case I held meet-ups and project groups as being part of one straight line that led from meet-ups to project groups. Meet-ups fell away like the caterpillar entering the cocoon and only the butterfly of project groups remained.

But Cyndy pointed out that my line of inquiry left people out. It was not going to result in a world that worked for everyone. It would produce residue.

She offered a different context in which many lightworkers, had many aims and followed many streams of endeavor.

It solved the problem that I was having of seeing how we induce people to move from meet-ups to project groups: we don't. We issue the invitation but we don't alter the status of the original group.

This is an example of mapping the way at the very earliest stages of building Nova Earth. And the way forward was laid out by making distinctions.

There are some short cuts in making distinctions.

Most of our dilemmas and breakdowns come from dualistic, polar or exclusive thinking. We think it has to be this or that, Democrat or Republican, progressive or conservative, Christian or Muslim, etc.

But what we find is that the higher realms' approach to the same types of questions is unitive, unbrageous and inclusive.

My approach was dualistic and exclusive; it would have produced residue and would not have resulted in a world that works for everyone.

Cyndy's approach was unitive and inclusive; it met everyone's needs and would have worked for everyone.

To work well, a distinction must see to the needs of all sides. It has to be win/win, applicable at all times and in all places, or it won't last and it will produce residue.

Another way of saying that is that the solution needs to be contextual. It needs to create a domain of action and knowledge that everyone can inhabit comfortably.

I'd like to add another distinction to our exploratory discussion. I wanted to distinguish between inner- and outer-directed people. As we explore this new territory, we leave our safe anonymity and enter into roles that will result in our becoming more publicly known.

If we haven't made the switch from being outer-directed to inner-directed, we may have a painful ride ahead of us.

If we still get our sense of self-worth from others' words, looks, and gestures, we may enter a second kind of starvation. The last starvation was that we were starved of contact. This starvation may be that we're starved of approval. The outside world we come into contact with may not approve of what we say or do.

That's why coming together in groups, whether for meet-ups or projects, is so important. We now need to feed and stroke each other.

If we seek support, approbation, or friendly appraisal, we now need to get it from our teams and groups. We may get it only years from now from the outside world.

Taking that further, being inner-directed really means that the source of approbation and estimation lies within ourselves and that's where it's properly to be sought.

If we can take back Excalibur, the sword that represented the source of power, if we can take back the Holy Grail, the cup that represented the source of holiness, and realize that we are Excalibur and we are the Holy Grail, life will suddenly blossom in a way that it hasn't before.

The system is biased towards caring about what others think of us. But we now need to take back our power and our good self-estimation. The world we're exploring is all about non-judgmentalness, independence, tolerance, latitude. There's no need to "look good" out there, to have a watertight story, or to have an answer for everything.

There's a need there for personal integrity, purity of heart, and compassion for others. And these values begin to emerge when we stop being stimulus/response machines hooked into caring about each other's opinion of us.

So take back your sense of yourself. Liberate it from the opinion of others. Begin to have that conversation only with yourself and allow others the same privilege.

As we begin the phase of exploring Nova Earth, we'll need to unhook from what others think of us and be willing to stand solid on our own two feet, in love with ourselves as well as everyone else.

Creating the Context of a Global Culture

April 2, 2018

<https://goldenageofgaia.com/2018/04/02/creating-the-context-of-a-global-culture/>



The time is approaching when we're going to need to have global conversations.

The very same year that I began conversations with Archangel Michael, he told me:

AAM: You have known that the time would come when we would ask you to work very much on a very global level. And this is the beginning of that undertaking. You have already built a very firm foundation for this to occur and for this we thank and bless you. (1)

More recently he said this about the charities I'll be founding:

AAM: This is you becoming the steward of an organization and of an undertaking of massive, massive global impact/import. (2)

I won't be able to escape - I called it "growing up" earlier. I mean that spiritually rather than chronologically. I cannot do the work being laid out for me operating from the rather slack way of being I operate from at the moment. There's no better term for it than "growing up."

One of the ways I grow up is to start thinking globally while acting locally.

How does one think about global society? Whenever I want to establish a beachhead of understanding in a new area, I start with the basics.

What's basic to global society? Global culture. Let's start with that.

Anthropologists talk about our "culture." Sociologists talk about our "social construction of reality." They're both looking at the same thing.

What is a culture? In an earlier lifetime as a cultural historian, I defined it as:

"Culture - whether we look at it through time or in the present - may be seen as an organization of ideas, manifest in act and artifact (though consisting of neither), by means of which humans experience their world and take purposeful action. "(3)

Unearth a stringless guitar from the ground a thousand years from now and the finder may use it for a garden pot. Without the idea "guitar" and the ideas of how to use it, the object itself may mean nothing to others. The object is not "culture."

Culture is not acts either. Take a North American and plant him in deepest Africa and he won't understand what the people are saying or doing. The speech and physical actions themselves do not convey culture.

The North American would need to know the meaning of the acts - he would need to know what ideas are behind the acts and what is being transmitted to be a participant in their cultural processes and meanings.

The prime limiting condition on culture is that it must be transmissible. If it were not, it would die in a day.

Culture is not innate. If we were blind and deaf, we might never know culture. It doesn't exist in our genes. It really does live in our minds - *as culture*. And it has to be handed down from parent or teacher to child - by spoken or written language, pictures, etc.

We translate those ideas into the spoken and written word and pass the message along.

We take them and apply them to production processes to come up with things, from flint tools to cellphones. Anthropologists call these "artifacts" - they show evidence of human manufacture. And culture.

All of these are cultural ways, means, and products.

So the very first thing I need to do, in contributing to the building of Nova Earth, is to create for myself - to have the notion cease to be merely a dry intellectual construct and have it come alive for me - the context of a global culture.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 30, 2011.

(2) Ibid., Feb. 17, 2017.

(3) Changed slightly from the original. S.M. Beckow, "Culture, History, and Artifact," Canadian Museums Association Gazette, Fall 1975, 13.

An Us-and-Them World

May 27, 2020

<https://goldenageofgaia.com/2020/05/27/an-us-and-them-world/>



Werner Erhard made the distinction between an us-against-them and an us-and-them world.

A world that works for everyone is an us-and-them world. Others have called it win/win.

Now, I was not raised in an us-and-them environment, not viewed from any angle - except perhaps the angle of the soccer or baseball team.

Our team - whether sports or military or commercial - was us-and-them. But everyone else was us-against-them.

I remember reading the business reports of the 1990s having to do with automation. It was from reading them that I came up with the designation "business Darwinism," because that's what it was.

Everything was about survival and the pursuit of money and power. Business was red in tooth and claw. The weakest went to the wall. It was the law of the jungle.

Our aim was to eat someone else's lunch before they ate ours, to strike before they did, to behave like a shark.

I couldn't believe what I was reading.

So I'm learning something brand, spanking new, along with everyone else. All I have are the concepts, "us-and-them" and "win/win."

My habitual tendency is to be aggressive and distrustful of strangers. So at the moment I'm just plastering "us-and-them" over top of "us-against-them." I'm "looking good," rather than being genuine.

I have gotten that "us-against-them" *doesn't work*. This current mass hypnosis over memes and hashtags has shown me how deeply into the rabbit's hole I can fall without realizing it. (1)

I've known since the Seventies that, when awareness contracts, awareness that one's awareness has contracted also contracts. I did not know I had become polarized and I did not know I did not know.



As I've said many times, when I set out into new territory, I first establish a beachhead of understanding. My beachhead of understanding here is that the current divisive atmosphere in the world today is serving no one's purpose but the Illuminati's.

Unity must be what we lightworkers embrace or we forfeit a voice at the council fires later on, if I can use that motif.

If our left is throwing names at our right, and vice versa, we lose our right to speak for the collective. Our power dissolves in civil conflict.

We regard it as making a difference that we make war on each other. The divide-and-conquer strategy is almost invisible to us. Where's a redpill when you need one?

If this pandemic has taught us anything, it's taught us (OK, me) that, as Steve Rother and the Group said, "you're all in this together, and the only way out is together." (2)

That lesson has been gotten. And that is the extent of my beachhead of understanding at the moment.



I can connect with the matter more deeply when I consider it from the vantage point of presiding in a hearing room on a refugee claim. (3)

I would not allow villifying, slurring, insinuating, or ridiculing in my hearing room. To resort to such devices would bring the speaker's credibility into question. Why would I allow it in here? And yet that cuts out a good proportion of ostensible lightworker news sources.

The search for credible sources may not be easy. It's complicated by being in the midst of the storm. But the end result is worth it. The search is my first foray out from my beachhead.

My second foray has been, on two occasions, to separate the person from their behavior. I have never actually done this, no matter how many times I've used the phrase. On two occasions I actually did. Well done, Steve.

A third foray has been into movies in which people really did stand for values. Remembering some of my favorite scenes (like Moses coming back from the burning bush) is helping. And your encouraging feedback is like gas in my tank.

Michael and Mother, I ask you to furnish me with the realizations I need to connect with and understand an us-and-them world. Realizations such as these are in your hands. I invoke the laws of above and below and give and receive and your grace to this effect.

Footnotes

(1) I was becoming polarized and partisan. Michael warned me years ago it was quicksand. And it turned out to be:

Archangel Michael: You have stood at the edge of the fray and you have inserted not only rationality but a sense of balance and of light and of peace. So for this I commend you.

Steve: But go no further, right?

AAM: Yes. Because this has the energy of quicksand. It will suck you dry. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 2, 2016.)

(2) Steve Rother and the Group, "Beacons of Light May 2020: White Noise," Era of Light, 05/20/2020, at <https://eraoflight.com/2020/05/20/beacons-of-light-may-2020-white-noise/>.

(3) And that's where the last article came from:

“Trial by Social Media: Stop the Meme War,” May 19, 2020, at <https://goldenageofgaia.com/2020/05/19/trial-by-social-media-stop-the-meme-war/s>

Transcending Mechanicalness

September 23, 2016

[https://goldenageofgaia.com/2016/09/23/transcending-mechanicalness/.](https://goldenageofgaia.com/2016/09/23/transcending-mechanicalness/))



Continuing with our Ascension ethnography, having spent perhaps the last five years online processing vasanas, I thought I was finished with them more than once, only to have them re-emerge.

But they've lessened overall and my cumulative level of experience, emotional floor, or sense of things has risen dramatically.

Nonetheless, just when I thought I'd get a rest, a whole ghost army marched into view.

That army is my conditioned behavior - all the I-Robot instructions I've given myself over the years that are the precipitate, the ultimate conclusions and decisions of my late vasanas. These instructions run in perpetuity, in the unexamined mind.

"Get even." "Don't let them get away with that." "Go after him." "Keep your guard up." "Take everything with a grain of salt." "Everyone who gives something wants something."

They're all banal instructions handed down to me from my father, just waiting for me to hand them down to my children.

Lock-step behavior results. If someone says A to me, I say B. If they respond with C, I respond with D. On and on the dance of the automatons goes and, if we triumph, we smile.

Our private lunchroom conversations are all about "How did I do?" Howdido with the boss? Howdido with the partner? The neighbor? The bank manager?

When we get our story to the place we want it, we close the book. It now becomes a useful element in the self we construct and sell to the world. I'm the guy who told his manager off. I'm the gal who....

This is a description of our lives. Well, it was *certainly* a description of mine. Selling a projected "Me," a mere idea of myself to the world. I may as well have been eating dry oatmeal for all the joy and happiness it brought.

One doesn't wake up only to Ascension. One can also wake up to the mechanicalness of one's own life.

So conditioned behavior is next.

I'm no longer willing to say, let's just get over this next hurdle and it'll all be over. I actually don't know what lies beyond the next hurdle.

I know what the next hurdle for me is, but who knows what will emerge beyond that as the energies get more and more refined?

In terms of now handling the problem my overall conditioned behavior presents to me, keeping in mind our individuality in all things, I've established a beachhead of understanding for myself.

That is that my most urgent task with regard to it is to "Stop." (1) Over and over I find myself refraining from saying what just came into my conditioned mind.

Others may need to "Start." But I know, viewed from a topdown perspective, I'm the opposite.

Let me "Start" there - or perhaps "*Stop*" there - and see what impact stopping has on my conditioned behavior as a total repertoire.

I'm looking to transcend or get beyond conditioned behavior itself. But not too quickly. I need to do the job thoroughly or the roots spring up again.

At this moment, I have no idea how to do it.

Footnotes

(1) I'm an over-communicator where most others might be under-communicators. *I wear myself out.*

But how simple is stopping? Starting must be harder.

For more on stopping, see "A Strong and Stable Foundation," Sept. 24, 2016, at <https://goldenageofgaia.com/?p=281605>

Your Normal, My Normal

October 5, 2020

<https://goldenageofgaia.com/2020/10/05/your-normal-my-normal/>



I was talking with a young acquaintance who related numerous types of experiences she regularly has.

When she can even find someone to discuss them with, she suspects they think that her experiences mean she has mental problems.

That's a situation I've heard that so many people have. They're clearly here for a reason and they can't find any friendly person to talk to about it. They end up feeling defective. The loneliness of the long-distance lightworker.

The whole question of normality is what I wanted to address here.

Nothing about this time could be said to be normal. What Planet Earth is going through (Ascension) is not normal. What the deep state had in store for the planet (nuclear WWIII) is not normal. The people who are here - this generation - are not normal. What we'll see in the future will be anything but normal.

In this melange of people, intentions, and results, we may survey the scene. Here we are, angels (1) cooped up in a dense, physical body, in a society where the rich have not only gotten richer but plan the demise of most of the rest of the population of what they consider to be "useless eaters."

Here we are, having experiences of other dimensions, watching momentous changes in ourselves. Meanwhile very few people understand us. We even have trouble understanding ourselves.

So what in all this is normal?

I recommend that we come from the place that everything about us which is not staged and opportunistic but genuine and spontaneous is our normal. It probably won't be normal for the next person. But it is normal for us.

Everything about you of the same quality is normal for you.

This generation are angels on a mission. That mission is to serve Gaia in her Ascension and then to see to the Ascension of Gaia's inhabitants. Folks of all persuasions and talents are here, each with a role.

If only for this generation, I ask us to consider suspending our ideas of normality and allowing that each angelic lightworker knows instinctively what they're here to do.

And to the lightworker who doesn't: Follow your bliss, as Joseph Campbell said many years ago. If it doesn't bring delight to your heart and set your feet tapping to think of doing something, don't do it. (2) It probably isn't part of your mission.

But if it does, perhaps consider that that, no matter how it looks, it's part of why you're here and what you're here to contribute.

Footnotes

(1) "All on Earth are Angels," September 26, 2020, at <https://goldenageofgaia.com/2020/09/26/all-on-earth-are-angels/>

(2) "Does it bring joy to your heart? Does it ignite that wonderful smile in your tummy? Does it make your feet tap, wanting to get going? Does it feel like love? Does it feel that you could take this project, whatever it is, and show it to me in full confidence and pride that this is something that you are offering yourself, each other, and the multiverse, the omniverse.

"Now, if it does not give you that feeling, then set it aside. Go on to the next idea. Because the inspiration that you are being flooded with — and I mean each and every one of you - [means] you are not in a lull. You are overwhelmed with ideas. So go to the next one, and say, all right, is this the one that makes my heart sing? And it may be a multitude of steps.

"Do what feels like unbridled joy. That is how you create Nova Earth. That is how you say, as a human, as a creator race, 'this is how I work with the elementals, with the kingdoms, with the devas, with the planet, with my guides, with my star brothers and sisters, with the Company of Heaven.'" ("The Divine Mother Blesses Nova Earth Day, Feb. 14, 2013," at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/nova-earth-day/the-divine-mother-blesses-nova-earth-day-feb-14-2013/>.)

The Adult State = The Balanced State

March 11, 2020

<https://goldenageofgaia.com/2020/03/11/the-adult-state-the-balanced-state/>



When we venture into the unknown, balance is key. ... Well, important! Credit: Giacomond by Quint Buchholz

Having been reminded yesterday of the mind's ability to divide itself into parts, sides, or voices, (1) I identified three persistent voices that were key in forming my everyday life experience.

I'll use Eric Berne's terms for them: a child, parent, and adult ego or consciousness state. Berne explains:

"That is your Parent' means: 'You are now in the same state of mind as one of your parents (or a parental substitute) used to be, and you are

responding as he would, with the same posture, gestures, vocabulary, feelings, etc.'

"'That is your Adult' means: 'You have just made an autonomous, objective appraisal of the situation and are stating these thought-processes, or the problems you perceive, or the conclusions you have come to, in a non-prejudicial manner.'

"'That is your Child' means: 'The manner and intent of your reactions is the same as it would have been when you were a very little boy or girl.'" (2)

In this regard, the Arcturians have said two things in readings that relate to the formation of my sensitivity to criticism and blame:

"Because you were to work with Ascension, you were called upon to create a reality in which you went to the depths of the depths [with your Father] while you also experienced great love [from your Mother]." (3)

"You've been trained since childhood to hear the faintest whisper of darkness." (4)

This resonates with me. My child's discouragement and my critical parent are strong. I have both recordings. (5) I have to emerge from both.

This morning I awoke at 6:00 AM, telling myself that I should get up (parent ego state). I wanted to sleep more and so felt guilty and dismayed (child ego state).

But this was the first time I've ever woken up and seen the dynamic of a guilt-inducing parent state and a dismayed child. I watched myself actually walk through those steps. And the truth set me free from the upset.

My life has been about climbing out of playing these two roles: a critical inner voice (the parent) and a beaten-down inner voice (the child). I now see that the way out is to let go of both of these and to summon up a third and balanced inner voice (the adult).

That's what started this whole exploration. I noticed an adult voice that took command of a situation (lost on me now). I had never heard this voice before. I recognized it as an adult voice and that immediately threw into stark relief the two

voices I'd been listening to. I now saw them as my parent and child ego states, arguing.

What Berne calls "adult" Sanat Kumara and Archangel Michael call "balanced."

Sanat Kumara said that achieving balance was what the universal laws are all about.

"The purpose of the law, the foundation of the law, is balance. It is to assist you, to guide you — and all beings — to the place of balance. That is the reason for Universal Law." (9)

I'm beginning to see why.

Michael defined "balance" here:

AAM: We ... want you to be balanced.

Steve: What does it mean to be balanced?

AAM: It means to be in your heart only and completely. It means to have your feet firmly planted in this dimension and Earth, because that is where the work is. And it means to refer to your head and not to be led, and certainly not to be influenced by fear or false reality. (5)

He stressed the importance of balance in building Nova Earth.

"Everything in balance. Everything in moderation. That is how one proceeds in creating Nova Earth and Nova Community.

"It is the paying attention to what is truly important and that is what you have been doing, by the way. There is not a distraction of bringing energy or the energy of judgment or criticism to that which is not vitally important." (6)

The balanced or adult voice does not judge, he says.

"[The balanced voice] does not judge. It does not condemn. It does not choose sides. It comes from a place of equality and openness." (7)

The Company of Heaven can play hardball when they need a certain outcome to come about. In 2018 Michael, for example, confessed to clearing the decks around me so that my ability to make balanced decisions as a pipeline would not in any way be compromised:

"One of the things we have done with your consent ... has been this clearing up of the space around you. ...

"We don't want you to feel or to be beholden – financially, emotionally or spiritually – to anybody. ...

"We are setting up ways in which this, can we almost say, removes you from those heartstrings so that there is wisdom and balance and an understanding of the higher good [in your decision-making]." (8)

Tough love. But it shows us that the Company of Heaven are serious about our post-Reval work. They want to see us balanced.

It's ironic that I should end up accepting Eric Berne's terms for this important work of emerging from childhood trauma into balance. Berne was the author who first set my feet on this path of personal growth and emergence from childhood patterns.

When I read *Games People Play*, I had a tremendous "Aha!" and knew that I had found my life's work. This was 1974.

By then I'd already completed a career as an historian and was looking for what was next. After reading Berne, I ended up on my final adventure as a budding academic, becoming a Sociology grad student, ever searching for the meaning of our patterns of behavior.

I now see that what Berne called "adult" and what Michael calls "balanced" are one and the same and the desirable state for a lightworker to be in.

Later

Now that I'm aware of this distinction and dynamic, I find myself going through the day identifying "child ego state," "parent ego state," "child," "parent,"

whenever they go off, and then letting go. Prior to this I wouldn't have known what was happening to me; only that I felt dismayed. Now I know.

My wounded-child consciousness seems always expecting to be put down. It despairs of things being different. This is its programming.

I'm discouraged - and dismayed. I then feel depressed over feeling dismayed and on and on the daisy chain of thoughts and emotions goes.

Rather than feeling depressed all these years, I can now observe the child or parent ego state arising, experience any part of it that needs experiencing, and let it go. I'm no longer it. I'm no longer in it. I'm outside of it. The almost-automatic identification of me with those feelings was doing me no earthly good.

However, unless I'd had an explanation, which Eric Berne provided, I'd have gone on forever in a cycle of dismay and depression. Now, having a reliable map (transactional analysis) to the terrain (vasanas, early childhood trauma), (10) I can traverse it much more easily and quickly.

Footnotes

(1) "The Caring Mind, the Adult State," March 6, 2020, at <https://goldenageofgaia.com/?p=306851>

(2) Eric Berne, *Games People Play. The Psychology of Human Relationships*. Secaucus, NJ: Castle Books: 1971; c1964, 24.

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

(4) Ibid., July 22, 2014.

(5) That may explain why people say underneath an angry man lies a frightened child. The way I see it is that we have both recordings in our mind's library: Our role and the angry parent's role.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.

(6) Ibid., Oct. 18, 2017.

(7) Ibid., March 3, 2011.

(8) Ibid., May 2, 2018.

(9) "Sanat Kumara: You're Ready to Build Societies in Adherence with the Law," April 23, 2013, at <http://goldenageofgaia.com/2013/04/sanat-kumara-youre-ready-to-build-societies-in-adherence-with-the-law/>.

(10) I realize I'm not doing Berne's original theories justice. The parent ego state is not uniformly negative; it can be nurturing and compassionate as well. And so with the child ego state.

I'm focusing mainly on the hurt and harm that people wrestle with as a result of early-childhood trauma and I'm very selectively borrowing from Eric Berne to provide a model for dealing with one aspect of it.

An example of another tool not linked to Transactional Analysis? Jesus provided one: He said that the truth shall make you free. That maxim provides a useful way of measuring if we're on the right track in what we see about a vasana. If what we see is true, we should be experiencing increasing freedom. If not, then we're barking up the wrong tree.

The spiritual basis of my work with vasanas lies in the writings of Sri Ramana Maharshi. See for instance Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990; Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974; and Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961.

The Caring Mind, the Adult State

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/the-caring-mind-the-adult-state/>



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Credit: [lisaswritopia.com](https://www.lisaswritopia.com)

Sometimes it seems to me that we have many selves. Maybe innumerable selves, I don't know.

Buddhists talk about hungry mind and grasping mind. The self or mind that I just noticed - and that I'm a virtual stranger to - I think of as the caring mind.

I was in the middle of moaning and groaning about something - which I'm not a stranger to - when suddenly a different state of mind arose in me. It said I will take care of him (meaning me).

I observed myself feeling caring towards myself. Rather than staying in my "victim" mentality, which was moaning and groaning, I actually rose up as a voice, a mind, a self and set about seeing to my needs.

I actually took responsibility for looking after myself. And noticed it. For the very first time. It felt very different than what I'm used to.

I'm really struck by the discovery. It's brought me to a standstill.

We can have as many selves as we have thoughts, points of view, heroes, etc. The mind seems unbounded in its reach and flexibility.

This mind - the caring mind - turns out to be so very important and yet it's been missing, dormant, silent in me until now.

It seems to follow that I must be ever looking for someone to take care of me. That's what moaners and groaners do, don't they? Match up with a caregiver?

I assume the responsibility for taking care of myself. I surrender my practice of complaining. I just let that all go without needing to put anything in its place.

Later.

I now recognize this caring mind as what Eric Berne and Transactional Analysis would call the "adult ego state." I prefer to call it my adult consciousness state, or adult state, for short.

It provides a channel through which the Higher Self can influence me.

Moving from bemoaning my situation to taking care of myself is a profound shift for me. (1)

[This is another instance of paradigmatic breakthrough by changing my vote.]

Still later

I see I've been living out of my parent and child ego states. The one is the victimizer and the other is the victim.

And all the time I've been bemoaning the way I feel. Fancy that.

This is the first moment I've been conscious of an alternative. The adult state, the caring mind is an altogether different state of being to live from. Gone are the feelings of guilt and dismay. They simply aren't here. Without anything taking their place.

But the very emptiness I feel is a relief. I can breathe. I'm an open space.

Footnotes

(1) I later returned to the subject in “Escape from Adulthood: OK, That’s Enough of That,” Oct. 12, 2020, at <https://goldenageofgaia.com/?p=313996>

The Scope of What's Happening Today

February 9, 2014

<https://goldenageofgaia.com/2014/02/09/the-scope-of-whats-happening-today/>



What's happening today for us has three elements in my view, two of which are challenging and the combination of which leaves me amazed.

The Return Voyage of Discovery

If I take the longest view possible, the Supreme Self, the One, decided that it would be enjoyable to create a world and pretend to launch separate particles of Itself out into it on a return voyage of Self-discovery.

As Source Creator says through Goldenlight:

“How would I get to experience Myself if it were not for you?

"Before you there was just Me, before the Earth and all the planets and star systems and galaxies and universes there was just Me and only Me. I needed to create. I needed to split apart and individuate so I could know Myself and see Myself and see all the wonders of creation. You are all ME!" (1)

The One appeared to become many and the many appear to return to the One.

Jesus may have been referring to this return voyage of Self-discovery when he said: "I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father." (2)

We are those particles of Oneness. The One set us on a course away from him (her, it) by depriving us of the remembrance of ourselves and then back to him as the circumstances in the Mother's school of life progressively help us to remember more and more of who we truly are.

We peel away the masks that cover our true identity, finding ourselves in progressively more expansive understandings of who we are, until the last mask is withdrawn and nothing remains but the Supreme Self Itself, the One underneath it all.

We discover our true identity amid peels of laughter. The prodigal son or daughter returns to a tremendous welcome and homecoming.

It was a wonderful dream experience and, as a result of it, according to Source Creator through Goldenlight, the One has had many enjoyable encounters with Itself along the way.

Physical Ascension

We particles of Oneness behind the masks, here on Planet Earth, are at the moment pioneering and exploring a new turn in the return voyage. We're experimenting with a form of it that will see us ascend with our physical bodies, rather than without them.

I'm led to believe that no one has ever done this before. Source Creator continues:

"This experiment in transitioning to the higher dimensions while within the hue-man body is a new one that has never been accomplished before. You are all the pioneers of this ascension experiment." (3)

We're opening up a whole new space in the universe, and perhaps the multiverse, creating a whole new environment.

Previously we left the body behind and ascended to a dimension already in existence. But my sense is that the exact dimensional space we'll be ascending to has not existed before. It's as if we're pushing into a whole new world, creating a whole new relationship with what already existed in life.

Death will be left behind as a mechanism of Ascension. The physical body will be altered from carbon-based to crystalline-based. None of this has ever been done before.

Everything about how we do this, what we do after, etc., is being written as we go along, so to speak. And this is challenging enough.

Mass Ascension

But we've taken the script a whole step further and added layers of complexity to it by asking that as many of us as can meet the requirements be allowed to come with us.

In previous Ascensions, those who were ready for Ascension when it happened ascended and the recalcitrant were left behind. On this Ascension, we've added a requirement which creates a lot more work for ourselves.

“Your evolution is coming about in a collective manner,” the Hathors through Wes Annac tell us, “and this isn't the norm for the ascension of most planets.” (4)

We've agreed to take into account the recalcitrant and help them ascend. Our ascension will be inclusive rather than exclusive.

We now must forgive a lot more people and forgive them in a more than merely emotional way.

Those who've harmed us, including those who harmed us in institutional ways for millennia, are being given equal opportunity to come along with us if they can do the work required to endure the more refined environment they'll find themselves in.

Sanat Kumara through Linda Dillon explains the ripple effect of our choice on the universe and beyond.

“Now, let me explain. I would be happy to do so. You see, when all the darkness and the illusion became so dense on this planet that it actually assumed form, and you see it in institutions, even in buildings, and certainly in people, it affected everybody, and I mean throughout the multiverse, not even this universe.

“This is what so many do not understand, that an act of hatred or greed or control is not a singular act! It has its effect everywhere.

“So with this [mass] Ascension, with this shift and the conscious embracing of love, everybody, everywhere, all beings, all planets — which are sentient, as you know — receive a new start. It is a transfusion and a new beginning.

“What it marks, the impact as you would think of it is the beginning of a new cycle of existence. It is not a minor thing. And what it does, it not only allows those who are already well underway and in different dimensionality to fly freely, but everyone upon the planet as well.

“But it also affects those who have been caught in what you would think of as darkness [anywhere] to return back to the light, to have that illusion destroyed, to have a new beginning as well.” (5)

The Company of Heaven through Wes Annac want us not to under-estimate the contribution our decision to ascend collectively will make.

“The evolution of the Universe will be aided immensely by the Earth’s [mass] ascension, and in return, will aid in the evolution of other structures of existence far beyond even the grasp of what’ll be your united and ascended Universal consciousness. ...

“You’ll establish, along with us, a collective Universal consciousness and from there, we’ll help the Universe ascend....

“The ripple effect the Earth’s [mass] ascension is causing couldn’t be expressed enough.” (6)

Even as challenging as the new form of physical ascension was to begin with, this new codicil introduces a whole new level of complexity and range of challenges.

It's this decision, in my view anyways, that adds to the creative chaos that we're in at this moment and the work we must do together to make a mass Ascension possible. If we'd have ascended in 2012, we'd have bypassed it all.

When I see this and reflect upon it, I get the degree of commitment required even just to "put my arms around" the full scope of what's happening and engage in the process consciously and willingly.

The very act of imagining it taxes my faculties and invites expansion.

So, yes, we're immersed in creative chaos and it may be a much greater level of creative chaos than if we'd just agreed to ascend with whoever was ready at the time. That would have been easier and simpler all around.

But to ascend as a planet with whoever is able to reach it, to forgive those who've trespassed against us and welcome them on board the Ascension ship is calling on us to exert all our spiritual and physical capacities.

It's beyond the call of duty for us and a game-changer for those from higher dimensions who were helping us with this new physical Ascension in the first place.

Footnotes

(1) "Council of Angels, Archangel Michael and Source Creator: Upgrading to a Multidimensional Operating System," channeled by Goldenlight, October 4, 2013 at <https://thegoldenlightchannel.com>.

(2) Matthew 16:28. The statements of the masters often have levels of meaning. This also could have been a statement of his avatarhood.

(3) "Council of Angels," *ibid*.

(4) "The Hathors: Karmic Acceleration, Exposure of Tyranny and Understanding Channels," channeled by Wes Annac, Aquarius Paradigm, August 30, 2013 at <https://aquariusparadigm.com/>.

(5) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," May 28, 2013, at <https://goldenageofgaia.com/2013/05/sanat-kumara-many-of-you-have-already-ascended-and-straddle-dimensions/>.

(6) "The Company of Heaven: The Earth's Ascension is Just the Beginning," channeled by Wes Annac, Aquarius Paradigm, September 6, 2013.

Surveying the Scene

February 9, 2014

<https://goldenageofgaia.com/2014/02/09/surveying-the-scene/>



What starts out as a new paradigm becomes, for most people, the new normal fairly soon.

Paradigms open some new horizons but they also close others. That's how they work: by validating some behavior but warning against others.

And it's this development that can turn a paradigm from inspirational to limiting. It ceases being a guardian and becomes a guard.

For that reason, it makes sense to be aware of the paradigms we accept and always to question our paradigms as well as our behavior.

That doesn't make a new paradigm necessarily deficient. What makes it deficient is that we turn it from something three-dimensional into something flat, from a living context to a dead set of rules.

So we're not necessarily out of woods even if we've glimpsed the new paradigm and entered into the new world. We have to watch that we don't fall asleep in that world and make the paradigm into a source of drama or a dream.

This seems to be what's meant by eating the menu instead of the meal or looking at the map instead of the territory.

Self-mastery is a real goal and a worthy one, but I could easily turn it into just another “should.”



So with that proviso, I begin surveying this new land.

What is it about creative expression that has made it mostly outlive its usefulness for me? Well, for one thing, it doesn't take into account dealing with higher-dimensional beings.

One thing that scuttled the Neptune trip (besides my mismanagement) was that our vibrations were so low that the galactics would have had a hard time being with us. We were unruly. We were gripped by strong emotions. Some of our ways of being (like anger) show up for them like choking fumes.

There were other reasons of course, but this was one consideration.

If we want to deal with the galactics, I think we have to have our thoughts and emotions under control.

Of course our thoughts and emotions are visible to them. If we come on board a ship and run riot with our thoughts and emotions, the galactics see it all.

Creative expression worked well to get us out of our limiting suppression. It had its time and place. But now we have bigger goals to pursue and we need a paradigm that helps us to achieve them, I think.

I'm not sure that we can master the parts of ourselves that do damage to others as long as many major vasanas and false grids remain. We've been working on cleansing ourselves and releasing our baggage for some years now and I'm led to believe that we've made much progress.

Creative expression of a less boisterous kind may still be needed to move through some of the remaining barriers to just being here.

But many of us have risen to a level where the rough-and-ready expression of our feelings from yesteryear now hurts and isn't easily tolerated. We need to tone it

down, in my opinion. (And no one needs to tone it down more than me, so I'm not leaving myself out of this.)

There are people I know who've reached an incredible lightness of being, an incredible blitheness. And it inhibits their progress for the rest of us to be "expressing ourselves" as freely as we once did.

We have to avoid the trap of lapsing again into suppression and that's the part of the new paradigm that I feel least educated in.

How do we avoid simply shutting down and eating all our responses to things, as we did back in the Fifties? How do we allow our own genuineness and authenticity but without harming others? I consider that the major challenge of the weeks and months ahead.

We're all of us Christopher Columbuses on this next leg of the journey. When we enter a new dimension as a collective, there aren't shared resources to fall back on. On many days it feels like we're making it up as we go along.

OK, let me stop here. I'm still gazing into this new land and haven't really set foot on it. I'm not sure how to progress, quite frankly. Its rules are not known to me. I may begin to research the subject as a way of establishing a beachhead of understanding.

Glimpses of What Lies Ahead

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/glimpses-of-what-lies-ahead/>



Having newly discovered, or re-discovered perhaps, my balanced adult, (1) I'm now having fun with it.

I spilled a bottle of glue today while transferring it from one bottle to another.

I enjoyed watching myself clean up the mess, moderately. I knew full well (without a barrier of resistance appearing) that I could restore the situation and we could then carry on. I was acting from my balanced adult.

We know what I'm doing, don't we? I'm reparenting myself.

I'm walking myself through the critical-parent and wounded-child scripts and, with thanks for their service, retiring them. They no longer work for me. After celebrating the occasion, I'm moving forward.

In their place, well, quite frankly, I'm relying on what Michael has told me in preparing me for what's up ahead. I'm putting in place what he's taught me. That must be fairly obvious to anyone reading me.

He might as well be my (divine) psychotherapist. He's certainly my teacher. Look at how long it took me to get what he meant by "balance," even though he harks

back to it repeatedly. Years. Just short of a decade. I'm supposed to be a fast learner.

Why so long? Because balance and peace, love and bliss are not Third-Dimensional spaces and I was looking for them in the Third Dimension. They are nowhere to be found, there.

There are no words to describe them because Third-Dimensional words have not been invented that capture a higher-dimensional space. I don't think it'll be possible to do so for a while, anyways. For example, I can think of no way of capturing higher-dimensional love, true love, in words. I wouldn't even try any more. (And yet I do, again and again.)

For most of us, when we see or in other ways experience these divine states, we get a glimpse of what lies ahead - encouragement for us to keep going, keep going, keep going.

These moments of discontinuous and expanded comprehension are what I mean by "realized knowledge." Realizations can be big or small. They don't last - until Ascension. But they produce certain knowledge and unforgettable experiences. And they're glimpses of what lies ahead.

Most of us don't recognize them for what they are. They seem to be just wonderful moments (magic moments even) when everything seemed different and we knew a lot. But we see no further significance to them. No big deal. We fail to ride them to their full states.

After Ascension, our hearts are permanently opened in Sahaja Samadhi. Then our vasanas are fried to a crisp. There are now no seeds of future action, no arrows of karma waiting to be launched.

We're released from our bondage to unproductive stimulus/response patterns. We experience this as moksha, mukti, liberation from bondage.

We'll live in a crystal-based (rather than our present carbon-based) body, which we're slowly adapting to now, which neither needs to die or be reborn. Thus we're released, as the Buddha might say, from bondage to the wheel of birth and death. He called it Nirvana. Names don't matter. It's the same higher state of existence.

Our spiritual experiences are in the end encouragement to keep us moving forward through this slow and gradual time during which the body adapts to the greatly-increased energies, the greater light of the higher dimensions which before long it will be living in.

Footnotes

(1) See “Up from Moan and Groan,” March 6, 2020, at <https://goldenageofgaia.com/?p=306851> and "The Adult State = The Balanced State," March 9, 2020, at <https://goldenageofgaia.com/?p=306854>

The Principles of Largescale Employment Projects – Part 1/2

April 8, 2020

<https://goldenageofgaia.com/2020/04/08/the-principles-of-largescale-employment-projects-part-1-2-repost/>



From 1995.

I became aware of the impact of automation on employment in 1991 and soon began to write articles on it. (1)

By 1995, when the first version of this article was written, I was looking into the principles of creating largescale employment projects.

Very soon we'll launch into the building of Nova Earth and these principles have never seemed more relevant to me.

We've been told that it's time to re-examine all our limiting beliefs, look at processes as generically and globally as possible, and borrow from what often lies in front of us to come up with radically-new solutions to creating a world that works. This article is meant to be a contribution to that outcome. In two parts.

At a time (1995) when the bottom is falling out of the economy, when we've automated people out of work and shipped whatever jobs remained overseas, I think we need to seriously look at how to put our population back to work. The following principles may clarify, and can be adapted to, the work of creating largescale employment projects.



(1) Work is a Function of Unworkability

The first principle underlying the creation of largescale employment projects is that work is a function of unworkability.

If we think about it, workability is invisible and only unworkability is visible.

Any tool or machine that works usually doesn't attract our attention. But the squeaky wheel does and it gets the grease.

My computer, as long as it works, receives little or no attention from me. However, the minute it ceases working, I swing into action, attempting to fix it myself or having it repaired or replacing it.

With the exception of preventive-maintenance programs, we usually do no other work on anything until it ceases to work; that is, until the situation becomes unworkable.

Therefore all largescale employment projects will in the first instance arise as the result of identifying a largescale instance of unworkability and then turning it into workability. There's no lack of unworkability or "problems." So there is no lack of work for our population.

Examples of largescale instances of unworkability include global famine, disease, pollution, illiteracy, homelessness, etc. Unemployment is not a function of a lack of

work. It's a function of a lack of means.

[And after the Reval, and later NESARA, there will be the means.]



(2) Value is a Function of Agreement

The second principle that I'd like to point to in the creation of largescale employment projects is that a change, solution, or opportunity, I believe, has value only because we say it has.

Take for example the case of nuclear missiles. To the best of my knowledge, every intercontinental ballistic missile that I'm aware of has only either sat in a silo or been launched up into the air to fall into the ocean.

[In fact we now know that no military on this planet has been allowed to explode a nuclear bomb with hostile intention since at least the 1950s.]

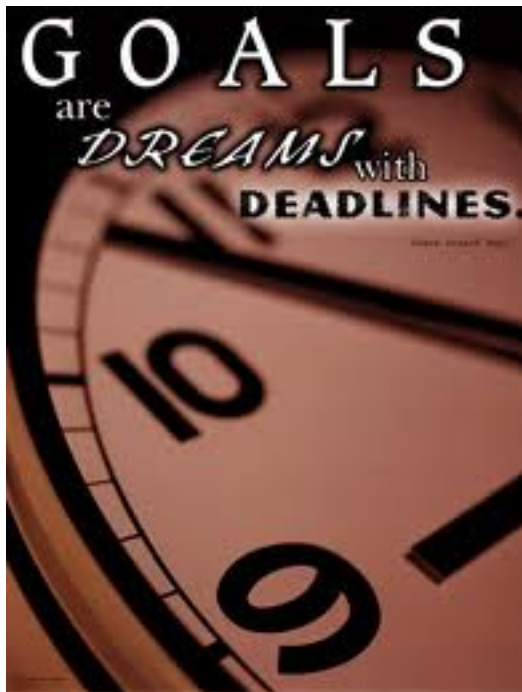
In fact ICBMs have value only because people regard them as valuable. They serve no direct useful function as, say, a car serves a function by transporting its passengers.

Some might say they serve the function of ensuring national security. I would argue to the contrary that they simply produce a condition of national insecurity. ICBMs have value only because we say they do.

Though they serve no direct useful function in the same way that a car does, they are still massively funded.

What this principle demonstrates to me is that a new solution or opportunity shouldn't be measured in terms of fictitious 'inherent' value, but in terms of the value that we attach to it. If a country deems the ending of hunger and poverty within its boundaries as valuable, money will be found to end them.

This principle gives us permission to allow ourselves to explore unheard-of or unthinkable opportunities and to focus our attention on how to create agreement around value rather than looking for non-existent inherent value. I believe that value is not inherent in a thing or event. Like beauty, value is in the eye of the beholder.



(3) Alignment Requires Deadlines

A third principle is that the social alignment needed to create a largescale employment project requires targetable, society-wide deadlines. If we want alignment on a planetary scale, we cannot agree to accomplish our project “some day.” We must have a specific deadline to orchestrate the coordination involved.

Putting a man on the moon succeeded, all other things being equal, because President John F. Kennedy attached a deadline to it – the end of the Sixties. Had

President Kennedy left the matter without a deadline, the necessary coordination of efforts might never have taken place and the goal might never have been achieved.



(4) Alignment Requires Win/Win, Global Solutions

A fourth principle in the creation of largescale employment projects is that win/lose solutions prevent alignment. Alignment is created with win/win solutions that leave no one out. Win/win solutions are global, contextual. They create no “us against them” divisions. They leave no residue.

Many society-wide solutions create as many problems as they solve. Their formulation creates new conflict. Their accomplishment transfers a burden from one shoulder to another. Their completion leaves a festering wound.

Social programs to fight crime, help minorities, or combat disease go on within a fragmented context, with some people left out of their scope, some people winning at other people's expense, and some people, identified as the cause of the problem, being penalized or ostracized.

At the moment our global scene is riven with divisions. Blocs of nations, rich and poor, of varying religions and creeds oppose one another. Typically these days [1995], alignment is sought by justifying one's own side and blaming the other.

Righting one imbalance or injustice at the cost of creating another will not create social alignment. Only global, win/win solutions to unworkability will win the degree of alignment that ensures success.

(Part 2 will be published tomorrow or you can read ahead at <https://goldenageofgaia.com/2018/01/03/the-principles-of-largescale-employment-projects-part-2-2/>.)

Footnotes

(1) I wrote politicians, labor leaders, anyone I could think of. No one listened. I think people were too fascinated with their computers at the time to realize the tremendous stripping of employment and the turning of the job market into a buyer's market that was soon to happen.

Here is one article from 1998, published in the Toronto Globe and Mail. "If This is Your Job, Watch Out!" at <https://goldenageofgaia.com/accountability/automation/if-this-is-your-job-watch-out-1998/>.

Equally ironic is that I collected probably the largest library of hard-copy magazine articles looking at how automation worked its way through the job market, collapsing firms, stripping entry-level jobs or any jobs that a computer could do, and ending entire careers.

But when it came time to seek a library or archive for this collection, no institution was in the slightest bit interested. A phenomenon had just occurred that caused hardship to millions and ended forever the equitable workplace that we were building since the Fifties and not a person I knew or contacted had any interest in it.

The Principles of Largescale Employment Projects – Part 2/2

April 8, 2020

<https://goldenageofgaia.com/2020/04/08/the-principles-of-largescale-employment-projects-part-2-2-repost/>



Reposted from 1995.

(Continued from [Part 1.](#))

(5) The Resolution of Dissonance Creates Paradigmatic Breakthroughs

In the course of creating a largescale employment project, dissonance will arise. Disagreement may ensue. A scheme may be abandoned. But history shows numerous examples where dissonance has been the occasion, not for abandoning a scheme, but for creating a paradigmatic breakthrough.

Given the dissonance that may occur in our future, the need for mechanisms to bridge dissonance should be clear. If we're looking for paradigmatic breakthroughs, we must find new ways of addressing dissonance.

I can't think of an example of a social endeavor that illustrates this principle. In the course of my studies, I've only come across it in the resolution of personal dissonance but I'm willing to bet that the same principle can be applied to dissonance associated with largescale projects as well.

Here's an example. Max Weber created a distinction considered fundamental to the field of sociology out of resolving an ongoing family dispute.

His father, a rabbi, met Weber's sociological arguments with “unprovable” religious arguments, which Weber labelled 'values.' His own “provable” assertions he considered 'facts'. By bridging the two, and contextualizing them within sociology, he created a division between facts and values that remained a basic distinction in the sociologist's toolbox.

Another example: Benjamin Lee Whorf, before becoming an anthropologist, was a fire insurance investigator. He found that fires occurred because inaccurate linguistic labels led people to misunderstand a situation and take hazardous actions.

A worker would see an “empty” oil drum and drop a lit match into it, overlooking that it was full of flammable vapors. An office worker would throw a coat over a cone heater and turn on the “light” switch, not knowing that the switch activated the heater. When the light didn't go on, after the worker toggled it several times, he'd assume that the “light” didn't work, leaving the heater to blaze underneath his coat.

In the course of resolving these linguistic misconceptions, Whorf stumbled upon what has become known as the principle of linguistic relativity – that things are for us as we see and describe them.

Finally, Thomas Kuhn, working as a historian of science at a junior college, found the writers of outdated history texts touting their own age as the pinnacle of science, even though the age that succeeded it often discredited its science. Puzzled at how all eras could regard theirs as the height of attainment, when the science of their eras ultimately went nowhere, he arrived at the notion of temporocentrism – that people self-servingly represent their own as the best of all possible eras.

Temporocentrism comes hand-in-hand with egocentrism and anthropocentrism. Ultimately these "centrisms" came to be known and described as the self-serving bias.

I realize that these examples don't shed light on largescale enterprises, but I wish only to consider the principle that lies beneath them.

By offering solutions that bridge cognitive dissonance, instead of abandoning fruitful schemes, we create paradigmatic breakthroughs. Therefore, dissonance in

our personal lives (or in our social projects) should be seen neither as a stumbling block nor as an occasion for choosing one side against the other, but as an occasion to recontextualize and bridge the dissonance.

We might therefore welcome paradox, confusion, double binds, dualisms, and the clash of opposites when they arise in the course of our social alignments and common endeavors.



(6) Critics Identify Their Own Expertise

A sixth principle in the creation of largescale employment projects encourages us to look at our critics in a productive way.

Any genuinely new activity can't be fully planned in advance. The answers to many of its problems are found in the course of accomplishing the project itself.

Critics will arise, some sincere, some not. The insincere we can pass by. But some critics are sincere and we may lose their expertise by dismissing them.

A more constructive response would be to see them as potential contributors, speaking from their own areas of experience and sometimes identifying important actions needing to be taken.

In the example of sending people to the moon, those who say that such-and-such a material won't work probably could very well be indicating knowledge of materials that will.

This principle reminds us to turn the negative to our advantage and harness the energy of those who can foresee the problems that stand in our way.



These are just some initial thoughts on the principles of projects that might put people back to work or address areas of the world's unworkability. In the language we use today, they assist us in the building of Nova Earth.

I have in mind not some pharaoh's use of slaves to build a monument and not some manipulation of the masses to serve a reigning social class. Rather, I have in mind ennobling cooperative endeavors in which all people of the world participate for the benefit of the planet. (I have on occasion called this the vision of a "cooperative commonwealth" and, after Werner Erhard, "a world that works for everyone.")

To summarize, when we turn to addressing global famine, drought, poverty, homelessness, disease, infirmity, and inequality, the following principles may help us to frame an adequate, largescale response:

- (1) Identifying areas of the world's unworkability,
- (2) Creating projects that express and reflect our values,
- (3) Building alignment with win/win solutions,
- (4) Setting targettable, society-wide deadlines that allow for project-wide

coordination of efforts,

(5) Bridging dissonance and creating new paradigms,

(6) And asking our critics for their expertise.

I very well may have left many things out of consideration. If you see any, I welcome your contribution. This essay was not intended to end discussion, but to begin it.

Get Bigger, Get Bolder, Get Moving

October 9, 2020

<https://goldenageofgaia.com/?p=313956>



Get bigger, bolder

Everything, it seems, is a confidence game.

Not just as in a swindle. Let's leave that meaning aside and look at the role of confidence in what we do in our everyday lives.

I could never drive a bus. I don't have the confidence. I could never fly an airplane, do heart surgery, or drive a locomotive. Same thing.

And those are just the external things.

The internal things? Same thing again. A lack of confidence invites fear, dread, terror, horror and stops me from doing or succeeding.

I *know* for a fact that, when I lack confidence in myself, very little I do succeeds. When I have confidence, what I do more often succeeds.

I had a brilliant example the other day. A man was acting suspiciously in our lobby and altogether didn't look like he belonged here. Management has asked us to question any suspicious-looking person. This was the first time I'd ever done it.

I asked him if he lived in the building and he answered me in a weird way. I asked him what suite he was in and he blew up at me.

Not only did he blow up at me but he came within inches of my face, removed his two sets of glasses (yes), and yelled at me from that proximity

Well, you know my history with being yelled at nose-to-nose. (1) And you know I've forsworn hostility for harmony. (2) So how did I do, the newest pacifist on the block?

I simply said to him, at various stages of the unfoldment: "Don't talk to me that way." "Don't yell at me." "Don't threaten me."

That's all I needed to do: Name it and forbid it. And he finally walked away, muttering to himself.

Simple boundary management provided the solution.

Even this instance of refraining from a violent solution shows the transformation in a person when they learn self-defence/a martial art. I knew I could handle myself and so I didn't need to act ... prematurely. I could if I felt it was needed. I felt confident in myself.

It's the same everywhere. If I lack confidence in making a quiche, I do a lackluster job. If I lack confidence in clearing the thief vault, I bang my leg. If I lack confidence in getting a complicated mathematical calculation wrong, watch me do it wrong.

How to boost our confidence? The answer is so darn simple. I just keep forgetting to do it.

But if I just blurt it out, it'll look too obvious and may be dismissed. So let me work up to it, if you would.

We have the ability to compartmentalize our consciousness. We have the ability to imagine people talking to us. We have the ability to reparent ourselves.

Any number of psychological and spiritual traditions discuss this in a matter-of-fact way. They might say: Talk to yourself; take yourself aside and have a good, mature conversation with yourself. Etc.

And that's it exactly, ladies and gentlemen: Talk to yourself. Talk to yourself kindly, compassionately. Lend yourself an ear. Express your understanding and your encouragement. It'll move you to tears.

I like Transactional Analysis's model of a Parent, Adult, and Child ego state.

Using their terms: Get into your Adult ego state. Congratulate your inner Child for the job you just did. Express confidence in yourself.

Take your Child aside, tell them what the future looks like and let them know you have their back.

Then go out and do the same for ten other people this week.

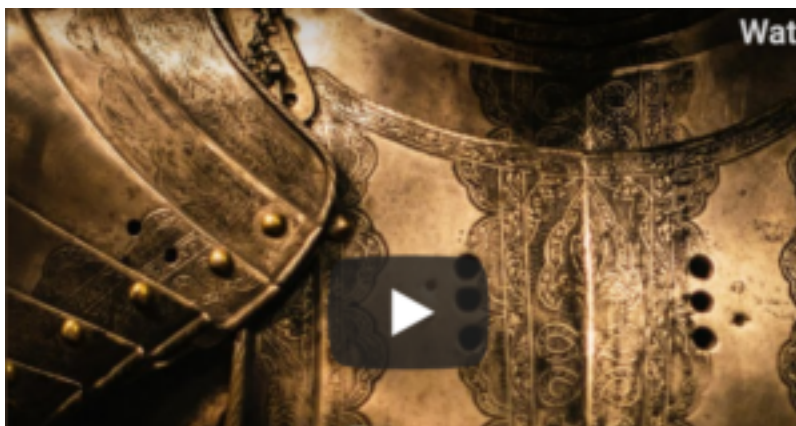
Your confidence in yourself will grow and grow.

This is not a boost-your-sales pitch. This is not about what-a-good-boy-am-i. If you emerge feeling arrogant, you missed a turn somewhere.

You now have the confidence to serve. That's the point of the exercise. To get bigger, get bolder, and get moving in our service of the Mother.

That's why we're here.

When you need inspiration and encouragement to get moving, play this: *In the Name of Queen*.



https://www.youtube.com/watch?v=_S6uVD_fbE0

Footnotes

(1) See "What Changes Can Be Seen?" July 5, 2015, at <https://goldenageofgaia.com/2015/07/05/what-changes-can-be-seen/> and "From the Humpty Dumpty Man to Here: Completing the Fear of Being Wrong," June 5, 2019, at <https://goldenageofgaia.com/2019/06/05/300939/>