

Desirelessness and the Still Mind



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Introduction

On June 6, 2021 I began an experience of desirelessness that lasted roughly for three weeks before it dissipated and I regained everyday consciousness.

It began after a lecture to a Vaccine Choice Canada-related spiritual group. It involved the unloading of a download that I was given at birth, as discussed in these pages.

Was it a higher-level experience? Undoubtedly. But I'm not sure it was a higher-dimensional experience. I'll explain.

I've visited higher dimensions and the moment one does one is drenched in a love so transforming that one never wants to leave. This is Paradise Garden, Elysium, the Garden of Eden.

This one did not feature that, even if it was higher than my normal everyday consciousness.

But each dimension also has twelve subdimensions. I could still be in the Fourth Dimension and yet have experienced a higher subdimension. That's what I think happened.

The desirelessness that I felt, unto itself, had no characteristic. It was simply the absence of desire and attachment. It's the consequences of that which are noteworthy.

One consequence is that, in its absence, the mind is silent and still. All the background chatter subsides.

In that space, one gets to see how things work. The ego arises in response to a desire. We have a disembodied "want" travelling around our minds until a responsive "I" or ego state arises to satisfy that want. We now have "I want," which either goes toward divine ends and pursuits (only good karma for that) or worldly ends and pursuits (BEEP! Fail!).

The satisfaction of worldly wants, as it turns out, doesn't help us to satisfy the purpose of life, and so we incur further education (i.e., karma). It isn't bad. It's just not helpful.

The purpose of life is to know our true identity. Our true identity is God and, when one of us realizes that, if you can imagine it, God meets God. (1)

That's a source of delight for God and is the reason She created heaven and Earth.

My desireless state seemed to relate to worldly desires only. I was quite strongly drawn to spiritual pursuits like meditation and walks alone in nature.

As frequently happens, when I write about a state, I enter it and so desirelessness has come calling right now.

The desireless state is peaceful. And true peace is like granite, a strong foundation upon which to build and from which to act. (2)

All the voices that rob us of power are quiet in the desireless state. There's no self-criticism, hesitancy, self-doubt, low self-worth, etc.

Just as you'd expect, we've significantly removed the overburden of issues and resentments and so the Natural Self can shine through.

And, in the space created by their absence, I felt competent, confident, peaceful, balanced, and self-trusting. In other words, my Natural Self was shining through. (3)

However no higher state prior to Ascension is permanent and so this one left. But now I know - and I can never unknow - just why all the scriptures tell us to be at least moderate in our worldly desires and attachments; preferably to leave them all behind but very hard for most people, particularly in western societies.

However if we want our minds to be still and silent, if we want to experience real peace and see its value, then letting go of our worldly desires and attachments seems to be the way to go about it.

Footnotes

(1) See *The Purpose of Life is Enlightenment* at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) Archangel Michael: So, when you think of things that you should do, are supposed to do, might do, and it doesn't ignite that fire of excitement, and that granite of peace, then you are being given an important piece of information, which is 'look elsewhere.' Is that clear?" ("Transcript ~ Archangel Michael: You Have Chosen to Be the New Paradigm of Love, May 31, 2018," June 7, 2018 at [http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/.](http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/))

Steve Beckow: (Laughter). I had an experience of deep peace some years ago. I think it was about 2015. And I was surprised to find that peace was so substantial. It felt to me as if I were standing on a granite rock and I remember saying that to myself. And then I remember a couple of years later you actually used that word, [saying] that peace was like granite. ...

Archangel Michael: There are so many divine qualities that do feel amorphous, light, airy, like a spring day. And yet peace (you have this expression), you can take it to the bank. It feels like ballast. It feels like granite because it is solid. And dare I say immutable. That is why I continue to keep emphasizing that that peace [is] within, that rock-solid granite [lies] within. ("Transcript: Archangel Michael – Peace is Breaking Out Upon Your Planet, May 3, 2018," May 15, 2018, at [http://goldenageofgaia.com/2018/05/15/transcript-archangel-michael-peace-is-breaking-out-upon-your-planet-may-3-2018/.](http://goldenageofgaia.com/2018/05/15/transcript-archangel-michael-peace-is-breaking-out-upon-your-planet-may-3-2018/))

(3) I don't mean that literally but figuratively, metaphorically.

Keeping It Simple



Credit: learning-mind.com

<https://goldenageofgaia.com/2021/06/10/keeping-it-simple/>

I spoke to a new spirituality group that was recently birthed out of the membership of Vaccine Choice Canada.

They were a bright, attentive, professional audience with clear and sincere commitment. It was a treat.

I had a major spiritual experience after the lecture and it built in strength over the next two days. I'm pretty sure it was the activation of a download I was born with. I've been told about it and it was predicted two years ago that it would soon unpack. It feels like it did.

But let me get to that tomorrow, because you were there with me throughout this event.

Aside from the lecture (on Ascension) being a wonderful experience, it answered nagging questions for me.

Can I lecture with my short-term memory being so haphazard? Will I lose track of what I was saying in the middle of a sentence? Do I have what it takes to convey information this way?

I was not plagued by memory problems and that removed the biggest block for me around lecturing. My story of a bad memory was shot to shreds and that alone felt liberating.

The event caused a creative explosion in me because it identified so many areas of what we discuss here that needed clarifying. So let me start that process of clarification.

Let me continue the discussion of Ascension started in the lecture.

Ascension is really very simple, though ascending itself, in the new format, is a process that may be mostly gradual and take time. The word "simmering" comes to mind.

I read a quote a few years back defining Ascension in a most difficult way. I don't want to give the quote because I don't want to embarrass the writer and these articles may be read by civilizations far distant in time and space.

But it talks about Ascension in scientific terms. He discusses particles, their charges, their relationship to each other, etc., all in one long definition.

Heavens, he may even be correct. But very few people would understand what he said and so its usefulness is limited.

Ascension itself is very simple: It's a full and permanent heart opening (period).

But I have to make some clarifications.

(A) It's the spiritual heart, two digits to the right of the breastbone, that opens.

(B) It's not the heart chakra, although it can be initiated by the kundalini reaching the heart chakra.

That particular heart opening is only temporary though. Ascension - beyond the 3D chakra system - is permanent. (1)

(C) And it's not the physical heart. You're not having a heart attack.

(D) A heart opening is not the same as the quality of being open-hearted. Being open-hearted could very well lead to a heart opening. But in and of itself it's of far less intensity.

The hole no bigger than a pinprick that keeps us from knowing the heart and living in Fifth-Dimension consciousness is called the hridayam, a word usually translated as "heart" although it actually refers to the heart aperture. The heart aperture is also called the granthi or knot of ignorance. It's apparently like the aperture of a camera.

The hridayam first opens when the kundalini reaches the fourth or heart chakra. But it then gradually closes again over time.

It opens again in Sahaja, which is Ramana Maharshi's name for Ascension. (2) But this time it remains open and it remains full and complete.

When the hridayam opens, there's then no obstacle or blockage between the everyday and the ascended consciousness.

I experienced my heart open on March 13, 2015 and it was explosive. I remember thinking it was like a fifteen-inch gun going off and blowing an obstruction the size of a watermelon out of my heart.

After that I found myself in an inner tsunami of love and, later, in an Ocean of Love. Those were foretastes of Ascension.



Having said that the concept of Ascension is simple, I now have to add that Ascension itself is a process most of which is not quite as simple. Nor is it as quick as we may like.

For instance, the raising of the frequency of the human body has to be done slowly and gradually. There have been times recently when the energy has been amped up and all of us in my circle were relating our woes.

I'm told that the energies were amped up this last week and that fits with the number of exhausted people I've met. Think what it'd be if we went faster.

Our hospitals might be overwhelmed by people thinking they're dying or having a nervous breakdown.

Can you imagine suddenly awakening to find ourselves in an Ocean of Love?
Where's my house? Where's my family? Where am I?

We lightworkers may be ready for the shock of Ascension, but several billion other people may not. In 2012 we could have gone as a small group but we elected to go as a planet and that takes longer.

People whose light quotient is not yet adequate to allow them to thrive in the higher vibrations need time to take in the energies and make the slow transition from carbon to crystalline base. I'm reminded of Sitara's discussions of sous vide: We need to be slowly and uniformly cooked.

Tomorrow, I'd like to discuss the very strong spiritual experience I had after this lecture. Days later I remain desireless and still.

Footnotes

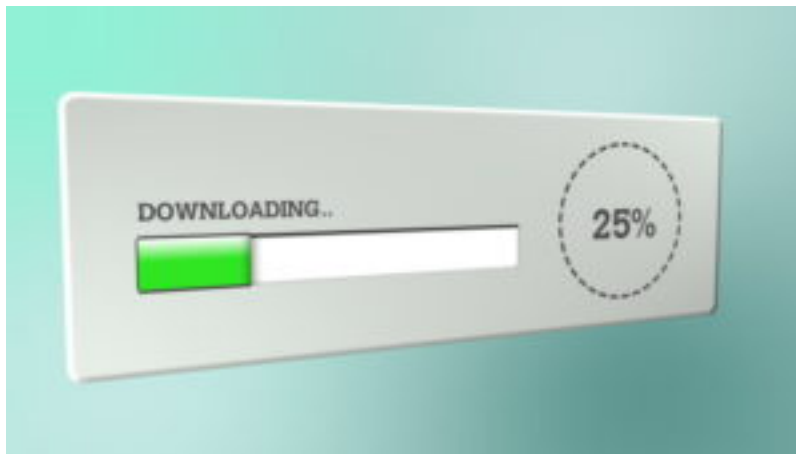
(1) Steve Beckow: I'm trying to understand what level of enlightenment Ascension corresponds to and I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — sahaja samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of [as being] with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the [seven] chakra system, into the new. So yes, you are correct, in this question and in this statement. ("The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

(2) "Sahaja is like the river that has linked up with the ocean from which there is no return." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 90.)

"This is Self-realization, Mukti [i.e., liberation from birth and death], or Sahaja Samadhi, the natural, effortless state." (Ramana Maharshi, *ibid.*, 82-3.)

And Here It Is



<https://goldenageofgaia.com/2021/06/11/and-here-it-is/>

If I don't record my experiences, I'll forget them.

If I want to be able to point to what happened later on, I have to record them.

I record here an experience I had after lecturing to a spirituality group birthed from Vaccine Choice Canada.

Interestingly I was not moved to record it. Or do anything with or about it for that matter. I had to push myself to record it. I was - and still am - in a desireless state. Let me explain.

This experience developed from Sunday evening to Tuesday afternoon. It was not a flashbang realizational experience. It was an expansion in my being.

I've known for I suppose two years that a download that I was born with was due to unpack soon. If this is it, it has left me in a state which I'm not at all surprised to find myself in (confident, competent, desireless, peaceful, balanced, etc.).

The Lord Arcturus described the download in 2019: the download conveyed "aspects or qualities, talents, capacities that would serve you and, in turn, of course, serve the grander Plan, the collective and ultimately the Mother." (1)

I'd forgotten that one year after he described the holographic cell or download, Michael also addressed the fact that the download process had started. What he said was too long to be included here. I'll include it in the footnotes. (2)

I also recall him saying that, when I move out into the public, I'd have enough memory to do the job. (3) And that he'd be right there beside me, etc. (4) The Company of Heaven would not leave me out there on my own. So the timing of this process - the first round of public speaking - also seems very appropriate.



During the first part of the experience, I felt as if I were going to break open. I now think this was the download breaking open, so to speak.

At that point I avoided all company. I turned off my cell and laptop. I was a little alarmed and desperately needed to be off by myself.

And then I remembered: I'm a servant of the Divine Mother. If anything is happening to me, it's by her Divine Will. With that, I relaxed and allowed the experience to unfold.

I don't remember if it was that Sunday night or the next morning. I felt a sudden opening within myself. I didn't think of it as a heart opening. I thought of it as the download opening and creating space as part of its mission.

I was aware of inner expansion, inner space, inner stillness. The space grew until it seemed as big as a large cavern or grotto - inside me. I knew this space to be the Father energy - the stillness and silence and peace. It was nestled into a material "body by Mother." I knew all of this to be me.

By the next day it had changed. Now I felt as if some powerful energy was emerging from me. Or wanting to emerge. Or merge. I was just aware of its presence.

At first I thought it was a walk-in, but Suzy Ward confirmed that no walk-in had happened.

After it came forth, exactly as if there were a second occupant in the body, I ended up feeling confident, competent, stable, self-trusting, peaceful, desireless. I had a lack of barriers. I had a sense of being ready.

I was no longer plagued by "what if's." I was no longer plagued by anything.

And there was a palpable feeling of something emerging from inside me, in just the same way that I had entered my body in my OOB in 1977. I was being joined so to speak, not like it was at all intrusive. I don't know who it was but I do know it wasn't Michael.

I don't think it was external events alone that determined the timing of this experience. I think my design committee - same as yours: the Divine Mother, your archangel, your guides, including your twin flame, and other interested parties - decided this was the time to activate the cell.

They decided the timing of my heart opening. Why not this?

I have to add that I asked for this experience. Ask and ye shall receive. I invoked the universal law and asked her last week for more consciousness. And here it is. This is just one more evidence that the Mother hears our prayers.

Years ago, Michael said to me, "with each ignition you will also feel a greater sense of the substance of who you really are." (5) That is proving truer and truer with each passing year.

My pranams and thanks to the VCC spiritual group for inspiring me and providing the platform for this launch to occur.

Footnotes

(1) The Lord Arcturus in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019. He went on:

"There is a [part of you] that is Arcturus and Arcturian, that carries that history, that lineage and that intelligence which you have highly valued in this life and in other lives, here [Arcturus] and elsewhere, that you can access. But you need to basically see yourself as going and sitting or accessing that quadrant of [yourself].

"It is not that you segment yourself because you have the full understanding of [Steve] but by immersing yourself, shall we say in it that way, by immersing yourself in that tiny sliver..., you are allowing the information, the capacities, the analysis, the experience, to really come to the surface.

"So that you can consciously begin to access it. It has primarily been under the surface for you this far. It has been more subconscious or even unconscious. And it was meant to be because we did not want you to distract yourself ... from being Gaian and being fully present on this planet and for this mission." (Loc. cit.)

(2) Archangel Michael discusses what he calls an "upgrade" and what I've called a download, a holographic cell that I was born with:

Archangel Michael: Do not turn down anything! So sometimes you have thought... Well, maybe if I slowed it down a bit, maybe if I paid closer attention to the details of what the input... Because think of it as a constant stream. Think of a computer, a constant stream of input coming into your mechanism called the brain.

Do not turn it down because what you are doing in the upgrades is literally learning how to access what is important to you, what is meaningful to you and yes to the collective but we are talking about you at this moment.

And so you don't want to start, consciously or unconsciously, editing the input into your brain. Now, your heart repair [triple bypass] and oxygen flow is helping and has helped this biological issue enormously.

But part of you, as we also said, and this is an agreement that we have, is that you have agreed [to live] and you are living very much in the moment.

One of the difficulties of humans is that they have a proclivity to either live in the past (and it can be recent past or ancient past) or to project themselves and live in the future.

It is a very curious malaise that most of the human race - yes, most of the human race - chooses not to live in the moment. So you are living in the moment. And you say, "Yes Lord I'm very willing to live in the moment but I would like to be able to access my memories, recent events so I don't feel like a fool."

We hear you.

Steve:... Or lose my thought in the middle of a sentence or forget what I'm going into the kitchen for or, oh, it goes on and on... Crazy.

AAM: Now, think of the electric blue. Yes, the Porlana C that has been pouring into you. Let us increase it rather than decrease it. What we are doing and we are doing it even now as we are speaking, we are making all those synapses, all those electrical systems, all the upgrade a brilliant neon blue so that the entire brain, all hemispheres' functions will be more clearly firing.

Now the biggest impediment, and I know you, sweet one, the biggest impediment to this being fully effective is concern so let us do our job. You give me the worry and let us proceed with the completion of the upgrade. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.)
[Hereafter AAM.]

(3) Archangel Michael: You will have enough of a memory, dear heart. Do not worry about it. (AAM, April 13, 2016.)

(4) Steve: How can I do public speaking? I don't know what to say.

Archangel Michael: Always I will let you know when it is time to speak and in what capacity. We are together, dear brother - do not for a moment forget this. (AAM, July 7, 2011.)

AAM: I am never far away. (AAM, April 26, 2011.)

AAM: My overlighting of you is very strong and I would like to think perfect. And of course it is perfect. (AAM, April 26, 2011.)

(5) AAM, May 6, 2013.

Unpacking the Download



Credit: parceljs.org

<https://goldenageofgaia.com/2021/06/13/322180/>

Following this download, which I've been told for some years would be unpacking, I seem to be seeing things from a slightly higher vantage point.

Example. I have this mass of papers around me and I see they're all out of place and, for a brief moment, I panic.

But then I remember: It doesn't matter. It's not important. You could put all of them in a big pile and re-sort them and all would be fine. And you'd have a good time doing it. This second response is not my usual.

The first response was my everyday consciousness. I'm not going to call it my ego or whatever because how do I know that? It's just what I operate from everyday.

My everyday consciousness panicked. That reflected a vasana or core issue.

Why did I panic? I'm used to playing right/wrong with people and remaining at the intellectual level of life where my scorecard of rights (me) and wrongs (others) is important. And by my age I'm starting to unconsciously panic if I feel I've done something wrong.

Got it. Don't need that one. Thank you for sharing. By the universal law of elimination, I ask the Divine Mother to take that once-justified fear away from me. Thank you, Mother.

The second voice is the deeper me that I hadn't completely surrendered to. I needed to be my everyday consciousness. That was who I was, right? Don't tell me what to do. I don't take orders from anyone. Etc., etc.?

But this latest experience has been my surrendering to that deeper voice, call it what you will - Higher Self, Universal Self, Stranger, or whatever other name you wish to give it. (Its beingness does not depend on how I see it or what I name it.)

I also like to call it my spiritual adult, the Commander, my wiser self. Being a Member of the Immigration and Refugee Board was good training: I had to come from this adult self every moment I was in the hearing room.

The Higher Self may be what, in the second phase of the download experience I just had, merged with me. I don't know.

But, in the end, it's as good a story to create in this life as any other I'm creating, isn't it? It's all made up anyways, as we heard Vivekananda tell us recently:

"This world is a superstition. We are hypnotized into believing it real. The process of salvation is the process of de-hypnotization. ... This universe is just the play of the Lord – that is all. It is all just for fun." (1)

That is so perfect. God meeting God is for the delight of God. Life is a leela or divine play.



So what I have I done? I've switched my allegiance from my everyday consciousness to this deeper self - I've switched my vote, which is really quite easy to do. When I switch my vote, this deeper self blossoms and takes over, so to speak.

I've reported the same thing with bliss, love, and peace: recognize them, acknowledge them, and they immediately expand to fill the space.

Looking at the process I've just been through, one could compare it to moulting. I leave a lot behind but each time I seem to get bigger. Let me repeat what Michael said to me, which is also true for the collective:

AAM: You are simply growing into your expansion. That is really the substance of it. You are on a very fast track of expansion and that is why you are also experiencing the flare-ups, the ignitions. But as you do so, with each ignition, you will also feel a greater sense of the substance of who you really are. It is [also] true of the collective. (2)

With each ignition, I do "feel a greater sense of substance of who you really are." I wouldn't have phrased it that way, but it's still totally correct.

I have until now been speaking of the steps to Ascension only as if they were the ordinary chakra/kundalini/related realization events. (3)

But I know very well that the Divine Mother can do as she pleases. If she wants the process to proceed in other ways she can. As Sri Ramakrishna noted: "[She] who has made the law can also change it." (4)

Here we see, not the occurrence of realization, but a slow process of expansion and emergence, all of it initiated by what could most easily be understood as a download.

Footnotes

(1) Swami Vivekananda in Swami Chetanananda, *God Lived with Them*. St. Louis: Vedanta Society of St. Louis, 1997, 61.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013.

(3) Stream-entering (fourth chakra), cosmic consciousness (sixth chakra), God-realization (seventh-chakra), and Ascension (sahaja samadhi, full and permanent heart opening, beyond the 3D chakra system).

(4) Alright, alright, he actually said: "He who has made the law can also change it." (Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 817.)

So what is their relationship then? She explains:

"Although it is the Father's and my Eternal Divine Plan, I am also Guardian of this Plan – I am Overseer, I am Implementer, I am Guardian. I guide the pieces as if this was a chess board." ("The Mother's Clarion Call to All of Humanity!" April 20, 2020, at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.)

"I am your connection [to the Father]. ...

"I am All. I am One. ... I give you human ways, not in a way of speaking down — quite the contrary — but in ways that you may understand. When I am Father, there is a stillness, complete.

"This is something that the human race is simply learning now. It is the union and conjoining of stillness with movement, and how that is the balance of everything. When I am in the Father, I do not require that movement, for that is not the way that I have created the Father. So, they are the two halves of the whole. Many who listen to this will be a little confused, and yet, my children, there is no need for confusion.

"Let me explain further. In many traditions, I am considered the Mother of All; in some traditions, the Mother of God, Source, One. Now, what does this mean? It means exactly what it says: I am the beginning and I am the completion, the end. ...

"Creation comes from movement, and it is movement into form, into energy, into substance, into essence — however you conceive of that. But do not negate the

role of the Father, of the masculine, because in that is the stillness of the moment of creation, what you think of. So it is the combination.

"You say, 'Mother, how can you do both?' It is who I am. ("Transcript of the Divine Mother on An Hour with an Angel, May 7, 2012," at <http://goldenageofgaia.com/the-2012-scenario/what-role-are-the-angels-playing/transcript-of-the-divine-mother-on-an-hour-with-an-angel-may-7-2012/>.)

Desirelessness



<https://goldenageofgaia.com/2021/06/15/desirelessness/>

I seem to be going in and out of desirelessness. That makes sense to me.

I'd expect full and permanent desirelessness to accompany Ascension. The fact that mine comes and goes proves it's not Ascension.

But it's a most interesting state and, as always, unless I write it down I'll never remember this experience.

I know Michael wants me to remain "in the moment":

Archangel Michael: An agreement that we have is that you have agreed [to live] and you are living very much in the moment.

One of the difficulties of humans is that they have a proclivity to either live in the past (and it can be recent past or ancient past) or to project themselves and live in the future.

It is a very curious malaise that most of the human race - yes, most of the human race - chooses not to live in the moment. So you are living in the moment. (1)

What greater assurance that you'll be living in the moment than to be desireless, without a short-term memory?

I hear better. I'm aware of my surroundings. I'm aware of my body - my arms, my legs.



The Buddha was desireless. He'd already achieved Brahmajnana at the ashram he left. (2) He achieved Buddhahood in the forest. The Middle Way was in essence desirelessness.

He identified craving and aversion as two pitfalls (ignorance of our true essence was the third).

Indeed they're two sides of the same coin. If I desire a chocolate milkshake, implicit in that is that I reject a strawberry milkshake. My desire for one implies - and sets up - an aversion for the other. Without desire, there's no aversion, no preference as *The Book of Nothing* says.

The Great Way is effortless
for those who live in choiceless awareness.
To choose without preference
is to be clear.

Even the slightest personal preference
and your whole world becomes divided.
To perceive reality as it is
is to live with an open mind. (3)

I'd never understood this passage until now.

Without desire, and its attendant aversion, I remain in the middle. The string remains not too loose and not too tight.



My suffering begins the moment I create a desire. At that moment, I also feel longing for the object I desire. Unfulfilled longing. And so I feel depressed that I can't have what I want. And so I tell myself that nobody loves me because I can't have what I want. And on and on it goes. These are very infantile thoughts.

I observe that, with no desires, I end that suffering. And the proper object of desire is God anyways, is it not?

Am I not again at the crossroads of what I used to think of as the basic spiritual movement - turning from the world to God? What did Krishna say?

"I am all that a man may desire
Without transgressing
The law of his nature." (4)

The desire for God, for love, for unity is the only desire that does not further implicate us in the karma of the world. The desire for God is the only desire that liberates us.

And even that has to be given up at the last to make way for God to realize God.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.

(2) That is, he had achieved God-Realization, seventh-chakra enlightenment, the last waystation before Ascension.

(3) Sosan, *The Book of Nothing. A Song of Enlightenment*. Trans. Philip Dunn and Peter Jourdan. Kansas City: Andres McNeel, 2002, 16.

(4) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.

Peace and Stillness



Credit: Kathleen Mary Willis

<https://goldenageofgaia.com/2021/06/22/peace-and-stillness/>

When one feels desireless, it's like an empty theater when the curtain rises and the audience falls silent.

There's space in the hall. You can hear someone cough, a handbag snap shut.

Then whatever arises arises.

The really subtle feelings now can be felt. Peace is like a big barge that pushes everything else out from in front of it. I've said - and Michael has as well - peace is like granite:

Steve Beckow: (Laughter). I had an experience of deep peace some years ago. I think it was about 2015. And I was surprised to find that peace was so substantial. It felt to me as if I were standing on a granite rock and I remember saying that to myself. And then I remember a couple of years later you actually used that word, [saying] that peace was like granite. ...

Archangel Michael: There are so many divine qualities that do feel amorphous, light, airy, like a spring day. And yet *peace* (you have this expression), you can take it to the bank. It *feels like ballast*. It *feels like granite* because it is solid. And dare I say immutable. That is why I

continue to keep emphasizing that that peace [is] within, that rock-solid granite [lies] within. [My emphasis.] (1)

Here again, with desirelessness, we find the mind inactive. Gosh, that's not quite accurate. The mind is quiet but it can become active at will. There's just no background noise, no chatter or constant comment.

It's as if peace were waiting for me to quiet the mind before making its appearance on the stage of my attention.

I realize there are degrees of stillness. I be as still as possible....

Now the experience of peace expands. I'm now sitting in a very solid state of meditation (which I leave to make notes and then return to again - that I can return, in itself, is noteworthy).

Peace is like a strong foundation. I'm too enamored of the experience of peace itself to want to build on it yet. I resolve to remain in this peaceful space and see what develops.

Footnotes

(1) "Transcript: Archangel Michael – Peace is Breaking Out Upon Your Planet, May 3, 2018," May 15, 2018, at <http://goldenageofgaia.com/2018/05/15/transcript-archangel-michael-peace-is-breaking-out-upon-your-planet-may-3-2018/>.)

"While lying down, I had an experience of watching my thoughts and feelings flow by me. Later, Archangel Michael, in a personal reading, told me that I was “interdimensionally travelling.”

"I felt as if I were on a train, watching it slowly leave the station and looking at the faces as they passed by. I suddenly saw a red-headed man who had a remarkable composure to him. I was struck by it on a spiritual level and took a mental snapshot.

"As soon as the man was recognized, it was as if he shot out an energetic dart at me. A bond was made. And I said to myself: “I know this depth of peace that this man has shown me. It’s the Natural Self.”

"Immediately I found myself sinking into a deep, deep sense of peace, way down deep. I ended up in a place that was absolutely solid. It was as if I were standing on a slab of granite.

"Later again, in *An Hour with an Angel*, Michael also described peace as being like stone and I remarked that that was my experience as well. I would have expected downy softness.

"The solidity of the ground under my feet probably reflected my own inner stability, which seems to be a gift of true peace when it becomes permanent.

"This peace passed understanding in the sense that the mind was so still I'd have to describe it as inactive, archived, taken offline. There was no such act as understanding going on because the mind was decommissioned.

"Of course the experience passed, as all do short of Ascension." ("The Peace that Passeth Understanding," July 18, 2017, at <http://goldenageofgaia.com/2017/07/18/the-peace-that-paseth-understanding/>).

Here Michael calls peace granite again:

Archangel Michael: So, when you think of things that you should do, are supposed to do, might do, and it doesn't ignite that fire of excitement, and *that granite of peace*, then you are being given an important piece of information, which is 'look elsewhere.' Is that clear?" ("Transcript ~ Archangel Michael: You Have Chosen to Be the New Paradigm of Love, May 31, 2018," June 7, 2018 at <http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/>.) [My emphasis.]

Love has Come Calling



What you would see. What I would see would be shafts of light emanating from my body. Credit: [istockphoto.com](https://www.istockphoto.com)

<https://goldenageofgaia.com/2021/06/21/love-has-come-calling/>

I felt disturbed today. I felt at odds with myself. There's no reason for it.
Everything is going as well as it can.

And so I looked. What is it that disturbs my day and won't leave me alone.

And suddenly I realized, love is trying to break out of me. Love has come calling.
Michael said to me, "do not say no!" (1)

When I see it, I allow it. I remember the Arcturian Group's counsel, if you can't
love, allow. (2)

I allow love to exude from me. I see myself blazing light from every pore. Again, a truncated experience - no bliss. No bliss ---> no realization. But still, a majestic sight. (3)

So I am actually in this toned-down experience. All of my knowledge comes to my aid at this moment. I've checked out each detail of similar matters to such an extent that I can relax and enjoy what's happening. I'm not confused, concerned, or impatient.

And all of this is happening within a desireless space. The difference that makes is that I'm not adding anything from me to the now-dissipated background chatter. (4) I am simply here, observing and having an inner experience of shafts of light exuding from my body.

If the Mother were not holding back the bliss, I'd be perched on a much higher plane, briefly or permanently, and saying something weighty and deep at the moment ...

... and the whole purpose of being here would be lost. Mother wanted a journalist, not a guru. (5)

For that reason, I for my part don't simply go with the experience, but I take a break from it to record it. I know that, if the Mother desires it, she'll return me to the experience. If not, she didn't desire it.

I can't be the only one for whom these things are happening. I've had emails from a few of you who've said things are happening for you as well. If they are happening, write an article on it. We need to get the word out.

I'm now beginning to appreciate what Michael means by "travelling interdimensionally." Since the walk-in on June 7, when I initially found myself desireless, my mind has fallen silent.

That enables me to feel and sense more deeply; my consciousness sinks deeper than everyday-superficial, to meditatively-aware. Given that we're on the cusp of the Fifth, that very well could be me crossing the border and coming back again -

we'd call it "drifting in and out." I have no idea. And, as long as I experience this delicious love, I don't really care. (6)

What a ride. There's as much transition happening in the inner as in the outer. Both vie for my attention.

Footnotes

(1) Said in another connection but it rings in my ears nonetheless: "Please, please do not say no." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.)

(2) "Change the phrase 'love whatever arises' to 'allow whatever arises.' When you allow whatever arises from your highest level of spiritual awareness, you are loving whatever arises. To see, understand, and accept something from a level of knowing the truth that underlies the appearance is love because you are in alignment with reality — oneness." ("The Arcturian Group through Marilyn Rafaele, Nov. 17, 2019" at <https://goldenageofgaia.com/2019/11/17/the-arcturian-group-through-marilyn-rafaele-nov-17-2019/>.)

(3) It was not a clairvoyant experience. It was a mental image. The difference would be between a movie and a TV show. A movie is crisp and clear; a TV show, back in the day, used to be much less clear, grainier. I don't want to exaggerate the impact of the experience: it was more amazement than upliftment.

(4) Constant Comment, the perennial critic, ended some years ago. But that did not end the background chatter.

(5) Divine Mother: You have chosen long long ago with Me, with Annastara [my twin flame], with ME KI AL, to be a communicator and an agent of change.

You have said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(6) See? Didn't the Mother say this would happen?

Divine Mother: Let me be very clear.... [if you had seen] the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

We don't mean die but you would have departed the life that you have designed - yes, with us - for yourself, for the service you are providing - you would have departed and simply said, 'I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!'" (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

I'm aware of the pitfall and so I cooperate with the Mother, but I also know it could easily happen as she says.

Up-Leveling Consciousness



<https://goldenageofgaia.com/2021/06/23/up-leveling-consciousness/>

When I try to get my head around the scope and scale of the operation underway to end the cabal's rule on this planet, my head swims.

There's never been anything like it. It's taking place on, above, and below the Earth. It's involving most of the nations of the world. It's been meticulously planned and coordinated. And all of it or a great deal of it foretold by Q.

None of this would have been possible in World War II. There were no computers, no Internet, no satellites, no spaceships.

No lasers, no weather warfare, no Looking Glass.

Meanwhile I'm in a blissful space at the moment and being persuaded that this is where I need to be because I'm uplifting consciousness, as the 9D Arcturian Council remind us:

"Yes, you are there to help, but the help that you bring to other humans is through the up-leveling of your consciousness; it is not through the completion of tasks." (1)

Blossom's Federation of Light made a similar observation recently:

"Many of you have found that you are reaching greater Heights within your Beings regarding the understanding of what is taking place.

"We do not mean, necessarily, of what is taking place on your outskirts, your outer world, but that which is moving along so beautifully within YOU. YOUR TRUE SELF. YOUR INNER SELF." (2)

Oooo-Kay! I'll relax on the matter. My being practically incapable of lifting a spoon is right where I need to be. My wanting to lie down indoors and meditate on a perfectly-gorgeous cloudless day is what I need to do.

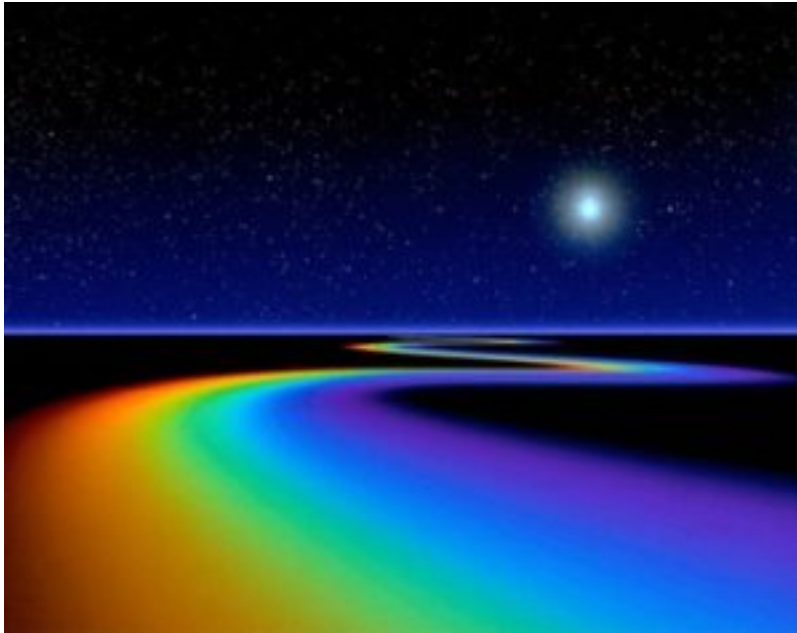
It seems counter-intuitive but I can't let any belief come between me and a draw as tangible as this one I feel.

Footnotes

(1) "The 9D Arcturian Council: Humans In All Universes, Realities & Timelines," June 22, 2021, at <https://goldenageofgaia.com/2021/06/22/the-9d-arcturian-council-humans-in-all-universes-realities-timelines/>.

(2) "The Federation of Light via Blossom Goodchild, June 8, 2021," at <https://goldenageofgaia.com/2021/06/08/the-federation-of-light-via-blossom-goodchild-june-8-2021/>.

Looking Back....



<https://goldenageofgaia.com/2021/06/24/looking-back-3/>

The experience I had recently has quieted down, proving that it was not Ascension. Sahaja Samadhi is permanent. This was not.

But Michael's prediction is shown to be true: "With each ignition you will also feel a greater sense of the substance of who you really are." (1)

I do. Much of the experience has subsided, but I'm left with improvements which are not to be underestimated. For example, for perhaps two or three days now, I haven't had a vasana or core issue go off.

Mind you, I've also been in solitude. But my vasanas can go off even in solitude.

(Later: I've now been in company and my vasanas are still not going off.)

My inner space is totally silent and still. No desires are arising in me. I feel a much deeper sense of peace than I ordinarily do. But I have no illusions that this is as deep in peace as one can go. I've already gone deeper into peace on an earlier occasion. (2)

I'm wanting to simply remain in peace and follow my ordinary work activities. It isn't like bliss, where I want to sit in solitude.

The kind of peace I feel seems like a very good development for an active philanthropic life with Michaelangelo & Partners. I feel I can meet the demands of my service with this level of consciousness (more is better).

I'd been wondering how I'd do it. This desireless, balanced state is how.

This also fulfills Michael's promise that I'd be given enough memory to manage - even to public speak, if I wanted to. It isn't in my service contract; writing is. (3)

It also explains him saying that the Company of Heaven will not let down those who serve it.

In fact, when I saw how I felt (confident, competent, peaceful, balanced, desireless, etc.), it was as if a whole field of dots suddenly got connected - things that Michael had said over the years.

And every time I think about meditation, I experience an immediate uprising of bliss from the heart. It's as if there's a strong invitation to go inward. I joked to a friend today that, at that moment, I had no reason to move a finger. No desire at all arises in my mind.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013. [Hereafter AAM.]

(2) See "Peace is Like ... Granite," August 22, 2019, at <https://goldenageofgaia.com/2019/08/22/peace-is-like-granite/>

(3) AAM: You will have enough of a memory, dear heart. Do not worry about it. (AAM, April 13, 2016.)

Steve: How can I do public speaking? I don't know what to say.

AAM: Always I will let you know when it is time to speak and in what capacity. We are together, dear brother - do not for a moment forget this. (AAM, July 7, 2011.)

SB Now you know I love writing, and I think of myself as a print journalist or whatever. I'm not as enamored of webinars or conferences. Any advice for me in that area?

AAM You're under no obligation to do these. You do them out of love and support for your team. You do it out of a sense of building community and unity. But let me be very clear. You are under no obligation. We are having a very serious talk today about our agreement. Yes, yours and mine and also about your mission and purpose.

Now if you were to go to a conference and you were to have a conversation about the time you spent twelve days on a spaceship with me, you would feel like you were eager to go and have something to say.

SB Yes

AAM But you would have already written about it.

So the writing is your metier. It is who you are. It is what you do. It is the platform that you build. So do not worry about your, shall we say, diminished enthusiasm for these other types of verbal venues. It is simply not your preference. (AAM, March 8, 2013.)

What's It Like to Act Without Desire?



<https://goldenageofgaia.com/2021/06/27/322613/>

What's it like to act without desire? How can I carry on?

First, let me redefine "desire." Here's Webster's to start with:

- to long or hope for : exhibit or feel [desire](#) for

I'd like to expand on that. I redefine desire as a complex of actions, including but not limited to:

- An urge being felt
- The urge being conceptualized
- A conclusion being reached about the urge as conceived
- A decision being reached with regard to it
- An action order being issued
- Action being taken
- An evaluation being held.

This, multiplied by the number of desires I'm responding to, constitutes much of the background chatter that is present to "I" or "ego" that arises to satisfy those wants. Can you not see how a "busy mind" arises?

This is distinct from the situation with a desireless mind:

- An urge being felt
- An action being taken

I think that about says it all, doesn't it? Just cut out the middle man. The ego exists on one of the lower floors of the department store called "me." Just don't stop on that floor any more.

You can do perfectly well just responding to your felt needs. The rest arises naturally.

But you do have to trust yourself and I admit that that was one of the things that shifted when I had an "upgrade" on June 7. (1) Following that event, as you recall, I felt confident, competent, balanced, stable, self-trusting, peaceful, and, most of all, desireless.



I can now conclusively say that the "I" of the ego arises in response to a created desire we have. The entire obstacle to spiritual progress could be said to be contained in the words "I want." In the desireless state, there is no wanting mind and hence the ego generally does not rear its head.

I'd heard that from a guru, but now it moved from intellectual knowledge to experiential knowledge.

I'm in the desireless state now, whether I was at the outset or not. And it seems and feels very ordinary. But the judgments about ordinariness are gone.

One just *is*, in this state, without the trappings, the considerations, the performances, the image management. Nothing magical or mystical. More the cessation of all that bothersome background chatter. Release!

I'm more compassionate because I respond to the needs of the moment rather than to some role I've created for myself which has me acting automatically, like a robot.

I just remembered that, around 1-3 weeks prior to the events of June 6-7, I'd invoked the universal laws of intention, sacred purpose, give and receive, karmic dispensation, and grace and asked Mother and Archangel Michael for an expansion of consciousness. Ask and ye shall receive. I can't overlook the possibility that the events of June were the result of that request.

I have to mention before closing that I'm not qualified to dispense advice or in other ways act as a spiritual teacher - nor do I seek to. That doesn't mean I don't like to write about spiritual topics; I do. But as a peer and not as anyone's guru. Many thanks.

Footnotes

(1) See “And Here It Is,” June 11, 2021, at <https://goldenageofgaia.com/2021/06/11/and-here-it-is/> and “Desirelessness,” June 15, 2021, at <https://goldenageofgaia.com/2021/06/15/desirelessness/>

I originally thought I had experienced a walk-in but Suzy Ward's Hatonn, Matthew, and Ashtar confirmed that it wasn't.

The Whole Desire System is Shown as Non-Essential to Life



Please see the Desire Dept.

<https://goldenageofgaia.com/2021/06/25/the-whole-desire-system-is-shown-as-non-essential-to-life/>

My recent experience of desirelessness has shown me one or two things about the ego and desire.

Imagine that I'm a department store. One department is the Desire Department and another is the Ego Department.

The folks in Desire have an array of tasks to attend to.

- They sort out what our desires are.

- They arrange them in order of priority.
 - They outline the condition of fulfillment. A slice of pie. The whole pie. A pie to put in the freezer.
 - They coordinate with the Ego Dept. for the fulfillment of the desire.
 - They receive the desired result from the Ego Dept. and enjoy it.
-

The Ego Dept. defines the program to be followed to fulfill the desire.

- It chooses the persona to be used, the lines it'll speak, the gestures it'll make, the facial expressions, etc.
 - It defines the limits within which the pitch will be made. Gentle, needy, aggressive.
 - It organizes the resources to be used to get the desired result. People, places, and things.
 - It initiates and guides the action needed to obtain the result.
 - It hands the obtained object of desire over to the Desire Dept. for enjoyment.
 - It manages any residue created.
-

In my view, we glide through these steps without giving them a thought.

On the day the Desire Dept. stops sending desires to the Ego Dept. the latter will close its doors.

That doesn't mean that, when my body feeds me the information that it wants some food, I don't eat. But it has the flavor of the Zen saying: When hungry, I eat; when sleepy, I sleep.

It isn't invested with all the justifications, ceremony, and battle plans that our service of our desires often is. The whole element of background chatter is absent.

Just as Da Free John discovered that the whole 3D chakra system was non-essential to life, (1) so here too, the whole desire system is also shown as non-essential to life.



Can I find support for this view among terrestrial sages? I think so.

Upanishads: Fools follow the desires of the flesh and fall into the snare of all-encompassing death; but the wise, knowing the Self as eternal, seek not the things that pass away. (2)

"The desires of the flesh" produce such an amount of traffic on the air waves that the individual utterly forgets the purpose of life, which is to "know the Self."

Their lives become narrowed down to satisfying the desires of the body and mind and they do not escape the wheel of birth and death (i.e., ascend).

Zarathustra: Men foolishly cling to Passion, that evil guide..., so that they do not think of Fate and by the bent of their nature forget Death.... They ceaselessly wander about on the path of Desire ... and at the end of their time they shall be full of Regrets. (3)

Humans have only the space of time between birth and death to realize themselves, the object of life. They forget about the lesson "fate" or karma is trying to teach them. They don't accomplish the purpose of life or enjoy the divine states and are full of regrets.

Dattatreya: The mind of man fastens itself to various material objects hoping to find enjoyment in them. Instead it gathers only misery. (4)

True enjoyment - the divine states - can only be found in the space made available by a quiet mind and an open heart. Instead humans fasten on to the objects of pleasure, which only leads in later life to the misery of unfulfilled longing.

Krishnamurti: Sensations are both pleasant and unpleasant, and the mind holds to the pleasant, thus becoming a slave to them. (5)

Humans pursue pleasure and avoid pain. Neither of these activities helps us discover who we are yet we become a slave to them.

Buddha: From pleasure comes grief, from pleasure comes fear; he who is free from pleasure knows neither grief nor fear. (6)

From attachment to pleasure comes fear that the object of our attachment will be lost and grief when it is. He who is free of the pull of desire suffers neither fear nor grief, just as I experienced no vasanas going off when I was desireless.

Sri Aurobindo: The [grand] deformation which enters in and prevents ... purity ... is desire. ... Desire is the root of all sorrow, disappointment, affliction. (7)

The multiplication of desires and their amplification hides our natural, native purity. They hide our Self. Leave aside our attachment to our desires and we quiet the mind, laying bare our natural purity.

Desire calls up the ego. The ego's purpose is to protect the survival of itself and everything with which it identifies (partner, children, house, car, job, etc.) and to fulfill the mind's desires.

Let go of our plethora of desires, detach from them, allow them to be without taking them up renders the mind quiet. In the still water of the quiet mind is the Moon's reflection seen.

Footnotes

(1) "In February I passed through an experience that seemed to vindicate my understanding. ... I saw that what appeared as the sahasrar, the terminal chakra and primary lotus in the head, had been severed. The sahasrar had fallen off like a blossom. The Shakti, which previously had appeared as a polarized energy that moved up and down through the various chakras or centers producing various effects, now was released from the chakra form.

"There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies,

gross or subtle, had revealed itself to be as unnecessary and conditional as the bodies themselves. ...

"Now I saw that reality or real consciousness was not in the least determined by any kind of form apart from itself. Consciousness had shown its radical freedom and priority in terms of the chakra form. It had shown itself to be senior to that whole structure, dissociated from every kind of separate energy or Shakti. There was simply consciousness itself, prior to all forms, all dilemmas, every kind of seeking and necessity. ...

"There was no need to have recourse to any kind of phenomena, problem or structure of seeking. The Shakti was not the primary or necessary reality. Reality was the Self-nature, the foundation of pure consciousness, Siva, who is always already free of the Divine play. Thus, I was certain again that real life was not a matter of experience and evolution. It was to be founded in radical, present consciousness." (Da Free John, *The Knee of Listening*. Original Edition. Clearlake, CA; Dawn Horse Press, 1984; c1973, 117-9.)

(2) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 20.

(3) Zarathustra in Duncan Greenlees, trans. *The Gospel of Zarathushtra*. Adyar: Theosophical Publishing House, 1978, 107-8.

(4) Dattatreya in Swami Chetanananda, *Avadhuta Gita. The Song of the Ever-Free*. Calcutta: Advaita Ashram, 1988, xxi.

(5) J. Krishnamurti in *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974. , 1, 102.

(6) The Buddha in Edwin A. Burtt, ed., *The Teachings of the Compassionate Buddha*. New York and Toronto: New American Library, 1955, 63.

(7) Sri Aurobindo, *The Synthesis of Yoga*. Pondicherry: Sri Aurobindo Ashram, 1983, 629-30.

The Secret Awaits Eyes Unclouded by Longing



<https://wp.me/p9PUrx-110Q>

From the Tao:

"The secret waits for the insight
Of eyes unclouded by longing;
Those who are bound by desire
See only the outward container." (1)

Let me use these last waning days of "eyes unclouded by longing" and not "bound by desire" to describe what it feels like to be desireless. Pretty soon it'll be gone and I'll be back to my "everyday consciousness."

When I'm desireless, there's space for a natural me to arise, the Natural Self, my playful child and expressive adult.

When I'm full of desires, an "I" arises - we call it the ego - whose major business at that moment is to accomplish that desire for me. "I want" becomes my mantra. The "I" arose in service to the "want," as Krishna says:

"I wanted this and to-day I got it. I want that: I shall get it to-morrow. All these riches are now mine: soon I shall have more. I have killed this enemy. I will kill all the rest. I am a ruler of men. I enjoy the things of this world. I am successful, strong and happy. Who is my equal? I am so wealthy and so nobly born. I will sacrifice to the gods. I will give alms. I will make merry.' That is what they say to themselves, in the blindness of their ignorance." (2)

Ignorance in that the ego is not the doer.

We have egos craving and averting: "I want/I don't want." Averting is just the fallout from craving something else.

"Those who are bound by desire
See only the outward container."

Those who are bound by desire remain very much in a lower-density space. Their attention turned to the physical, worldly, material, they either can't see, don't see, postpone, or ignore the spiritual.

That's not to say that turning one's attention to the spiritual will reveal "the secret." The Mother and our guides decide when that will be.

Desirelessness brings peace. It brings satisfaction. It brings rest.

It's like an island of refuge in a sea of chaos. All of it created by ourselves from our many desires.

Footnotes

(1) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 53.

(2) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 115.

Dress Rehearsal for Ascension?



<https://goldenageofgaia.com/2021/06/12/dress-rehearsal-for-ascension/>

The transition I'm going through continues.

Coincidentally, Daniel's Scranton's 9D Arcturian Council said recently:

"And so, you are now being given upgrades, upgrades that will assist you in not only remembering who you are and who you have been, but they will also assist you in recognizing that all the technology you need is inside of you." (1)

I said earlier that you're accompanying me on this download and resulting experience.

The change in me is like night and day. It's as if the Divine Director clapped her hands and said, "OK, that's a wrap, everyone. Let's go home." The stage persona is dropped and the natural me returns.

I feel tender and I don't know how long this state will last ... but the me that is here right now ... at least in private, away from others ... has no interest in or relationship to vasanas or core issues. They are completely absent.

Krishna described this state when he said, "The light of a lamp does not flicker in a windless place." (2) Lao-Tzu also referred to it when he wrote:

"Touch ultimate emptiness
Hold steady and still. " (3)

It isn't a forced state. It has to be natural. It's a state of desirelessness. No winds of passion blow here.

I'm perfectly in the middle right now, in the center I like to talk about. I mean that in emotional terms. The heart is the real center. I mean I'm standing emotionally right in the middle of the spectrum, the balance point. And naturally, not through skill.

I'm not tempted by this or that. I'm not craving or avoiding. I'm just here. I'm living in the experience of what life is like when one maintains balance throughout life.

Not like I could remain this way in the presence of another. I'd probably yield my space and become superficial again. (Anything short of this space seems superficial to me at this moment. I'd run from small talk right now, just like a Zen monk I once knew did.)

Again, this state of consciousness could vanish tomorrow so this share has its "best before" date. You're getting it as it happens.

The fact that I can remain in the middle reflects the fact that I encounter life right now but without the tug of what the Buddha called craving and aversion. No preferences. But not because I'm suppressing them. They are simply absent. I think it's the download.

Is this Ascension? I don't know. Hey, mister, at the side of the road, is this Ascension? He doesn't know. Whom do I ask?

Maybe I have a manual in my glove compartment. No? No glove compartment. Oh.

How would I know what state this is?

I feel stable, mature, confident, competent, desireless, balanced. And I feel it not as some muscle that I'm flexing. No, this is my natural state. Oh, my gawd. Can this be Sahaja? Have I failed to catch up with what just happened?

If it is Sahaja, then let it endure. If it doesn't endure, then it wasn't Sahaja. I don't want to be wrong on a matter as important as this.

It's a taste of the natural state, to be sure, just as the sight of the Self was. It's peaceful rather than blissful. If all the world was in this state, we'd just get down to the business of living and helping each other out.

All the background noise would be gone. You could hear the birds again. And have the desire to hear them.



All I can really say is that, if this isn't Ascension, it feels like a dress rehearsal.

I'm at peace with myself and the world at this time. It feels wonderful. Not ecstatic. Not blissful. Not loving. Just peaceful.

I might be able to switch over into love or bliss but I don't want to risk leaving this divine state because peace, after all the hubbub of life in our world, feels wonderful. A relief. A release.

Michael has told me that a person can repeat fourth-chakra enlightenment experiences numerous times - and why shouldn't s/he? Until proven otherwise, I'm going to lowball it and call this a repeat fourth-chakra experience of my natural state.

There's no rush. We all know where we're going.

This is where we're going. This is the next stop on the Ascension Express. That much I do know.

I'm reminded of the truth of something Werner Erhard used to say: "I used to be different. Now I'm the same." I used to have a plan, a strategy, an image, an agenda. Now I'm just me, with no desire to be different than that.

This state, for as long as it lasts, is so secure, so stable that it invites a cosmic let-go.

Here I go, releasing the burden of lifetimes. Yaaaa-hoooooo!

Footnotes

(1) "The 9D Arcturian Council: Upcoming Upgrades & Massive Changes" via Daniel Scranton, June 9, 2021, at <https://goldenageofgaia.com/?p=322105>.

(2) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 66.

(3) Lao-Tzu, *The Way of Life (Tao Te Ching)*. Trans. R.B. Blakney. New York and Scarborough: New American Library, 1955, 16, 68.

No Problem Then!



Credit: mychoicewords.blogspot.com

<https://goldenageofgaia.com/2021/06/04/no-problem-then/>

If we take a look - as I do on the awareness path - at problems, we'll find that the minute we think or talk about problems, a constellation of things happens.

We feel the rise of a mood that may be perplexed, confused, or needy. We feel we need answers. We think we need fixes. We need all of this right away.

We remember earlier, similar problems and look for answers there. The more we remember, the more the problem becomes real.

Contrast that with our being hit by the tsunami of love, after a fourth-chakra heart opening. Our mood skyrockets. We just want to shout, "Yipppeeeee!" All confusion and perplexity lift immediately. We have no questions so we seek no answers. Nothing is broken so we seek no fixes.

All we want and need is more love. And we know without question that this space we're in now - no sonorous voice identifies our location with a "Welcome to the

Fifth Dimension" - is worlds above the one we were in (pun intended). Is this what all the sages were talking about?

Divine Mother: "Love does not exist in that [Third-Dimensional] environment, not the love that I speak of this night." (1)

Mike Quinsey's Higher Self: "Eternal life [Ascension] comes through the Supreme Creator and is accompanied by the most exotic form of love that you cannot imagine." (2)

He's right. We cannot imagine what Fifth-Seventh-Dimensional love feels like. Our imagination does not reach that far.

Isn't this interesting? When we talk about the Fifth Dimension, we don't talk about owning a big home on the beach and reclining with a martini for the rest of our eternal days.

What *is* our reward? It is love.

Michael says it is the awakened heart which dispels anxiety. The awakened heart must therefore be the source of the tsunami of love.

"The awakened heart takes care of all the rest. ... It dispels the ignorance, the fear, the denial. It dispels everything." (3)

Yes, it does. I can vouch for that.

The whole time I spent in Fifth- and Seventh-Dimensional love and bliss in 2015, it never occurred to me to see if I could create. I was so content with the way I felt that I wanted nothing else. No desire arose except to share this love with someone else.

Why share? Take a moment and see if you can guess my reason for wanting to share love.

Time's up! The reason is that love is always on the move. Love must flow. It does not stand still. Michael explains. I apologize for citing this quote a few times lately.

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love it [must move] through you." (4)

Thus, I experience my love as it arises from my heart and goes out from me to another (and yes, I can swish it around myself as well before sending it out). I call it up on my inbreath and send it out on my outbreath.

Love is the Divine Mother's Plan, she tells us:

"Make no mistake, Sweet One, Love will win because that has been my Plan always." (5)

In light of this, Matthew predicts our future:

"Mainstream media report ... distressing events but rarely mention high vibrations' positive effects—the increasing abundance of kindness, helpfulness, respectful communication and cooperative efforts—qualities and actions that will keep expanding within the society in consonance with heightening vibrations. The energy of dark intentions and activities emits low vibrations, and those cannot coexist with high; whatever is based in darkness will keep declining until it has no more energy, thus comes to an end." (6)

All of this is our future: Continually fed by an inner spring of all-satisfying love, fully self-expressed, complete, and arrived at our destination. No problem then! Ever again.

Footnotes

(1) "The Divine Mother Explains Ascension," October 5, 2017, at <https://goldenageofgaia.com/2017/10/05/the-divine-mother-explains-ascension/>.

(2) Mike Quinsey's Higher Self Message, Oct. 4, 2019, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2020.

(4) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

He continues:

"Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions."

(5) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.

(6) Matthew's Message, May 2, 2021, at <https://www.matthewbooks.com>

An Account of a "Substantial Shift in Consciousness"



<https://goldenageofgaia.com/2021/06/11/an-account-of-a-substantial-shift-in-consciousness/>

In response to my own share, a personal friend sent me an account of an overwhelming experience of Oneness that he had ten months ago. My sincere congratulations!

Notice that his is a realization whereas mine was an unfolding process.

If you'd allow me, I'll share my most recent substantial shift in Consciousness.

My last shift came about 10 months ago. I was simply sitting, looking out the window at the trees outside. They were sloughing gently in the breeze. I was not meditating, not contemplating anything, I was just sitting, witnessing the beauty of nature.

Suddenly, it's as if the little "me" fell way, way back into the background, hardly discernible. As that was happening, God suddenly and miraculously revealed Itself to Itself through these eyes. Its as if, God "opened the Kimono" as it were, to Itself/Himself/Herself.

My head was thrown back in total and complete amazement and awe. I couldn't move. I was transfixed by this "vision", or better yet, "clear seeing."

I realized then and there that there is only Oneness and that this body is like a virtual reality suit for God (Consciousness) to experience Itself as "the world." God seeing God everywhere, and in everything, everyone. (1)

Tears of joy streamed down my face uncontrollably. Any fear or doubt that was buried deep inside me, vanished in an instant. The experience lasted for about 3 - 4 hours. After which, the intensity slowly began to wane. But I was not saddened by this. It seemed natural somehow for the experience to wane.

The beautiful thing is that *the "download" has not waned*. There is a residue from that experience that has not left up to this day.

I now know without a doubt (based on direct experience and knowledge) that there is only Oneness (God, Consciousness, I Am, Shakti, etc., etc.). *And if there is only Oneness, how could I possibly be anything but that!?*

As a result, it was (is) seen that everything that arises is that Oneness. And that's where the peace comes from. That clear, unequivocal recognition, and acceptance that All is Oneness (everything - all experience, thoughts, feelings, emotions, perceptions, etc.).

Do I still have thoughts, feelings, perceptions, etc.? Yes, I most certainly do! But now they are seen as the "flow" of the Divine revealing Itself to Itself as whatever is arising in the Now. Even troubles or emotional turmoil can arise, but these too are also seen as a "flow" within Oneness (although, admittedly, these may take a little longer).

All the spiritual books, teachings, insights, etc., etc., that I have experienced over the past almost 30 years came into focus. All of it finally made sense. And the beauty is that it's not that something "new" has been acquired or attained. It's simply a recognition that this has always been the case [Steve: i.e., the natural state].

The other "download" that has stayed with me is that the "I" or "me" will never wake up. In fact, no human being has ever been Enlightened or Awakened. This was a bit of a shocker, as you might imagine.

God or Consciousness wakes up to Its own Reality (2) "through" the human being. How can a virtual reality suit wake up? Or a sock puppet? They can't. We are not the "suit" or the "puppet." Do my eyeglasses "think" that it's they who are looking at the sunset? No. They only allow me to witness the sunset.

God or Consciousness uses these bodies in the same way.

Anyway, just thought I'd share this with you while you are in the midst of your own shift.

Footnotes

(1) "It seems to me that men and other living beings are made of leather, and that it is God Himself who, dwelling inside these leather cases, moves the hands, the feet, the heads. I had a similar vision once before, when I saw houses, gardens, roads, men, cattle -- all made of One Substance; it was as if they were all made of wax. I perceived that it was God alone who had become all living beings. They appeared as countless bubbles or reflections in the Ocean of Satchidananda. Again, I find sometimes that living beings are like so many pills made of Indivisible Consciousness. ... Again, I perceive that living beings are like different flowers with various layers of petals." (The avatar Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 357.)

"I see the body as a frame made of bamboo strips and covered with a cloth. The frame moves. And it moves because someone dwells inside it." (Ibid., 969.)

"I see you all as so many sheaths, and the heads are moving." (Ibid., 969.)

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

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

"Advance, find an eye. Remedy by it. And now, look from Him to Him.

The one who journeys through all degrees and reveals Himself is Him." (Ibid., 33.)

"I went from God to God, until they cried from me in me, 'O thou I!'" (Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.)

First Kernel Popped



Credit: [foodmenuideas.com](https://www.foodmenuideas.com)

<https://goldenageofgaia.com/2021/06/26/first-kernel-popped/>

I've just heard the first report of a person breaking through to higher-dimensional love since Bright Star's breakthrough four years ago. (1)

Undoubtedly many people have broken through. This is just the first report I've heard personally.

A close friend was listening to Eckhart Tolle, burst into an experience of love, and was ecstatic. From the sound of her voice and her enthusiasm, I'd say that it was the genuine article.

It was not permanent, which points to it being a fourth-chakra event. But, if it were permanent so that she lived continuously and fully in the experience of transformative love, I'd call that Ascension.

I texted the news to Sitara, whose friend she also is and asked her if I could quote her reply:

"When popcorn starts to pop in the pan, first one kernel goes... then a pause; then another; and a shorter pause; then two or three; then more ... and then there is a machine gun firing of the rest of the kernels in the pan till it stops, and there's a pause and then the last kernel pops."

Sitara is a pillar which means she's voluntarily agreed to be among the last kernels to pop.

Gosh, I hope she's right.

Let's be clear about what just happened. To say that a person broke through to higher-dimensional love is to say that they had a heart opening. Let me insert what Michael said back in 2019 about the progress of the planetary heart opening - all the popcorn kernels popping:

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2019.

Steve: Could you give us an update on the progress of the planetary heart opening?

Archangel Michael: Yes. Well, of course it is global and in fact it is a bigger event than even you will assume, [in terms of impact] on planetary systems.

But the global opening of the heart, the awakening and the activation, shall we say, of heart intelligence, of being anchored in that area of the heart is progressing phenomenally well.

Now have you ever noticed, in the gardens of your paradise, that there are flowers that open to the daylight sun and close at sunset?

There are some (not most, let us be clear about that) but there are some in their reticence, their resistance, even in their reluctance to admit that they are expanding in this way, who are attempting to restrict and close off what they are feeling because this heart opening is not merely a feeling of bliss, euphoria, love, and expansion.

As you well know, and as you've had many conversations about this with friends and allies, for some it is experienced as a physical sensation and at times a physical sensation that causes alarm. This is particularly true in those that are not fully anchored or familiar with the esoteric mechanics of their chakras or of their hearts.

But for some (who are well aware), it still proceeds or presents as a physical pain, almost like an anxiety attack. (2) So these are the ones (not because they are not prepared to go forward; let me be clear about that), that, because they are having the sensations, are saying, "Oh wait a minute, I am not sure if this is a heart opening or a heart malfunction."

Now we are not suggesting that the human race abandon their reliance upon Western or Eastern or any form of energy healing. But this is a sensation that often occurs.

So we would say that the success of the heart opening is going forward very rapidly. It is almost as if it is a (from your perspective) domino effect. Because when one is also in contact or in community with those with an open heart, it has that catalytic effect on others as well.

Now there is a wait factor here which you have also spoken of in that that wait factor is for those that are strongly, not only reluctant, but still resistant or recalcitrant to such a shift in what the very definition of what it means to be human.

But we would say you are well past the halfway mark, dear hearts.

Of course the wish is father to the thought. I can't wait for the planetary heart opening. So, yes, I'd be eagerly scanning the horizon.

But, as my friend now knows, one taste of this nectar and you'd join me in my enthusiasm. Let's hope hers is the first domino.

Where will it leave us? Michael tells us:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, [for you] to have an experience of love, it [must move] through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, [the love experienced in a heart opening] will purge many of your remaining illusions.

"So, for some, will it be dramatic? Yes. But it will also be gentle, because it is love. So the human beings can choose to have high drama or not, but the essence of the love is not high drama." (3)

I'm going to finish with something else Michael said, reminding us that there is no end to the depth of love:

"Let me tell you a secret. And it is a secret that I wish for you to share far and wide. With the opening of your heart, of any person's heart (and even when they believe that they have opened their heart), there is always room for greater and greater, and grander and bigger openings." (4)

All the wonderful movies, where higher-dimensional figures are depicted coming in and wisely speaking, what isn't made clear is the indescribable love whose depth cannot be measured that they're all immersed in.

Mother, are we there yet? I wanna BE there!

Footnotes

(1)

"Bright Star: An Account of a Heart Opening," December 29, 2017, <http://goldenageofgaia.com/2017/12/29/bright-star-an-account-of-a-heart-opening/>

(2) For me it was like a fifteen-inch battleship gun going off.

Michael continues:

"As you well know, the Mother's love is infinite. As a person's heart opens more and more, their mental clarity gets sharper and sharper and sharper. So when someone is thinking about, or trying to deal with, something like dementia, then

what they do is open your heart. It feels counterintuitive but in fact that, that alone, is the solution." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(3) Loc. cit.

(4) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

Go Forward!



<https://goldenageofgaia.com/2021/06/27/go-forward-go-forward-go-forward/>

The desirelessness that I felt from the "download" experience is fading.

It's interesting when that happens. When our awareness recedes for any reason - fear or a waning spiritual experience - our awareness that our awareness has receded also recedes.

So as I come back to everyday consciousness from whatever region of consciousness I was in (again, no road signs), my awareness that I'm no longer there and that I'm coming back is again absent. I don't know and I don't know I don't know.

But we need to really get the significance of that because every event like this is rich in significance.

As our density increases, our awareness decreases.

If our consciousness contracts, we lose awareness of it contracting. We descended the consciousness ladder and aren't aware that we did.

Now hold that thought. Let me add another to the mix.

Consider that the higher level of consciousness can know the lower (I can know my vasanas, for instance), but the lower is not able to know the higher. I lost awareness and I lost awareness that I lost awareness.

The lower draws itself into itself completely, like the water tentacle in *The Abyss*.
(1) The higher disappears and doesn't know it did.

Is this not the same with the dimensions - as they were before the Mother's new space was created - as it is for the personal?

The lower dimensions can't see the higher. The higher can see the lower. When we come into the body (the lower dimension) from our nightly excursions (higher), we can't remember anything. I think probably everyone has had the experience of the memory of a night-time adventure rapidly receding upon awakening.

So when I say there's significance in so many seemingly-ordinary events, the fact that the personal mirrors the dimensional - as above, so below - is an example.

Here, in the behavior of our own consciousness, we can see a design feature of life: That our consciousness deepens, expands the higher up we go. Here's a second: That our consciousness retains its awareness of what is behind whereas what is behind is unaware of it.

Can we not see the Mother, designing life so that the higher we go, the sweeter it is? Can we not see the way life is designed as an inducement to us to go forward, go forward, go forward?

Footnotes

(1) *The Abyss*. 1989.

<https://goldenageofgaia.com/wp-content/uploads/2021/06/CG-Water-Tentacle-in-The-Abyss-1989.mp4>

Rough Re-Entry



Credit: spacenews.com

<https://goldenageofgaia.com/2021/06/28/rough-re-entry/>

The re-entry from desirelessness to everyday consciousness continues. This re-entry is unusually hard.

Re-entry is like a stairstep operation. One seems to go down by bumps. Usually from one day to the next.

In this latest stairstep, I was smitten with numerous desires. I was grumpy, positional, depressed. I was easily overwhelmed and really only wanted to sleep.

(I'm also told the Schumann Resonance is off the scale and Vancouver is in the midst of a heat wave. It's 91° out.)

Any loss of consciousness upon re-entry after a spiritual experience is lamentable, but inevitable until Ascension.

One re-entry long ago happened so fast that I had to leave work and go home to recover from the recovery. But most transitions back to everyday consciousness are not pile drivers as this one is proving to be.

I really liked desirelessness. I want more of that. So add desirelessness to the list of divine states I'm now hungering after.

Yes, I'm desiring desirelessness, but remember what Krishna said: Divinity is all that a person may desire without violating the law of their nature. (1) You say the game is rigged? I guess it is. It's rigged in favor of love/light/God.

I'm not sure whether the pendulum is swinging back and this grumpiness and weariness are extremes or whether this is it for me for the next while.

This can't be the balance point. It flies in the face of everything I've learned and been through.

I guess I should use my newfound knowledge then: I know that the point at which I have the maximum leverage is the point at which I attach to the desire.

I can't stop the desire any more than I can stop an itch or a hiccup. But I can decline to attach to any desire. That's the extent of my control, without getting into suppression and repression. Over time my response will come from a different place than the desiring mind.

Let me then spend my time with my pruning shears, cutting the vines of desire. Let Lao-Tzu be my guide in this:

"Touch ultimate emptiness,
Hold steady and still." (2)

"Let this monkey go.
The Way is gained by daily loss,
Loss upon loss until
At last comes rest. " (3)

And, look. I've just found a second arrow in my quiver. I can bring love up from my heart and circulate it around me. I repeat what Michael said yesterday:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change

you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions." (4)

Hold the pharmaceuticals. I'll rely on love. Detach from desires and love yourself. Here I go.

Footnotes

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

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans.,
Bhagavad-Gita. The Song of God. New York and , 71.

(2) Lao-Tzu, *The Way of Life (Tao Te Ching)*. Trans. R.B. Blakney. New York and Scarborough: New American Library, 1955, 16, 68.

(3) Ibid., 101.

(4) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.