On the Departure of Constant Comment



Steve Beckow
Editor-in-Chief
Golden Age of Gaia

Vancouver: Golden Age of Gaia, 2026
Copyright declined. Please copy freely

Table of Contents

Introduction	3
Out of Jail at Last	6
I Feel Happy, Said the Troll Under the Bridge	8
Thank You to the Troll Under the Bridge … and Goodbye	10
Beyond the Constructed Self	13
The Only Thing I'll Have, to Bring to the Party	16
Peace and Stillness	20
Complete with Life	23
There's Stillness and There's Stillness	26
Realizing the Magnitude of Our Planetary Project	31
Past-Life Connection	36
Love + Truth —> Peace	40
Already Fully Present Within You	44
There is No Right or Wrong in Love	50
There's Always More and More and More – Part 2	57

These publications are designed to be always free of cost so that a child in a developing country reading them on a library computer can have access to everything.

Please do not charge for them or use them as promotional leaders on a site with paid admission.

Introduction



I wanted to follow the thread concerning the departure of Constant Comment and see what became of it afterwards.

Constant Comment is the existence of a voice that is second-guessing us, putting down our efforts, reminding us that it told us so, and so on. I believe it exists largely unnoticed in most people.

But I was very much aware of its existence in me. And then one day around August. 20, 2020, as is described here, it just disappeared. And my mind has been quiet ever since. (1)

The point of my sharing it here, in book form, is that the falling away of Constant Comment was the start of a process of emergence or breakthrough that has continued till the present day. It was the kick-off.

I wanted to see if it returned, if it led anywhere, any unforeseen consequences, etc.

So I did a search on “constant comment” and this small book is what emerged.

The departure of Constant Comment was followed by the rise of desirelessness, which was followed by the falling away of worry and insecurity, the dropping of my character armour altogether, (2) and then, most recently, the dropping of a subtle, background, residual hesitancy, uncertainty, drawing back.

I didn’t have time to look into what the last obstruction was or represented. I only knew it from its sudden disappearance.

So many times I’ve said this, that the result of all of these events that I feel increasingly normal as a result of them.

Which says that all of these years I’ve been living in a space I think of as “abnormal.” Fearful of my Dad’s disapproval and violence, fearful that my hatred of my father would one day be found out, on and on.

Everyone will have their own meaning that they attach to the word “normal,” either negative or positive.

I think of normal as the falling away of all obstructions to just being here now, without our act, strategies, agendas, and so on.

The fact that I emerge more and more with each event of disappearance is noteworthy. I’m quite convinced that Michael and my guides have a hand in the process. But I would never have guessed that something like this would happen to me until it did.

How was I going to do what was being asked of me? You will have the needed help when you need it, says Michael. And that has certainly proven to be the case. And I have what seems to me to be reasonable expectation that it will be the case in the future.

Or else I’m toast. Imagine Indiana Jones stepping out on the invisible ladder, putting his foot down, finding nothing there, and falling a hundred feet to his death.

The audience would “booo!” It. No, “normal” takes in the return of the elements of normality - trust/reliability, evidence of mutual caring, equality of giving and receiving, etc.

So the loss of Constant Comment is one thread in the fabric of my life - the loss of the monkey on my back, the eternal critic, and the emergence of more and more of … me.

Footnotes

(1) See “Out of Jail at Last,” August 20, 2020, at https://goldenageofgaia.com/2020/08/20/out-of-jail-at-last/

Out of Jail at Last

August 20, 2020

https://goldenageofgaia.com/2020/08/20/out-of-jail-at-last/



I continue to observe the changes within me.

Concurrent with feeling happiness for virtually the first time in my life - within memory - the other day, I also notice that I'm wandering around without something.

I was repositioning a picture and, having accomplished something, I found myself waiting for the spoilers to come along and criticize me. And, on top of noticing them in the first place, I also noticed that they didn't start up on me.

The spoilers are the cacophony of critics, sitting on my shoulder and travelling with me wherever I go. Constant Comment is no longer there.

I feel like someone who wakes up one day to find that the war has ended. The shelling has stopped. Quiet reigns over the battlefield.

So I look deeper. I become aware of an inordinate amount of criticism as a child and the violence with which it was delivered. That memory arises.

Another memory is of being constantly disappointed in something like going on a planned trip. Nope, cancelled at the last moment because Mom and Dad could not get along.

So here I am, the spoilers, the critical lot that travels with me, are not there. And even if I feel annoyed, they still are not triggered and do not return. Is it safe to hope that the whole lot of them have packed up and moved away? Dare I get my hopes up?

Now I notice that I feel tremendously tired of being disappointed. Bringing myself back to life in this area seems a mammoth undertaking. No, leave me alone over here. At least I have only myself to blame. I hear Kathleen saying: "How's that working for you?"

Not at all.

I'm cautiously optimistic that my band of critics has departed. Not like I ever foresaw this happening. I'm as amazed as anyone else.

When the band of critics left, I felt the return of happiness. Interesting.

I'll have to explore what it's like to live life without my band of critics.

I'm ecstatic. I'm out of jail at last.

Combine this with the great honor I have of being able to practice happiness over this next, cloudless day. What an honor to be alive and have another day to create in.

Tomorrow I may practice optimism, positivism, the glass half full. Who knows? The sky's the limit.

I Feel Happy, Said the Troll Under the Bridge

August 24, 2020

https://goldenageofgaia.com/2020/08/24/i-feel-happy-said-the-troll-under-the-bridge/



Credit: www.etsy.com

Exploration has become fun.

I'm lying here, past sunset. The sky goes from red to orange to yellow to green to light blue, dark blue, and black. It's really beautiful.

And I feel happy.

Me, the troll under the bridge. Ebenezer Scrooge. Bah! Humbug!

No, no, really. I feel happy.

There's no Constant Comment sitting on my shoulder and somehow its disappearance has liberated my good feelings.

Now what used to be a trial, to quote Sri Shankara, has become a gymnasium. (1)

So much of my energy was repressed, my creativity bottled up because Constant Comment would chime in and rain on my parade or discourage me. But that's now absent from my world.

I feel like a young adult who just arrived at his university dorm, his first time away from home. Anything is possible. The world is my oyster.

Isn't that interesting? My worst enemy turns out to be the voice in my head, the constant clutch of carping critics that sat on my shoulder and demeaned me.

And where did they go? I have a month before I can ask Michael.

The upshot is that I've been pursuing the awareness path with new vigor and curiosity. I feel like a frisky colt.

But at the same time I also know there are things that need to be held back, as long as there are trolls and other paid agents around. My nature is to be transparent, but my mission requires me to be circumspect.

Isn't that what Blossom's last message (and the one before that) were all about? (2) I'm busting at the seams to say more than it'd be wise to say, in the present climate.

For now, I have to content myself knowing that everything will come out in time and ... meanwhile ... I feel happy.

Footnotes

(1) “Once we become conscious, even dimly, of the Atman [the Self], the Reality within us, the world takes on a very different aspect. It is no longer a court of justice but a kind of gymnasium.” (Shankara in Swami Prabhavananda and Christopher lsherwood, *Shankara’s Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 24.)

(2) "The Federation of Light through Blossom Goodchild, Aug. 16, 2020," at https://goldenageofgaia.com/2020/08/16/the-federation-of-light-through-blossom-goodchild-aug-16-2020/ and "The Federation of Light through Blossom Goodchild, Aug. 11, 2020," at https://goldenageofgaia.com/2020/08/10/the-federation-of-light-through-blossom-goodchild-aug-11-2020/.

Thank You to the Troll Under the Bridge … and Goodbye

January 26, 2021

https://goldenageofgaia.com/2021/01/26/thank-you-to-the-troll-under-the-bridge-and-goodbye/



I'd better watch what I ask for or I'll end up a happy Troll

I've reached the end of the road with an act of mine, a racket, a number.

I've processed this number before. I'm processing it now at a much deeper level.

Its presenting sign is that I wake up in the morning and I'm not cheerful.

Nothing has happened that I be anything but cheerful, but I'm not that way.

My situation is happy. The future looks good. There's nothing that accounts for me being anything but cheerful. So what gives?

I begin to process it.

I can barely make out what it is that's causing me to feel that way, it's so dense. It is to my body what my body is to the spirit. It's so dense it shuts down experiencing. I don't at this moment know what is causing it. (1)

I ask my mind what is this number that stops me from being cheerful? And I get back in a flash the feelings, facial expressions, and thoughts of a suspicious man.

I'm perennially suspicious. For no reason.

I know this side of myself. This is the Troll under the bridge, the grumpy old f@rt. I recognize the Troll as my grand motif. (2) This used to be the side of me that I showed to people.

It's still around at a very deep level. It's only a (shadow) side of me now and gets pushed under the minute I speak to someone.

(I have this arrangement with myself where I shuffle from one facet of myself to another without resistance, without conscious notice even. So I move from being the Troll to being sweetness and light. But push me around and the Troll re-emerges.)

I hear Kathleen say, how's it working for ya?

Not very well. This in itself is not a vasana or core issue, though it's born from one. It's one of the leftovers of vasana creation.

My attention moves back and forth between it and the the vasana.

This is a residual and habitual behavior pattern. It's a default, an automatic and habitual response pattern to threat.

So what do I do? I *want* to wake up cheerful. I get no happiness or satisfaction from being the Troll under the bridge.

I open myself to the experience of the behavior pattern of suspiciousness. It feels like concrete. Breathing into it feels almost impossible.

Such a dense mass must define some aspect of my personality, some boundary or limitation. It puts a cap on my self-expression, happiness, energy, etc.

My stomach feels like a Gordian knot. OK, this one is bigger than I can process. I call in the Divine Mother, Archangel Michael, and Sanat Kumara and invoke the universal law. (3)

I ask them to take this dense mass of suspiciousness - this Troll number - from my mental body, emotional body, and etheric body. Wait a minute. No, take this Troll number from *me*. (I don't want to limit them.)

Now the rest - raising to awareness, re-experiencing, and reparenting - is up to me.

I can also breathe love up from my heart and paint the Troll with it.

I can remain aware of him and let awareness dissolve what's left of the act. There are many approaches I can use. (4)

Thank you to the Troll under the bridge ... and goodbye. You protected me from violence for many long years.

Your purpose was accomplished long ago. It's time now for me to step outside the fort and reacquaint myself with the outside world.

Unless I'm mistaken, the clarity that I attain as a result of this cleansing enters the collective consciousness and contributes to clarity in general. This is a win/win.

Footnotes

(1) But I do know that I'm causing it, not someone else.

This is the alternative way of handling our upsets to saying, "You made me mad" and projecting our vasana onto someone else. See "'You Made Me Mad': Not True," November 16, 2020, at https://goldenageofgaia.com/2020/11/16/you-made-me-mad-not-true/

(2) See "The Grand Motif," October 13, 2019, at https://goldenageofgaia.com/2019/10/13/the-grand-motif/

(3) I won't name the law because of the danger of it being misused. Sanat Kumara has said that he will make up the remainder of our invocation if at any time we just say "the universal law." He will see that we don't go astray.

(4) I've gone through many of them in "Bringing on the Bliss," May 17, 2016, at https://goldenageofgaia.com/2016/05/17/bringing-on-the-bliss/

Beyond the Constructed Self

February 3, 2021

https://goldenageofgaia.com/2021/02/03/beyond-the-constructed-self/



When one's grand motif is "you can't trust anyone," and one eternally assumes a defensive posture (what my wife called my "scared wolf" look), the ramifications ripple down through one's personality.

The personality becomes seen as the constructed self it is. And the various components of its construction become visible, one by one.

Constant Comment, vasanas, habitual responses, mind splits (cognitive dissonance) - one at a time these activities of the mind that result in a constructed self are laid bare.

I'm not there yet, but I anticipate that the constructed self will become so visible at some point and so known to me that I may be able to step aside from it entirely and no longer need it. That's the consummation I'm aiming for.

I say this as a result of watching myself respond to news of a possible dissolution of the Chinese Communist Party a la the USSR. Such an engine of corruption cannot go with us into the New Age, I firmly believe. It's just a matter of how and when it ends.

But contemplating such a major event put me into overdrive. Oh my, big things may be happening in my world. And what am I doing about it?

And all manner of vasanas went off. I noticed that they were all defensive. Of course I know why and so does anyone who's been reading these reports for any length of time. (1)

But I "got" my defensiveness (a "get" is a minor realization; see footnote 2). I "got" it at a deeper level than I have before. Getting it is what's important. And seeing all the vasanas come up, upon considering the news and its implications, had me next see (or be inspired to see) where it was all headed.

It all led back to my grand motif - "you can't trust anyone" - which results in a constructed self which is primarily defensive.

First, step outside the constructed self into the Self, I tell myself. Then outside the Self into the No-Self, the ascended Self, with Sahaja Samadhi. That's my plan. The destruction of what Bernadette Roberts calls "the ridgepole." (3)

If I succeed, dollars to donuts my experience and realization will be truncated (4) because I need to remain able to serve. But the desire to solve the ultimate puzzle persists nonetheless.

There's nothing stronger or more durable, I'm told, than the longing for liberation. (5) Even though we need to serve.

Footnotes

(1) There was violence in my family.

(2) "Getting" something means seeing the thing in question, recognizing its nature, and understanding the situation in question but without being attended by a flood bliss. I call this a minor realization.

(3) The Self is achieved at Brahmajnana, seventh-chakra enlightenment. Ascension goes beyond Brahmajnana and occurs when the heart fully and permanently opens in Sahaja Samadhi.

What Bernadette Roberts describes as the destruction of the ridgepole very well may be Sahaja Samadhi, the exit from the Third Dimension:

"Unfortunately what most Buddhist authors define as the no-self experience is actually the no-ego experience. The cessation of clinging, desire, the passions, etc., and the ensuing state of imperturbable peace and joy articulates the egoless state of oneness; it does not, however, articulate the no-self experience or the dimension beyond. ...

"Four years later, however, I came across two lines attributed to Buddha describing his enlightenment experience. Referring to self as a house, he said, 'All the rafters are broken now, the ridgepole is destroyed.' And there it was — the disappearance of the center, the ridgepole; without it, there can be no house, no self.

"When I read these lines, it was as if an arrow launched at the beginning of time had suddenly hit a bull's-eye. It was a remarkable find. These lines are not a piece of philosophy, but an experiential account, and without the experiential account we really have nothing to go on. In the same verse he says, 'Again a house thou shalt not build,' clearly distinguishing this experience from the falling away of the ego-center, after which a new, transformed self is built around a 'true center,' a sturdy, balanced ridgepole." (Bernadette Roberts in "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 137.)

(4) The most probable circumstance being that it'll lack bliss, vital to elevate us to a region where the truth becomes obvious. That would be a major realization.

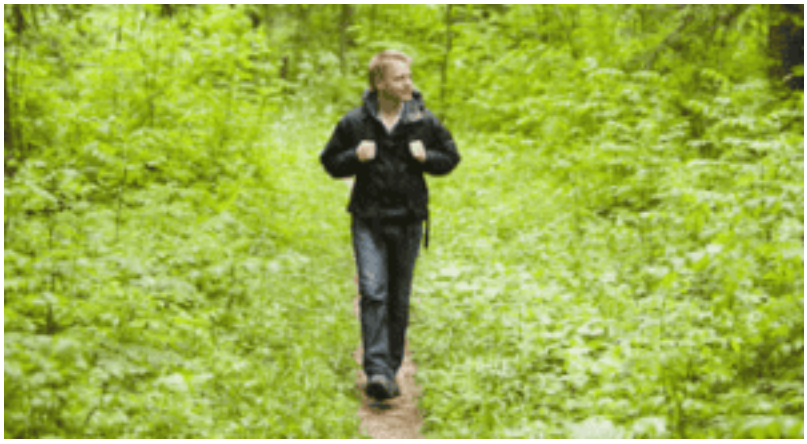
(5) See "The Longing for Liberation," August 20, 2010, at https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/

The Only Thing I'll Have, to Bring to the Party

February 15, 2021

https://goldenageofgaia.com/2021/02/15/the-only-thing-ill-have-to-bring-to-the-party/

[



... the trailing edge of the leading foot…

est trainer Dennis Percy used to say that the path starts at the trailing edge of the leading foot.

If that's the case, then there is no path ahead to guide me and what I bring to the party assumes inordinate importance.

If we're talking about actual lightworker leadership. If we're talking about rote management, well, then, no.

To fill the responsibilities I'll have after the Reval, there's a very strong impulse in me to "emerge." It isn't like this impulse comes with a guidebook. It doesn't. It just sends me in a certain direction.

And the direction I seem sent in overall is emergence from the obstacles to growth, expansion, Ascension. Since the path starts at the trailing edge of my leading foot, I begin by observing myself and the barriers I can see in me.

My reactivity was a barrier. Constant Comment. My ignorance of what true love really was. And the vehicle for all of these I've called, after Sri Ramana Maharshi, (1) my "vasanas."

Linda Dillon calls vasanas "core issues." Others call them our reaction patterns, old baggage, gunnysack of resentments, childhood emotional trauma, Marley's Chain, etc. They're what we carry around that keep us low and dense.

Hindus might say that vasanas are the seeds of future action. One thing that's consistent about them is that they usually involve extreme behavior - anger, fear, jealousy, etc.

When triggered, and under their influence, we do things that damage our relationships, impede our life working out, and create residue, which becomes the grounds for the next outburst. (2)

The impulse to emerge is aided by some spiritual experiences that give a glimmer of what awaits us - and hence of the direction to go in. Everyone knows the direction: Into the heart. That's where the Self "resides," as far as it can be so limited.

But that's only intellectual knowledge, with not enough juice in it to spur a person on.

After seeing the Self at Xenia in 2018, I now had experience of it and realization and so I had a direction. That was enough juice to spur *me* on.

What an irony that emergence from my shell of inhibiting thoughts and feelings required going deeper into the heart. How does that work?

Surely I should be busting my chains and coming out. *Superman!* But, no, I'm descending deeper and deeper to the seat of the soul at the farthest reaches of the heart.

The treasure lies buried in the field of the heart. It's just there. The only seal and the only door is the hridayam, the heart aperture, right at the outset of our journey. Beyond that, there's only depth; there's only commitment; no more doors.

***

If what we're looking at here is the emergent lightworker leader, then, in my opinion, that person will need to have emerged or at least be winning at it. And, if they have or are, then what they bring to the party is all they'll have to rely on.

Why? Because when a person assumes a lightworker leadership position, their time of being able to research and contemplate shrinks. They'll be caught up in the midst of things. Their performance will be judged on email and text messages, rather than on continued, well-thought-out leadership.

Our leaders today are expected to be leaders on social media in addition to everything else. We haven't really reconciled our needs as a society with our rapidly-expanding technologies.

If I were to get on social media, I would drop from the effort to keep up. It would be the end of me.

And why? What purpose would all the likes and friends serve for one whose task is to offer leadership?

Instead, part of my own leadership has been to shut the door, enter into stillness and silence, and contemplate/meditate. I've experienced a lot of arguments and second-guessing with myself over it, but it's fast becoming necessary.

I'm coming around to the view that part of the art of leadership today is to learn to conserve one's time without offending.

Right now I can search and research and what I bring to the party is all these facts and ideas. But a time will come when I am the only thing I will have, to bring to the party.

Footnotes

(1) A vasana is usually considered to be a persistent, resistant, and reactive behavior pattern, formed in early-childhood, based on an earlier traumatic incident, complete with conclusions, decisions, and reactions, persisting through time like a sleeping volcano and triggered by a current upset which in some way

resembles the earlier and original traumatic incident, and presenting itself as an upset, which is usually projected onto other people (“eg., “you made me mad”).

On vasanas, see Vasanas: Preparing for Ascension by Clearing Old Issues at https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf

(2) I used to think that my family followed a cycle of conflict. An outburst was followed by avoidance and finally icebreaking and then brief enjoyment and then an outburst.

Peace and Stillness

June 22, 2021

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



Credit: Kathleen Mary Willis

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-passeth-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.]

Complete with Life

June 22, 2022

https://goldenageofgaia.com/2022/06/22/complete-with-life/



Michael in the clouds? (1)

Having committed myself to the divine qualities - to such things as keeping the peace - I find myself in strange territory. Definitely beyond the frontier of *my* knowledge.

The troll under the bridge has no idea of how to navigate in this realm. None of his tricks work.

And to make matters worse, the knee-jerk responses to so many things insist on still going off, dragging me back into the ways of being I'd like to leave behind.

A Connecticut Yankee in King Arthur's Court. Virtually. The only thing I know to do is not to act on my automatic reaction patterns but to observe them and drop them the moment they're seen to be of malintent. Instantly. No questions asked. Nothing needed to put in their place.

Apart from that, I have no idea how to navigate these waters. It's an ethnographic study unto itself. Hindus would know this as a rajasic (or busy) person committing to sattwa (or purity). (2)

The compensating benefits far outweigh the cost in awkwardness. For one, I have no difficulty switching from being busy to being meditative because I have no issues going off. I have nothing on my conscience.

I no longer feel insecure or unworthy. I can't say when they fell away. I just noticed they're not here any longer. This development ranks with Constant Comment dropping away, in terms of improvement in the experience of life.

This path feels like an open road, whereas a life lived from commitment to survival skills and looking out for Number One felt like a life lined with pitfalls and speed bumps.

Not like I was aware of it at the time. To me it was just life.

But now, as we slowly rise in consciousness and as I look back on it, whatever I did in the last month or so has made my breathing easier, my outlook more relaxed, my ability to take my attention wherever I please without self-criticism stronger, etc.

When I look inside, I get the thought: I am complete with life.

Strangely enough, I never knew what "complete" really was until this moment. It's showing up for me now as having no feelings about the thing in question either way - yay or nay. I have no more cords of liking or disliking connecting me to it. I have filed it away.

I am complete with life.

Or perhaps it's more accurate to say, I'm complete with preferences. I desire nothing more from life than the daily amenities.

And this doesn't strike me as deprivation. It feels very natural.

Counter-intuitive but natural.

If we were grappling with a problem, and bliss arose, we'd have a realization. Later we might also call it a paradigmatic breakthrough. This process of self-awareness is the way to go about setting up that breakthrough.

In the meantime, I am complete with life and wanting nothing more, for as long as this mood lasts, than to simply be with it.

Footnotes

(1) Steve: Are you communicating with me through clouds?

Archangel Michael: Yes, I am. Do you not know that I am an artist of the sky?

Steve: Of course! I see some very interesting clouds and I wonder if that's you.

AAM: It is often me. Sometimes it is simply geophysical situations or Gaia playing tricks on you but often it is me. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2019.)

(2) The gunas or cosmic forces are rajas (creation), sattwa (preservation), and thamas (transformation). There are three corresponding psychological types: thamasic (lethargic), rajasic (busy), and sattwic (pure).

There’s Stillness and There’s Stillness

June 26, 2022

https://goldenageofgaia.com/2022/06/26/theres-stillness-and-theres-stillness/



We usually think of God as a void, a transcendent stillness.

More and more I'm seeing places where that doesn't seem to account for things it should account for.

For instance, love as we experience it in our hearts, is always in flow. If God is only stillness, does that mean that God does not experience flow and therefore does not experience love?

Such a statement seems too absurd to accept for a moment. God *is* love. The cognitive dissonance (inner conflict) builds in me.

If God is love, is God only *still* love? Logically absurd since God is everything including stillness *and* movement. Can there be anything outside of God?

I think the absolute God is still in material terms. If anything that God in its Mother aspect created suddenly became still, we speak of it as returning to the void or going into decomposition or dissolution.

But I don't think that non-material, uncreated things like love are included in the stillness we're talking about.

Not to lose the usefulness of this situation, notice the cognitive dissonance building over not being able to explain the status of love in the Absolute. If love must flow, how does love fare in the domain of the Absolute?

Dissonance has built until now it reaches a crisis and bursts its barriers. It becomes a paradigmatic breakthrough: I can no longer support the idea that nothing moves in the Absolute. I can no longer support the idea that love does not move or that it's absent from the Absolute.

It must be that the Absolute is free of the material, but not free of the immaterial, most importantly love; free of material movement, but not free of the flow of love.

I expect that, if there was a way to know, I'd find that love flows freely in the absolute domain or level of Reality. That's the conclusion I reach which ends the dissonance.

However, the only one who can confirm or deny the truth of this conclusion would be the Mother. No closer to the Father can we get.

Before we re-unite with the Father, "we" cease to be and the question and its answer would disappear along with "us."

***

What's the value of asking high-level questions like this? War looms in many countries. A growing number of nations confront starvation. The deep state is found to be releasing pathogens in chemtrails. (1) And we're talking about the void and love?

In my view, if we're to fulfill our tasks as lightworkers to build Nova Earth, we need to be as free from the bonds of ignorance and resentment as we can be.

We've been doing this up till now by cleansing ourselves of our vasanas (or core issues). (2)

This involves discovering the truth of our vasana and experiencing the feelings that arise, to completion.

As Jesus reminded us, the truth will set us free. The more we know the truth of something, the freer we feel. (3)

By the same token, if we can mentally trace love all the way back to the One, I think the truth of that will set us free from what holds us back, if anything does, from successfully doing our jobs, so the discussion has a very practical side.

There's a further factor at play here: I believe that, we're given the experiences we need - when we need them - to build strength and confidence in ourselves and our ability to do what we came to do.

As an instance of this, I recently found that peace suddenly arose in me, bringing with it the feeling of being strong. Not strong to subdue, but strong to stay with my own values and principles. I saw how the fortuitous rise of this assisted me in approaching my work.

On another other day, out of the blue, my lingering sense of unworthiness disappeared. Just like that.

This is similar to when Constant Comment suddenly disappeared years ago. This is a major development for me.

I feel an immense relief with it gone. It was a huge drag on my ability to successfully carry out my mission.

And there was no battle of wits to subdue it. There was no disciplined deprogramming. It just disappeared and was no more. It was shown to have been a simple program that shut itself off, (4) just as Constant Comment was and did.

There is at this moment nothing playing in the background of my mind. All is even quieter than it was before. (5) I'm sure the divine played a role in this and I thank the Mother for it.

Both these examples show how spiritual developments and realizations can come to our aid when needed, which increases my confidence.

So I know that we can expect and will feel tangible progress towards being the capable people we are. We're for the most part burdened by 3/4D density and laden with old baggage around worthiness/unworthiness.

All of that will go and, when it does, we'll discover that there really is a competent person here, after all.

In my view, we really do have what we need - or will get it! - for what we've chosen to do. Step by step, the truth of that is being shown to us.

Footnotes

(1) Which our star family are neutralizing:

Matthew Ward: The spray that forms chemtrails no longer has toxic elements. This development went through the chain of command, you could say, so it wouldn't deny Creator's gift of free will to those who are behind the spraying.

Gaia asked [the] God [of this universe] to end this endangerment to her residents, air, waters and soil; thereupon God authorized the special forces volunteers among you to transform toxins in the spray into chemicals natural to Earth. Thus, the individuals who have ordered the chemtrails still may choose to do so, but any trails that may crisscross your skies are harmless. (Matthew's Message, Oct. 15, 2019, at https://goldenageofgaia.com/2019/10/15/matthews-message-through-suzy-ward-october-15-2019/.)

(2) One way to cleanse ourselves of our vasanas is discussed here: "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/.

(3) We can even use this as an aid in getting to the bottom of a vasana. If, in our efforts, we feel freer and freer, we're heading in the direction of the truth of the vasana. If we feel more and more stressed, we may find that we're blocking or resisting the truth.

(4) Or someone shut it off.

(5) Correction: Aum, which many people mistake for tinnitis, is playing loudly in the background of my mind.

Realizing the Magnitude of Our Planetary Project

June 28, 2022

https://goldenageofgaia.com/2022/06/28/336463/



Just as we reach a point with a certain food where we can't eat it any more, I'm feeling that way about the drumbeat of events. So much of it seems to be a distraction.

A distraction from what?

To answer that, let me first digress. Michael once said to me: "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." (1)

I *am* getting an inkling of it. I *am* starting to "feel" the presence of millions of ships above the Earth. I can tell you that it happens when I hear a sound of a certain frequency. I can't tell you what that frequency is.

I'm getting at deeper and deeper levels that the Divine Mother has sent her legions of angels, literally us, along with her star civilizations, to rescue the Earth from certain destruction.

Don't believe me? Depleted uranium alone would have killed this planet. Michael said:

> Steve: If the galactics had not neutralized depleted uranium, would this planet have died?
>
> Archangel Michael: Yes. Now let me explain. It is not just that she would have died. It would have been that her will to continue on would not have been there.
>
> Steve: Wow, eh? That serious.
>
> AAM: Yes, that serious. (2)

Now add to that the fact that our star family will prevent any nuclear weapon from exploding and will not allow a world war and "you are realizing … the magnitude of our partnership." (3)

This legion of angels, which includes us, together with our star family, having saved the Earth from certain destruction, is now preparing it for Ascension.

What's the value of *really* getting that? It creates space, landscapes, worlds, visions. Planet Earth is saved. The planet prepares to rise to a higher level of consciousness. Such visions inspire; they lift us up. These are noble themes and dramas.

When we really get their importance, I suspect that we're then ready to play on the world stage that will soon be opening up. The intergalactic stage. Or any stage for that matter.

Not me. My mission is writing. I have no other ambitions and would resist efforts to get me away from writing. (4) But just because I don't choose it doesn't mean it isn't a hugely important role.

Not till we can see in a much broader way than we do now and also not until we have the confidence for the job will we be ready, I think, for the larger roles that soon will be opening. But I don't see those capacities as taking years to develop. I believe that the help we need will be there when we need it.

Let me give you an example: If you're sitting there thinking, "I don't have what it takes," remember what happened to me: Constant Comment and my lingering sense of unworthiness both one day simply disappeared.

The change in me was fantastic; first a still mind and later a native confidence which my vasanas had earlier obscured. Neither occurrence was predictable or even thought of. Both were a great help.

Judging from the wave of bliss that hit me right after writing these last words, someone over there agrees. And that wave of bliss itself shows how they're aware of us and our thinking.

It's my intention to fully let in the magnitude of the project that all of us are involved in: The first Ascension by a planet en masse and retaining the physical form; the first into a brand, new space, to be followed in time by the rest of the galaxy and universe. (5)

Letting it in feels like the next place to go. I'm inspired by what Michael says here:

> "It is the awakened human that acknowledges that they are inter-galactic or galactic; that they are part angelic or archangelic; that they are sheer energy and a spark of life; that they have been the most grievous sinner and the most beatific saint. It is that integration into the aware human being, and, from that place, being able to create Nova Earth." (6)

More and more I can see why the acknowledgment of these things, (7) to ourselves not so much to the rest of the world, (8) is so important. It's as if it opens the door to accessing the qualities, in this case, that are needed to build Nova Earth.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018. (Hereafter AAM.)

(2) Archangel Michael through Linda Dillon, personal reading for Steve Beckow, August 6, 2013, at http://goldenageofgaia.com/2013/08/haarp-chemtrails-and-depleted-uranium-all-neutralized-or-gone/.

See also Steve Beckow, "Depleted Uranium: Why We Must Not Go to War with Iran," Sept. 3, 2007, at http://goldenageofgaia.com/accountability/depleted-uranium-weapons/du-why-we-must-not-go-to-war-with-iran/

(3) AAM, Aug. 17, 2018.

(4) My story is I worked years to have the freedom and solitude needed for writing. I'm not about to throw that over now. Looking back on it from the point of view of a soul contract, what would be the best way to guarantee that a writer keeps writing: Make it difficult for him to realize his desire to be a writer.

Having said that, I also get that my post-Reval duties will often not involve writing.

(5) In doing this, this is me "pushing my edge." It's a stage beyond reparenting. It's taking the recovered individual and putting them back to their life's work.

[According to SaLuSa, this Ascension] is unique because you will ascend in a physical body, that has changed its body cells to make it suitable for life in the higher dimensions. (SaLuSa, Nov. 26, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.)

Never before have both the people and the Earth ascended together, but there is absolute confidence that it will successfully take place. (SaLuSa, Feb. 22, 2012, ibid.)

Steve: Is this new? Is the realm that we're building and taking our physical bodies with us to altogether new?

Archangel Michael: Yes, it is brand new.

Steve: … Brand new, and the rules have changed?

AAM: That is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2015.)

The evolution of the Universe will be aided immensely by the Earth's [mass, physical] 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, physical] ascension is causing couldn't be expressed enough. ("The Company of Heaven: The Earth's Ascension is Just the Beginning," channeled by Wes Annac, Aquarius Paradigm, September 6, 2013.)

Let me tell you that the unfoldment and the Ascension of Gaia and everything upon her is a very big piece of the Plan, which is infinite and eternal. So when I say that, within that context, please understand what I am telling you. (Sanat Kumara: Our Heartfelt Apologies to the Disappointed," Jan. 7, 2013, at https://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/sanat-kumara-our-heartfelt-apologies-to-the-disappointed/.)

(6) "Archangel Michael: You are God Having an Experience of You," June 27, 2014, at http://goldenageofgaia.com/2014/06/27/archangel-michael-you-are-god-having-an-experience-of-you/.

(7) I've mentioned to you how I would imagine myself in a crowded room and suddenly recognize bliss in a person. I'd say, "That's bliss." And immediately I was filled up with it. Or when I saw a peaceful face at an imaginary train station in meditation, I recognized it as peace and was immediately filled with it. We have to acknowledge the state for it to enter us and fill us up.

(8) I frankly don't advocate being too transparent about your background. We still have the mockingbird press's use of ridicule to be wary of. I don't consider it safe yet to be *too* open.

However I do feel a responsibility to be sharing from my readings with Michael. I know this has all been set up and is intended to be shared.

Past-Life Connection

February 10, 2023

https://goldenageofgaia.com/2023/02/10/past-life-connection/



We're all of us seeing core issues rise to the surface. They're being "forced up" in the face of the tsunami of love which the Mother is sending to Gaia/Earth through her various channels.

So many are coming at once that, on occasion, we can see a pattern, an overall trend.

It's my job to go through my cleansing process publicly, to assist others with theirs.

After decades of dealing with my anger, I'm beginning to see its roots. And I don't think its roots have anything to do with my Dad or anyone else in this lifetime.

Dad was just the ripcord which triggered this buried issue. The issue needed to be cleared and Dad volunteered to fan the flames.

We agree that the truth will set us free, right? So when I hit upon the truth of this situation, I should feel release, right? If it isn't the truth, I might feel nothing or a slight frown.

When I link my anger up with my past life as a military commander, I feel relief and release, as if I've just hit upon the truth. Yes! That!

The only salient feature I want to mention, because it's the one that seems to weigh on me the most, is his greatest victory in which his forces surrounded and killed tens of thousands of the adversary.

In that lifetime I was raised to bitterly hate them. Here again, when I say that, I feel as if I'm going to swoon. My head gets light and I feel dizzy. Another indication that it's the truth.

I work my way along watching for these indications of the truth having been spoken.

But that's all I want to say about this subject until we're beyond the CIA tactic of ridicule. After the Ring of Fire (or maybe the emergency broadcasts), all the dark behavior, I hope, will be gone and we can speak more freely and at greater length.

***

This nexus of hate and anger is up for me to experience through to completion. (1) It's what's next. Why do I do it? How do I self-generate? The context I use to keep moving forward is to "push my edge."

I'm pushing my edge in growth and Ascension work to process my anger, the processing of which is what's next for me in my overall purification process.

Purifying is what I contribute to the Ascension process; the rest is in the hands of the Mother and our angels.

By purifying myself of my anger and hatred, I'm restoring myself to my original innocence and purity. (In the 1400s, I could be burned at the stake for saying "original innocence.") (2)

I feel the anger now in my belly, at the level of my solar plexus chakra. I experience myself crying out and falling through space.

[Pause]

I sense that the experience I'm having, as we speak, is related to whatever energy it was that merged with me on June 6, 2021. (3)

All traces of dissociation feel gone. But of course I seem to keep getting that at deeper and deeper levels.

My inner feeling, inner landscape is radically different. I don't even want to use words to describe it lest I detract from the experience.

[Pause]

I "feel" myself in a different way that's hard to describe. My will is unshackled. (I get the signal Michael and I have agreed on.) Yes, my will is unshackled.

Some time ago, constant comment stopped. And now my will is freed up from whatever it was that held it back - ideas, false beliefs, false grids, vasanas, call them what you wish.

Michael once said that, after the Reval, I should relax and just allow the transition(s) to occur. (4) I feel the same way now: This is a time to just relax, stay out of my head, and allow whatever transition is taking place to occur.

Footnotes

(1) See “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/

(2) "Man" was born in original sin, not original innocence. To say otherwise would have been considered heresy and could result in one being burned at the stake.

Cf. "Original Innocence," Sept. 21, 2018, at http://goldenageofgaia.com/2018/09/21/original-innocence-2/

(3) See "Mapping a Possible Soul Merge," August 12, 2021, at https://goldenageofgaia.com/2021/08/12/324500/

(4) Archangel Michael: There needs to be celebration and there needs to be acknowledgement of not just a gift but a dream come true. ... The reason why we say take a week off is to simply allow the new reality to seep in and for you to have

moments of Glee and panic and discovery and conversation. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 20, 2018.) [Hereafter AAM.]

This is a massive change and it is not about being hasty. It is about being plan-full and mindful and prudent. (AAM, June 6, 2018.)

Do not go on a buying spree. That has never and will never be our guidance. ("Archangel Michael: A Global Reset of Values – Part 2/2," September 18, 2013, at https://goldenageofgaia.com/2013/09/18/archangel-michael-a-global-reset-of-values-part-22/.)

Archangel Michael: Do not be precipitous. Stand still. Now that may sound like very amateurish advice. It is one of the most difficult things for human beings to do.

Go to the stillness. Do not feel the immediate necessity, which is an invention of your imagination and ego, to jump into action.

Give yourself the opportunity to breathe, to allow this shift in reality, in what you have described as your personal landscape, to sink in.

Yes, there is an entire world waiting to be rebuilt and it is not achieved if you jump the gun. It is not achieved if you are going full steam ahead and then collapse because of stress. ("Archangel Michael: You are Not Crazy," June 6, 2015, at http://goldenageofgaia.com/2015/06/06/archangel-michael-you-are-not-crazy/.)

Love + Truth —> Peace

February 14, 2024

https://goldenageofgaia.com/2024/02/14/love-truth-peace/



In the language of the growth movement, I'm pushing my edge again in hypothesizing that "love + truth ---> peace."

Love plus truth leads to peace.

How so? Well, remember what peace is. I don't mean existentially because I don't consider myself qualified to speak to that. I've experienced peace but not so extensively that I feel able to address "what it is."

But operationally, as a felt experiencze in our lives, as a divine quality or state, I've found peace to be the residuum, the default of a sentient being - and no different than the Self. (1)

It seems like a long time ago now that Constant Comment, the monkey on our shoulders, stopped. (2) That in itself grants one a modicum of peace.

But on one occasion on which I experienced true peace, which I describe in footnote 1, everything stopped. All reactions to the world were silenced and I was left truly with myself. What a blessed relief it was.

As long as I associated peace with the body, peace felt like granite. But when I released that association and experienced peace unto itself, all heaviness left.

***

I was in that state of peace as I just wrote the words above - and did not realize it. Once I awoke to the fact that I was, everything about my body relaxed. At this moment, the ego-mind fell silent.

Negative thoughts and emotions still vie for my attention but no one is listening. They bark for a while and then go away, seeking a willing listener.

Love draws us in the direction of whatever we attend to lovingly, by the Law of Attraction. If we love the truth, we're drawn to that.

Truth uncovers the falsehood in our lives and releases it, bringing us one step closer to fulfilling the purpose of life: Knowing who we truly are. (2) Truth sets us free from illusion.

Love plus truth leads us on to peace. Peace - stillness, no desire but for reunion with God - (3) is who we are. Love is who we are. Truth is who we are.

I rely on love and truth to carry me to and bring me ultimate peace.

Footnotes

(1) Here is an account of one experience:

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 an experience had. 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, as Mahatma Gandhi illustrated.

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 for the moment.

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

See also:

- "Peace is Like … Granite," August 22, 2019, at http://goldenageofgaia.com/2019/08/22/peace-is-like-granite/
- "Deep Experience of Peace," March 5, 2016, at http://goldenageofgaia.com/2016/03/05/deep-experience-of-peace/

(2) See:

- "Out of Jail at Last," August 20, 2020, at https://goldenageofgaia.com/2020/08/20/out-of-jail-at-last/

- "I Feel Happy, Said the Troll Under the Bridge," August 24, 2020, at https://goldenageofgaia.com/?p=312813.

(2) See "Ch. 13 – Epilogue" in *The Purpose of Life is Enlightenment* at http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf

(3) Which alone does not transgress the Law of Karma:

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 Scarborough: New American Library, 1972; c1944, 71.)

Already Fully Present Within You

January 4, 2025



Written before reading their Jan. 5, 2025 message, but with no changes.

I'm inspired by what the Arcturian Group said a month ago:

> "Many are still questioning, hesitant to leave that which is familiar and continues to influence the decisions and beliefs of everyone on earth. This is especially true of the religious programming that has built up in most over thousands of years and many lifetimes. Prayer, rites, rituals, metaphysical tools, and church going are part of almost every spiritual seeker's journey because it is a learning process.
>
> "It is fine to engage in the spiritual traditions you love and enjoy but do not endow them with a power they do not have. Crystals, oils, ceremonies, books, classes, table work, church, etc., can (not always) hold energies that can lift and expand personal energy but they cannot give you anything more than that which is already fully present within you." (1)

"They cannot give you anything more than that which is already fully present within you."

After having briefly experienced the state of consciousness I called "absolute trust" and after reflecting on it, I think we'll find we already know this state, "which is already fully present within you," and will recognize it when it returns to the forefront of conscious awareness.

Meanwhile, I think we can all remember moments in our lives when deep trust was born towards another. I can remember when my trust was born towards Kennedy, Obama (oh my...), and Churchill (warts and all). Disappointment with some, but we can still remember how good it felt.

As you can see, it doesn't mean I always make the best choices. But I do remember the feeling of the birth of trust in that personality, however they were or turned out to be. How uplifted I felt.

Now multiply that by an order of magnitude. Now we've reached the level of certainty. We feel convinced of the rightness or goodness of something, but entertain other viewpoints in case we're missing something.

Now multiply that by another order of magnitude and we've reached the distant outskirts of absolute trust. Absolute trust itself, as an attained state and not just a flyby, is, I'd imagine, a very advanced state whose contours I would not be able to describe. Michael would.

Over time the limited experience I had of it will fade from memory. I'll forget it and forget that I've forgotten it and on life will go. We'll only then have the written record to go on. As Werner Erhard said, our lot at this stage is to get it, lose it, get it, lose it. Until Ascension. (2)

If you have severely-limited short-term memory to begin with, all you can do is let go into the flow anyways. And trust.

***

On the matter of advanced states, I'm reduced to speculating. What drives me to speculate?

As you know, I was given a vision in 1987, of the total life cycle of an individual soul, from God to God. It might work best to read Chapter 13 of *The Purpose of*

Life is Enlightenment to get the context of what follows. That chapter describes the vision itself. (3)

And since then I've always been interested (or bitten by the longing for liberation) (4) to know more about the stages that lie beyond where I am in the realm of matter (*mater,* Mother). Down the road, so to speak.

Leaving aside the fact that none of us were unascended prior to incarnating and following the human script as if it were indeed actual, (5) my attention is on the time in the vision immediately before the small golden star left the coils (lifetimes in matter) and flew back to the Father.

The picture that I have in my mind, which is the leftover from the vision, constitutes the map for me. And what you see me doing, viewed from one angle, is working with Michael and the Company of Heaven to go through the stages of enlightenment I saw in my vision, publicly, I imagine for the reassurance it generates: "Jump in! The water's warm!"

I've also been asked by the Lord Arcturus to experience the dimensions higher than the seventh or ninth and report back so that people can know that Ascension is endless; don't stop advancing. (6)

***

One last research note. Here's another way of describing what the precipitate of this last experience is. It has left me feeling as if I have more ballast, am more grounded and balanced.

I said some time ago that I was at last standing flat and square on my feet, rather than always wobbling. That reflected an inner change that was a surprise to me. The word that comes up around that expansion is "substantiality."

An example of another breakthrough moment would be when Constant Comment suddenly dropped away from me. The word there is "peace."

Well, now, this latest experience has again impacted how I experience life and interact with others. I'm no longer as superficial as I was before, something I

always puzzled over. I wondered how I'd be able to address it. I now see: With a little help from the guys and gals in the rafters.

Why am I going into detail in describing this? Because, if you're like me, you ask yourself, "How is Mrs X's little one, YYY, going to do this very large task?"

What's happening with me, which some of you've been watching over time, demonstrates how Mrs. Beckow's little boy, Stephen, is going to emerge from his shell ready to do large things: Our guides in concert with our Higher Self will give us the spiritual experiences we need - and material resources if we're that way inclined - to handle the tasks assigned to us. I'm in deep trust on that one.

I'm a living example of it. As we near the time of our larger missions starting up, I feel ready, willing, but above all, able. And it's been because of the series of spiritual experiences which I've described to you here - and here (7) - that I feel able.

If I were a lightholder or seeker after enlightenment, I would give less importance and prominence to spiritual experiences. But, as a lightworker, they're the primary source of equipping me with the balance, patience, and maturity I'm going to need to be doing all I've agreed to do. (8)

Footnotes

(1) Arcturian Group, Dec. 8, 2024, at https://goldenageofgaia.com/2024/12/08/the-arcturian-group-via-marilyn-raffaele-dec-8-2024/

(2) We can visit the higher dimensions via spiritual experiences. But only after our Ascension can we remain there. See *Gateway to Higher Dimensionality Vol. 1: Introduction to Ascension* at https://goldenageofgaia.com/wp-content/uploads/2024/09/Gateway-to-Higher-Dimensionality-V1-R8-Intro.pdf

Regarding what we'll find there which all the hoopla is about, see *Love Like We Never Imagined It to Be* at https://goldenageofgaia.com/wp-content/uploads/2024/09/Gateway-to-Higher-Dimensionality-V1-R8-Intro.pdf

(3) At https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-5.pdf

(4) See *On The Longing for Liberation* at https://goldenageofgaia.com/wp-content/uploads/2021/07/Longing-for-Liberation-3.pdf

(5) What changed my mind is contained in *An Explosion in the Meaning of Humanness* at https://goldenageofgaia.com/wp-content/uploads/2024/03/An-Explosion-in-the-Meaning-of-Humanness-13.pdf

(6) Lord Arcturus: Now, you have come [from Arcturus] to a planet in this and in other lifetimes to assist - yes, through communication, through clarity - with the progression of the planet through the elimination of the old third ... to the seventh so that the planetary system will reside in a level of higher consciousness, Christed consciousness as you think of it.

[The Seventh Dimension is said to be the plane of Christ consciousness.]

Now in order to do that, it is highly beneficial ... that you would have, not only the intelligence but the perspective of the higher dimensions (it is not a hierarchy but it is different). ...

Because it is very important that humanity realize, as they are in their unfoldment to a grander plan, that the seventh dimension is not the end of the road, not the be all and end all.

And, so, some of the perspective, the experience, the knowing, the intelligence of different dimensionality is highly beneficial [for you] in helping them move into that higher-dimensional anchoring. (Lord Arcturus in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019.)

It just occurred to me that Michael put the same assignment in a different way:

Steve: Can you help me make sense of returning to my interdimensionality while not becoming a guru figure?

Archangel Michael: It is very simple, visit don't stay. So what you are doing, you are pulling into the 5th - into what you think of as your reality - the qualities of mastery [11th] without setting yourself apart from the masses.

You are … teaching others that they can access the mastery [11th] and still be in the Christ Consciousness [7th], in the expanded awareness in the physical form

[4th] and in the love [5th and higher]. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013.)

This then is the rationale behind the spiritual experiences I've been having.

(7) See:

- *An Ascension Ethnography - Part 1* at https://goldenageofgaia.com/wp-content/uploads/2024/03/An-Ascension-Ethnography-V1-R2.pdf
- *An Ascension. Ethnography - Part 2* at https://goldenageofgaia.com/wp-content/uploads/2024/07/An-Ascension-Ethnography-V2-R2.pdf

(8) If I were a lightholder and seeker after enlightenment rather than a lightworker and servant of the Mother, I'd hold the view put forth in "The Arcturian Group via Marilyn Raffaele, Jan. 5, 2505," at https://goldenageofgaia.com/2025/01/05/the-arcturian-group-via-marilyn-raffaele-jan-5-2025/

My visiting the higher dimensions or not visiting them is in service to the Lord Arcturus.

There is No Right or Wrong in Love

April 8, 2026

https://goldenageofgaia.com/2026/04/08/there-is-no-right-or-wrong-in-love/



The heart is an interdimensional portal

When my heart opening began to wane sometime after March 13, 2015, I found that I could still breathe love up from my heart, swish it around my field of awareness on the pause, and then send it out to the world on the outbreath.

And this was enough to revive me. After the Wave of Love, which the Mother has called "a planetary heart opening," (1) we may find our hearts also gradually closing. If we do, I'll be reminding us to draw love up from our heart on the inbreath. Keep that lifeline open. Make it the basis of our meditation.

I realized the other day (2) that the foundation of the patience of the saints (for civilians) is the knowledge that evil will yield before the Mother's Will. If it weren't the Wave of Love, it'll be us that will take evildoers down. (3) If it isn't us, it'll be our star family. (4) As so many channels have said, the dark's time is up. (5)

This knowledge or belief applies to me as a civilian. And I'm only writing to civilians; the military are putting themselves in harm's way and need to be clear and undivided in their attention. I don't presume to know how to address them except to say, "Thank you."

But, as a civilian, knowing we are protected by the white-hat Global Military Alliance, the knowledge that the evil-doers will go allows me to feel at peace. That knowledge too is another part of the patience of the civilian, shall I say.

***

What am I aware of? I'm aware of a spoiler in my closet full of personalities, or "sides" to myself.

Someone or something will not allow me to just feel OK. As in I'm OK; you're OK? Something holds back.

It isn't a monkey on my shoulder any more; it isn't "Constant Comment." (6) It's down to a nuance. But that nuance is just enough to prevent me from feeling a satisfaction which I bet I'll find is normal in most other people.

I think it must be the weight of all the heartless, mean, and ... thank heavens I can't dredge up any nasty ... things I've done over my lifetime. Morley's chain is calling me. (7)

What all of it shared in common was that the arguments were almost always about right/wrong, good/bad, or similar dualities.

And the game was always loaded: we have a self-serving bias that sees that we always come out the winner, in our own write. And we spend our days rehearsing our "howdido" conversations, in which we polish, polish, and re-polish our story until we have it just right.

Hey, as your typical Earth-born Starseed, as are the vast majority of us here this generation, I can say, without the slightest equivocation, that this constant sparring and polishing our self-image does not hold a candle to real, transformative, transfigurative love. (8)

And real, transformative, transfigurative love has no truck or trade with meanness.

It's not in the same universe, if you can think of dimensions as their own universes.

There is no right or wrong in love, no good or bad.

Look and you won't find it. It's a feature of a world without love ... not ***that*** love, I mean. It's how people behave in 3/4D.

They try to control each other and flaunt their survival. Or they mature spiritually and leave this dimension.

You and I are already ascended. I don't think that the Mother would bring unascended people to help with an Ascension. Especially one as monumental as this one - mass, physical, new species, interdimensional destination, etc. (9)

She took away our memory, including our memory of this love...

... but she'll return it with the coming Wave.

Footnotes

(1) Steve: Have you just described a [planetary] heart opening? ...

Divine Mother: [That] heart opening is already underway. ("The Divine Mother Describes a Planetary Heart Opening," May 5, 2021, at https://goldenageofgaia.com/2021/05/05/320533/

Beinsa Douno: A new Wave is coming from out of the Cosmic Space: the Wave of Divine Love.

It is also called 'the Wave of Fire'. This Wave has powerful vibrations which not every human being can endure. … Those who are ready to withstand the vibrations of this Wave and assimilate them will become luminous. ("Beinsa Douno: The

Wave of Divine Fire," July 3, 2021, at https://goldenageofgaia.com/2021/07/03/beinsa-douno-the-wave-of-divine-fire-2/.)

I am ready to become luminous. Are you?

Federation of Light: The Energy that is carried within the entire body and soul of such 'naughty folk' is so 'dis-eased' that the Wave of Love … the Strength within it … will cause such Beings to crumble, for it cannot possibly survive within the Vibrational Frequency that the Wave brings. "The Federation of Light through Blossom Goodchild for March 21, 2021," March 20, 2021, at https://goldenageofgaia.com/2021/03/20/the-federation-of-light-through-blossom-goodchild-for-march-21-2021/.

Matthew Ward: A tsunami of [lovelight's] high vibrations is the means whereby violence will be ended. (Matthew's Message, Nov. 1, 2023, at https://matthewbooks.com.)

(2) "Here is the patience of the saints." (Rev. 14:12.) The patience of the saints lies in the Mother's rescue from evil-doing. In this case, the Wave of Love and Ascension are our deliverance - and hence the reason for the patience of saints.

(3) Matthew: Some of you think space family members will bring the Illuminati to justice. Extraterrestrials have assisted Earth in a multitude of ways throughout her history, so that thought is understandable. But it is not part of the divine master plan....

The wealth of assistance does not include action that is within Earth residents' capabilities. Taking legal action to prosecute proven evildoers is the peoples' responsibility. (Matthew's Message, Nov. 1, 2023, at https://goldenageofgaia.com/2023/11/01/matthews-message-nov-1-2023/.)

Archangel Valdar: No, this is incorrect information. The Star families are not going to engage in the removal of human beings from the planet. The rehabilitation as she would put it and the direction of the Intergalactic and Galactic Council is for many Star beings to be upon planet to assist in the shifting of, shall we say 'hard energy', mental/emotional energy and presence, but to… for the Star beings to remove – whether it is the brightest or the darkest of beings, again remove that responsibility from the Nova Beings creating and building Nova Earth – so that is

not going to assist in the rehabilitation. Either these individuals will be having a change of heart and rehabilitation taking place through healing on planet, or they will return Home – and when we say 'Home' we mean out of body… dead. (Archangel Valdar in a personal reading with Andrew Eardsley through Linda Dillon, Nov. 2, 2018.)

(4) "Many pockets of darkness have already been removed from the Earth along with the beings who are absent of light. ("A Message from Mira from the Pleiadian High Council through Valerie Donner on August 1, 2024," August 1, 2024, at https://goldenageofgaia.com/2024/08/01/a-message-from-mira-from-the-pleiadian-high-council-through-valerie-donner-on-august-1-2024/.)

(5) Arcturian Group: The old has to come down in order for the new to be built. (The Arcturian Group via Marilyn Raffaelle, Oct. 26, 2025 at https://goldenageofgaia.com/2025/10/28/the-arcturian-group-via-marilyn-raffaele-oct-26-2025/.)

Matthew: Universal councils that set standards for civilizations' interactions ... hold that the reign of darkness on the planet is over for once and for all. (Matthew's Message, Nov. 1, 2023, at https://goldenageofgaia.com/2023/11/01/matthews-message-nov-1-2023/.)

Federation of Light: This LOVE LIGHT that is to sweep over, through and within, is of a magnitude that has not yet been experienced in such a way. … The souls of many of such Beings will leave immediately via 'disintegration'. … Yes, Blossom, it shall be as if their physical Being literally crumbles and disintegrates.

Blossom: For real?

FoL: Yes, for real Blossom. For the Energy that is carried within the entire body and soul of such 'naughty folk' is so 'dis-eased' that the Wave of Love … the Strength within it … will cause such Beings to crumble, for it cannot possibly survive within the Vibrational Frequency that the Wave brings. ("The Federation of Light through Blossom Goodchild, July 25, 2021," July 24, 2021, at https://goldenageofgaia.com/2021/07/24/the-federation-of-light-through-blossom-goodchild-july-25-2021blossom-goodchild/.)

The last remaining energies of the darkness … will keep on fighting until they can fight no more. (The Federation of Light through Blossom Goodchild, Feb. 21, 2025, at https://goldenageofgaia.com/2025/02/21/the-federation-of-light-through-blossom-goodchild-for-feb-21-2025/.)

Matthew: The energy of puppets of darkness draws them to a tiny orb that is separate from flexible, multilayered Nirvana and where the composition is so dense nothing can escape. Lifeprint reviews there are interminable and agonizing, a lifelong replay of the massive toll of death and suffering those individuals caused. (Matthew's Message, March 11, 2024.)

The Telosians: As these low-powered humans see their lives unravel, another form of life will settle on your planet. This will happen gradually, and that's why we ask you to look to your future, to the times ahead, with confidence and Joy, because you'll know that the great wish within you to live the New Earth will come true. ("The Telosians: Time of Revelations," May 14, 2024, at https://goldenageofgaia.com/2024/05/15/the-telosians-time-of-revelations/. Telos is in Inner Earth.)

Matthew: Wars, violence, deception, oppression and media censorship will cease incrementally as the dark hearts and minds among you leave the planet.

It can be no other way—simply, this is the physics that governs life in this universe. As Earth continues apace into successively higher planes, nothing with low vibrations in any form—physical bodies, subversive plans, theft, dishonesty, unjust laws and imprisonment, bigotry, cruel customs and deeds—can survive. (Matthew's Message - March 1, 2012, at https://www.matthewbooks.com/mm/anmviewer.asp?a=146&z=2.)

(6) I just noticed: I haven't had Constant Comment in years. On its departure, see:

- "Out of Jail at Last," August 20, 2020, at https://goldenageofgaia.com/2020/08/20/out-of-jail-at-last/
- "I Feel Happy, Said the Troll Under the Bridge," August 24, 2020, at https://goldenageofgaia.com/?p=312813.

(7) Ebenezer Scrooge's partner in Dickens' *A Christmas Carol* was Jacob Marley. Having passed away, Marley visited Scrooge to show him his chain of woes, every link forged by Marley's perpetrations and to warn Scrooge that his own was long as well.

I am feeling the weight of my own chain, at this moment.

(8) See *Love Like We Never Imagined It to Be* at https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R17.pdf

(9) See:

- *Gateway to Higher Dimensionality Vol. 1: Introduction to Ascension* at https://goldenageofgaia.com/wp-content/uploads/2021/07/Gateway-to-Higher-Dimensionality-V1-R10-Introduction-to-Ascension.pdf
- *Gateway to Higher Dimensionality Vol. 2: Mass, Physical Ascension into a Brand New Space* at https://goldenageofgaia.com/wp-content/uploads/2022/11/Gateway-to-Higher-Dimensionality-V2-R3.pdf

There’s Always More and More and More – Part 2

July 16, 2026

https://goldenageofgaia.com/2026/07/16/theres-always-more-and-more-and-more-part-2/



(Concluded from Part 1, above.)

When I'm in transformative, transfigurative peace, I feel totally stable, as if I were standing firmly on a slab of granite. (1) But naturally stable, not strutting or forcing an impression. On solid ground.

I used to look back on the years of my life when I was heavily dissociated (7-40), and say that back then I didn't know the ground under my feet.

I was off-balance, timorous, hesitant. That gets to be reflected in the feet. We're always fidgetting or rocking back and forth.

In transformative peace, our feet are as if they were a part of the granite slab we're standing on. We're immoveable as long as we remain peaceful.

In this state, nothing other than one's heart influences one's choosing. Gandhi is the best example I can think of of a political person permanently in this state; among sages, Anandamoyee Ma.

***

The peace that we know in this denser plane (3D/4D) is always subject to our constant comment, inner chatter, whatever you want to call the ego intervening in our choices. That eventually stops and may be a precursor to the more senior experience of peace.

But peace itself, aside from making us stable, relieves us of all burdens. It restores us to what I experienced at Xenia - which is the original innocence and purity we are. (2)

Based on the fact that, as I breathe peace up from my heart, I feel bliss come along with it, I now have the answer to whether I'd get bored sitting around in peace all day. If it comes hand-in-hand with bliss, I know I won't.

If we think about it for a second, what we discover in these transformative divine states is what we've always been seeking. We now have what we always wanted. Where is there to go from here?

We become agenda-less, in the moment, as long as we're in these states. There's nothing more to seek, except more. At the same time, the love and bliss we feel colors everything we do and makes everything worthwhile.

You might feel a prompting or intercept a thought that's sent your way that ... there's more. There's always more and more and more.

Footnotes

(1) Michael later used the same metaphor to describe peace:

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/.)

(2) At Xenia Retreat Center on Sept. 18, 2018, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original incident and experience it through to completion. Instead I went way past the level of the vasanas (or core issues) and kept on going.

I finally reached what resembled a tunnel and at the end of it was the Light of the Self. And in the presence of the Self I felt innocent and pure.

I'd penetrated through the hridayam, the heart aperture, into the open heart and down, down, down to "the seat of the soul." ("The Heart is 'the Seat of the Soul'," December 17, 2018, at http://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/.)