

Gold from the Golden Gaia



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Suzanne



Navigating the Shifting Sands of Our Reality

Suzanne Maresca, November 28, 2022

<https://goldenageofgaia.com/2022/11/28/navigating-the-shifting-sands-of-our-reality/>



What do we know about our reality, anyway? Apparently, not really a whole lot. How do we make adjustments to our understanding of the world around us? Especially when trusted sources have been bringing to Light some spectacularly foundational information that runs counter to anything, certainly, that we may ever had awareness of before.

This is feeling like a very uncertain place to be, standing on shifting sands, as it were. At the same time, aren't we wanting to be well finished with how this world has been run? We surely don't want to be clinging to the illusions set up for us simply because it's what we know, what we're familiar with.

What's familiar isn't necessarily in our highest and best interest, and it isn't always the truth. I'm often reminded of the Star Trek episodes where they encounter civilizations that haven't got awareness of life beyond their own planet. In such cases, of course, The Prime Directive must be followed.



It seems a certainty that there are beings who are well above our own level of awareness and consciousness who've been working within the parameters of their own quite similar Prime Directive. They bring us information through a variety of means designed to open us up, as it were; to help us to develop spiritually so that we evolve as Creator meant for us to, and to prepare us for our lives as galactic citizens.

In this free-will Universe, however, there also exist those who seem to want nothing more than to keep us from growing, evolving and realizing our innate Divine Nature. We have awareness of all that and how humans have been used and abused for however long. I reckon we've had quite enough of that, thank you very much. What's been a surprise to me, however, and a most welcome one at that, is the information that Ismael Perez ("IP") has been bringing through.

If you aren't familiar with his work, use the search bar to see the many posts we have on the blog featuring his interviews, with notes on same.



Taking in what IP says, in part through reading his book...my awareness has expanded well beyond any previous boundaries that I'd maintained, and it's fired my curiosity. It wasn't much of an adjustment to take in what he has to say, actually, because my attention and awareness has been in the stars for years, anyway. However...

Another source that I've grown to trust is coming forward with information about "the Firmament" that I'm finding to be a little challenging to take in. I'd almost rather not think about it, but my curiosity and desire to know is far stronger than any cognitive dissonance I might be dealing with in doing so. Such information would simply not be available *in a provable way* unless it was time for us to know.

Both IP and SG Anon speak of the firmament. Phil Godlewski does as well, but he's a flat-earther, and that's not what this is about. I'm pretty sure that the firmament is mentioned in the bible as well. It's actually a thing, and now I really want to understand it.

Plus, I know that our readers will likely be in the same boat of curiosity, so I'm researching just exactly what's been said about it...and it's turning into a pretty deep rabbit hole. I'll need a little time to be thorough about it. There won't likely be anything conclusive when I do share my findings, and people who are invested in one side or the other (flat or globe) do seem to be passionately attached to their respective beliefs. I do feel compelled to explore the issue. I want to understand.

True confession ~ It makes me uncomfortable to consider that my beloved Gaia isn't as I'd always seen her in my visions. Is it that, or is it the fact that we've been

deceived about so much...like who we really are and why we're here, or what the nature of this place we live in is?

Let's be fearless in our explorations, because the bottom line is that we serve the Light, and as such, whatever else is true, we have the protection and guidance that comes with that service.

Stay tuned.

How About a Nice, Long Holiday?

Suzanne Maresca, December 31, 2022

<https://goldenageofgaia.com/2022/12/31/how-about-a-nice-long-holiday/>



Are we all in agreement that a lovely, *really* long holiday is in order for each of us? We *need* a holiday, and a permanent one at that, from experiencing the chronic physical, emotional and mental issues that seem to come part and parcel with this reality.

Not to mention that we want to have some fun! Like, a lot of it, and with people that we vibe with in a good heart space. I daresay that fun for most of us has been in short supply.

While we're certainly responsible for our own selves, how much of what ails us is totally *not* our own doing? Do we have to accept the burden of *all* that we experience, when our own free will has been trashed and disrespected for, apparently, the duration of our creation and throughout multiple incarnations?

We need a holiday from the reality that we've been experiencing for however long...lifetimes? Multiple and varied lifetimes most likely...some happy and fulfilling ones, and some that were chock full of challenging experiences that may never have gotten resolved.

And that brings to mind the whole reincarnation trap thing; yet another transgression to be angry about. The field of injury to Humanity is ripe, and abundant with a truly poisonous crop. I just wonder...if I'm beginning to feel the righteous and undeniable anger that comes with all of that, (and I'm a pretty mellow and unshakable chick) the Human collective is surely about to blow a gasket.

I personally feel the need for a little fantasy reel right now, because our reality is shifting perceptually by the minute; certainly it changes by the day. What shape is the earth? Where do Humans come from? Who's on our side and who isn't?

You know what? I don't care! That's right, I don't. I was skimming through Ismael Perez' book, *Our Cosmic origin*, looking for anything he might have said about the firmament, and I was struck with the memory of history class in high school. Miss Terraciano was one to lecture in rapid-fire style, and our time in class was spent furiously taking notes during her bone-dry verbal dissertations. Maybe she was covertly plugging for us to take shorthand or something.

In any case, what I realized is that I've heard enough about our Cosmic Origin for now. Names and dates in this regard are pretty much just like high-school history class. I don't care to focus on all that's gone down before, even though I get how important it is for us to have awareness of it. Like I said, I know enough for now...I just want to look at what's coming next for us.

So I decided to skip to the end. I opened the book precisely (and unintentionally) onto Chapter 18: "A Vision of the Two Thousand Years."

Now *that's* what I'm talkin' about! You can imagine the good stuff that's in there, and it's really all I want. I admit that my interest in this particular reality that we're living is at an all-time low. I'm feeling *so* done. Can you relate? *I know you can.*

Okay, so what's a good rant without the uplifting chaser?

Coming up next...*Focusing on the Dream.*

Focusing on the Dream...

Suzanne Maresca, December 31, 2022

<https://goldenageofgaia.com/2022/12/31/341337/>



Followup to "How About a Nice, Long Holiday?"

For well over a decade, channeled messages have been giving us a template for what's 'soon' to be possible for us. Those visions have kept us all going, looking to a future that's an almost unimaginable improvement over our current reality. It seems that our friends in the rafters have gifted that to us with full awareness of the largely untapped Human power of Creation; offering seeds of thought to our collective that they might blossom into a truly exquisite future reality.

We're all aware that the concept of time is rather different in the higher realms than it is for us, but even so, our friends have also said on multiple occasions that this has taken far, far longer than even *they* anticipated.

So here *We* are, the strongest of the strong, chosen to witness and experience unprecedented moments in all of Creation, and to grow into our fully realized

Divine Selves. It surely does sound lofty and cool, and, of course, there's quite a juicy element of Joy in actually *being* all that.

However, as we also know, this Human gig hasn't exactly been a lovely picnic on the beach, and nobody actually said it would be. Goodness knows that we've grown and expanded in conscious awareness over the past ten years in ways that we couldn't even have imagined...yet here we are, and in many cases, suffering in one way or another.



While we may feel, and I certainly *do* feel, that Humanity has suffered enough...the timing of this particular very orchestrated unfolding is not ours. We're tasked with navigating as best we can while the story wraps up, doing our utmost at the personal work of clearing the wounding that we've carried for however long. Goodness knows that we don't *want* to hold onto pain, but oftentimes, the familiarity of that comes as well with a certain comfort, effectively fending off the unknown.

Well, screw *all* of that! I'm diving into an exploration of what it is that I *do* want, for myself and for the world. Humans have been used and abused for long enough, in my view, and while our cosmic history does make for interesting reading, it's not truly where I wish to place my creative focus at this time. Multiple sources have been saying that we've finally arrived at the end game, anyway.

I'm starting to see that team dark is wholly and entirely committed to doing their dark thing for as long as they draw breath. They won't quit ever. It seems to me that

the Solar Flash is what to look to in order to truly eradicate the evil that's had a grip on our world for so long.

Word has it that only one in five living in an apparently human body actually has a soul at this time. The rest are what's referred to as NPCs (non-person characters), and that's a story that bears exploration...but it's not getting my attention just yet.



And don't forget, evil tells us that there's no such thing as the devil, that Satan doesn't exist. That was a powerful lie, was it not? One among myriad lies given to Humanity as our 'reality.' It seems that everybody knows about the power we hold except for us. We're navigating an uncomfortable state of flux about what's true and what isn't. Our minds want the solid ground of knowing...but right now we just *can't* know. Our faith in God/Source/Prime Creator is the keystone foundation for us while the deck gets re-shuffled, and everything else seems uncertain.

Fast-forward now in imagination and creativity to our post-Solar Flash reality...

...and keep in mind that this is just my own projection. Yours will likely have its own flavor ~

- Team dark has been processed out of our reality. According to Ismael Perez, we have a thousand years of peace until the next (and last) battle against the negative AI (which we win, by the way).
- Our Earth is restored to her original, pristine glory and aliveness, free of interference.
- The people of Earth are all real and actual soul-bearing organisms, free of wounding, completely whole and healthy, and able to live from the heart.
- Our higher selves have fully merged with our physicality, bringing along all that we've ever known on any number of different realities, planets, dimension, galaxies, universes...but clear of any and all residual trauma.
- We have the ability to communicate telepathically with one another and with the other kingdoms and races, and nobody has to eat anybody else to survive.
- The food we do eat is clean, healthy, nutritious and delicious, and in my perfect world, we can eat if we desire to, but it isn't a requirement for survival. I'd personally love to just live and thrive on delicious fruits and juices, myself...the most amazing, sweet, juicy fruits imaginable.
- Everyone has a clean, safe and comfortable place to live, of their own design and choosing.
- Our Earth society is largely self-responsible, led by different councils who each guide smaller communities. There will be larger councils on a regional basis, and the good of the citizenry (the highest good of all concerned) is always the first priority.
- Individual travel will be by portal, and some of us will be able to be phasic, going wherever we like and as we wish. Other travel will be by lightship; consciousness-powered technology.
- Our various planetary communities and cultures are living in peace, harmony and prosperity. Interacting with non-terrestrial civilizations develops naturally into our becoming a fully galactic society.
- As far as the resources needed to feed, house and keep healthy the population of Earth...I have no vision for that beyond that we all have what we need, and no one can take from us what is rightfully ours. Perhaps that translates into our having the power of instant manifestation...and we'll have

evolved into being able to handle that responsibility with respect and maturity.



For now, I'm dreaming of a hammock on the beach, fun times with good people, and lots of freedom to do (or not do) as I please. Are ya with me?



May the coming year hold all that we've dreamed of, all that we've worked for, and all that we Love...

Happy New Year, beautiful family!

Inspiration for the Patriotic Among Us

Suzanne Maresca, Jan. 23, 2023

<https://goldenageofgaia.com/2023/01/03/inspiration-for-the-patriotic-among-us/>



As we draw closer to the culmination of this epic unfolding on planet Earth that we're privileged to be an intrinsic part of, and in the midst of strong emotions flowing in all directions...

It's been too easy to indulge in sadness for all that's gone before now. We can try to distract ourselves with work, and try to make ourselves be "okay" with things that are really *not* okay. Creative pursuit serves beautifully in that regard. My coloring books are filling up slowly...

In any case, the following video feels like a good reminder of why we take a stand...why we choose this particular hill to die on. We're here for a reason, and it's

not just about growing closer to God. I daresay that our Ascension is the most important thing going on, but there's so much more!

It isn't what shows up in the path before us that matters so much as what we choose to do with it. Every thought and action we take goes into our Akash.

Remember way back when SaLuSa told us that where we each happened to be in terms of our conscious awareness would be what determined how far the bump (Solar Flash) would take us?

Further, that when we do get the bump, so too does the rest of the solar system/ galaxy/universe/multiverse. I can't personally speak to just how far-reaching the Ascension is, but as I understand it, it's an all-of-Creation kind of thing.

We're being given such a rich opportunity right now for each of us to take part in this entirely unique unfolding, and in a way that we can look back on and proudly say, "I did that!" And as sovereign beings of Divine Light and origin, we get to choose just how that looks.

Enjoy!

Donald Trump "Silent Running" (Can you hear me running?)



Accelerating Our Journey to Freedom

February 17, 2022

<https://goldenageofgaia.com/2022/02/17/accelerating-our-journey-to-freedom/>



In these finishing days of the old and worn out, exceedingly threadbare paradigm, the automatons and minions of the deeply light deficient are giving it their dastardly All, right to the very last moment.

Which tells me that we aren't going to be able to enjoy a world free of evil until the end...but the end of what, exactly? We most likely aren't going to get that whole picture until after the fact, and even then, who knows how much of what will have just happened is going to even make sense to our minds?

Or...maybe the Divine Human mind will be activated and freed in a flash of Divine and Cosmic Light that actually, truly and for all time changes everything, bringing clarity and freedom to the population of Earth. Is there going to be a point at which the evildoers and willfully ignorant persons among us simply aren't with us any longer on the Earth plane? I'd like to think so...

Accountability and Justice will most certainly be seen to, both directly by the hand of God and through other Humans doing God's work. Speculation leans heavily

toward much of the rounding up and sentencing of the bad guys already having been done. Further, that the arrested but apparently still at-large criminal's public appearances are actually performed by some form of replacement.

We're living in a weird, Salvadore Dali painting. Do we even know, when a bad guy turns good (just keeping it simple), is he or she a puppeted replacement or the original, who experienced their very own come-to-Jesus moment and thought better of their membership with team dark? We don't get to know.



What we do know is that when the collective Human frequency reaches a certain point, all of us will move beyond the controlling grasp of the bad guys. We were each gifted with the ability to adjust and monitor our own frequency, and it's never been more important for us to do so. There's plenty of ideas online about how to raise our personal vibe and keep it high, and you all know how to feel into whether someone's technique or demeanor is a match for you or it isn't.

Part of monitoring our personal frequency has to do with what we allow into our field. It's up to each of us to know our limits around how deeply we want to

understand whatever story is unfolding before us. Sometimes it's enough to know that a thing happens, without going into much detail about it.

I'm reminded of an appreciative note I received from one of the members of [my Buy Me a Coffee page](#) ~

Not only do I live for your Sunday Funnies, but all your 'posts' keep me updated as to what's going on in the outside 3D world. I read your quick take on them and say 'OK, got it!' I am extremely Sensitive to all energies, and I just can't afford to go down the rabbit holes, so your quick views are perfect for me



I really appreciate that! I'm happy to be the warrior-chick, navigating both worlds, bringing through and commenting on important happenings in a more palatable (and sometimes humorous) form. Is it coincidence that Truth Social is just about ready to launch, and exposures are coming thick and fast in the political realm...all while Human consciousness is expanding rapidly in every moment?

Nope.

Clearly, we're in it for the long haul. The grim realities are all out there for us to either dive into and rail against, or accept as what is so in the moment, choosing instead to focus our formidable energies and attention...our *intention*, on the good, true and beautiful; the world we're dreaming into existence. We can give *that* our All, too.



Personally, I feel much better when contemplating life from the comfort of a (currently imaginary) hammock on a beach somewhere. The world is at peace and life is good for everyone. I'm enjoying the sound of the waves lapping on the sand, the feel of a fresh, warm breeze on my skin...the fragrance of wisteria in the air mixed with warm spice and ripe, juicy fruit...

The day will eventually transition into a lovely beach party, with fire and singing, drumming, dancing ~ community ~ fun ~ Joy! We shall have it. We're that powerful.

The variety of nonsense happening across the globe right now is designed to either keep Humanity's epic frequency bump from happening (they can't), or to wake people up. Both plans are being implemented simultaneously. The latter doesn't seem to be working as well as one might hope, and the former is something that we get to put a more rapid end to by being mindful of our personal vibe.

Keeping Love (the very highest frequency) as our first priority is seriously the best protection from any further attempts to control, use and abuse Humanity and the Earth, by anyone. It's our shield against the only weapons they have left that can ripple our waters....we just need to activate it.

Sitara



Sitara: Love Works. Always

Sitara Williamson, December 1, 2015

<https://goldenageofgaia.com/2015/12/01/sitara-love-works-always/>



I was born and raised in the South, indoctrinated in the Southern Baptist religion, and raised with Southern “sensibilities” (read: racism, sexism, bigotry, and fundamentalism, exhibited by many family members)

I was the “different” child, the weird child, the rebellious one. Somehow my mind recoiled at what I felt was wrong and at being put in a particular box.

I instinctively knew that I didn’t “belong.” I went to a liberal-arts college, afterwards moved away and rarely went back for visits. I just did not want to be around what I considered to be, and, if you want to be real about it, judged mightily to be, narrow-mindedness and ignorance. I stayed away from my family because I saw in them what I had worked so hard to walk away from.

My eldest Sister had recently moved back to be close to the rest of the family and she was insistent that I come to this Thanksgiving gathering. I agreed. Inside I knew that this visit would be a completion for me and a great test of my own growth.

As I've been releasing all old beliefs and thought forms in my Ascension work, I'd come to realize that it really wasn't about THEM. It was about ME. It was about whether or not I allowed myself to be at the effect of those beliefs and agendas. I resolved that this trip would put all that to rest.

In speaking to lightworker friends about going back, I observed my conversation with them about the matter. I watched myself say things like: "Well, there are going to be those who are going to pick at me about my faith/spirituality, politics, lifestyle, etc. They always do".

When I heard those words come out of my mouth I said to myself: "Whoa! Wait a minute. What are you creating here? With those words and that attitude, you're creating the same old scenario all over again."

So right then and there, I decided that this visit was going to be like nothing in the past. I resolved to just love them as fellow souls.

I asked my Self, Guides, Mother, Michael and the entire Company of Heaven to be with me on my journey and help me keep an open heart and to have only LOVE as my constant companion. I wrapped myself in a love bubble, continually breathed in and sent out love, and visualized everyone in loving accord with one another.

There were 20 family members for Thanksgiving dinner. I had the wonderful experience of meeting, for the first time, great-great nieces and nephews and making re-acquaintance with their parents, my great nieces and nephews, who I hadn't seen in almost 20 years.

I made a point to have a one-on-one, heart-to-heart conversation with each adult and a deliberate heart-to-heart connection with each child. Out of the blue, the children threw their arms around me and embraced me with abandon and all the adults did the same.

We had a day filled with laughter, stories, and humor. Dinner was the best Southern cooking you ever ate and we all commented on what a wonderful day it was. There was not a negative word that I can recall.

I've experienced, in Technicolor, what it is to lay down all old perceptions and beliefs and come armed only with LOVE and no expectations. I had an open heart and was completely filled with LOVE for three days. I don't know what the experience was like for my family members, but it was magic for me.

LOVE works. Always.

Sitara: How Much Our Bodies Love Us

Sitara Williamson, March 5, 2017

<https://goldenageofgaia.com/2017/03/05/sitara-how-much-our-bodies-love-us/>



Sitara Williamson of Bellingham, WA, is undertaking a rigorous fast, keeping a journal, and enjoying revelations about her relationship with her body. She shared this page from her journal.

3/4/17

Today I'm having the sluggishness and fatigue of the cleansing part of the first week of fasting. This little body is really busy now. I've been at it for 3 days and I've lost 9 pounds as of this morning. It's all water and glycogen but it's soooo encouraging.

Today I was listening to *Heavenly Blessings* on the Golden Age of Gaia. This session was with Galea, Communications Officer from the Neptune. In the introductory part of the podcast Linda spoke about her current "learn to channel" group. She noted that one person had brought through the information of how much our bodies love us.

This really struck a chord in me. AA Michael, in my reading with him a while back, guided me to name my body and speak to her like I would speak to anyone.

He and I chose the name, Jet. Since then I have been carrying on a conversation with Jet. I would ask her which supplements she would like this morning, does she want this to eat.... et cetera. I send my love to her and tell her I love her all the time. *But it never occurred to me that she had a depth of love for me as well.* That statement rocked my world.

After listening to the podcast I took a shower, still thinking about this revelation. (The shower is a great place for downloads!) As I was having a conversation with Jet and confessing to her that it never occurred to me that she would love me greatly I came to understand from her that she is very happy and excited about my fast. It gives her a golden opportunity to cleanse, clear, sweep out, repair and rebuild without having to deal with everything digesting food all the time does to interfere with this process.

Jet also told me that the collective of human bodies are beyond excited about this ascension process. The physical bodies are going to rise in vibration and dimension along with their occupants, which is unique. We have not realized that these precious bodies are going with us....not really. I think we know it intellectually, but I don't think most have actually understood, gotten this fact in our bones. I had not really grokked it till now. And I certainly had not even considered that our bodies would be happy about it. From my point of view it was all about facilitating and manipulating the body to raise in vibration all one-sided from me to her.

I think most of us have considered the body something that we would drop one day, just lay down, discard, without ever thinking that it is an intelligent being. I know I did. No more!

This fast that I have been guided to do serves a great purpose. The body is free, now more easily able to do the work it needs to do to. I asked Jet to use the Porlana C energies as much as she could to assist her in this process.

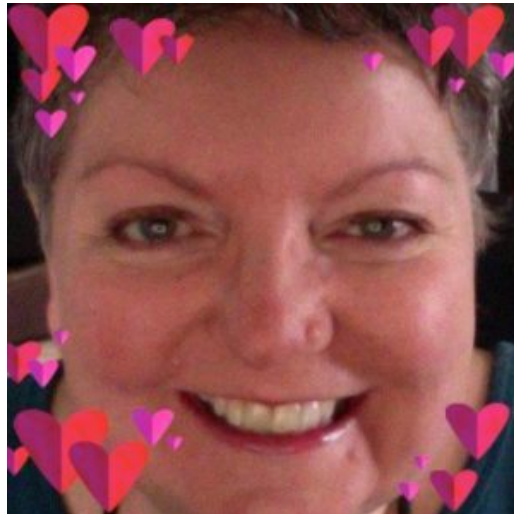
I'm not going to do much, physically, today as I'm being very gentle in the body but I'm certainly going to do much contemplation on this revelation.

This has triggered a huge happiness bubble for me filled with joy and bliss. I'm going to float on this sea for a while.

Bringing Our Original Divine Blueprint of Perfection Forward into the NOW

Sitara Williamson, June 16, 2018

<https://goldenageofgaia.com/2018/06/16/bringing-our-original-divine-blueprint-of-perfection-forward-into-the-now/>



I'm working on bringing my body forward into the NOW in perfection, as it was designed by my Higher Self, before incarnation into this lifetime.

I know that I am not alone in having body issues associated with illness or injury or even clearing for the collective and Ascension.

Linda Dillon helped me with the process used to go forward with this project. I want to share it with you because I'm sure most of us would like to see our bodies at their highest and best and at the perfect age and health.

The Divine Blueprint of your body resides in your DNA. This is the blueprint of your human form in perfection as you conceived it before you incarnated.

The Mother says to see yourself in her infinite ocean of love and time. Immerse yourself in the boundless blue warm ocean of the Mother.

Swim way back in time and retrieve the original blueprint for your body and then swim forward, not very far, and bring it into the Now. See yourself as resting on a small atoll or island in the vast sea of the Mother's time and love.

From this island resting place go into this meditation:

Bring yourself to the 13th Octave.

As always, anchor within your heart and stillpoint. You have already surrounded yourself with the Council of Love, the archangels and your precious guides.

Every time you anchor in the 13th Octave you activate your DNA and your 12 strands are activated and bundled into the 13th and reunited.

Invoke the Universal Laws of Intent, Sacred Purpose, Above and Below, Transmutation, and Instantaneous Transmission.

Do NOT invoke the Law of Change, or the Law of Elimination. Not in this case.

You will be working with the method contained in the Law of Instantaneous Transmission. (1)

See yourself sitting down; it is best to sit rather than lay down.

Then see yourself standing in front of yourself, with your back towards yourself, so you are facing your back.

And you are facing your central column which is the cylinder around your spine which is where your etheric and your actual DNA is located.

You intend to activate in your beautiful unique design.

So you are looking with eyes opened or eyes closed; it doesn't matter..

Put your hand out and "feel" your back which is in front of you. Scan the spine from top to bottom. Start at the top of the spine, at the occipital, and go down.

You'll feel that point of activation. Whether it is a flag or a switch (however you perceive it) you will feel a slight tingling, primarily in the center of the palm of

your hand. Your fingers may feel it as well, but definitely your 'high sign,' as it were, is the center of the palm of your hand.

Run your hand down this column of the back of your spine and you feel those several switches. Most of what you are activating has several points of activation (usually eight to activate your original Divine Blueprint).

So first you scan. Go from the top of the spine starting at the occipital – not bottom up. Then you go back to the top, and start down and simply flip each switch as you come to it. Scan down a little more. Flip the switch etc. to ON and activate your original divine blueprint.

Do this daily until you are seeing and feeling changes in your body.

Note: For those who have an agreement with the Mother to transmute energies for the collective, in the Original Sacred Blueprint is also the capacity to be able to transmute for the collective without having to pay such a high price physically. Call that up as well. (2)

Footnotes

(1) "Transcript: Sanat Kumara Discusses the Law of Instantaneous Transmission, October 15, 2013," at <https://goldenageofgaia.com/2013/10/16/transcript-sanat-kumara-discusses-the-law-ofinstantaneous-transformation-october-15-2013/>.

(2) "The Lightworker public has been instrumental in transmuting the bulk of dense energy prevalent and fed in your collective consciousness, and many of you have taken personal sacrifices in allowing the dense energy of others to come through your temples and be transmuted.

"Some of you have accumulated energetic or emotional 'scars' that are completely temporary and able to be (healed), and we mention this to offer a visualization for those of you who feel that the continual transmutations have been 'getting to you' or affecting you in unintended ways." (Jeshua and the Ascended Masters via Wes Annac: Spiritual Liberation Will Help You Create Heaven on Earth," August 27, 2013, at

<https://goldenageofgaia.com/2013/08/27/jeshua-and-the-ascended-masters-via-wes-annac-spiritual-liberation-will-help-you-create-heaven-on-earth/>

Discernment, Yes, but What is It?

Sitara Williamson, November 14, 2018



I've been contemplating discernment a lot these days.

I'm conflicted about a lot of the stuff I see and hear coming from all sides. The "truther" movement, the Q contingency, the press, the government, the currency people, and even some "channeled" information, all want us to hear them and believe that they have THE correct information.

The stories written in the alternative media, on blogs, in chat rooms, on sharing platforms, all have the tinge of intrigue, drama, he said/she said, predictions both dire and wonderful, timelines, etc.

I believe it is quite true that the only way to proceed, at least for me, is to dig way, way down into discernment.

But what is discernment? To me it is feeling, on a very deep “gut” level, of what rings true or untrue.the

For me, when I encounter what I perceive to be true and real, it resonates in my upper body, heart and crown and I feel an uplifting.

When I encounter what I perceive to be misinformation or manipulation or even downright untruth, I feel it as a clenching sensation in my gut along with a feeling of repulsion.

The strength or severity of the body sensations give me a sense of the level of trust I can have in the information.

I’ve come to recognize and trust the signals I’m given through the body and have found that they don’t steer me wrong. You may be different in how you feel what is true and untrue to you. Find out, clearly, what that is.

For me, it also means being very clear about my own AGENDA. Do I have an agenda about this subject? If so, then I need to be very clear about what it is and how it shows up in my thinking and perceptions.

Then I go to work clearing my own agenda, coming to neutrality, and finally arriving at being the Observer.

What is the agenda of the person/group making this statement of “truth”? How does that feel in my gut check?

Are the tweets, stories, articles, and statements done to further that agenda. Are they manipulative? How are they worded? Are they combative? Do they contain judgment and condemnation?

The biggest question I ask about any of them is DO THEY COME FROM A PLACE OF LOVE?

I’m following the guidance that we’ve all heard thousands of times. “Open the heart and focus on the Love.” If it doesn’t come from Love, then pass it by.

I’ve observed Lightworkers who get so caught up in the need to have the world move in the direction they think it should, that they jump on the bandwagon of those who claim to have inside information or secret knowledge, and just swallow

everything as gospel, creating divisiveness even among the Lightworker community.

My advice to anyone who feels themselves being caught up and becoming a “fervent” supporter of any agenda is to pause, take a step back, and really examine your own beliefs and thoughts until you have arrived at a place of Peace and Balance.

I’ve stopped following certain bloggers, groups, individuals etc., because what they are presenting does not further creating a world that works for everyone.

Yes, we need to be aware of what is happening everywhere. And yes, we need to work to fulfill the Mother’s Plan but, I think we need to lend our energies to uplifting, and the way to do that, I believe, is to first clear ourselves and then proceed with complete discernment.

Digger



Are we listening?

July 22, 2020



It can start as a small protest or a tiny comment.

Hidden beneath are bigger issues.

One has to listen to understand what is the meaning behind those quick and often subtle utterances.

'Hey', might be all you hear from an office assistant that was just touched inappropriately by her boss.

How often has that happened?

A nice gesture aimed to brighten a young man's day is undermined by a teasing that makes him feel less worthy of receiving simple graces.

How often has that happened?

Not large horrific examples of abuse but the drip drip accumulation that builds within the individual.

This is how core issues become embedded into our being.

The day in and day out bombardment from these attacks builds upon the individual's experiences of separation, isolation and unworthiness.

Or worse.

Self esteem has been taking a hit.

Being attacked by a trusted person in authority or a close family or friend in small selfish ways has reached its carrying capacity.

All things are coming to the surface for clearing.

Individuals are reacting in many different ways.

Given one more incident or one more catalyst, and there have been some big ones, the anger, fear, frustration is rising to its peak and people are acting out.

Depression, anxiety and other types of emotional hijacking are increasing.

Fear has taken hold of the planet and we are at our threshold.

Like a volcano ready to blow, the emotional magma bubble is cresting at the top.

And yet there is more to come.

What are we to do ?

Let the volcano blow and run for our lives?

Everyone for themselves?

Or Can we actually diffuse the situation ?

Instead of being overrun, be proactive in creating a solution.

Perhaps we can reduce the steam behind the core issues by doing some inner work and heal those past wounds.

The first step for any of this to happen is to recognise that there is an issue to begin with.

You cannot solve a problem if you don't know what it is.

Which essentially brings us back around to the small protest or tiny comments.

Are we listening?

Do we recognise what is making us feel uncomfortable?

Are we willing to Speak up, speak out.

The small protest "Hey" can be followed by setting boundaries.

Don't do that !

Or being put down by others, can you tell yourself you are Indeed worthy and accept the gifts as they were intended.

Perhaps recognising that the harmful comments made may be of jealousy or their own limited self-worth lashing out for attention too.

Opening our hearts in order to forgive and have compassion for the ones that put us in a demeaning position is hard to do.

Eventually we will get there and it will be freeing.

In the meanwhile, We can help each other realizing that we are all worthy and all connected.

Many times we are caught up in our own scenarios and don't realize others are struggling too.

We lash out and spout off not realizing the effect it has on those around us.

Each of us affects the whole.

We share in the energy that is swirling around us.

We all live around the edge of this volcano together.
Now is the time to be courteous and compassionate.
Now is the time for us to look within and clear our core issues.
Now is the time to realize we are not so different.
We are in the same unique situation no matter where on the volcano we live.
Now is the time to practice forgiveness and compassion for ourselves.
And then we will be able to have it for others.
Now is the time to find love and to give and receive.
Love isn't love until you give it away.
Would it then be true that love isn't love unless you're willing to receive it?
Self love is the most important practice you can do.
Be willing to Give yourself Love and be willing to Receive it.
Like forgiveness and compassion the drip drip accumulation of love will build up
your reservoir of worthiness, connectedness and understanding.
The emotional magma bubble disperses when each individual does this inner work.
We will have less reactive behavior and hopefully we will learn to listen to our
inner voice and then to our outer voice.
And I believe, Others will hear it too.

Digger 2020 July 22

Dandelion Yellow

May 22, 2022



The world is chaotic right now and I am a part of it.
Spring for a gardener is always a busy time.
This year is no different in that regard.
What's different is my focus.
As the world scurries about, My focus has been to be in that moment between breaths. Inhale, just be, then release.
I found myself in one of these moments while attacking that seemingly endless 'to-do' list.
Finally getting the opportunity to pot up some plant starts that have been sitting in a radio flyer red wagon for weeks, I found in my hands a sequoia redwood tree.
A cute 10 inch tall pre-sapling of a tree.
A majestic and world renowned giant of a species I felt in awe holding a baby in my hands.
I gently released it from the growers pot and massaged its roots. I whispered to it as I do most plants.

But this whisper came from a place of mystical reverence.
'Tell me your secrets' I said to the youngling.
The reply came from a deep voice beyond this place and time.
'I have no secrets' was the direct answer.
The thought continued, 'Everything is known'.
And then a smaller quieter voice 'but I am young and havent realized it yet.'
Sitting upon my bench in the warm rays of the early morning sun my feet were covered in dirt.
I held this stem of soft green needles and felt a surging warmth run down my back into my boots. If I were a tree at this moment I am sure my roots would have grown deeper into the soil. The warmth poured from my heart and joined the earth surrounding the freshly potted tree. 'Grow wise my young sapling.'
There is so much joy in these little moments.
I am in continual awe at the life that surrounds us.
The day proceeded with the usual hustle and bustle until once again I encountered another moment of awe.
This came in the form of a bright yellow bird.
The American goldfinch is a marvel to behold. So bright and big for a finch.
Unlike the household finches often kept in cages, this bird is a big bright burst of color that is hard to miss. When it landed just a few feet from me I was delighted and instantly filled with joy.
He flitted and fluttered then sprang to the elderberry. Dancing up into the maple, he then darted out of sight.
I stayed still looking and looking hoping to locate him again.
My stillness paid off as I spotted the female.
Not nearly as bright but beautiful in her own right. She was tugging at the seed of a dandelion. Thank goodness I have plenty of food for them.
I watched as she tugged.
A chickadee landed close by bouncing through the grass. The finch gave ground and the chickadee took over the plate.
Why that one when there were plenty of other seed heads, I do not know.
The finch stayed longer than one would expect one to wait for a bite to eat. The chickadee was not leaving either so the softer yellow grey madam finally darted off towards the neighbors.
It was the opposite direction from where I saw the male exit but I am sure they will find each other again. This is the mystery of things I am not fully informed on. But with faith that all is as it should be I need not stress about it. Could you imagine getting upset about something like that? No. There are some things we need to understand we don't understand and it's still okay.

The next thing I am curious about and not sure I will ever understand is why dandelions and the American finch are the same color?

They both bring me joy. This I do know.

I have a potted dandelion for sale.

No takers yet.

The dandelion isn't waiting around tho.

It went to seed.

I am in awe of that transformation too.

Digger2022

Jack of All Trades

July 20, 2022



I am going out on a limb here and say that I think I am starting to master this ascension thing.

I would never claim to be a master if I didn't still have lots of questions.

For example, being a Master Gardener only means that I have searched and researched in this specific area long enough to gain knowledge and information about gardening.

Everyone else has access to this same information.

The difference may be in the intention and application of this knowledge.

Only time separates the aspirant from a master.

I could not be a master at anything if I claimed to know it all.

I do not.

A true master knows one cannot.

Being a Master Gardener has shown me what questions to ask and which answers lead to results.

Thus, I have learned how to ask better questions.

This is something I try to impart upon my students.

Ask better questions.

Ask something that actually shows you are starting to grasp a concept and want more clarification.

With each question answered an indicator of where their level of understanding lies.

With each understanding and another step to take.

Applying that same logic to myself, I had a personal Q and A session this morning.

I woke with a belly full of fear and trepidation.

Uncertainty and foreboding is not the way I like to start my day.

I have been bringing these feelings into the waking world quite often lately.

It could be mine. But, I also realize I am helping clear for the loved ones around me.

It's okay.

Everyone I am working with right now has something big to deal with.

Big issues to them while intensifying pressure from the current state of affairs is rough.

The pressure cooker is building quickly around us.

There is a lot of uncertainty.

What is the release valve? What form will it take?

The perceived external pressures and personal pressure is clouding people's judgement.

Actions are reactive.

People are starting to twitch.

I will help where I can.

For myself, I want to change this feeling. So I ask what I should do?

The answer came back.

Meditate.

it still is.

Face this feeling and work with it.

Ahh.. already I am starting to ask better questions.

Let's see if this leads to any results.

I sit and quiet my mind.

I feel the sun break across the horizon.
An image of a tall building blocking the sun comes to mind.
I realize not all awakenings will be the same for everyone.
Some see the breaking sunrise. Others have obstacles blocking their view.
The sun will clear the obstacles eventually.
It will just take more time depending on how many blockages there are and how tall one makes them.
The sun's journey is the same.
Sometimes it's those things closest to you that block enlightenment the most.
Look beyond that blockage and the sun is shining bright, bringing a fresh and new day.

Like the emerging sun rays moving across the land, I felt a warm glow enter my left side and slowly move across my body.
When it reached a halfway point I observed the sensation.
Half of my body in a warm glow and half of me uneasy and anxious.
The image of twoface came to mind. That character from Batman that had a line right down the middle of his body. This is where I was at.
I compared the two feelings and decided to keep going with the one that felt more appealing.
I felt the movement from left to right as it worked its way down my arm and lingered on the outside of my knee.
It paused ceremoniously
That split pause just before shadows fade from the land.

Adjusting my focus to the uncomplete transition, my intention became finishing the task.
By infusing love to my joints and I began making the final push.
My whole body was now vibrating in a gentle glow and slightly tingling.
I felt another sensation.
This time the tingling was coming in the front of my body.
It entered at my core, near the navel area, and expanded quickly outward.
I was filled with mass amounts of love and I started to cry.
Tears welled up and I felt like sobbing.
What an emotional release.

What a welcomed way of being.
Any fear or foreboding left my body.

I don't know why this is an example of mastering my world but I am all for it.
Being a master of this time and place is right here within the grasp of all of us.

Ask questions.

Listen.

Ask different/deeper questions.

Listen.

Set intentions and apply.

Pretty Basic.

I like things that are simple.

Somedays I am my biggest obstascl and can cast a decent size shadow.

Not today Today.. I got this.

You know what, if I got this...We all got this.

Its only a matter of time.

Many blessings Much love
Digger2022

Master or Slave

July 20, 2022



I wrote the other morning about being a master of my ascension.
My morning this morning started out with some very similar thoughts but took an interesting turn to reveal some hidden truths.
First off, I should mention that as soon as I sat up my head started spinning.
Almost like I was drunk.
I sat still and allowed the swirling feeling to wrap and flow around me.
Was it me or was it the room spinning?

I had slept fairly well and drank plenty of water the night before.
A quick body check in said physically I was sound.
Finding my feet I walk towards the bathroom. I had to steady myself at the sink.
Was it my imagination or was the cabinet doing a Salvador Dali?

Thank goodness for my coffee addiction.
I moved forward with the morning ritual of coffee making.
Routine was going to serve me well this morning.
As the water was heating I held on to the kitchen stove.
Master of Ascension are you?
My doubting Thomas was strong.

The cat serpented through my legs as I measured the beans into the grinder.
The parakeet squawked to drown out the chopping blades.
As the rich dark elixir filled the clear glass carafe, I thought for a minute about my
creamer supply.
I have enough coffee beans to last two years but what good is coffee without
cream.
Creamer is an essential for me.
Checking the fridge, essentially I am only prepared for Armageddon, a depression,
the social economic collapse for about 3 weeks.
And only if the power stays on to keep my fresh creamer safe.

My mind squawked like the parakeet.
I am not actually a master of anything until I give up coffee.
Until I give up the need for refrigeration.
The thought serpented through my mind.
I realized that not only was I still dependent on the grid and I am still very
connected to my desires.
The very thought of giving up coffee on a morning while the physical world was
melting and swirling has made me vulnerable.
I wondered how much of the thought of mastery we placate ourselves with.
Or should I say I placate myself with. I cannot speak for others.
If lack of creamer makes me vulnerable I clearly have some work to do.

I took a course once that infused me with the image of Mastery.
'This is a masters course. If you are here, you are learning to be a master.'
Mastery of the materials in a class does not a Master make.
Being a sovereign being, fluid and interactive in the now can make me a Master in
the moment.
But do we really need to be a Master of anything?

I am looking at my coffee addiction and realizing it is not the idea of being a
Master that counts as much as not being slave to things.

Things. Define things.
I cannot define what these things are for everyone.
I can only look at myself and decide which those things are in my life.
If I learn to release and let go of attachments then it won't matter if the room is swirling.
It won't matter if the cabinets are turning into lava lamps.
I will be able to adjust and move with them.
I know this sounds a bit like an acid trip.
I swear its only coffee.
Or is it...

Here is a thought of mastery over being a slave.
I don't do clocks.
Or rather I don't do time very well.
I have clocks but they don't work.
I have them because they look good.
I actually have a very nice tall modern looking Grandfather clock.
It arrived as trade for a job.
It occurs to me that this clock has a clock face that would look very much like one Dali painted as melting and swirling.
I entertained a thought about moving the clock into a prime position to enjoy that surreal melting experience if it were to ever occur again.
If nothing else it would be something to hang on to if I need to steady myself.
I am not a slave to time but I can repurpose the slave timekeepers.
Maybe that's absurd.
Probably no more absurd than keeping my addictions.
Next mission, find a reliable local source of fresh creamer.
When faced with splitting worlds, which reality do you plan for?

I am not quite ready to give up on the luxuries that can be available to us.
This is part of life that is fun and interesting.
This whole exercise has helped me adjust my attachment to these things.
What other things will be revealed to me about who I am?
Am I up to the challenge that things will change and everything will still be okay?
Can I let go of the routine and allow for change in whatever form it takes?
I believe so.

I know we are all in the midst of the swirling.
But as the animals showed me this morning, its okay to ask for attention.
And it is okay to squawk out loud when something doesn't sound right.

I have a feeling I am not the only one feeling this way. Digger2022

Grandmother speaks about time

Aug. 19, 2022



I have so many things I want to accomplish today. I got up early to get it going. After a quick shower and coffee in hand I decided to sit and gather my thoughts. A moment in meditation would be a great start. For some reason I have not been doing this lately.

I close my eyes and drop into my heart.
I found myself at the base of the bluff where my cave is located.
There is a staircase etched into the sandstone wall.
I ran up the stairs and was appalled at all the dust covering them. '

What happened here?' I thought.

As I ascended I turned and looked back to see numerous hands from below crawling up after me, trying to drag me back down.

Goodness, I stamped my foot and commanded 'be gone'.

The whole sandstone incline turned a bright fluorescent orange and the hands slither away in recoil.

I entered the cave and was greeted with the same dusty time forgotten atmosphere.

I lifted my hands and the air cleared with a gentle emerald glow filling the room.

That was better. "Grandmother" I called out, "Are you here?"

She materialized as a cloaked form standing with a staff.

Her form fluctuated in and out of focus as she shifted between young and old.

A beautiful young smooth skin maiden to a crumpled wrinkled crone.

As she shifted in and out I asked, 'Grandmother, why do you keep shifting?'

'It is not I', she replied. 'It is your own perception that cannot decide what it wants to see.'

Ahh, Okay I get that.

'Grandmother, What I see is the shifting of time.' 'Can I ask, What is time?'

'Simple', she said. 'Time is a measurement in the 3D world much like length x width x height. Time is the length. Your height and width is your own choosing'.

Then she cracked up laughing and actually slapped her knee.

I chuckled too. Yes, that was a knee slapper.

When our physical form changes it may very well be our own choice.

Spirit has such a sense of humor.

'Grandmother, I understand that time is a measurement on Earth as a revolution of our planet. But I guess I would like to understand more about how time is for the other galactic beings. How do they experience it?'

'Time is not constant', she responded. 'In discussing the concept of time you are discussing a formula that assumes a constant but this constant always changes.

Time is therefore relative and based upon perspective. The 3D world is attached to a constant constant. Until you adjust your perspective or detach from the 3D you cannot know how others experience what you're trying to understand as 'time'.

'Let's say you are traveling in a car and it takes four hours to get somewhere. But if you speed up now it only takes 3 hrs. What changes, your rate of speed or the time it takes?'

So let's say traveling a distance in space takes four light years, but when you use a portal it could only take 'minutes'. But since there is no constant way of measuring those minutes it could seem like in an instant. The whole basis is determined by perspective. Did one just travel four light years in an instance?'

'Okay Grandmother, I am getting a little lost. I want to understand something about time but now I don't even know how to ask the question'.
What is it that I can ask that will give me some understanding.
Maybe I should ask about perception of time.

'How do we perceive time as a constant?

Imagination is a type of perspective. It may not have physical properties but it's real. Let's say you want to build something. You can picture it in your mind. Once you think about it. It is created. It took no time at all. Seemingly in an instant. The thought process can go on and on, but the idea is formulated in an instant. That idea can stay with you and even if you don't manifest it in the physical it can become a memory. This gives in an attachment if you will. Memories are about perspective in time. But if that thought lives with you it is always in the now. Until you give it physical form it will always be in the now.

'Bringing the thought into 3D, giving it solid form it now has physical properties. Once it's built and attached to physical form then it begins to decay, which is an attachment to time. The decay creates a measurement value and comparison gives the illusion of a constant.'

'Wait, whoa! Grandmother, are you saying that once something is built it will decay.'

'Yes, that is the attachment that one has in the 3D. The perspective that time passes is an attachment that all things will pass with time.'

Oh man and I thought I was going to get some clarity here.

'Let me recap this, So our attachment to time is the 3D perspective that eventually all things will decay?

Well, isn't it? She twinkled in her crone persona.

'Okay, so if I were to change my perspective about time I can transcend aging?

'Well, Yes', she said, but it is a little more complicated than that because you are in a 3D experience. There are factors that come into play as you are interacting with 3D creations that affect that perception. Food, Air, water, Stress, exercise, generational programming, soul contracts, healing, holding, letting go. All of these things carry a certain programming with them. How engaged are you with each element of these programmed attachments?

Grandmother, if I choose to detach, will I quit aging?

'Yes, because you will have changed your perspective and will no longer be attached to time.

Suddenly you will be much older than you thought.'

This time she absolutely radiated as her young smooth skinned maiden self.

'Grandmother, I surrender. This is all very confusing and yet I think I gained a better understanding. I will look closer at all my attachments.'

'By the way, It doesn't matter how you appear, You are beautiful. I thank you.'

My to-do list for the day seemed irrelevant.

I will keep going with my list but each item has totally changed in how I viewed it.

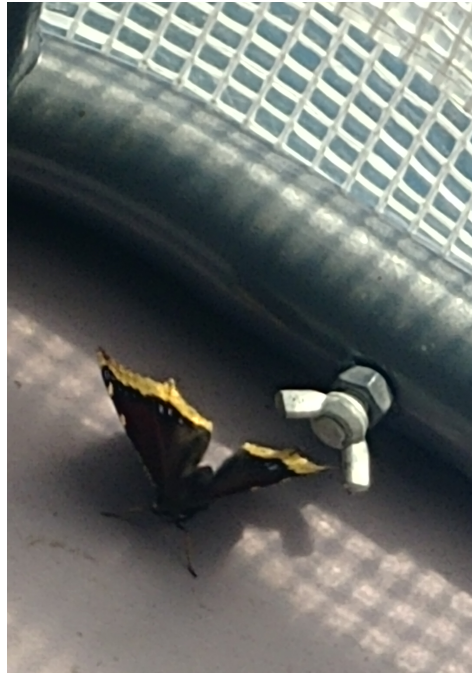
Meditation has a way of putting life into perspective.

I definitely need to do that more.

Digger2022

Bouncing Butterflies

Aug. 24, 2022



Have you ever been to Butchart Gardens in Victoria BC?

If you haven't been, I highly recommend it.

Plan to spend a few hours. It's not something to rush through. The appeal to gardens is spending time in them.

They have other attractions as well. The one I have been thinking about is the butterfly display.

This is a room filled with living butterflies.

Just amazing to behold when they have hatched and are fluttering about in all their glory.

The butterflies flutter and fly about from blossom to bud then to rock or sand that they drink from like a fountain.

My thoughts are about how wonderfully free and undisciplined they seem.

The motion makes me laugh and reminds me of my thought patterns.

This is how my spirit works with ideas.

They hatch in my mind then break free and start fluttering about.

No, my ideas are not disciplined.

A crosscut view into my mind would show you a room full of meandering butterflies.
Kind of a bit of chaos really.
But whoever said thoughts from the Divine had to be a certain structure and disciplined with defined order. Not me.
My ego might however.
Let's take a handful of those butterflies and put them into a canister that represents my ego brain.
Let's say it is a see through tubular canister much like the bankers drive up window.
There is that clever little door that flips open so things can get placed in or taken out.
Can you imagine the butterflies banging around, bumping up against the walls and running into each other.
The space is confined, closed and limited in options.
That's kinda how my ego is with many of my ideas.
My higher self scolds my ego once in a while and says 'now ego, let those ideas go'
My ever tricky ego agrees and turns the canister door onto the side and lets it pop open.
'There ', it claims. The door is open, they can go free.
But you see there is a problem with this.
When trapped, the butterflies only know to fly up.
I don't know why this is exactly. I have watched them.
Is it stress? is it panic?
I have a small greenhouse with the doors wide open because, well, it gets hot in there.
There is a 2 -3 foot area above the top opening of the door. Even when butterflies flutter happily in, they can't seem to find their way back out.
They constantly fly towards the door then up into the corner of the roof and bang, bang, bang against the plastic.
My ego knows about this dynamic. It says, 'hey, there is an opening over here.
However, I have met my obligation. You're on your own'
This is a form of control.
In the meantime, the sweet butterfly, and yes I am talking in metaphor about inspiration from source and ideas as thought forms, still feels trapped.
Several things may happen here and now I am projecting because I don't really know what butterflies feel.
Several things can happen when you cannot express yourself freely.
The First thing you can do is keep banging against the establishment.
Oh excuse me, I meant plastic.

When you get tired you can rest, then try again later.
Or get depressed and give up and eventually die.
Maybe you can prolong life and be happy living off the weeds or find a flower for survival purposes.
Not a quality existence but hey what can one do?
Happens to moths all the time.
No offense to moths. I really do enjoy them. But they always end up toast in the oddest of locations.
Anyway, not to be doom and gloom. There is a fantastic ending to this story.
That is back to the ego.
The ego/ establishment needs to play fair.
The real solution might be to turn the opening towards the sky and allow those ideas and inspirations to soar free.
Let those butterflies loose to explore the world, share their ideas of things and beautify the world.
The ego/ establishment however may not be programmed to play fair.
It may only be willing to say 'I have met my obligation, the rest is not my responsibility.'
So now it is up to the butterfly to realize a different way.
We are free.
Sorry, there I go again being loose with my metaphors.
I mean, my thoughts are free to fly.
I just need to realize that sometimes one needs to go down before going up.
Sometimes the answer isn't always where you think it should be.
It could be a matter of redirecting.
Perhaps taking a step back, survey the situation, even if it's awkward or counter intuitive, one will see the open door is right there.
Once we find it, there is nothing stopping the freedom that awaits.
And now I want to clarify this process as my ego. When my ego is willing to work with the whole of me. it will benefit as well.
I can have endless inspirations that manifest themselves in multiple ways to benefit the living organism of self.
An example of this might be the day I'm actually inspired to clean my house. Or make a fantastic dinner. Or to bless my water.
We all benefit with these ideas.
And by we, I am talking about the trinity of me. Me, myself and I. My body, my soul and my ego. Even society at large.
When we are allowed free thought and free sharing, the micro to macro, it is the same.

Think of the benefits of free energy. We already have it. We just don't know it yet.
And why not?
Because the 'ego' hasn't been playing fair.
Censorship isn't fair.
Yes, I'm mixing my analogies again.
That's because my thoughts are like dancing butterflies. Structure is but a flower to
be sampled but not confined to.

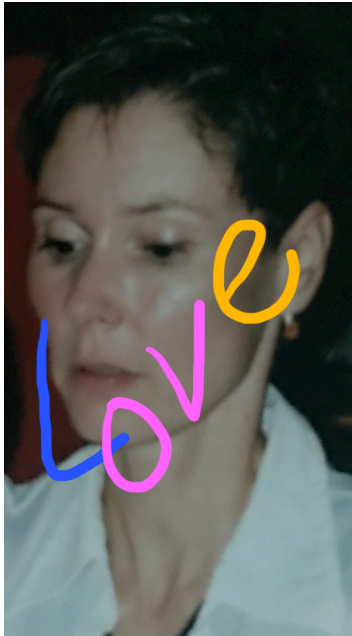
Digger 2022

Kathleen

Who Am I?

Kathleen Mary Willis, April 6, 2019

<https://voiceoffreedom.ca/who-am-i/>



In 1983 I married. By 2003 I was an alcoholic.

I would drink vodka for breakfast while living in a nice house and raising 3 teenagers.

The constant state of anxiety coupled with my fear built to a crescendo over 23 years.

January 27th, 2006, the trapdoor opened and I flew out. . . away from that emotional roller coaster ride. . . into another. . .

There were more experiences to have.

The next relationship was more abusive, more extreme, and also built to a crescendo. This time in 3 years.

It ended with me in court facing into the relationship, looking at a photo album of pictures of my bruises, face and body.

I stopped, began to turn inward, to ask questions.

What happened and why?

I would listen to an Osho meditation every night at 6pm and fall asleep.

For a year I fell asleep and then one day I stayed awake during the entire meditation.

Then a man invited me to a workshop. I cried, and couldn't stop, during the whole day.

I couldn't understand what he was talking about and I felt really afraid.

He gave us a crystal to hold and asked us to meditate 3 times a day for 5 minutes feeling unconditional love.

I hadn't heard those words together before - unconditional and love.

But I knew what that was. When I was a teenager my family got a dog. I loved that dog and would squeeze it until it ran away from me.

My children I unconditionally love. . . I know this feeling.

We all do. . . and it's patient.

Journeys into the dark are a way to the Love, the light.

Repeating patterns of behaviour is a way to the light, the Love.

We can go full circle again and again with the Love, worth, joy for self, the balance, right there.

Forgiveness I've found to be invaluable, and compassion, heart discernment, and gratitude for everything.

This wisdom I found contemplating the tri-flame in the heart chakra.

Several years ago, I heard our planetary logos, Sanat Kumara, say we do not contemplate the tri-flame enough, so I started. . .

I found I control my self with the guilt of the past. Doing this I attract repeated lessons.

Now I volunteer in a drug and alcohol addiction recovery center with young people.

My journey into the dark is something to draw on. It is invaluable, priceless.

I am in gratitude to my self, **that Golden Flame of the Father**, in the tri-flame.

With compassion, my pink flame of self-Love, worth, and joy, *and with forgiveness, the Mother's Blue Flame for Self/All, I Am finding balance, that place of no doubt.*

As within so without.

How I feel within affects **the whole.**

There is an unconscionable [war in Yemen](#), refugees, starvation. . . There have been [over 35,000 murders in Mexico](#) without charges and [700,000 drug overdoses](#) since 1999 in North America.

Balance within creates balance without.

Have I forgiven myself?

Who Am I?

I Am Love, I Am Worth with St. Germaine

Kathleen Mary Willis, September 5, 2020

<https://goldenageofgaia.com/2020/09/05/i-am-love-i-am-worth-with-st-germaine/>



Knowing our Love and Worth — *I Am Love and I Am Worth* — is a journey.

Coming to balance, forgiving ourselves for everything in this lifetime and our many others, being that gratitude for all the experiences, can feel long and arduous.

Using my life as an example, especially the part when I was a mother who became an alcoholic, has required deep inquiry.

I have been facing my denials, searching for forgiveness, reaching in and out, over and over, detaching and attaching with incredible help from [St. Germaine](#) and the [Violet Flame](#) for that illusive freedom, healing and creation:

*“The Violet Flame is the essence of the unknowable
at that point of Conjunction and Love Creation
with the Mother, and a way for us to know
the Love of the Father, as well.”*

St. Germaine (1)



From those imbalances with [my masculine](#) and [feminine](#) energies — the self-hatred, limiting anxiety, and controlling manipulation of self-guilt — comes freedom with [forgiveness](#) and [gratitude](#).

The Ascended Masters, and especially [St. Germaine](#), have been most patient with me. [I Am Great Gratitude](#) to him, and everyone who has helped me, in the higher realms.

With deep forgiveness of self for my “mis-takes” in this lifetime, and other lifetimes, I come to peace within.

With deep gratitude for all the experiences, the good, the bad, the ugly, I see the beauty in experiencing what doesn’t work, that helped create the ongoing search for balance within, my joy.

If I hadn't had those experiences, I probably wouldn't be interested in balance.

I highly recommend calling on St. Germaine
and the Violet Flame for assistance
with the old energy.



Greater inner balance
comes from repeating

I Am Love

I Am Worth

Willingness *to be compassion*

for memories that come up,

I Am Forgiveness

I Am Gratitude

is self-LOVE,

self-WORTH.

Footnotes

(1) “St. Germaine Asks, ‘What Is Love Really?’” channeled by Linda Dillon for the Council of Love, January 17, 2014, <http://counciloflove.com/2014/01/st-germaine-asks-what-is-love-really/>

“I Am With the Mother” Here in Service

Kathleen Mary Willis, August 28, 2020

<https://goldenageofgaia.com/2020/08/28/i-am-with-the-mother-here-in-service/>



This morning, as I was sitting still, I asked Archangel Michael, “Today, Michael, what is the expression of my Infinite potential?”

It’s an exercise that AAM has asked us to do daily, then to do what he asks us to do, even if it feels really silly.

Each task leads us to greater and greater knowing of Who We Truly Are. More details about this are [here](#).

This morning I heard my self say, “I just wanna be alone,” a thought pattern that started in childhood, one of the ones that tends to repeat consciously, unconsciously, subconsciously.

When I catch my insidious phrases I like to write them down (so I remember them) and change them to “I Am” statements.

I Am statements are a way to help us Divinely Align so our sacred purpose emerges.

When I heard, “I just wanna be alone” I wrote it down and started to change it.

Out came “I Am Connection” then “I Am Forgiveness of the past” and “I Am Gratitude for the past, for all my experiences learning what doesn’t work.”

Then I saw in my mind's eye an early childhood incident, being alone, and I wrote, "I Am with the Mother."

Archangel Michael in a reading, through Linda Dillon, channel for the Council of Love, said that I wasn't alone, that the Mother was with me during that time, that we are never alone.

Our guides, who travel with us every lifetime, are always with us.

We are connected to Gaia, Mother Nature, always, even in the middle of a big city. The sky is always above us and the ground always below. . . creations of the Mother. . . the Mother is always with us.

My Infinite potential this morning:

deeper understanding and knowing, *"I Am with the Mother here in service"*

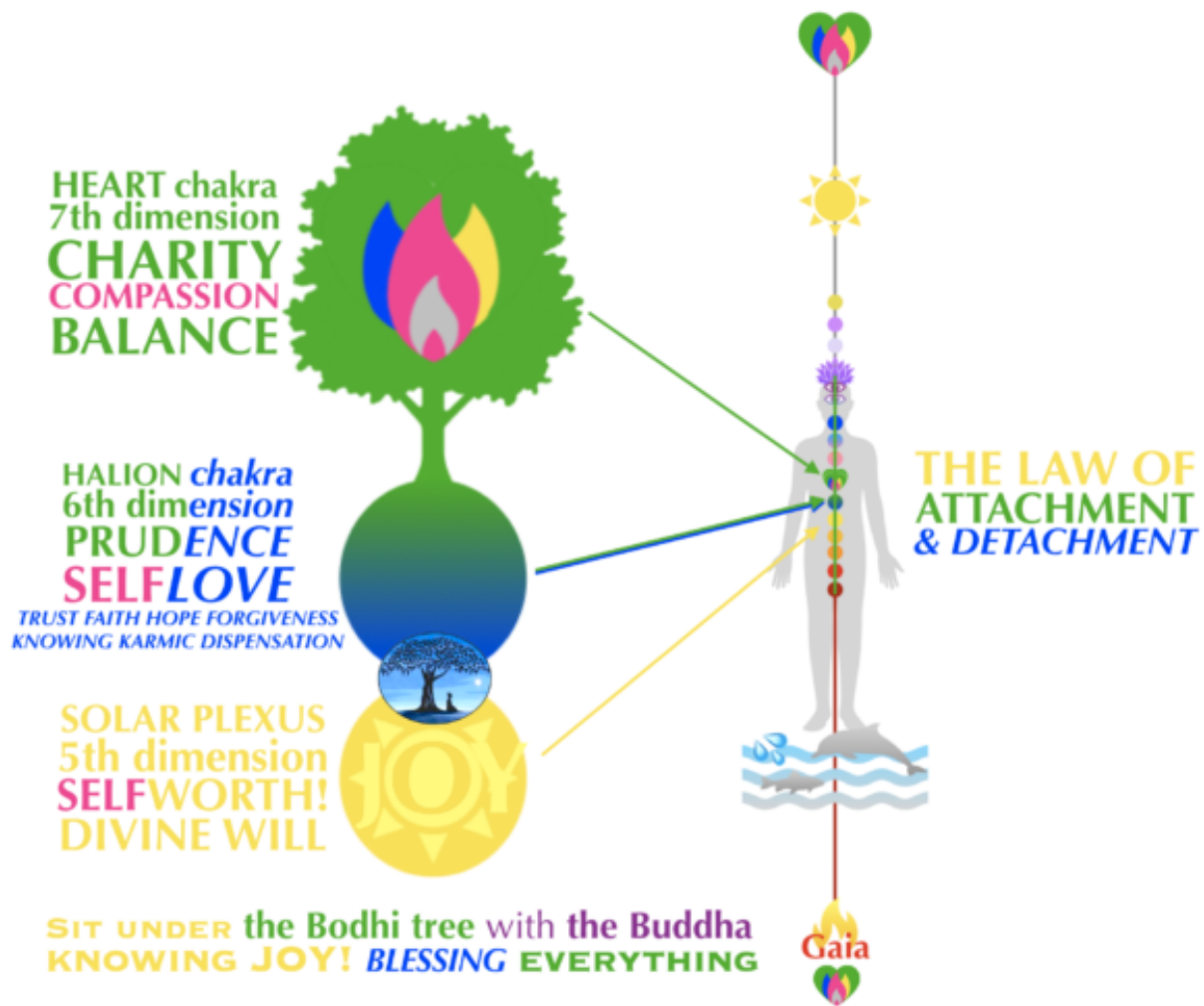
allowing the Divine Energy to flow through me. . . in forgiveness and gratitude for the old thought patterns. . . so that "I Am Compassion" with the ability to go anywhere without judgement, being the observer in all situations

*Thank you Archangel Michael
and the Divine Mother.*

Sitting Under the Bodhi Tree with the Buddha. . . Letting Go. . .

Kathleen Mary Willis, December 4, 2022

<https://goldenageofgaia.com/2022/12/05/sitting-under-the-bodhi-tree-with-the-buddha-letting-go/>



The solar plexus chakra under the Halion and heart chakras is a place of joy! to bless everything but also a place to release emotional pain with the Buddha.

The Buddha asks us to examine what we feel we are attached to in his teaching of the Universal Law of Attachment (to Love) & Detachment (in Love):

The Buddha: Examine **my children**, examine what **you feel**
you are attached to:



What are **you** attached to?
What is the reality of that attachment?
Are **you** attached to fear?
lack of self-worth?
drama?

'Things never work out for me'?

'I will not have enough money to pay my bills'?

*'I don't know why
but my body never
seems to cooperate'?*

*'I have trouble meditating.
I can't get my mind to go quiet'?*

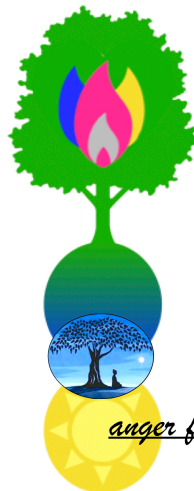


Sitting under the Bodhi tree

allowing the Buddha to assist

... let go attachments not of love. . .

*breathe them out
with your Divine Will
through the solar plexus.*



*anger fear sorrow shame old beliefs
let it go...*

sitting under the Bodhi Tree with the Buddha
consciously releasing emotional pain

*Feel the old emotions attached to the beliefs,
while engaging in conscious letting go
with the Buddha,
detach. . .*

*Feel the blessing of them
and the virtue of JOY!
that gratitude for them.*

**When done, come back up into the heart,
into the golden chambers and give thanks
for help, consciously looking in the mirror,
for the truth of the old beliefs.**



Kathleen welcomes you to join in
her [Zoom Slideshows](#)
[explaining Universal Law.](#)

Costco, Larry Fink, Death & the Balance of Self-Love & Self-Worth

Kathleen Mary Willis, January 5, 2023

<https://goldenageofgaia.com/2023/01/05/costco-larry-fink-death-and-the-balance-of-self-love-self-worth/>



This morning started with me checking to see what time Costco opens.

In my Google search, under that info was "who owns Costco." Hmm. . .

Blackrock. . . then came a search "who is Larry Fink" CEO of Blackrock, and I found a video. I wanted to get a sense of who Lawrence Douglas Fink is.

In another video. . . he said he had a good childhood in Los Angeles, city of angels, in the 50's and 60's. His Mom was a English professor and his Dad owned a shoe store.

We often call ourselves Lightworkers, and according to understandings of Divine Qualities, Universal Laws, Dimensions, our mastery is the ability to stand back,

not take sides, to equalize the energy within ourselves so we don't take sides, *therefore we can send LOVE (the movement of the Divine Mother)* to everything, good, bad, ugly **to BALANCE in our WORTH with compassion, LOVE.**

What was interesting as I was contemplating Larry, who seems powerful in an Earthly sense, was the sorrow in me.

Curious, I allowed this sorrow to well up, *no resistance to it. . .*

As I let go, I felt power structures within my self let go. . .

I felt my self being vulnerable. . .

As my Divine Feminine energy rises within me it's easier to allow this old sorrow of lifetimes to let go. . . to be more vulnerable with my self and in front of others. . .

My Father died on December 13th. He was a really good man who loved projects, from building log homes to spice racks, in community and at home. He died in the evening, my brother phoned me.

It's not that we weren't expecting this, his energy was diminishing; he was sitting more, sleeping more, not as energetic, but it was still something not expected at this time.

I miss him in physicality while celebrating his evolution to the Light knowing he will be cheering us on from the other side.

On December 25th, we gathered in the family home to be with Mum.

The place I was asked to sleep that night was beside my Mum, in my Dad's spot.

For several days before Christmas, my Father had been asking from the other side, for me to help with something. I had said, "Yes" but hadn't delved too deeply into what it was.

Beside my Mother that night I was wide awake, not really in any kind of distress, curious more than anything. I had forgotten my Father had asked me to do something, and as I realized I wasn't going to be sleeping I prayed, I practiced LaHoChi, I invoked Universal Law. . .

Around 3 or 4 am a lot of energy enveloped me. It was intense, vibrations throughout my whole body.

I was lifted and I remember consciously deciding, "No, don't take me farther." The energy wasn't comfortable. (I didn't understand to be *no resistance* at this level).

There was a cutting, a separation of the energy, and I was back.



Interesting to note, in the Thoth Tarot, the Death card is a skeleton and a scythe.

The next day, around family I navigated everything, holding my self in the middle.

But the following day when I arrived back at my apartment, I "*fell*" deeply into sorrow and engaged with it for several hours. . . but what was unusual this time, was I was lifted out of it, up high into a state of **bliss** and **joy**.



Card from the Psychic Tarot: **the golden energy of self-Worth is all around us;** allowing the other side to lift us up into the feeling/knowing of it is **heavenly.**

*Feel to heal, no resistance to the old energy,
has taken on new meaning of **self-Worth.***

Thank you, Dad.

What I'm finding is, as **I Am** *deeply vulnerable, allowing my self to feel -- not denying my feelings --* **I Am a deeper sense of balance** within.

In that balance is deeper knowing of self-Worth.

Those old feelings are not something to deny.

As we have *no resistance* to them, we **balance within.**

Self-Worth is our birthright.

This brings me back to Larry Fink. As I was watching the videos, up came *more of my old sorrow to be let go. . .* **and the knowing of my responsibility to send LOVE without resistance into the field.**

As individuals and a planet we are balancing slowly and surely. There will be no failure this time. We are coming into **our Collective Consciousness.**

The Buddha taught us in **the Law of Attachment and Detachment** that Ascension is **balance in all areas**, and he listed them.

So using **the Law of Intention** and my **I Am**, I remind my self everyday now, asking for help from **Lao Tzu, St. Germaine** and **the Buddha**:

I Am a Perfect Relationship (with my self and everyone)

I Am Financial Abundance

I Am Perfect Health

I Am a Happy Family

I Am Fully Embodying My Mission and Purpose

I invoke Sanat Kumara

and the Universal Law of As Within So Without

As Above So Below, Balance

in Gratitude to the Higher Realms

Kathleen welcomes you to reach out for a [card reading](#) for greater understanding of self or join in by Zoom as she [shares knowledge, How Things Work in the Higher Realms](#) from Divine Qualities and Universal Laws to 12 dimensions connected to a 13 chakra system.

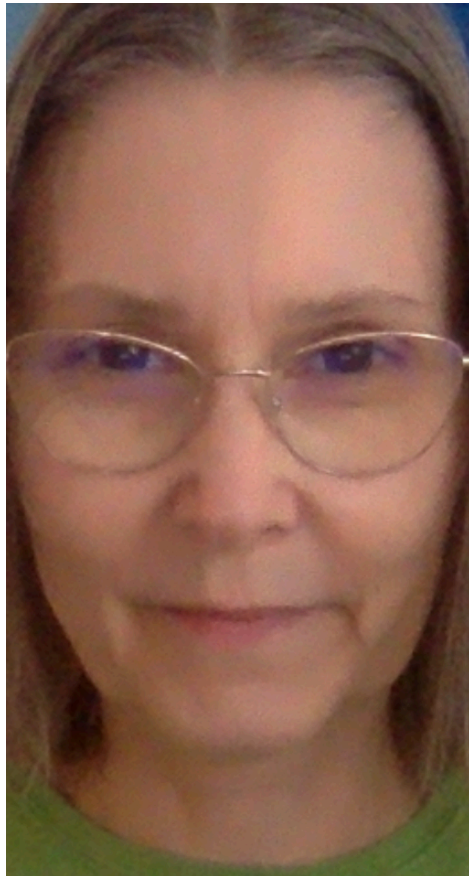
<https://voiceoffreedom.ca/divine-alignment-card-readings/>

<https://voiceoffreedom.ca/zoom-classes-meditations/>

The Mother, Financial Abundance, Self-Love & Worth, GRACE

Kathleen Mary Willis, January 13, 2023

<https://goldenageofgaia.com/2023/01/13/the-mother-financial-abundance-self-love-worth-grace/>



As you can see *the Blessing and Virtue of Grace* in my **Cards of Balance** deck is *pink*. Recently, I found it to be a component of financial abundance.

Lately, I have been repeating Ascension info as **I Am** mantras that the Buddha taught us in the meditation connected to [the Law of Attachment and Detachment](#):

I Am Ascension

I Am a Perfect Relationship (with my Universal Self and everyone)

I Am Financial Abundance

I Am Perfect Health

I Am a Happy Family

I Am Fully Embodying My Sacred Mission and Purpose

They are powerful mantras to be saying along with my Dad passing over before Christmas. Little did I know he would play a role in what transpired.

A few days ago, I found myself in bed releasing sorrow connected to grief, then the next day going deep into what I can only say is **Law of Elimination work on my 3rd eye with St. Germaine** and understandings related to my last [Zoom Class on January 11th](#).

Lots of insights came and especially *deeper forgiveness* of many lifetimes of violence.

The energy to *let go* lasted a whole day and was *very* uncomfortable.

It took me a long time to know what to do with the harsh energy, but eventually it came with the understanding to say:

"I forgive myself for everything" -- and it diminished right away.

Being a transmuter, energy is often running through me. The Mother explained in 2015, putting my fear of it at ease, saying this is what I do -- I'm a transmuter of energy -- and that "I'm in charge" of the strength of the energy. In the past if it was too strong I would ask for help turning it down.

Well, I guess we have reached a new level of mastery, and the teaching now for me is *to be and say words of deeper forgiveness* for this life and past lifetimes, so I can function during the day.

We have all played the sinner and saint roles, been violent, experienced violence, and had gentler lifetimes. That harsh nature of this planet, we are here to change to *Loving-kindness, grace.*

While the harsh energy was running through me, I was angry, angry about many things, and mostly about the state my finances.

My understanding was that finances are connected to lack of self-worth -- I thought that was **the reflection**. My self-worth has been low in this lifetime but I have been diligently working on it.

What I didn't fully realize was how important *the grace --- understanding & knowing how Loved & cherished we are -- and f e e l i n g this is.*

So, I can highly recommend, if you have debt, try this exercise:

*Ask for **the Mother** to come, massage your head & open to being so Loved & cherished it brings you to tears. . .*

Wrap your arms around yourself, hold your shoulders with fingers close together, hug yourself while you are being Loved. . .

Feel the peace, safety, trust, faith, forgiveness of everything, self-Love & self-Worth - balance, charity, compassionate non-judgement, purity -- GRACE.

If you have family, relatives, friends on the other side, ask for their help in this exercise, too. Obviously, my Dad was pouring energy around me. Thanks Dad :)

*At this time we can open
to truly feeling more deeply
the LOVE from the other side
knowing that DEEP BALANCE
of self-Love & self-Worth in GRACE.*

This is a reflection *of abundance*
connected to financial abundance,
Divine Alignment and Connection,
as it says on the card from my deck.

The Blessing and Virtue of Grace

*understanding and knowing
how LOVED we are
Divine Alignment and Connection*

Steve



Starseeds: Waiters at the Banquet of Ascension

Steve Beckow, 2011

<https://goldenageofgaia.com/abundance-on-building-nova-earth/spirituality-on-lightworkers-and-starseeds/starseeds-waiters-at-the-banquet-of-ascension/>



*Steve, 2023: My beliefs have evolved since 2011.
But this article remains one of my favorites.*

"The souls who came from fourth, fifth and higher density worlds specifically to assist Earth in her ascension—when their mission is completed, they will return to their homelands." (Matthew's Message, Feb. 14, 2010.)

"You will only leave the Earth before Ascension if it is already within your plan, so it is necessary that you understand each soul has chosen its path to the next stage of its evolution." (SaLuSa, Dec. 31, 2010.)

I wanted to mention a few things about Starseeds. Not like I know what I'm saying, but just because I have a hunch, based on what I experienced recently in my short but powerful meditation retreat.

I think I may have said earlier (maybe not) that most people reading this blogsite and all the other sites on 2012, are in my estimation Starseeds. Terrestrials reading these sites, I believe, might mostly say, "Hey, these folks are nut cases. I'm outta here. Stanley Cup's on tonight." Starseeds feel some resonance, perhaps for a reason they know not. Terrestrials may not feel a resonance at all or they may not feel it until after Disclosure.

But we all feel a tug when we encounter this information, and that's probably as it should be.

We Starseeds signed on to wait tables at the banquet of Ascension so we're supposed to feel that tug. We're going to carry the food from the chefs (angels, ascended masters, and galactics) to the banquet guests (terrestrials). It isn't our banquet, I believe. We've already had ours and now it's time for the next group to have theirs.



I now believe that most Starseeds are already ascended. Why would the hierarchy and the star councils ask people to leave their home planets and come here who were unascended? To be part of the problem? No, we've come to be part of the solution. Why add to the number of unascended beings a whole bunch from Andromeda who also have not ascended? It doesn't make sense.

Invite Starseeds who've ascended, lock them up in these darn heavy Third-Dimensional bodies, give them medical ailments to keep their attention "down to

Earth" and show them what terrestrials have to deal with, and program them to awaken when their service begins.



So no need to worry about Ascension. Only a need to worry about our terms of service. And no need to worry about your children's Ascension or your kitties' or puppies'. Your kids' Ascension, in the event they're terrestrials, is a surer prospect than that of most Gaian adults! But children born today are probably the new crystals, rainbows, magentas and others who are destined to lead the New Society anyways. No need to waste energy worrying about them.

Moreover, and here is the radical suggestion, most Starseeds, I'm willing to bet, have come from dimensions higher than the Fifth. Coming from higher dimensions, if God enlightened us, we'd probably leave this Earth and go back to whence we came. So it just very well may be that no Starseeds should expect to experience enlightenment before their terms of service are over. That would seem to defeat the whole purpose of our being here. Awaken us, yes. Enlighten us, maybe not. Of course this is only a hunch.

We're wearing blinkers and, even if we're given an experience of ourselves, I think we'll still be wearing at least dark glasses. If we know truly who we are, again we'll be outta here. Vamoose the ranch.

And another hunch: I don't think many of us will be early risers or ascenders either - perhaps some terrestrials will. But we're supposed to remain here and serve the guests.



And we need worker bees as well as queen bees. Some Starseeds like Drunvalo and Lisa Renee have signed up to sit at the head table and make speeches. But many more of us have left our sublime existences and regal homes to serve in rather menial capacities, serving food, planning finances for the banquet, and rigging up the lighting. Some need to be the spiritual teachers and some need to meet and greet. But all come from higher dimensions just the same. We have a lot of high-priced talent wearing bibs.

Gabe says he was hired to be a guinea pig, a banquet taster. Let him sample the food first and see if he keels over. So they took an archangel and made him a food taster. Ellie was sent here to create the mood and environment. Take Pleiadian royalty and make her a step-down transformer. My heavens, what we aren't called upon to do!

Drunvalo has, in my view, finished the entire round of human existence. Enlist him and have him travel around the world lighting candles, chanting hymns and waving

cosmic sage around the place. Don't diss the janitor. He may be a Seventh-Dimensional being who agreed to come here from Lyra.

We all of us think the Fifth Dimension is the end-all and be-all. I predict that many of you will find that you come from much higher dimensions than that. But they had you sign on the dotted line and made you all Men in the Iron Mask, dumbbed you down, saddled you with asthma and fibromyalgia, took away your abundance, memories, and capabilities and said "Thank you very much." Later on you get your galactic Mastercard back.

Why are we doing this?

Serving the One in the many. Ensuring that the Divine Plan unfolds. Doing unto terrestrials what other galactic civilizations have done unto us for eons.

We take time out from our wonderful lives in the Elysian Fields and don our waiters' bibs and dishwashing aprons and see that the feast of Ascension comes off without a hitch and then we clean up, close up shop and go home. Job well done.

So I just encourage you to not worry about Ascension. You're already there. Just worry about opening websites and building blogsites like Laura, Jean, and Quinn, starting radio shows like Maarten, Geoff, Wendy and Greg, opening discussion groups like Darran, spreading the word, providing the answers, reassuring people who are about to see a legion of angels descend with wheels in wheels and chariots of fire.

Very soon the joy will spread and infect us all. And we'll begin a steady march to the banquet. Let's help the terrestrials fill their lamps with oil and prepare to meet the bridegroom. We've eaten our fill already and married the Spirit before we came here.

Let the joy spread. Let there be peace on Earth and happiness among men and women, the beasts of the field and the birds of the air. A new era in human civilization is about to begin and we Starseeds are an important part of the crew welcoming the rest. We have nothing to worry about, save doing our job well. This is not our time. It's the time of terrestrials. This is our turn to serve.

We Never Need to be Disappointed in Love

Steve Beckow, January 19, 2023

<https://goldenageofgaia.com/2023/01/19/we-never-need-to-be-disappointed-in-love/>



Michael once said to me that I didn't like to repeat myself very much and I agreed. He then asked me how I thought he felt.

He must repeat himself a million times a day.

Well, I'm about to repeat myself. But this for me constitutes the most important thing I can conceive of saying so I feel quite justified in doing it.

We've misunderstood things and our misunderstanding denies to us the thing that I consider most precious in all the world.

Let's start with the end first. What do I regard as the most precious thing in the world? Love. But I mean higher-dimensional love, not what passes for it in our ordinary 3/4D world. (1)

Why do I say we deny it to ourselves?

Because we misconstrue how love operates.

We think: I get love from you. We may or may not, but I don't get a river of love from you.

Whereas I *do* get a river of love from another source. And that's the source I want to look for it from.

That source is my very own heart and, for you, your very own heart.

No, not your physical heart. Not your heart chakra.

The heart behind the portal, whose non-physical door Hindus call the hridayam. Two digits to (our) right of the breastbone. Once open or once we're on the other side of it, love flows copiously.

As long as we're immersed in the tsunami of love, all is well. But, when the heart opening wanes, we then have to do a bit of work.

Stop the recording. At this very place, we either create the misunderstanding or take effective action.

I say "I want love." At this moment, I either think, "I get love from Mary" (the misunderstanding) or "I get love from my very own heart" (much truer picture).

If Mary, we then begin to knock ourselves out doing everything possible to "get love" from Mary. (Think of the dance of the Birds of Paradise.)



Over here, for heaven's sake!

If Mary responds, then the love we see in her eyes, so to speak, inspires us to draw love up from our very own heart in response, thinking all the time we got it from her.

We experience our own love and say, "She loves me." Oh my.

If Mary doesn't respond, we feel disappointed. In fact, we may even say, "I was disappointed in love." No, you misunderstood the way love works.

You actually never need to be disappointed in love.



But, so far, it's only me talking. Let me bring Michael in because he states the situation clearly and authoritatively:

"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." (2)

Love moves and we experience it as it moves up through us and out to the intended recipient or the world.

Let me add June Meek's recent experience of higher-dimensional love. *This* is the love I'm referring to:

"Then I moved up from the 5th into the 6th dimension and was overwhelmed by the pure, unconditional love that I was feeling. ...

"I found myself standing in a room with a large opening that didn't have doors. ...

"Then I turned around and looked into the room. The walls and ceiling were golden. This room was filled with every human being who was ready for and had moved up to the 6th dimension. And every single one of them was crying in happiness. They were overwhelmed by the pure,

unconditional love flowing into them, which was in stark contrast to what is experienced in the 3rd. (3)

There's no hiding the fact that you have experienced this all-satisfying form of love if you have and there's no pretending that you have if you haven't. Yes or no is crystal clear.

Love is not just a feeling. A feeling happens inside of us; a divine state we're immersed in, as Michael explains:

Archangel Michael: When I say Love, I do not simply refer to what you think of as emotion. It is a state of being. It is a state of being that sustains us. (4)

Thus, it's meant, designed into life that we experience the flow of love as it moves through us to others. That gives a whole new dimension to Jesus's advice, love one another as I have loved you, doesn't it? If we want to experience our love, it will mostly come from loving one another. I'm going to let that sink in with me for a moment.



Effectively that means that love must be shared - not for you to feel my love so much as for *me* to feel it. (5) *I* feel my love as it moves through me. Out to you, yes. *But your major source of love is your very own heart.* It moves through you as you share it with me.

So for heaven's sake, let's agree this New Year to stop looking for love so much from our partners and a whole lot more from our very own selves - from our hearts.

Let me let Michael have the last word on what we'll find:

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

It is not that you empty out. It is that you discover that that wellspring is SO full and overflowing that it is a steady stream. That steady stream does not ever, ever (think of what I say!) ... it never has to cease! (4)

Never has to cease. We may take our attention off it and it may seem to disappear for a time. From our view perhaps. But the universal river of love itself never stops flowing.

And with Ascension our ability to permanently feel that eternal wellspring of love will begin.

Footnotes

On that kind of love, 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-R13.pdf>

(2) “June Deborah Meek: Journey to the Higher Dimensions – 1/2,” January 7, 2023, at <https://goldenageofgaia.com/2023/01/07/june-deborah-meek-journey-to-the-higher-dimensions-1-2/>.

(3) “Transcript: Archangel Michael – The Life of an Archangel, June 25, 2015,” July 22, 2015, at <https://goldenageofgaia.com/2015/07/22/transcript-archangel-michael-the-life-of-an-archangel-june-25-2015/>.)

(3) “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/>.

(4) I remember what Jesus said, which I regard as true:

“I came to know that to give someone love, even when they despise you, is a gift to your own heart.” (“Jesus Through John: Sorrow,” October 14, 2020, at <https://goldenageofgaia.com/2020/10/14/jesus-through-john-3/>.)

If we hate someone, we condemn ourselves to feeling that hatred. That can't be fun. Loving them instead means we get to experience that love as it flows from our hearts through us, to them.

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

Why a Global Conversation?

Steve Beckow, Nov. 5, 2022

<https://goldenageofgaia.com/2022/11/05/why-a-global-conversation/>



Why would one want to have a global conversation? And why now?

- Because we need to reverse the paralyzing impact of millennia of divide and conquer;
- Because the governments of the world have shown themselves wanting to kill off most of the planet and enslave the rest;
- Because only global unity among people can fully and finally address the situation we as a planet face.

We are as a world composed of various groups, with globally-shared purposes.

The obvious are the desire to survive, to live in peace and freedom, to marry the partner of our choice, and to raise a family in ways we choose.

I'm fortunate to have grown up at a time that at least superficially appeared to be that way - North America in the 1950s. I took the peacefulness for granted and

assumed the whole world was that way. Neither was the whole world that way nor would our peacefulness last.

But the condition of peacefulness doesn't widely exist at the moment and, in my view, it needs to be restored.

Actually it doesn't need to be restored. Peace and innocence are both qualities of the divine and are our original defaults.

It's we that need to restore ourselves to them.

Simply by expressing our assent to the restoration of world peace would be all that would be needed to send a wave through the collective consciousness. That wave would both decide the matter and call in what W.H. Murry said was all manner of aid in the success of our project:

“All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.” (1)

Readers of this blog should have an idea of the extent of that assistance.(2)

I'm reminded of Elisha saying to his servant, who was frightened by the size of the opposing army: "Fear not: for they that *be* with us *are* more than they that *be* with them."

When Elisha asked for the servant's eyes to be opened, the servant beheld legions of angels on the hilltops above.

Add to the angels on the hilltops the fact that all here at this moment are also angels. (3)

As Michael said:

"My beloveds, as your brother of peace, I gladly, joyously bring my legions. But do not forget you are part of that legion. And those of you who are not, are of the legion of Gabrielle, or Jophiel, or Raphael. All of

you have multiple faces, multiple existences. But you are anchored in where you are by choice, by free will in service to the Mother." (4)

He meant it literally.

The unseen world is more powerful than the seen. But it (usually) needs our open-eyed permission to intervene.

There's much more to be said on all these subjects, globally. But even digesting this much may be asking a lot from many people, especially in the midst of such turmoil as now exists.

Footnotes

(1) The full quote:

“Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.

“All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.” (W.H. Murray, *The Scottish Himalayan Expedition*, and Johann Wolfgang von Goethe.)

(2) On galactic assistance, see:

- *Our Family from the Stars* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Our-Family-from-the-Stars-R2.pdf>.

On celestial assistance, see:

- *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/04/An-Explosion-in-the-Meaning-of-Humanness-4.pdf>
- *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Our-Enlightenment-Partnership.pdf>

(3) On the fact that everyone here is an angel, see *An Explosion in the Meaning of Humanness*, ibid.

(4) "Transcript: Archangel Michael Returns to AHWAA: What's It Like to be an Archangel? March 17, 2016," at <http://goldenageofgaia.com/2016/03/27/transcript-archangel-michael-returns-ahwaa-whats-like-archangel-march-17-2016/>.

No Act of Service, It Seems to Me, is Lost

Steve Beckow, January 22, 2023

<https://goldenageofgaia.com/?p=342012>



Rumors circulate of a "monster cyber-attack" on deep-state organizations and army groups.

It's against this backdrop - fictional or real - that we do our lightwork.

Have you time to research in the face of such rumors? Have we time to discuss them? Hold a conference? Assemble nations?

Well, maybe the last: To declare peace.

But it's a time when we have to rely on faith.

So what do I fall back upon? I fall back on what Archangel Michael said to me in 2016:

Archangel Michael: You have not incarnated to be removed, either by inflicted or imagined or created [forces]. [You're not] in physicality [for] anything less than perfection. (1)

I hear someone say, yaaaaaaaah, but what if that's not the *real* Archangel Michael, Steve? What then?

Do we agree that Michael exists? Then consider this conversation with the Divine Mother:

Steve: If I were to go to another medium and she was not channeling Archangel Michael [but saying she was] and I were to do what was being said, and it turns out to be a colossal error, I'm still serving Archangel Michael. Do you know what I mean?

Am I correct in continuing to say to myself, "The source is not what they say they are but it doesn't matter. I am still serving Archangel Michael."

Divine Mother: You have reached the place of this clarity. Now, dearest heart, this is exactly what I am talking about in terms of your divine knowing. And nothing is swaying you from that balanced center of knowing.

So it does not matter whether somebody says they are channeling Hilarion or Mickey Mouse.

You know that you are serving my beloved Michael and I would like to suggest to you, Sweet One, not to distract you, but you are [also] serving me. (2)

Take that to heart. I'm sure it applies to you as much as it does to me.

The guru could turn out to be false, but, if our service is true, the real one we're serving receives it. No act of service, it seems to me, is lost.

So Michael, through whomever he speaks, says "you have not incarnated to be removed, either by inflicted or imagined or created [forces]. [You're not] in physicality [for] anything less than perfection."

Upon that article of faith do I stand unafraid. From it, I enter into service.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 5, 2016.

(2) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.

No Exclusive Ascension

Steve Beckow, Jan. 23, 2023

<https://goldenageofgaia.com/2023/01/23/no-exclusive-ascension/>



Archangel Michael: [You're not] in physicality [for] anything less than perfection. (1)

How could this possibly apply to me and not to you?

OK, some people volunteered to risk their lives subduing the cabal and freeing the children. But the largest number of lightworkers did not sign up for that particular line of extremely-dangerous service. (2)

We were not summoned from the Transcendental realms where angels live to do anything less than restore this realm to perfection. That's our work. We call it building Nova Earth. (3)

If we collectively realize that and act upon it - what is it W.H. Murry said? All manner of unseen forces come to our assistance? (4) The celestials, the galactics, the Alliance - all of them await us taking action.

Which truly has to be aimed at the restoration of peace. In my opinion, our allies can read our intentions and will not assist us as greatly if our intentions are ill or vengeful. They won't let us perish, but their assistance will probably have limits.

In my view, we need to come together as a worldwide, conscious, and peaceful movement to counter the mass psychosis inspired by the mockingbird press. (5) It won't be me leading it. My work lies in writing.

Ultimately, we'll ascend beyond the reach of conflict. We won't do that drenched in blood and intending to eliminate our enemies. (6) We'll do that drenched in love and compassion for all who suffer.

As far as I'm aware, our Ascension is inclusive and depends on having the requisite level of light within us to endure - if not profit from - life in the higher vibrations. (7) I've never heard Michael say to exclude the reformed dark. Quite the opposite: all aboard!

Footnotes

(1) Archangel Michael: You have not incarnated to be removed, either by inflicted or imagined or created [forces]. [You're not] in physicality [for] anything less than perfection. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 5, 2016.)

(2) That doesn't mean we shouldn't take to the streets in support of those who *are* bringing down the cabal.

(3) See:

- [Building Nova Earth 1/3: From a World That Doesn't Work](#)
- [Building Nova Earth 2/3: Thinking the Unthinkable](#)
- [Building Nova Earth 3/3: To a Golden Age](#)
- [Lightworkers: Creating a World that Works for Everyone. Vol. 1: Waiters at the Banquet of Ascension](#)
- [Lightworkers: Creating a World that Works for Everyone. Vol. 2: The Reval and Setting Out](#)
- [Lightworkers: Creating a World that Works for Everyone. Vol. 3: Emergence and Service](#)

(4) "Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.

“All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way.” (W.H. Murray, *The Scottish Himalayan Expedition*, and Johann Wolfgang von Goethe.)

(5) And someone else needs to lead us in mass meditations, mass prayers, mass discussions.

(6) Yes, our armed forces put themselves in harm's way and spill blood. But only as much as is needed to subdue the opponent, in the name of peace.

(7) Matthew Ward explains:

"Earth is nearing vibratory levels where the light is so intense that all who have refused the light - the ones we speak of as dark simply to indicate their lack of light - will die.

"That may sound unduly harsh, but it is not a matter of some 'divine' judgment or punishment - it is simply the physics governing life in this universe that bodies bereft of light cannot survive in those higher vibrations. In short, all those who have been causing fearful conditions will be disappearing." (Matthew's Message, April 23, 2011.)

Matthew once defined that requisite level as reflecting leading a decent life.