

It All Works Out in the Final Reel



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⌘ ⌘ The Path ⌘ ⌘

Emergence



Reposted from March 1, 2009

This article is a compilation of writings on emergence. The first note was written while I was co-owner of Galactic Roundtable, later Share 11, discussion group, to members of the group.

Its general purpose was to provide a process of growth, development, and perhaps enlightenment for the group that was consistent with our common activity of writing.

We on the Internet share in common reading and writing and most spiritual teachers would frown on anyone thinking they can get enlightened this way. So why even discuss it, they might say? We'll tire ourselves out.

That's why I recommend the notion of "emergence." We can emerge, stand forth, stand in our truth, even in writing and for that matter in reading as well.

Enlightenment itself is direct experience, unmediated by the written word. It has no “via.”

“Emergence” is breaking through the barriers to direct experience, barriers like fear and guilt and shame.

What we're seeing around us today are people who've been quiet for years saying “I won't be quiet any longer.” It doesn't matter what the trigger is. If you say it about one topic, you'll have created a new pathway and will be as able to say to the New World Order in the next breath, we will not be quiet any longer. Or to a corrupt local politician. Or to someone selling you snake oil.

* * * *

I emerged last week, several times, and I noticed some things about it, which I jotted down on handy pieces of paper.

One thing I noticed was that emergence was like the snap of a finger. If I snap my finger, there is no sound, no sound, no sound, then sound, and then again no sound, no sound.

Emergence is like that. There is no emergence, no emergence, no emergence, and then emergence, and then no emergence again, etc.

Emergence happens in a moment of “now” and then it's over. Our energies are liberated and we feel elated. We're left in the afterglow, but no longer in the state of emergence.

We feel released from a limiting experience. If our emergence came from telling a suppressed truth, then the truth has, for the moment, set us free from the barriers.

I also noticed that emergence happens because we value a moment of “now” more than we value a moment of subjugation to our conditioned thoughts from the past. For example: I'll say the unmentionable, but nobody wants to talk about the subject. Why are we not all talking about it? There's a hippopotamus sitting on the breakfast table and none of us is acknowledging its presence. We're all pretending it isn't there.

Hey, people. 9/11 was an inside job. Why won't you discuss it?

There's no war on terror, save the war we created ourselves. Why won't you listen?

For heaven's sake, spaceships are all over the place. Why won't you acknowledge them?

Emergence happens when we don't let our conditioning hold us back. And it happens in a moment of now, and now, and now.

I also noticed that yesterday's emergence won't get you anything today. Emergence has no shelf life, no "best before" date. It exists now and then it's gone. Better emerge again because you can't save it in the bank and you can't buy a thing with yesterday's emergence.

At the same time, it gets easier and easier to emerge. Once the pattern of resistance, the tension in the muscles of the body, has been broken once, it's easier to break again.

[Note from Sept. 25, 2010: This means that emergence, which I'd also now call "breakthrough," is a means of addressing vasanas as well. "Vasana" is a Vedantic term for a persistent reaction pattern triggered by a current upset, which resembles a past upset.]

I also noticed that emergence implies that I value this moment of "now" over all other past moments. So if you came to me and said, "Yesterday you argued X and today you're arguing Y," I would have to reply that I am unwilling to be bound by my words from yesterday.

Yesterday I was where I was and today I am where I am. Emergence won't allow me to cling to any moment of the past or emergence itself flies out the window.

Emergence means that I value the truth over all barriers to it. It means I'll speak the truth no matter what the cost. It allows no hiding.

However, humans being what they are, until we're ascended and therefore harmless, emergence requires that we value harmlessness before truth, or else humans will rip each other's faces off and say it was all in the name of telling the truth - as I've done myself in the past.

Gandhi said that harmlessness {ahimsa} comes before truth. It's the only exception he acknowledged that I am aware of. Thus Jains wear masks so that they don't cause harm to insects. They place harmlessness at the head of their virtues.

* * * *

The chief barrier to telling the truth, as far as I know, is our fear of having our existence extinguished. That usually means a fear of death, but it can ripple down to a fear of losing our job, a fear of starving or going homeless, etc.

Whatever we conceive of as being essential to our survival, or the survival of anything we identify with as being important to our survival, that we'll protect and not put at risk when it's necessary to tell the truth.

I will not tell the truth if I risk being kicked off the Immigration and Refugee Board and losing my status and what was for me a huge salary.

I will not risk telling the truth if it'll get my wife mad at me.

The number of attachments we sacrifice the truth to is endless and hence we not only don't emerge; we submerge ourselves in half-truths and lies, posturing and gesturing. We live behind a mask and don't emerge from it. We become Noh actors in a high-stylized drama.

* * * *

I saw last week as well that emergence involves a willingness to put myself in the gap of unknowing and act from there.

I can know and know and know, but emergence involves a willingness to not know and act from that place.

If I don't tell the truth, I condemn myself to living behind a persona, behind excuses. It is just a short hop to acting out a story about myself, spewing rehearsed lines, and parading around with no clothes on, asking to be admired.

Emergence will not stand for that. Suppression will.

I saw as well another way of putting the whole thing and here I rephrase Buddha.

The Buddha said that the problems that kept us from knowing our true nature were ignorance, craving and aversion.

In fact, craving and aversion keep us in ignorance.

More modern terms might be that strongly wanting and not wanting anything but the Divine in life keep us from knowing ourselves.

I haven't reached the level of subtlety yet where I'm looking at wanting and not wanting. I haven't gotten past the fear of not getting what I want or the fear of getting what I don't want.

To rephrase that, I remain submerged, repressed, held back, because I fear I won't get what I want or that I'll get what I don't want.

That means that, if I want to emerge, I have to be equally open to not getting what I want and getting what I don't want. I have to let go of my attachments to all preferred outcomes. It has to be OK with me that you say "yes" or "no."

That's the more senior discussion of emergence than simply breaking through my barriers.

* * * *

This whole game, this end-of-cycle work we're doing, in the last analysis, is about ascension. It's about emergence.

That having been said, whatever happens here is grist for the mill of emergence.

Emergence is the game we're playing, not being reassured about our future. Our future is assured, but the part that's expected of us is that we do all we can to emerge.

* * * *

Our emergence qualifies us to assist others who will be breaking out of their shells in the years ahead. We're putting in our time at boot camp to be able to assist others through it.



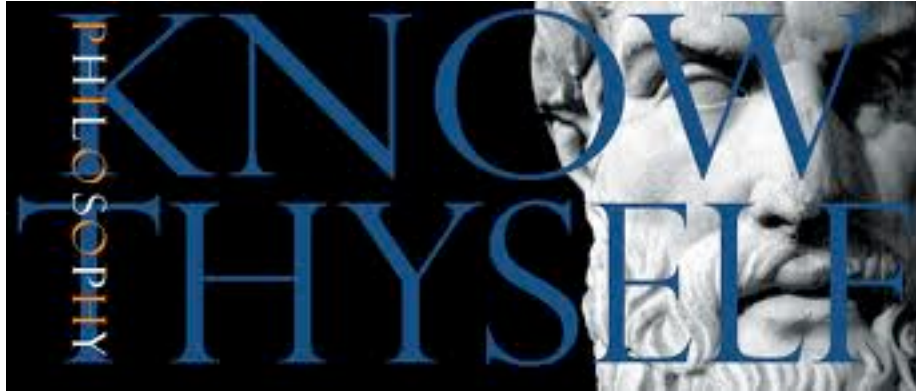
So it really doesn't matter to me whether predictions pan out or don't, whether people are happy or sad, whether you agree with me or not. It does matter to me that you and I emerge.

If you're here, you're here to emerge. Take the mask off. Leave the act behind.

Never mind our excuses and our rationalizations. Stand there in the essential truth, no matter how foolish it looks.

My surmise is that eventually there will no longer be anyone who knows how foolish you look. There will no longer be anyone looking.

Know Thyself: The Spiritual Basis of the Path of Awareness



I said earlier that you could call my path emergence. You could also call it awareness.

Here's an article on the path of awareness.

In my view, the Creator designed and built us like a Babushka doll. Inside the physical body is another body, and then another, and then another. And by the same token, more essential than the I as ego (“ego” in Latin means “I”), is another deeper I, and then another, and then another.

I believe that it was intended that we reach God by knowing successively higher forms of our “I” or Self.

Certainly the masters of enlightenment agree. Sri Yukteswar Giri said that “the highest aim of religion is ... Self-knowledge.” (1) We speak of enlightenment as Self-Realization, the attainment of the Supreme Self.

Moreover, the masters universally say that one cannot know God until one knows one's self. Ibn Arabi for instance: “To know God is not an easy matter, until one becomes a knower of one's self.” (2)

Or Al-Ghazzali: "Knowledge of self is the key to knowledge of God, according to the saying: 'He who knows himself knows God.'" (3)

Or Krishnamurti: "Without first knowing yourself, how can you know that which is true? Illusion is inevitable without self-knowledge." (4)

In fact our deepest, truest Self is God. How could it be otherwise? If all is God, how could we ourselves not also be God? St. Catherine of Genoa went so far as to say: "My Me is God, nor do I recognize any other Me except my God Himself." (5)

Sri Rajneesh tells us to "begin with yourself. Do not ask whether God exists; ask whether you exist." (6)

As incredible as it may sound, even the Divine Mother (Prakriti) may disappear, but the Self does not disappear (at least not yet), as Sri Ramana Maharshi reminds us.

"It is the experience of everyone that even in the states of deep sleep, fainting, etc., when the entire universe, moving and stationary, beginning with earth and ending with the unmanifested (Prakriti), disappear, he does not disappear.

"Therefore the state of pure being which is common to all and which is always experienced directly by everybody is one's true nature." (7)

To know our true nature, our true Self, it turns out, is the purpose of life. When we know ourself truly and deeply we know God, because the Self and God are one. When we know ourself deeply, we solve the puzzle of life and fulfill the purpose of life – that God should meet God.

"To attain enlightenment," the Buddha reminds us, "without seeing your nature is impossible." (8) And, upon knowing the true Self or our true nature, all that we could wish for is attained, as Sri Ramana reminds us: "When one's true nature is known, then there is Being without beginning and end; It is unbroken Awareness-Bliss." (9)

I think that, when Jesus said "I am the way, the truth, and the life: no man cometh unto the Father, but by me," (10) he was pointing not to Jesus but to the Self, the I,

or the "I am." Certainly no one comes to the Father, or the Supreme Self, except by first knowing the individuated Self at progressively deeper levels.

All of Jesus's parables of the treasure in the field, the pearl of great price, the great fish, and the mustard seed are about how knowledge of the Self becomes knowledge of the All-Self. Here is one parable:

"Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field." (11)

Put in other words, what Jesus is describing is how the aspirant sees a discrete light - the Self - in a moment of awareness called "spiritual awakening" by Hindus and "stream-entering" by Buddhists. This is what is meant by finding the treasure in the field, the field being the body. This occurs when the kundalini reaches the fourth chakra.

If the aspirant then meditates on that light, giving up all desires but to realize it fully ("selling all he hath"), then eventually that light becomes the light of the All-Self transcending all creation (the aspirant has "bought the field"). This occurs when the kundalini passes the seventh chakra and returns again to the spiritual heart or Hridayam. It is called sahaja samadhi. It is a permanent heart opening and brings all gifts.

Vedantic masters say that "you must realize absolutely that the Atman [the Self] is Brahman [the All-Self]." (12) Here is that moment described in the Upanishads: "I am that Self! I am life immortal! I overcome the world -- I who am endowed with golden effulgence! Those who know me achieve Reality." (13)

And here is Jan Ruusbroec referring to that same process in the Christian tradition:

"In this darkness an incomprehensible light is born and shines forth; this is the Son of God in whom a person becomes able to see and contemplate eternal life." (14)

"It is Christ [the Son, the Self, the Atman], the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father [the All-Self, Brahman], without which there is no light in heaven or on earth." (15)

And where is this Self to be found? Within, which is why Jesus would say: "The kingdom of Heaven is within you." (16) The searchlight of awareness is to be gradually turned within, deeper and deeper and deeper.

These processes are what is being referred to when one says that one must know the Self first before he can know God. Meditation directed inward is an intensive spiritual practice. The path of self-awareness might be seen as what the meditator does when he or she rises up off their cushion and re-enters everyday life. It is an everyday practice of self-observation, responsibility, and acceptance.

So therefore it's not narcissism or egocentricity to want to know the Self. It isn't a trivial activity to observe the self and its ways. It isn't frivolous. God has set up the round of life so that we can and must know our selves; doing so fulfills the purpose of life. There can be nothing more momentous, mystical, and miraculous than absolutely knowing one's Self.

It is not service to self to know the Self. It is the most profound contribution to life because all of life is arranged, designed, set up to lead to this culmination of knowing the one Self, at which time God meets God, satisfying the commandment at the basis of all life.

So "Know Thyself" is the soundest of advice and the most sacred of duties. The path of self-awareness is specifically designed to allow us to know ourselves in this mystical and yet most practical way.

Footnotes

(1) Sri Yukteswar Giri, *The Holy Science*. Los Angeles: Self-Realization Fellowship, 1984, 6.

(2) Muhyiddin Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d., 3.

(3) Al-Ghazzali, *The Alchemy of Happiness*. trans. Claud Field. Lahore: ASHRAF, 1971; c1964 19.

(4) J. Krishnamurti, *Commentaries on Living*. First Series. Bombay, etc.: B.I. Publications, 1972; c1974, 1, 20.

(5) St Catherine of Genoa in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 11.

(6) Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 80.

(7) Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974, Chapter 4, Question 18.

(8) Bodhidharma in Pine, Red, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 9.

(9) Ramana Maharshi in Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990, 24-5.

(10) John 14:6.

(11) Matthew 13:44

(12) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 69.

(13) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 59.

(14) John Ruusbroec in James A. Wiseman, *John Ruusbroec. The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985, 22.

(15) John Ruusbroec in JR, 74.

(16) John 8: 32.

⌘ ⌘ The Milestones ⌘ ⌘

It All Works Out in the Final Reel



Reposted from 2011

I'm beginning this ethnographic retrospective of major spiritual experiences with the vision that occurred on February 13, 1987. It inspired my work from then till perhaps 2015.

This is the best attempt I've made to describe it. It led me to know for a certainty that enlightenment is the purpose of life.

In a reading with Archangel Michael, through Linda Dillon, on April 26, 2011, Archangel Michael - the Spirit whom I serve - said something that surprised me:

"We do not ask you to veer away from being a writer but we want you to write what you feel moved to and it is also more dabbling into what you have thought of as the sacred truths.

"And people, humans, hybrids [Starseeds], and beyond, are prepared to receive those [writings] as well. In a fuller and perhaps may we say more profound way than previously. ...

"In the human element their hearts are yearning for more. So you are going to do more writing in that vein."

I expressed surprise because I'm not an enlightened being but the Boss said that nonetheless that's what I'd feel drawn to do.

And I confess that the desire to turn to spiritual topics is arising in me. There's a desire to write about enlightenment, the design elements of the human being and life, the natural laws, the Trinity of God the Father, God the Mother, and God the Child.

I could have said God the All, since there's nothing that isn't God. But nonetheless to create this lila or drama called life, God did, as far as I'm aware, step down His/Her/Its powers in a mysterious way that's difficult for us to understand to assume other roles in the play.

I feel a strong desire to begin by sharing something that tells us why life was created and a little bit about how it was designed.

Back in 1987, I attended a rebirthing workshop in Seattle and had what rebirthers call a "full-breath release." I can't describe what that feels like. The breath, instead of being a country road, becomes an eight-lane highway. I felt altogether cleansed and purified. I had broken through the "character armoring" or "pain body." So I was in a remarkable space.

The next Friday, while driving my car to work, I had the experience which changed my life.

A word of context first. I was in my doctoral years at the University of B.C., studying to be a counsellor. I had been practicing listening therapy, the incredible impact that deep, therapeutic listening could have in the processing of major upsets. I had noticed that when a person was listened to for a very long time, they reached a point where the puzzle they faced became a picture.

A thought arose in my mind as I was driving to work: "If our early life is a puzzle, which, when solved, becomes a picture, could it be that life itself is a puzzle and, if so, what is the picture that life is?"

Now I see this event as simply one act in the unfolding drama that our lives are. It was my time to have this information downloaded and I now see it as being brought to me for a purpose. But back then, the question itself and what happened after was entirely marvellous to me.

What occurred after was that everything turned black and I forgot that I was behind the wheel of a car.

For the next eight seconds, I was shown a living tableau, a 3D movie, that revealed the entire journey of an individual soul, through lifetime after lifetime - from God, as Jesus said, out into the world (that is, the Holy Spirit or Mother, mater, matter), and back to God again. It was all symbolic, representational, and diagrammatic. And bliss, which brings all things to remembrance, was helping me easily understand what I was being shown.

I won't describe what I saw because I've already done so in the conclusion to the book that resulted, called *The Purpose of Life is Enlightenment*. (2) But I emerged knowing for certain, and I want to emphasize that certainty, like I could bank on it and risk my life on it, that enlightenment was the purpose for which each one of us is born, lives our lives, and "dies."

That experience lasted eight seconds and, when it finished and the black disappeared, I looked from side to side. My car had not moved an inch. (I grew up in that area of Vancouver so I knew exactly where I was.) I was removed from time.

At the next stoplight, I looked at the driver of the car on my left. His face was riven with fear. I presume I had a five-mile smile. I wanted to roll down my window and shout: "It all works out in the final reel!"

I emerged knowing what the Trinity was. I saw stages of enlightenment. I knew what our task was. I saw where it all came from and was going, the Alpha and Omega, the origin and destination.

But none of this was explained in words. I saw only pictures. It took twenty years of blissful research to find the words that would explain what I saw that day.

That explanation became the dictionary, *From Darkness Unto Light*, (3) whose provisional title was *Matrix* (i.e., the Mother's womb). I took a section of that

dictionary and converted it into *The Purpose of Life*. That book, if I recall correctly, was written in a matter of a few days.

I found that what I saw was known to countless sages through enlightenment. I discovered that life was designed, that that design was benevolent, that design elements operate on us to keep us moving towards our final rendezvous with destiny, and that God does not create our sorrow and pain - we do.

I learned that enlightenment itself goes on so far down the road that for us to call one local stage of it "complete" or "final" is humorous. None of our enlightenments can possibly be seen as any more "final" than a drive from Vancouver to Seattle can be called a drive through North America.

I obtained a glimpse of how wonderful God is that so many ineffable, majestic views of Her/Him cannot slake our thirst or exhaust what there is to be known. Even Seraphim, who stand in the face of God, don't know God completely. No one knows God but God. I'm not sure if I'm capable of communicating the eyes-wide-open amazement I felt upon realizing the vastness of God's Being.

Nonetheless I don't consider this enlightenment. It was a vision.

Any knowledge of God, whether a peak experience, an enlightenment, or anything else, repays years and years of spiritual effort and struggle. I used to say to myself that one spiritual experience - a transformational moment, a vision - repaid a decade of labor for it. And I know that a moment comes when we must not struggle or exert ourselves.

There came a time when I was having one spiritual experience after another and none of it slaked my thirst.

Here I am twenty-four years after that experience, feeling as fresh with the topic as I did then, feeling no diminution of enthusiasm for an eight-second tableau. That's because, when I get in touch with it, when I breathe into it, I'm breathing into a truth. And so I feel joy and bliss.

After the vision, I insisted that my doctoral dissertation be about enlightenment and my thesis adviser refused. No other department of the university, including Religious Studies, would take it on. I was stunned to discover that studying the purpose of life could not be studied in the Religious Studies Department. It was "outside the university's charter." Excuse me?

So I left an institution that, in my view, was wedded to empirical materialism (the philosophy that only what we can see, hear, touch, etc., is real).

I'm sure the university has changed by now. But I have no more use for degrees. I only want to know who I am, who God is. I've been smitten by love's arrow and I cannot see, hear or want anything else but God.

And so it has been for everyone who has ever contacted or been awakened by the Divine in any way. So powerful is the touch of God that it rearranges lives, smashes plans, and totally converts the soul. It divides father from son and mother from daughter.

After that experience I used to say that I know one thing for sure, and only one: that enlightenment is the purpose of life.

But let me not fly off into outer space, lost to everything. There's work to do to serve Her, the Divine Mother. Later comes the pension.

Footnotes

(1) Available here (<http://goldenageofgaia.com/16244-2/the-purpose-of-life-is-enlightenment/ch-12-epilogue/>). The first page of The Purpose of Life is Enlightenment can be found here: <http://goldenageofgaia.com/16244-2/the-purpose-of-life-is-enlightenment/ch-1-introduction/>.

(2) At <http://goldengaiadb.com/E>

System Restore



Reposted from May 2014

This experience, which I called "System Restore," saw the closure of my past as a complaint. I was enabled to go right back to age six and rejoin my then-happy life, pushing all of the rest since then into outer space. It was amazingly cleansing and liberating.

I'm aware that I've gone through a number of experiences of completion. System Restore was one of them.

I asked Archangel Michael about the experience and his comments appear in Footnote 3.

It was a preamble to the heart opening I had on March 13, 2015, which I'll post on next.

PC users will be familiar with a function called "system restore."

The idea is to set a "restore point" on the computer and, when something goes wrong with the software, to restore the computer to the configuration that existed before the glitch occurred.

For me the last two months have felt like constant clearing. And I watched myself last night do in psychological terms what I can only call a “system restore” in computer terms. The effects have been wonderful, to say the least.

I was lying on my bed, after writing an article which I felt happy with. It was early evening, around 6 o’clock and these days it doesn’t get dark till around nine.

It had just finished raining and there was a cool breeze coming in from the window. The sight of the green leaves on the tree outside my room (after the dull days of winter) and the gentle breeze carried me back to a far younger year (the restore point).

And I marveled as I remembered and experienced the really different sense of peace that I felt.

I was back in my bedroom when I was six years old. That’s how far I had to go back to find life prior to the craziness that began in our family. What is the significance of six?

The first time I ever heard my mother and father yell at each other was when we were visiting my grandfather in Montreal, Quebec when I was seven. I remember how shocked I was. After that they seemed to fight more or less constantly.

But before that (with the exception of hearing them arguing when I was in the womb and saying “I don’t want to come out there!”), I have no recollection of them fighting.

My sense of inner peace was forever destroyed at age seven or so when my Dad shouted at me from such close range that I shattered and remained disassociated for more years than I care to remember.

Now as I lay there feeling the gentle breeze after the rain, I was carried back to my bedroom at six and I was thinking to myself what new features I would add to the diorama I was building in my room.

Perhaps it’s because I’m down to subterranean feelings that I could hold the space of so long ago. Whatever the reason is, I stayed there at six years for the rest of the evening.

In fact, I allowed myself to do things which increased the sense of being back there. Most amusingly, I took down the peanut-butter jar and allowed myself to spoon peanut butter from it. (Yes, I'd watched Meet Joe Black a day before, in which Joe did the same.)

And it felt so good, so relaxing, so comforting. There was no sense of my carrying any baggage any more, no muscular tension in my body.

I decided to go for a walk in the early evening and, in the course of it, I fell in love with myself. I know that sounds weird, but that was how it felt.

I walked through the Gastown area of Vancouver and all the restaurants were filled. And I didn't feel drawn to the idea of being in one with people. I felt luckier at that moment to be with myself. And realizing I did felt counter-intuitive. But I admitted the reality of the feeling and allowed it.

This system restore point was the last time I could say that I loved life, loved being alive. After that, my experience of life was never free of emotional pain.

I "looked forward" in my life from the vantage point of the six-year-old and just dipped my toe in the unhappiness I felt from that moment on. I did everything I could to eliminate those memories wholly from my mind.

I imagined myself dumping them over a cliff, building a big bonfire and burning them. I cleaned with solvent anything that reminded me of those years.

Belief relief, as Genele said recently. (1) And the chuck-it list. (2) It seemed to work - for the moment.

I heard myself say, "You must become as a child to enter the Kingdom of Heaven" and I saw how true that statement was.

I have no idea whether this came about because I was somehow ready for it, if I just stumbled on something by accident, or was guided to it.

But it's the next day and I turned on the TV briefly and watched five minutes of Dave, the Dave who stood in for American President Bill Mitchell? And I laughed at the funny parts and cried at the touching parts. But with an ease I've never known before.

I also don't want to over-estimate what occurred. While I dropped my baggage and am slower to respond to things, I notice that I haven't dropped my habitual patterns. At some point, as we continue to ascend, our sense of elevation will have our very habits drop, I think. But that time is not yet here for me.

John Enright subtitled his book on gestalt: Waking Up from the Nightmare. On the one hand, dare I hope? But on the other hand, if I can do it, anyone can.

(Why I seem to have readings scheduled so soon after these events I don't know, but AAM's comment on it is contained in Footnote (3) from a pre-scheduled reading I had with him this morning.)

Footnotes

(1) "Genele Boyce: Belief Relief," May 4, 2014, at <http://goldenageofgaia.com/2014/05/04/genele-boyce-belief-relief/>.

(2) "Genele Boyce: The Chuck-It List" at <http://goldenageofgaia.com/2014/05/10/genele-boyce-the-chuck-it-list/>.

(3) From a personal reading with Archangel Michael on May 9, 2014:

<http://goldenageofgaia.com/wp-content/uploads/2014/05/2014-May-9-Age-Six-Experience-.mp3>

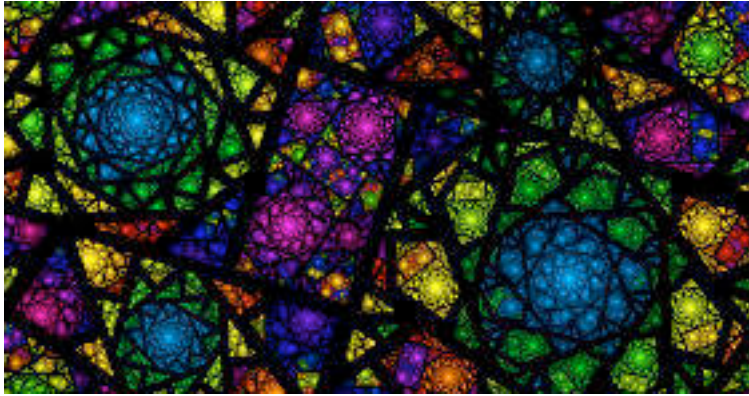
Steve: The experience I had last night where I went back to age six before all the fighting started in my family, is that going to produce a permanent effect or is it going to just pass again like so many other things?

AAM: No, it is not simply going to pass. It has been a true and deep transformation, release, but also what has been happening is that you have made the decision, and that is part of what has triggered all this, to anchor that release. So sometimes there are events or releases that are not fully embraced, can we say? Therefore they are not anchored in the permanency of your field.

But you have chosen, and we have anchored, the permanency of this situation to be gone.

S: Oh, I'm so happy to hear that. I can't tell you. Thank you for that.

Submerged in Love



The next article requires a little explaining. The morning of Friday, Mar. 13, 2015, at 7:00 a.m., I had a spiritual experience, which continued with me late into Friday evening. (Archangel Michael says the experience will be not necessarily full but permanent.)

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later. I'll post that conversation as well.

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

Archangel Michael called it a "heart opening," and "the beginning" and "a part of" Ascension.

A strange anomaly of this account is that it doesn't mention the explosive quality of the actual heart opening. The only explanation I have for that is that I had by now been immersed in love for three hours, was in the moment, and may have forgotten about it in the enjoyment of this magnificent space. It does remain an anomaly with me till this day (2022).

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

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

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

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

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

2022: "Exploded" would have been a better word. Like a 15-inch naval gun.

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

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

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

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

What's different about this experience from others?

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

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

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

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

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

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

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

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

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

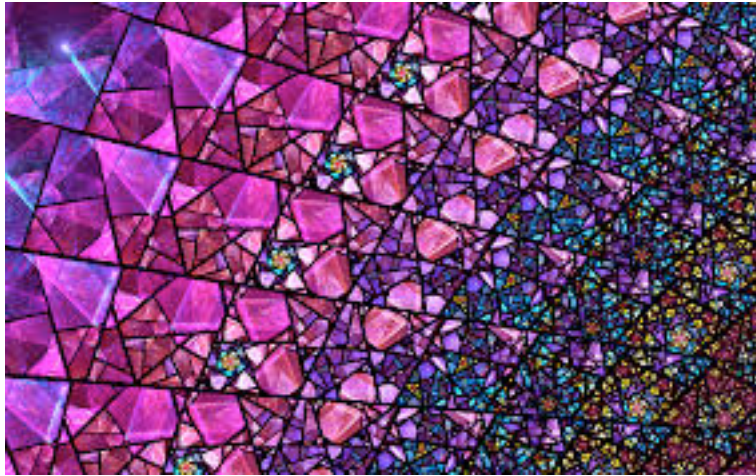
That's as far as I can take the reporting and analysis. I have no idea however long this will last. It's lasted far longer than I'd expected, as of right now. Is it permanent? I don't know that either. Is it wonderful? Superb.

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

Footnotes

- (1) The vision experience I had in February of 1987 also happened on Friday the 13th.
- (2) It was surrender or drown.
- (3) Archangel Michael later described it as a "heart opening."
- (4) AAM actually described it later as "the beginning" and "a part" of Ascension.
- (5) AAM later confirmed that there was a connection.
- (6) Original innocence.
- (7) Which is probably why our relationships so often don't work.

Activating the Wellspring - Part 1/2



Reposted from March 14, 2015.

The next two articles relate to the experience of the heart opening that I described yesterday.

It made possible everything that happened later.

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

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

Archangel Michael: Greetings, I am Michael.

Steve: Greetings Lord.

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

S: Thank you.

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

S: You mean permanently, Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes!

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

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

AAM: Yes, we will talk about it.

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

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

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

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

S: I understand.

AAM: When one is clinging to core issues, to fear, to lack, to limitation - you know the list - there is not that sense, not only of spaciousness, but of acceptance,

allowance, readiness and even permission. Because as you know, we continually say that we will never override your free will.

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

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

AAM: That is correct.

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

AAM: Yes, it did.

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

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

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

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

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

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

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

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

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

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

AAM: That is exactly correct.

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

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

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

AAM: That is correct.

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

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

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

AAM: Well, we are often surprised!

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

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

S: Telepathy may also expand?

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

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

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

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

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

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

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

AAM: You do not need to remember.

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

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

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

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

S: I think people may not adequately realize, (oh, how can I say it; is so hard to talk about these things, they are so new to me) that forgiveness itself is tied to memory. If there is no memory, there is no need for forgiveness of anything. There are other factors too. This love does something to me that has me not be interested in the drama and the other things.

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

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

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

S: No, as competent as she is!

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

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

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

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

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

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

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

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

S: Thank you!

Footnotes

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

Activating the Wellspring - Part 2/2



(Continued from yesterday)

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

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

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

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

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

AAM: It is the letting go.

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

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

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

But what people have not truly, fully understood (just like they have not understood the space between the letters of each word, not understood the space between each atom and cell of their body), the breath, the air, the oxygen, the compound that you are breathing in is the love force. (3)

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

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

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

AAM: That is the programming.

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

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

AAM: None.

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

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

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

AAM: That is correct!

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

AAM: It is our platform!

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

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

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

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

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

For this I thank you.

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

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

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

"Dear Steve

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

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

Footnotes

(1) Muscular tension in the body is the cause of lowered awareness. Awareness varies inversely proportional to tension in the body. The Divine Mother said on last week's Hour with an Angel: "Density of the human form is caused by unloving emotions." The bands of muscular tension we create by our counterproductive programming is this density. ("Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.)

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

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

(4) This is about the clearest, real-life example of a mission being assigned that I've seen.

I Got It. This is It



Feel it

Reposted from October 1, 2015

After the heart opening came bliss.

This is probably the nearest account to the breakthrough into bliss that I'm going to find. I and the clairsentient mentioned here experienced bliss simultaneously (130 miles apart).

This then is as far as I've gotten on my journey this lifetime.

In this article I say I have ascended. Yes, for a time and then I came back. Apparently lightworkers, especially gatekeepers and portals, will be going back and forth.

Ascension is not a new territory, but a new, or remembered, state of consciousness.

Sept. 30, 2015

I've understood Ascension all wrongly.

I've assumed that, ascending, I'll have gone elsewhere, to another world, to a higher-vibrational place that isn't here.

That isn't at all how I understand Ascension now.

Have I ascended? I would say "yes," based on my own experience, which is uniformly blissful, happy, joyful, easy, stable. Yards above my feeling state before. The elevator has gone up a few floors.

And I would base that assertion as well on a reading with Archangel Michael through Linda Dillon this morning, in which he confirmed it.

I have a friend who ascended along with me, 150 miles away after the reading. Our experiences match.

I asked Archangel Michael in the reading if he had muted that experience and he replied that he absolutely had because they wanted me to keep both feet on the ground.

Brahmajnana would have propelled me into transcendental samadhi and, yes, I'd definitely not have either foot on the ground.

Within an hour of the reading, my friend and I, 150 miles apart, simultaneously burst into bliss, joy, happiness, etc.

We called each other immediately and compared our experiences. And they matched.

Neither of us needed further confirmation that we had ascended.

And guess what? I see the same world as others do. But my state of being is entirely different than it was.

I walk down the street laughing. I feel buoyant and joyful. Meetings happen with an ease to them.

As Werner Erhard said, in this state, you do what works and what you do works. He probably was describing the Fifth Dimension.

There are no problems in this domain. The problems adhere to the Fourth and old Third. Einstein said we can't solve problems viewing them from the level at which they've been created. Aside from there not being enough insight to solve them, there also isn't enough juice.

Come up to the Fifth and we still don't solve them because they completely disappear.

When they reappear it's probably because we've gone down to the Fourth. I have no desire to go there anymore. I invite people to come up to the Fifth. I, the person sitting across from you at the table, in the same Starbucks as you but in a different vibrational state, invite you to come up to the Fifth ... and you won't go anywhere.

I'm a pillar so it's my job to invite, cajole, or shove the last stragglers through the Ascension Portal before I turn out the lights. But I turn out the lights on a vibrational state, not on a geographical location.

My baseline is a feeling of well-being. It isn't even confidence because this state transcends confidence. There's no issue to be confident about. There are no issues any longer.

If I try to see the Fifth Dimension from a Fourth-Dimensional perspective, it doesn't work. All the metaphors fall short. One has to see the Fifth from the perspective of the Fifth if one wants to understand it.

But there's no need any longer to understand anything, once one has snuggled into the Fifth. There's only a need to love it.

Meanwhile this state is its own reward. I'm not waiting for anything any more. Each moment is a revelation or a surprise or an opening.

So drop your core issues and come up to the Fifth. The water's warm and the living is easy.

Out of Jail at Last



August 20, 2020

I continue to observe the changes within me.

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

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

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

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

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

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

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

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

Not at all.

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

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

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

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

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

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

I Want You to Know Me Deeply, Truly as I Am



Written in 1986.

My first and favorite poem, it came out quickly and spontaneously as I was waiting for a business client to arrive.

It describes the yearning for transparency that the three-month resident fellowship at Cold Mountain Institute had generated.

At first I had it arranged as prose and then realized it was a poem.

There's something I haven't told you about me.
It's a piece of me I keep locked up inside.
I've chosen not to be that part of me.
I've hidden from you and lied about who I am.

I'm not available to you then.
Neither am I available to me.

So sharing with you the part of me I hide
Means I show up here. I arrive. I'm on the scene.

I want to be myself with you,
Let down my guard, relax
So you can know me deeply, truly as I am.
My hands begin to shake at just the thought of it.
Everything dear looms up to be let go of once again.

I want you to know me deeply, truly as I am.
I'm prepared to lose it all, if lose I must.
Help me. Love me. Right now I need your helping hand
To stand before you here and tell you who I am.