

# **On Emergence**



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



*Written in 1986*

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'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.

## Emergence



*Reposted from March 1, 2009*

*This note was written while I was owner of Galactic Roundtable, later Share 11, discussion group.*

*It was written to provide a process of group growth and development that was consistent with our common activity of writing.*

We on the Internet share in common reading and writing. 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" to those who seek enlightenment and yet do their lightwork via the Internet.

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, "George Bush is a mass murderer and high traitor." 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, then sound, and then again no sound, no sound.

Emergence is like that. There's 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. We're left in the afterglow, but no longer in the state of emergence. Our energies are liberated and we feel elated.

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

For heaven's sakes, spaceships are all over the place. Why won't you consider 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 is 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 stimulus, 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 own words from yesterday.

Yesterday I was where I was and today I am where I am. Emergence will not allow me to cling to any moment of the past or emergence itself flies out the door.

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

However, humans being what they are, until we are 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 often done myself in the past.

Gandhi said that harmlessness {ahimsa} comes before truth. It's the only exception that I'm aware of. Thus Jains wear masks so that they don't even 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 is necessary to tell the truth.

I will not tell the truth if I risk being kicked out of my company 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 do not 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 forth rehearsed lines, and parading around with no clothes on, asking to be admired.

Emergence will not stand for that. Submergence and 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 keep us from knowing ourselves.

I have not reached the level of subtlety yet where I am looking at wanting and not wanting. I have not 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" to me or that you say "no."

That is 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 is 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 emerge.

That's all I have to say. The impulse that had me by the throat and forced me to write this has now left. I've said what I needed to say.

If you're here, you're here to emerge. Rip my skin off if you want to, but come out of your own.

Take the mask off. Leave the act behind. Never mind your excuses and your rationalizations and, for heaven's sake, never mind mine. 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.

## The Significance of Emergence at This Time



Admittedly emergence is something we've done in the past in the face of emergencies, situations that were life-threatening for us or others, occasions on which our freedom or well-being was at stake.

But I'd like to suggest that emergence now becomes an action that may serve us well during this phase of Ascension in which we're told that we're on the Fifth Dimension but not aware of it or anchored there, in it but facing towards the old Third which is familiar to us.

What we're emerging from now is not a threat that faces us, but our own tendencies and vacillations. And whereas emergence before was a process of breakthrough, of standing forth in our truth and courage, it now becomes more a matter of commitment, a matter of manning our levers and pulling ourselves into one realm of being (the Fifth) and out of another (the Third).

Before emergence was useful when we faced the cabal and were tasked with challenging their authority and naming their crimes, which we shrank from out of fear.

But now emergence serves us by providing a means of taking ourselves in hand, emerging from our vasanas or reaction patterns, setting aside our excuses, justifications and denials, blame, criticism and judgement, and emerging into the divine qualities (or "godly ways," as Matthew Ward calls them) that facilitate our entrance and anchoring in the Fifth-Dimensional world that beckon us.

This phase of Ascension requires us to come out of our shells and stand forth in our native being. It requires us to reveal and express ourselves as our truth, love, and commitment. It obliges us to leave aside blame and attack and embrace and love those we meet. It calls upon us to recognize the basic divinity of all we encounter and face them in harmony and unity.

Emergence is emergence from darkness. We don't emerge from divinity. We emerge into it. Divinity is our native being and life does have a direction. That direction is from darkness unto light, untruth to truth, death to immortality. It cannot be said that life is neutral. Life is affirming, loving, embracing.



If we're looking for a tool that will serve us in this next phase of Ascension, as we consolidate and extend the gains won recently and approach the time when we anchor fully in Fifth Dimensionality, among the tools like meditation and living up to the divine qualities, I recommend we include emergence.

## Emergence will Only Cost Us Everything



How many people have I talked to this evening who are cleaning out, clearing out, finding themselves, finding their center?

How many people have confided to others that they're going on an expedition to a spaceship and reaped the whirlwind? How many are facing the choice of standing for truth or accommodating?

And all through this, the theme presnets itself that it isn't success or failure that matters, but whether or not we emerge in the face of our challenges.

Are we afraid to go on an adventure to the stars? Will we brave the criticism of our family and friends? Can we stand the glare of publicity? Will we yield to others' criticisms over our course of action?

Is this about the galactics and Disclosure or is it really about us? Is it about the flavorless people we've become in our quest to conserve the good estimation of others? Is it about our fear of giving up our "big chance" at fame, riches, and power, or whatever else we're clinging to?

What does it mean to emerge? And must we emerge before we take on any challenge? If we don't emerge when we set off for that ship, will it just be one more adventure that we were never present to anyways? Will it make a difference in our lives or just be one more luxury liner we took a trip on?

What really matters? What's it all about? Why are we doing this anyways?

There's a part of ourselves that you can call our exterior, our surface consciousness, our everyday mind and everyday heart that isn't us. And in order to remain in contact with that, we have to compromise, accommodate and fit in.

Then there's a part of ourselves that you can call our interior, our deeper consciousness, our non-ordinary mind and non-ordinary heart that really is us. And in order to come in contact with that, we have to give up compromise, accommodation and fitting in. We have to give up every thing, every attachment, every desire but that.

Every time we take on something out of the ordinary, stand out from the crowd, or take a step in the direction of our own freedom, truth and honor, we encounter the drag of conformity and the dead pull of the herd mentality.

We can go on this voyage of discovery and remain in our shells and not emerge. But I don't think it will do us a stitch of good.

Let's face it. If we've signed on to meet our galactic family, we have by that mere fact alone given up the chance of remaining on the surface of things and living by compromise and accommodation. The very act of stepping forward and saying we want to go was the death knell of that.

Even if you stated you wanted to go and couldn't go, you still voted for the end of superficiality.

If the world then turned around and bit us, threatened us and abandoned us, what did we expect? A hero's welcome? A bouquet of flowers for threatening the status quo?

We've become subversives of the most threatening type. Close encounters with the emergent personality, with authenticity and truth.

How much will emergence cost us? Only everything.

Welcome to your new life. Welcome to the end of comfortable conformity, to the demise of hiding, passing and getting by. Welcome to the new life where the only strength you can rely on is your own inner strength, the only truth you can bank on is the truth that will not let you sleep and be denied.

Welcome to the roundtable. Welcome to yourself. Welcome to the only home we'll ever have.

## Hiding Under the Bed



I'm finding the articles are getting harder and harder to write. What needs to be said is more and more challenging. My desire to hide under the bed is growing and growing.

But I signed on to go through the process of Ascension publicly. This is my job. And even if I look like a fool, or a braggart, or a nincompoop, this remains the job I must do.

I've shared this with one other person and, usually when one does, one breaks through a psychic barrier and it becomes easier thereafter to share with others.

I don't share this to draw attention to myself. I have no need for attention, no need for life's rewards. I actually do know that I'm finished with them.

Indeed I wish I didn't feel the need to share it. But transparency and the path of awareness demand it. Here is that share.

I feel so much power inside of me that I feel constantly frustrated, constantly suppressed, in danger of developing an ulcer unless I find a way to let it out or express it fully and healthily.

I've been denying this feeling for most of my life. Not mysteriously (any more), I have also been battling with anger a great deal of my life, which I attributed to my Dad's violence and my mother's unfortunate death. But I'm only now coming to see that the source of that anger is very, very different.

The source of this anger is that I do not know a healthy way of letting out the degree of power I feel bottled up inside of me. And I'm afraid of it. And I'm ashamed of it, like it cannot be discussed, leaked out, referred to or be known.

And I only say this because it might be something you recognize as well and because I sense saying it is in some way important to Ascension work.

I'm aware of an energy inside of me so big that I'm loathe, even scared, to acknowledge it. I was told about one of my past lives and the minute I heard it, I said "Yes!"

I don't discuss past lives because one can be the butt of jokes for doing so. So I'd rather not that this one be communicated, and I say this to those of my friends who know it. Please don't seek it out. But allow me this degree of privacy, if you'd be so kind.

But the person Archangel Michael named is a byword for what he described as "will directed to action." What he did in his life has become associated with audacity. Not like I'm that audacious this lifetime. I'm not. But there is a streak of ... I'm not sure how to describe it ... that arises at times and completely throws me. And when it does, I'm not sure I handle it very well. And certainly others around me don't welcome it.

There's a feeling that exists inside of me that often roils around. I see now that the anger I've felt all my life is a suppressed, repressed, and mismanaged sense of this feeling of will or power. I am angry because I'm in a complete state of disorientation when this feeling arises within me. I'm angry that I feel I cannot let it out, angry at myself that I hide, angry that I "know" what will happen if I let it out. I show up as completely confused in this situation.

Don't forget that for the first forty years of my life, I was mildly dissociated so most people who knew me back then would probably say "Are we talking about Steve?" Overcoming that dissociation, which resulted from my Dad yelling at me at around age seven, was like a life assignment that released that willpower.

When AAM named this historical figure, there began for me almost immediately a process of assimilating the information which, to this moment, has me feel close to craziness. I believe this discombobulation is why our guides are reluctant to reveal this kind of information to us.

Regarding this feeling of power inside of me, I could immediately see evidence of it. In my karate days, I used to look for situations on the street. I disarmed a man who came at me with a knife and I did so with a smile on my face. It was as if I enjoyed it. I had no fear of death.

A fellow once belted me in the eye when I had my coat half off. I was defenceless. I finished removing my coat and then took him down and again noticed a steely quality in myself that was a mystery to me. But it now makes sense to me.

At age 64, I walked into the hall of this building to see two people threatening the manager. I pulled one man out of the building by his hair. The other one squared off with me and I stared him down. I've been told that I have a glare which frightens people. All of this now makes sense to me.

When I accused the cabal several years ago of a long list of crimes, I attached my address and phone number to the article. (Scared the heck out of a relative.) I remember the icy determination I felt when I wrote another article detailing the crimes of the cabal ("I Accuse"). Again I did not know where this sense of determination came from.

I used to describe myself as a kamikaze. Wherever there was trouble, I was drawn to it. I never for a moment suspected this hurricane inside of me. And I never knew how to tame it. (I shudder

at thinking how I will handle this information being known. I'll probably create expectations I can never meet.)

It's not any easier today but at least I now understand it. I have lived almost all of my life in a state of inner turmoil because I've denied and not known how to express this quality inside of me.

This is definitely not a lifetime in which I was to repeat the same experiences, but nevertheless there are traces of this former life that make themselves known at times.

Now here is the final irony. AAM described another lifetime in which I was a religious figure of exactly the opposite temperament. Go figure.

And now the sharing becomes even more difficult. And I'm almost red in the face and want to run away and hide forever. But I have to push myself because I think describing these matters is important. Perhaps if you can see the difficulty I'm having, it may make what awaits us easier for some. In a sense, I suppose, I'm going first but I'm only doing this to make it easier for the next person. This is very hard.

I may have told you before that an attempt was made in 1979 to measure my IQ and the psychological-vocational consultant ran out of IQ tests. I scored perfectly on the highest IQ tests he had.

I had an interview with the consultant afterwards and what he told me caused my eyes to glaze over. He said: "I don't think you understand what I'm telling you. Your IQ compared to the average normal's is the same as the average normal's compared to a man who cannot control his bowels." (Whatever that means.) But, no, I could not take in what he said.

I asked Mensa Canada to look at the test results and tell me if the gentleman who did it was a complete incompetent and a loony. I received back a letter saying "Welcome to Mensa."

Why do I mention this? Because I don't think I'm unique. Heavens, we've been posting videos of Jackie Evancho, of boys who consistently sink baskets from perhaps hundreds of feet away, of seven-year-old children who play the piano flawlessly. Folks, these are us.

All through my early life, I was related to as if I was a freak. No one understood me. Only later did I discover that it was because I spoke in latinate diction. It wasn't until a colleague threw a banana peel over a divider and said to me, "Steve, speak in Peter Rabbit English" that I cottoned on (pun intended) to what was happening. Ever since I speak in the simplest of words.

I'm being slowly awakened by Archangel Michael and certain galactics which I'll refrain from naming at this point. At first they told me something that was so outlandish that I laughed.

Later I asked AAM if they were kidding me and he said they were not. Again that information sent me into a tailspin and I'm still assimilating it with difficulty.

All of this is just preamble to saying this to you: Folks, we do not know who is here. We are going to get the biggest surprise of our lives when the masks come off. I know that the masks cannot be taken off all at once. They have to be removed gradually.

When AAM agreed to tell me six of the eight lives I had lived, it sent me into a tailspin. It was like having six people inside me wanting to get out. I can say that one was a mathematician who at the end of his life asked Archangel Michael to grant that he never needed to be born as a mathematician again. I hate math! I almost throw up when confronted with math. I cannot even figure out modest sums in my head. But at least now I understand why.

AAM will not tell me two of my lives and I can imagine why. In fact I don't even want to know them if he's reluctant to say. I have enough on my plate already handling the information he did convey.

But the point is this: It's the same for you. Ask not for whom the bell tolls.

And don't go putting me on a pedestal. That's senseless and the exact opposite of what should happen. If you really need to put someone on a pedestal, which is unhealthy to begin with and only leads to a fall, then for heaven's sake, put yourself on one. Because you're about to find out that you're a masterful individual. (Listen. They pay me to say these things.)

I know I've said this before, but you have to realize how important, how necessary this share is to me. It's like I saw the treasure buried in the field and now can do nothing more than sing and shout about it. And I have no desire to buy that field. In fact I'm freely sharing its existence with others.

There are others known to me who could say exactly the same thing. It wouldn't be right of me to share their circumstances but they would be as unusual as mine are.

How many of you out there have felt a tremendous feeling of power inside? How many of you know you know the deepest of mysteries, even though at a surface level you don't? How many know you've played a decisive role in some circumstance, even though you can't quite put a finger on it?

Monday on An Hour with an Angel, AAM discussed how the Third-Dimensional energies are very, very dense. I chimed in about the human body being dense and he said that too.

We're mired in the La Brea Tar Pit at the moment. But when the energies rise sufficiently, we'll be out of the tar. For heaven's sake, hold a particle of faith back for you being absolutely flabbergasted at who is here. That who is you.

OK, I'm going to run and hide. I've shared to the point where I feel almost too embarrassed to face the day. But if you got from this share that we don't know who is here, we really don't, then this burning embarrassment will be worth it.

I'm increasingly becoming a recluse because what I'm coming to know has me feel more and more like a crazy person. And sharing it only invites embarrassment on top of craziness. Nevertheless sharing it is what Werner Erhard would have called "full self-expression" and "sharing a withhold" the hiding of which ties our power up in knots. I have to admit that I feel better for coming out of the closet, even if I feel agonized at the same time.

I'll probably hide away for a day because I feel so exposed and fragile. But at some point I must discover how to bring these qualities into my life so as to make them useful to me and to this work we do. Right now, whenever I allow them even a little bit of expression, I do things which others say devastate them, rip their faces off, etc. So I don't know how to let these qualities out safely yet.

So if my behavior is bizarre at times, please realize what it's like to be told these things a wee bit ahead of many others. There's no one to say these things to. Most of us aren't writers. As excruciatingly embarrassing as a share like this is, at least I can say it. Many others have no one to share it with and no obvious way to share it.



## The Process of Breakthrough and the Impediment of Fear



Breakthrough is in the air, thanks to the Mother's flood of uplifting energy. And I'd therefore like to spend a moment on the process of breakthrough and its chief impediment, fear.

I could have said "vasanas and fear" but vasanas (reaction patterns) are fear-based and so it really all boils down to fear.

Few of us know that fear is something that we can overcome by will, which is probably why Franklin Roosevelt said we have nothing to fear but fear itself. We fear fear and we become liquified or stone-cold, depending, in the face of it.

But it's fear itself that paralyzes and immobilizes us, we find in the end, and not the object of our fear.

But I've found that we can stamp our feet, so to speak, in the face of fear and fear leaves. And perhaps setting our faces against fear is the first means of breakthrough - and the most effective, I think.

Breakthrough is a process of using our wits, our will and whatever other resources we have to break through the envelope of fear that contains us and get to the other side of it.

Werner Erhard described many means of breaking through fear. The circuit riders of the growth movement provided others. And I've summarized them below. (1)

But what I want to do here is to look at the issue of fear and breakthrough and leave it to you to look at the techniques separately.

Given that we are at base consciousness, certain things in consciousness can corral us and erect a kind of impervious envelope through which we cannot break through, express ourselves, take action, etc.

Dismay, grief, disappointment ... and fear ... are some of these barriers in consciousness. While we can operate our bodies while in fear, we generally believe ourselves to be incapacitated and

so we condemn ourselves to not breaking through. We overlook the processes of breakthrough and rest immobilized in our fear.

But the mechanisms in consciousness available to us are capable of breaking through that fear, dissolving it, causing it to lift, etc.

One mechanism is will. When we stamp our foot, so to speak, in the face of fear or say "no" to fear and mean it, we're invoking or exerting our will, which is an expression of the soul. Our will is stronger than fear.

In fact the setting of our will against fear causes it to vanish or leave us, I've discovered. I was surprised the first time I successfully did it. And, as you'd expect, after that, it got easier.

When we sit with our fear and experience it through to completion, that's another mechanism: we dissolve fear. Awareness is a divine solvent and has the power to dissolve fear. (2)

Fear must be in the forefront of our consciousness to affect us. And so we can put our attention elsewhere and this will shunt fear from the forefront of our consciousness and restore to us to our condition prior to our fear. Again this may take an effort of will in many cases.

There are certain ways of speaking that invoke the soul, cause it to come forward through the surface layers of consciousness and sweep fear away. Some of these ways are to take a stand, make a promise, and declare ourselves (all of these also invoke will). One can speak in these ways and watch the impact it has on us.

Certain things are inimical to fear. The truth is inimical to fear. If we tell the truth at a very deep place, it causes fear to vanish: the truth has set us free.

A version of telling the truth is to share a withhold. A withhold, as the name implies, is a communication we're holding back on delivering, usually because of fear.

So if we share a withhold (I stole \$20 from your purse, I had a drink today, etc.), we eliminate the cause of fear. Of course, we may pay the price for sharing, but the price of withholding is usually much greater.

The power of God, someone used to say, is tied up in our withholds, in what we refuse to share. I'm a little more mellow these days and don't suggest any longer that we risk our relationships by sharing things inappropriately. Or that we rip one another's face off, which is how many can experience the truth inappropriately delivered. The way we say things does make a difference. (3)

These are some of the mechanisms behind ridding ourselves of the impediment of fear. A life lived without fear is a life lived as an open space. And in an open space, love rushes in.

If we want to stand forth as the Self, if we want to emerge, then the chief impediment is fear and the chief tool in our toolboxes is to take ourselves in hand and do what needs to be done to break the bonds of fear.

It can be done and this is the time to do it because our assignments will only get bigger and bigger from this point on.

We've agreed to be leaders in the New Age unfolding. We're the wayshowers, brush-clearers, and pattern-setters. And, often, all that stands in our way of completing our missions in the expanded and comfortable way we wish to is fear.

## Footnotes

(1) From "Transformational Moments" at <http://goldenageofgaia.com/spiritual-essays/enlightenment/transformational-moments/>:

- Telling the truth. The truth sets us free; a lie binds us. The truth releases us from tension and stress and it's this sudden release from tension or stress that we may experience as a heightening of consciousness.
- Sharing a withhold. Holding onto something produces stress and stress retards consciousness. Awareness varies inversely with tension in the body. The more we withhold, the more we stress ourselves, the lower our state of awareness. The more we share, the less stress we hold, the higher our awareness.
- Observing a barrier, resistance, or upset. Werner Erhard used to speak about holding an upset like a brick in our lap. Observing the upset will bring release from it. Projecting it simply energizes it and causes it to persist. Resisting it will also cause it to persist. If we observe the upset until it lifts, chances are we've taken a step towards completing it. Observing it implies being with it, being present to it, breathing through it.
- Restoring integrity, apologizing, forgiving. Forgiving someone or asking for forgiveness releases tension, which liberates awareness.
- Being responsible for something, owning it. Representing ourselves as victims produces drama. If the drama itself is not a lie, the exaggeration of emotion probably is. Either way, drama increases tension and tension lowers awareness. Owning something, taking responsibility for it reduces drama, increases relaxation, and increases awareness. Related to being responsible is facing something in ourselves that we've been unwilling to acknowledge.
- Taking a stand, committing ourselves, making a promise. Taking a stand is an act of emergence. It calls up strength and courage, which invite a breakthrough in consciousness of oneself. Anything that requires one to stand forth – whether committing oneself or making a promise – will reinforce the sense of who one is. Taking a stand is a way of breaking through something, which liberates consciousness.
- Making a difference. Doing something that changes the balance of things for the better in the world or sees significantly to the wellbeing of another will enhance consciousness. The bigger the difference made, it seems, the bigger the impact on consciousness.
- Allowing something, granting it beingness. To move from resistance to acceptance liberates awareness. Resistance requires tension and tension lowers awareness. To grant something

the right to be which we've previously resisted or rejected releases our fixated attention and allows awareness to expand. Werner used to define love as allowing someone to be just the way they are and just the way they're not.

- Getting off it, letting it go. If all else fails, simply get off it. Drop the issue. Let it go. Let it go because your state of consciousness depends on it. Nothing is worth staying "on about it" forever.

See also "Just When We Thought It Was Safe to Go Back in the Water: Weathering the Emotional Storm" at <http://goldenageofgaia.com/2013/08/just-when-we-thought-it-was-safe-to-go-back-in-the-water-weathering-the-emotional-storm/>.

(2) "Awareness – or love or generosity – is decidedly not neutral. It may be invisible but it's not a non-factor in things. Rather than being neutral and invisible like the air, it's rather more like a solvent on paint.

"Paint some knot in our character with awareness, and the knot will lift just as paint doused with solvent will lift from a board. ...

"The divine qualities are not at all neutral. Their valence, their impact, their momentum is decidedly towards the uplifting, empowering, and ennobling." ("Insights Coming Fast and Furious in These Fertile Times" at <http://goldenageofgaia.com/2013/01/insights-coming-fast-and-furious-in-these-fertile-times/>. See also "Standing Forth as the Self" at <http://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/standing-forth-as-the-self/>; "Another Chaotic Node: What Are We Processing?" at <http://goldenageofgaia.com/on-processing-vasanas/another-chaotic-node-what-are-we-processing/>.

(3) Archangel Michael recommends Perro, which is a name for a way of speaking among diplomats devised during the intergalactic wars, which involved the use of neutral, barely-descriptive, undramatic language.

## Standing Forth as the Self



*There's no hiding where we're going (substitute your photo here)*

More words are flowing out of me than I imagine readers would want to read. More description of this transitional space can be found in *Journal of Transition from the Constructed Self to the Self-Outside-the-Box*.

As you know, there are many ways of becoming realized. (1) I could sit down on a cushion and meditate. I could serve the Lord. I could sing Her Praises. These are all well-known paths.

But I think you know that mine is the awareness path and the result of following that path is emergence. (2)

Awareness, as I've said a few times, is not neutral. It's a solvent, just as love is. Awareness dissolves the knots we tie ourselves up in. Awareness works quietly, unobtrusively to dissolve the constructed self.

It can be helped along by will. And that's where standing forth comes in.

The incredible energies I'm feeling right now push me, prod me in the direction of standing forth as my Self. What the heck does that mean?

Well, it means everything and it means nothing. There's no necessary doingness to standing forth. It's just something one does nobody knows how, and, while it's an act unto itself, it has no necessary evidence or acts that it leads to. (3) But it in itself is decisive, significant, important.

And right now I'm feeling the full force of it. Either I stand forth as my Self or I go and do something perfectly ridiculous, unnecessary, perhaps even harmful. Either I stand forth as my Self or I go pick a fight or I drink myself under the table or go out and buy a fancy kind of drug. You get where I'm going with this.

Standing forth as the Self is emergence. It's a suitable path for writers and others who serve in a virtual realm, but still want to realize themselves. Emergence is necessary at some point in time whatever we do. We have to shake off this constructed self. We have to break out of our conditioned boxes. What the heck did we come here for if not for this?

I get the slightest feeling that I may be a whit ahead of the curve but then that's what I signed up for (as did you). The more I hear information on my background, the more I get the picture.

And I also know that, unlike many lightworkers, I'm asked to straddle the borderline between the old Third and the new Fifth. That's what being a gatekeeper entails.

Many lightworkers will pass on into the Fifth and do their work from there. I and other gatekeepers may have to man the gates and take whatever's available to us.

But that doesn't mean I can't stand forth as the Self. I feel at this moment the energy coursing through me. I haven't lost my senses. I haven't lost my better judgment. I'm not manic depressive. This doesn't result in a loss of balance. It's just that I feel bigger, stronger, redolent with a cosmic "YES!" even if I become a little much for many people to take!

In fact the constructed self can be summed up in one word: No! The Self can be summed up in one word: YES!

I am here! I am cosmically here! And for everyone's sake, I need to say it. As confusing as it is to not break through to the dimension I'd like to be, that doesn't mean that I can't fully occupy the space I'm assigned to.

OK, I'm gonna take this new model Me out for a walk and just smile at a thousand people and light up their hearts. No hiding this light under a bushel. But no getting myself in a dark and dingy place (loony bin? jail?) either.

## Footnotes

(1) Keeping in mind that Self-Realization is the purpose of life. See "The Purpose of Life" at <http://goldenageofgaia.com/spiritual-essays/16244-2/>. And no, I am not at this moment realized. Never said I was.

(2) See "Emergence" at <http://goldenageofgaia.com/spiritual-essays/emergence-2/>

(3) I can say that I've achieved the state of "standing forth" on occasion by a mental act whose physical correlate is stamping the foot in determination. It's as if I'm saying "no" to the self and "yes" to the Self.

## I Refuse



I refuse to be trapped in illusion any longer.

I refuse to passively accept the blindfold I wear.

I refuse to believe in death. Never mind Santa Claus. Death is no more real.

I refuse to worry. I know it all works out in the final reel and which reel that is is up to me and God.

I refuse to fear. There's nothing that can harm me. Not really and not the real me.

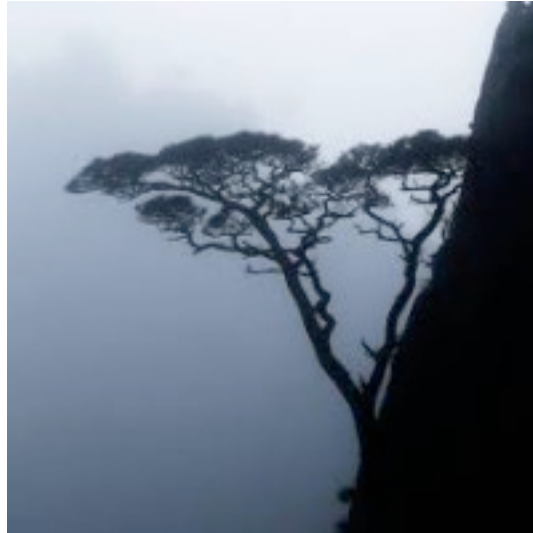
I refuse to believe in original sin. Instead I believe in original innocence. It's beliefs like original sin that obscure and hide our original innocence.

I'd rather be silent than engage in conversation that doesn't empower me or you.

I'd rather be still than travel to exotic places for the simple thrill of travelling. Rocks remain rocks, here or there; trees remain trees; water remains water. But connecting with my love in stillness, my bliss, my compassion - that inspires me.

I refuse to be bound any longer by anything material. My heart now responds only to love in all its forms and degrees.

## This is My Life



I'm not sure how to characterize what's happening for me right now.

The words that seem to describe it best are a "consolidation" and an "integration."

It's definitely part of what I've called in earlier years "emergence." (1)

Ideas which were known to me (2) are rising up to at least experiential knowledge - and sometimes realized knowledge. (3) And they're sticking to other ideas, as if a new grid is emerging.

For example, I mentioned how I suddenly realized last week that I can choose.

Of course I knew at an intellectual level that I can choose, but this was like being in the realization of it.

But, in my experience, intellectual knowledge rising to realization causes soul capacities to stir.

Realized knowledge is to intellectual knowledge as lightning is to the lightning bug, if Mark Twain will allow me.

Getting something intellectually would not move a flea to jump. But the moment we realize the same matter, we're impelled to move on it. Realized knowledge invokes the heart or soul (for me, they're the same), which alone is powerful enough to have us move.

Now, tonight, I got, at the same level, the fact that this is my life. I own it.

I know that sounds trite, but it wasn't at all trite when I realized it.



The realization that "this is my life" was an extension of "I can choose." It amplified it.

Getting it happened in a moment.

I was walking home in the early evening. My mood was tainted by a subterranean feeling of unworthiness. Going up the elevator in my building I almost cringed, feeling deficient. There was nothing external to explain it. I was simply having a mind attack.

All the discussion of self-love and self-worth did not help. I was at some level still dragging around traces of a low self-image, a heavy burden.

But taking a stand immediately got my attention. I'm a warrior at heart and taking a stand did it for me. (4)

*This is my life.*

I said it to my mind.

I own this life. I planned it. I spent it. I account for it. All of it is mine and it's the only thing I have, really, and the only thing that I take with me to the other side, courtesy of the Akasha.

It's what I say about my life that counts and I'm tired of behaving as if it were otherwise, I continued.

If any of the voices in my head care to dispute the matter, you'll have to deal with me. The other guy doesn't live here any more. I'm running the show now.

Whoosh! The self-recrimination going on in the recesses of my mind disappeared.

I must have snoozed in the class about self-control. The only person I need to control is me.

I'm one horse that needs a rider. No, not you. I'm the rider.

What was it that Poonjaji said? Wake up and roar!?!!!!! (5)

*This is my life.*

## **Footnotes**

(1) See the essays under "Emergence" at "Spiritual Essays," <http://goldenageofgaia.com/spiritual-essays/>.

(2) Intellectual knowledge, cita-maya-panna.

(3) Realized knowledge, bhavana-maya-panna.

(4) We have to follow our own path, our own dharma.

(5) H.W. L.Poonja,  $\beta$  at <http://www.holybooks.com/wp-content/uploads/Wake-Up-and-Roar-satsang-with-H.W.L.-Poonja.pdf?369cde>.

## I Want to be Met



What's at stake here when we hide from each other? Not Ascension, probably. I think that's handled by the energies being directed to us plus our willingness to be complete with duality.

No, what's at stake here is something much more personal, I think, than a thing which exists for most of us as a mere idea.

What's at stake is aliveness, full self-expression, satisfaction with life, and ultimately love.

But coming out from behind our covers, standing forth as the Self that we are, without our character armor, has to be the scariest thing around.

And when we come out from hiding, the first venture out may be anything but pretty. And the charges may fly. And voices get raised. All of it anything but pretty.

But the way we feel when we emerge from our covers is precisely what we've been seeking by remaining behind the covers. We'll never get it from remaining hidden but the price of getting it? Can seem pretty steep.

But steep or not, I declare, without hiding, without pretense, I want to be met.

I want a fully-empowered human being standing in front of me, revealing himself or herself to me as I reveal myself to him or her. I want a player. I want the being.

I hunger to be met.

And no, that's not an invitation for a chat or an indication of loneliness. Not even close.

I'm so tired of hiding and pretending and making up a good story about it. And I'm so tired of people meeting my invitation to be met with fear and trembling.

I'm tired of artificiality, tired of pretense, tired of social grease.

I want to be met.

## **I am Free**



I've had a liberating realization and I hardly know how to talk about it.

No, I would not call this enlightenment. I would call it emergence.

I've released a core issue, and not just any core issue, but a key log in the logjam of my personality.

I had a hypnotherapy session with Nora Yolles-Young - via Skype. She was in Hawaii and I was in Vancouver, I'm sure the session played a big part in it. Thank you, Nora.

I'm sure the Tsunami of Love also played a big part in it.

In the later afternoon, I had a dawning awareness that burst right through me.

I didn't know I had this core issue until I completed it. That may be the horse before the cart, but so it was.

The issue was totally unobserved. But it was there nonetheless, influencing every thought I had, every feeling, every action.

And the core issue had a golden lining. But I get ahead of myself.

I was the runt of the litter. For the first number of years of my life, no one in the family asked for my opinion, no one welcomed it, and no one heard me.

My core issue was that I wanted to be fully self-expressed and heard.

That became the major goal of my life and I bent all my efforts to it. As the twig inclined, so grew the tree.

Why else would I emphasize communication and listening as much as I do?

I'm not unconscious of the relevance of the issue, goal and journey to my mission. I simply had never seen it. Or, if I had, I didn't realize the extent of the issue.

I wrote article after article, book after book, for what seems most of my adult life. I'd always thought I was driven to write because my Dad called me a lazy, no-good good-for-nothing. I'd show him. I'd become a top producer.

That was a contributing factor but not the whole story. Feeling fully self-expressed and being heard were the full story.

With your support and encouragement, I swung out on the skinny branches of public transparency. I wouldn't have done it otherwise. The branches were too skinny and the footholds too few.

How is your support visible? In many ways. The blog approaches 2 million hits over its lifetime. It receives between 26,000 and 40,000 hits a day. Your letters demonstrate your support. Those are indications of support.

Leaving aside everyone else on the blog, who make vast contributions, and remaining only with myself for the moment (which I do for the sake of focusing in), with your encouragement, I pushed through the last few feet and emerged from striving to reach my chosen goal.

This is a declared state. I am fully self-expressed because I say so and know that I am.

No one knows whether I feel fully self-expressed but me. I set the goal and I alone know when I've achieved it. And I have.

Every core issue has a golden lining. It creates a goal, which contributes to our mission. And it leaves one with a definite skill set. The core issue is left behind but the achievement and the skill set remain.

In my case the skill set is that of a writer. In your case, the skill set may be different. But every core issue gives birth to a skill set, I believe.

Where does all this leave me? Feeling special? No. It leaves me feeling normal after most of my life feeling aggrieved, out of sorts, driven.

I'm no longer driven. I'm free of that.

What a long, hard journey it's been to reach this point! I can relax. I can be conscious. I can get along with people. (!!)

That means a lot less wear and tear on my friends. Thank you for being so patient!

It doesn't mean I go on vacation. I still serve. But it does mean that I serve gladly and not to the exclusion of all else. I don't serve because I have to, because I'm driven to. I serve because I choose to, because I want to.

Normalcy is freedom and freedom is normalcy. May the whole world feel as free and normal as I do now.

Let freedom be the norm. Freedom from our core issues. There is no other kind of freedom for me.

Mrs. Beckow's little boy, Stephen, has become a writer. (Just kidding.)

I am free.

## I Want to Live



You know what I hunger for?

Aliveness!

I want to live! I want to create! I want to express myself fully!

[https://www.youtube.com/watch?v=Ev2d92\\_W47Y](https://www.youtube.com/watch?v=Ev2d92_W47Y)

There's something about me that doesn't hanker for much I see around me. I hunger for the inner life. Like Akhenaton, I worship the Inner Sun. I want to know That!

I want the inner to be made outer. Let what lives inside of me live outside of me!

I want to fly! I want to soar!

No protection. No suppression. No containment.

What was it St. Francis said in Brother Sun, Sister Moon?

"I want to be happy. I want to live like the birds in the sky. I want to experience the freedom and the purity that they experience. The rest is of no use to me. No use, believe me.

"If the purpose of life is this loveless toil we fill our days with, then it's not for me. There must be something better. There has to be."

I want life rich in relationship, rich in expression. I want to know other people inside and out. I want all the ups and the downs in life, with nothing censored, nothing artificial, nothing left out.

I want life, rich, red and raw. I want it all, all that the inner life has to offer. Don't hold anything back from me!



That was the life I knew in the Seventies and I won't be satisfied with anything less!

I want you to know me deeply, truly as I am. I want to be fully known, fully expressed! That's what I yearn for! That's what makes my heart sing!

The rest is of no use to me.

## Emerging, Standing Forth, Exiting the Mask - It's All the Same



Someone asked me why I had suddenly started a new topic - the constructed self. Not new. I've been discussing it since forever. Just using different words.

I've been discussing it since the day I started the discussion group Galactic Roundtable in January 2009. From the first, I urged people to share in that group, to reveal themselves, to emerge from their shells and stand forth as the Self. Perhaps I can share a post from the first week of that group:

"That having been said, the single biggest way you can serve us is to emerge.

"What does that mean? What is 'emergence'? ...

"I don't speak of enlightenment when I'm hammering away at the keyboard. I speak of 'emergence.' I emerge. I stand forth. I rip this mask off and tell you who I am in the matter: I am here (and I think my colleagues are too) to create a space for you to emerge. That's who I am in the matter. What matter? The matter of this group.

"How do you emerge? You drop the mask, drop the drama, drop the complaints and the victimization, and stand forth as who you are. Plain vanilla you. The gift without the wrapping.

"Take off the party hat. Stop trying to sell us an image.

"Tell us who you are." (1)

Masks, shells and constructed selves are composed of the same constituents: conclusions, decisions, acts, numbers, routines, poses, postures, hidden agendas, hidden investments.



Why would I keep discussing the same theme for four years running?

There really is a reason.

Whether we talk about emergence, standing forth as the Self, or exiting our constructed self, the same matter is at issue.

We've all heard by now how the masters, angels, and galactics are gesturing to us to come thither. We see that they're reminding us what a talented and committed group of lightworkers are here - here from all dimensions and locales of space.

They're handling the part of the task of emergence that has to do with the physical body. This body is like a wet blanket on our awareness.

It's a contrarium to consciousness, a barrier, a non-conductor. It inhibits seeing. It flattens sensitivity. It does not let emotion through. Not much, not really.

Some people will hear that as me saying the body is bad and wrong. No, I'm not saying that. It simply inhibits the flow of consciousness compared to the spirit that inhabits the body.

And the Company of Heaven is handling this non-conductivity by raising the energy, sending us special waves of love and light, bringing our Merkibahs online, firing up our DNA, etc.

But the part of it that falls to us, in my estimation, is to emerge from our fears, our reticence, our hiding, our indirectness, all the ways of being which we've developed to get through the unpleasantness in our lives that can now interfere with our missions as lightworkers.



If we weren't ground crew, I wouldn't be saying this. I'd be saying "Sit back, folks, relax, and enjoy the ride." But because we're ground crew, because we're lightworkers, because we came here and said that we'd be willing to do the heavy lifting, the situation becomes a little different. And this is where the reason I talk about this comes in.

If we as lightworkers are to do what's expected of us in the times ahead, if we're to work on a global stage or handle large projects, if we're to stand up to rape and gang violence and all the really difficult issues in the world, then it becomes a positively fruitful thing - no, a necessary thing - to stand forth as the Self, in the language I used four years ago, or emerge from the constructed self, in the language I've used more recently.

I realize that many people may not have the slightest clue what I'm talking about and that can be a bit daunting. Others may be invested in the constructed self and not want to hear this. We'll all be at various places with it.

But I continue to believe, drawing on everything I've learned from all those expensive courses I took so many years ago, that breaking free from all that holds us back is what is wanted and needed.

I'm not saying that many techniques cannot clear the brush, cover a lot of ground, etc. But given that the ego does not loosen its grip willingly, there comes a moment, I think, when a choice presents itself: the person is either going to come out of their shell, out of their act, out of themselves as a construction of thought, or they are not.

It's this moment of standing forth, stepping out, and making the break with all that's artificial, prearranged and conditioned that I'm referring to and that I work for.

I don't know how many times I've watched that moment of breakthrough in people, where they suddenly shift from being fearful to being a lion, where they realize what a deep hole they've dug for themselves and now just want to come out.

Anyone who's ever been in an encounter group, the est training or an enlightenment intensive will know what I'm talking about. It's a sacred moment. Often born amid much kicking and screaming but sacred nonetheless. Once a person is out, they don't want to go back in.

In that moment, we'll either step out of the confines of all the norms and rules and fears and secrets that hold us back - or forever hold our peace. And at that moment, to watch a person take a stand that they're finished with their conditioning, finished with their holding back out of fear, finished with all that restricts and confines them which is not born out of choice is as inspiring as any event is.

At that moment, it's as if a person takes a step outside a time capsule or a consciousness bubble and becomes free of it all. And that's what I'm pointing at and encouraging all of us to do. It doesn't have to be born amid kicking and screaming but sometimes it is.

I want to be totally honest with you. I yearn for, I long for, I miss from the bottom of my heart partners in this work who've stepped outside their artificial ways of being, who meet life head-on day after day, who refuse to be indirect and suppressed, who not only yearn to breathe free but insist on it.

Never mind the Divine Mother calling her children to her. Where are our partners?

I may be dreaming to think that everyone can stand forth as who they are, but it's the square I put my money on. It's the only game worth playing for me. And, while I get that I haven't a role to play in encouraging this interpersonally (I'm not schooled as a group leader, etc.), nothing brings me more joy and aliveness than inviting everyone to join me in this through my writing.

#### **Footnotes**

(1) <http://groups.yahoo.com/group/galactic-roundtable/message/289>, Jan. 14, 2009.

## A Time of Emergence



We've talked about "emergence" (1) on other occasions and we seem to be in a time that's characterized by us emerging.

I'm going to repost an article on emergence today, but I wanted to say a word or two before that.

I was startled last night to see myself, in a situation with a local friend that could have been difficult and tragic for both of us, operating in a way that I'd call mature and well-considered. I had the distinct impression that this was new for me.

On another occasion recently, I did the opposite: I actually went for the outcome I wanted, behaved in ways that were open to criticism, risked all, and, with the aid of the other person doing the same and sharing responsibility equally for the wonderful outcome (and many supportive friends), had a mutual breakthrough in relationship.

Afterwards we were both thrilled at that outcome and reached a new level of sharing, but it was all very risky and raised concern in all around us.

I personally would like to do that more often, given my background in groups, but I realize that for many people watching it looked like madness compounded. It was definitely outside our comfort zones.

And there have been other similar events, all of which point to ... emergence, either actual or fondly wished for.

It isn't an accident that the Divine Mother is washing us in a very powerful energy this week that comes directly from her (well, all energy does, really). This is a large wave and is probably the "Event" that many are speaking of. And what I see as the impact on myself is emergence. So perhaps with that introduction, let me repost an article on emergence itself.

I should add that I feel so tired that I'll have to take a holiday soon. It'll have nothing to do with the Reval though it may seem to coincide. It just reflects me needing a rest. I'm trying to give advance notice.

### **Footnotes**

(1) See the articles under "Emergence" at <http://goldenageofgaia.com/spiritual-essays/emergence-2/>.

## Juiced on Emergence



I was really touched by a reader's email and almost can't help commenting on it.

We were discussing what gives us the "juice," the "electricity," the "gasoline" to go forward in the face of such a long wait for things, disappointment, frustration, etc. The reader was wondering if it was connection with higher spirits, etc.

No, I'm not aware that it's that. At least with me. We're all of us connected to higher spirits at this time. I don't doubt that. But I'm not aware of what our connections to spirits may or may not contribute. I'm sure they do, but just can't speak to it.

Certainly the rising energies give us all a boost. I am very much aware of that. But it isn't THE thing.

I can speak of the one factor I'm aware of.

I always feel so exposed discussing these matters. Who am I to be saying this? But I think we all need to put aside those considerations now and do what we can to inspire each other and carry the ball forward. The factor I want to speak about is about exactly that - putting our fears behind us and carrying the ball forward.

That factor is what I call "emergence." (1) Even the sound of that word gets me going. I love it. I see people working out in a karate dojo. I see Kurosawa films. I see all the noblest moments in so many workshops and trainings. I see all the finest moments of my life.

What is emergence? Emergence is the breakthrough that comes when we're fully willing to stand forth as the Self.

It arises from a willingness to call one's Self forth. We all do it at a time when superhuman strength is needed such as when a car falls on our child or someone we love is about to be attacked, etc. We emerge. But very few of us do it on a more regular basis.



As with so much that's learned, I didn't come up with this. Many circuit riders of the old growth movement, Werner Erhard in the est Training, my wonderful karate sensei Hidehiko Ochiai - all of them knew and taught it.

We have the ability to call ourselves forth. We just don't do it often. We have the ability to come out of fear, to emerge from our records, vasanas and upsets. We have the ability to consciously put our lives at risk, to walk into the face of death, or even to drink a cup of hemlock. We have the ability to give our lives for another. All of these sound impossible to do. But they're not.

We have the ability to say to the CIA, the New World Order, the men in black: "I accuse...." We have the ability to look our tormentor in the eye and express our lack of fear.

We here are writers, are we not? We write emails, posts, tweets, letters, articles, essays. We write. It isn't easy to pursue an enlightenment discipline as a writer. But it's easy to emerge.

The clearest case of emergence for me occurred when I wrote an article on 9/11 in 2008 and sent it to every Member of Parliament and every Senator in my country. I remember clearly pausing before hitting the "send" button and knowing full well that I was saying goodbye to my career, inviting a life of potential threat, stepping outside the bounds of everything good that my society bestows on those who tow the line. And then, having emerged from my fear, I hit "send."

Emergence is a well-kept secret. I'm not sure why we haven't seen any channeled messages on it. But if you were to ask me the source of my juice, electricity or gasoline, I'd have to say, with thanks to Werner Enright, John Enright and Hidehiko Ochiai - emergence.

## **Footnotes**

(1) On "emergence," see <http://goldenageofgaia.com/spiritual-essays/emergence-2/>

## Emergence and the Reality Draw



I keep mulling over something someone said a long time ago. I'm changing his way of wording it because I don't like his choice of terms. He said that life is a process of reality suction. Everyone is trying to suck us into their reality and we're trying to suck them into ours.

Not a very elegant way of putting it but the soundness of the thought keeps returning to me.

I think I'll change it and say people are trying to draw others into their reality and others are trying to draw people into theirs.

Not like this is a bad thing. Perhaps we could say that we are sharing our mutual realities and we get to choose if we'll adopt another's view or not. Life is a mutually-negotiated process, continuously and eternally.

Now before I go onto the next point in the viewpoint I'm trying to sell to you, since we're always selling viewpoints to one another, by this man's theorem, I mention my primary assumption that the purpose of life is enlightenment. The purpose of life is for God to meet God in a moment of illumination.

Having said that, I go on to the next assumption which is that we cannot achieve enlightenment on the Internet by meditating per se or other similar actions. The Internet is not suited to meditating. It is suited to communication. Therefore a better thing to do on the Internet is to "emerge," to stand forth as our truth, to communicate, to speak and to listen, and in the process emerge from our cocoons and be known to each other in all our glory.

OK, having named those as my assumptions, I now move on to the reality draw. I'm finding that in needing to negotiate my way through the reality draw, I'm emerging. In this latest round of adjusting to life in a much wider world than I've been used to heretofore, I need to make my peace with what I will post and what not, and why.

And what arises as I emerge is that my own point of view, to me that is, is what's most important. I don't mean most important in objective terms. I mean most important to me. I'm not here to develop your point of view. That's what you're here for. My responsibility is to develop mine. That's what I'm here for.

So studying the point of view of others is rewarding and a good thing but developing my own is my basic task in life. Studying the point of view of others is input to developing mine.

So that's one thing I'm learning from this time out.

The other thing I'm learning is that, if I dedicate myself to putting out the point of view of others too much, I don't emerge. It's one thing to post every news story that has any worth, but it's quite another thing to emerge. I can so busy myself that I don't emerge and if that becomes the case I missed the boat. (And here I go selling my point of view to you) I assume the same is true for you.

So I've had it all bass-ackwards. All the work I do here is to emerge. The posting of things is secondary. And I assume the same is true for you in what you do. This site is the vehicle of my emergence. Nothing more. If that assists you, all to the good. But it's not here to provide a compendium of every good article that ever existed.

My standing forth as my truth is my service. My emergence is my service. There is a shifting of attention going on over here from the outside world to the inside world. And I feel stronger for it.

## On Emergence and Arrival



*People often emerge during life-threatening events*

I need to say more about processes like "emergence" and "arrival."

I think many of us assume that enlightenment is a sudden process only, that one day we will see a light or witness Jesus standing before us, and become enlightened. Others see enlightenment as a gradual process in which we awaken more and more, through a series of gradual steps.

In Japan there are "sudden" and "gradual" schools of enlightenment.

The truth for me is that enlightenment has both sudden and gradual elements to it and even enlightenment itself can be either sudden or gradual.

Monks in Japan usually meditated for years before enlightenment. This meditation was a gradual process, even if their enlightenment was sudden.

Those lucky few like the Sixth Ch'an patriarch, Hui Neng, or Ramana Maharshi, who awakened suddenly without any prior practice would be found, I feel quite certain, to have studied arduously in other lifetimes and not need years of practice in this one. Some of them may have been enlightened in other lifetimes and have come here in this one to serve as models and teachers.

There is also a variety of enlightenment that happens gradually and some of its milestones are events which I call, after others whom I no longer remember, "emergence" and "arrival."

Emergence is a decision made in the moment to stand forth as one's truth in the face of countervailing pressures to remain silent, give in, succumb, or surrender. A person stands forth as their truth in the face of frightening odds or terrifying circumstances and they "emerge." Mothers who lift cars off their babies "emerge." People who walk into enemy fire or wrestle with a lion to save their loved ones "emerge." people who are obliged to speak truth to power may emerge before being required to do so.

Arrival is the passage from a simply intellectual appreciation or understanding of an event to a much deeper experience of it that has bodily correlates, such as weeping or horror or actual

bodily spasms and such. Sometimes one can "arrive" in the midst of a heart attack. One can "arrive" in the course of a near-death experience.

One can emerge and emerge and emerge, each time coming more and more out of a shell and standing forth ever more completely as one's truth. One can arrive in one setting after another and in fact, I would imagine that people usually do.

I am not enlightened, so I cannot say whether emergence or arrival leads to enlightenment. But I consider them both stages of it and part of the gradual process which may itself simply blend into enlightenment, as a few sages have said happens, or else result eventually in a sudden starburst of enlightenment.

I was asked recently what I was aiming at in producing this website. I replied that I was interested in "transparency." Transparency lays the groundwork for emergence and arrival. By being truthful - as truthful as it is wise to be, given that we face forces that would exploit our truthfulness - one is, as it were, exercising the same faculty that will be used to emerge and arrive.

As a writer, I give up having the time to meditate. Meditation is not my path. Emergence and arrival are. I choose to stand forth as my truth, more and more each day, and I feel a subsequent strengthening and clarifying occur inside me.

Your path is your path, as it should be. Transparency, emergence, arrival are mine. Standing forth is mine. Showing up is mine. Being present and aware is another way of describing it. Owning my life and acting without fear are others.

When I estimate my growth, I do not ask myself if I have experienced enlightenment. I ask myself if I have emerged, if I stand forth as my truth, if I have shown up.

Well, it's 3:45 in the morning. Again I've turned night into day. Not much of an accomplishment. But emerging is an accomplishment, as is arrival, showing up, standing forth. As each year passes, and I risk this sounding egoistic, my life feels more and more like a noble accomplishment.

Millions and millions of allies from the distant reaches of space and dimensions far higher than our own have come here to set the scene for this to happen for me and you. I am not making this journey on my own. There is an unseen cast of millions and hundreds of your friends out there, perhaps even thousands, embarked on the same journey: Emerging, arriving, standing forth.

## Monarchs in Our Own Domain



Having released a core issue, leaving me with my basic agreement in balance, I ended up in a space I recognized.

I now saw why I had been given an experience of that space long ago and why I had written about it even earlier.

Having had an experience of it at a meditation retreat perhaps two years ago, the only word I could find to describe it was "regal." AAM later called it an "experience of the oversoul."

In that space, everything transpired telepathically. I spoke without speaking, moved without moving, acted without acting. (1)

And I also saw that I wrote about that space even earlier in asserting that we were all monarchs in our own domains. (2)

What is our domain? This body and its energy field, our other bodies and their energy fields - this is our domain. And within this domain we are kings and queens.

And now, released from my core issue, I gravitated back to that space. Over the course of the day, there have been moments when I was bathed in bliss.

And I hear AAM reminding me that I may not be able to see what's transpiring behind the scenes, but I can feel the shift in myself. And yes, I can.

When I'm in that space, I imagine myself as being the king of my realm and also the minister or secretary of state for internal and external affairs, finance and commerce, education and health, etc.

When I do, I feel this terrific sense of competence, far greater than normal. I almost swell with it.

This isn't the same as the Preedy-like feeling I described some years ago, which is ego-based.

Preedy is Erving Goffman's fictional character in *The Presentation of Self in Everyday Life* who chose to be expert at image management (wrong choice!). Preedy constructs each move for maximum effect. Here he walks down to the water's edge in preparation for a swim:

"[Preedy] took care to avoid catching anyone's eye. First of all, he had to make it clear to those potential companions of his holiday that they were of no consequence to him whatsoever.

"He stared through them, over them – eyes lost in space. If by chance a ball was thrown his way, he looked surprised; then let a smile of amusement lighten his face. (Kindly Preedy.) ...

"But it was time to institute a little parade, the parade of the Ideal Preedy. ... [He] gathered together his beach-wrap and bag into a neat sand-resistant pile (Methodical and Sensible Preedy), rose slowly to stretch at ease his huge frame (Big-Cat Preedy), and tossed aside his sandals (Careless Preedy, after all)." (3)

Preedy nurtures the ego; but monarchs in our own domain nurture the Self. It nurtures balance, personal responsibility, prudence, groundedness.

So, not Preedy.

Every monarch has a choice between being noble or dissolute, between being George V or Caligula. Imagining ourselves as monarchs in our own domain makes that choice available to us in a way that's as real as any other choice we make in a day.

So what if it's imaginary? Our core issues are imaginary.

Having a core issue, we make an imaginary threat real for ourselves; what harm is there in making an imaginary benefit real as well?

As far as living in an imaginary world goes, we live in one anyways. Why not make that world support us rather than undermine us?

I take a deep breath, enjoying the sense of satisfaction, fulfilment, and completion I derive in seeing myself as king in my own realm. This is emergence, (4) the emergence of something deep that my core issues obscure and render unavailable.

## Footnotes

(1) "Starseeds at the Banquet of Ascension" at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/lightworkers/starseeds-waiters-at-the-banquet-of-ascension/>.

(2) "What Do I Bring to the Work of Creating Nova Earth?" Jan. 5, 2013 at <http://goldenageofgaia.com/2013/01/05/what-do-i-bring-to-the-work-of-creating-nova-earth/> and "Universal Brothers and Sisters, Sovereign Citizens of the World, and Members of Team Earth,"

Feb. 6, 2013, at <http://goldenageofgaia.com/2013/02/06/universal-brothers-and-sisters-sovereign-citizens-of-the-world-and-members-of-team-earth/>.

(3) Erving Goffman, *The Presentation of Self in Everyday Life*. Garden City: Doubleday, 1959, 5.

(4) See "Emergence" at <http://goldenageofgaia.com/spiritual-essays/emergence-2/>.



## Emergence Turns Resistance into Revolutions



*Family of Mohammed Bouazizi*

What turns mere resistance into revolutions is emergence. What galvanizes people, brings tears to their eyes, sees the birth of resolve and the renewal of commitment is emergence. Moments of emergence define revolutions, are romanticized, and remain the stuff of memory when all else fades.

I watched a television program on the CBC's *Passionate Eye* last night on what they called the Facebook Revolution, and what we call the Arab Spring. It may as well have been a chronicle of emergences.

It started with the emergence of the Tunisian fruitseller, Mohammed Bouazizi, who immolated himself in protest after being refused justice by the Tunisian government.

“The world knows Mohammed Bouazizi... as the poor and desperate young man, harassed by the authorities, who set fire to himself in this town in central Tunisia, inspiring a revolution that brought down the country's dictator, an act still reverberating through the Arab world.” (1)

That revolution is still sweeping the world and may prove the act that resulted in the disappearance of dictatorship and enslavement from the planet.

It was sparked by the actions of people like the young Asmaa Mahfouz whose vlog helped cause Tahrir Square.

<http://www.youtube.com/watch?v=SgJlgMdsEuk>

It worked its way through the Libyan families whose lawyer Fathi Terbil was arrested and who protested in his name in Benghazi.

“The [Libyan] protests were sparked by the arrest of lawyer and human rights activist Fathi Terbil, reports BBC, though anti-government and anti-Gaddafi sentiment has been growing for years, as the Libyan unemployment rate climbs past 30 percent and continued aggression and human rights violations by Gaddafi's administration alienates more and more citizens.



*Fathi Terbil*

“Terbil was the lawyer of the families of prisoners killed in the infamous Abu Salim prison massacre. A Human Rights Watch report on the incident claims that nearly 1,200 prisoners were killed by prison guards in under three hours.” (2)

It was aided by the sacrifice of people like Libyan Mo Nabbous whose fearless establishment of an independent news organization in Benghazi cost him his life.



*Mo Nabbous*

“In the wake of the 2011 Libyan civil war, Nabbous founded Libya Alhurra TV, the first independent broadcast news organization since Gaddafi took power in Libya. Libya AlHurra TV was established in Benghazi, Libya on 19 February 2011 and started broadcasting online when Nabbous established a two-way satellite connection in the wake of a complete Internet blackout imposed by the Gaddafi regime subsequent to the 17 February protests.

”Nabbous was shot by a Pro-Gaddafi sniper and killed on 19 March 2011 while reporting on attempts by government forces to fight revolutionaries and attack civilians in Benghazi. In the hours following the death of Nabbous, UN Coalition planes entered Libyan airspace to enforce a No-Fly Zone approved by the UN Security Council along with a Resolution authorizing "all necessary measures" to protect civilians against Gaddafi forces. In the last weeks of his life, Nabbous focused on bringing international attention to the humanitarian crisis unfolding in Libya. His death was widely reported by CNN and various media outlets. Prior to the establishment of Libya Al Hurra TV, Nabbous operated a number of businesses in Benghazi City.” (3)

The CBC showcased the so-called Bahraini Man in the Bloody Shirt who could be seen in photos and videos emerging after Bahraini troops shot to kill against demonstrators. (4)



*Every revolution has its Man in a Bloody Shirt*

We think of these as “highpoints” in any movement but they are so because they're the moments in which an individual overcomes their fear and emerges from their shell of suppression and silence.

I'm not sure why fear disables us so much. How it is we dumb ourselves down and paralyze ourselves has been, as you know, a question with me all my life. Does fear have a physically-disabling action on us? Is it purely psychological? Is it a matter of agreement? Conditioning? What is the link between the experience of fear and our inability or unwillingness to protest, resist and revolt? I wish I knew.

But the opposite is also true that watching people emerge from their fear provides a key somehow, through inspiration, motivation, a remembrance of something, or some other process unknown to me that liberates people who watch it and has them emerge themselves.

And we discover that emergence from fear is not only possible but also easier than we might have expected.

Perhaps what holds us back is that we've become convinced that we'll lose all the things we love if we step out of line – and in many respects that is true. Patrick Henry addressed this matter in a speech he made on March 23, 1775, which he ended with the words:



*Moments of emergence define revolutions*

"Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, Give me Liberty, or give me Death!" (5)

It's even confronting for me to discuss this with you because even though I've emerged on many occasions in my life I fear that I may discuss the matter here but then fail to emerge when a critical moment arrives and be seen by you as a hypocrite.

Whatever we fear paralyzes us. Whatever we hide imprisons us. Whatever we're unwilling to sacrifice binds us. In a sense unless we're willing to stand owning only our own bodies and

being willing to risk even that on one throw of the dice we're unable to act. In some circumstances (not all), it has to be "give me liberty or give me death" or we won't emerge from fear.

So these are all highflown words and I don't know if in my own next moment I'm willing to risk all in defence of freedom. But, even if I were to fail you in the critical moment, this conversation is still valid and still needs to be had.

Some popular misconceptions that hold us back:

### **(1) Death is the end.**

We've heard from our sources that the planet's controllers shaped religion to hide the fact that we survive bodily death. We're told that our bodies molder in the ground until the last trump, that we go from dust to dust, that we have only this one life so live it up, etc. All of this is nonsense. Life is continuous. We are immortal. We not only survive bodily death but enter a world more marvellous than this. And we have many lives, not simply this one, all of our future live enriched by what we do now.

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Marine Sgt. Shamar Thomas risks a beating to emerge.

<http://www.youtube.com/watch?v=LPAPdZbkpZQ>

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### **(2) Death is painful.**

Death is not painful. The moments before death may be painful but there is no pain attached to death. (6) Many people who communicate back to us from beyond the transition we call "death" describe the moment of death as joyful, peaceful, liberating, etc.

### **(3) People only care for themselves.**

People operating from dualistic conceptions of life, who hoard, compete, and see life as a zero sum may not care for others, but most people care deeply for others. Certainly the deeper self that is liberated or emerges by seeing the sacrifice of one for all cares deeply for others.

### **(4) Sacrifice is useless; nobody cares**

Everybody cares for things like freedom and compassion. Human beings are divine by nature and it's the very bondage that we fight against that causes us not to care, if in fact we're in that place. Sacrifice awakens caring again and mobilizes masses of people who may only hear about the sacrifice.

### **(5) It is useless to struggle against power**

Far from being useless, we can see by the Arab Spring and the Occupy Together movements that dictators and despotic regimes are vulnerable, that soldiers do not want to fire on their own people, and that mass movements can overturn the bloodiest regimes. What dictators fear most is the people losing their fear, the people emerging from their paralysis and we are seeing populations around the world doing exactly that right now.



*FDR had it right*

So emergence is the process that will set people free from the only condition that truly imprisons them and that is fear. Franklin Roosevelt knew this when he said “The only thing we have to fear is fear itself.” (7)

Your emergence should not depend on my emergence. Even if I, in the critical moment, act like a craven coward, your emergence is solely your act alone. Emergence is always an action that has no antecedent, no justification, no rationale. It is an action that draws on an inner strength that went unrecognized up till that moment.

Emergence is not only stopped by fear but also by excuses, logic, inertia, attachment, by anything at all. But if we search for the well-spring of emergence, we won't find it. It happens quicker than the snapping of fingers and where it comes from cannot be known, at least not logically or rationally.

It's the ultimate creation of something from nothing, for no reason. It's no respecter of persons. It's not the province of one gender and not another, one age and not another, one race and not another. If you're looking for the ultimate contribution you can make to what's happening worldwide at this time, that contribution, in my view, is to emerge.

## Footnotes

- (1) "Mohammed Bouazizi: the dutiful son whose death changed Tunisia's fate," Guardian, Jan. 20, 2011, at <http://www.guardian.co.uk/world/2011/jan/20/tunisian-fruit-seller-mohammed-bouazizi>
- (2) Tasbeeh Herwees, "Libyan Writer Detained, Family Attacked as Protests Continue in Benghazi," Neon Tommy, Feb. 16, 2011, at <http://www.neontommy.com/news/2011/02/libyan-writer-detained-family-attacked-protests-continue-benghazi>
- (3) "Mohammed Nabbous," Wikipedia, at [http://en.wikipedia.org/wiki/Mohammed\\_Nabbous](http://en.wikipedia.org/wiki/Mohammed_Nabbous)
- (4) Such a this one: <http://twitpic.com/4a8x5e>
- (5) "Patrick Henry," Wikipedia, at [http://en.wikipedia.org/wiki/Patrick\\_Henry](http://en.wikipedia.org/wiki/Patrick_Henry)
- (6) See here on that subject: "Death is Painless; Most People Do No Suffer," at <http://www.angelfire.com/space2/light11/nmh/death1.html#painless>
- (7) "Franklin Roosevelt," Wikipedia, at [http://en.wikipedia.org/wiki/Franklin\\_D.\\_Roosevelt](http://en.wikipedia.org/wiki/Franklin_D._Roosevelt)



## On Being Enough



The love I feel has taken a dramatic turn.

Until now, it was always love for the beloved. And that is a sweet and rapturous love. It was transformative love: it could sweep away conflicting emotions.

But today, as I continue to emerge after the energies of the Blood Moon Equinox (Sept. 27/28, 2015), I've reached the same levels feeling an impersonal love, a universal love, a love for everyone. I can still taste the sweet and rapturous love if I wish. The way forward is indeed additive rather than subtractive or substitutive.

But this universal love is so much more stable, more substantial. It sweeps away attitudes, philosophies, religions.

It's so subtle that, when I first noticed it, I could easily have overlooked it. Instead I recall myself saying: "What is this?" An arising of love that's not connected to any one person?

And the more I gave my attention to it, the more and the faster it grew, until it had unfolded itself.

And then I began to see things about it: it wasn't connected to anyone; it was substantial; etc.

It's easier to embody this impersonal love than it is the rapturous kind of transformative love. The latter leaves me incapacitated. I think the Middle Ages used to call it a "swoon."

But this universal love doesn't leave me undone.

This universal love takes in everything else I'm aware of at this moment. It completely erases any desire for anything other than itself.

Just as bliss brings all things to remembrance, so does this love open the doors of understanding.



Here again I encounter this feeling of certainty that so often comes with and characterizes this space. And here as well is that confidence in myself that I've known on other occasions. The certainty and confidence are not related to knowledge; they are properties of the soul, it seems.

This is what Archangel Michael was talking about: how the celestials mourn when we doubt and turn on ourselves. This confidence and certainty is what then shows up as missing.

These two qualities are part of the deepest part of me. Am I unwittingly turning my back on them?

I think I am. I must stop. I must make friends with confidence and certainty because they're the twin pillars of the transformed space.

Not a false confidence or a fake certainty. Nothing fake can exist in this space. Even that need only be said for Fourth-Dimensional ears. Fifth-Dimensional ears have lost their connection to fakery.

Oh, the buoyancy of this love. How it holds me up. How it elevates me.

Again, the deeper I breathe it in, the more it fills me up.

How could I have known?

[Two hours later]

I've just had lunch with a friend, in the space of universal love the whole time. My mind didn't work very well. It was like Teflon. A thought would come in and shoot right through it, at the speed of light. Nothing stuck.

This space of universal love is as great an increase in enjoyment to transformative love as the latter is to ordinary love.

It's a love that's much more substantial. That makes sense when you think about it because the more enemies we create the more difficult it is to love. The more we love universally, the fewer enemies we create and therefore the calmer and more tranquil our life becomes. There's a divine calculus to it, not like I can clearly see it yet.

When in transformative love, I'd bask in the sun. Today, in universal love, I have no attention on outside conditions at all. I'm certain that I'm enough. There is no need to seek outside stimulation.

This is the first state that I'd be willing to call an "ascended" state. An entry-level, foot-in-the-door transformational space that feels non-ordinary and better than anything I could have imagined. That's an experiential definition.

For as long as it lasts, it's magnificent.

What a responsibility to be in this space. What a privilege, yes, but what a responsibility too. I can see why many people would move away from the city, from society. Once I'm enough, once I don't need anything more than myself, there's nothing holding me to any place. There's also nothing drawing me to any other place. I am equanimous.

Only the desire to serve the Mother remains.