

# The Power of Love and Truth: New Voices in a Golden Age

## Volume 1



Compiled by:

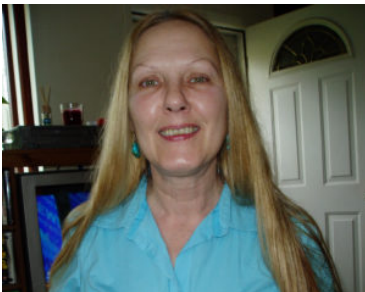
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## Introduction



We're all of us slowly rising in vibration as the energies hit the planet from many sources.

And as we do, lightworkers can find themselves moved to share. And what they want to share about is what they've realized, what they've known, and what they've experienced.

Lady of the Light, Bethel, Amanda, June, and Jonathan are five voices wanting to share what they've seen and known.

These five light workers have undertaken to describe the Indescribable and I thank them and honor them for rising to the challenge.

There are - and will be - probably many more who will want to share because their experiences promise to be ... well, out of this world.

Here we are in a new world, a world characterized by a love that we don't have words to describe, seeing things we can't explain. (1)

Everything we've learned seems inadequate to interpret for ourselves what we're encountering now. We simply have to accept the spiritual lessons conveyed and ride the wave.

I'd like to see many, many more lightworkers sharing their experience of this never-before event - a mass, physical Ascension into a new region of space, with all new rules.

We are the explorers, the pathfinders, the New Earth builders, and the messengers (angelos = messenger). The eyes of many in several universes are apparently upon us to see what they in turn will be experiencing in a very short while.

They'll study our experience. They'll want to know who we felt, how we managed, and what can be improved. Our articles, books, and videos may guide them.

So thank you to these writers who've put their hands to the plow and are now turning the field for us. May their stories inspire all of us as we travel the same road to Ascension.

Namaste,

Steve Beckow  
Editor-in-Chief  
Golden Age of Gaia

## **Footnotes**

(1) See *Love as We Need Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

# Jonathan Van Valin: Hearing The Still Small Voice Within

November 28, 2020

<https://goldenageofgaia.com/2020/11/28/jonathan-van-valin-hearing-the-still-small-voice-within/>



Jonathan Van Valin, Nov 7, 2020

(<https://www.assistthespirit.com/hearing-the-still-small-voice-within/>)

For many, it was so fleeting as to be easily forgotten or simply dismissed... but there was a moment where the mind was clear and inwardly you knew. You've certainly experienced a moment of inner guidance that led you in the best direction you could possibly have gone in. Yet the power was not in how loud it shouted. In fact it came as a gentle whisper, without fanfare. The power was in how undeniably true; how unequivocally right you knew the direction to be.

We've all known this experience, in some form. Yet when life is tumultuous we may wish for something louder; something to cut through the bickering turmoil in our minds when the voice within can seem so lost and obscured by the noise. Why should it be so still?!? Or small?!? ...we might plead, when we need to hear it now, more than ever?

And as we all know, Truth will set you free... not control you. That still small voice doesn't shout and demand because it doesn't seek to control you. If it did control you, you couldn't be free. If you didn't have complete freedom and volition

and choice, then you would be powerless, and therefore a victim. Your only possibility would be bondage.

But the inner prompt doesn't speak for bondage; it speaks for your freedom. Thus it will never demand of you... it will never seek to take away your own power to choose, because you could not then be free. How could powerless victimized bondage have anything to do with being whole and complete and loving and unassailable and free? Truth will always set you free. Not put you in bondage.

So the inner voice will never be demanding. It does not seek to control you. It will remain a gentle whisper, born from its home in complete peace.

Yet in our storm and stress we may still wish for that gentle whisper to somehow rise above the other choices we might make and proclaim itself. But to overcome you, or overcome the other choices you might make, the still small voice would have to attack; to fight or contend with these alternatives. It would have to make war, not peace. Yet it is incapable of such arrogance, being born from peace... and peace is always stronger than war.

Why? Because peace heals. War tears apart. But peace heals. Thus the still small voice will never command forces against you. It is incapable of such arrogance, and could only, then, tap you gently on the shoulder, and whisper in your ear. It is compelling; not because of the way it speaks but because of what it reminds you of. It is compelling because of what it points you towards. It calls you towards peace because it is, itself, wholly and completely born of peace. One can never be led to love by force. Only by choosing it of your own freewill, because you are as free as God.

Information may arrive via any outer vehicle at all: a song, a book, a meme, a conversation overheard, a wagging tail; a look on someone's face. Digital or analog. It could come from any inner form as well: a dream, an insight, a feeling, communion with inner dimensions or beings or Spirit...

It doesn't matter the form, most of which we wouldn't describe strictly as a "voice" anyway. None is better or greater or more elevated than any other. Ultimately, regardless of the form by which it arrives, there is a movement of mind. A recognition – or, a "re-cognition" – which is why it is so often described as a "knowing." One could even say everything – inner and outer – beckons us.

What shall we call this still small voice? This knowing? Every culture on earth, religious or secular, has had a name for it. Higher Self, Holy Spirit, Presence, Atman, Divine Mind, Angels, Guides, or simply: Intuition. Creative Impulse or Inner Prompt will do. Whatever works. The name doesn't really matter.

And if we wish to hear this still small voice, we are best directed to our own peace. When you wonder which choice is right... look and listen carefully for the one that emanates from the deepest peace and calls you towards the deepest peace. The more we connect with our own peace, the more we tend to hear that still small voice.

So come! Just come! Come and quiet down. Come listen within. Come to this peace, that you may hear that still small voice and know.

Peace... Peace be with you.

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Bio: Jonathan travels, writes, creates media, and meets with people to share what's been received. His essential function is to help remove the blocks to awareness of our deepest being and live from the peace that pours forth. You are warmly invited towards this.

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Like to contact Jonathan, read more of his work, offer comments or suggest topics? You're invited to email him and/or subscribe here, or visit [www.AssistTheSpirit.com](http://www.AssistTheSpirit.com). Thanks for reading!



# Bethel Barr: The Power of Love and Truth

November 29, 2020

<https://goldenageofgaia.com/2020/11/29/bethel-barr-the-power-of-love-and-truth/>



*(www.crystalcorridorlight.com)*

This past summer I received a short message from the Mother Goddess, Archangel Gaia which made a huge impact on me and I wish to share it with you.

She said to me: “Accepting Truth requires Purity of Heart and then Freedom flows”.

At the time it seemed a simple message but later on I realized the impact it had on me, my work and my life. It means everything, all that we need in order to navigate through our Earthly lives. If we just follow these words, everything becomes clear and simple - yet not always easy.

We're in the midst of a time on Gaia like none other. Chaos is abundant, social upheaval is happening every day. We are experiencing the destruction of “the old” to make way for “the new” and all are necessary changes for the re-birth, the big push into the New Age, the New Earth. We are all in unfamiliar territory and many are feeling confusion and fear.

Even though there is so much occurring behind the scenes globally, we are bombarded daily by the mainstream media with their false interpretation of what is labelled “news”, especially regarding the corona virus. The sad part is that their “news” becomes the truth for so many and those souls live in fear each day because it has become their truth.

There is a positive side to all of it. There always is. I envision the Human Collective riding a gigantic “wave,” a wave of water on the ocean. (Water = energy). Some are jubilant for they are “far-seers” (see-ers) and know the Truth. Others are clinging precariously, faces frozen in fear. And there are those who are just riding the wave in a matter of fact way, knowing all is well and the end is in sight and that they will land on shore safely.

The crest of the wave is coming nearer which I believe will be soon, and when we reach the crest, we will be on the home stretch. We'll be propelled into the New Age where we'll experience even more wonderful rides on the Tide of Life. We have so much to look forward to and be grateful for. I feel that we need to be strong, stay as positive as we can, hold the Light for those who cannot and remember that the Divine is in charge.

In a channeling from Archangel Michael that I received a few years ago, one statement that he made was, “ Deep within your subconscious mind lies the truth of who you are and from whence you came.” If we all could just go deep within and remember three things -

Who we are

Where we came from

Why we are here - our life would be so much easier, so much simpler.

We're Galactic Beings in human form. We came from the Cosmos, our galaxy or another one. The choice to incarnate here at this time was generated from the vibration of Love - Love for Gaia, Love for humanity, Love for each and every Soul in Creation.

We're here because we volunteered, we wanted to be here. We're here because we earned that right. Many desired to incarnate on Gaia at this time. We volunteered but we were also chosen. This lifetime is the Big one! The one we sacrificed for, the one we suffered torture and abuse for, the one we trained for!

After assuming human form in this density, we sometimes forget about Love and Truth. It's a matter of going back to our Spiritual basics and accepting the Truth of who we are, where we came from and why we are here.

Its about remembering our Spirituality, remembering that we chose to be here, that we planned our Journey pre-incarnate for many reasons. We desired to be of service to others, to learn compassion, tolerance and how to love those that we do not understand, to accept another's path without judgment, clear karmic residue, and to aid in the liberation of Gaia whatever way we are able.

Another passage I'd like to share is a Truth I was given by my Star family many years ago. There are times when I, in the midst of a great challenge, forget these words, but remembering them brings me back to where I should be mentally and emotionally. Here they are:

I, and only I  
Am in charge of and responsible for  
My thoughts, words, deeds and emotions  
No one else.  
It is called  
Self-Mastery.

We planned our Life Path with great excitement, anticipation and Love. Love is the most powerful force in Creation, followed closely by Truth. Now is the time to remember this Truth and accept it with a pure heart. That is our road to Freedom! Freedom from fear, enslavement and oppression - Freedom.

Bethel

# Jonathan Van Valin: What is Whole is Healed

December 24, 2020

<https://goldenageofgaia.com/2020/12/24/jonathan-van-valin-what-is-whole-is-healed/>



*As the mind stills, its thoughts still, and separation stills.*

*In stillness, divisions fall away. As divisions fall away, oneness (wholeness) is at hand. And what is whole is healed.*

Sometimes people come seeking healing. Sometimes physical healing, sometimes psycho-spiritual healing. Often, they don't really know why they've come, they just felt attracted to doing so, and end up with some sort of healing experience anyway. They often find it hard to put into words. Sometimes they come with questions, and find that the answers arrive in a sort of healing experience, rather than words.

*In stillness, divisions fall away. As divisions fall away, oneness (wholeness) is at hand. And what is whole is healed.*

So what the heck is going on here? In this regular, worldly dimension... how can we understand this? It depends on the frame of reference. On the... "level of perception."

From one level of perception, the stillness of a healer seems to heal another in some way. From this perspective it seems like the healer *caused* this healing.

Sometimes the seeker feels moved to thank the healer profusely, as if they did something very special for them. Sometimes they ask if it was tiring, as if great energy was spent on the effort. From this level of perception, all of this makes sense. Any experience of healing is a release of some sort, and offers the seeker a little greater freedom, which is nice. This is helpful for what it offers... ..and there is more to be seen.

*In stillness, divisions fall away. As divisions fall away, oneness (wholeness) is at hand. And what is whole is healed.*

At another level of perception, the stillness of a healer seems to cause stillness within the seeker, and so their healing seems to come *from their own* stillness. It seems that the stillness “over here” ignites a sort of stillness “over there.” As the seeker finds this stillness within themselves, they have a healing experience. In this, they recognize that the source of healing was within themselves (not the healer) and therefore available to them always. As such, they experience a greater level of freedom, as they are no longer limited to seeking healing from “out there” among the very limited resources available. They see that the source of healing is ever present, within. Good news, indeed! This often fills them with gratitude, which they often share with the healer. How lovely!

Often, people waver back and forth between these two levels of perception for a long time.

*In stillness, divisions fall away. As divisions fall away, oneness (wholeness) is at hand. And what is whole is healed.*

At another level of perception, the stillness does not seem to be emanating specifically from the healer, or from the small, egoic, individuated sense of self within the seeker. There is no sense of it originating from individuated selves at all. It just seems like an ineffable, universal stillness that precipitates healing. From here, people often feel gratitude overflowing... that they cannot specifically direct towards anyone in particular; and is often greater than they have words to adequately express. So, they often end up thanking God. Whether they’ve ever done that before or not.

At the “highest” level, the stillness is ever present. Wholeness just *is*, eternally without end, and healing is unnecessary in the first place. There is no sense of

individuated selves at all. No healer, no healed. Anything other than perfect wholeness is recognized as a false projection; an illusion without any innate reality at all. There is nothing to be done; no words possible; healing is absurd. There is nothing but perfect peace.

All of these perceptions are fine. You come to healing as you are... you experience healing based upon whatever level of perception you have. All of them are fine! In the end, healing is healing. Healing, and the love that underlies it is what is meaningful, regardless of the “level” of perception. Come. Come to this! Just come towards healing. Let the rest sort itself out.

# Jonathan Van Valin: Meeting Each Other Equal To Equal

January 16, 2021

<https://goldenageofgaia.com/2021/01/16/jonathan-van-valin-meeting-each-other-equal-to-equal/>



There is a way of “looking past” all the stories a person might be telling themselves, past their “egoic structure,” and past all their pain and suffering and contracted self-concept.

To what then? What is there? This is why music and art can be so powerful... They can embody what is there without resorting to words.

Mmmm...!

But let's try it with words anyway, though they remain imperfect symbols. What remains without the burdens of that egoic structure, or without the stories that ossify the nearly iron-clad sense of "this is who I am"?

What is there... what do you see... when you look past the fears that accompany someone's entrenched sense of a personal self?

It's so free out beyond them! It's so light!

It's all these burdens that create a sense of lack, and therefore need... But without these burdens, these are absent, yah?

If, out beyond these limitations, there is no sense of need and no sense of lack, how could there be anything missing? There can't be anything missing. Thus it is completely whole; and so very peaceful. It feels like home. Time cannot degrade it... (Look! You'll see!) ... It is clearly beyond the grasp of time. So, this shining beauty is seen to be eternal.

There is certainly nothing that must be done. What could possibly need be added to what is already totally, completely whole? What could there possibly be to do... other than commune together in this wholeness?

There's no teacher, no student in this. No adult attending to a child. There's no giving from one who has, to one who hasn't. There's no higher and lower. No one performing a ritual for the benefit of another. What could there possibly be to do... other than simply commune together in this singular wholeness?

Which must also mean that - as an indivisible part of wholeness, just like them - the deepest truth of you is beyond all those burdens too.

How light! How free!! How lovely! You are the same. There is no difference, no separation of any kind.

What a beautiful way to "do unto others as you'd have them do unto you"! How could it really be any different when there is no separation of any kind in the first place? The Golden Rule turns out to describe a simple fact. One's intention to practice the Golden Rule, then, becomes a simple movement towards returning to fundamental truth. Again and again.

So we go about our day, as if we know some special tricks, or have some special knowledge. Those to whom we can be useful will find us in due course and vice-versa... as we need them just as much as they need us for the equation to be set up for ultimate solution. And as we go, may we all wink and nod to each other, saying "Namaste, namaste...."

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# Jonathan Van Valin: How Does Awakening & Healing Really Happen?

February 20, 2021

<https://goldenageofgaia.com/2021/02/20/how-does-awakening-healing-really-happen/>



(<https://www.assistthespirit.com/how-does-healing-happen/>)

What appears to be a healing process is like a lighthouse guiding a ship to safety. The lighthouse doesn't choose where its light falls... In fact, it doesn't do much of anything. It just shines. It doesn't really have any "will" of its own. It doesn't try to convince any ships to change, it just shines.

The lighthouse is there for the purpose of helping guide ships safely, but that is really the will of its Maker, not of the lighthouse itself. The lighthouse is, itself,

merely a physical vessel through which the will of its maker can flow. It is given to shine, so it does. That's about it.

And if a ship changes course? Is it because the lighthouse did something? Not really. Did the lighthouse force the change of course? No. It had no say in the course of the ship at all, it merely shined its light, therefore illuminating the scene. The change in the course of the ship came from the ship's captain – there was a change of mind in the captain.

The lighthouse itself didn't change or adjust to the ship, nor did the lighthouse actively seek to change anyone or anything else. It merely illuminated some truth of the present circumstances. The change agent was the mind of the captain. Nothing else. The captain saw the truth of the matter at hand, and chose differently in accordance with it. All course-correction comes from the captain. Not from the lighthouse.

Thus, does healing and peace come from the mind of the patient. Not the doctor. Thus do spiritual seekers find their way... as they see truth, and change their minds accordingly. Did the teacher do anything? Change anything? Reach inside that person, somehow, and fix something? No. Not really.

The seeker/student/patient has, perhaps by the grace of illumination, seen more of the truth of their circumstances, which encouraged them to change their mind and adjust their course. And so they did.

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# Jonathan Van Valin: Why Do Great Pain And Great Love Wake Us Up?

November 9, 2021

<https://goldenageofgaia.com/2021/11/09/jonathan-van-valin-why-do-great-pain-and-great-love-wake-us-up/>



<https://www.assistthespirit.com/why-do-great-pain-and-great-love-wake-us-up/>

Pain shows us the way by showing us what we are not. Love shows us the way by showing us what we ARE.

Pain demands our attention; sometimes spectacularly so. Ultimately it drives us to ask: "Isn't there another way?" It is a simple cudgel. The only sane response being, "how can I be in less pain?!?"

Such a common motivator. Sometimes so desperate and screeching! Thus it tends to kick the search into motion. How can I feel better? Less broken?

"Broken" hurts!

"Healed" does not.

So... how can I go from broken... to unbroken? To... something more whole? To what is more Holy? And so, the pathway beginning in pain becomes pointed

towards the Divine. To awakening to one's true nature. Such a powerful motivator... A very human, very ordinary path. We can all relate.

Love demands our attention too - sometimes spectacularly so - though often in a way that is so gentle it is easy for us to miss, especially when we've preoccupied ourselves with screeching pain. It can catch our attention nonetheless, simply by how spectacularly different from pain it really is.

Great love demands nothing of us. It just is. It requires nothing of us. It just is. Thus it is so very free. It naturally sees what is true, and so the searching is over. Great love contains everything meaningful and so there is no experience of lack. Thus it is full and immutably complete. It is without fear, then, making pain impossible. Attack of any kind is meaningless. Love is quiet, all powerful, and exquisitely gentle. How could these things not prove to be so spectacular as to awaken us? How could this chorus of angels not ring so beautifully that we stir from our slumber?

Love is, in every way, so spectacular and so opposite that... when it appears, we can literally have a hard time believing it, grasping it, or even opening to it as a possibility. It can seem preposterous that something so gentle could possibly be so all-powerful. When our ears and eyes and minds seem to be filled with screeching pain, it can seem only natural to lose sight of this. But just because one has lost sight of something doesn't mean it is not there. Just because one has lost sight of something does not mean it is gone, or lost or inaccessible... or diminished in its truth, power, or glory in any way at all.

An experience of great love has come? What a quiet, beautiful blessing. How naturally, then, that all other things fall quietly, gently away. There is no learning curve here, really. Love is just love. A most extraordinary facet of love being how eternal it is, thus rendering the past meaningless, the future unnecessary, and the moment of NOW stretching infinitely in every direction. This infinitude... that is so naturally found in the simple glance at a child. Make no mistake that this eternity... this infiniteness... can be and regularly is touched within the temporal confines of our daily world. Seek only this, and ye shall find.

How is this so? Because this is what we ARE. Regardless of where we seem to start, and regardless of how we seem to get there, or how long it takes, pain and

brokenness heal and give way to what is whole. And what is whole is seen to be without parts... it is whole.

So, eventually some level of healing comes to what seems broken within us. And we feel better. More whole. Ahhh!!!

Then as Love shows us a little more, this wholeness within grows... beyond these seemingly isolated, separate, “broken” places within us, to encompass all of what we seem to be... We feel more whole. More Holy.

And then Love shows us further still: What is whole, what is ONE thing, seems to stretch well beyond our usual confines... beyond this body, beyond this seemingly separate mind with its seeming separate thoughts and well beyond those other bodies close to us. It stretches to all things. And if... all those seemingly separate things in the Universe are ONE, and WHOLE, then they must ALL be Love. “We” are not apart from this wholeness, and so “we” must be ALL of it. We cannot possibly be separate from this Allness... and so, we see...

We cannot look anywhere without seeing Love. We discover that Love IS everything everywhere... and so we, too, must be nothing but Love.

Marvelously, it is seen this has always been true, eternally. The rest was a bad dream that had no bearing whatsoever on this infinite and eternal love.

And so it is, ultimately, that Love always awakens us to Love.

You are invited! Come! 😊🙏

# Lady of the Light: A Brilliant Sun Appeared in My Belly

December 25, 2021

<https://goldenageofgaia.com/2021/12/25/lady-of-the-light/>



*At our invitation, reader "Lady of the Light" writes of her heart opening:*

I feel compelled to share my Heart opening experience here.

Thank you for the invitation.

In 1985 when I was 25 I believe I was having an identity crisis in a way.

I became aware I was living from my ego or a fake persona. A well known phrase came into my awareness from a book I was reading at the time. It was 'Know thyself and to Thine own Self be true.' This statement triggered me to become compelled to know my true Self.

So one morning with deep conviction I decided I would sit in meditation until I 'knew Myself'. At that time Meditation was new to me in this lifetime and I had no idea how many years people sat in meditation attempting to 'know Thyselves'.

So in my innocence I plumped myself up in the middle of my bed using every pillow I could find, determined to sit there in meditation until I 'Knew Myself,' even if it took all day.

So with eyes closed I mustered up my deepest determination and I asked inside "Who AM I"?

Then a Miracle happened!

In what seemed like under 10 minutes of meditation on this eternal question a brilliant Sun appeared in my belly.

Slowly this ball of light began to rise up until it reached my heart where I felt the deepest love imaginable. Then I had a sense of many lifetimes that were all me and this deep love was intertwined into all these lifetimes. Then I heard or sensed the words " IAm Eternal Love."

This was so profound I was completely overwhelmed and satisfied with this answer but there was more.

The Light continued to get brighter and rise up and then exploded in my vision. My entire body was filled to overflowing with this Brilliant light I felt I couldn't contain it all and was certain it had filled the entire room.

Then I heard or sensed the words "And IAM Light." Again I felt a sense of Awe and satisfaction to my question but there was more.

The Light moved up into my crown area and exploded like a mushroom cloud into a bluish white electric almost lightening storm that shot down through my body. I felt a tremendous strength in this lightening and I heard or sensed the words "And IAM Power."

Then I heard "And so is everyone else."



At this point as my experience was coming to a close my ego began its negotiations.

As I assimilated this amazing experience I knew I would never be the same. For now I knew from my own experience I was Eternal Love, Light and Power and so was everyone else. I knew I had lived past lives and that eternal love I had just experienced was intertwined with every past lifetime.

I knew there was no such thing as death because I knew I was eternal.

And I knew that so was everyone else Eternal Love, Light, Power.

I knew we are All Eternal and we are One.

Now I know who IAM and who you are too!

Thank you for this opportunity to share, Steve.

Namaste!

Lady of the Light!



# Lady of the Light: "Everyone was an Angel!"

May 7, 2022

<https://goldenageofgaia.com/2022/05/07/lady-of-the-light-everyone-was-an-angel/>



*I asked "Lady of the Light" to send us her experience of everyone being angels.*

---

Approximately 20 years ago I was in a very high state of Joy one morning.

I want to add here for the reader's benefit, this state of Joy or Euphoria I was in was actually brought on by a very deeply moving, intimate, spiritual sexual encounter I experienced with my husband that morning.

We decided to share our Joy by taking our two sons to the local Aquatic center for a playful swim.

I recall hearing sounds of laughing children and feeling my Joy increase as we emerged from the change rooms and entered the pool area.

As my Joy level increased the sounds became more harmonious and the colors became brighter. Then right before my eyes all the people of all ages and sizes suddenly transformed into angels.

Everyone had sprouted a set of angel wings!

I remember thinking how beautiful everyone was. It was like I was seeing that ordinary people were actually all angels. Everyone was an angel!

There was an elderly woman sitting on a bench beside me stitching a petty point watching some children play.

I turned to her in my amazement and I said something like, "Everyone has wings. We are all Angels."

This sweet lady smiled at me and nodded in agreement like she was in on it too. I honestly felt she was not from this planet. Like she was watching me and was there to confirm what I was experiencing.

This or she was just very polite while thinking I was very delusional. But in any case who but an angel would sit doing petty point in an aquatic center while watching children play?

From that wonderful auspicious day forward I have been convinced we are all Angels having a human experience on a beautiful playground planet created for this!

Much Love from,

Lady of the Light!



## Amanda Lamond: The Role of Lightworkers

November 26, 2022

<https://goldenageofgaia.com/2022/11/26/amanda-lamond-the-role-of-lightworkers/>



*When Amanda shared her channelings with me, I asked her if we could post some of them.*

### THE ROLE OF LIGHTWORKERS

SEPTEMBER 2022

The object for many Lightworkers is to drive away humanity's ignorance, error and superstition and to bring them into the radiant light of divine truth and knowledge so that they can begin to live and fulfill themselves as they should according to the purpose of their earthly incarnation.

You are here to challenge the belief that how things are is “normal” simply because that is how a person remembers them to be. For example, a child born blind would think it is “normal” that everyone is having the experience he is. But you know this is not so as you have a different vantage point. (We shall not here go into why a child may be born blind and the purpose this may serve that soul’s evolution - this is a digression from this explanation).

The reason we give this analogy is so that you understand that it no longer makes sense to accept the way things currently work on earth. Remember that because people are under the illusion they are their egoic selves. They are running the fear based programmes that have been spread amongst your population for eons.

Some are managing to “lift the cover,” if you like, and realise that simply because this is how things have been, does not mean that there is not a different way. Now you have the additional problem of the unworthiness programs also being pushed into society - for example, the daily broadcasts on planetary destruction and wars and climate change - all these things keep people, who might want to create change in the world, feeling there really isn’t much they can do in the face of the enormity of these problems.

But this is just a particular storyline that is being pushed. So firstly you have the “this is how things are” programme and secondly the “there’s not much you or I can do about it” programme. These are not truth! There is a huge amount you can do! And are doing!

And yet these positive initiatives are not shown in your mainstream news. We are aware that there are many beginning to create their own channels of alternative news so that attention can be placed on wonderful initiatives all over the world that improve the lives of many on the planet, and the health of the planet itself.

All of you alive at this time have grown up in societies where there are bad guys and they must be caught and imprisoned to keep everyone safe. This narrative underlies all your books and plays and TV programs in such uniformity that you have never questioned that this is perhaps an inaccurate portrayal of how humanity truly experiences life. You do not see movies exploring how a character has created the reality they now experience, except in movies that explore artificial consciousness and how it can be manipulated and such films increase your fear.

During this time you are changing. Many of you are waking up. Those who are able lift up that cover - that cover of “this is simply how it is” and say “let’s do it differently.” Of course there will be much opposition from all those too fearful to look deeper and anger from those who benefit from the system as it is, whether they are conscious or unconscious propagators of such system.

You are here to lift the cover. You are Lightworkers. You will of course be judged by your peers as you are questioning the foundation upon which their lives rest and their egos cannot tell the difference between being physically threatened and having their identity or belief systems threatened.

Lightworkers are here to hold the Light so that others may find their way to this Light. So that more and more of you rise and start to see “there is a different way to run our planet” and “there are enough of us who want this different way” and “we can collaborate with each other and choose the best leaders” and “we can design systems that serve the flourishing of all people and the Earth” and you believe that the majority of citizens would support the creation of new systems to serve The People.

Start where you are today. Who is in your path today that you can support, not by trying to change them in any way, but by anchoring YOURSELF firmly in the Light, knowing that by doing so you are in service to all those with whom you come into contact.

Choose peace, choose joy, choose gratitude, and know these waves will emanate from every task you undertake this day if this is what you hold in your Heart as you take each action.

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Steve: I'm sure Amanda will be fine with me adding her intro to her Awakening Lawyers course:

[video mp4="<https://goldenageofgaia.com/wp-content/uploads/2022/11/5-week-Online-Coaching-Programme-for-Awakening-Lawyers-with-Amanda-Lamond.mp4>"]

## **Jonathan Van Valin: Welcome To The Magical Mystery Meeting Tour!**

December 13, 2020

<https://goldenageofgaia.com/2020/12/13/welcome-to-the-magical-mystery-meeting-tour/>



[www.AssistTheSpirit.com](http://www.AssistTheSpirit.com).

Sometimes seekers come to a meeting with a spiritual teacher, and experience a rush of energy. “Oh!” they might say, “could you feel that? The energy here is so powerful!”

I know what they mean. I’ve felt it too.

Some seekers follow teachers, or go live with them in ashrams. “Just being around the teacher...” they might say, “this state of bliss just arises in me” (or joy, or peace, or love or....).

Besides the peace (or bliss or joy or love)... You know what’s great about experiences like these? They tend to spread. To other people; to other aspects of one’s life. Even if only for a moment. Sometimes longer. The decisions we make from this place tend to be more life-positive too.

Maybe best of all, they point one's consciousness towards greater "expansion" in general, towards the rediscovery of one's true nature. Amen! What a beautiful gift! Experiences of deep peace aren't the only trick in the book, but... how lovely! Amen for these experiences!!

Often, this is why people come to spiritual gatherings. And it's a great reason if it works for them. It's very much like someone that's been getting rained on going to find a sunny place. Life has been a bit gray? Cloudy? C'mon out! How nice that some have found this particular way to find a little sunshine.

Sometimes this is a major revelation for people, as they discover visiting a spiritual teacher or gathering can clear away the clouds for a little while. Now they seem to have a way out, at least temporarily. Amen! How wonderful they are no longer relegated to the rain! Amen!

However... now the seeker must chase the sun. Is it here? Is it there? One cannot always go and find it, and even so, may have to chase it all across the face of the earth. What pain!

Love cannot let this suffice.

What is a sun-seeker to do? Or the teacher?

A true teacher helps the seeker discover their umbrella.

Thus, the seeker reclaims their own power to get out of the rain when they like. Perhaps the seeker learns to build a shelter, so that even an umbrella is no longer necessary.

It still rains sometimes, but it's no problem staying dry. Eventually one knows, unequivocally, they literally carry the sun with them... How could there ever be an issue of rain in the first place?

And what of the teacher? They've long since become irrelevant. Chasing the sun is absurd.

May the sun rise within you!



## Amanda Lamond: “No Other Can Take That Step for You”

November 23, 2022

<https://goldenageofgaia.com/2022/11/23/amanda-lamond-no-other-can-take-that-step-for-you/>



On May 7, I [Steve] wrote that "Amanda Lamond has a calling to create a spiritually-based organization (council) of awakening lawyers to receive the frequencies for the creation of the next legal system." (1)

As if that's not enough, she also channels. I've asked her to share with us some of the conversations she's been having with her guides. I wish I had the ability to talk to mine this way. I'd expect that'd make things easier....

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AUGUST 2022

Dear One,

No murmur of judgement passes our lips. We open our arms and invite you home again. In our embrace you can let go of the need to figure it all out for a moment. Yes, that's right. Stop thinking and merely take these words as our gift to you.

You are indeed making steady progress now and we are most pleased. You are seeing the state of resistance you had been in for so long. We know you may question why you had to suffer so, but can you now see that only YOU can reach the point of being tired of fighting yourself? No other can take that step for you. You would resent them for it. So the process is a solitary one but less so when you realise how many other souls are dealing with exactly the same thing, though each in his or her unique way.

There are things we wish you to turn your attention to at this time. A gathering of people who see the similarities in multiple fields and how the underlying premises are the same.. Exactly as you have foreseen. Zach Bush will speak of developments in medical theory if you like - imagine a textbook from 100 years hence when students would be told about the ancient materialist medical philosophy when mankind was under the illusion people had physical, rather than energetic bodies. The same thing is happening in the law as lawyers awaken. But as you know this feels slow to you!

We ask you to speak out, to trust that you can, and you must and you have everything you need to reach many many 1000's of people with all you are perceiving. Yes, it requires you to transcend all limiting programs that are keeping you stuck from sharing yourself fully with the world at this time. It is safe. You can do this. (2)

The experiences you seek are all around you. Yes, you are trying to numb yourself out but you would not wish to do so were you tapping into the greater levels of divine bliss and ecstasy that await you dear one!

Sit in the silence.

Contemplate the Divine Mother/ Father God.

Connect your feet to the earth and your heart to the sun.

Practise watching the ego.

### **Footnotes**

(1) "An Invitation to Lawyers Who are Called to Build the Next Legal System," May 7, 2022, at <https://goldenageofgaia.com/2022/05/07/an-invitation-to-lawyers-who-are-called-to-build-the-next-legal-system/>

See Amanda Lamond, Awakening Lawyers, "An invitation to lawyers who are called to build the next legal system – one that is way beyond what 99% of humans can currently imagine," 2022, at <https://www.awakeninglawyers.com/metaphysical-council>

(2) Notice the reassurance of safety. On this subject, see *On Lightworker Protection and Humanitarian Philanthropy*. <https://goldenageofgaia.com/wp-content/uploads/2022/11/On-Lightworker-Protection-3.pdf>

## **Amanda Lamond: I Want Only to Find the Bliss of Union with the Mother**

November 25, 2022

<https://goldenageofgaia.com/2022/11/25/amanda-lamond-i-want-only-to-find-the-bliss-of-union-with-the-mother/>



*This "share" was originally an email from Amanda, but I asked her to let me post it. And I encouraged her to write more for us. I hope you join me in that:*

The desire to help ease others' suffering is growing so strong in me.

In my case it's a particular way of easing suffering which I clarified when I did the "discovering your true essence" exercise that was on GAOG some months back. I saved it but can't recall who channelled it. (1)

I got the message loud and clear that my gift or true essence, as this piece termed it, is helping people to see they are unconsciously creating their own suffering. It all makes sense now ... why the lawyer thing ... because that's what clients are doing - they're experiencing something they don't like and want a lawyer to fix it.

I'm being shown visions of a future me whose frequency is so high people can heal in my presence. It's interesting integrating this part of me - that wants only to serve the Divine and to look into people's eyes and let them know how loved they are.

She's not around all day, this Amanda (2) - mostly I'm too busy and worrying about things - fully in my ego - and then suddenly there's Amanda who wants only to find the bliss of union with Our Divine Mother. (3)

I keep feeling "jeez, this is fast. Who the hell am I?" (4)

*An angelic awakening? I'd say this is at least the description of life after a heart opening and possibly more that I'm not aware of. Keep going, Amanda! You're also a pathfinder!*

## **Footnotes**

(1) A Natalie Glassen message.

(2) Before leaving the Third/Fourth Dimension for the Fifth, no spiritual experience is lasting. For transformative love to be lasting would be Ascension - not only Fifth Dimensional but also a permanent heart opening.

It may also be that what Amanda has experienced is what all of us will experience from the Ring of Fire, which I'm sure will be the equivalent of a planetary heart opening.

On the latter, see *The Ring of Fire, Wave of Love* at <https://goldenageofgaia.com/wp-content/uploads/2022/09/Ring-of-Fire-Wave-of-Love-R7.pdf>

(3) "God cannot be seen without yearning of heart, and this yearning is impossible unless one has finished with [is detached from, unmoved by] the experiences of life." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 1011.)

"Nothing whatsoever is achieved in spiritual life without yearning. ... This yearning is like the state of mind of a man who has someone ill in the family. His mind is in a state of perpetual restlessness, thinking how the sick person may be cured."  
(Ibid., 96.)

(4) An Angelic perhaps? See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/12/An-Explosion-in-the-Meaning-of-Humanness-8.pdf>

## **Jonathan Van Valin - A Doorway to Truth Wide Open Within You**

Nov. 29, 2022

<https://goldenageofgaia.com/2022/11/29/jonathan-van-valin-a-doorway-to-truth-wide-open-within-you/>



<https://www.assistthespirit.com/a-doorway-within-wide-open/>

I stood at the end of a pier, drinking it in... The snow-capped Olympics glistened over Puget Sound from end to end on this particularly warm evening in April.

Rigging on hundreds of boats tinkled casually amid an occasional seagull's cry, and in the distance ... as is common if you listen around dusk this time of year ... was a frisky chorus of sea lions, barking.

There was no call for urgency right now. Nothing to defend, and certainly no cause for harshness. “God... this place is SO beautiful!” I thought, absorbed for a few long moments in the mountains and water and sounds and salt air.

Even as it galvanizes us, we tend to calm down in the midst of beauty, don’t we?

Whether a captivating scene in nature, a favored work of art, or a special moment with a loved one, a beautiful experience tends to feel full and rich and complete. It opens wide the door to quietude, beckoning to the peace within us... from which a quiet joy leaps so easily! So naturally! Doesn’t it?

At no point did I think:

“I should try harder to focus on this.”

“Perhaps I could earn it if I struggled more.”

Nope. Just stood there. Sights, sounds and smells somehow tugged on my inner dimensions automatically, pulling gratitude and contentment from the depths that stretch well beyond the surface of this body.

I’ve noticed a big adventure is not required for this experience either. An evocative piece of music in my earbuds or beautiful photo will nudge me towards that inner quietude and peace too, as will a tail-wagging dog.

Just talking *about* a beautiful experience doesn’t carry the rich, energetic power of the direct experience. Better to be *in it*... soaking.

Sure, there may be more to our stories. Life will bring other experiences, including the difficult and painful.

But from what better place could one meet *whatever* life brings?

In the midst of a beautiful experience, it’s almost hard *not* to feel loving. When really grounded in love, it’s almost impossible *not* to see and accept more of what’s really true.

Beauty = Love = Truth



As such, experiencing the quiet peace of beauty has deeply practical implications for our daily grind. Beauty opens wide the door to Love and Truth, and from this sanctum *we make better decisions about our lives.*

There can be a time and place for counting one's breath, or prayer or chanting or practices of any kind. But in the meantime, in richness and fullness, may these beautiful doors crack wide open, within you.

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Bio: Jonathan travels, writes, creates media, and meets with people to share what's been received. His essential function is to help remove blocks to awareness of our deepest being and live from the peace that pours forth. You are warmly invited towards this.

Jonathan has led an outwardly ordinary life, during which a long series of inner events pointed him towards relinquishing much of that life in favor of awakening and a radical falling away of egoic self.

Like to contact Jonathan with questions, read more of his work, offer comments or suggest topics? You're invited to be in touch with him at [AssistTheSpirit.com/contact/](https://AssistTheSpirit.com/contact/). Thanks for reading!

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Download *A Doorway Within, Wide Open* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/A-Doorway-Within-Wide-Open-2.pdf>

# Jonathan Van Valin: I Nearly Died For This. Was It Worth It?

December 11, 2022

<https://goldenageofgaia.com/2022/12/11/jonathan-van-valin-i-nearly-died-for-this-was-it-worth-it/>



Jonathan Van Valin has arrived back in Seattle after his travels and sends along a booklet describing his original experience that explains his wisdom and humor.

Here's a teaser from his book. Jonathan is recovering from a super painful operation when he feels his life force ebbing away:

"... then came the third recognition which blew me away, in a very literal sense...: As each iota of bodily life force drifted away, there was an equal, growing awareness of melting into an infinite vastness, in which even this non-corporeal 'observer-me' – this sense of self that was separate and individuated but not physically embodied - was losing its individuality. The completion of this merging-into-the-infinite was obviously at least a couple days off. And breathtakingly beautiful. ..."

"As the body died a little more and a little more, merging with the infinite happened more and more. The exquisite, gentle peace... it really is quite beyond description. Lovely beyond belief. "

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Download Jonathan's *I Nearly Died For This. Was It Worth It?* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/I-Nearly-Died-for-This.pdf>

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We'll be hearing of more and more experiences like Jonathan's and Amanda Lamond's. We're just getting started.

So enjoy Jonathan's story of his experience.

Please remember that many lightworkers whose work includes communicating with people may find their spiritual experiences toned down so that they don't lose their rapport with others. (1)

### **Footnotes**

(1) On this subject, see "The Higher Management of Our Enlightenment Experiences – Part 1/2," June 12, 2021, at <https://goldenageofgaia.com/2021/06/12/321617/>

"The Higher Management of Our Enlightenment Experiences – Part 2/2," June 13, 2021, at <https://goldenageofgaia.com/2021/06/13/the-higher-management-of-our-enlightenment-experiences-part-2-2/>.

Download Jonathan's *I Nearly Died For This. Was It Worth It?* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/I-Nearly-Died-for-This.pdf>

## **Bethel Barr: Crystal Corridor of Light: The Starseed Highway – Part 1/2**

January 7, 2023

<https://goldenageofgaia.com/2023/01/07/bethel-barr-crystal-corridor-of-light-the-starseed-highway-part-1-2/>



Bethel Barr has completed her first book - an autobiography - and is working on her second.

The first segment of her first book sets out how she became a writer and spiritual teacher. Later in the book she explains and shares the extensive information she has learned while travelling that journey.

As a snowbird, Bethel spends her winters in Arizona and the summers in Alberta, teaching classes in both areas along with assisting others through spiritual counselling.

Contact can be made via email: [bethelbarr@icloud.com](mailto:bethelbarr@icloud.com)

And through her website [crystalcorridorlight.com](http://crystalcorridorlight.com) where you will find more information regarding her book.

I'd like to add here that, in my view, a demonstrated willingness to write about our experiences and learning persuades our angels to give us more. I can't wait to read Bethel's second instalment.

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## **Early Life**

My life learning began early. ...

One day while outdoors playing in the woods, I saw something flitting from tree to tree. It presented itself as a dense shadow, dark gray, adult-sized, but indistinct. I watched it curiously, wondering what it was that I was seeing. ...

Many years later, I learned that dense shadow was my very own guardian angel, and the experience of the moment was planned preincarnate. I also learned that Spirit has countless ways to get our attention and communicate with us. ...

As soon as my three sons were adults and on their own, the paranormal experiences became more frequent, and I realized that the journey of a dedicated and conscious Starseed can be, and often is, a very lonely and confusing time, and so it was for me. I desperately wanted to meet with and talk to other people like myself, people I could relate to who would understand what was happening to me and why. ...

## **Bethel Meets Her Guardian Angel**

During one of those visits, ... the psychic told me that she knew of a powerful medium who had been channeling the archangels and angels for twenty-five years. One more door was opening for me, and this time, it was a huge door!

This lovely lady gave me the contact information for the channeler of angels, angels, I made the contact, and my life changed. As long as I live, I will never

forget the first words that came from Spirit through that very gifted Channel of Light:

“Greetings. My name is Lucinda, and I am your guardian angel.”

My guardian angel, through that beautiful channel, told me she was communicating with me through the streetlights blinking on and off, and she explained the difference between guardian angels and spirit guides. Spirit guides come and go throughout the life stream, but the guardian angel never, ever leaves; he or she is the one constant in the life of an incarnated soul.

It was a lot of information to take in, and my feeling were of indescribable joy and elation.

(To be concluded tomorrow in Part 2.)

## **Bethel Barr: Crystal Corridor of Light: The Starseed Highway – Part 2/2**

January 8, 2023

<https://goldenageofgaia.com/2023/01/08/bethel-barr-crystal-corridor-of-light-the-starseed-highway-part-2-2/>



(Concluded from Part 1.)

### **Communicating with Her Guardians**

Later, I learned that all the angels and guides are just waiting for their disciple to want to communicate with them; we just need to hold the intention and then make the effort.

That was a major turning point in my spiritual life, and I was totally committed to learning more. It was as if a huge, brilliantly lit doorway had opened for me, and the desire to explore every inch, every nook and cranny, was front and center in my life. ...

I continued my search for truth. Then, one day, I heard the name “Goddess Ishtar.” I was at once enthralled and determined to explore this topic further. The next time I was able to converse with my newfound psychic and channeler of angels, I asked why the name Ishtar had caught my interest. This was the answer that came through from the Spirit world:

“Because you are a Star person.”

I was completely shocked into silence. After a few moments, I asked in a small voice, “What is a Star person?” The answer from Spirit, through the gifted psychic, was, “You are not from here. You are from another planet.”

### **From the Pleiades**

That day, I learned that the latest star system I’d inhabited was the Pleiades Star Constellation, and the planet I was most recently from was Erra. ...

I had heard of a gifted metaphysician who worked in [a] New Age bookstore, and the day I visited, he was there working with a group of other psychics. I later learned that he also was a teacher of the Ancient Wisdom and hosted classes at that location.

Curious to meet this individual, I decided to contact him for an appointment. During the initial reading and session, he told me that I should teach. I was puzzled and a bit confused. I had no plans to teach anyone. I wanted to learn and have someone teach me!

However, those words stuck with me, and so I began to move forward on the advice, feeling my way along blindly. ...

[In] my first attempt[s] at publicly trying to bring through messages from Spirit ... I would receive only a word or two—enough to pass on a message. But that expanded the more I worked at it, and soon I realized I loved bringing messages forth from Spirit! What a thrill it was! ...

In November 2012, I realized I was ready to start my own group. ...



I found someone to construct a web page for me, also called Crystal Corridor of Light ([www.crystalcorridorlight.com](http://www.crystalcorridorlight.com)), and began to write blogs. I published my first blog November 28, 2015. ...

### **Light Language and Chanting**

One day while trolling the Internet, I came upon a website that revealed yet another part of my diverse and countless incarnations. It was a short audio clip labelled “The Chanting of the Lemurian Priestesses.”

Once again, I was drawn to a new experience. As I listened to the chanting, I put my head down near my computer and absorbed the words. Suddenly, I found myself chanting along with them. I knew the chant! I knew the words! I remembered the intonation. ...

I’ve had countless experiences along this path that I have chosen....

### **I love my work. I love my mission. I love my life**

[One day] From out of nowhere, from the astral, from the cosmos, from the higher dimensions came these words: “We see you writing a book. ... Do you accept this task?” ...

Writing this book is an important segment of my life plan that I had chosen before taking human form, and I had forgotten about it. For someone like me, who had never thought of writing a book, it was quite a shock, but I recovered and carried on. ...

And so, this book was born. My journey has continued to progress, to evolve, as have I: hosting more classes, writing more blogs, meeting more wonderful, like-minded souls who would gift me with their presence at my meetings, thus enriching my life even more. And now this book exists, my life experiences compiled within these pages.

I love my work. I love my mission. I love my life.

## PAPERBACK

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## June Deborah Meek: Journey to the Higher Dimensions – 1/2

January 7, 2023

<https://goldenageofgaia.com/2023/01/07/june-deborah-meek-journey-to-the-higher-dimensions-1-2/>



June Deborah Meek has a special gift and I'd better let her explain it:

"I don't channel. Will not open myself up to that. And I don't astral travel. Not interested in it. ... [But] yes, I do a lot of traveling out in the universe. ... A part of my mind 'see's' and I don't have a word to explain this."

Notice what June says next:

*"After I saw what I did and felt that pure, unconditional love we will experience every moment of every day? It was hard for me to come back down to where we are now."*

It's music to my ears to have someone else validate the powerful impact of higher-dimensional love. I feel like jumping up and down and saying, "See! See! That's what I was talking about!" I'm all of five years old again.

Notice too that June did not want to come back to the Third after experiencing that love. This may be why the Company of Heaven tones our experiences down, lest we not want to return.

---

I've had numerous, spontaneous visions that have sporadically occurred in my lifetime. But I have no control over them. And I don't know when they will occur. But these visions are in full color, and I just observe what I'm being shown.

But in 2015, I experienced a new kind of vision. In this vision, I was an active participant. Thank goodness I was laying down when this one happened.

What I experienced is what it feels like to move from the 3rd dimension up into the 4th. The feeling, colors and light were brighter than in the 3rd. And then from the 4th, I moved into the 5th and this is when I "forgot" everything that happened in the 3rd. The memories were erased. Plus, the light and colors I saw were more vibrant and brighter.

Then I moved up from the 5th into the 6th dimension and was overwhelmed by the pure, unconditional love that I was feeling. Furthermore, the colors were even more vibrant and beautiful.

I found myself standing in a room with a large opening that didn't have doors. Outside that opening were clouds. I was up in the clouds and so was this room. And off to the left, outside of the room, was a bed sitting on the clouds. And the first thought that came to mind was, "I can rest!" And I sensed that this had to be heaven. Moreover, the clouds were numerous pastel colors.

Then I turned around and looked into the room. The walls and ceiling were golden. This room was filled with every human being who was ready for and had moved up to the 6th dimension. And every single one of them was crying in happiness. They were overwhelmed by the pure, unconditional love flowing into them, which was in stark contrast to what is experienced in the 3rd.

Then I saw Jesus and Mary Magdalene walking through the large opening. In the past, I have seen and talked to Jesus on different occasions. But I had not seen Mary Magdalene before. She was wearing an ankle length, billowing gown and a

shawl around her head and shoulders. And her hair was dark brown and very long. Mary Magdalene's face is beautiful and serene. Furthermore, she oozed a quiet but commanding confidence based on pure unconditional love.

Without a doubt, they are equals but Jesus defers to Mary Magdalene! Then Jesus and Mary Magdalene held hands and started walking down the wide wooden stairs into the golden room.

This is when I became engulfed by the pure, unconditional love emanating from them and I began to cry. By this point, I was at the bottom of the stairs, watching them walk down. Then I turned and looked at the people in the room, and outstretched my right arm and hand in the direction of Mary Magdalene and stated, "And this is the woman they called a whore."

Then I began sobbing because of the great deception that was placed onto her that people may still believe. Furthermore, the power of the pure, unconditional love emanating off of them enveloped us all. We were in the presence of two Master Souls.

(Concluded in Part 2, tomorrow.)

### **Footnotes**

(1) "Enlightened by Jesus," December 20, 2010, at <https://goldenageofgaia.com/2010/12/20/enlightened-by-jesus/>

## June Deborah Meek: Journey to the Higher Dimensions – 2/2

Jan. 8, 2023

<https://goldenageofgaia.com/2023/01/08/june-deborah-meek-journey-to-the-higher-dimensions-2-2/>



(Concluded from Part 1, yesterday)

June is shocked to see "another Creator" on the 7th Dimension.

However, each dimension, each universe has a guiding spirit that Matthew Ward calls "God" and June "the Creator." (1)

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Then the Mother Father Creator appeared at the top of the stairs. They were pure mind, pure energy, but manifested in the outlines of a male and female. Their bodies were translucent and I couldn't see their facial features. But they, too, were holding hands and walked down the stairs behind Jesus and Mary Magdalene.

Then I saw Archangel Michael flying into the room through the large opening. And he stood to the left of the opening to the clouds. Then I walked up the stairs to stand next to Archangel Michael. But the magnitude of what we were witnessing and feeling? I have no words. Because our vocabulary is inadequate to convey the range of emotions that we experience.

As I stood next to Archangel Michael, something above my head caught my attention. So I looked up and saw an opening in the ceiling. Blinding white light came pouring out and I saw a male light being. He extended his right arm and hand down to me.

And in an instant, I knew he was letting me know that I can go to the 7th if I wanted to. And in the next split second, I understood that I was being shown what the 7th dimension is.

And in the next split second, I knew that there is another Creator above our Mother Father Creator, but who exists in the 7th dimension! But being given this truth shocked me senseless. My head snapped back and my body reeled because the thought of there being many Creators never crossed my mind.

To sum up, it took me a year to wrap my head around this revelation. But Archangel Michael told me that I wouldn't have been shown this unless I was ready for it. Furthermore, Michael told me that, yes, I can go to the 7th dimension if I want to because that door is open to me.

And now, in retrospect, why am I writing this? I wonder if I came from the 7th dimension. Because when I was six years old, I would stand by the window and look up into the night sky. I had a deep sense of loneliness, of not belonging here, that the earth wasn't my home. And I had an overpowering yearning to go home- wherever that was- along with a deep sense of sadness for being here on earth. My home was out there, somewhere in the universe. I just didn't know where.

Many people have written that there are different levels or densities in each dimension. However, I don't know if this is true. While this may be true, I don't know if anyone has proven it. So I take this information with a grain of salt. Because I don't know. To sum up, only Supreme Creator knows the answer.

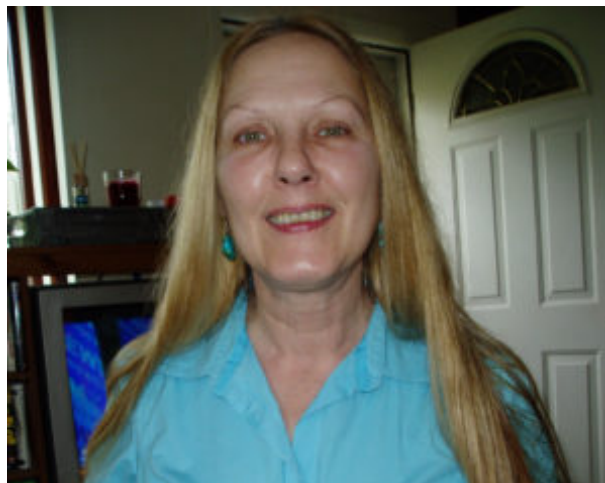
Anyway, after I was allowed to see a glimpse of the 7th dimension, I felt myself moving back down through the dimensions. But I didn't want to go back to the 3rd! Not after what I just saw, felt and experienced!

But I also understood that this experience was a gift to me. And I wonder how many others may have experienced this, too. In retrospect, I'm hoping that what I was shown does indeed happen in this lifetime. Because a lot of us are aware of ascension. Just about everyone in the metaphysical field speaks of this happening in this lifetime.

Surely, something magnificent has been occurring here and out there. It's an ongoing process. As a result of this, all of us will see whatever is going to happen. Whether we are on the other side, or still in our physical bodies. Truly, we will witness it.

### **Footnotes**

(1) See "Matthew Ward Provides a New Map of Heaven – Part 3/4," September 27, 2022, at <https://goldenageofgaia.com/2022/09/27/matthew-ward-provides-a-new-map-of-heaven-part-3-4/>





# Living in the Now

January 22, 2023



# Lady of the Light: Spirit Leads Me to My True Work

Jan. 17, 2023

<https://goldenageofgaia.com/2023/01/17/lady-of-the-light-spirit-leads-me-to-my-true-work/>



I'd like to share with you an amazing spiritual experience that took my life in a whole new direction.

It is my hope to inspire some of you as we go forward into more Spirit-guided work on New Earth.

Some years ago when I was 40 years old, a mother of two young boys aged five and three, a partner with my husband in a Landscaping business, a Reiki Master, and a Hospice volunteer I became aware my life was in for a big change.

A major overhaul!

I could see my marriage was on the rocks and the tide wasn't about to lift us off them any time soon. And along with the marriage the family business partnership was going to dissolve. It was just as well since I was no longer interested in landscaping what I could see Mother Nature had created perfectly before man and machine had torn it all apart.

I knew I wanted to do something I Love while providing a service to humanity. I knew that 'I knew' who I was and I wanted this service to come from my True Self-expression and purpose.

And I knew I wanted to be able to provide well for myself and my sons.

Next I decided to enter into a career planning program at the local college. I don't actually recall the career suggestions that were supposed to 'fit' my aptitude and personality profile, but I do recall feeling quite uninspired by it all.

I knew this was not going to give me the direction I was looking for.

So I decided the only way for me to know my next step was to go inside and ask my Spirit.

I decided to sit in meditation every morning and ask until I got my answer.

So every morning I'd find some solitude in the house, get quiet and say the following prayer:

"Spirit I know who I am. Please show me my true work. How can I best serve by expressing my True Self?"

So every morning I would sit and repeat this prayer and then just listen. I did this for about 20 or 30 mornings when suddenly one morning as I sat listening for my answer a warm feeling of love along with a gentle light started to fill me from the bottom upwards. I felt a soft feminine energy with this Lovelight and very clearly I heard theses words,

"You need to be an RN."

The Lovelight that was delivered with this message was so Sweet and loving. I will never forget that feeling or those words.

I was so amazed and so excited and so happy to finally get my prayer answered Until the shock set in.

This 'Calling' if you will suddenly appeared like a very daunting mountain for me to climb. I had never considered myself a 'good' student. I hadn't ever thought of going to University to get a degree. Especially not starting all this at 40 years of age. Good Heavens, Mother, what are you asking of me? Would I be able to make the grades? So many questions and fears arose.

But in the end the beauty and love and clarity that was also delivered with my 'Calling' was stronger than any rational excuses my mind or any other minds conjured up to try to dissuade me.

And there was the Gift of asking Spirit for direction. You can't deny it when you receive the 'Calling'.

I also have to say the support I received from Spirit didn't stop with that answer to my prayer. It was ongoing and continued against all odds and against the guidance from college and University counselors.

Spirit kept guiding me and I believe opening the doors leading to my success in obtaining my Bachelor of Science degree and the best Nursing position in my wildest of dreams in my small-town hospital.

I Loved going to work everyday.

Every morning before entering the hospital I would stand outside the main doors and call in all my Spirit guides and Divine Mother and my Guardian Angels and ask them to assist me and guide me in serving to the best of my abilities.

Then as the big glass doors would open and as I entered my heart would open like shutters opening on a window and me and my guides would serve Love together like an unstoppable team.

Among my many duties in our small rural hospital I was able to lovingly care for many of my Earth Angel family who were exiting this realm and flying on into other realms. This was my highest honour and greatest joy.

I was very Blessed to serve as an RN for 15 years while raising my sons. I shared many cherished, heart opening experiences during this time with many beautiful Earth Angels.

My career ended abruptly in October 2021 when the Canadian government mandated covid injections to Healthcare providers.

I declined the injections and took early retirement.

Thank you for giving me this privilege of sharing my experience of how Spirit directed, guided and supported me in fulfilling my True Self Expression through my work.

My wish is that many people find this same Spirit-guided work and fulfillment as we go forward into our New Earth together.

Much Love & Light,

Lady of the Light



## Bethel Barr: Healing Your Lineage

Feb. 1, 2023

<https://goldenageofgaia.com/?p=342164>



Your lineage is your past - your own past and that of your ancestors. This is the lifetime many of us have chosen to heal any past lineage that is not in our highest and best good regarding our own ascension and that of the planet and the collective.

Each generation that is here has arrived with varying gifts. The newest souls are entering with more strands of DNA activated, are more conscious, more psychic, more able to withstand the onslaught of archaic beliefs that have been perpetrated upon humanity from the beginning. They are less willing to follow the status quo and more able to forge their own way with new ideas and a new set of values.

As we go deeper into the Age of Aquarius, the ensuing generations will solidify the work that those before - the Wayshowers - have accomplished as they forge their way steadily ahead, using the changing world to their best advantage, using and understanding the newer technology and the more modern ways of thinking.

In this way, through newer, kinder, gentler methods of living, by creating a society that works for everyone, we'll see the old ways disappear as the New emerges.

For the present, we can do our own work to bring about that healing. As we strive and succeed to raise our level of consciousness, we come into the realization that our parents, grandparents and earlier ancestors were not always right, that their methods of parenting and living were not always the best for everyone.

It was what they knew at the time. It is what they learned from their own parents and grandparents. Each generation has made terrific inroads into changing our world for the better and for exposing many antiquated beliefs that no longer serve us.

Everything is energy. Energy cannot be destroyed, but it can be changed. We all have the power to change the energy we create and the energy that exists in various circumstances.

Healing your lineage means changing your beliefs about certain ways of living and how you perceive that life. Changing old patterns that no longer serve you, such as corporal punishment in the home and schools, family abuse, addictions, unhealthy eating habits, are just a few examples.

As we work towards raising our level of consciousness, we begin to understand that often the old ways of parenting and living, such as violence, abuse and addictions, are no longer acceptable. Those energies do not belong in the new world and cannot survive as we move up in vibration as a collective.

Thus Lineage, past and present, can and will be healed.

## Bethel Barr: High Self and The Ship



My High Self is my Captain. The Ship is me. This higher part of myself is ever present, my constant companion and my power. She guides me through calm seas, choppy waters, and gales. She anchors me when life is unstable.

When the waters are rough and treacherous and I careen wildly, she's ever steady at the helm, navigating the tumultuous waves of incarnation after incarnation. After the storms pass, we glide smoothly and silently through the calmness that ensues.

Every now and then we encounter The Veil of Fog and that is when we maneuver cautiously.

When the Winds of Change billow through my sails, she's my loving, constant support and mainstay. Occasionally I veer off course and when this occurs, she's at my side with her amazing tolerance, patience and Love to gently but firmly show me the way back.

My Captain is all-knowing and ever vigilant as together we traverse the sometimes turbulent passage through Life – her love is of such purity and great depth that it's indescribable.



One day when we gaze at the horizon, we'll behold the Light and know we are at the place where the Earth and Sky meet – the physical and the Spiritual.

We are almost home.

She is my Guide through Eternity, and I'm infinitely grateful to have her by my side!