

The Consciousness State of Ecstasy



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Introduction



We're told that numerous technologists and technicians are working behind the scenes making med beds, replicators, Tesla free-energy equipment, etc.

Meanwhile, in front of the camera, so to speak, numerous spiritual students are investigating the contours of consciousness to find a way of talking about our spiritual journey.

Their work is done for the many people in the population who will have no idea what's going on or what's happening to themselves.

These wayshowers and pathfinders explain what Ascension involves and how it feels to experience the higher states.

Here we primarily investigate the divine quality called ecstasy. I surprise myself often when writing a booklet like this. I find all manner of things that I'd forgotten.

For instance, I think there are as many as four accounts of time spent in exaltation in this book. Exaltation is apparently a higher state than ecstasy.

I'd only remembered the original incident, when I was on my way to a local coffeeshop and entered this sublime state for a few seconds. But there were several more that happened after that. Thank heavens, I wrote them down.

The deeper I go into consciousness, the more I remain in the moment and the more I forget almost everything. Sooner or later, I'm going to have to stop resisting being solely in the moment.

Be that as it may, I assert, as a result of my own explorations so far, that there's a ladder of consciousness, and it goes beyond the Fifth or even the Seventh. It consists of these stair steps: love, bliss, ecstasy, and exaltation.

I know. We're used to thinking of dimensions. But for me, a student of awareness, I'm far more interested in how I feel than what the road sign says.

Love, bliss, etc., are all just names we've given to deeper and deeper forms of love. As love grows in intensity from what we think of as "love" to bliss to ecstasy and finally to exaltation, we find ourselves turned outward some of the time and inward some of the time - unpredictably. It makes it hard for others to be around us.

Bernadette Roberts found in her spiritual practice a time when she had to be intensely alone. But then, at a higher level (which I think was Ascension for her), she needed to be around people. I personally am in the intensely insular phase.

Ecstasy, which is the main theme of this booklet, is so conclusively satisfying that whatever one has going on with themselves, it's instantly taken care of and the decks are cleared.

It's as if we suddenly received word that the King was coming aboard our ship, on a surprise visit. Everything is hidden under a tarp and we stand at attention. Ecstasy is like that. In the face of it, we throw a lifetime's resentments overboard in a heartbeat and stand at attention.

However. One is infinitely more sensitive, in this space, and will avoid people whose vibrations are too dense and hard to tolerate.

Apart from that, recovery from all the grumbles and groans of our lives takes less than a second; ecstasy is irresistible.

It's the great peacemaker. The space of ecstasy is completion, fulfillment, satisfaction. One is left without any material wants.

So no craving and no aversion, two of the three pitfalls the Buddha warned us about? All that's left is the third - ignorance of our true identity.

Having said all this, I look back now after the exploration has concluded, and regard it as a toned-down experience of ecstasy, as I discuss in "The Quandary of Ecstasy" If this had been a full-blown Twelfth-Dimensional experience, I believe I would have burst my body and never have returned.

You've seen Michael and the Mother truncate most other experiences. I fully expect to hear that this one was as well.

Ecstasy is another of our launch pads - like detachment, stillpoint, and normality.

Ecstasy brings us, not to stillpoint and rest, but to complete satisfaction and rest.

Stillpoint sees the "I" of "I want" quiet down; ecstasy sees the "want" of "I want" quiet down. Both prepare the launch pad for whatever comes next.

Look how far in to the study of consciousness we've gone from the early days of reporting how we felt. Then sharing with each other authentically. Then seeing how all of this worked in relationship.

Then reaching the end of work life and beginning the life of the forest-dweller, burrowing into consciousness. And then the experiences - all road markers - start.

That's my fantasy about my own journey. Never quite made the forest but nothing fascinates me more than plumbing the depths of awareness or consciousness.

I hope that you enjoy these explorations and that they help you in your gradual upward journey to Ascension.

I want to thank my wonderful partners in this exploration - Suzanne Maresca, Sitara Williamson, Kathleen Mary Willis, Catherine Viel, Karen Hoffman, Len Satov, Brian Haley, and D'Arcy Oliver.

I love you, One and All.

Steve Beckow
Editor-in-Chief
Golden Age of Gaia

July 31, 2021 and After

What a Blessed Relief! – Part 1/2

August 3, 2021

<https://goldenageofgaia.com/2021/08/03/what-a-blessed-relief-part-1-2/>



Deliriously happy

I've held this article back a few days, unsure whether I should be posting it or not.

The experience it describes and comments on was not a full one. I wouldn't want people drawing conclusions on the basis of it for that reason. I worry that an account of a partial experience may confuse rather than clarify.

But in the end I thought that even explorations which are partial may contribute to our knowledge and so I post it.

I'd like to leave it to later research to say what dimension was involved.

I'm no longer in this space continuously, but the residue is surprising. For the first time in my life, I feel completely normal. It's as if the experience healed my issues.

I've been - abnormally - irritable, cynical, suspicious, guarded, you name it, until July 31, 2021. I've found it very difficult to get out of negative emotional territory and into positive.

This event, however, closed the chapter of my life associated with issues and with negativity. It took an experience of ecstasy to finally have me make the transition.

This account combines my notes during the experience with later additions to flesh them out.

It's 4:20 PM on Saturday, July 31, 2021.

There's a war going on inside of me, with much the same contours as the war going on outside.

I just became aware, through moment-by-moment awareness of myself, of a layer of me that is ... deliriously happy.

For now I can only contact it by being totally still. The moment I try to do anything in regards to it, the ego begins to run wild. What? Me, happy?

I, the observer, ask the body to welcome this unexpected visitor by being as still as a churchmouse so as not to set off the ego.

I go into stillpoint. (1)

To get through the muscular and emotional resistance to upsetting the ego by being happy, I have to go through a maximum of ego-generated distraction. Think of it as flak. Coming in from the left. There's one from the right.

Ordinarily I'd back down and go back to being grumpy. The ego won. I need peace and I trade submission for peace. Tough-guy self-image retained.

But not today because today I'm deliriously happy - at a deep level of myself, below usual consciousness. I can barely get in touch with it before the next egoic onslaught.

(This is why I say this was not a full experience and why I've been reluctant to share it.)

I invoke the Law of Elimination and ask the Divine Mother to take my conceptual knowledge away, my world of meaning. Give me a factory reset. The stillpoint of stillpoint. I definitely do not need this data bank that I carry around with me.

I'm very much aware that whatever is permanent will endure and whatever is temporary will not. I'm fine with that.

I'm now bereft of Steve. Since I've experienced my original innocence and purity, (2) I have a pretty good idea of what to expect in this current situation.

Still, normal, and bereft of identity, I let go. All is under the Mother's direction and she knows what she's doing. To control this in any way is beyond my pay grade. (3)

I next invoke the universal laws of Intention, Sacred Purpose, As Above So Below, and a few others and ask the Mother to restore me to my original innocence and purity.

Immediately I see that this is a bit of a ridiculous request because those qualities are always already here. There's nothing to restore to me or for me to be restored to. If my innocence and purity are not an integral part of me, then who are they an integral part of?

And then I remember ... deliriously happy? ... I know this space. This is ecstasy!

Once recognized, I immediately feel total abandon. Total completion. Total satisfaction.

Let me not let this space out of my grasp too quickly and let me not try to hold onto it either.

Let me allow it to pass downwards, as an energy, from a space inside my head to my chest.

I've never done this before. I see that this completes some kind of circuit of head and heart. The result is that, at this moment, I have the sense of not being bound by anything.

(Concluded in Part 2, tomorrow.)

Footnotes

(1) See "And Here It Is," June 11, 2021, at <https://goldenageofgaia.com/2021/06/11/and-here-it-is/> and "Stillpoint: The Dark Night of the Soul," July 11, 2021, at

(2) See "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/>.

(3) The Divine Mother once explained to me the role the higher orders play in our enlightenment experiences:

Steve: Implicit in what you are saying, Mother, is something that hasn't been really talked about very much and that's that the archangels or somebody else is managing our enlightenment experiences, timing, intensity... Am I correct in that?

Divine Mother: It is a Board of Directors rather than being, "managed by." That concept, the way that you have phrased it, dear heart, implies that you are being "managed." And that is not correct.

[Steve: Otherwise, it 'd be a violation of free will.]

Now also know, and it is delightful to speak about this ... the timing, the pacing (and when I say "pace," I mean the sequential unfoldment) of an Enlightenment process is such that of course you have a guardian [angel] and usually an archangel that is working with you so that it is humanly and can we say, soul or esoterically - via your universal self - managed.

So very often, the construct was that things were done for you or certain things were placed in front of you. Now I am not saying that there aren't great many things that are put in front of you and done for you continually.

But you are far more involved and engaged in your Enlightenment process in terms of literal, actual, physical, mental, emotional engagement than you have been previously.

This is a good point for a discussion and that is why we have talked this day of this chaos and this bouncing ball of untruth that is constantly in the air of human relationships right now.

But what is happening is that sometimes in terms of your, shall we call it “schedule?” that you are online for a certain upgrade or opening or level of becoming and the human being despite all the nudging and approaching and support tacitly or actually says, “I’m not ready” or “I’m not interested.” (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

Can you put me on the waiting list please, Mother, for when an invitation goes untaken?

What a Blessed Relief! – Part 2/2

August 3, 2021

<https://goldenageofgaia.com/2021/08/03/what-a-blessed-relief-part-2-2/>



(Concluded from Part 1, yesterday.)

I'm savoring this space of total freedom. It's just ordinary. It's just normal. It's simply the absence of fear. (1) Everything is so simple viewed from this space.

I know "normal," like bliss, also has a bad rap these days. But "normal" as in grounded, balanced, and peaceful is exactly the way I feel.

I have this fantasy image in my mind's eye of me entering Rome in a triumphal procession and everyone throwing flowers and shouting, "Yay! He's normal!"

The sense of completion I feel and the rise of normality bring with them a leaving of my life as a drama, set in motion by my Dad's violence when I was very young. With that chapter closed, I return to a normal life. (2)

Ecstasy was a high enough state that it lifted me out of my problems, issues, resentments, pessimism, egotism, seriousness and all the rest. But I don't mean "lifted" me for the moment as with bliss, but lifted me conclusively. That chapter feels closed to me now.

I immediately recall Mary Magdalene saying "love with abandon!" and I now know precisely what she meant. (3)

I would never have found the way out if left to my own devices, not at a Fourth-Dimensional level.

The other occasion on which I experienced ecstasy was in 2015 and that was for a brief time. (4) This time I come to it with questions, rather than just wonderment.

If I were not in ecstasy and someone suggested I experience a space of complete abandon, like delirious happiness, my insides, afraid of the ire of the ego, would immediately shut down any possibility of such an experience. No way. Not for me. I need to stand on guard. (5)

But, when *already in ecstasy* ... well, first of all the ego hightails it so as not to get fired. But second of all, considerations of any kind fly out the window; they dissolve like the mist before it.

I can now add ecstasy to the divine states that are dissolutive (my word). Love, bliss, and peace also dissolve our Fourth-Dimensional concerns.

Can I think of a divine state that doesn't sweep away our concerns? No, I can't.

My working hypothesis is that entry into any of the higher dimensions - and with it entry into the divine states - will see the dissolution of our concerns and considerations. Now to test it out.

So how do I feel?

On the one hand, I've just taken a bath in the Ganges and I feel happier than I ever have.

On the other hand, my clothes await me on the shore. My ego seems ready to spring as soon as I settle down.

But, for as long as it lasts, this freedom from all concerns, which feels so insanely peaceful and normal, is the answer to my prayers.

I didn't get to let go entirely and just dissolve in it. I need to remain grounded and expect my experience to have been moderated. But what a ride it's been, even so!

Enough note-taking and commentary. Time to go outside and enjoy the experience! What a blessed relief!

Footnotes

(1) When I say "It's," I'm being colloquial. I don't mean to infer that ecstasy is reducible to an absence of fear. But if I let myself fully experience ecstasy - and could - I'm sure I'd be deliriously happy.

(2) The unfortunate treatment started in the crib. I had excema as an infant and my parents tied me to the sides of the crib to prevent me from scratching. They wheeled me into the kitchen, there to let me scream until I fell asleep. I have very distinct memories of those days. I know the clock that was on the wall (a Felix the Cat clock). I can see the car lights going past, which I thought were ghosts. And I'm cold because I've kicked off my blankets in protest.

I don't actually recall a time when I felt as normal as I feel right now.

(3) "Do you realize that this tool of Love can be wielded with utter power and abandon, knowing that with every swipe of it, you become more whole, more entrenched in your divine nature — more whole within all your aspects, and more capable of absorbing and integrating all parts and aspects of you, multidimensionally, as well as with all aspects of Christ Consciousness/God Consciousness?" ("Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <https://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>)

(4) Preparing this booklet has shown me that I've experienced ecstasy on other occasions and forgotten.

(5) My Dad was the trigger for my guardedness but behind him, I'm pretty sure, was the past-life residue from a life as a military commander. Dad only awakened dormant memories, I now think, looking back from a place of normality

Swinging from the Skinny Branches - Part 1/2

Aug. 4, 2021

<https://goldenageofgaia.com/2021/08/04/swinging-from-the-skinny-branches-part-1-2/>



Koson (1877 - 1945), "Monkey Swinging from a Bamboo Branch"

I feel myself to be so far out on the skinny branches of self-revelation or transparency that I encounter resistance due to a fear of ridicule.

And then I read the encouragement in Blossom's and Daniel Scranton's channelings and I'm swinging from the skinny branches. (1) My courage is renewed.

I'm in a space of such sensitivity that any departure right now from what I feel is right or good or of love or light sets off a chain reaction in me of ... dismay.

(Perhaps read Daniel's channeling for a perspective on the way I feel.)

How long have I looked for a word to describe how I feel when I depart from my standards, my values? Yet now I can find it easily - dismay. There's been a large let-go inside.

I can trace the vasana (or core issue) back. While away at McMaster University on an Exchange Scholarship in 1965-6, I wrote the Ubysey (my home UBC newspaper) a silly letter.

My Mother clipped it out and sent it back to me with "Ugh!" written on it. That made a deep impression on me. That's the source of this vasana.

Ah, but notice this. Notice how easy it is to get to the source of a vasana these days? Just like that. Doesn't that speak volumes in itself?

I can remember a time when I'd wait days for the source of a vasana to rise slowly to the surface. Then I'd be jumping up and down over what I saw. These were Eureka! moments. Now the vasana surfaces as a minor inconvenience, an ache in the stomach. I see the source of it and it's gone.

And what was the source of it? I had a conniving thought. I was conniving, in the routine way one does in life when one wants one's way.

And I felt dismayed. That says how fine my brrrrrometer is getting. No, it doesn't mean it's cold in here. This device measures my teeth chattering on this white-knuckle ride!

I should be jumping for joy. But I'm new to these parts and still retain some of the bewilderment of the newly arrived.

Is it Ascension? No, Daniel Scranton clarified it.

"You get to decide which aspect of the fourth dimension you want to experience. There are lower aspects and higher aspects." (2)

Of course. Each dimension has twelve sudimensions. Each plane has twelve subplanes. I've probably mounted a subdimension.

Michael talked to me about this back in mid-2016. Here's his description then of the process I'm going through now:

Archangel Michael: You have experienced progressively, periods of unity, of transformative love, of ecstasy, of bliss that you feel (and I emphasize feel) come and go.

But every time, you have had this experience it has edged you up a level.

(3)

There's our answer.

Let me continue below.

(Continued in Part 2, below.)

Footnotes

(1) "The Federation of Light through Blossom Goodchild, Aug. 3, 2021," August 2, 2021, at <https://goldenageofgaia.com/2021/08/02/the-federation-of-light-through-blossom-goodchild-aug-3-2021/> and "The 9D Arcturian Council: Take Yourselves to the 5th Dimension or Regress to 3D," August 3, 2021, at <https://goldenageofgaia.com/2021/08/03/the-9d-arcturian-council-take-yourselves-to-the-5th-dimension-or-regress-to-3d/>.

I'd also have to add in "Matthew's Message through Suzy Ward, Aug. 2, 2021," August 2, 2021, at <https://goldenageofgaia.com/2021/08/02/matthews-message-through-suzy-ward-aug-2-2021/> What a power surge all three coming out within a day of each other was.

(2) Scranton, *ibid.*

(3) "Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.

Swinging from the Skinny Branches - Part 2/2

Aug. 4, 2021

<https://goldenageofgaia.com/2021/08/04/324722/>



Credit: [pxhere.com](https://www.pexels.com/)

(Concluded from Part 1, above.)

Archangel Michael: So that now you say to me, 'Michael, I feel like I have a new baseline. I have a new foundation of happiness.'

This is true.

AAM: But you also have a new foundation of knowingness, of understanding, of wisdom, of humility, of tolerance, of kindness. This has all been bringing you to an expanded sense of self and an expanded sense of not only how we operate but how the collective operates.

It has become clearer in a nonjudgmental way how things are unfolding and, dear heart, they are unfolding. You are seeing for example with your experience with your friend, that situations have need to be brought to the surface and clarified, not even in a way of general mayhem such as the wars or the atrocities that are taking place but in ways that are very personal.

Are all of us coming out of negative territory? The energies plus our clearing work plus the experiences the Company of Heaven bring to us (they could be different for each of us) are one way out.

AAM: So you are seeing what is the residual for humanity to collectively take, not only that progressive step, but the snap.

So this is how it will happen. Humanity having a snap, like my ecstasy experience, will close off a chapter for us and uplevel our experience. Just like that. I can see this now where I couldn't see it in mid-2016.

AAM: Every time you especially enter the transformative love, that is a snap. It is not the full dramatic snap [Sahaja Samadhi or Ascension] but it is a snap. Each time, you are progressing up what you can think of as a level.

OK, with each snap, up a level in consciousness to a new emotional floor.

AAM: Think of [entering] your love as flying back and forth through the portal. Now sometimes you're aware and sometimes you're asleep and sometimes you're off with me. That is what you are doing and that is what humanity is doing. ...

Steve: Fill me with bliss, peace, joy ... I am ready!

AAM: Yes, you are.

Steve: Maybe that's what I need to say to you. Is it bad to say, "Speed me along?"

AAM: No, it is not. It is simply a declaration of excitement, of willingness, of preparedness. I will speed you along, my friend! (1)

And so he did.

So I'm not alone in this. I'm just a willing guinea pig who gets to see a preview of the movie.

All of our snaps, if they are what he means by the word, will take us up a level.

To return to my main point, it's becoming such that I can't even have a conniving thought without a palpable reaction - in this case, of dismay.

When I was outside my body in 1977, I felt the consequences of having an emotion unsuited to the dimension I was on.

I was a Third-Dimensional being on the Fourth-Dimensional Astral Plane. Consequently I had to go back to my 3D body.

In the present case, a conniving thought was not suitable to the higher level of consciousness I was temporarily on.

Hindus might call this subdimension sattwa or purity, balance. (2) Afterlife mapmakers would call it the Higher Summerlands. (3)

Heavens, I welcome this. I am so tired of the tough-guy persona. If this is what it takes to emerge from it, I'm all for it.

And even saying that, there's no hurrah. No patriotism. No my side/their side energy.

I just feel stable. Notice that this space becoming permanent is still not proof of Ascension. So not all spaces becoming permanent prove Ascension.

In this case, based on what Michael says, it's a subdimensional "ascension" or uplevelling of consciousness - a "snap" or "ignition."

It's a scholar's pursuit to try to locate and map a spiritual experience. But, underneath it, do I really care? No. As long as I feel better.

Footnotes

(1) "Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.

(2) See "The Gunas - Sattwa (Equipoise, tranquillity, peace) - Synoptic descriptions of Sattwa" in *From Darkness Unto Light* at http://goldengaiadb.com/index.php?title=G#The_Gunas_-_Sattwa_.28Equipoise.2C_tranquillity.2C_peace.29_-_Synoptic_descriptions_of_Sattwa

(3) See "The Astral Plane – The Higher Summerlands" in *New Maps of Heaven* at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Higher_Summerlands

Spiritual Evolution at a Good Pace

Aug. 5, 2021

<https://goldenageofgaia.com/2021/08/05/spiritual-evolution-at-a-good-pace/>



...the view from the dome car....

I find myself intolerant of fear-based behavior right now. I have this thought that, if I go into agreement with it and descend to that level, I'll lose my tenuous contact with positivity.

I don't feel sure enough of my ability to stay in this realm to be around people ruled by it.

I feel very sensitive, very open. I feel the need to rebuild my life from the ground up. My life is in the repair shop for an overhaul, starting today.

The time spent in ecstasy re-established contact with my divine authority. In ecstasy I felt complete freedom, abandon, liberation.

Interestingly at no point did I think in material terms - I'm not free of the body, for instance. Yet I was unencumbered by bodily consciousness.

It was a totally spiritual experience. My spirit was free. Free from all concerns. Free to just be love.

I am in the space of ecstasy again just by talking about it.

Total satisfaction. I don't intend to stay, but I would like to spend a while here. And for that I have to turn off the phone and close down Skype for a bit. No interruptions. I need to wall myself off.

In this space, just as the sages say, I have no awareness of my body. (1) I can tune into it if I want, but it fades from my awareness otherwise.

The domain that builds and builds in my awareness is the domain of my consciousness - of my perceptions and conceptions, emotions and reactions. How I feel comes to assume great importance.

What Michael calls the mental and emotional bodies (we use different terminologies) are the focus of my attention as the observer. I operate more at the experiential level than I used to at this moment.

How can I describe ecstasy? First of all there are grades of ecstasy, from the feeling of total satisfaction that I feel right now to what I imagine to be a cosmic orgasm. I know there is more to ecstasy than what I'm feeling at the moment.

Apart from that, ecstasy, like all divine qualities I know of, can't be described directly. We can only describe its effects. I feel free. I feel satisfied. I feel happy. I feel complete. I feel lifted above all common complaints.

Of course, once one is totally satisfied, there isn't a great deal of inducement to go further. Further arises naturally but one is not overly moved to seek it out at this point.

Hindus would understand me if I were to say many people choose to stay in sattwa (purity, balance), which I think this is, and don't finish the journey because it's just so pleasant.

Detachment, Stillpoint, Ecstasy, Normal - these are waystations on my journey to Ascension. I'm not sure our waystations are necessarily the same. But you can certainly watch me unfolding one waystop ("snap") at a time.

My agreement is to go up with everyone else and write about it. Because I've agreed to write about it, I think the Company of Heaven gives me things to write about. This is the view from the dome car, as we pass the mountains and valleys of spiritual evolution at a good pace.

Footnotes

(1) Sadhu Arunachala tells us that bodily consciousness /identification must altogether go for there to be liberation.

"Actually it is not Self-Realization they experience but Cosmic Consciousness where they see all as one, identify themselves with Nature and the Cosmic Heart. In Hinduism this is called *Mahat*. Here a trace of ego remains even during the experience and a consciousness of the body belonging to the visionary. This false sense of 'I' must go entirely, for it is the limitation which serves as bondage. Liberation is final freedom from this." (Sadhu Arunachala [A.W. Chadwick], *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 23.)

The absence of bodily consciousness that he speaks of is a much deeper experience than me simply forgetting about my body.

Sri Ramakrishna tells us consciousness of the body falls away at seventh-chakra enlightenment, Brahmajnana or God-Realization:

"[When the kundalini reaches the seventh plane and Shakti unites with Shiva] the individual soul and the Supreme Soul become one. The aspirant goes into samadhi. His consciousness of the body disappears. He loses the knowledge of the outer world. He does not see the manifold any more. His reasoning comes to a stop." (Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 245.)

Liberation is of course Ascension or, to use Sri Ramana's terminology, Sahaja Nirvikalpa Samadhi, a permanent and full heart opening.

Worth More Than Rubies

August 6, 2021

<https://goldenageofgaia.com/2021/08/06/worth-more-than-rubies/>



I'm in so much ecstasy at the moment, I feel as if I could burst my skin.

My job is not to get deeply into experiencing ecstasy per se. It's to forego that depth of experience to remain aware so that I can write this down and others may find these states or spaces within themselves. With the aid of the celestials and the Mother.

A picture being worth a thousand words, I've attached one of my favorite bliss photos top, left. I feel a lot like that.

I confess that, when I breathe into the ecstasy and it fills me up, I'm then incapable of writing. Which shows Michael and the Mother to be correct in wanting to keep my experiences within range so I don't wander off. I undoubtedly would if I thought I could justify it.

Think of it for a moment: This state of being (ecstasy) has one feel completely satisfied. As long as one occupies this space, one does not need or want fancy cars, state-of-the-art digital equipment, trendy clothing, a prestigious address, etc. One needs and wants nothing more than this precious state itself, which is worth more than rubies.

I ask myself is this Ascension and I get back a "no." The experience is higher dimensional but temporary and undoubtedly toned down. I'm anchored in 4D and imagine I'll remain so at the end of this elongated experience. If there is an end.



Just as I was getting ready to retire, the feeling of ecstasy grew inside of me. I think it was because I'd put my computer away for the night and relaxed.

It grew and grew. It permeated every inch of my body. I was totally immersed in it.

Its effect is so powerful that it heals the memory of any injustice, any incomplete event, anything said or unsaid. All accounts are settled. We're left in the present moment, another launching pad for what's next.

Could ecstasy be what Jesus meant by the Great Comforter he will send?

Right now I'm simply allowing myself to simmer in it. But what would happen if I took this state of being into outside life?

I tried a couple of days ago and the attempt failed miserably. I scampered back to my burrow. I'll save you my self-serving story.

I think I'll stay off by myself for a little while longer to allow myself to enjoy this space without interruption.

I just had the thought that this space is as healing as a med bed. I can imagine that that would be true.

For that reason alone I choose to bathe in it all night long.

The Further Along You Go, the Less You Know

Aug. 6, 2021

<https://goldenageofgaia.com/2021/08/06/the-further-along-you-go-the-less-you-know/>



How many people have said, the further along this path I go, the less I know?

Now here I am saying the same thing.

Is it because we lose our knowledge? No, for me, it's because what I accept as knowledge becomes a smaller and smaller field. It's because my standards go up.

(1)

What do we call knowledge?

So much of what we call knowledge is information we've received from the mass media, which we've accepted as truth. And that's that on the subject.

So an airliner smashed into the Pentagon on 9/11. We saw it on TV. (Of course we didn't see it but....) I've concluded that that's knowledge and I'm closed on the subject.

First of all, that isn't knowledge; it's a belief. But I assert that our close-mindedness covers a much wider range of our beliefs than I think we may realize.

In this space I'm in ... I went to call it "bliss" and my insides rebelled. No, this is ecstasy ... what I accept as knowledge is a shrinking field. (2)

I remember, at the end of my vision in 1987, the words formed in my mind, "The purpose of life is enlightenment." Michael, I presume, had just shown me the entire journey of a single soul from God to God. I came out into the world from the Father and lo I return to the Father again, Jesus said, which describes this sacred arc.

I emerged from that experience saying to myself, now I know one thing: The purpose of life is enlightenment. Everything else was questionable or not knowledge.

I certainly look at myself, as I peel back the layers of the dimensional onion, and I find more and more beliefs disguised as knowledge. It's convenient. It sounds right. I have a meeting in half an hour. How much of my knowledge is of that variety? (3)

Moreover, the ego has an investment in inflating or exaggerating everything as a survival measure.

But the ego doesn't operate at stillpoint and it can't possibly reach ecstasy. In these two places I'm safe.

In terms of knowledge I'm fast becoming a pauper. I only know a few things.

But they're among the best things to know. (4)

Footnotes

(1) As we see from our contemporary political scene, whether we live up to those standards is the question.

(2) I am so glad I'm writing this down. I won't remember it by this evening. My reasoning powers will be there but not my short-term memory. I will be "in the moment," as Michael wants me to be.

(3) I may be a decent writer but that doesn't translate into having good ideas on, say, pandemics or global finance. I don't.

And my beat on the waterfront can only be so wide, bounded by my interests, *real* knowledge, and energy. What this latest experience of ecstasy has brought about is a focusing of interest along with a shrinkage of certain knowledge.

I am Richard Dreyfus staring at his mountain made of mashed potatoes. "This means something," he says as he absorbedly shapes it to look like.... [Devil's Mountain]



Credit: Close Encounters of the Third Kind

(4) One: The purpose of life is enlightenment. Two: I know what the nature of love, bliss, and ecstasy are. That exhausts the certain knowledge I have. But contemplating it is certainly enough to satisfy me for a lifetime.

Walking the Tightrope I'm Holding – Part 1/3

August 9, 2021

<https://goldenageofgaia.com/?p=324938>



Giacomond by Quint Buchholz

For a bit, my articles may read more like journal entries. I can't keep up with the flow of new information and other ideas that are coming into me and Michael has asked me not to try to:

Archangel Michael: Do not turn down anything! So sometimes you have thought... Well, maybe if I slowed it down a bit, maybe if I paid closer attention to the details of what the input... Think of it as a constant stream. Think of a computer, a constant stream of input coming into your mechanism called the brain.

Do not turn it down because what you are doing in the upgrades is literally learning how to access what is important to you, what is meaningful to you and, yes, to the collective but we are talking about you at this moment.

(1)

I'll come to the interdimensional side of things in a moment. One upgrade happened on June 7 and another on July 31. Michael often calls these "snaps" and "ignitions" as well.

Whether the unsettling factor is an upgrade or interdimensional travel, he wants me to allow the flow.

One of the impacts of this on me is that I remain in an explorative modality. That means that I write ethnography, narrative, or biography rather than analysis because all will be too new to reach a conclusion about.

Another thing I'm finding is that, for me at least, this isn't the time to project my ideas of how it's always been onto the future.

I've been suspecting for some time that we're generally in a higher-vibrational setting than we believe we are and it only awaits our waking up to it to have it be seen and felt.

This latest experience - being able to draw ecstasy up from my heart - reinforces that hunch. I never used to be able to do this in the past. Have I caught up with the present yet?

My expectations of the setting/vibration seem to be less than the vibration is holding out to me. Where is Giacomond when you need him?

Since we're all of us God, of course we're holding up the rope like Giacomond. And it 's going precisely where we say it is, by the Law of Attraction.

Giacomond simply cannot be seen with Third-Dimensional, empirical-materialist eyes. With higher-dimensional, spiritually-oriented ones, he's crystal clear, obvious.

Where is *your* rope leading? We're all Giacomonds.

I've run out of rope, so to speak. I'm sticking around here for a while. Ecstasy is far and away enough to keep me happy. Here's what the Divine Mother said about this state a while ago:

Divine Mother: You explode [July 31] and you feel all the energies of the universe. And then, because you are becoming attuned to that feeling, that ecstasy, it steps down, and then you anchor it within your expanded field.

But each time you do the connection, it expands you more and more and more, and your capacity to love, to create, to do, to be, to connect, more and more and more, until there is no memory, no experience, of separation. It was an illusion. It is a false grid. And it has been the shackles. But it is not real. (2)

Her description is a touch grander than my experience, which I believe is toned down slightly. But I'm glad to hear that our ecstasy anchors. That was a piece of the puzzle I needed to know.

I feel reassured that I'm not flying the coop by experiencing ecstasy. The Mother says:

Divine Mother: Now, some of you have joined me in the ecstasy of bliss, and I thank you. I thank you for letting me in. You say, "Well, Mother, I knew you were coming in anyway." That is true, but there are many who resist. (3)

OK, so I'm still on track by experiencing it and letting it go. But too much and I could decide to leave.

What was it she said? "I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!" (4) That's it exactly. They're watching out for that and I'm also watching.

(To be concluded in Part 2, tomorrow.)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 13, 2016. [Hereafter AAM.]

(2) "The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," channeled by Linda Dillon, November 14, 2013, at <http://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/>.

(3) "The Divine Mother: We are Creating a New Species of Humans," July 12, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

(4) Divine Mother: [The sight of the Self at Xenia was truncated] to keep you in sync with your readers. But let me be very clear.... If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

We don't mean die but you would have departed the life that you have designed - yes, with us - for yourself, for the service you are providing - you would have departed and simply said, 'I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!'" (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

That was Michael's opinion as well:

Archangel Michael: If you fully enter into the bliss, into the One, you will not be interested in returning and serving. It will be a different experience, and it is not the experience that you have selected and chosen for yourself at this time. ... You know that enlightenment is right there in front of you. It is yours to access. But if you are in service, you will not choose to live there. (AAM, Feb. 14, 2012.)

AAM: You are already moving. You have been dipping your toes, your hands, your head; you have been swimming, flying, walking, strolling through the higher realms, the Ascension Portal, the interdimensional reality – you are there.

Part of your and part of our recommendation to you is to play, to laugh, to enjoy, to be physical, so that you are anchored in the physical reality - because you are here to be a transition point and to be able to show people how to do both.

If you were completely involved in your full awakening, you in very great likelihood would not be forming a platform with me. You would be off somewhere in an ashram meditating. ...

Ground yourself. Be human and love the experience of being in form. (AAM, May 6, 2013.)

Walking the Tightrope I'm Holding – Part 2/3

August 10, 2021

<https://goldenageofgaia.com/?p=324955>



(Continued from Part 1, yesterday.)

Let me develop the quandary a bit. In absolute terms, none of us needs to do this lightwork and things will still work out. Our Father could of these stones raise up children unto Abraham. If the banquet guests are not ready, Jesus will go out and take people off the street.

In my view, *only* that which is in the Mother's Plan will occur and what is in the Mother's Plan *will* occur. (1) Ascension itself - not who ascends - is the Mother's Plan and it will occur no matter who plays what role or who ascends and who does not.

So, again in absolute terms, I am not necessary for the success of the Plan.

But, if we're lightworkers, then being that implies a soul contract entered into before birth. (These can also be amended.)

My quandary is that in the course of "visiting" higher states, I may end up wanting to stay there. No, the Mother wants a communicator, not a guru figure who remains on a higher dimension in consciousness:

Divine Mother: You have chosen long, long ago with Me, with Annastara [my twin flame], with ME KI AL to be a communicator and an agent of change.

You have chosen this because you've said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet [is] in this great chaos, in flux. (2)

We need people to communicate what's happening, particularly from the point of view of the Company of Heaven.

We need pathfinders to show us how to navigate through what will be for 98% of the population a totally new and inexplicable experience. Some lightworkers - gatekeepers and loveholders - need to go first, then explain to the rest what is happening, and show the way through.

A communicator communicates person to person. A guru has the connotation of more than/less than.

Also, a guru teaches individual students while a pathfinder/communicator seeks to entrain. That's why they're called "influencers." Ours is a process of entrainment via social media today.

Michael explains, in what sounds to me like a generic statement, one that may apply to every lightworker, now or in the future.

Archangel Michael: What you have now is the knowingness that you are, for purposes of explanation, moving forward dimensionally, flowing back and forth, and that sense also of the flow throughout dimensions, that you can flow back and forth, that it was not restricted, that it wasn't that you arrived at Heaven's Gate and that was it.

This flow is new. Well, it is not new but it is new to human thinking and the sense that, yes, you are not looking for students or followers. What you are truly doing, yes, as pathfinders, [is] you are showing the way, but you are also bringing along the collective in entrainment. (3)

So never mind just planting a seed in the collective consciousness, but bringing the collective along in entrainment. That's a heavy responsibility.

Therefore, in terms of the choices that I make, which determine in the long run where I go, I don't choose to go further into ecstasy and I don't choose to hold onto it either. When it goes, it goes and I'll be on to the next dimension and divine state.

It's the spaces themselves I'm interested in. Let me rephrase that. It's how I feel in these spaces that I'm interested in. Is not how we feel the most important (undeclared) matter to most people?

Michael said something some time ago that continues to fascinate me. He said:

AAM: Those human beings, particularly those in the higher vibrations, [are] learning to hold all the divine qualities and to be operating from all the divine qualities at once. (4)

Now *that* is a challenge which to me is like going to the Moon for some people. All the divine qualities.... Hmmmm....

(Concluded in Part 3, tomorrow.)

Footnotes

(1) Divine Mother: I know very clearly, sweet one, as do you, if it is not [in] my Plan, then it will not occur. (The Divine Mother in "Enter the Delegations – Part 2/3," May 5, 2019, at <http://goldenageofgaia.com/2019/05/05/enter-the-delegations-part-2-3/>. Reading, April 30, 2019.

Divine Mother: Make no mistake, Sweet One, Love will win because that has been my Plan always. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(2) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019 at <http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>.

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017. [Hereafter AAM.]

(4) AAM, Jan. 4, 2019.

Walking the Tightrope I'm Holding – Part 3/3

August 11, 2021

<https://goldenageofgaia.com/?p=324968>



(Concluded from Part 2, yesterday.)

One of the reasons I've tried to be clear about my mission, giving lots of supporting quotes for you to consider, is to show how "mission" is arrived at - by the "design committee" - how we forget about it along with everything else from our past, and how blissful we feel when we're at work it it, doing what we love. For me that's writing.

I hope that you extrapolate from my account to your own situation. Prior to actually "meeting" Archangel Michael in early 2011, I had no idea about any of these matters.

I've been fortunate in that Sanat Kumara, Archangel Michael, the Lord Arcturus and the Divine Mother have all clarified what they want from me. (1) There's no mystery to it and I can simply get down to work.

But I digress.



One of my assignments - because I have a few - financial, editorial, international, and multidimensional - is to visit the higher realms and report back, which is what I'm doing at this moment.

I'm not boarding an airplane or a spaceship and sailing off to a new destination. The world around me hasn't faded out and a new Shangri-La manifested.

I feel ecstasy. For as long as I'm "in" it or can "hold onto" the space, I feel elevated above all concerns. And of course I don't lose love or bliss. All of that comes with me into this experience, which must be the icing on the cake.

The Book of Nothing comes to mind. In this space one moment is no different than another. But don't get the idea that all is vacant because of that.

Remember the tremendous sense of well-being I have. What would induce me to look for something in the next moment when I have everything I want in this one? Why would the next moment be more valuable than this one?

Never mind leaving for the Himalayas. Why would I want to go anywhere other than where I am right now? And how could I do it, given how inward-turned I feel?

If I truly allowed ecstasy to blossom, all of this would be over for me. New chapter. New book.

Good morning, dear.... I dreamt I participated in an Ascension ... last night ... somewhere.....

I breathe up ecstasy from my heart. In this moment and for however long it lasts, there's nothing wrong in my world. Nothing amiss. Nothing to disturb the peace.

Footnotes

(1) *I quote at length here so you can see the way the masters converse with us as their partners in co-creation, on the subject of missions. Here's Sanat:*

Sanat Kumara: You are the voice, the mind, and the being of clarity and integrity. This is what you have spent your life seeking. And sharing. It is the essence of your being. It is who you are and it is what you bring. It is among the gifts you bring to the planet. ...

So if you think of yourself in this way, this is what I am doing, and I communicate the information that people need if they are still in third-dimensional reality, and they need clear, reliable, unfettered access to information -- and as you know, information is something that has been controlled upon your planet for a very long time. ...

So you are breaking that paradigm and that is part of your role and what you do. (Sanat Kumara in a personal reading with Steve Beckow et al through Linda Dillon, Dec. 7, 2011.)

Here's Michael:

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

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

You... are teaching others that they can access the mastery and still be in the Christ Consciousness, in the expanded awareness in the physical form and in the love.

(Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013.) [Hereafter AAM.]

This assignment implies interdimensional travelling.

Here's the Lord Arcturus.

Lord Arcturus: Now, you have come to a planet in this and in other lifetimes to assist - yes, through communication, through clarity - with the progression of the planet through the elimination of the old third, which was really quite disastrous, [to] the progression up through the fifth, through the sixth, to the seventh so that the planetary system will reside in a level of higher consciousness, Christed consciousness, as you think of it.

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

And so the perspective say of the ninth dimension is very different than the perspective of say the third, the fifth or the seventh dimension.

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

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

The Divine Mother's instructions appear in Part 2.

Curiously, given what the Lord Arcturus says, Michael has said that the next Ascension I - and I assume others from our Ascension team gathered here on Earth - will be from the Seventh Dimension:

Steve: The next assignment is in the Seventh Dimension?

Archangel Michael: You will have a choice of planetary systems. This is just the warm-up for that Ascension. It is to bring a further rising of vibrations to those throughout the Universe. (AAM, Sept. 13, 2011.)

From Immersion to Integration

Aug. 10, 2021

<https://goldenageofgaia.com/2021/08/14/324985/>



Anchoring in

I'd read the important news articles and was making myself a cup of coffee at around 7:30 am when I was engulfed in a wave of ecstasy. Is it the tail end of Lion's Gate? Not like the head of the lion wasn't as spectacular as well. It was.

But here I am, all of a sudden desperately needing to meditate or at least be perfectly still. I told two friends I was turning the machines off and meditating.

Fortunately I was able to draw away from all distractions and enter into the space.

First of all my mind is silent. I don't call this stillpoint. Let me use a homely metaphor why not. In this state of silent mind, the mouse is in the trap, but the mouse can still get out. In stillpoint, the trap door has sprung shut. The mouse will not get out now.

So I'm over the target but not locked in place, so to speak. I have the effect but, rather than it being anchored as in stillpoint, it's more fluid.

The experience of ecstasy has shifted. I have to use metaphors to suggest the difference. Before it had the consistency of milk, shall we say; now it has the consistency of water. Before I could feel every movement in it; now it's as if it has become a part of every cell. What did the Mother say?

Divine Mother: You explode [July 31] and you feel all the energies of the universe. And then, because you are becoming attuned to that feeling, that ecstasy, it steps down, and then you anchor it within your expanded field.

But each time you do the connection, it expands you more and more and more, and your capacity to love, to create, to do, to be, to connect, more and more and more, until there is no memory, no experience, of separation. It was an illusion. It is a false grid. And it has been the shackles. But it is not real. (1)

Oh my gosh. The implications of this are startling. I am becoming ecstasy. Before it was as if I were swimming in it. Now it feels as if it has entered my very bones and cells.

This comes accompanied by a feeling of dread. I am so open to being ridiculed. More skinny branches.

In the face of ridicule, sarcasm, and endless questions, I couldn't do what I'm doing. I can only do it because I have long stretches of solitude.

Dread or no dread, I allow the process to continue. I meditate.

As I feel the sensations settle, my attention keeps going to my physical heart, which may need the most "saturation."

I feel fully saturated with ecstasy and sit in this space. And instantly I recognize it. This is the space of the Seventh-Dimensional oversoul that I knew in the Vipassana meditation retreat I attended in around 2007. I called this "regal." And it is regal. (2)

So much depends on my allowing things to happen. I keep getting jolts of fear and dread from feelings of vulnerability. These are like haze on the screen of my mind.

I relax into the experience and remember:

Steve: Fill me with bliss, peace, joy ... I am ready!

AAM: Yes, you are.

Steve: Maybe that's what I need to say to you. Is it bad to say, "Speed me along?"

AAM: No, it is not. It is simply a declaration of excitement, of willingness, of preparedness. I will speed you along, my friend! (3)

The wave of ecstasy that swept me up at 7:30 has now (8:13) seeped into my cells (that's the way it seems to me) and is apparent to me on each breath. There's a little shimmer of it with each in-drawn breath and with each outbreath I almost melt into the experience of it.

I need someone to say, "It's OK, Steve. You can talk about this."

I wonder if this space will last and now remember:

Archangel Michael: You have experienced progressively, periods of unity, of transformative love, of ecstasy, of bliss that you feel (and I emphasize feel) come and go.

But every time, you have had this experience it has edged you up a level.
(4)

So this is how we're going to do it. You remember that Michael has called these events "snaps" or "ignitions." They're like stairsteps. They may not last but each takes us up another level.

I assert that this is what a gradual Ascension looks like. Great floods of the Tsunami of Love and then our response, whatever it is, then integration, and another wave.

And we progressively get stronger and stronger and able to hold a higher and higher vibration until the culminating Wave of Love or Ring of Fire and we ascend bodily. By then our bodies will be able to withstand the transition.

In the space I'm in now, separation seems as foreign a concept as unity consciousness did before.

I remember Michael saying, turn down nothing. (5) I must now choose. Meditate or write about it. Time to meditate.

Footnotes

(1) "The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," channeled by Linda Dillon, November 14, 2013, at <http://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/>.

(2) Steve Beckow: I had an experience at a meditation workshop in which I felt regal. It was a partial experience. Can you tell me what that part of me was that I accessed.

Archangel Michael: ... Your Highest Self, your Oversoul, is very regal.

SB: So that was an experience of the Oversoul.

AAM: Yes. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 13, 2011.)

(3) "Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.

(4) Loc. cit.

(5) Archangel Michael: Do not turn down anything! So sometimes you have thought... Well, maybe if I slowed it down a bit, maybe if I paid closer attention to the details of what the input... Think of it as a constant stream. Think of a computer, a constant stream of input coming into your mechanism called the brain. Do not turn it down because what you are doing in the upgrades is literally learning how to access what is important to you, what is meaningful to you and, yes, to the collective but we are talking about you at this moment. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 13, 2016.)

Experience Receding

August 12, 2021

<https://goldenageofgaia.com/?p=325047>



Even the flowers worship the Divine

One of the things about ecstasy is that it's so decisive, so conclusive. Our life as a victim is over. No question about it. Done, just like that.

How much is enough? The total and absolute satisfaction I feel in ecstasy is enough. It's enough to have me smarten up in every respect. It's enough to have me sit up and pay attention. It's enough to inspire me to act where nothing else might.

And it has absolutely nothing to do with anything out there. It's entirely an inside job.

I may never make it to Kovalam Beach in India again. I may never have another coffee milkshake like I had at the bar of the Fontainebleu Hotel at age eight; it was a big deal. I may never drive another TR-4 or satisfy any other lingering desire.

And yet I am unequivocally satisfied and complete when in ecstasy.

"When in ecstasy...." The experience is steadily receding. And with it goes my memory of what happened. I'd probably have to consult the written record myself now.

I'm not holding onto it. I know that doesn't work.

I'm also not holding onto any claim to knowledge as a result of it save that which arises in the moment.

Ecstasy may have closed the file on my life as a "case," but it didn't restore my memory.

Coming back from one of these experiences is usually so hard. There can be physical wear and tear but more burdensome is the longing for the lost state.

And then of course there's the raising of the emotional floor and the sense of knowing what's coming down the pike, that more than compensate.

And this just in from Len:



Was it due to the Lion's Gate?

The Quandary of Ecstasy

August 13, 2021

<https://goldenageofgaia.com/2021/08/12/the-quandary-of-ecstasy/>



Now that I've watched the experience of ecstasy come and go, I can share about the quandary I was in.

To begin with, Archangel Michael has identified ecstasy as belonging to the Twelfth Dimension:

Steve: The space that I call transformative love, what dimension is it?

AAM: It is the seventh dimension.

Steve: Then what dimension is bliss?

AAM: It is between eight and nine.

Steve: And ecstasy?

AAM: Twelfth. (1)

So ecstasy is native to the Twelfth Dimension. And I can see why. The sense of completion is utterly liberating and the Twelfth Dimension is known as the dimension of completion and liberation.

So the first part of my quandary is that there is no way that I was or could have been in the Twelfth Dimension and still remain in a physical body. I would have burst its bonds and considered all this a dream. (2)

So, I don't dispute its origins and nature, but I can't help thinking that the experience must have been toned down. It has to have been.

Nonetheless, whereas toned-down experiences in the past have usually meant no access to bliss, this one was more than blissful - just not fully so, I suspect.

Do I know where I was? No and that's the second part of the quandary: These experiences don't come with a map and a Michelin Guide.

My best guess is that my experience of ecstasy was toned down in order to allow me to write about it and remain in a physical body. That leaves me ignorant as to where to place the actual experience on our new maps of heaven.

If you treat what I shared about ecstasy as a small taste of the item in question, I'm pretty sure that would fulfill its purpose.

So please be clear: I'm not saying I had a Twelfth-Dimensional experience. I'm saying I had an experience of ecstasy, which was probably toned down to allow me to remain here.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.

(2) Do I know exactly what I would have done? No. But I know that Michael and the Mother have warned me against going too far.

Prior to July 31, 2021

Ecstasy: The First Taste of Universal Love

Feb. 12, 2013

<https://goldenageofgaia.com/spirituality-on-love/ecstasy-the-first-taste-of-universal-love/>



How can I not say a word about what is happening inside me at this moment? My purpose has always been to go through Ascension publicly. That's what a writer of my persuasion does.

And right now I'm in touch with the sweetest state of being inside me that I think I've ever known. I pay a price because in speaking about it I lose the very most delicate parts of it. Until I began writing, it was like the softest velvet, the most unbrageous caring for others.

I noticed it because, as I first contacted it, I thought of someone with whom I was in a difficult place and could be quite out of sorts with and instead I felt a delicate and inclusive love for that person and in fact for everyone and anyone. Is that not universal love? Are we not in the dawning moments of it?

I was also just reading Pamela Kribbe's new column on the New Earth. Jesus (or Jeshua) had just said: "Your earthly cycle of lives draws to a close when your consciousness is able to hold all the experiences of duality in its hand, while remaining centered and fully present." (1) And I shifted my awareness inside and immediately noticed the beginnings of this delicious state.

It's such a precious experience that I'm having at this moment. Jeshua describes it here:

"Karma is nothing but the natural harmonizer for the swings in which your consciousness engages. You release your ties to the karmic cycle when your consciousness finds its anchor point in the motionless center of the seesaw.

"This center is the exit point for the karmic cycle. The predominant feeling tones in this center are stillness, compassion and quiet joy. Greek philosophers had premonitions of this state which they called *ataraxia*: imperturbability.

"Judgment and fear are the energies that most take you off-center. As you release these energies more and more, you become more quiet and open inside. You truly enter another world, another plane of consciousness." (2)

We've talked about this many times, have we not? The importance of the center? How the soul resides in the spiritual heart? How staying balanced in the center is inordinately important?

You may ask why we post so many channeled messages here. Have you noticed how the masters and angels we post so often are able to tell us precisely what is happening with us at this moment as we pass through the Ascension cycle?

And without their telling us matters such as these, without their providing us with a user's manual in tiny instalments, how would we be able to navigate this delicate passage?

I just wanted to place a bookmark here. I'm listening to Hayley Westenra sing *I Dreamed a Dream* and pattering away when suddenly I was lifted into this space of ecstasy. Since I gave you Jeshua, which was a part of that experience, perhaps I should also share Hayley.

[youtube]<https://www.youtube.com/watch?v=AQPOJShxEZ8>[/youtube]

... and now the tears begin, tears of joy.

Footnotes

(1) Jeshua, " The New Earth I," at <https://www.jeshua.net/>.

(2) Loc. cit.

The Absence of Pain

Dec. 7, 2015



<https://goldenageofgaia.com/2015/12/07/the-absence-of-pain/>

I'm going deeper and deeper into my own consciousness.

It's as if my consciousness is imploding into itself, structures are collapsing, and belief systems are exploding.

I'm experiencing a collapse of what I'd call a "self" or an "ego."

And I welcome it. I remember that, earlier this evening, I asked for it. And now it arrives, barely an hour later, I'd say.

Every image of collapse, destruction, and explosion is flashing across my mind. Everything about me that could collapse is collapsing.

The old is falling away and the new is being revealed. Only it's happening rapidly, almost in fast forward.

What keeps us in the Third Dimension is negativity. But what would keep us in the Fifth Dimension is not positivity. That's itself a part of a duality.

It's contextuality. Contextuality is an appreciation of the whole, a universal consciousness. It takes in everything. Examples of contexts are peace, love, health, and completion.

When we can think from a universal standpoint and love from the same, then I think this world will work.



I'd call the space I'm in at the moment "ecstasy." Thirty years ago I did the drug ecstasy. And the space ecstasy presented then is the space I'm in right now, without the use of any stimulant.

It's predominant characteristic is depth, profundity, fulness.

It's almost as if I'm on a scenic tour of the transformed space - be it Fifth Dimensional or otherwise.

Each day, more of it's revealed.



I'm still in the space of ecstasy, some hours later.

I tried making a smoothie for a friend in this space. I'm in utter abandonment of thinking. Could I even slice an apple?

It was very hard to concentrate. Every act I didn't like to do I could have resented. That would've been my Third-Dimensional response. But instead of that, I did it out of love for my friend.

There are rules of the road for ecstasy, just as for love and bliss. And I'm finding them out by experience. This is all brush-clearing.

I feel buoyed up so high that it would've been hard to imagine this space if told about it previously. I'm not trying to suggest that it's a high enlightenment. It isn't.

It's a high subplane, if you will, of the transformed space. So I mean "comparatively" buoyed up, short of enlightenment.

There were several times today I thought it would take a turn towards enlightenment, but it didn't.

And so I've continued to simply hold myself open to what is an unfolding experience.



I now feel routinely and totally free of emotional trauma and pain at this moment. No vasanas (or core issues), in other words.

They could come rushing in back an instant, but right now I'm pain-free.

This breath that I take, I take without the memory of past upsets or any trace of resentment or regret.

I call this "back to innocence." Original innocence, rather than original sin. That's the feeling.

I feel fresh and pure.

I turn the ordinary method of breathing around and breathe into myself profoundly, as deeply as I possibly can. And then I breathe out ecstasy. I go as high as I possibly can. And I repeat this.

Again I marvel that these are events in consciousness. Not a Light for me. Not a vision of the Beloved. But a continual expansion in consciousness, with the rewards of love, bliss, and ecstasy and the absence of pain that they have - so far - brought.



Paramount to this space is how relaxed I feel. I feel totally at peace with myself and the outside world.

And it turns out that I'm the only person I absolutely have to be at peace with. Ups and downs with other people I can endure. But I cannot manage being at odds with myself.

The absence of peace within my self makes me right away a breeding ground for mayhem and chaos.

But it takes real work to maintain peace with my self. Any judgment could start a war. Any blame, resentment, regret.

All of it, I earlier called "negativity." All of it now has to be put aside to keep the peace within my self.



Having chosen the path of consciousness or awareness, I now find my reward in constantly-expanding consciousness. This validates what the Arcturians said: "Where your attention is, there you are also. ... attention is how you connect with realities." (1) I connect with the reality of love, bliss and ecstasy through awareness of my internal states.

It also validates the notion that we can walk any path to Ascension. Any path that elevates our consciousness and hence our frequency will do.

I feel totally different than I did even a day ago.

I feel ... well, it's always that I feel more of what I did then. These are obviously areas of life I've been working on and working out and I'm now reaping the benefit in these areas.

I feel confident. So obviously I've been working on issues of confidence.

I feel strong, peaceful, free from desire.

I feel content, satisfied.

What more could anyone ask?

And yet I know there's always more.

Footnotes

(1) "Transcript ~ "The Arcturians on AHWAA: Ascension is a Multi-Dimensional Activity," Channeled by Dr. Suzanne Lie, November 26, 2015, at <https://goldenageofgaia.com/?p=269824>.

Unfolding Story of Deepening Grace

December 9, 2015



Credit: Michael Rucker, fineartamerica.com

I was glad to see Mira say, in her last report:

"What matters the most is that you remain peaceful and calm. Stay on a level footing. Refuse to buy into the mass conditioning. Claim what is true for you. Join each other in prayer and meditation. Stay connected with each other. Find places of joy and happiness within and with each other. Laugh. Take note of what is happening and see how you can assist in clearing the energy.

"The focus is on the inner realms and in connection with the higher Realms of Light. You are not tourists on the planet. You know your way around. Create Love and beauty. Claim your divine right to be the planetary guardians and helpers. Release the old ways of being and expecting life to be the way it used to be." (1)

I feel many a twinge when I see or hear of another probable cabal-inspired shooting or similar destabilizing incident, that seems intended to fool society into Muslim-bashing, etc.

To keep forging ahead when the newspapers fan the uproar is difficult. Not buying into "the mass conditioning" is hard. Whether we're being pressed by violent stagecraft or Christmas shopping, we're being herded like sheep from one place the cabal wants us to another.

I refuse to be herded from Valentine's Day to Mother's Day to Father's Day to Labor, Thanksgiving, and Memorial Days, to finally end up exhausted at Christmas, only to promise that I'll do better in the New Year.

Mira tells us: Stay connected, find places of joy, laugh. All very hard to do and not look like one has taken leave of one's senses. But I'm also convinced, and I wasn't before, that what we do has a disproportionate impact on the rest of the world, directly and via the collective consciousness. Refusing to be herded and remaining as love instead I now think of as a most subversive action.

Another message that I happened to come across which also impacted me was from the Lord Maitreya on *An Hour with an Angel*, through Linda, back in June of this year. Lord Maitreya said:

"What you try and do in some of these descriptive terms [of love] — which I fully understand — is you are trying to separate out, to give descriptors to the various forms of love that you feel and experience and know, rather than simply jumping in feet first, head first — it matters not — into the love. ...

“When you ... allow yourself to simply be engulfed, transformed, fully engaged, in every chakra, every meridian, every fiber of your being, then what you are doing — *ipso facto* — is in fact being the love. Because you cannot dive in, embrace, or engage — truly engage — in the love without becoming part and parcel of that love.

"Now, does it transform you if you truly allow it to, if you surrender to it, if you welcome it, if you determine yourself, your free will, and your choice, to be it? Most certainly — beyond your imagination and even beyond what you think is inspiration." (2)

That so crystalized matters for me. How interesting it is that I, for one, had so many descriptive terms for love when I never actually experienced it and, once I did experience it, all the descriptors flew out the window.

What we feel is so much more powerful and convincing in the moment than what we think. And what we realize is even more powerful still.

That we "become love" is a good way of describing how, when love floods the countryside, everything conceptual about it, everything dualistic is drowned and disappears.

And we emerge with face shining, having no more interest in something we showed acute interest in only moments earlier.

Maitreya's language is also interesting. He talks about when we reach a certain stage in consciousness, we can become creative and proactive in being love. But it's how he talks about the stages in consciousness that catches my attention.

"So, when you get to the point where you are...."

"When you recognize you are...."

"When you understand and again begin to enjoy — the joy is a factor here — that you are...."

"When you have come to this point in your consciousness, and what you and we have termed this unity or unitive consciousness, then you...."

Every day I "get to the point where I am," "recognize that I am," "understand and begin to enjoy," and "come to a point in my consciousness." This process is indeed a gradual unfoldment as well as a sudden experiencing. And the gradual part is a process of getting to a point, recognizing, and understanding.

It's left up to us to supply with our sharing and comparing notes on what's unique about our unfoldment; the Company of Heaven simply helps us to understand the process. When we're going through it for the first time, this road map is most helpful and then we fill in the details by telling what we saw along the way.

Last night I got to a point, to use his words, where I saw that I felt spiritually whole and complete. Uttering the words "I am spiritually whole and complete" exactly matched the space I was in and the truth set me free of any residual qualms and fears. I was bathed in a marvellous peace and wanted nothing else.

This realization is an example both of the gradual unfoldment of consciousness and also of the sudden flashes of insight that help us along the way. Each moment of discernment is a road which, if taken, can lead to a marvellous place.

Here's another. As I was walking to the coffee shop yesterday morning, I had a brief flash of an austere but totally-satisfying space which I searched for a word to capture. The only word I could find was "exaltation." I spent a moment in an exalted space.

No, I did not say I was an exalted being. I'm not special in any way. But the space itself is exalted. It reminded me of the "regal" space I felt in the Vipassana meditation workshop.

I feel embarrassed discussing this because, as we mount the crystal stairway to heaven, we're going to encounter "exalted" spaces and we need to be able to discuss them without being seen as elitist or arrogant. These are spaces encountered along the way.

I'd say that "exaltation" is an indication of a possible space that lies beyond love, bliss and ecstasy. I also suspect that there are countless spaces that lie beyond exaltation and that all is a steadily-unfolding story of ever-deepening grace.

Footnotes

(1) "Mira of the Pleiadian High Council via Valerie Donner," December 4, 2015, at <https://goldenageofgaia.com/2015/12/06/mira-of-the-pleiadian-high-council-via-valerie-donner-december-4-2015/>.

(2) "Lord Maitreya: Get into the love...however you can!" June 13, 2015, at <https://counciloflove.com/2015/06/lord-maitreya-get-into-the-love-however-you-can/>.

Back in the Treasure Chest

December 21, 2015

<https://goldenageofgaia.com/2015/12/21/back-in-the-treasure-chest/>



Continuing my ethnographic record of an Ascension, I find myself for a second time in what I can only describe as an "exalted" state.

I know that that word has heavily-negative connotations in our society, but there's no other word for it.

I'm a Connecticut Yankee in King Arthur's court here.

But there's no remedy for that either. I must forge ahead.

How can I describe feeling exalted?

Well, it actually feels perfectly natural, perfectly normal, but it's perfectly natural at all times and in all places. Especially in the places where it counts most.

Its primary impact on a person is to bring to their attention the need to be responsible for their participation. I hear the phrase: "Unto whom much is given, much is expected."

I also hear: "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." (1)

It'd be inconceivable to feel exalted and act like a child, give in to the ego, or depart from the divine qualities. The two would be incompatible.

One could only feel exalted because one is rock-bottom firm and secure in the knowledge that, ultimately, all is OK, all is taken care of. One's belief in it would have to be unshakeable.

I'd say that thereafter, being in that state, one would be an open invitation to exaltation.

I actually do have an unshakeable understanding that it's all going to work out in the final reel, born of the 1987 vision. (2) It's the time between now and then that worries me, not the outcome. And I think my assurance that all works out goes back further than this lifetime.

But our society frowns on a discussion such as this. I don't think it's ready to entertain that there could be a space, a domain, a state of being called "exaltation." It sounds too elitist, smacking of a nobility or upper class.

And having the notion accepted isn't a battle I want to fight, quite frankly. There are more important issues like coming together as a peaceful world and putting an end to gender persecution globally by 2018. Those are love-battles worth winning.

Therefore, what follows is not an example of a peak experience disappearing. It's an example of choosing not to sail in that peak space just yet, for the greatest good.

Let's put this one back in the treasure chest and bury it again for a while. We know there's a treasure buried in that field - that one, right over there - and we know we own the field. The treasure isn't going anywhere.

It all works out in the final reel. It all turns out in the end. Everything works towards an ultimate good that resolves all conflicts and dissolves all pain. At this time of year (Christmas), we can exalt in that knowledge.

Footnotes

(1) St. Paul in I Corinthians 11.

(2) See "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue" at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>.

Spending Time in Exaltation

January 13, 2016

<https://goldenageofgaia.com/2016/01/13/spending-time-exaltation/>



I am at the moment in tenuous, in-and-out contact with a space I've previously called "regal" and "exaltation."

The emergence felt like a fiddlehead fern unfurling itself. It was as if my body unfurled itself. I felt taller. I felt straight, for the first time in my life. All very new and strange.

I think I may have said this before but Franklin Merrell Wolff's term, "high indifference," comes to mind to describe this space. (1) But I'd be redefining it if I applied it to my context.

I simply mean a state of such completion that I'm both indifferent to the ordinary demands on a person and absorbed in the state of being I'm in. I'm not aware of any *vrittis* or waves in the mind. I feel no impulsion to act on anything.

I was writing about spiritual ego recently. What's the difference between exaltation and spiritual ego?

There's not the slightest taint of ego in exaltation.

Exaltation and awe go together, like the front and the back of the hand. Yes, I'm beginning to see it now. The more we see and know of ourselves and creation, the more in awe we are of the Creator and the more that knowledge burns the dross from us. Eventually our awe, our amazement at what we see and feel brings us to the state of exaltation.

Therefore exaltation for those who've known a great deal of themselves and the Creator is a natural state. As I sit in that state, I feel nothing unnatural about it. There's no desire, no goal. The state is complete in itself, in every way. What could be more natural than us when we're totally complete?

I've felt this way before, I see, in summertime. I've felt it when I was away at a lake cottage, sitting on a wooden garden chair on the dock, on a warm, sunny afternoon. In a time of peak relaxation, amid the most favorable and desirable of circumstances, I've felt this state, not knowing what it was.

My mind is absolutely still. There's no impediment observable in my breathing. Everything is as it should be.

This state is very stable. I feel both neutral and enveloped in love. I have no self-consciousness. I have no desire to look a certain way or make an impression on anyone.

I feel a part of my surroundings. My consciousness has expanded to take in the setting I'm in. Now love is flowing but again this state is so stable that it isn't subsumed or dissolved by the love.

I am dissolved by it however. It's as if the state is one thing and I, the actor, am another. The state is objective to myself, like a plane or dimension would be to the afterlife traveller.

Yes, that's it. I'm aware that I'm in a dimension right now. We're always in a dimension. But in 3D reality, we're seldom aware of it. I'm now aware of the dimension I'm in. It's up to conscious awareness.

That dimension is both internal and external to me. When I experience it as external, I feel love. When I experience it as internal, I feel bliss. Neither budges me from the stable and persistent state of exaltation itself.

There aren't waves of bliss in this state. It's more like an infusion, a spray of bliss. What would have been a gossamer wisp on another dimension is here more divinely substantial.

Now I feel myself blissing out. I'm losing the ability to continue.

Here I am, having ducked into Starbucks to record this state, and I'm deep in meditation.

I know I'm being used as a testbed. All this meandering through states is very exciting. Much more exciting to me than visiting the stars.

Footnotes

(1) See "Enlightenment - The High Indifference" at https://goldengaiadb.com/Selections_from_the_Teachings_of_Franklin_Merrell-Wolff#Enlightenment_-_The_High_Indifference.

Love and Exaltation

August 16, 2016

<https://goldenageofgaia.com/2016/08/16/280142/>



Again, as a page in my ascension ethnography, I'm basking in transformative love at this moment and I don't know why.

I'm listening to some lovely music. (1) Did that play a role? My life has fallen into place in a way I'd never have suspected, but which is perfect for me. Is that why?

The sense that everything in my life is perfect at the moment seems to be connected to this mood, which I'd call "exaltation." I remain with this sense.

I find myself flowing back and forth between transformative love and exaltation as if there's a connection between the two.

This is what it seems to be. Whenever I see that everything is perfect, "I" drop out of the picture and all that's left is love. When a sense of "I" returns, I find myself in an exalted or ennobled mood.

There's no need for an "I," an ego, in a world that's perfect. There are no survival issues for the ego to handle and no need to seek pleasure and avoid pain. No pleasure can top that available in exaltation.

It's "me" that says that the world is perfect. It's me that realizes it. It's me that lets the realization in, lets it flood me. And that realization dissolves the ego.

Exaltation either ennoble or nobility comes with exaltation. None of this comes with a user's manual! All of it is wordless.

"Exalted" refers to the lofty perch, not to the individual. It's used in the same way that "ascended" is, as indicating a shift in consciousness to a "higher" level of consciousness.

I imagine these are truncated experiences, which allow me to continue to function. I don't consider them enlightenment experiences, just tastes of what's to come. AAM might call them "glimpses." "Visit don't stay," he advised me in 2013. (2)

As a beachhead of understanding, let me tentatively postulate a connection between the realization of perfection and the arrival of the mood I call "exaltation."

The peace that I was feeling yesterday deepens in exaltation.

Footnotes

(1) Ennio Morricone, Mission Main Theme, at https://www.youtube.com/watch?v=oag1Dfale_E

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013.

No Natural Barriers

October 23, 2016



Credit: Bamboo Hollow Acupuncture

I'm in the midst of a realization, though taking the time out to record it may end it, for now.

It began when I noticed, in meditation, that I could at that moment simultaneously access all the moments in my life when I felt transformative love, bliss, joy, and all the other divine qualities.

It was as if, when I breathed in and out, a wind would pass through me containing a mixture of all these good things, rather than just one of them at a time.

And then I realized: I could see, at this moment, no natural, internal barriers. I have no barriers to any of my previous experiences - with lovers, on travels, on projects. I can access them all, at one and the same time.

At this moment, I have no categories, no classifications in my mind. It's as if I've had a complete memory wipe.

I have no walls separating things. All are at the same time available to me now.

The sensation this presents is utterly new to me. I must have been a stickman or a robot before. Logical and linear are kind words to use. Mechanical and automatic might be more appropriate.

The next moment later, I got that I'm now ready to flow. Flow for me is one of the paradigms of the Fifth Dimension; bliss would be another.

Let's see if I can recover the experience....

I feel completely cleaned out. I would never have thought such a thing was possible. It's as if every structure within me has been leveled and the wind whistles through now, without obstruction. The metaphor of the hollow bamboo is appropriate.

My breath is easy and continuous. I'm reminded of a full breath release I had at a rebirthing workshop, immediately before my 1987 vision. (1) I haven't had a breath release today but my breathing is at least in part like that. Easy, full, without obstacle.

I again feel bliss as a flow, rather than as a static state I happen to be in. I almost lose myself in it at this moment. Now I'm *willing* to lose myself, where before I wasn't. Whatever it was that had me hold back has now been removed. To look at what it was would remove me from the experience. I'll do it later, if I need to.

The fall of the internal barriers removes my only cause for concern. There are now no structures threatened, nothing to defend, nothing to promote.

My sense of myself grows more tenuous by the moment. I must go back to the experience....

I'm completely empty at this moment. Well, empty of any mental or emotional baggage that is, any unfinished business, vasanas, core issues, or any issues at all.

At this moment. There's no telling what the next moment will bring. And only Sahaja - a permanent heart opening - is lasting.

With no memory, no mental activity, and no internal barriers, there's nowhere else to go but into the moment.

I feel mildly curious about this state, as a person would if camping out in the wilderness. I'm nursing a hot chocolate around a campfire, in the dead of night.

The mixture of divine qualities that I was experiencing a while ago has become a homogeneous ... oh my heavens, how to find the words. I can't. It has consistency. It has substantiality. It's a mellower form of bliss than I'm used to. Substantial, mellow, homogeneous bliss.

This spiritual current of bliss caresses me like a warm summer night's breeze. I feel secure in it. Lost and gone forever are my concerns. Well, for the moment, that is.

My breathing has never been as gentle or soft. The lack of internal barriers allows it to be so. When it's soft, I'm soft. The mood that I feel right now I'd have to call sacred, sanctified.

All of this together - no internal barriers, the hollow bamboo, emptiness, and softness - combine to make this experience sublime and sacred.

So right, so appropriate, so natural.

Footnotes

(1) I used to compare the difference between ordinary breath and the breath after a full release as being the difference between the traffic flow on a country road and on an eight-lane highway.

Ecstasy and the Quiet Mind

October 25, 2016

<https://goldenageofgaia.com/2016/10/25/ecstasy-quiet-mind/>



St. Francis, levitating in ecstasy - our future? Credit: GI Kid

Yesterday I described how the structures of my mind disappeared. (1)

There are at this moment no internal barriers, no categories, no mental linearity, no preset structures (or processes) of any kind arising in the mind.

When I close my eyes, my mind immediately becomes quiet and still. It feels like Day 7 of a 10-day Vipassana meditation retreat to me and I haven't even begun to meditate - I just shut my eyes this minute.

The Zen image of the hollow bamboo describes this state.

I spoke to Archangel Michael this morning on *An Hour with an Angel* and he confirmed that I was not imagining things, that this experience was happening.

His talk was on the continuing transition we're going through, with its gradual ascent punctuated by sudden events like the one that happened to me. Am I being used as an example? Could be. Do I mind? Not at all!!!!

Here I am a day later, able to breathe slowly and deeply without encountering any triggers or obstacles to my breathing. So the results of the experience have lasted this long.

My breath is smooth. I can access love and bliss gently and without restraint, which indicates that there are no vasanas going off, even subtly, even in my subconscious.

Archangel Michael said on AHWAA that what he means by "joy" is the same as what I mean by "bliss." I do feel joyful when I'm blissful. But it does explain why I have not "gone after" joy - I was already experiencing it and didn't know it.

I suppose I had some difficulty being joyful when young; I suppressed myself over some disciplinary measure, probably around being careful or settling down or something. It's all lost to me now and of ever-decreasing interest and importance.

When we got together for lunch or dinner long ago, drama was often all we talked about. Now it holds little fascination. I hear others around me enjoying the ups and downs of drama and I feel sad. But I also know that the love of drama will pass the minute they get a taste of its alternative - bliss or joy.

Everything starts with the breath. I close my eyes, with my mind quiet, and take a slow, deep breath. Immediately the love arises.

I send it out to the world on the outbreath and breathe in again. I now feel a stronger sensation, which I call ecstasy.

It totally commands my attention. I'm not just sitting here, as in bliss, and feeling self-satisfied. I'm gathered together by ecstasy. Bliss pleases me, but ecstasy summons me.

I let the ecstasy flow down my body, from the crown chakra, where I'm first aware of it, over my head.

The first thing I notice about this space is that I feel an ever-deeper healing of all residual emotional complaints. I feel even more complete.

Everything in my family life, after the point where violence began, was for me skewed or abnormal. All of it involved patterns based on compensation for periodic violence that broke all trust and promises. I'm now picking up again with my life as it was before age six and painting it this time with normal brushstrokes.

Once again, when I look or feel with my awareness I find myself feeling - I have to say it - *normal* again. I know. I know. Some people are saying, "Normal? All that work and you only end up feeling *normal*?"

Well, this is the balance point between the deficits of anger, hatred, jealousy, etc., and the surpluses of love, bliss, and ecstasy. Everything good flows from the center, the heart. To rest in the balance point is an outcome dearly wished by all spiritual aspirants who (really) know the relevance and importance of the heart. (2)

I don't talk about my intimate relationships. I don't think that would be fair to them or wise of me. But I can say that, because of certain relationships in my life, I'm learning to be gentle, straightforward, and non-manipulative - happy rather than right.

And the "practice" I'm getting is perfectly synchronous with the collapse of mental structures and the emergence of love, bliss and ecstasy.

I'm trying to keep my feet on the ground so I can write this, but it's a losing battle. I may not be floating in the rafters with Francis and Clare, (3) but I'm soaring inside.

Footnotes

(1) See "No Natural Barriers," Oct. 24, 2016, at <https://goldenageofgaia.com/?p=282693>

(2) By "really" know, I mean know not just intellectually and not even just experientially, although that knowing is deeper, but realizationally.

(3) St. Francis, who later incarnated as Mahatma Gandhi, and St. Clare, who later incarnated as Mother Teresa, would levitate to the ceiling when they shared a meal together.

Letting Bliss Out of Prison

September 15, 2019

<https://goldenageofgaia.com/2019/09/15/letting-bliss-out-of-the-prison-cell/>



Bliss brings all things to balance, instantly.

Archangel Michael: Allow yourself to find this balance - and of course we will help - of being in the bliss, infusing the bliss into the words, knowing and understanding the pain and suffering and disappointment of those who are still in the midst of [their cleansing]. (1)

Allowing myself to write about bliss has always been a big barrier for me. When I grew up, bliss was a synonym for "being high" or "dropping out."

The generation older than us associated bliss with irresponsible flower children who had no future.

Nevertheless, bliss will be our everyday level of consciousness in the Fifth Dimension and higher. We might as well get used to it: We lucked out.

However, we can rise and rise in vibrational level and yet still think we're in the Third. We have to break through the barriers that our beliefs create to recognize when we're in a higher dimension. I've seen this for myself on at least two occasions.

I'd like to invite us to break through any barriers we have around bliss.

I've written before that orgasm is a taste of bliss. It features a touch of ecstasy at the moment of climax, which makes it nearly unbearable to our everyday consciousness. (2)

But we remember it. And we want it again. I think sex was designed to keep us procreating.

Be that as it may, orgasm is perhaps the only access to bliss that most of us have.

I prize bliss. And so I've explored what it might take to access bliss more often, apart from sex. The biggest thing I've found is that, when I feel an errant wisp of bliss (same with love), I can ride that wisp back to the big wave. (3)

I can do that. It's an act of imagination of course, but imagination is creative on the Fifth Dimension - or even the Fourth. It's the one use of my imagination that produces delightful, tangible results.

Once I'm in the Lake of the Nectar of Immortality, as Ramakrishna calls it, (4) everything is fine. Everything is bearable. Everything is in equal action/reaction balance. The positive nestles in the negative like the yin/yang symbol. All extremes would disappear in bliss.

Bliss is missing in our society. So is love, peace, joy, all the divine qualities. Compared to living in the experience of them, our lives are like swimming through mud. (5)

One minute in bliss and we recapture our emotional state lost in descending into Third Dimensionality and all is well again.

If we all recognized these wisps of bliss as they transit through us, and ride them to their source, this world would not need medicines, money, laws. No one would talk about these things. No one would seek them out. They'd simply disappear from people's minds and houses.

Just like forgiveness would. There'd be nothing to forgive in a world of bliss. Ideas like "injury" and "forgiveness" would fade away from lack of use.

The world would work for everyone.

That I would write about this subject again and again, does it not say something about a level of commitment?

And does that commitment not suggest the incredible level of satisfaction with life one feels with bliss, that would motivate one to write about it again and again?

Can we now, today, just short of our vision clarifying in 2020, allow bliss out of the prison cell? It's a wonderful and magical state that heals all wounds and opens all doors.

I will send you my blissful comforter, said Jesus. Bliss calls all things to remembrance. Bliss is universally praised.

If we could hang out the "Bliss is Welcome Here" sign, we'd be doing humanity more of a service than ... well, most things we're thinking of now. Bliss would make most of them irrelevant.

Bliss, ambrosia, nectar is what will heal all wounds and bring the nations together.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 23, 2016.

(2) Just as an electric coil heats up and glows when electricity is run through it, so the unbearable quality of orgasm comes from us resisting its wonderfulness.

We, in our usual states, are not able to reach these levels and find them at least unfamiliar. When we hold back on feeling the ecstasy, we experience the sensation as unbearable.

(3) It'd make the article too long to talk about the other road in to bliss: Raising bliss from our hearts on the in-breath and breathing it out to the world on the out-breath. But that road in exists as well. And there are undoubtedly others.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 217.

(5) In the out-of-body experience I had in 1977, the etheric body was lighter than the down at the base of a feather. Meanwhile the physical body had the consistency

of a lacrosse ball (India rubber). The body was a non-conductor of the refined emotions and sensations that the etheric body experienced.

The State of Being Called Happiness

February 21, 2020

<https://goldenageofgaia.com/2020/02/21/the-state-of-being-called-happiness/>



Just a few days after finding myself in the state of consciousness called abundance, I've had another major breakthrough this evening.

I suddenly realized - out of nowhere, though probably guided - that I didn't allow myself to feel happy.

I swear I don't remember a time in my life when I've actually allowed myself to deeply feel that way.

I've perpetually kept a lid on it.

The very next moment after I realized this, I felt overwhelmingly happy.

And not just as a feeling. In the same way that I discovered that peace was like granite, solid and stable, (1) so for a brief moment was happiness the same - solid, strong, stable - much deeper than a simple feeling. But I'll continue to use the word "feeling" because I have no other word for this deep a consciousness state.

The feeling was totally novel to me. (2) I was flooded with memories of people inviting me to feel happy and me responding irritably. I swear I never knew why I responded that way, never even thought anything was amiss.

But some time ago, in the distant past, I must have felt so hurt, so traumatized that I distanced myself from happiness. I locked it away somewhere and led an essentially unhappy life.

Bad choice.

What have I done to myself? How could I never have seen this?

Or are we just getting deeper and deeper into our vasanas, our core issues as the energies rise?

But for now, and for as long as it lasts, (3) I feel happy. And look! Happiness leads back to love.

All roads seem to lead back to it.

In all the years I've been writing about love, I never connected it to happiness. Happiness was literally elbowed off the stage by dismay, sadness, regret, and hopelessness, all feelings that arose out of conflict with my Dad.

I'm now at least in bliss, blending into ecstasy. Happiness is a door into all these!

I notice that bliss and happiness are very compatible. They blend into each other.

Happiness is in the moment. Like love, happiness is a higher-dimensional or transformative space.

Like love, the minute I go into unawareness with it, it disappears. As with bliss, I really have to sit here, just enjoying it, to get the full effect.

I'm happy and I have no reason for being so. It's independent of the circumstances. I feel like Scrooge waking up on Christmas Day.

I don't know how long this experience will last. It came out of nowhere and may as likely disappear into it again.

But for however long it lasts, I'm going to savor it.

For the first time in my life that I can remember, I am happy. (4)

Footnotes

(1) Here's an account of peace being like granite:

"Immediately I found myself sinking into a deep, deep sense of peace, way down deep. I ended up in a place that was absolutely solid. It was as if I were standing on a slab of granite.

"Later again, in *An Hour with an Angel*, Michael also described peace as being like stone and I remarked that that was my experience as well. I would have expected downy softness.

"The solidity of the ground under my feet probably reflected my own inner stability, which seems to be a gift of true peace when it becomes permanent.

"This peace passed understanding in the sense that the mind was so still I'd have to describe it as inactive, archived, taken offline. There was no such act as understanding going on because the mind was decommissioned.

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

Archangel Michael: So, when you think of things that you should do, are supposed to do, might do, and it doesn't ignite that fire of excitement, and that granite of peace, then you are being given an important piece of information, which is 'look elsewhere.' Is that clear?" ("Transcript ~ Archangel Michael: You Have Chosen to Be the New Paradigm of Love, May 31, 2018," June 7, 2018 at <http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/>.)

(2) Here's what AAM had to say about the experience, a day after I'd had it:

Archangel Michael: You may have noticed, Sweet One, that happiness has a large role to play at this moment.

Steve: Well I'm just connecting with happiness myself. I don't think I've allowed myself to be happy in decades!

AAM: It has been a very long time. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 20, 2020.)

(2) I woke up the next morning and the experience had left me.

(3) A few days after writing this article, I read this passage from Saul, which I so agree with:

"Happiness is carefree, joyful, limitless, and inspiring. When you are happy you can do much more because you have boundless energy and enthusiasm for life, and that happiness, which is firmly established within you, uplifts and encourages those with whom you interact. You have all experienced the joy of watching small children bubbling over with happiness and have then been delightedly unable to suppress your own resultant good spirits. Learn from them then, embrace the moment, and have fun." (Saul, Aug. 10, 2014, at <http://johnsmallman.wordpress.com>.)

Fragmentary Record of an Earlier Experience of Ecstasy

August 07, 2021

<https://goldenageofgaia.com/2021/08/07/324896/>



Another item I'd like in the public record, so to speak, is this fragment from either 2016 or 2019, of another (perhaps fourth) experience of ecstasy.

I assert that we have small flashes of higher-dimensional states like love, bliss, and ecstasy all the time. But we put them down to a moment of happiness, a joyful thought, etc.

In fact, if one can recognize them for what they are - a wisp of love, bliss, or ecstasy, for example - they expand. They fill up the space.

Whether we'll be permitted to fully experience them is another matter. I'd expect our experience to be moderated so we're not outta here on the next train.

We on this blog are lightworkers. That means we agreed to stay and serve the invited guests at the banquet of Ascension.

That further means that our major enlightenment experiences await us after bidding farewell to the guests. But my experience should demonstrate that we're given previews and allowed to make higher-dimensional visits.

As another aside, I'm astounded that I'm able to experience these higher-dimensional states myself and yet retain my everyday consciousness. You'd think not. I don't know how that is.

But I'm committed to being here, rather than afar.

Back to our main topic. Let me add this undated fragmentary note to the record.

So far today the ecstatic state I'm in has survived several bus rides and a disappointing argument with a friend.

Even when I thought I had shut down, the ecstatic state remained. It was as if I was thrashing around in a bowl of milk. The milk remained after I finished thrashing around.

I suppose I should try to convey what I mean by the "ecstatic state."

As high above ordinary love transformative love is, bliss is as high again; and ecstasy is as high again beyond bliss. So they're like a stair step, in my experiencing.

While bliss is essentially a solitary state, for me, ecstasy is very social, although with a bias toward the quiet in everything. (1)

Except one's chosen field of exploration, endeavor or enterprise. There, enthusiasm seems to be the order of the day.

But for all else tranquillity.

The ecstatic space sees me feeling no further trauma or pain or upset, no resentment, regret or vengefulness.

It feels totally content and satisfied.

The impact of feeling this way in bliss would have been to send me inside.

But the impact of it in ecstasy is to have me sit quietly and radiate love and bliss to everyone around me.

It doesn't have me want to interact, necessarily. But it does invite me to radiate loving energy.

Footnotes

(1) I don't feel social this time around. I feel much more sensitive to other people's spaces. If I'm around fear, I feel like choking. The Mother described my state:

"Do not engage in the old. As I have said to you, there is no room, literally no breathing room, for the old illusions, the false beliefs. So if you are attempting to engage in those old patterns, you will literally feel as if you are choking. So avoid them." ("The Divine Mother: My Tsunami of Love Will Shift You Permanently."), channeled by Linda Dillon, January 30, 2014, at <http://goldenageofgaia.com/2014/02/the-divine-mother-my-tsunami-of-love-will-shift-you-permanently/>.)

Excerpt on Ecstasy



I don't know where this fragment came from. 2016? But it points to a possible fourth experience of ecstasy.

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