

# **How to Process a Number One Upset R10**



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**Vancouver: Golden Age of Gaia**

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## Dedication

I dedicate this book to Prue Beckow, wonderful, loving being, protector, inspiration, victim of domestic abuse.



## Introduction



I grew up in an abusive household. Twice my Father socked my Mother. The second time she left.

Because I looked like my Mom, my Dad later told me, he took after me. I was a stand-in for kicking the dog. So I learned experientially about vasanas at an early age and through early childhood trauma.

I'm now experiencing the most serious vasana I've ever encountered and writing about it during the processing of it and afterwards. And I'm doing this because I believe we're headed for various serious difficulties ahead before things get better and we need First Aid in managing our feelings without harming others,

Hence this book.

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How does one write an introduction when one's lights are not bright to begin with and writing is difficult? That is, in the midst of a compelling upset, core issue, or major vasana?

I'm finding that out.

I'm in the midst of what Werner Erhard would call a Number One Upset, having just had my shoulder bag stolen with my laptop, external hard drive, money, and ID documents in it.

On the computer and drive were sensitive (Reval) financial documents, financial passwords, and ID material. Some of these could be sold to traffickers or used for fraud.

This is not making lemonade out of lemons. This is issuing an alert that the time has arrived to learn how to exist from our vasanas without harming others.

We know what's coming. Time is running out.

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So I'm writing an introduction to vasanas, as an assist in processing major upsets and I'm writing it while being in the thick of one. No better time for it. It makes things real.

Let me begin by defining a vasana. A vasana is a complex of thoughts, feelings, and actions created out of early childhood trauma as a defensive measure.

A vasana erupts into consciousness as a result of a triggering upset.

Vasanas are heavily subject to intergenerational transfer.

Our thinking about vasanas is usually limited. It's limited by our context or paradigm, for one thing. (By our courage for another. Wits, which are in short supply when a vasana is erupting. Financial capability. Etc.)

If we come from the paradigm of empirical materialism (where only what we see, hear, touch, and feel is real), which most medical practitioners and scientists do, then vasanas are merely upsets - a psychosocial phenomenon which can't be avoided and must be managed. Nothing more.

However if we come from a spiritual perspective, vasanas are much, much more.

Especially if you know what the purpose of life is as I was shown in a 1987 vision. I won't recount it here but what it demonstrated was that the purpose of life is enlightenment. (1)

The purpose of life is that God should meet God in a moment of our enlightenment. "O Thou I!" Said Bayazid of Bistun of that moment. (2)

Keeping that in mind, what is the major barrier to us fulfilling the purpose of life? Why, it's vasanas. Our upsets increase and increase the karmic lessons we need to learn to achieve the purpose of life - knowing God through the portal of the Self.

The truth will set us free and vasanas obscure it. They're the result of usually early childhood trauma and they give rise to defensive ways of coping that skew the situation and hide the truth.

They make us dense and lethargic in our thoughts, emotions, and actions.

They cause the breakup of more partnerships, relationships, and teams than anything else I can think of. I can even think of having financial problems and, if people handled their vasanas responsibly, the situation could be managed.

When our upsets get triggered, we usually say, "You made me (mad, cry, fall, make a mistake)." That in itself is untrue and is often meant to hide the truth. We act like a victim and that's disempowering and untrue again.

People who don't process their vasanas eventually become coralized, fossilized. They're caricatured:



When we think about straightening everything crooked, levelling every mountain, and raising every valley, we're talking about cleansing ourselves of our vasanas.



OK, fast forward to the present.

We've been told repeatedly to expect Ten Days of Darkness or announcements followed by a series of Alliance presentations on what was, is, and will be happening in the world.

Some of these revelations are going to bring up every core issue, every number one upset, every major vasana that we have. I say that having watched videos and seen photos that were so appalling that even thinking of them now takes my breath away. I almost faint.

So, having that knowledge, among other things, I've set to work trying to (along with Gabor Mate's team) bring the processing of vasanas back into the public spotlight to prepare us for what is coming.

Nuff said. Time to dig into the material here and practice managing our vasanas in a responsible, safe, and loving way instead of the let-er-rip way we may have been used to up till now.

### **Footnotes**

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

(2) "I went from God to God, until they cried from me in me, 'O thou I!'" (Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.)

## ⌘ How to Process a Number One Upset ⌘



## From Heavenly Clouds to Mud Bath and Back - Part 1, Sept. 28, 2021

<https://goldenageofgaia.com/2021/09/28/from-heavenly-clouds-to-mud-bath-and-back-part-1/>



*Me shouting at the stars!*

Yesterday I was on top of the world. I was 946 pages into a collection of the Divine Mother's messages through Linda and feeling much love, which I attribute to doing that work. (2)

I decided to take a break and take some things back to my garage. I waited for the bus, fed the pigeons, had to run for it, and, with all I was carrying, forgot my backpack at the bus stand.

Long story short, that was the last I saw of it. Yes, I discovered what happened to it after and it appears to have been stolen.

Grieving followed - computer, one of two hard drives, money, most of all, identification (identity theft, human trafficking, fraud).

I went from heavenly clouds to mud bath. And here I could wallow....

But, by Gawd, what better time is it - if I can put aside all the painful issues raised by the loss that will urgently need to be addressed - to demonstrate, before all the world, how to handle what Werner Erhard would have called a "stack attack" - multiple vasanas (1) going off, each of significant impact.

And, yes, I know everyone is either on lockdown or on strike in the world. We're hearing rumors of war - some militaries are launching rockets and moving troops. All theatrics and cover for other operations I hope.

We've already got the false prophets behind every major editorial desk in the world. Afghanistan is in turmoil. Evergrande is collapsing, The Three Gorges Dam is threatened, etc.

So who gives a damn about your vasanas?

Well, wait a sec. The revelations that are soon to come are going to rock us. If we haven't by then begun to cleanse ourselves of our vasanas or haven't at least learned a few of the basic procedures and premises to do so (3), we won't have access to this in our memory when the big revelations start.

I guess that's why Michael has not returned my bag. I needed to go through some huge vasana before the announcements were made to demonstrate online how to manage what arises.

So here I go.

(Continued in Part 2, tomorrow.)

### **Footnotes**

(1) A vasana is the resulting complex of thoughts, feelings, and behavior that we create as an answer to early childhood trauma. Vasanas can have command value over us until we process them. Core issues, records, old business are synonyms. I use the word "vasanas" to link it up with Ramana Maharshi's teachings on the subject, which take the discussion into one of enlightenment.

Multiple vasanas or what was more pertinent here, layered vasanas.

(2) Fortunately my second external hard drive had just backed up early that morning and so I didn't lose either the Mother's book or any other data. I just feel like crying with relief.

(3) They're exceedingly simple BUT I will give full details here because it's needed.

## From Heavenly Clouds to Mud Bath and Back - Part 2, Sept. 29, 2021

<https://goldenageofgaia.com/2021/09/29/from-heavenly-clouds-to-mud-bath-and-back-part-2/>



*How I feel starting out on my vasana*

(Continued from Part 1, yesterday.)

So we're walking through the processing of my vasana for you to have a guide to tackle yours when they predictably go off in the face of the upcoming revelations.

My first basic procedure is to remain aware of myself, no matter what. Michael calls that "being the observer."

Stand back; be the observer, he says. I'm so used to remaining aware of myself that I haven't until now noticed that that's what I've been doing for decades.

Basic premise: Awareness is dissolutive (my word). It isn't neutral. If you remain aware of a feeling, it lifts. If you resist it, it persists. And it goes back down energized.

Second, let whatever arises play out, while experiencing whatever feelings surface during the course of it.

Third, name the feeling. I know. Many spiritual teachers say don't name the feeling. There's a time and a place for both. If you want stillness of mind, don't name the feeling. If you want to get at the vasana, name the feeling.

Why? Because the mind, which is the source of the vasana, is organized by names, words, headings. What arises as "fear" draws up a different memory file - as anyone can test out - than what arises as "gratitude."

Fourth, once you name the feeling, ask the mind what is the source of the feeling. The mind will dutifully respond with a picture or a word or something similar.

*Very Important:* The mind is very quick to respond. You must grab the first picture or word that comes up, not the second or the third.

It's like a search engine: The results get less relevant the further down the list you go.

Fifth, experience whatever results from seeing what the mind offers you.

Oh, my Gawd, for me, up comes the picture of me in a coffee shop long ago. I have just bought myself a \$4500 computer, with all the bells and whistles and I promptly spilled coffee on it. It was ruined. I nearly went insane from all the vasanas that went off at that time.

I'm re-experiencing the devastation and despair I felt then. I can see right now that there are going to be layers to this vasana. Below this one is anger, just waiting to be recognized. But I'm staying with despair for now.

Sixth, operate on the premise that the truth will set you free from the upset. When you discover the truth of the vasana, it should lift. It may return but now you know to just observe it. And you know the truth of it and can watch it pass all the sooner.

But there's a second application of this principle.

You may not have discovered the entire truth. But if you've discovered some of it, you should experience *some* release. You can see either increasing release or else increasing density as indications of whether you're on the right track or not.

As an aside, the thought arises of all the business created by this loss - all the passwords that need changing, reports that must be made, documents that need to be replaced. On top of feeling despondent, I also feel clobbered, overwhelmed. I put that aside for the moment until despair and despondency lift.

Ok, let me draw a line under processing to this point and report on how I feel now.

There has been some release from despair and despondency when I experienced the feelings originating with the earlier coffee spill on my computer.

This issue lifted much quicker than I expected, which I think shows both the increase in energy planetwide and the previous work I've done on vasanas.

What I'm aiming for is turning a catastrophe into simply a situation that needs attending to. Taking the sting out of the event.

My guide in doing this is that I know that higher-dimensional states erase vasanas and turn catastrophes into simply situations that just need to be handled.

As another aside, you don't need to have reasons for the vasana lifting. Simply experiencing the truth of it, rather than resisting it, is all it takes.

And another: Only when I'm free from the vasana can I address the remaining issues in a sane and normal manner. I'd be well advised to postpone addressing them until I've processed the vasana(s).

Seventh step, now that I'm in release on despair and despondency, I don't go back again into that upset. To do so would be to recreate the scenario and the need to go through it again.

I look again and I see both anger and a curious breathlessness. I look first at the breathlessness. I'm not going to repeat the steps but simply say what I see and feel when I go through them quietly.

The breathlessness is fatigue. The pace never subsides and it'll only get more intense as we go further along. There is so much to read, and so much of it disinformation or misinformation, I just feel overwhelmed.

Having now gotten underneath the shock and dismay at losing my computer, with all its private contents, more pure fatigue is rising to the surface.

I ask the mind where it originates from. I'm back in 1970, doing my Master's Thesis at the Public Archives and National Library in Ottawa. I'm rushing because I'm going to get married in Vancouver and have a schedule to follow. I've been sleeping in the small office they've assigned me.

I'm totally exhausted and there's much road yet to cover. My head is bowed. I rest in the experience.

(Concluded below, in Part 3.)

## From Heavenly Clouds to Mud Bath and Back - Part 3, Sept. 29, 2021

<https://goldenageofgaia.com/2021/09/29/from-heavenly-clouds-to-mud-bath-and-back-part-3/>



*How I end up feeling. Time to tackle all the new business created and get back to work.*

(Concluded from Part 2, yesterday.)

Some time ago, the historian in me assigned myself the task of discovering the real reasons behind World War II. I watched a large number of documentaries.

Those videos of courage in the face of fire and persistence through adversity are now arising in my mind and inspiring me.

I see value in approaching this with the same courage and valor of Russian troops at Stalingrad and Kursk. I draw on the same kind of courage and persistence I saw in them.

And I find that taking command of myself has banished the fatigue.



The third layer, of anger, now arises. I have a pretty good idea of the perpetrator. Their story is just not credible.

But here again, the voice of reason intercedes. I cannot afford to allow this to become a distraction. I'm leaving it to Michael to disable the computer and drive.

If he can put out potential housefires, rescue me from looming electrocution, take the site down to prevent a malware attack, etc., he can erase a hard drive.

If not, then I'll pay whatever price I need to but I don't intend to allow this to deflect me.

So that handles anger. The mind has its marching orders on this one: Get back to work.

The next layer I find is self-righteousness. I want to be right. I'd jeopardize a police investigation (I don't expect any but) by discussing the case with some involved people just because I want to be right.

Breathlessness returns as I contemplate the work I could create for myself by pressing for an investigation. I just can't afford to invite that kind of complexity, on top of the complexity I already have.

OK, I now feel a layer of irritation at the number of things I now need to do to be able to take up following events again. I see that the irritation does not trouble me. Maybe I can use it to spur me on. I'm not concerned by it.

So I've now freed myself from the vasana. I'll soon invoke the Law of Elimination and ask Sanat Kumara and Archangel Michael to take this vasana away and the Law of Give and Receive to find me the wherewithal to replace the items lost and stolen.

Kathleen reminds me that we're getting to the point where we can simply invoke the universal Law of Give and Receive and *give* the vasana away. I wanted to go through the longer route to illustrate it.

Take the next upset that arises for you and, with these three articles in hand, process your vasana. Practice. Practice. Practice. This is the alternative to yelling at your partner or kicking the dog and this works (that doesn't)!

Med beds sound like they'll clear up any memory of our upsets. But, until then, working this process will provide relief - and save relationships.

I'm back to normal after being ready to storm and rage, give up, and die.

Print out and follow this guide when the really bad revelations start to be made.

PS: I see that, as I go about my activity today, unwitting reminders arise and I feel fresh twinges and replays of the vasana. But I can more easily go through them now. They're not a problem.

# In My Opinion, It's Essential, September 30, 2021

<https://goldenageofgaia.com/?p=326972>



Sept. 28, 2021

This blog was started twelve years ago today - first as the 2012 Scenario and next as the Golden Age of Gaia.

All this time it has survived by your generosity alone - no ads, no prices for books. We bow in gratitude to you.

The blog began out of the inner turmoil caused by watching *In Plane Site* in 2007. After retiring from government service, being released from my obligations, and seeing that 9/11 was an inside job, I was devastated.

Now here we are today with the powers behind 9/11 and every other false-flag incident we know of being brought to justice.

Outside and inside - all is turmoil. I don't think they're entirely unrelated. I think we'll look back later and see a pattern to it all.

All is turmoil inside for me because of the incredible disruption losing my computer and back pack has brought about.

Get new driver's license, replace all manner of cards, change three pages worth of passwords. Big Concern: Consider what to do in case of identity theft. Although I don't think Michael would allow that. But it's enough to get me writing on the pitfalls ahead of us.

What I want to convey is the tremendous sense of loss and failure I feel. This was a blow to my confidence and pride. I must have needed it. Or it served a larger purpose.

This being an Ascension ethnography, it makes sense to be discussing a matter like this. We want to emerge from our denseness if we're interested in ascension.

In my view, ascension *is an* emergence from denseness. So let's discuss denseness as well as bliss, the heavenly clouds as well as the mud baths.

In the face of so much business being generated by the theft, I feel almost overwhelmed. (1) I realize that loss may be something a lot of us feel in the time ahead.

I densify under these circumstances. I get groggy, lethargic. I slow down. I forget what it was I was doing.

When I have this many things to attend to, I have to write them down rather than carry them around in my head. If I don't, I practically become a sleepwalker. Hindus would call this the guna or cosmic force of thamas (lethargy).

Even though I've processed the vasana(s), it doesn't mean I can necessarily handle the workload generated. And I'm finding it a struggle.

Of course while in the company of others I mask all this. I present the best face possible. I project a false front. Well, I exaggerate a little. But you're seeing behind the mask.

I don't think it's a coincidence that this is happening. Michael could have intervened. But what better way to stimulate discussion of "emergency preparedness" measures?

We're in the Accountability phase of Ascension and the waters are rough. I think we need every tool and instrument we can find to get us through the choppy seas ahead.

Escaping from the career- and relationship-crippling effects of our upsets, core issues, or vasanas, I think, is not simply a desirable tool for the time ahead; in my opinion, it's essential.

### **Footnotes**

(1) Don't forget that I'm by temperament a monk, if an urban one, and not used to the scale of activity that many others might be. Although I can imagine other people being even more affected than I too.

## Predictably, Upsets are on the Way, Oct. 1, 2021

<https://goldenageofgaia.com/2021/10/01/predictably-upsets-are-on-the-way/>



I write this series of articles as part of our Ascension ethnography, yes, but also because I think it's predictable that major upsets are on their way.

They'll occur when many people learn the truth of what's been happening in our world.

I want to record as much as I can about the impact and resolution of what Werner Erhard might call a Number One Upset has been for me. (1) It's happening as a result of me losing my shoulder bag, which, in my story, had "everything" in it.

I want to give as much detail as is needed to create a picture in your mind's eye. I said earlier:

"As I go about my activity today, unwitting reminders arise and I feel fresh twinges and replays of the vasana. But I can more easily go through them now. They're not a problem." (2)

Delete that.

Yes, the vasana has been seen and gone through once, but it's reawakened every time I see an image in my mind of the bag on the ground at the bus stop or a thought of what has been lost. And it reawakens in strength.

I'm going through replays that are so stressful that my hand begins to tremble and my breathing gets labored when I see the bag in my mind. I almost have to sit down or lean on something. So we're not done with this.

All my pretensions to having a shred of worth in this world are under fierce attack at this moment. The self-blame is enormous. (3)

The stress will fade with time but it'll recur when I'm triggered by something that resembles losing my bag. This is the time when all the literature on processing a vasana comes in handy. (4)



You saw that, when I watched Frazzeldrip at Xenia on Sept. 17, 2018, I went into such a state of shock that it took a spiritual experience - a fourth-chakra event - to dynamite me out of it. (5) I didn't want to be a human at that moment. Get me out of this place.

I'm endeavoring to function here as an honest witness to the truth. Whether I'm honest or not, you have to decide. But I watched *Frazzeldrip* as a journalist so you wouldn't need to.

Not like I can remember much of it. I just see horrible, horrible scenes in my mind and hear screams I don't ever want to hear again, knowing what's happening to cause them. (6) I shiver and end up weeping thinking of them.

Who do you tell? Who wants to hear of such things? You get the picture of what it's like to see something really upsetting and to serve as an honest witness to the truth (because it's a social role)

What we're going to be dealing with soon could have serious emotional repercussions if we don't know how to navigate it.



The single processing of the vasana hasn't erased the images of what happened from my mind. I still flash on them, and practically need to sit down when I do. My point is to give you a word picture of a number one upset.

It wasn't the money that was in my bag. It wasn't even the computer or hard drive as pieces of equipment.

It was the ID and password documents, identifying where I live, where I bank, etc., etc., that presents an enormous security threat.

There were shockwaves when I saw my shoulder bag in my mind's eye. There were shock waves when I thought of my password files, my ID documents, my lost computer files of a lifetime's research. Everything was in that bag.

Now, even the thought of the work involved in changing all my passwords has my light fade. And that's yet another layer to the vasana: The thought of the work involved in recovery. Almost overwhelming unto itself.

Let us squeeze managing a daily blog in here somewhere too: Another layer to the vasana.

This is a vasana, right? A core issue. Something in which one's identity and sense of security are involved and at stake?

And I'm living the moment. It doesn't matter that I later realized that I could piece my files together even if I lost another hard drive, I have so many hard drives. That was later. I have to relive the original moment as it was.

To be truth and cause release, we have to experience and know the vasana as the truth, as what it was in reality at the time rather than in our later manicured story.



Back to the vasana. At that moment all was lost. No computer. No idea of the consequences of some of my files being taken.



And my passwords being there just added to the extreme stress levels I was experiencing.

The original shock of realizing I'd left my bag at the bus stop almost had me go into a breathing fit.

So this is a Number One Upset. Everything past, present, and future is threatened. Take a picture of it and remember I said so when you find out what your favorite Hollywood star has been up to.

That's why I'm exposing myself to the world's gaze right now. So you can remember: There is a way through the awful way you feel.

You don't need to panic and sell the family farm (as some members of the cabal are rumored to be presently doing). You don't need to divorce your partner. This series of articles is about the alternative.



Vasanas are often layered. They can be linked as well, as scripts people live. (7) I'm now encountering a layer that goes into shock each time I see the bag in my mind's eye. I flash on it and my hands begin to shake. My breath becomes labored.

I found myself looking away from the mind-picture immediately in vasana-creating behavior. But then I said to myself, that's exactly the opposite of what I should be doing. And I lashed myself to the chair and watched the inner video.

In my imagination, I was looking at my bag on the ground and knowing I was going to lose it. I made a lunge for it to get out some of the things I valued. But a hand held me back.

My hands are trembling. My breath is labored. I slump in the chair.



To the person who says I'm attached, that's an interesting point, which I never could have discussed with you a few days ago. Don't even try to advise or converse with a person near to being in shock.

But now, yes, I can discuss it. I'm actually not attached to my equipment or research. I've gone through other instances where it looked like I'd lost everything. A couple of days and I was fine.

It never happened but I had the experience under my belt of losing all my work: I realize that I am not my work.

After that I could become a dishwasher and be happy - as I have been in hard times in the past.

No, it's threatening the security of future (post-Reval) plans. Lest I make matters worse, let me censor myself on that one.

I really dropped the ball, I'm saying to myself. That's another layer to this vasana: Self-blame, a loss of confidence.

You ask why old people get really old really fast after the loss of a loved one. This is the process. For them loss of motivation, loss of caring about life, loss of a desire to eat, etc.

Some of that is happening with me.

The alternative is to process it as I'm doing here. Go with it. Let it play itself out upon you and it will leave. Resist and it'll stay.

So I sit up in my chair and just experience the feelings.

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So you can see, when a person is in a major, major vasana, a Number One Upset, they're not fit for anything ... but writing about it. It's paralyzing. It "undoes" a person.

Just the after-shocks when I see my bag on the ground in imagination are enough to start me trembling and gasping for breath. I become like a frail, old person in that moment.

I should stop here, to give you a rest. I'm trying to show you what it's like to go through an upset so shocking that you make life-and-death decisions in the face of it ("I don't care to live any more. I don't want to show my face. I can't live with the humiliation").

Please don't say I'm making lemonades from lemons. In a short amount of time, this will be serious business. I think upsets are on the way.

We need to get serious about their impact. Never mind having food and drink on hand. Have this series on hand as well.

I've made a booklet of them, but I'll be constantly adding to it and increasing the revision number. I'm doing that because the announcements could come tomorrow; no one knows the date. So better to get this out right away.



## Footnotes

(1) Involving shock and loss. I apologize to Werner. I can no longer remember his original formulation and am paraphrasing, with some loss of meaning.

(2) "From Heavenly Clouds to Mud Bath and Back – Part 3," September 29, 2021, at <https://goldenageofgaia.com/2021/09/29/from-heavenly-clouds-to-mud-bath-and-back-part-3/>

(3) An hour after writing this article, I've just seen another of the originating incidents for the way I feel right now. I'm flashing back on the failed Neptune Expedition. Identifying that relieves a little bit more of the stress I feel.

And now I'm seeing yet another originating incident: When I discovered that my guru of 25 years was a pedophile. The bottom dropped out of my world and I threw out the twelve books and booklets I'd written about him.

(4) See Vasanas: Preparing For Ascension by Clearing Old Issues at <https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf>

(5) See “We Are, All of Us, Innocent and Pure,” April 7, 2020, at <https://goldenageofgaia.com/2020/04/07/307247/>

"Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(6) Claude Steiner, *Scripts People Live*.

## Until the Volcano Settles Down, Oct. 2, 2021

<https://goldenageofgaia.com/2021/10/02/until-the-volcano-settles-down/>



Remind me never to say a vasana is finished. This one has me by the throat.

If I didn't know what was happening, I'd be having a fight right now with my significant other, moving out, moving to another province, and congratulating myself on having done something for myself for a change.

This one is of an intensity where, to express it fully, I'd have to be completely vile, merciless. That's how rotten I feel when I really allow myself to feel it.

I'm now feeling humiliation surface and I see every humiliating moment in my life - making a speech about Ascension to my high school grad class and being rebuffed, receiving an award on high-school awards day, only to have the principal ask my Mom and Dad to stand (and they were divorced, which was a disgraceful thing in those days). My Dad was in the balcony and my Mom on the main floor. Ooooooooooooo.....

Pushing my Mom to get me back on the school patrol - after I quit - because they were being awarded this neat pin. Watching my then girlfriend cheating on me before my very eyes. Never knowing what the hell I was doing making love. On and on the memories go.

There's a long line of humiliations and they end up in the same place - the original humiliation I felt at being rejected by my Father early on.

I didn't have the loving relationship with my Dad that many people did and I feel the lack. I feel lonely, disconnected, as if I'm all alone (if I am, it's by my choosing). Part of my being a hermit, a loner derives from that early rejection.

I feel release from seeing myself as a rejected child. Release suggests that I just hit on a truth. That's encouragement to continue.

My eyes fell on the shopping cart I was using that day to carry a box of scrapbooks back to the garage. It was tippy and so my attention was on it and I just assumed I had my bag on.

The minute I saw the shopping cart in the hall I began to hyperventilate and feel like I was going to die. When I look at my replacement shoulder bag, same thing. When I even think of taking my new computer outside, an EBS announcement goes off in my brain to stop me (the computer stays in my apt. now)

There are changes I'll make tomorrow which I won't discuss. How could so much come out of a small personal loss like this?

I feel worn out and need to sleep. My stomach hurts and I'm hyperventilating again.

I've been using the universal law to ask the Company of Heaven to get my bag back.

I feel so debilitated by worry right now - worry that I'll have a break-in, worry that my passwords will be discovered and used, etc.

So it's been several days now and the vasana cannot be said to be gone because it gets retriggered at sights like my replacement bag or the shopping cart. And I've never seen such strong retriggering.

This is what some people will be going through who wake up to the fact that vaccines are harmful, that their favorite singer uses the White Rabbit (adrenochrome, captured from tortured children), that a man or woman they admired is a child rapist.

If you're watching what's happening to me, it's probably a decent preview of the pain that some of us will then feel.

I'd have to take time off work to manage this if I were in an office. For sure I wouldn't preside over a hearing and be as crippled emotionally as I am right now. It'd skew my decision. I have to let the volcano erupt again and again until it settles down.

## Whatever Works, Oct. 3, 2020

<https://goldenageofgaia.com/2021/10/02/whatever-works/>



Again, processing our upsets will soon be a major topic. I think folks are more likely to read and study that subject now than they will be in the midst of a major upset.

So I'm going to continue with the examination of my own major stack attack/ number one upset in the hopes that people will study it either now or, less likely, when the inner storm breaks.

Because there are unresolved, ongoing security risks, this vasana, most likely, will not subside the way others have. One side of me wants it to subside. The other side is asking me to stay awake to it because of the risks involved. This is a matter of duty, it says. You need to stay alert now.

Another side of me says trust Michael. When my mistakes caused the blog serious trouble, I asked Michael where the protection was and he said that there were larger events afoot which this occurrence served. He told me what they were and I accepted it.



Now here too, I'm sure there are bigger events afoot and I haven't actually been harmed. I did not miss a day's work on my computer, having borrowed a MacBook Air from a friend in the interim.

This is an aside, when a major vasana like this goes off, I recommend that you try to preserve things as usual and normal as possible.

Because something minor like not being able to find a pen at a time like this can cause an eruption in many people ... OK, in me.

So, for instance, I grabbed an old shoulder bag and immediately populated it with as much of what I had as before. I was fortunate to work on a MacBook in the interim so I understood the machine and software.

And I had total cooperation from everyone in my life. More than total cooperation and I thank everyone from the bottom of my heart.

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Turning to the personal, in my view, we want to keep the environment as quiet and peaceful as possible for the one in the upset. An upset upsets a person's calculations, routines, thinking, feeling. and it's important to them that they have the needed time to sort things out.

Gosh, the words are just rolling out here. It's important not to advise or counsel them at this time. Now hear this: They can't hear you. They will not take their attention off the upset. If you insist, they may explode.

This probably will be happening all around us at some future date when people find out what some folks have been doing; need I name names? So we need to take the matter seriously and get clear on what we need to do and how to do it when we feel like we're about to go insane.

On the practical front, I no longer carry needless identity cards and nothing else that I'd be afraid to lose. I'll go back to a wallet or cardholder for those. My laptop does not leave my apartment.

At some point I'll turn my attention to my cellphone and reduce risk there as well.

My replacement shoulder bag has straps that I can tie around the front. Yesterday on the bus I was going to take it off and put it on the seat beside. The straps reminded me not to.

You have to remember: My memory is not great, which is why I don't do live interviews.

Added to that, I now see what Michael means by "interdimensional travelling." I am in love and bliss a fair amount and I can "space" out, so to speak. My cognitive processes are not affected. But my memory becomes doubly unreliable then.



Next?

I'll wait until I see evidence of identity fraud before reacting to that one. I don't think Michael would permit that, no matter what larger purpose my initial loss may serve. So I don't see that as a risk any more, having reasoned it through.

So do notice: We use any method or technique that will work to release the grip of our vasana. I've experienced parts of it through to completion. I've taken a stand on other parts. I've reasoned this one through. Whatever works.

At some point I may draw on all I learned from studying military history for so long. I may take command of myself and have myself snap out of it if things get critical.

All these years I've been trying to minimize and gentle out the military side of myself. But now I may choose to draw more and more on those skills - security, forethought, planning, logistics, disaster plan, contingencies, etc.

That time may just have come in a small dose. Not regimenting others. I'm over that. But myself.

"It had to be this way," Q says. I need to take charge of myself now that I've been shown how easily things can be up-ended by the simple leaving of a bag at a bus stop.

Just as I ransack my hard drive for messages from the Mother to include in my next book (1), so I ransack my mind for processing techniques useful in a crisis.



My mind is full of competing agendas. Since I can't attend to them all, I'll either blow my circuits and multiply the impact of the vasana itself or put them all aside and do this. Where is my To Do List? Who moved my To Do List?

There are so many issues that this raises and raising issues in me for completion before the Reval is a leading suspect in identifying why this is happening, instead of Michael giving me a shove and letting me know I left my bag there. Or having another pedestrian notice.

I'm resolving a number of related vasanas as they arise - trust of Michael, willingness to call on the Galactic Federation to get my bag back, clarity on what skills I need to draw on when things get hectic and overwhelming. I'm being given a foretaste, I think, of what it's going to be like.

There'll come a time, and it may have come in a small dose already, when I'm going to draw on my military studies and start regimenting myself. Not regimenting others. I'm over that. But myself.

"It had to be this way," Q says. I need to take charge of myself now that I've been shown how easily things can be up-ended by the simple leaving of a bag at a bus stop.

All these years I've been trying to minimize and gentle out the military side of myself. But now I may choose to draw more and more on those skills - security, forethought, planning, logistics, disaster plan, contingencies, etc.

I now draw on my own remembered skill set of taking a stand and making a declaration. I do this for myself. I'm letting you listen in. My stand and declaration is that I will not allow such a serious security breach to happen again.

Again, I'm using every means available to exit this vasana - *save stuffing it down*.

Even taking charge and command of it is me experiencing my choice and so is not suppression.

I'm experiencing it, expressing it, taking a stand around it, reasoning it through, any productive approach that will complete some aspect of the vasana without suppressing it.



Finally, I re-choose what I want my life to be about from here on.

I serve the Divine Mother.

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

"Beloved child of light, you do my bidding and you have for eons." (3)

Therefore why should I fear?

I really only want two things in life: (1) that I be permitted to serve the Mother and (2) that I be permitted to write. I derive my joy from those two things.

I have a duty to keep safe what has been entrusted to me. This is a worldly obligation, not a matter of spiritual practice per se. I have to be alert and awake and I need to do whatever assists me in that.

It means putting in reserve the desire to become more kind and gentle for the moment and taking charge of my life without becoming coarse. It had to happen sooner or later.

Knowing that I serve the Divine Mother, my faith is that there are larger events occurring that this event serves. Not the least of them might be the clarity I've gained as a result of it and the material it produced on processing a vasana in a crisis.

To resolve the issue once and for all, I give my shoulder bag and all its contents to the Divine Mother to use as she wishes. I surrender my concern for it as a possession as counterproductive to the work I've been given to do.

For the rest I remain more alert and awake than I normally would to compensate for my deficit in memory.

I feel as if I'm emerging from a thick fog.

So this is what it took to "put out the fire" when I created a critical security risk and personal loss in my life. It's what it took to emerge from the state of extreme upset without harming anyone else.

I don't fool myself that this may be the end of it, but I hope it is.

### **Footnotes**

(1) I have to do some something to keep the mind alive during a lockdown, with vaccinations being pushed, vaccine passports in force, etc. So I'm organizing my articles into books that may be useful or entertaining when the storm hits. In military terms, this is the provisioning of forward stations, attending to logistics, organizing myself for the storm. Hopefully you are too.

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

(3) Divine Mother, *ibid.*, June 7, 2015.

## ⌘ Background ⌘

## What is a Vasana? January 26, 2021

<https://goldenageofgaia.com/2021/01/26/what-is-a-vasana/>



*Alice in Wonderland* is all about vasanas

As a result of working on a book on vasanas or core issues, I've arrived at a composite definition of a vasana. Here it is.

“Vasana” is a term derived from Advaita Vedanta or Non-Dualism. It refers to the karmic seeds of future actions or latent tendencies.

They're latent because they aren't triggered yet; they're tendencies in the sense that we tend to act along the ruts and grooves created by the vasana.

I've heard vasanas be called records, upsets, resentments, scripts, numbers, old baggage, unfinished business, etc.

Under one name or another, they're known to most, if not all, psychologists and spiritual teachers.

So what is a vasana?

I consider a vasana to be an archaic and troublesome behavior pattern formed as a result of early-childhood trauma.

It comes complete with conclusions, decisions, and reactions.

It persists through time like a sleeping volcano, until triggered by something in the present which in some way resembles the original incident in the past.

It presents itself as an interruption in well-being which we call an upset and which we usually project onto other people (“eg., “you made me mad”).

It exists as a disturbing, disruptive irritation or wave in the mind, preventing the stillness and clarity that's usually considered a prerequisite for enlightenment.

(I consider our vasanas and their resulting habitual behavior patterns to be the chief obstacles to our enlightenment.)

It produces residue such as Constant Comment, an inner critical voice; a lack of self-worth; and residual habits, which exist independently of the vasana, disempowering the individual and keeping them playing small.

It has very little to do with the present situation and much more to do with our failure to complete our experience of the original incident.

Vasanas are not completely removed until a level of enlightenment called Sahaja Nirvikalpa Samadhi, a full and permanent heart opening. This is moksha, mukti, or liberation from the reincarnational cycle of the Third Dimension. This marks our entry into the Fifth Dimension.

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“How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.

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"Vasanas and This Work," June 25, 2010, at <https://goldenageofgaia.com/2010/06/25/vasanas-and-this-work/>.

## How to Handle Unwanted Feelings: The Upset Clearing Process, April 2011

<https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>



*Reposted from April 2011.*

A reader wanted to know how we deal with the negative feelings like hatred and vengefulness that arise when we remember what the dark side has done to us – causing death and destruction and other forms of suffering. How do we deal with our emotions without wanting to lynch the dark ones?

We could if we wanted address it using the "cognitive" approach: by educating ourselves on the accurate situation we're in as Matthew, SaLuSa, Saul, Hilarion, and others have revealed it to us.

That would involve us seeing that we created the dark ones from our own dark side and that if we withdraw our attention from the dark ones we move away from them and reach a point where we no longer have to be in their world or dimension.

We could use the growth movement answers such as hitting a pillow, shouting in our car, punching a punching bag, expressing ourselves with the same degree and kind of emotion as the upset.

We could use Ho'oponopono and forgiveness. But what can we use when none of these seem to work?

Readers here know that I recommend a process which I've called the upset clearing process. Using this, we "source," or get to the bottom of, the original upset. When we've reached the source of the upset and completed the experience at the base of it, the upset may disappear and often will not return to bother us.

There is a part of me that sighs when I introduce this subject. Because, although it sounds straightforward, it's not entirely straightforward. Many people don't know how to work the process.

Many fail to locate an image of their earlier upset. Many fail to grab the first image that flies by their minds. Some don't know how to "be with" the image. Some try to move the process forward when they should be passively observing.

There are many reasons why we may find ourselves unable to make the process work and I don't know what to do about that through the medium of writing. If I were standing beside another person, I could guide them through the process. But writing? Not obvious how I'd do it.

That doesn't mean the process doesn't work. It just means I don't know how to accomplish the task in writing.

Nonetheless, I'll lay the process out in the hopes that some of it will ring a bell and either you'll be able to make use of it yourself or else find a setting in which the process is used and get face-to-face instruction in it. I have to say that it took me years to learn it and then do it enough times that many of my major upsets have lifted.

The aim of using this process is that, instead of correcting the ignorance that holds the situation in place or instead of expressing ourselves until the upset lifts (if it does), we complete the experience of the piece of old business that has us see the world and respond as we do. The process is the same as what Krishnamurti called "passive awareness" and Eckhart Tolle calls "practising presence."

It is covered by innumerable articles in the subsection "Preparing for Ascension" in the righthand column. I've probably written about nothing else more than the upset clearing process because I know how freeing it is. At the end of this article I'll list the other articles that treat it.

I learned this process from encounter-group leaders, Werner Erhard, John Enright, Vipassana meditation, and enlightenment intensives. It has many names but has been discussed in the channeled messages that we've been reading for the last two years, all of which say, in brief, "complete your unfinished business."

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## **The Upset Clearing Process**

### **1. Name or Describe the Upset**

We cannot process an upset that is not already happening so value your upsets when they happen. What usually happens for me is that I get upset and begin winding up to attack the other person (who "upset me," right?). Then, in a flash, I realize I'm in an upset.

I stop what I'm doing, take a deep breath, and begin the upset clearing process instead of attacking the other.

I begin by identifying the upset in any way that does the job for me. "I don't like other people attacking my friends." "I don't like it when the guy next door warbles in his awful voice." "I don't like being served cold food."

### **2. Identify the Accompanying Feeling**

When these things happen I feel (rageful, ready to scream, irritated). I take a moment to fully experience the feeling I've named. I breathe into it. I let it fill me up.

### **3. Locate the Earlier, Similar Incident**

What troubles us about the incident is almost never the present situation. It is usually an incident from the distant past which was so difficult for us that we stepped out of the flow of life and stopped experiencing there. Often we made a binding decision of the form "I will always" or "I will never." What we must do now is take ourselves back to that discrete moment in history when the traumatizing event happened.

So I ask myself for an image, word, phrase, thought, or memory that will identify that original incident. Now here is where most people go off the track. The image comes shooting by them and they do not notice it. Or else they don't like the first image that comes to their mind but dismiss it for one reason or another and look for a second image.

No, the mind works perfectly to send you the image asked for. Take the first image that comes shooting across your mind. Passively be with it. Stay with that image and allow it to tell its story to you. Feel the feelings that arise, no matter how unpleasant they may be. This is a *crucial* element of the upset clearing process.

### **4. Re-experience the Earlier, Similar Incident through to Completion**

If you feel like crying, cry. If you feel like shouting and can shout, then do that. Etc. Remain there, being with and observing the feeling and the incident for as long as required until you feel it gradually lift. Continue to remain with it until you're completely restored to Self.

When it lifts you've completed the experience - this time. You may have to repeat it, but at least once you've allowed it to play itself out it may loosen its grip on you. And it may not. It may require a number of repetitions of the process but the upset will finally lift and you'll be rid of it. If you project your feelings onto others and act out your upset, you just energize the upset and hold onto it for the next time. But this way, you've taken a step towards completing it, "sourcing" it, or "flattening" it.

No emotion or thought lasts forever. All have a beginning, a middle, and an end, which is why sages say "This too shall pass." If we allow an upset to pass through us without getting behind it, acting it out, and projecting it onto others, it will

complete itself, disappear, and release its grip on us. Doing that is the way to complete unfinished business and, in this instance, Mimi, free yourself from hatred of the dark and vengefulness.

Now that's easy to say, but the fact of the matter is that it took me 23 enlightenment intensives, several repetitions of the est Training, three months of encounter groups, and numerous other workshops to release some of the major upsets in my life. So it isn't necessarily something we can accomplish overnight. But it is the road out of the forest and with the energy rising on the planet it just may be that clearing upsets becomes easier as we go along. I wouldn't be surprised if that was the case. Moreover, the galactics will assist us to release our unfinished business; I'm sure of it.

One last thing: karma and issues are different. Our karma will be forgiven us; our issues perhaps not. Our karma is the lessons that are destined to come to us later in this lifetime or another lifetime. But our issues are right here with us now. It's the difference between the movers saying they will move your household furnishings (karma) but not your backpack (issues). If you have a heavy backpack, then there may be effort involved.

So, whether you can make this process work or not, whether you can't make it work right now but will be able to later, this is the way out of feelings like vengefulness and hatred.

Now I'll list a few other articles on this site that look at the matter:

- [Dealing with Stored Emotional Trauma](#)
- [Running the Process](#)
- [I Know I Came Here to Communicate This](#)
- [OK, I Feel Upset. ... Oh, Great!](#)
- [Yayayayay! We're Reactivated!](#)
- [To Be With and Observe](#)
- [Presence Dissolves Issues](#)
- [The Truth Will Set You Free](#)
- [How Do I Pass Through the Narrow Doorway?](#)
- [On Being Rebuffed ... and Getting It](#)
- [Sooner or Later We Must Forgive Everyone in Our Lives](#)

- [What is a Vasana? – Part 1/2](#)
- [On Looking like a Fool ... and Getting It](#)
- [Back, Back, Back](#)
- [Back to the Origin](#)
- [What Are You Invested In?](#)
- [Karma and Issues Are Not the Same](#)
- [Sri Ramana Maharshi on the Problem of Our Habitual Tendencies](#)
- [Can Illness be Caused by Reactive Habit Patterns?](#)
- [Time to Complete Old Issues – Part 1. Rising Energies are Awakening Us or Exposing Our Barriers](#)
- [Time to Complete Old Issues – Part 2. We Must Heal the Barriers to Love](#)
- [Time to Complete Old Issues – Part 3. Dropping Rackets and Completing Karma](#)
- [Time to Complete Old Issues – Part 4. How to Clear Old Issues and Upsets](#)
- [Time to Complete Old Issues – Part 5. What Can Go Wrong?](#)
- [Time to Complete Old Issues – Part 6. Philosophical Considerations](#)
- [Conclusion to “Time to Complete Old Issues”](#)
- [Let Go, Let Go, Let Go](#)
- [What We May Need to Leave Behind – Part 1/2](#)
- [What We May Need to Leave Behind – Part 2/2](#)
- [Processing the Upset](#)
- [Processing the Sleeping Volcano and Moving On](#)
- [Managing a Troublesome Ascensionitis Symptom](#)

## Cognitive Dissonance Builds and is Processed, February 1, 2021

<https://goldenageofgaia.com/2021/02/01/cognitive-dissonance-builds-and-is-processed/>



Boy, the cognitive dissonance inside is primal and disruptive.

I want to process it, in part to be out of it and in part so we can see how the upset clearing process works in real time. I declare I'm in an upset from the dissonance.

Let me describe it.

On the one hand, I'd like to see things from a unitive perspective. On the other hand, I'm wedded to a single outcome: The Alliance prevailing.

I don't consider the Biden team to be part of the Alliance. I do consider the Trump team to be.

So, if it's a question of either/or, I prefer the Trump Team.

Where the cognitive dissonance comes in is I know that loving all would be a higher place to be, but I feel certain that my mission exists at the level I'm at: Seeing that the cabal is dislodged and that the Alliance prevails.



And then I watch myself add self-righteousness to that, excuses, justifications and denials. But underneath those habitual responses, I'm still committed to the Alliance prevailing.

I also know that the cabal would be dislodged even if I did nothing. The Divine Plan is that they quit or leave. Now is the time for Ascension. It's fish or cut bait.

So I don't have to be doing this. But I still *want to*.

Michael once told me to choose my battles and that's what I'm doing. The battle I choose is to the battle to end cabal rule, whatever the personal cost to me.

Interestingly, the cognitive dissonance - the preoccupation, jangled feelings, emotional roller coaster, etc. - just lifted. Muscular tension in the body (primarily in the shoulders and the back of the neck) relaxed. Stress went with it.

This is another instance in which a primary foundation of this work of clearing upsets has been affirmed: The truth has set me free. The truth behind my decision (and deciding is one way out of dissonance) is that I *want* to support the Alliance. I *choose* to support the Alliance.

Allowing that truth to be, without retort or resistance, has set me free. I just want to underline that.

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Vidya adds:

"Another way I've found to resolve [dissonance] is to shift into total love for myself.... Embracing myself in that way dissolves all dissonance, as it raises me above the level of the mind and into my higher Heart. And all is well. "

Absolutely. Good point, Vidya. Transformative/transfigurative (higher) love (for self, in this case) dissolves all dissonance and raises us above the level of the mind. I totally agree.

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I'm doing this publicly in the hope that you read this, can see the same patterns in your own day-to-day, and try out these ways of self-release.

I'm not somehow saying you should think like me. I'm making available ways to exit an upset.



I could stop there, but I'd like to take the matter further.

It seems like a battle of love against will, my Divine Feminine against my Divine Masculine. I ask my mind to throw up an image of the original incident.

OK, yes, I see the origin. My mother and father were, in my mind, fighting constantly. This memory of their continual battles, which I later called "a cycle of abuse," is what I'm seeing in the outside world.

We couldn't see it in the outside world unless we know it already in the inside: I know domestic violence. (1)

I don't have a recollection of love plus will, the Divine Feminine and the Divine Masculine working together in harmony. Only a lot of suppression which then explodes, rinse and repeat.

I know this situation won't be solved as an either/or. Both have to be part of the solution.

I wouldn't be surprised to find one day that spiritual evolution consists in large measure of "either/ors" that are resolved by becoming "both/ands." Like a lot of bubbles that are coupled together and then become one.

Love and will; not love or will.

This is an area where I hand off from the Recovery Dept. to the Reparenting Dept. This is not upset recovery now. It's adult re-education.

In the absence of any recollection of family harmony and cooperation, such that this lack is shaping my antagonistic view of current events, what do I need to do by way of reparenting to correct the situation?

### **Footnotes**

(1) The Arcturians: Because you were to work with Ascension, you were called upon to create a reality in which you went to the depths of the depths [with your Father] while you also experienced great love [from your Mother]. (The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.)

And you chose the childhood that you chose to deeply experience that darkness so that you, a child in your environment, can tell long before an eruption of darkness that it's time to run and hide. So you've been trained since childhood to hear the faintest whisper of darkness. (The Arcturians, *ibid.*, July 22, 2014.)

Archangel Michael: The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured. In the truth of Ascension, this is what you are doing: Healing and opening to a greater capacity of love consciousness. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.)

## From Vasanas to Scripts, September 17, 2021

<https://goldenageofgaia.com/2021/09/17/from-vasanas-to-scripts/>



### *A two-handed script*

I recently had a breakthrough in my cleansing process.

Up till now I'd been processing singular vasanas (or core issues) as they erupted.  
(1) A few days back, something different presented itself.

I felt awful and there was no reason that I could see why I might feel that way. So I began to observe. "Feel to heal," Kathleen says and I did so.

I named the feeling I was having as depression and I followed it. I used Kathleen's question: "How does this feeling relate to the past?"

But I wasn't just feeling depressed. I was depressed one minute and ... arrogant, self-important the next.

I had no idea that the two were even related or, if they were, how. I was confused and puzzled by the apparently-conflicting emotions.

And then I saw it.

I was not dealing with an ordinary vasana per se. I was dealing with a two-handed script. Two people's vasanas were talking to each other - in patterned ways.

I've dealt with scripts in the distant past as well, as part of cleansing a vasana, but I have no active memory of it. I know it was a subject we discussed decades ago. (2)

What was the script that was being played out in the background of my consciousness?

My family went through a cycle of abuse - mounting disagreement, then a fight, then separation, then making up, then mounting disagreement.... It went on endlessly.

My Dad really believed he was - and had to be - "the man of the house." He could be arrogant, self-important.

When that happened my Mother invariably responded with disappointment and depression and, surprised at not getting the deference he expected, they fought.

They followed a predictable script and what's happening for me is that, if one side of their two-handed script gets triggered, the other side comes up with it.

I saw the problem arise after I had a grumpy, irritable thought. I became depressed almost right after it. And I finally recognized what was happening as something I knew well.

I'm recalling how Dad, when he got in one of his moods, would wreck everything that stood in his path. I now know about the difficulties of his own childhood and can appreciate why he was that way. But it was no fun growing up with it.

I now see myself playing my Dad's and Mom's hands, sequentially. I have both inside my mind.

Previously I would have looked for layers in a single vasana - depression is one layer, say; arrogance a second. But this was clearly the family's circular emotional process having been etched in stone in memory, rather than my own singular reaction pattern or vasana.

In the Sixties, we'd have gotten at scripts people live, as Claude Steiner called them, through such means as psychodrama and rule reconstruction. (3) But these and other growth processes are probably little practiced today.

So now I can add "scripts" to the phenomena to be fruitfully observed. One by one these knots in consciousness will be released.

The real learning lies in observing these inner constructions. Ascension will cleanse us of all of them. Now is the time, in my view, to do it ourselves and perfect our self-healing skills.

But if you want to be rid of the script now and in one go, rather than learn from it by observing it, then invoke the universal law:

I invoke the Divine Mother and the Law of Elimination to take this script of abuse away from me, immediately and forever, and erase all traces of it from my thoughts, feelings, and behavior.

### **Footnotes**

(1) Using the upset clearing process: "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

(2) When I wrote this I forgot that I'd stumbled across this same two-handed script in mid-August 2021: See "Not Out of the Woods," August 13, 2021, at <https://goldenageofgaia.com/2021/08/13/always-more-to-go/>

(3) Psychodrama involved having other members of an encounter group play important members of the family with lines they had to say. Rule reconstruction would involve positioning people to reconstruct a rule in the family - so, father glaring, with arms crossed; mother nagging; sister sticking out her tongue; etc. The sight of the family "statues" usually triggered insights, including scripts people lived.

## How the Process of Growth Work Goes, September 3, 2021

<https://goldenageofgaia.com/2021/09/03/how-the-process-of-growth-work-goes/>



*As the chaos swirls outside, the chaos swirls inside as well.*

*In this article I process a residual feeling state. Doing this, I hope, allows me to do a better job in post-Reval roles.*

*And of course every one I can dissolve frees me and elevates my space, which is a contribution to Ascension.*

It's interesting how the process of growth work goes.

The return of confidence in my life after an absence of decades revealed that, prior to its coming, I'd been conducting my worldly affairs by resorting to bravado.

I didn't see that until I was out of bravado.

But I knew something was wrong because I didn't like the way I was feeling.

Now here again, I have something going on with me that doesn't feel good. However this time I intend to not wait for a fortuitous event but to process it, push my edge.

I can't put a word to the feeling. If I were to act it out, I'd be folding over and withdrawing.

OK, it's guilt and shame.

So this time I'm not proceeding by recognizing a wisp of confidence and surfing it. I'm not invoking the law and asking for relief.

I'm using the upset clearing process on this one. (1) That will clear it, but not necessarily identify it and connect the dots between it and my behavior patterns. So it's a partial, not a complete, win.

I allow myself to feel the guilt. It expands and fills me. I'm right back at age six. I feel betrayed by my Father. I expected love and all I got was reprimands and the back of his hand.

I feel resistant. At the same time my resistance just brings me more reprimands so I feel myself in a Catch-22: Damned if I do, damned if I don't.

I experience myself going back and forth between resistance and avoiding reprimands. I cut a fine line by mastering being right and avoiding being wrong after I discover that I don't get the back of Dad's hand if I'm right.

Somehow, whether it was his time in the merchant marine or whatever, he learned to leave people alone who were "right."

You could probably get reprimanded in the service if you were wrong and were saved if you could prove you were right. And Dad was fresh back from the service.

So I became super-fastidious about being accurate as a defense measure.

Now I feel weighed down by the act and role. It feels like a clamp around my head. I feel confined, dense, heavy.

And I'm so tired of feeling guilty when there's no apparent reason for it. It's just a deep groove, a rut.

This is ideal territory for another re-awakening, what the Mother and Michael call an "ignition" or "snap." (2) The arrival of the divine state of confidence eradicated



my feelings of instability and ungroundedness. What might address my residual feelings of guilt and shame?

Let's see by what means this feeling state lifts.

### **Footnotes**

(1) See “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.

(2) The Mother is talking here about Ascension but there are lesser ignitions as well. The process she describes is accurate for a lesser ignition.

Divine Mother: It is that feeling — well, it is more than a feeling; it is knowing; it is ignition — it is that feeling that you have been switched on to a different frequency, and it happens suddenly. You may be working at it, working at it, working at it, and then you wake up one morning, and you see, perceive, feel, know different. (“The Divine Mother: We are Creating a New Species of Humans (Repost),” September 15, 2017, at <http://goldenageofgaia.com/2017/09/15/the-divine-mother-we-are-creating-a-new-species-of-humans-repost-2/>.)

Steve: Now, you did say about two years ago that ascension would be a snap.

Archangel Michael: Yes. It is a snap and a moment in time when someone truly gets to that point in the car wash where they are clean and bright and shiny.

Steve: Right.

AAM: But it is a process also, going through. (Archangel Michael in a personal reading with Steve Beckow through Archangel Michael, May 9, 2014.) [Hereafter AAM.]

That is, Ascension is both gradual at times and sudden at times.

Archangel Michael: Everyone is at different stages. And for some the snap will be far more significant than for others: that is why there is a period of adjustment. ...

So, for some, they have already ascended. ... And there are already many flying in and out, and that they don't require a snap.

Some will require the 'Full-Snap.' (AAM, Nov. 21, 2014.)

## Going Down or Coming Up, Vasanas Feel the Same (Repost), Oct. 13, 2014

<https://goldenageofgaia.com/2021/05/21/going-down-or-coming-up-vasanas-feel-the-same-repost/>



I'd like to repost this article from 2014 because it concerns an important facet of the process of clearing vasanas or core issues. (1)

Oftentimes when people are clearing vasanas, they say that they feel so bad that they don't want to continue.

You may feel bad. You may even feel as bad as you did in the original traumatic incident.

That's because, whether you're recording the vasana or clearing it, you'll be experiencing or re-experiencing the original trauma and it may hurt. A lot less today than it did then, but even reminders are supremely unpleasant. You can be fooled by this into thinking that what you're doing is not helping, but it is.

With that introduction, here's our look at the subject from seven years ago.

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"Going Down or Coming Up, Vasanas Feel the Same," October 13, 2014, at <https://goldenageofgaia.com/2014/10/13/going-down-or-coming-up-vasanas-feel-the-same/>

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This statement from the Arcturian Group is significant and should not pass unnoticed:

"The [clearing] process is not always pleasant as you have discovered for many clearings are re-experienced as they come to the surface." (2)

They describe a puzzling situation. Here we are after so many years of clearing, things and still coming up and they feel as unpleasant as heck. What in the world is going on? We should feel clear by now.

We fail to distinguish between an upset that we project outwards or introject inwards, that adds to our stack of vasanas, and a vasana that's going off to be cleared and is cleared.

They feel the same. In both situations we feel crummy, hurt, pained, etc. We tend to wonder what if we're getting anywhere.

But indeed there is a difference.

In the first situation we're burying ourselves deeper and deeper in our upsets and unwanted conditions. In the second one, we're releasing our upsets and unwanted conditions. But to do that we need to re-experience those upsets and whether experiencing them and projecting them or re-experiencing them, and releasing them, we feel equally crummy and out of sorts.

Don't be fooled. If we re-experience them to completion and let them go, we might never be troubled by them again.

It's a hard birth, as the Arcturian Group says. But it's what we came to do and it'll soon be superseded by a state of equanimity and bliss.

Hang on. We're on our way home now, never again to be prodigal children. The last act of the drama of the old Third Dimension is happening now.

### **Footnotes**

(1) For a look at one way to clear a vasana, see “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.

(2) The Arcturian Group, Sept. 29, 2014 at <https://www.onenessforall.com/>.

## The Wisdom of Trauma Free for Viewing, June 15, 2021



*The video appears to be still accessible. To view go to <https://wisdomoftrauma.com/movie/>.*

Folks, this is one of the most profound films I've seen in a long time. It shines the spotlight on early childhood trauma, which we know results in the creation of vasanās or core issues.

Gabor Maté's approach and personality are so gentle and yet insightful that he opens the whole subject up, as deeply dyed as it is with shame, resentment, and anger. I've never seen such masterful work since watching the late Bob Shaw work his magic in contextual therapy.

I only became aware now that it was freely available. I'd assumed that it was a paid part of the *Talking about Trauma* course that Gabor is currently running. I apologize for not getting it up sooner.

If you get a chance to watch it, do. If not I'm willing to bet it'll be released on Youtube soon.

## What is Trauma? – Part 1/2, September 26, 2021

<https://goldenageofgaia.com/2021/09/26/new-talks-from-early-childhood-trauma-team-part-1-2/>



Dr. Gabor Mate's early-childhood-trauma team are multiplying the material available on the subject. I'd like to comment on their ground-breaking work.

They ask us to support "the expanding movement to create a more trauma-informed world." I'm happy to do so.

In Part 2, I post his announcement of his *Talks on Trauma Series, Part 2*. (1)

"Early childhood trauma" is a good way of saying what I call "vasanas." (2) The two literatures are linked but have some differences.

I use the term "vasana" to link up western discussions with eastern spirituality. In this case Vedanta, but in other cases it could be Buddhism (Vipassana is an approach to cleansing oneself of the vasanas).

The number of specialists studying the subject, as Gabor demonstrates, is growing rapidly. That promises some very useful interventions later on when so much trauma will be triggered and reawakened by anticipated accountability events.

John Durham, election fraud, toxic vaccines, the fall of religious leaders, the takedown of the global cabal - this and other events will be a lot for people to take in without getting reactivated. And most people who do get reactivated probably won't understand what just happened.

I applaud and encourage his work and that of his colleagues. I feel relief to see that the subject is being well covered. And "early childhood trauma" is a succinct way of putting it that I think people will easily understand.

I see Vidya Frazier's latest column is also on the subject from a spiritual side. (3)

As the Humpty Dumpty Man can tell you, it's a struggle to break free of this. The lack of confidence, divided mind, self-criticism, anger, self-righteousness - this is not a life. This is what Gabor's team is assisting us to emerge from.

Is it the Mother's plan to have an army of professionals ready to help when all our incomplete early childhood trauma is reawakened? I'm sure it is.

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Let me switch now and use this occasion to review what you may do when a vasana does get triggered. Our early childhood trauma could be reactivated when the emergency announcements go off, for example, or when we hear that our favorite Hollywood celebrity is an adrenochrome user. I call this procedure "processing the upset":

(1) Don't engage with your upset or pull it on like a sweater. Instead adopt the posture of an observer, who sees but is not involved in the action.

(2) Then watch and creatively re-experience what arises in you from watching. Allow yourself to experience the feelings that go off without resisting and without assigning blame or judging. "Feel to heal," Kathleen says.

These are feelings we usually run from (and that's the problem), avoid, tamp down, displace, or project onto others. What we resist persists, as Werner Erhard pointed out. These feelings hang around forever and we develop ways and means of avoiding having to feel them. So a part of us is not available, all tied up in defensive behavior.

Vasanas are also blockages on a physical and spiritual level. They're the cause of bands of muscular tension, skewed belief systems, (4) psychosomatic illnesses, etc.



We need to clear the blockage by allowing these feelings to play upon us without our resisting them until they depart on their own. *They will go*. "This too shall pass" is a spiritual truth.

Their unopposed departure will result in an increase in awareness (rather than in a decrease), a sense of relief, an increased ease of breathing, a happier outlook.

If at any point you have an insight into their origin or cause, the truth will set you free faster than "processing" the early childhood trauma.

Upon release, do not go back into the upset; serious ruts await you there, which you want to escape. It'll take time and patience not to fall back into a rut and accompanying scripted, mechanical behavior. (5) It takes moment-to-moment awareness. (6)

That's it in a nutshell. Now we just have to do it.

I'm so happy to see the fruition of Gabor's work, which I know he's been patiently creating and building for quite a while.

### **Footnotes**

(1) "What is Trauma? – Part 2/2," Sept. 26, 2021, at <https://goldenageofgaia.com/2021/09/26/new-talks-from-early-childhood-trauma-team-part-1-2/>

(2) I want to connect our western discussions of the subject up with eastern spiritual sources like the ascended-while-alive (jivan-mukta) master, Ramana Maharshi, who calls them vasanas.

Vasanas, in my view, are the major impediment to enlightenment and I want to keep sight of the broader picture into which vasanas fit . That's the reason for hitching it up to Eastern non-dualism.

With our vasanas gone, we're restored to our original innocence.

Spiritual dimensions open up with the healing of our vasanas. You've watched me go through desirelessness, stillpoint, love, bliss, ecstasy. I wager that the spiritual experiences will be found to vary in number and depth inversely proportional to the dissipation of the vasanas.

As vasanas go down, spiritual experiences go up.

The state we're left in after a thorough cleansing of our trauma is a springboard for spiritual unfoldment. The next step is being a receptive opening - rather than an embittered adult child as I was - to that new spiritual unfoldment that now beckons.

I think of it as making up for lost time.

In my own case, I'm finding that, as my vasanas decrease in intensity and number, my access to divine qualities like love and bliss goes up.

(3) Vidya Frazier, "Dismantling the Inner Critic," September 23, 2021, at <https://goldenageofgaia.com/2021/09/23/dismantling-the-inner-critic/>

(4) Think of two men who had violent fathers - Stalin and Hitler - and the skewed belief systems they both violently nurtured.

(5) Which we probably copied from Mom or Dad.

(6) On helping others deal with their early childhood trauma via your listening, see *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>

[Hitting the URL will automatically download the book.]

## What is Trauma? – Part 2/2, September 26, 2021

<https://goldenageofgaia.com/2021/09/26/what-is-trauma-part-2-2/>



*Although the event may have passed, I include this article in the book to show you how many people are looking at the subject of clearing early childhood trauma.*

What I call vasanas, Dr. Gabor Mate calls early childhood trauma. Seeing the growing body of specialists he's brought together over the years is heart-warming to someone who wants to see all our early childhood traumas lift.



Here's his announcement of new talks in his series and a reshewing of *The Wisdom of Trauma*.

## **Talks on Trauma Series Part 2, w/ Dr. Gabor Maté and all New Speakers**

email

We're less than two weeks away from the broadcast of our all new *Talks on Trauma Series Part 2*, featuring 17 new in-depth conversations with 30+ guest speakers, trauma experts, MDs, authors, visionaries and artists.

The talks will be exploring how trauma relates to parenting, chronic pain, medical paradigm, climate crisis, politics, spirituality, and more.

It will also be the final broadcast of the year for *The Wisdom of Trauma* movie. We wanted to make sure that you know that this upcoming event has an ALL NEW speaker series. You will have access to the new series and an additional 7 days to watch *The Wisdom of Trauma* movie.

You will receive links by October 4.

If you wish to have movie access for a full 6 weeks and to own all the talks from *Talks on Trauma* Parts 1 AND 2, plus a full course from Dr. Gabor Maté, you can do so [here](#).

In anticipation of this new event, here is a short video preview featuring Dr. Gabor Maté: → [\[Video Preview\] What is Trauma with Dr. Gabor Maté](#)



In this video, Gabor describes trauma as a wound in our psyche that hasn't healed. He also speaks of what we might call trauma that isn't.

For the upcoming talk series we have assembled an extraordinary group of 35+ new speakers, who will be in conversation with Dr. Maté, to explore a range of topics such as how trauma relates to parenting, chronic pain, medical paradigm, climate crisis, politics, spirituality, and more.

Here is an overview of who will be participating:

- Bessel van der Kolk, MD - Medical Director, Trauma Center Principal Investigator
- Jamie Lee Curtis - Actor, Author, Podcaster, Inventor & Advocate.
- Jewel - Singer, Songwriter, Poet, Actor, Mental Health Advocate
- Richard Schwartz, PhD - Developer of the Internal Family Systems Model
- Ashley Judd - Actor, Author, Humanitarian, Survivor
- Steve Ozanich - Author, Pain specialist, teacher of presence
- Pamela Wible, MD - Family Physician, Suicide Prevention Advocate
- Guy Felicella - Consultant, Harm Reduction Advocate and Public speaker
- Darcia Narvaez - Professor of Psychology Emerita
- Rupa Marya, MD - Physician, Executive Director of Deep Medicine Circle

- Marianne Williamson - Author and Activist
- Will Van Derveer MD - Integrative Psychiatrist, Trauma Researcher, Educator
- Jesse Thistle - Assistant Professor, Author
- Tara Brach, PhD - Author, Meditation Teacher, Psychologist
- Jeffrey Rediger, MD, MDiv - Author and physician
- Staci K Haines - Author, Somatic Teacher, co-founder of Generative Somatics
- Rabbi Dr. Tirzah Firestone - Rabbi, Author, Psychotherapist
- Kai Cheng Thom - Somatic Coach & Consultant, Mediator, Author, MSc
- Dr. Elisa Hallerman PhD, JD - Founder and CEO of Recovery Management Agency, Author, Speaker
- Howard Schubiner, MD - Clinical Professor and Author
- Gordon Neufeld, PhD - Author, Clinical & Developmental Psychologist
- Tommy Rosen - Yoga Teacher, Addiction Recovery Expert
- Kate Silverton - Journalist, Author and Broadcaster
- Zhenevere Sophia Dao - Author, Teacher, Poet, Playwright, Theater Director
- Angaangaq Angakkorsuaq - Elder, Traditional Healer, Spiritual Teacher and Shaman
- Mee Ok Icaro - Writer, Teacher
- Mellody R Hayes, MD - Anesthesiologist and CEO
- Nikki Myers - Founder and Director of Yoga of 12-Step Recovery
- Jennifer Wallin - Registered Provisional Psychologist
- Amanda Feilding - Founder and Executive Director of the Beckley Foundation
- Sharon Salzberg - Author, Meditation Teacher
- Eriel Tchekwie Deranger - Executive Director and co-founder of Indigenous Climate Action
- Steve Ozanich - Author, pain specialist, teacher of presence
- Kai Cheng Thom - Somatic Coach and Consultant, Mediator, Author
- Bayo Akomolafe - Author, Teacher, Executive Director of The Emergence Network
- Dr. Ruby Gibson - Executive Director of Freedom Lodge, Author, Historical Trauma Specialist
- Prentis Hemphill - Founder of The Embodiment Institute, Therapist, Facilitator, Writer

- Mona Haydar - Writer, Activist, Musician, Theologian
- Muffy Mendoza - Community Developer and Advocate
- Henry Shukman - Zen and Mindfulness Teacher
- Tiokasin Ghosthorse - Founder & Host "First Voices Radio", Speaker on Peace & Indigenous Wisdom
- Jack Kornfield PhD - Author, Buddhist practitioner, Spirit Rock Meditation Center founding teacher
- Vimalasara (Valerie) Mason-John - Author, Co-founder of Mindfulness-Based Addiction Recovery and 8-step recovery
- Tim McCarty - Certified Rolfer and Life Coach
- Fritzi Horstman - Founder & Executive Director Compassion Prison Project

**We can't wait for you to experience these powerful conversations and to give you another chance to watch *The Wisdom of Trauma* movie!**

All we ask is that you help us spread the word about the movie by sharing on one of your favorite social platforms

**Thank you for supporting the expanding movement to create a more trauma-informed world.**

Love,

Zaya and Maurizio, film directors

## **A Path of Gradual Ascension, Leaving My Issues Behind, One by One, September 22, 2020**

<https://goldenageofgaia.com/2020/09/22/a-path-of-gradual-ascension-leaving-my-issues-behind-one-by-one/>



### *A gradual ascent*

In my view, we can productively think of ourselves (OK, myself) as seeking pleasure and avoiding pain. Or maybe I should say "think of me."

I've talked about feeling good as what I seek from life.

I want to feel joy, bliss, happiness.

But I don't talk as much about avoiding pain.

Let me have a look in this area. Will I be letting light into a dark corner or opening a Pandora's Box?

I personally have a set of pain-avoidance strategies.

One is a ready arsenal of excuses, justifications, and denials. I lob these at others like grenades.



Another is a well-honed story. I spend my off hours getting it just right. And then I sell it to others. (1)

I seem to have an inner radar that can detect when someone else is ruled by the self-serving bias. But I turn the radar off when it's about to be turned on myself. I excuse, overlook, and forgive my own self-servingness but not that of others.

As I said in 1978, I end up being only invisible to myself. Everyone else sees what I'm doing.

And the more pressed I am into seeing what I'm doing, the deeper I go into denying, excusing, and justifying my self-servingness.

A third strategy for avoiding pain is deflection. It wasn't me. It was the other guy. Always the other guy. Never mind how long can I keep the ball in the air, how long can I keep representing that it's always the other guy?

Do that over and over and over and I become coralized from repeated lies.



What I've called the upset clearing process is the alternative to all of this. (2) But other folks have other approaches as well.

Fairly common to all of them is encountering one's experience with simple, bare, neutral awareness. One experiences the feelings that come up. That allows the storm clouds to pass. Resist them and they bunch up and become a real thunderstorm.

I'm no paragon in this area. I keep discovering attachments and hidden agendas that I get reactivated over.

Moreover my whole constructed self was built around resistance so I have a lot of rubble and rubbish around me to clean up from a lifetime of guerrilla warfare.

My memory is bringing up images from my karate days when I was a violence magnet. Fortunately I only used my skills to defend and I seldom needed to actually land a kick or punch. An inch from the face was usually enough.

That was a phase. My childhood rage was at last finding an outlet.

But at some point I, or one, has to turn to processing that rage. "Processing" is an active word. It points to a practice that is essentially passive: "observing." We get through our upsets by observing - if we can, when the upset occurs; if we can't, then afterwards, when we're undoing the damage we just caused.

There are times when pain cannot be avoided. My favorite memory of a moment like this was when a man threw a punch at me when I had my jacket half on and half off. There was nothing for it but to brace myself and take the punch. Wham! And my universe reeled. I extended my pain threshold a country mile from that experience.

I learned from it as well that I don't need to avoid pain; I can accept pain as a price for doing something that makes a difference.

Very seldom do we find ourselves in a situation where we cannot avoid pain. (3)

Avoiding pain as a knee-jerk reaction died as the result of the training of those times. I had an extra second or two to decide whether I wanted to stay or leave the ranch. Avoidance of pain was no longer the only deciding factor.



So, yes, seeking pleasure and avoiding pain. But the pleasure being sought is the pleasure of the divine states - love, bliss, joy, happiness. And the pain being avoided is the pain of our vasanas or core issues.

Nowadays I'd stop avoiding that pain and process it instead, following whatever method works for you (and there are many).

Seeking the divine states and processing the vasanas that arise as we do so is, I submit, a path to enlightenment. Our vasanas are, I believe, the only real obstacle between us and Self-knowledge.

In this age, as opposed to the age of a hundred years ago, much less spiritual practice is needed to win what the classical sages knew and prized as moksha, mukti, or liberation.

We call it Ascension and it's being offered to everyone willing and able to accept the offer. This Ascension is not exclusive but inclusive. Nothing like this has ever happened before on Earth.

Meanwhile, let me not avoid pain, but let me experience it alongside the pleasurable, learning from both, holding on to neither. I do this as a means of moving forward in life on a path of gradual Ascension and enlightenment, leaving my issues behind, one by one.

### **Footnotes**

(1) When I wrote my first book, *Quiet Nights at O'Douls*, in 1978, I wrote exactly that thought in it. I'm right back to my beginnings.

(2) See "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

(3) Workshop leader John Enright used to talk about two ways of meeting an avalanche coming down on top of you. You could either say, "Oh, my Gawd, we're gonna die!" or you could say, "WWWAAAHHHHOOOOOOOOOOO! What a way to go!"



"WWWAAAHHHHOOOOOOOOOOO! What a way to go!"

Slim Pickens, *Dr. Strangelove*

