

# **Love Like We Never Imagined It to Be**



**by Steve Beckow**

**Editor-in-Chief  
The Golden Age of Gaia**

**Vancouver: The Golden Age of Gaia, 2021**

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Dedicated to the Divine Mother



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## Introduction



Steve Beckow

On March 13, 2015, I had a spiritual experience which forever changed the way I viewed and experienced love.

I had what was later described to me as a “heart opening.”

It happened three hours before I was to have a personal reading with Archangel Michael through channel Linda Dillon. I was seated at my desk when suddenly I had the feeling that an energy was slowly moving up my leg.

At first I was alarmed. But since I’m a servant of the Divine Mother and Archangel Michael, I reasoned that they must be in charge of whatever was happening and I just relaxed.

What happened next was astonishing. When the energy hit my heart chakra, there was a terrific explosion as if a huge cork had been blown from a champagne bottle.

Immediately a torrent of love began to flow.

That torrent became a daily experience from that day until Sept. 28, 2015, when love yielded to bliss. The experience of bliss remained for a further three months.

I called the love that I then felt “transformative love.” I did so for the following reasons.

First, ordinary love yields to negative feelings like anger or hatred. But transformative love does not yield to any other feeling that I’m aware of. It transforms them.

Second, it transforms the space, raising our emotional floor and lifting us into a higher-dimensional consciousness which our lower-dimensional desires cannot reach.

Third, it transforms the individual from one concerned with ego survival to one who wants nothing more than to share the love that’s coursing through him or her.

When you’re basking in transformative love, all you want to do is to tell others about it, share it with all and sundry, and savor each breath.

Speaking of savouring each breath, one of the ways to “prime the pump,” as AA Michael called it, is to do the following very simple breathing exercise.

On the inbreath, imagine you’re drawing up love from your heart. On the outbreath, imagine you’re sending that love out to the world. Repeat the breath as often as you like, but three times in one go seems to be the minimum to feel the effect.

Since this event happened on the day I was supposed to have a reading (surprise, surprise!), I was able to ask AAM what just happened. He said that my use of the breathing exercise and several years of clearing out core issues and the conditioned behavior they gave rise to had prepared the way for this experience.

The impact of seeing that transformative love comes up from the heart is that we realize at that moment that we’ve misunderstood the way love works for all these years.

I used to think that I got love from you. “She brings me love.” “I want your love,” “bring your love to me,” etc., go popular love songs in the dozens.

I’m sure we do “get” love from others, but I don’t think it holds a candle to the flood of love that’s available from our own hearts.

Once we realize that the heart is the great treasure chest, we realize that we don’t need to seek love elsewhere. We stop “looking for love” and simply enjoy the endless artesian well of it that we have at the center of our own being.

This book and most other books - that come from my pen at least - are on the consciousness shift that’s taking place at the present time, that goes most popularly by the name of “Ascension.”

All of us are destined to be experiencing love, bliss, and joy. As a person who’s volunteered to go visit, so to speak, I can say that the future is distinctly friendly. 2015 was for me a year of tasting heavenly delights like love and bliss and then writing about them. And this book is one report on what it all felt like and all the things that resulted from that experience.

This is not pie in the sky. The same events I write about are soon to be made available to you. To ready yourself for them, begin focusing on your heart. Begin breathing up your very own love.

Since love will not stand still (love must flow), after you paint your insides with it, send it to others - your friends, your family, your neighborhood, the world.

A word on my sources. I follow the channeled messages of ascended masters, celestials, and star beings here to help with this consciousness shift.

Telepathic communication is the chosen way in which these sources discuss with us the nature of higher-dimensional reality and what awaits us in the future. I hope you enjoy their peerless wisdom and look forward to the day, not far off, when they’ll walk among us.

May all beings know real love, unconditional love, transformative love.

I bow to the sacred Self in both of us,

Steve Beckow

Chief Editor

Golden Age of Gaia

## Chronology

2014 May 5

As seen with my inner vision, while I was meditating, an inner tsunami of love broke down the walls of my room leaving me in an Ocean of Love.

2015 March 13

An energy ran up my leg. When it reached my heart chakra, my heart exploded and the hridayam or heart aperture remained open and love flowed freely from this date until Sept. 28. 2015

Some Time Around 2015 May 15

While on the bus, I suddenly found myself again in the Ocean of Love and remained in it for most of the day.

2015 Sept. 28

On this day, love became bliss and lasted for around three months before fading away.

2018 Sept. 21

At Xenia Retreat, after watching portions of *Frazzeldrip*, I was so dismayed and depressed that it took a spiritual experience to jackhammer me out of it. In meditation, I went down into my heart and at the very “geographical” end of it, at the “seat off the soul,” I saw the Self. The experience was toned down but it left me with certainty about my own purity and innocence.

June 6, 2021

I spent three weeks, on and off, in desirelessness.

# ⌘ The Divine Mother on Love ⌘

# The Divine Mother, Aum, and Love

May 7, 2014

*This book is dedicated to the Divine Mother so why don't we start by getting to know her better?*



(<https://goldenageofgaia.com/2014/05/07/the-divine-mother-aum-and-love/>)

The spiritual experience I had yesterday [*Steve 2021: Finding myself in the Ocean of Love on May 5, 2014*], reported May 6) had calmed down by the next morning. But the learnings it left me with remain.

I am love. You are love. At our essence and in our forms, everyone and everything is love. Love is the raw material of everything that is, the building block of creation, the glue of preservation, and the solvent of transformation - everything!

And what is the relationship between the Divine Mother and love?

Well, to get to that, I'm going to need to stairstep a little.

First let me establish that the Mother has been here since forever and will always be here.

Solomon called the Mother, Wisdom: “Doth not wisdom cry? and understanding put forth her voice?” (1) That voice is the music of the spheres, which we'll come to in a minute.

She rests with the Father as potential within the Void until called forth to begin her work of creation, preservation and transformation. This, for me, is the meaning of the statement: “The Lord possessed me in the beginning of his way, before his works of old.” (2)

The Mother has no beginning or end, as she says here: “I was set up from everlasting, from the beginning, or ever the earth was.” (3)

“When there were no depths, I was brought forth; when there were no fountains abounding with water. ...

“While as yet he had not made the earth, nor the fields, nor the highest part of the dust of the world. ...

“Then I was by him, as one brought up with him: and I was daily his delight, rejoicing always before him.” (4)

Hindus know her as Prakriti and Romans as Procreatrix, Creator of the world. And how did she create the world? “In the beginning ... the Spirit of God moved upon the face of the waters.” (5)

These "waters" I speculate are love. Whether you prefer to think of them in some intermediate form of matter such as ether or akasha, they are at their essence, I believe, after my experience last night, love.

Here is King David in Psalms talking about the work of creation. "The floods have lifted up, O Lord, the floods have lifted up their voice." That voice is the Mother's Aum. "The floods lift up their waves." Those waves are of love.

"The Lord on high is mightier than the noise of many waters." The "noise of many waters," also often called the "sound in the silence" or "the voice of one crying in the wilderness" is the Mother. The still and silent Father is That from which the active and sonic Mother comes. (6)

Now let's take the next stairstep and discover how the Mother builds a universe from love.

In one of her aspects, the Divine Mother is called Shakti or "energy." There are two ways of talking about her energy. As a stream in the body's energy system, it's called the kundalini. As a universal creative vibrations that brings worlds into existence it's called Aum or Amen.

Here is a description of the Mother's energy operating in the body, from Solomon:

“She standeth in the top of high places, by the way in the places of the paths.

“She crieth at the gates, at the entry of the city, at the coming in at the doors.” (7)

Mother Shakti, as the kundalini energy, “crieth at the gates” or chakras, at the various entries or doors to the city like the eyes, the ears, the nose, the mouth. She travels up “the way” - that is, the sushumna canal - "in the places of the paths" - the Ida and Pingalla - to the “top of high places,” the crown chakra. When she reaches the crown chakra where Shiva resides, Shakti is said to merge with Shiva.

Now let's consider her sound or energy, called Aum, as the builder of worlds. Paramahansa Yogananda tells us:

“The intelligent holy vibration, or the first manifestation of God the Father, ... manifests as the cosmic sound of Aum, or Amen, which can be heard in meditation.” (8)

“Aum or the Holy Ghost, [is] the sole causative force that upholds the cosmos through vibration.” (9)

“The Cosmic Energy, or Vibration, ... has a voice of Cosmic Sound which is called Amen by Christians or Om by Hindus. This Amen is the faithful witness in the beginning of creation -- that is, all vibrating creation is accompanied by the Cosmic Sound of Amen or Om or the Word or Holy Ghost, which is the first vibrating manifestation of God.” (10)

Has anyone heard her cry? We all have. That high-pitched noise you're hearing in your ear right now? That's Aum. That's the music of the spheres. That's the creative vibration that brings all worlds, all universes into being.

The Mother, Holy Spirit, or Shakti (energy) is the energetic vibration that creates, preserves, and transforms the world, the first manifestation of the Heavenly Father. She is movement and sound; he is stillness and silence. The Mother as Aum moves upon the waters of love and makes the world.

In my experience, I saw love flow out in, yes, a tsunami that completely filled the world. The world it filled was this Three-Dimensional world in which I was, lying on my bed. I perceived it to be my essence and I intuited it to be the substance from which everything in this Third-Dimensional world had been created, including my body, mind, etc.

The Father has no direct contact with this world. It's the Mother who does. Krishna says:

“This entire universe is pervaded by me, in that eternal form of mine which is not manifest to the senses. Although I am not within any creature, all creatures exist within me. I do not mean that they exist within me physically. That is my divine mystery. You must try to understand its nature. My Being sustains all creatures and brings them to birth, but has no physical contact with them.” (11)

That “eternal form of mine,” I speculate, is love. Although the Father, who is everything, cannot be said to exist within any individual, all individuals exist within the Father. (12)

The Father is not speaking of physical matters. His Being - which is love - sustains all creatures and brings them into form, but not in any physical sense.

His breath, his *spiritus sancti* is the Holy Breath or Holy Spirit, the Mother. She brings all into creation, holds them for a while, and then transforms them.

We are sparks of consciousness (the Father) existing in a world of love through the agency of the Divine Mother's creative vibration, Aum. It is she who makes the world from love and gives us life.

## Footnotes

(1) Proverbs 8:1.

(2) Proverbs 8: 22.

(3) Proverbs 8:23.

(4) Proverbs 8: 24-27 and 30.

(5) Genesis 1:1-2.

(6) Psalm 93:3-4.

(7) Proverbs 8:2-3.

(8) Paramahansa Yogananda, *The Second Coming of Christ*. Three vols. Dallas: Amrita Foundation, 1979-86, 1, 17. [Hereafter SCC.]

(9) Paramahansa Yogananda, *Autobiography of a Yogi*. Bombay: Jaico, 1975, 487n.

(10) Paramahansa Yogananda, SCC, 2, 22.

(11) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 80.

(12) One could also say that the Father is in the individual as the soul. Hence Jesus: The Father is in me and I am in the Father. Nothing definite or limiting can be said about the Father.

# The Divine Mother: It is All a Journey of Love

April 30, 2019



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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/>

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Divine Mother: Greetings. I am Mary, Universal Mother, Divine Mother, Mother of your heart, Mother of your soul, Mother of your journey, Mother of One.

Welcome, Sweet One. And, yes, I come before your beloved ally and friend, ME KI AL (Archangel Michael), my son as well.

Steve: My heart overflows with love.

DM: Yes, it does. And, sweet one, while you gaze about, thinking about this or that, wondering about this or that, thinking about what to write about this or that... Go to your heart. Go to the love because this is the beginning, the middle, the end, the infinite eternal.

It has many names as do I. But it is all journey of love. It is the way of the humans and of this universe that I have created, that you have a tendency (correctly) to think in terms of beginning, middle, and end.

But you know, sweet one, that it is in and out of time, that it is infinite and eternal and that the illusion of this looking about is just that.

Now I am not saying I sent you, and all, to this planet, to this conception of journey to not feel that you are progressing because you are. But, beloved child, son of my heart, it is only about love, about the many expressions, about the many forms.

And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be when you continue to bring all adventures, all arguments, all explorations back to the love.

Then you are having the answers and, sweet child, you are sharing the answers that truly are the key to the return, to the re-amalgamation with All.

Never enter into doubt for all that that will do - and of course it is a choice - is to make you drift further from me. Yes, it is an act of free will, a gift and a quality that I have instilled within each of you, not only the humans but far beyond.

Doubt is a choice to create further distance, further separation. And in that sense of separation it is inevitable, quite literally, that what occurs is that constructs of illusion creep in.

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.

But 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 in this great chaos in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose, to simply be the love. It can have an infinite, literally infinite, number of expressions.

But, sweet child, the expressions are only of One so I repeat what I have said so many times. If it is not of love, if it does not build the love, if it does not expose the love, if it does not communicate the love, then turn away.

Choose the path to me, beloved one. I am here, I am there, and I am everywhere and with you every which way. So turn to me.

Steve: Thank you, Mother. Could we please have an update on the planetary heart opening?

DM: It is well underway.

Steve: So it is gradual.

DM: Think of it in this way. Gradual can mean billions of years or an instant but I will not defuse your question. I will simply speak to it. In terms of the human race, the Gaians, my beloved angels in form as a collective, in your terminology you are thinking of it as "gradual" and I specifically say "thinking," rather than "feeling."

Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion.

And if you speak to these individuals, there's nothing gradual about it. It is the immediate knowing not only of love, not only of individual essence but of essence. Increasingly, the number of human beings upon your planet that are experiencing this is growing literally, expansively.

Yes, there are many that think they are having heart issues. It is no longer simply a labelling of ascension symptoms. So to put this instantaneous transmission of heart opening into ascension symptoms as a broad category, yes.

But can we say... You are always looking for events, Sweet One. You may look to these instantaneous openings as events, significant events. And the reason why I suggest to thee that it is an event is because of the numerical quality of the number of people on your sweet planet, my sweet daughter Gaia, who are experiencing these heart openings.

Now you say, "Mother, why have you diverted it into this discussion?" Well, I tell you why, Sweet One. Those that are experiencing these instantaneous transmissions of heart opening are acting as, not just a significant but a major catalyst for the collective heart opening.

Think of it as a virus, in your terminology, that one has and then is communicated like a virus. Love, Sweet One, and knowing are very viral. So what is happening is that this is contributing to the, what you are calling, gradual heart opening, a significant, major undertaking [that] has actually happened.

Are there are those that are still ironically refusing or distracting themselves from either the what you are calling gradual or even the instantaneous transmission? Yes, there are. But nevertheless, even in the most recalcitrant or disinterested, the energy is in the air so they are breathing the virus.

Make no mistake, Sweet One, Love will win because that has been my plan always. So your real question is, "How are we advancing?" And what I am saying is that individual ascension is and has been happening for some time in terms of the quantum collective leap.

In your terminology, you are almost there.

### **Footnotes**

(1) For the many names of the Divine Mother see "On the Nature of the Divine Mother," May 12, 2019, at <http://goldenageofgaia.com/?p=300774>

The "Divine Mother" is the name given to God in its active phase. Other names are Shakti, Kali, Holy Ghost, Wisdom (Hagia Sophia), Aum/Amen, the Word, the Logos, etc.

God in its "inactive" phase is referred to as God the Father, Brahman, Buddha Nature, the Void, the One, etc.

# The Divine Mother: Resurgence of the Tsunami of Love

May 2, 2017



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Excerpt from “Universal Mother Mary ~ Resurgence Of The Tsunami Of Love ,”  
Heavenly Blessings ~ May 2, 2017, at [https://counciloflove.com/2017/05/  
universal-mother-mary-resurgence-of-the-tsunami-of-love/](https://counciloflove.com/2017/05/universal-mother-mary-resurgence-of-the-tsunami-of-love/)

Linda Dillon: Channel for the Council of Love

Suzanne Maresca: Host, InLight Universal

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Divine Mother: Greetings, I am Mary, I am Maré, Universal Mother, Mother of Hope, Mother of Change, Mother of Constancy, Mother of All, Mother of One – and Mother, sweet angels incarnate, of each and every one of you.

Thank you for inviting me, for allowing me, for welcoming me this day.

Suzi: It is our delight!

DM: Sweet angels of blue, have you ever simply thought of calling yourselves *The Blue Team*, because that is what you are? Yes, and I do include Steve in this team, this triad and this undertaking in our name and in the name of love, in the name of One and in the name of All. ...

Love in all its forms feeds love. Think about what I say. *Love feeds and grows love*. It is the essence of All, and the more it is fed and nurtured, the greater it grows. Hatred or greed or jealousy or power, abuse of power – that does not feed the love.

And because love is the essence of my universe, the entire multiverse, what it means is those essences that are of a lesser vibratory nature, sooner or later – and I suggest sooner – they simply starve, they starve to death. Whereupon that energy, whether it is in human form or simply in the ethers, is returned to me clarified and then sent back out, exploded back out into the universe, into the multiverse.

It is eternal and unchanging – and it is infinite, eternal and constantly changing. But when you break down those particles, whether it is an entire universe, a singular planet, a galaxy or your own skin – it is love. It seems so simple and yet, to many, incomprehensible. ...

Now I have one more thing to say: I am reinvigorating, I am reactivating and I am bringing forth my Tsunami of Love. It has been the beginning and it is the end. No, not the end of life or civilisation or existence, but think of it as an opening bracket and a closing bracket, and in between you have had, of course, many of my waves – it never stopped – of my Tsunami of Love, penetrating each and every particle of your being.

Then the masters and my archangels and all the legions have added their energy to you, and then your Star brothers and sisters have added their Porlana C to you. And now I am telling you I am reactivating the Tsunami of Love to wash away and complete what we have begun together – not to end anything, but it is a new chapter of existence! So think of it as the rinse-off, and I am rinsing you and immersing you and buoying you up with my love.

I have given you my most precious gifts: clarity and purity, grace, wonder and awe, and in that clarity, in that purity, in grace, you step forward in tangibility to bring forth the fulfilment of my dream.

So I declare: I am helping you. Yes, I have heard your cries, and I also know this is an element that needs to be added and it has always been the Plan. ...

# The Divine Mother: Density is Unloving Emotion; Love is Lightness of Being

March 6, 2015



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Excerpt from “Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being,” March 6, 2015, through Linda Dillon, at <http://goldenageofgaia.com/2015/03/06/transcript-divine-mother-unloving-emotion-density-love-lightness/>

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Divine Mother: Let us make it very simple: You are the embodiment of love. You are the expression of this unified force that you think of as Father/Mother One, actively birthed in what you have framed as ‘creation.’ I tend to use birthed, but use these terms cautiously but interchangeably.

I am of such an infinite and eternal nature that I can have, beyond counting, beyond what you consider infinity – yes, your mathematics have a long way to go - but beyond that, as many expressions as I choose. Now, that does not, in any way diminish [your knowledge?] – in fact, if anything, why I speak of this is so that you will realize your spiritual DNA, the truth of who you are. ...

Let us be very basic. My essence is love. The Father and I are conjoined as One, our love. And it is from this union that all is born. This is part of what Sanat Kumara has been teaching you: The transmutation of that essence of my being can be a building block, can be a glue, can be a skin, can be a heart, can be a limb, can be a building, can be whatever is required. And what I do - and this is the heart of the discussion that we have this day - I give you again and again and again and again, my essence. I am part of you. Inseparable.

My essence is love. Now, in many cultures and civilizations, they call that love by many names. That does not matter because the knowing, the feeling, the experience, the energy does not change. I am a part of thee, each and every one of you - and this has been reinforced by my Tsunami of Love.

But, beloveds, you are also a part of me, of us, of One. And that is the piece that oftentimes is forgotten. And that is why I say there is no separation. ...

So the answer to your question - and I am pleased to address this - is that all of it is my love. And I can take a billion forms, and I have just begun. So do not take your time, my sweet beloveds, trying to count the number of angels on the head of a pin, because they are all expressions of love just like you. ...

There is not an aberrant action that is not a desperate gesture to get back to the love.

Now, this is going to be very hard for many of you to understand. There have been many instances in your history, which is lengthy, of even your universe, where such aberrations have taken place. Is it an aberration of the free will and the surrender? Yes. But when one acts in such in way, it is a pathetic, desperate plea for love.

Let us dig deeper. When one comes from a place of hatred - and let us take some of the worst examples. So when one is in a place of hatred, of cruelty, of control, and power as in the use of force, and one is exhibiting and exercising that hatred, that cruelty - the question that you as lightworkers, as love holders, as spiritually cognizant and aware ascended beings is, why? What could possibly be the reason, the rationale?

It is that individual's sight, and it appears that it is a sight of struggle and outright war to gain power and control. But why, why, why the urge for this power and control and the exercise of brutality?

Now, not all these people have been brutalized, not all these people have experienced hatred, so why? Because they have forgotten, or they are not experiencing any love within them. They know it's there, and they are a child acting out desperately, in the most desperate of ways. And that is the only reason. ...

Sweet Steve, you have said to me many times. How do we build this Nova Earth?

Steve: [laughing] Yes, Mother.

DM: And you build it, my beloved son, by claiming the love, by claiming the building blocks, the glue, the dissolving agent, and you use it as your creator self however you choose. And I support those choices because when we are in harmony, when I am permitted to be acknowledged and loved within you as you are within me, then the choices are always reflective of this forward movement of Ascension.

Steve: Thank you, Mother. I think a lot of us are also wondering if universal unconditional love and unitive consciousness are the same thing?

DM: I have talked about many expressions of the love and unitive consciousness. Unity, unity, unity is an expression of love. Now let us explain why. Your greatest fear - and this is so for every being upon the planet - is that you are not worthy, and that you are not loved and unique and not special, and that is a very curious human theme is it not?

Steve: Yes.

DM: And your greatest desire is to be in union - with us, with your guides, with your beloved sacred union partner, and with each other. When you enter into unity consciousness - think of it as the implosion and explosion of heart consciousness - it is you surrendering and at the same time assuming responsibility for the truth and the totality of who you are, all aspects, all parts – integrated divinity.

In unity consciousness, the fear of not being unique and special disappears because the knowing, the wisdom, the sublime bliss of being love is enough to let down your barriers and joyfully, ecstatically, without defenses - without what you would call vasanas (1) - to join in genuine cooperation, admiration of each other, of the uniqueness of your gifts, of the unique expression you have chosen, and I have chosen for you. And so this sense that if I conjoin I lose something is gone.

And so is unity consciousness part of the Ascension, an expression of the higher-dimensional realm? Absolutely. And it is an expression of joy. It is the relinquishing of struggle. ...

Steve: Can you tell us how is it that density impedes love, light, and consciousness? We could take the example of our dense, Third-Dimensional bodies that we are leaving. What is the process whereby their density impedes love?

DM: Density is a term, and I will not go into physics, quantum or otherwise.

Steve: Yes. You'd lose me if you did.

DM: [laughing] Yes, we would have to have Albert [Einstein] interview me would we not?

Steve: Absolutely.

DM: Or perhaps Stephen Hawking. Yes. [laughing] But we are not asking to do that.

What is density? It is mass. It is what you think of as heavy matter. But it is not real. This is yet another one of the human illusions.

So you say, and I'm not suggesting you are not speaking truth, but truth as you've known it existing. And it is with great glee that I suggest this to you: Density of the human form is caused by unloving emotions. Now let me clarify one more time. It means emotions that are trying to ignore, forget, or shove out the love - unloving emotions, self-destructive emotions. Density equals destruction, self-destruction, collective destruction.

The only time that density - and we use this in a very different reality, and, yes, I will get into the physics then because it is a quantum formula whereby energy can assume form. The energy particles that make you up are not dense. They are as light as air. They are as sheer as clear water, as clean air.

So density is unloving emotion - petulant, self-destructive, heavy, hateful thoughts. And the most self-destructive, in terms of density, which then of course creates collective destruction, is the self-loathing, the self-hatred, because that is when you are trying to push me out.

And then what it does is it absorbs. It absorbs into the physical form so that you do not feel a lightness of body, you do not feel a lightness of intellect, and you do not feel a lightness of heart or emotion. And eventually what occurs is that you do not feel. And that is very sad. And that is what you are correcting in this Ascension process. So the density is dissolved.

Now here comes the multipurpose love. That density is dissolved by love. It is dissolved by choice. It is dissolved by decision. It is dissolved by joy.

When you are in joy, when you are in love, when you are in purity, even if you are in the proper application and holding of compassion, there is no density - there cannot be in that purity. Density is one of the creations of the humans to control - it is a complete illusion. And ... it will exhibit as disease and challenge, and institutions that are dense or nations that are dense, or practices that are dense.

So what do you do? I offer you a very simple solution. Just turn up the love. Turn to me. If you say, "Mother I am not sure if I know how to do that. I am not sure how to activate all these DNA bundles. I am not sure how to activate all my DNA markers. And I do not have twelve weeks with you to take this class.

"So what I say to you is simply, 'Mother turn up the gas.'"

Can that be simpler?

## The Divine Mother: Allow Yourself to Float on My Love



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Universal Mother Mary, Saturday Conference Call, “Allow Yourself to Float on My Love, May 21, 2017, through Linda Dillon, at <http://counciloflove.com/2017/05/allow-yourself-to-float-on-my-love/>.

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Greetings, I am Mary, Universal Mother, Mother of change, Mother of constancy, Mother of hope, Mother of love. Welcome, welcome my sweet angels, daughters and sons, earthkeepers and starseed, pillars and portals. I embrace you all and I gather you unto my heart, unto my soul, unto my being.

You are mine, you always have been, you always will be regardless of where you wander or how deep you swim, you are mine. But just as important, remember sweet ones...I am yours...infinitely and eternally, practically, and in your moment of now as well, I am with you.

And yes, I have activated the resurgence of this Tsunami of Love, of my Tsunami of Love. And what does this mean? Now understand, during the human experience and during the general human experience...because it is the general collective that we are also addressing with this energy; whether they are aware of it or not, it matters not, I penetrate them.

But think of it as a rule of thumb that the percentage, the element, the experience of my love is but a small percentage or quotient of my essence. And I have done this and I do this because I have no desire to electrify, overwhelm, or electrocute any of you. My plan is not to wipe the planet clean of humanity. Quite the contrary...it is to awaken, revitalize, reconstitute, recalibrate.

Now, each of you, sweet angels, have had experiences where you have felt my love, where you have felt very clearly my presence...you who I speak to this day more than most...and you have had that sense of overwhelming love, overwhelming connection and the depth of our interweaving, our conjoining in sacred union, in partnership, that is truly the truth of our relationship.

I renew my Tsunami of Love so that more of the collective [can experience it]... those who are sitting on the fence, those who have said, "I'm not interested. I don't want to hear any of this spiritual garbage," those who are adamant in their rigid beliefs that there is only one way to experience divinity – which is absurd – I create millions of pathways; those who are recalcitrant, who literally fight me, the Father, All, in every breath. Now, I have increased their quotient of awareness, their quotient of awareness of love, with my ongoing tsunami and particularly the first wave, the second wave, the third wave. But they're not quite there yet.

If nothing else, I am not only constant in my attendance to all of you, diligent, I am very persistent. I have eternity to play with, as that is what we do, but in that eternity, and within the brackets of your time, there is also the unfoldment of my Plan. And so, once again I bring my tsunami to penetrate all...all of humanity, all of Gaia, all of the kingdoms, and all of you...every fiber, cell, molecule, sub-atomic particle of your being. But sweet angels, this does not need, I do not require or request that this be tumultuous for thee.

And that is why I have brought you, this day and every day, to the quiet cove, to the place of gentle wave action and ripples where you may simply bathe in my love and yes, feel again an increase, an expansion of my gifts of clarity and purity and grace, wonder and awe.

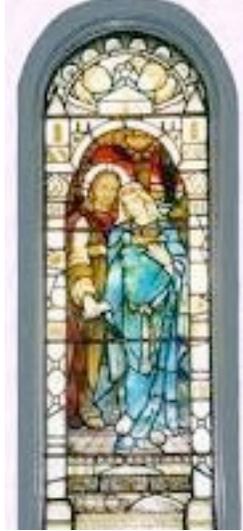
Now, it is true for that collective, they may feel – and many are already – that they are riding the rough seas. But regardless of that, they're also receiving greater clarity and purity and grace. The expansion, my beloveds, that you are capable of is infinite. You are of my breath. You are of my pattern. You are mine and that is all.

There are some of you whose soul mission and purpose is to go out of the placid cove and to go and lifesave some who believe they have been tipped over riding the waves, that they are drowning. They are not drowning; they are being reborn.

But for most of you, my request to thee is come into the gentleness. I do not wish to sweep you away but I do wish to wash you clean, to refresh you, to renew you. So, come to the water's edge, allow yourself to float on my love, to be, literally, a part of my nurturing, my comfort. I am the strongest and the gentlest; these are not polar opposites; they are one. Allow this deeper integration and simply know, sweet ones, I am with you. Farewell.

## **⌘ Saints, Sages, and Archangels on Love ⌘**

## Mary Magdalene via Fran Zepeda: You Are Pure Divine Love



Nov. 14, 2015

*I'm reposting this wonderful message from Mary Magdalene for the relevance to these times of transitioning from Third/Fourth to Fifth Dimensionality.*

Hello Beloveds,

It is I, Mary Magdalene, bringing you sweet tidings and abundant Love to all who tune in to my energy this day. I AM full of Love for you All. I AM deep within your hearts this Now Moment.

I wish to speak with you today about Love. About Abundant Love to which you have all fostered a deeper connection to and understanding of in these recent times. You understand it on a much deeper level now, do you not?

Do you understand deeply that YOU ARE LOVE? As you accept the perpetual divine energies pouring into you constantly now, you are no doubt establishing a much deeper understanding of that. As a part of Source, you are also the essence of Source: Love.

This, no doubt, is not new to you. But I want to explore this further and deeper with you.

Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening.

This requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love.

As your crystalline body comes more on-line, this is becoming more apparent to you. It is essential that you not separate yourselves now from your Crystalline Body, your Christ Consciousness and your Love Essence, in how you look at yourselves. It is no longer something to attain. It is what you are NOW.

The more you are aware of this in every Now Moment, the more you will be able to actualize your True Divine Essence, and thus so your every dream.

You can now construct your dreams with this Love that is pulsing in every particle of your Being. And in doing so, you are an example for others.

Love can be used to dissolve every negative aspect of yourself simply by your intention and your acknowledgement that every negative experience, aspect, emotion and thought is merely a construct waiting to be made whole and pure with your ministering of Love, Forgiveness and Compassion, for yourselves, and for every aspect of your Being, and every aspect of others' Being.

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?

By absorbing and demonstrating the full vibrational nature of those divine aspects/ Cosmic Rays, you are fully in command of them, and more integrated in full divine expression. Divine Love, which is what we are speaking of today, is just one of them. Divine Harmony, Grace, Divine Will, and Freedom are but a few more, which I will speak of another day.

So absorb fully this beautiful Divine Ray of Divine Love, more fully each moment, and wield it to raise the vibration of all, to create your dreams, and to sustain and raise the beautiful Unity Consciousness becoming prevalent and divinely entrenched in your world now.

Invite all your cells and every particle of them, invite all parts of your Being, to be drenched in Love and let Love glue together all parts of you in perfect Harmony as you walk, talk and live Love.

I have encoded in this message the infinitesimal Essence of Love. Allow it to vibrate within you and allow it to thus color everything you think of and do from this moment on. For this is your birthright. This is your nature. This is your essence. This is your purpose.

Magnify this dose of Divine Love I give you now and saturate your very Being with it, and then saturate all parts of you not in Love or Harmony and watch how you will feel more buoyant and in the Zone of Love — where it takes over all your thoughts and fuels your dreams, sculpts your dreams, and enables others to do the same.

Namaste.

I AM Mary Magdalene in Pure Divine Love.

"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/>

If you wish to read this message in its original form, please visit: Fran Zepeda Messages of Love and Healing

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# Archangel Michael on Heart Openings

April 27, 2018



[\(https://goldenageofgaia.com/2018/04/27/archangel-michael-on-heart-openings/\)](https://goldenageofgaia.com/2018/04/27/archangel-michael-on-heart-openings/)

*For Heart Opening Week.*

*In a personal reading I had with him on Nov. 5, 2016 through Linda Dillon, I asked Archangel Michael to discuss heart openings. The topic tends to be misunderstood.*

*In the course of the discussion, he tells us new things about the heart - that it has several apertures, not just the hridayam that Vedantists describe. That's entirely new to me.*

*He tells us that a heart opening is not determined by length of time meditating, but depth of meditation.*

*Thanks to Linda Dillon for our reading.*

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Steve Beckow: The precipitate, the big question that presents itself to me and I would hope to others - but I don't know about that - is how to open the heart. For me, when my heart opened some time ago, life completely changed. It was a total shift. I was, well, certainly in a higher state; I don't know if I was in a higher dimension.

And how can others open their hearts and how can it be discussed because people, when you talk about this they think “I’m close hearted. I’m not compassionate” and of course I’m not saying anything of the sort. So can you help me with that whole question? How does a person open their heart?

Archangel Michael: Yes, it is not a matter of being, in your current terminology, “close hearted.” What it is is heart opening and expansion into heart awareness, into the love. Let us make it very simple.

A heart opening is simply an expansion or a shift into the deeper, broader, higher connection with love. It is the connection, and the participation in that connection, to all.

Now, I wish - yes, I do wish - that I could give you the two-minute answer. Do A, B, C and D and you will be there. But it is not like that and one of the reasons...

And by the way you are in a higher state of consciousness, higher state of being in yes ... in a higher dimensionality as well. They are very interconnected, not completely aligned but interconnected.

But it doesn’t matter because what happens is people become obsessed with both the mechanics, the layers (I am in the Fifth, I am in the Eighth...). It matters not.

Let us start with are you in, or out of, the love. Now what makes it a process and an undertaking, almost what you can think of as a sacred agreement for union, is the element of free will.

Human beings and many other species have this belief that they only exercise their free will when they do this or that, when they decide or choose this or that. But in fact, other than some autonomic pre-sets, every element of your existence brings free will into practice.

If you do not make the decision, the choice, the act of will, if you would, the choice to proceed and to be the love (and to use that almost as a constant litmus test) then there is a tendency to simply go on autopilot and unfortunately this is the case for much of the human race.

There is not the balance between the heart and soul, core existence desire for love and the mental emotional autopilot. We aren't even saying it is choice. It is simply as if you are driving on pre-set.

If you do not work, and by work I mean meditate, be still, receive as well as give the energies and welcome them and then work with them, implement the love, then that sense of expansion either becomes like a closed-door or a revolving door.

And sweet one, what you often have felt, is that it is been a revolving door that, "I'm in. I'm out. I'm in. I'm out."

So, if we can use the word "heart," the apertures of the heart have many openings. And you have recently even discussed and talked about some of this.

But very often what is happening is that again, it becomes a dimensionality wars. It becomes, "Am I using this portion of my aperture? Am I using that portion of my aperture?" And the point is, is that you are using all the activation points.

That is how you enter into the love and stay there. When you are in, and it can be, we can call it, meditation but we simply mean when you allow yourself to be in a state of beingness, of stillness, of oneness, that is the indicator - the flashing red light (or green light) to the entire universe that you are still, that you are ready to align, that your open to receive and become a transmitter, a vessel of nothing but love.

And you have had those moments of full awareness awakening where you have begun, (because it is a beginning, not even a middle) to touch that sense of the all. That is the easiest, most proficient way.

Now I say this and I can hear many of you say, "But I meditate for 20 minutes a day, I meditate for an hour a day. It is not determined necessarily by what humans think of as a time span.

It is going deeper and higher for some and on some days you are able to reach this state of quietude. Yes, the channel's term is "spaciousness." You are able to reach this rather rapidly whereas other days it may take hours. It may take days.

But if you remain in it, it will happen.

But what happens for so many, and can you imagine saying this to the Father/ Mother One, “Oh I have an appointment, I’ve got to get going, I don’t have time for you. I don’t have time to find the totality of why I’m here, the entire meaning of existence. I’ll have to get back it to you on that.”

So the decision that the autopilot of your life is more important than the love, the expectation that busywork is more important than connecting with all, defeats it.

So there has need to be a willingness, and dare I say, a discipline - a discipline practice of taking the time, the energy, the room to create with all your apertures that sense of connection.

Now you do not need to know, “Now I am connecting this... Now I am connecting that...” It is simply being and it is eliminating the mental chatter. How you know you’ve entered into that space is when the mental chatter ceases.

You say to me, “But, Michael, we all have our lives, our families, our duties to attend to.” And I agree and I understand but where is the priorities of what you are doing with your life?

That is the eternal patience of the Mother.

When you create a ritual and a practice, not only to enter into the love but your real question is to stay in the love.

And you have experienced this, my friend, my brother. When you emerge from that place of silence where everything is, you carry that then into your life and everything you do and say and hence experience is in alignment with the love.

Your acts of will, your acts of creation, your participation in joy, your giving of joy, your receiving of joy. It is all coming from the place of the love.

So there has need to be as an act of will, the decision and the practice, (a decision without implementation is meaningless) to truly pursue and to commit to being in the sacred space of love.

There are many who say, “Well I never feel it. I haven’t been there.” And what I am saying is to get rid of the mental/emotional debris and come back and sit with us. You will know it.

Is this clear? I know it is an abbreviated conversation sweet one, but is it clear?

Steve: Well, I thought it was a very rich conversation, which I will pore over in transcript form. I'm looking forward to it immensely. Thank you for all those leads in there. And I do get the importance of beingness, stillness. Thank you.

AAM: You're welcome, my friend.

## Archangel Michael: Made with Love

Sept. 28, 2020

(<https://goldenageofgaia.com/2020/09/28/made-with-love/>)



*Archangel Michael is preparing us for our new roles, I think. Here he counsels us not to use tools or machines or procedures that do not feel as if they were made with love. He also asks us to be aware of but not swept up in the current disarray.*

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Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2020.

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Archangel Michael: You are ... helping those who seek the peace, who seek the truth, who yearn for love.

For that is the definition of Nova Earth and Nova Being. It is not complex or complicated. In fact it is really quite straightforward.

There are many descriptors in the richness of your language and in fact, all languages. And I do not simply mean human languages.

The language of love is universal. Yes, the array of descriptions, the array of expressions is very close to infinite because those expressions and the ways in which one comes to the understanding of love continue to expand.

So often when the Mother has spoken of her infinite and ever-expanding universe - omniverse - there is a tendency, particularly in the human realm, to think of, shall we call it, the material [domain] where the concrete - a new planet or a new galaxy or a new tool or a new machine - was born, invented, anchored.

But in fact, the expansion primarily is the expansion of these sessions of love. And yes, the expression of love can be as simple as the perfect spatula, as the perfect tool, a screwdriver, a generator, a computer. Because it is created in love and it fits. But underneath that is the knowing, is the expression of “taking care of.”

So often in the human realm and by the way, as an aside, you can tell (and when I say “you” I mean anyone who chooses to stop for a moment and pay attention) you can always discern if a particular tool, an object, whether it is a screwdriver or a galaxy, is created in love. There is a sense, yes, not only in your mind but in your heart of a fit, of a comfort not merely of utility but that the love has been infused, that the care and the pride (not in terms of ego but pride in terms of honouring one’s work) is in there.

And, when it is not, that is also very apparent and in those areas where the love, the comfort utility, the joy is not felt, then our guidance is to simply steer clear. Do not use the tools. And in this I include words that do not convey or contain or emit love, peace, joy; all the various words, the lexicon for love.

And I say this to you because ... you take the, what I would call “critical time,” to ensure that which you are communicating through our platform is contributing to the love, to the collective sense of peace - yes, even in the midst of this chaos.

So often, and I do not say this in any kind of critique or critical manner. So often when humans are witnessing or even being caught in the upheaval and chaos, what becomes their reality is the chaos, is the upheaval.

So what you are doing is identifying, yes, this is chaos, this is upheaval, this has need to shift, this has need to be redefined, redirected. But uplifting them to look at the bigger picture of where they are headed that they, as a beautiful bright human

collective and as individual souls, are not defined in any way shape or form by the disarray.

# Sri Shankara: Everywhere You Look Will be a Monsoon of Love

April 26, 2018



*This article is an excerpt from a larger one in which Sri Shankara describes a heart opening, in much the same terms I'd use.*

One day, when I checked my cellphone, it opened to a page in Safari with the following words from Shankara. They are probably the best description of a heart opening and the consequent entry into a state of transformative love that I've read. Reading it brought me into a state of love again, at that moment:

"What happens in this seeing, even as you look at your beloved master [Krishna in this case], at your godhead, the opening begins to occur in your heart. It is similar to being flooded. So when you are being flooded, you do not simply say, 'Oh, my goodness! My toe is wet!' You look around, and the whole room is flooded.

"So you may think of it as a monsoon of love. And everywhere you walk there will be love, and you will be able to see, because that is how powerful it will be. There will be no capacity for denial of this." (1)

Yes, yes, yes. That's such an apt and vivid description of what I think of as a heart opening. The opening begins in the heart. All of a sudden, love flows mightily and the

whole room is flooded. It's more than a river totally flooding its bank; it's a tsunami or monsoon, in that it floods everything - every nook and cranny. Love is everywhere and it pushes everything else - like anger and jealousy - aside, back, and away.

"This is how powerful it will be." Yes, it's powerful enough to transform the circumstances rather than being transformed (or suppressed) by them. It conquers all it meets in the sense that it does not flee from anyone or anything. We can however flee from it. In that circumstance, love will leave.

No there will be no possibility of denial. One cannot mistake being swept away in love. The idea of mistaking it is laughable when one knows the power of love, but a mystery when one doesn't.

### **Footnotes**

(1) Sri Shankara: Everywhere You Look Will be a Monsoon of Love, June 26, 2013, at <http://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>.

## Matt Kahn: Love

November 9, 2020



[\(https://goldenageofgaia.com/2020/11/09/matt-kahn-love/\)](https://goldenageofgaia.com/2020/11/09/matt-kahn-love/)

Love doesn't judge or oppose. It embraces itself in all -- whether as pain to be transformed or as radiance to be expanded. Love just loves.

It's not something the ego can do, especially when the ego is here to be loved, no matter how loving or unloving it seems to be.

At our own pace, we each make our way into this alignment with love. It is the only force through which life's atrocities may ever be resolved for the well-being of all.

No matter the viewpoints being embraced, may our alignment with Spirit ensure we are always voting for love.

Please enjoy every moment of reading this newsletter. May love always know itself as you.

All For Love,

Matt

# ⌘ What is Love? ⌘

# What is Love?

May 8, 2021



(<https://goldenageofgaia.com/2021/05/08/what-is-love/>)

What is love?

Love is not a thing. It isn't one of many. Therefore there is no "what" dimension to love.

Love is. As far as I'm aware, it exists in a domain prior to things. It is the constituent of all things, the substratum, the essence.

I surmise that all divine qualities existed prior to things. Like them all, I think, love has no discernible qualities that I'm aware of. It's the way I feel when I feel higher-dimensional love which matters most to me.

And the way I feel when I'm experiencing it? To describe it, I'd have to dust off my superlatives. Because higher-dimensional love *is* superlative, beyond description, the reward for all pains and labors.

I know why people talk about bursting their bodies. If I were to allow myself to feel that love to its fullest, I'd probably burst mine. There'd be no more compelling reason to live in such a confined and restrictive space. I'd have no further need for what Adya calls this clown suit.

Love is different from bliss in that, when I experience love, I'm so connected to everyone else that I want to cry for the sheer exquisiteness of it. But bliss has me just sit there with a cheshire cat smile on my face, having everything I need and want.

There'll never be any Third-Dimensional words that will ever come close to describing love. If anything vital depends on finding them, we may as well close up shop.

I wonder if we'll fare better telepathically.

Is there anything that can be said about it? Love is active. It must flow. There is no such thing as "universal" love because love, by its very nature, is always-already universal.

Love is all-stimulating, all-renewing, all-satisfying. There's nowhere to go once we're immersed in the Ocean of Love. Or should I say, baptized in the River Jordan. We are home.

# What Love Is

March 6, 2015



**WHAT  
IS   
LOVE?**

[\(https://goldenageofgaia.com/2015/03/06/what-love-is/\)](https://goldenageofgaia.com/2015/03/06/what-love-is/)

*This article was written nine days before my heart opening on March 13, 2015.*

As I personally clear away the core issues that remained hidden, deconstructing the constructed self that stubbornly persists, what arises in the space thus cleared is ... love.

That and many other reasons make “love” for me the most important topic to be looking at right now. We write about what we need to learn. And “love” is up for the learning.

Especially for a hard-charging male, love is like stepping off the plane in an exotic foreign land, without even knowing the language. So let me explore love, if you will, in the days ahead.

So let me investigate what our sources say about what love is.

Jesus, in a manner reminiscent of Paul so many centuries ago, starts out by describing love as gentle and kind.

“Love is gentle, kind, compassionate, accepting, forgiving, and yet It is the most powerful energy, the most powerful Will because It is infinite, and there is nothing apart from It.

“It cannot be destroyed, defeated, weakened or avoided because all is contained within It.” (1)

It doesn't force itself on us. We can reject it if we wish - for a time.

“It does not impose or demand, but within the illusion you can pretend that It does not exist, and by doing so you shut out joy and happiness from your lives, replacing them with fear and anxiety which you either deny, attempt to conceal, or cower away from like helpless victims of some hideous monster.” (2)

But love awaits us opening our eyes.

“Love is endlessly patient, It will wait until you choose, as you eventually will, to accept It, whereupon boundless joy will be eternally yours. That, surely, is reason enough to give thanks?” (3)

In trying to avoid it, we're like a baby who puts his hands over his eyes and says the world does not exist.

“Because Love is the Source from which all that exists flows, because It is That from which all is created, it makes absolutely no sense whatever to deny It, avoid It, or hide from It.

“To do so is to be like an infant that on putting its hands in front of its face believes that what it can no longer see is no longer there.

“Humanity has collectively chosen to remove its hands from in front of its face and once more see its Mother looking at it adoringly.

“You have played at hiding yourselves from Her for far too long, but She has never lost sight of you, She never will, and your awakening is divinely assured.” (4)

How can one describe something that is everything that is? To describe something, it must stand out from other things. There has to be comparison and contrast to provide material for the description. But with love there is neither comparison nor contrast.

The Arcturian Group tells us that “love is the energy of Oneness.” (5) Jesus says “It is the life force, the limitless field of infinite divine energy in which All That Is has Its eternal and utterly fulfilling existence.” (6)

Jesus tells us that “you cannot live without Love.”

“You are alive and therefore held closely in the warm embrace of the field of Love which supports you totally and provides abundantly for all your needs without you having to, as it were, lift a finger.” (7)

Saul calls it “the power, the energy field of infinite potential in which creation rests in constant alert awareness.”

“That potential is the creative idea that God unveiled at the moment of creation, and it is eternally present throughout Reality, available in every moment for his children to develop and expand.” (8)

SanJAskA explains that “pure love creates and sustains your realities and when we use the term Love, we do not use it in the hollow sense many on the Earth have been accustomed to.”

“Rather we speak of true, pure unconditional Love, which is sent out to every facet of our Creator’s inexplicably-large Creation.” (9)

“Every single Godspark on your dear Earth and far beyond can begin to unlock and understand the true, full and awesome power of the energy that is Love.” (10)

No matter how much deeper our knowledge of life grows, we'll never see an energy or force in the universe beyond love, SanJAskA says.

“So many aspects of your current experience will fade away or be transmuted altogether as you grow into greater perceptions, but the energy that is Love will only come to be understood more and more as the ultimate, infallible energy that it is.” (11)

### **Footnotes**

(1) Jesus via John Smallman, November 27, 2013.

(2) Loc. cit.

(3) Loc. cit.

(4) Loc. cit.

(5) Arcturian Group, Aug. 3, 2014.

(6) Jesus via John Smallman, January 1, 2014.’

(7) Loc. cit.

(8) Saul, January 28, 2015.

(9) SanJAsKa and the Pleiadian High Council, "Pure Love Creates and Sustains your Realities", channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com> .

(10) Loc. cit.

(11) Loc. cit.

# What Can We Say About Love?

November 12, 2020



[\(https://goldenageofgaia.com/2020/11/12/what-can-we-say-about-love/\)](https://goldenageofgaia.com/2020/11/12/what-can-we-say-about-love/)

Speaking of knowing, what can we say we know?

I say I know on the basis of whether I've experienced something deeply or realized it. Both give me a sense of certainty (not a superficial close-mindedness) that is my indicator of knowledge.

Well, then, what do we know about love? If love is the alpha and omega of life, then what can we say about it?

And here I encounter a feature of higher dimensionality, as seen from the lower dimension.

I haven't actually heard anyone say anything about love itself, the nature of love. I've heard sages describe what love does (love is gentle; love is kind) and the effects of love on them.

I've heard many talk about its abilities, its importance, even its pre-eminence. But I haven't heard anyone actually say what love is.

That may be because of the limitations of my study. But it also may be because our third-dimensional language has no words for a higher-dimensional phenomenon.

It's the same with joy or bliss or peace. We describe what they do and the effects on us but no one can find words to describe these divine states in and of themselves.

I've experienced several of them - love, bliss, peace, mastery, and abundance. I cannot find words for them. Each of them is delightful. I know them enough to know that they all end in love.

Whether the divine states are fundamental to life or not, I don't know. But I orient towards them as if they are until proven otherwise because doing so produces insights and growth.



I may be confessing my failure to find words for higher-dimensional love, but I know what it feels like. And it's exquisite. I personally don't need words for love. I only need love itself. You can keep the rest.

Once we're well established in this love - that is, after we ascend - we'll all laugh. Oh, this is what the sages were talking about! THIS! How joyful to see that they were pointing at something of such value. And now we see - and feel - that something.

All pursuits, all passions, all strong desires are satisfied in the experience of transformative/transfigurative love. The desiring mind is finally quieted and we're at peace.

But most people are looking for it outside themselves when it awaits them inside.

Try this simple exercise. On your in-breath, draw up love from your heart. On your outbreath, send it out to the world. Repeat. This is how to enjoy our own love.

Love must flow. We get to experience it as it flows through us. We may or may not get love from other people. I don't know about that. But the real artesian well is in our hearts.

When the heart finally opens (1) and the inner tsunami of love flows, life begins.

Ideas go out the window. Experience leads to realization. Love has worked its intended effect.

This is the realm of real action. This is the realm of real significance.

### **Footnotes**

(1) Ascension itself is a full and permanent heart opening, called Sahaja Nirvikalpa Samadhi. We're gradually working up to it.

# Love Must Flow: A Blessing and....

July 27, 2021



<https://goldenageofgaia.com/2021/07/27/love-must-flow-a-blessing-and/>

The blessing and the curse of love is that it must flow, as Michael tells us:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it [must move] through you." (1)

So we need to call love up from our heart and send it out to feel it: that is, we must share it.

It's a blessing because it flows to us, without us needing to do very much besides breathe. It's a curse because, once touched by it, we find we cannot possess, contain, store, or hoard it. And we only wish we could.

Love must flow. We have to work to experience it insofar as we must send it out to someone. It can be ourselves as long as it's still allowed to continue flowing. It can be someone else.

Try to contain it and it instantly disappears. No goodbye. No thank you. Gone.

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There's no need to send love anywhere although we can. Love flows to each and every one without our prompting.

To say "universal love" is a partial repetition of terms. Love is already universal. We're saying "universal universal love." Just "love" does the job.

In my view, love is the most intelligent thing in the universe. If you're a fixer, there's no need to fix it. You've found the one thing in and out of creation that's perfect.

All we need to do is to breathe it up from our very own hearts, our infinite artesian wells, and send it out, with wild abandon Mary Magdalene once said, to everyone to be lifted above the cares of the world.



As I see it, love is what the metaphorical dragon's breath is pointing to. This is the philosopher's stone and the alchemical elixir. This is the fairy godmother's magic wand.

None other than love.

Not what passes for love among us, but a love that we can scarce imagine.

Not love as that object's essence, but love as a tangible and elevating flow that can be experienced here and now.

Notice the pattern: Flow. It tells us that no one can own love. No one. Not a totalitarian dictator. Not a spiritual leader. Not even whomever the King of Heaven is for you. No one can own love.

I see the role of the Company of Heaven in our spiritual experiences as a lot larger than I did years ago. So I say, if you're not experiencing love in this way, ask your guardians for a "heart opening." They play a key role in your experience.

Not open-heartedness. That's an attitude. Ask for an opening of the *hridayam* or heart aperture, a valve that remains normally shut.

Invoke the Divine Law of As Above So Below, Sacred Purpose, and Intention and the Divine Mother. You're letting her know you're ready.

How many times did you cast your rod before you got a nibble? Well, this is worth asking the Divine Mother for over and over.

### **Footnotes**

(1) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

# Soul Love and Shadow Love

December 20, 2020

[\(https://goldenageofgaia.com/2020/12/20/soul-love-and-shadow-love/\)](https://goldenageofgaia.com/2020/12/20/soul-love-and-shadow-love/)



Credit: dan4kent.wordpress.com

When we know what awaits us, well, it can make the wait easier.

And what awaits us? Mike Quinsey put the matter in a novel way. He says that Ascension "is accompanied by the most exotic form of love that you cannot imagine." (1)

I agree. I could not imagine the "exotic form of love" in the higher dimensions before I experienced it, off and on, for six months in 2015. Without that, I wouldn't know what we're talking about.

The Mother explains why we cannot imagine it.

"I am not suggesting that you have not loved and shared love with all your heart and that you have not demonstrated time and again your love for me, with your heart, with your mind, with your will, with your actions, with your forbearance, with your consistency, with your persistence, with all of who you are.

"But just as your mental capacities, your brain, your hemispheres have not been fully ignited, so the same goes for your capacity to be love, to experience love, both in the personal sense, the universal sense, and the spiritual sense." (2)

She says that we won't find this kind of love in the Third Dimension:

"[Ascension] is a complete redefinition of what it means to be human. It is the complete surrender and ... elimination of the old third dimension, because love does not exist in that environment, not the love that I speak of this night." (3)

In the sense that when we experience it, we're no longer in the vibration of the Third Dimension, I can see that "love does not exist in that environment."

The Arcturian Group explains what we often do with love:

"On the three-dimensional level, love is interpreted through states of consciousness that are deeply conditioned by beliefs in duality and separation. Love has been degraded into meaning sex, power, ownership of another, pain, punishment, or even in some cultures and religious groups, the sacrifice of human or animal life." (4)

Often when we say "I love you," we really mean "You're mine," "Don't leave me," "Remember who you belong to." Our fear of survival, based on our not seeing that we're eternal, turns love into a treaty of protection. But protection isn't "the love that I speak of this night."

SaLuSa made a distinction between "soul Love" and "physical love."

"With your upliftment, what you are discovering is that there is a distinct difference between physical love and soul love. One is for the satisfaction of the physical senses, whilst the other is Universal Love for all life everywhere." (5)

I'd extend the scope of the term "physical love" to "shadow love." Everything about the ordinary love we feel is as illusory and unsubstantial as our shadows. It bears little resemblance to the love we'll be feeling in what I hope turns out to be a little ways down the road.

We might then say that our movement overall is from shadow love to soul love.

In the end, we won't have to worry because this kind of exotic, transforming, liberating love is where we're headed anyways - and our Ascension to it cannot any longer be stopped. We passed the 51% mark some time ago. (6)

Jesus tells us how it will be when we lose ourselves in it, so to speak:

"What the Golden Age is all about [is] living in perpetual peace and security because the energy field in which you are all totally and eternally enveloped in is Love, which always provides for you abundantly. In that state of utter and unrestricted freedom to be yourselves your talents will blossom as you discard the masks you felt you had to present to the world to be acceptable to it." (7)

I do know that space. It's just as Jesus says. He's describing what actually is in the higher dimensions, as hard as it may be to imagine.

He explains how love is working its miracle on us, slowly and gently:

"Love is gently and irresistibly inserting and establishing Itself within the hearts of all on the planet, dissolving resentment, anger, fear, and mistrust so that the attitudes and behaviors associated with them are released, thus allowing the New Age of peace, harmony, and abundance to emerge fully and embrace you all.

"It is an energy of immense power with which God has embraced humanity and the lovely planet that supports you. Its purpose is to raise your consciousness to new levels of awareness so that the reality that all are one, that there is no separation, moves forward from being just an interesting but little-understood fact - recognized mainly by modern physics and to a lesser extent by modern philosophers - into the mainstream of general knowledge." (8)

This gradual transition from ignorance of Oneness to knowledge of it plus the love that we feel as a result of this knowledge will make conflict impossible, Jesus says:

"As this happens it will become more and more difficult for people to treat one another in ways that are not in alignment with Love. For many of you,

that will seem to be a state of awareness that is beyond the bounds of possibility, in fact quite unattainable, as you look around at the violence flowing freely in nearly every corner of the world and see self-righteousness, anger, defensiveness, and fear seeming to drive people, often well-meaning people of honesty and integrity, into what appear to be unavoidable and fully justified conflict." (9)

At times when I worry that the time is far off, I remember that the transformative, transfigurative power of love can work its miracle in an instant. (It did with me.)

We're only one planetary "snap" or "ignition," as Michael calls it, from leapfrogging over the intervening "space." So I know the situation could change quickly and dramatically.

At that time, immersed in soul love, we'll want nothing more than that others might share it as well.

### **Footnotes**

(1) Mike Quinsey's Higher Self Message, Oct. 4, 2019, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(2) "The Divine Mother Explains Ascension," October 5, 2017, at <https://goldenageofgaia.com/2017/10/05/the-divine-mother-explains-ascension/>.

(3) Loc. cit.

(4) Arcturian Group, Sept. 20, 2020, at <http://www.onenessofall.com>.

(5) SaLuSa, Nov. 14, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(6) "You, as a collective, and particularly within the lightworker community, are almost complete in what you would think of as this transition. Now, it is not so for the general populace, but it is well underway, certainly well above what you would think of as the fiftieth percentile." ("Archangel Michael: It is Time to Awaken Fully Now – Part 1/2," June 11, 2013, at <http://goldenageofgaia.com/2013/06/archangel-michael-it-is-time-to-awaken-fully-now-part-12/>.)

(7) Jesus via John Smallman, November 22, 2014, at <http://johnsmallman2.wordpress.com>.

(8) Ibid., Jan. 23, 2013.

(9) Loc. cit.

## What Is the Nature of Unconditional Love? - Part 1/2

March 4, 2015



[\(https://goldenageofgaia.com/2015/03/04/nature-unconditional-love-part-12/\)](https://goldenageofgaia.com/2015/03/04/nature-unconditional-love-part-12/)

The true prize of all our clearing, cleansing, letting go, etc., is the achievement of unconditional love. That achievement has not been possible for any but a handful of advanced beings in the past, most of whom, like Jesus or Buddha, came here expressly to demonstrate it.

Nonetheless, “every sentient being is perfect unconditional love,” John Smallman’s Saul tells us. “However, in the illusion, the dream state in which humanity has chosen to hide itself, this is not apparent.” (1)

The illusion, the dream state of Third Dimensionality hides the nature of unconditional love from us almost completely and quite effectively, Diane of Sirius says.

“As you have often been informed, your ultimate aim is to live in Unconditional Love, and, if you can get anywhere near it whilst in duality, that will be quite a notable achievement.” (2)

Sue Lie's Arcturians agree. Unconditional love is virtually not to be found on the Third Dimension, they explain.

“That feeling of unconditional love is something that does not arise from the physical plane at all. It is something that each and every one of our ascending ones must find within themselves; [they] must have that dedication to move up that ladder.” (3)

That's why, they say, galactic humans have been born into Earth life:

"Mostly the ones who are even able to feel the unconditional love that we send are ones who are of our Galactic Family in human costume and that is a large reason why they took on the human costume because the energy package of the 3rd dimension is so very very difficult to rise above." (4)

In view of what's coming, we'd best be prepared, they say.

“It is very vital that you raise your consciousness, which is happening for all of you, because the higher light is coming in, so ready or not your consciousness is rising.” (5)

The Arcturians explain that “unconditional love is the highest frequency of light.” It has an attractive and bonding force that is the key to creativity.

“It is the healing force of the Universe and the bonding force of the Universe so it is a Key of Creativity for it can take possible molecules, thought forms, actual physical molecules, whatever the substance or frequency of reality.

“Unconditional love can collect them into a malleable frequency much like clay made of light and within this malleable frequency many concepts, many innovative thoughts, many advancements can come into a format in which the one who has manipulated this energy field can understand it because you have been able to feel that sensation of unconditional love.” (6)

They explain that “unconditional love is always seeking. It’s always looking to recreate itself in yet a new expression for it is the Creative Force of the Universe.” (7)

We think we can cultivate unconditional love and loving kindness. But Saul reminds us that loving kindness is “a state of being,” (8) and not something that can be cultivated per se.

"It is not doing good deeds, offering help, treating others with respect.

“Those are activities that flow naturally from that state, but they are also frequently undertaken for the benefit or honor that the person undertaking them hopes to receive.” (9)

He advises us that loving-kindness is the state “in which what you think, what you say, and what you do is directed by the energy of unconditional love that flows through every sentient being who allows it.”

“You are all unconditionally loved by our divine Father, but in the illusory reality in which you appear to have your existence it is very difficult for you to accept that infinite abundance of love.

“If you accept it, it flows through you without interruption and with tremendous vitality, washing away all grudges, resentment, judgment, unacceptability, and suffering, replacing them with peace, joy, and the inner knowing - not a belief - a true knowing that you are one with all sentient beings and with God.” (10)

He urges us to “relax, allow the abundance of God's unconditional love to flow through the conduit that you are, as you and He have always intended.”

“When you do so, miraculous things happen, just as they should. The power that suffuses your entire being and flows through you as you live in complete acceptance of and harmony with the divine Will is astounding.

“There is nothing to which it can be meaningfully compared as it is far more efficient, effective, and finely focused than anything your most brilliant scientists could possibly imagine.” (11)

### **What Unconditional Love is Not**

Suzanne Lie’s Arcturians tell us that there have been few people in Third Dimensionality who’ve approached unconditional love. Thus the difficulty for us is that “there are not many models at all of unconditional love on that physical plane.”

“Through myriad incarnations on a third-dimensional reality based on the polarity of fear and conditional love without any representation whatsoever of unconditional love, the highest of the opposition to fear was human love which is immensely conditional.” (12)

We on the third dimension, the Arcturians say, “are used to having everything in life be extremely complicated. And the reality is, that it is all very simple. It is all based on unconditional love.”

“Therefore, each human must meditate within themselves and meditate and meditate and meditate. Until they can experience that feeling of unconditional love. And once that feeling of unconditional love comes into their conscious third-dimensional awareness, everything in their life begins to change. Because then they know how to unconditionally love every marker within their DNA.” (13)

Unconditional love, they tell us, “does not mean you must seek an emotional connection to everyone.”

“[It] means that in spite of any appearances to the contrary, you recognize everyone is the manifestation of the Divine even if they themselves do not know or care. This is Unconditional Love and the practice of it does not prevent you from saying what may need to be said to someone behaving in ways needing to be addressed.

“When words are spoken with an awareness of the other’s Divine nature they flow on an energy of Light, whereas those same words spoken in the energy of duality and separation carry a low resonance.” (14)

Tomorrow, let’s explore more of what universal love is.

## **Footnotes**

(1) Saul, Feb. 3, 2010, at <http://johnsmallman.wordpress.com> .

(2) Diane of Sirius, Sept. 25, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm) .

(3) “Suzanne Lie and the Arcturians on Heavenly Blessings,” July 2, 2013 at <http://goldenageofgaia.com/2013/07/suzanne-lie-and-the-arcturians-on-heavenly-blessings-july-2-2013-part-23/> .

(4) Kathleen W's Reading with the Arcturians through Sue Lie, March 23, 2014.

(5) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(6) Kathleen W's Reading with the Arcturians, *ibid.*

(7) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(8) Saul, Feb. 3, 2010.

(9) *Loc. cit.*

(10) *Loc. cit.*

(11) *Loc. cit.*

(12) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(13) *Loc. cit.*

(14) Arcturian Group, August 31, 2013, at <http://www.onenessofall.com/Welcome2.html> .

## What Is the Nature of Unconditional Love? – Part 2/2

March 5, 2015



[\(https://goldenageofgaia.com/2015/03/05/what-is-the-nature-of-unconditional-love-part-22/\)](https://goldenageofgaia.com/2015/03/05/what-is-the-nature-of-unconditional-love-part-22/)

### What then is Unconditional Love?

What is unconditional love then? In the first place, the Angelic Guides through Taryn Crimi observe:

“True love is unconditional. It cannot be taken away, nor can true love be removed based on circumstances or situations.” (1)

Moreover, they hold that “unconditional love can be experienced between everyone.”

“We do not have ‘rules’ about who can experience love; a man and a woman, a man and a man, and a woman and a woman all can share love. Where there is love, there is compassion for another even if that other is seen as different.” (2)

The Arcturians suggest that we're beginning to chafe at the restrictiveness of conditional love.

“Verbal words are becoming restrictive and you yearn to live in unconditional love and peace. There are many components of your apparently third-dimensional life that have already shifted into the fifth dimensional resonance. You recognize these areas of your life because they are filled with, and/or create the sensation of unconditional love.

“This unconditional love may not feel the same as the love that we, the Galactics and Celestials, can emanate from our Group Mind, but it is love that has no conditions. If you can remember to allow this unconditional love to guide you to surrender to all issues of life, you will be creating an aura of protection around you composed of that frequency of unconditional love.

“Whenever you surrender your life to your higher expressions of SELF without any conditions or limitations, you are creating an aura of unconditional love around you.” (3)

### **The Importance of Unconditional Love to Ascension**

Archangel Gabrielle reminds us that “you cannot experience ascension or 5th dimensional consciousness if you are still dragging with you a conditional love belief system.”

“It simply cannot be done. It cannot. It must be released. How do you release it? By replacing it with the divine truth that unconditional love is your birthright. As you embrace new and deeper truths there is no real work required to release the old. You will simply shift into a new state of knowingness and BEingness. (4)

She tells us that “this is what you're here to do.” We're here to evolve “beyond the conditional love paradigm and embracing that of unconditional love.”

“This is deeply profound and this is the game changer, Dear Ones. Because as you start to practice unconditional love for yourself, it will flow through you and you will draw it to you.” (5)

We then become a beacon of love to everyone we come into contact with.

“You then start practicing unconditional love for your partners, for your children, for your family, for your friends, for your planet, for the animals, for every living creature that you come across. By releasing the conditional love paradigm and embracing unconditional love as your divine birthright, you will also be releasing perfectionism, fear, judgment, separation, pain, worthlessness.”

"Do you see? By releasing the conditional love paradigm, you will naturally start to live your truth, which is that of unconditional love which, in turn, supports the very aspects that you wish to anchor in for your evolving planet. You will be supporting and creating the energies of acceptance, joy, ease, support, togetherness, unity.” (6)

She paints a glowing picture of what other changes flow from releasing the conditional-love paradigm.

“Can you see the healing that will occur from this massive shift of thinking and BEing? And it all begins with you. That is how powerful you are. Because as you release the conditional love paradigm, you will finally recognize that you are truly an integral part of the Source that you came from.

“From that knowingness, you will all become beautiful thriving aspects of Source, shimmering brightly in your truth, in your glory, creating a life and a world that will support you and evolve and expand in ways that you have barely dared dream of. It will create the amazing changes that each and every one of you are on the planet to help make possible.

“It is a sacred and joyous time. And as you start to think differently, as you start to recognize your truth and allow it to shine forward, only the most

magnificent things can happen to you, and you will find yourselves finally, finally, living in the love and support that you have always craved and yearned for.” (7)

Archangel Metatron and the Buddha challenge us all to fall in unconditional love with Gaia, humanity, and ourselves.

“This time that you are now experiencing is also a period for profound and immense love from your being to shine, it is appropriate more than ever for your powerful love to shine soaking the Earth and all souls. You will see the change that you wish to see on the Earth through your love for the Earth and humanity.

“In truth we are asking you to fall in unconditional love with the Earth, to fall in unconditional love with humanity and to fall in unconditional love with yourself. Achieving this with conscious understanding and awareness will allow for the Earth to heal completely, for actions taken on the Earth to alter and align with love and for truth to prevail.” (8)

When this happens, the greatest shift will take place all around us.

“When humanity falls in love with each other, the Earth and their own soul, then we will see the greatest shift occur on the Earth where complete embodiment of the Creator manifests.

“With the transitions that lead to this major shift we will see humanity and the Earth becoming one in respect and honour for each other which in truth is one of the purposes of your existence on the Earth.” (9)

The challenge of being and transmitting universal love is probably the greatest we’ll ever face. Everything counter to it must be let go of for it to arise in the Heart/Self that we always already are. Once it takes hold on Earth, it’ll rapidly spread, uplifting all the inhabitants of the planet into the ascended state.

## **Footnotes**

(1) "Angelic Guides: Love Knows No Boundaries,' channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(2) Loc. cit.

(3) "The Arcturians - Living Your Highest Point of Perception," by Suzanne Lie, Dec. 31, 2012, at [http://suzanneliephd.blogspot.co.uk /](http://suzanneliephd.blogspot.co.uk/).

(4) "Archangel Gabriel: Evolving Beyond the Conditional Love Paradigm," channeled by shelley Young, January 26, 2014 at <http://trinityesoterics.com/> .

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) "Natalie Glasson: Archangel Metatron, Lord Buddha and the Celestial White Beings - 2013 and Beyond," channelled through Natalie Glasson, Dec. 30, 2012, at [http://www.omna.org/Latest\\_Free\\_Weekly\\_Message.html](http://www.omna.org/Latest_Free_Weekly_Message.html) .

(9) Loc. cit.

# What We've Always been Seeking and Never Acknowledged

February 22, 2021



[\(https://goldenageofgaia.com/2021/02/22/what-weve-always-been-seeking-and-never-acknowledged/\)](https://goldenageofgaia.com/2021/02/22/what-weve-always-been-seeking-and-never-acknowledged/)

I'm wrestling with problems of global discourse. Why? I believe I'm being guided in that direction.

It arose because I was contemplating evil - pedophilia, adrenochrome, child sacrifice.... Nice things to be thinking about at 5 am.

To make a long story short, I came to see at a deeper and deeper level that I cannot know evil in another unless I also have it in myself.

Let me take an everyday example. If I were to call someone nasty, I'd have to know "nasty" to know what nasty was. Otherwise, literally, I wouldn't know what I'm talking about and the subject might not even arise to be talked about.

So let me look. Can I be nasty?

Yes, I found it.

I looked. I tried on what I found. I tested it out. And the shoe fit. So I own it: I can be nasty.

I can be emotionally nasty. I can be withholding. I can push people around with my anger, bully them. Yes, I see it. Have I become my father? (1) In some ways, yes.

I could not see nastiness in another unless I first had known nastiness myself.

OK, now let's take this notion and widen the scope of the microscope to Mega Maxi range.

One of the biggest difficulties we face as we draw together as a world, soon to be united by clean Internet services (I hope), is that so often we will *not* have had the experience that the other person on the other end of the line will have had.

That's almost a given no matter what new person may be on the other end of the line because I am not that person and have not had their experiences.

The impact that has on communication is (A) to place increased importance and emphasis on learning cultural universals and (B) to welcome, as much as possible and appropriate, new experiences, in order to widen our grasp of the lifestyles and life experiences of others.

The danger of it is that people can go into extreme people-pleasing, out of awkwardness at wanting to make a good first impression.

There'll be some acclimatization needed to successfully get used to global conversations, I think, without too many faux pas. There's room for courses from lightworkers on the subject.

HOWEVER (drum roll please) the higher-dimensional love that we soon may be feeling will take all the difficulty out of global communication. Why? Because we'll come into that communication already fully satisfied, needing nothing to gain, and seeking nothing for ourselves.

Our egos don't stand a chance against this form of love. We'll be fully able to cooperate or decline, without offending anyone. How can a person who is radiating transformative love offend? (That'd be us.)

I know it's hard to imagine that, but I've been there, (2) even though I'm not there now, and so it IS something I know.

I also know, from having journeyed into the heart to the seat of the soul, that the "layer" of human experience associated with things like nastiness and similar everyday responses is very thin compared to the overall depth of the heart. (3)

I remember going down in an "elevator" 100 floors in the heart and through its glass walls I could see the layer associated with our issues and upsets and it was very, very thin compared to where I travelled. I remember comparing it to a layer of skin.

What all of this means is that, as the love energies rise on the planet, global conversation will get easier. Knowing others will become effortless and always honest.

Everything opens up when we already have what we've always been seeking and never acknowledged - love.

### **Footnotes**

(1) I actually got a very good education while I was young.

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 [Father] while you also experienced great love [Mother]. (The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.)

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.)

(2) See, for instance, "Submerged in Love," March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/submerged-in-love/>, "Activating the Wellspring – Part 1/2," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>, and "Activating the Wellspring – Part 2/2," March 15,

2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(3) "At Xenia Retreat Center, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original incident and experience it through to completion. Instead I went way past the level of the vasanas and kept on going." ("The Heart is 'the Seat of the Soul'," December 17, 2018, at <http://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>.)

## Nothing Greater Than Love



Back in 2010, Archangel Michael said:

“As this acceleration [towards Ascension] occurs, you will see more clearly that everything that you experience is Holographic in nature. It is energy and light and it has no ‘real’ substance. It is ‘dream’ made manifest for a while to be experienced by you so that you may experience, enjoy and grow!” (1)

I had an experiential proof of this statement yesterday.

I went about as far down as I ever go these days in the course of a conversation. It raised what Jesus would call my doubt and fear.

When I get down, I rehearse all kinds of scenarios. Hey, I’ve been doing this long enough. Time to do something new.

This is never going to happen. Do you really believe the sources?

Gawd, I can’t stand this any more! I want to go on vacation and leave everything behind for a while!

Even though I don't go very far down any more, the downest down I go is still as unpleasant as it gets. So I was in the New Age equivalent of a trough.

And so after wallowing for a while, dousing myself in mud, and feeling very sorry for myself, I began to dig myself out.

That for me is not an intellectual exercise. I don't reason myself out of my funks, although I do know people who do – quite successfully. Not putting any method down.

Instead I began “being with” my upset. But I also began being with it in a new way that's become available as the energy rises. I slowed the whole thing down and watched myself as I covered every inch of the ground of “experienced experience” or “conscious awareness.”

And I watched my own doubt and fear gradually ease and fall away. There was no thought process involved. I didn't tell myself anything. I simply painted my felt experience with awareness and watched it dissolve (the hologram? The illusion?).

What happened next has been discussed by so many sources that I hesitate to say it because it sounds so Pollyanna-ish. But it was true nonetheless.

I was left in love. The only thing that survived and remained was love. Now, because I observed this process minutely and because my awareness and depth of experience have expanded, finding myself in love AND finding that love was stable and enduring had a real effect on me.

I knew, at that level of recognition that is not illusory, that love was all that exists, the only thing real, lasting and stable. I knew that love was not a part of the hologram, the illusion.

And getting to love by this process was itself ... well, do you remember being in Grade Six and the chemistry professor mixed the copper and hydrosulphuric acid together in the vial and the water turned blue? And you said “Wow!”

Getting to love by this process was itself a “Wow!” It had an impact on me. It lifted me up. And love became bliss.

As Archangel Michael said, all of this is a hologram. It’s superimposed on love. It hides love. It covers love. And all we have to do is to be aware of the hologram, experience its content to completion, and we uncover the Reality at the base of the illusion and that Reality is love.

There is nothing more to say on the subject. Love is the beginning and the end, the alpha and the omega and, if we had the eyes to see, everything in between. There is nothing greater than love.

I just am enamored of the illusion – of the thrill of the chase, of the temporary ecstasy of some things, of the ups and downs and ins and outs. But the only thing that satisfies completely and lasts forever is love.

### **Footnotes**

(1) Archangel Michael, “Navigating the New Earth Fifth-Dimensional Hologram,” February 2010, through Celia Fenn, at <http://www.starchildglobal.com/february2010.html> .

# ⌘ 2014: In an Ocean of Love ⌘

## Love is the Way, the Truth, and the Life



May 6, 2014

(<https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>)

I've just had a spiritual experience that I made notes of as it happened. Thank heavens I did. Had I not, I'm not sure that I'd have remembered it.

Do I know how long it will remain with me? No, I don't. Every spiritual experience short of Sahaja Samadhi is temporary so this one may leave. So I'd best leave a record.

I was lying down reading when I suddenly found myself in a blue setting like a room, the Mother's sky blue, when suddenly the blue wall burst. It was like a chocolate with caramel inside and the caramel burst out. It flowed everywhere.

Only this was love. It was ambrosia. It was the living waters.

Was this a part of the tsunami of love? I think it's a safe bet to say yes. Just one version of it though, I'm sure.

Let me pick up where I began making notes:

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At this moment, I'm seeing love everywhere.

And I see that love is everything and love has become everything.

And I am a part of that everything and so I must be lover as well.

At this moment I recognize it. I'm aware of it. I experience it.

My essence is love. For however long the moment lasts, I know that I am love.

Love is everything of value. Everything that exists. Every reward we could ever want or would ever ask for. It satisfies completely.

Love is the way, the truth, and the life.

I am love. Everything is love. Love has become everything.

### **Love is Everything**

I'm still blown away, hours later.

I could marry love. Since love is everything, I'd still leave plenty for everyone else.

I surrendered to love. Genderless love, as all love is. Universal love, overflowing love, endless love.

I let go of everything old, all remnants of my personality.

Every boyfriend or girlfriend, partner or spouse we've ever had? We were only ever seeking love.

And sometimes chemistry happened and it was there.

Every taste of love is an invitation, not to open to the other person, although that is also great, but to open to love.

I've seen that love is everything and I shall never forget it.

I am love and I am everything.

How could it be otherwise? And how could it be otherwise for you?

Love is all we could ever possibly want. Love is all we could ever possibly be.

How much truth can we stand?

The truth is love and love is everything.

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How could it be otherwise? And how could it be otherwise for you?

Love is all we could ever possibly want. Love is all we could ever possibly be.

How much truth can we stand?

I want the whole truth and nothing but the truth.

The truth is love and love is everything.

# A Fountain of Love

Dec. 26, 2014



*Fountain of Love by Cherished Memories*

(<https://goldenageofgaia.com/2014/12/26/a-fountain-of-love/>)

The other night I awoke at around 2:30 a.m. absolutely certain that I was a fountain of love. As are we all.

Given that the original intent of Boxing Day was for those who had much to box from what they didn't consume at their Christmas feast to share with those who had less, I think the insight is a propos.

It began when I saw that we, as a society, were making a basic error in how we looked at and approached life.

The error is that we think that love predominantly comes from without. Some love does. We're touched by the love that others radiate towards us. We can be inspired by it. But predominantly in the Third Dimension, I believe that the love that we deeply feel, the love that is felt in copious quantities, comes from within.

Seeing love as coming from without skews things quite a bit and has people gather together, all of them seeking love, asking to be loved, hungering for love.

A few stumble on the fact that love comes from within and try to convey it to the world at large but seldom with effect.

Nonetheless, it seems to me, we predominantly receive love in the act of giving it. We get to feel it as it passes up and through us and out to others.

Those few who saw that love comes from within were among the lucky ones because they actually got to feel love while the rest of us went around perpetually hungering for it and never experiencing it no matter what we tried or did. And I mean real love, not a romantic rubbing of fenders.

Embedded in social unconsciousness, we ran around a circuit from dating to marriage to child-rearing to empty nesters to retirement to death. Ours were so very often empty gestures on a never-ending carousel of hungering. For love. Very, very few of us, I think, took life seriously enough or had enough hope to inquire into matters such as where love comes from.

Well, that's the way it was for me and so many I mingled with. Of course that's all seen through my glasses, my filter.

As we face into the New Year, all of us must know that, if this ever was the way for us, it isn't the way of the future.

We see the futility of chasing love as one might chase a butterfly. We've done enough of that with no success to get that that's a tunnel with no cheese. We're slow learners, we human beings, but eventually we do learn. We've learned not to go down the same tunnel forever if there really is no cheese at the end.

We now know that love arises from within us and is experienced as it passes through us. So we really do know that in giving we receive. In giving love, we experience it passing through us; in giving it we receive it.

And that changes everything, does it not? Because this whole 3D round of life was based on getting love, getting approval, getting strokes, getting, getting, getting. And now we see the futility of it. And we laugh.

If we do just one thing, may I suggest that we stop searching for love outside of ourselves and ask it to arise in us and channel it outwards when it comes. Then we'll have shifted the key log in the logjam that the old Third Dimension was.

This is that key log in the logjam: Love does not come from another; it comes from the Self in the heart.

So now: what about the fountain of love? If love comes from within and is felt as it's sent without, then surely to heavens the best and wisest course of action for me would be to send it out to the world copiously and continuously.

If I were to be a beacon of love, a fountain of love, would that not erase all sense of ego? Would it not dissolve every last bit of personality and leave me with what is? And what it is that I'm left with is love.

Admittedly in saying this, I run into the mind's tendency to jump from one subject to another, never staying with one for long. How long I'll remember my good intention to be a fountain of love, I don't know.

But I do see in this moment and for this moment that, if I were to realize my full potential as a human being, I would choose to be, moment by moment by moment, a fountain of love.

# ⌘ 2015: A Year of Love and Bliss ⌘

## **2015: Now I Know Love**

July 2, 2021



What follows is a selection of articles from the year 2015. That year saw the passage from a heart opening (March 13, 2015) to an experience of the Ocean of Love (around May 13, 2015) to the onset of bliss (Sept. 28, 2015) and finally to its gradual departure (around mid-January 2016).

I'd call that quite an adventure. In that I now knew what I'd been missing all my life, it was worth more than a Ph.D. or a key to the executive washroom.

Michael calls our experiences of love our “spiritual currency” and I can see why.

Higher-dimensional love cannot be described in Third-Dimensional terms. Only its effects can be described.

Nonetheless here you see me trying again and again to put the indescribable into words.

So this is a selection of articles from my 2015 Ascension ethnography on what was for me a most remarkable year of heart openings and tsunamis of love.

# On Heart Openings: Fulfilling a Promise

April 27, 2018



*Credit: Daniel B. Holmes*

*This article is from October 16, 2017.*

I promised the Mother that I'd say more about heart openings, given that she's predicted one for the planet at a time of her choosing.

Let me do that now.

We have several hearts. The physical heart, the heart chakra, the "high heart," the spiritual heart, etc.

I'm only speaking about the spiritual heart.

The spirit occupying a physical body from birth to death normally exists with no access to the spiritual heart. The heart aperture which Hindus call the hridayam, which opens into the heart, is normally closed.

So just to be sure: I'm not talking about an attitude of "open-heartedness" or "close-heartedness." The normal Earthly, human condition is to have a closed heart aperture.

Those for whom the heart is permanently opened are ascended beings.

Those for whom the heart has opened and then closed again are relatively small in number.

Those for whom the heart has opened and remained open - and they have remained in this dimensional setting - are probably infinitesimal in number. Not infinitesimal in the higher domains. Just here. I can think only of Ramana Maharshi and the avatars (Ramakrishna, Buddha, Shankara, etc.).

When the heart opens - and the Mother has said it may feel like an explosion or implosion - whether immediately or later, we'll experience a torrent of love that will wipe us clean, for however long the experience lasts.

It'll leave us in a space where our heart becomes an artesian well, gushing up love which we feel powerless to do anything else with than share with everyone around us. By its nature, love is universal. It makes no distinctions. It cannot be otherwise by the nature of love.



This next section may be review to many. Skip it if you like.

Apparently, by the old system of reckoning, a heart opening would be reckoned to be the first stage of enlightenment on the road to Ascension. I know the archangels are not following the old system, but let me restate it, if only to provide a standard for comparison.

When the kundalini reaches the fourth or heart chakra, we have a heart opening, an explosive or implosive experience of love bursting its bonds. Hindus call it spiritual awakening; Buddhists call it stream-entering. We've entered the stream on our way to the other bank.

When the kundalini reaches the sixth chakra, we have an experience of being one with the Consciousness pervading the whole world - the Divine Mother. Some call the experience cosmic consciousness. Some call it savikalpa samadhi - still mind/ trance state while still apprehending form.

When the kundalini reaches the seventh chakra, we have an experience of the Consciousness transcending the world - the Father. Some call it Brahmajnana or God-Realization. Some call it (Kevalya) Nirvikalpa Samadhi - still mind/trance state with no apprehension of form.

This is halfway up the mountain.

Next the kundalini opens the heart permanently in an experience called Sahaja Nirvikalpa Samadhi ("Sahaja" means "natural"). This event is mukti or liberation from the life-and-death cycle of Third Dimensionality. This is the end point of Earth's current Ascension out of the Third and Fourth Dimensions and into the Fifth and higher.



If your everyday experience is simply so-so and you suddenly find yourself in an internal "tsunami of love," it can frighten the wits out of you.

Did someone slip you a drug? Are you losing it? Where is it leading?

No one slipped you a drug. You're not losing it. It's leading only to more and more love and greater and greater depths of it.

The only thing you lose as a result of drowning in the tsunami of love is your fear, your anxiety, and your resentments. The tsunami sweeps them all away, never to return, as long as your experience of the tsunami lasts.

After the culmination of Ascension, it'll last. From now until then, a heart that opens can again close. If the heart does not close, that's the signal that you have well and truly completed the journey. We're all going to that endpoint.

My understanding is that gatekeepers and pillars have agreed only to travel back and forth through the Ascension portal, rather than ascend permanently, until later.



What is the experience of the internal "tsunami of love" like? We use the same word "love" to cover situations ranging from our taste in ice cream to the most sublime of spiritual states. When one person says "love," other people may hear it at any range from the mundane to the sublime.

The kind of love we experience after a heart opening is not only torrential; it's the most satisfying experience - along with bliss - that I can think of.

As it happens, we seem to be most stirred, moved, and activated by what happens inside of us - chiefly our feelings, but also our desires. Love turns out to be everything we've been seeking in that our internal states are all uniformly satisfying. That's why loving people seem so happy.

Introduce higher-dimensional love into our field of experience and our interest in all else falls away. It feels so uplifting that we forget about any cares or concerns we had.

It's more intoxicating than any drink, more satisfying than any drug. It never seems to fail to delight. It's as Yogananda said: Ever-new. I've never grown tired of love or wanted something different. Oh yes, I almost forgot. Things go better with love. Nuff said.

Mother have I done the job? I could only do it by looking at things from my angle. If anyone else has a view from theirs, send it along.

## Submerged in Love



*The article that follows was written written around 9:00 a.m., in the midst of a heart opening, a fourth-chakra event. The process the experience ignited went on for a considerable time beyond the writing of this article.*

*Being written in the midst of the experience, it leaves out some things. There's no mention, for instance, of the tsunami of love that hit me after my heart opened.*

*There is this mention in Dec. 2015: "In my case, I felt a torrent of love." (1)*

*I think I was so deeply in the experience at this moment that I forgot where I was, what had happened, etc. Michael was still confirming aspects of the experience a year or more later; for instance, that the love I then experienced was seventh-dimensional. (2)*

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The next article requires a little explaining. This morning (Friday, Mar. 13, 2015, at 7:00 a.m.) I had a spiritual experience, which still continues with me late into Friday evening. (Archangel Michael says the experience will be permanent.)

*Steve 2021: It has been permanent but by no means full.*

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later.

Two hours into the experience [ie., around 9 am], I wrote the article that follows. It was written before I had my conversation with AAM, to record as much as I could discover about this remarkable space.

Archangel Michael called it a “heart opening,” and “the beginning” and “a part of” Ascension. Did I say I was ascended? No. But the space itself is exquisite, wonderful, and so I record it here.

*[Steve 2021: In fact, the event itself seems likely to have included a seventh-dimensional component, according to Michael. See footnote 2.]*

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I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (3) that began so subtly that I knew I had to make a record of it.

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

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

After the mood came to my awareness, I acknowledged to myself that it seemed like the Divine wished to communicate. (4) So I surrendered to the communication. I allowed it to continue, unhindered.

And almost immediately thereafter, in an outward sweep of the experience, it blossomed, or mushroomed, or expanded into a deep sense of love, joy and stability. (5)

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*Steve 2021: The experience was actually more like a fifteen-inch naval gun going off. It cleared an obstruction from my heart and opened my hridayam or heart aperture. After that it blossomed or mushroomed....*

*At no time, during this experience or even in the subsequent reading did I realize the significance of it occurring when and because the kundalini had reached the fourth chakra.*

*It wasn't until a month later that Michael told me the experience had been that. (See Footnote 2) The minute he said it, I remembered that my heart had exploded as soon as the kundalini reached the fourth chakra.*

*This allows me to correlate it to what Hindus call spiritual awakening and Buddhists, stream entering. I'd now describe it as an explosive fourth-chakra portal/experience which peaked in the seventh dimension.*

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I believe it was meant to be a showing, a greeting, a demonstration of what emergence onto another plane of consciousness may be like. (6)

I think there's some correlation between it and the exercise that I've been doing of breathing up love and sending it out through the Third Eye. (7) I think doing that exercise may have released this energy.

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

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

What's different about this experience from others?

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

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

(3) It wasn't just one thing; it was several. I felt love, bliss, stability, OKness, (8) a propensity to joy, and a stillness of the mind. Usually I only feel one – love or stillness or bliss.

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

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

In this space, all is forgotten and forgiven. In it, there isn't the possibility of error. There are only dramatized moves that don't need to be dramatized. But they themselves are part of and embedded in a wider drama of need/hurt/vengeance that so many of us are caught in. (9)

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

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

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

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

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

## Footnotes

(1) "I Want Nothing Else," Dec. 1, 2015, at <https://goldenageofgaia.com/2015/12/01/i-want-nothing-else/>

(2) Steve: The space that I call "transformative love," what dimension is it?

Archangel Michael: It is the seventh dimension. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.) (Hereafter AAM.)

Here I discussed its explosive aspect with the Divine Mother:

Steve: Mother, you use the word exploding. That is why I am commenting.

Because, of course, the heart opening that I had March 2015, was explosive. And so...

Divine Mother: It is explosive. It is implosive. ...

SteveL: After the explosion I had March 2015 I felt a torrent of love. It swept away everything. It was your Tsunami of Love, was it not?

DM: Yes. ("The Mother Promises a Massive Heart Opening – Part 2/2," at <http://goldenageofgaia.com/?p=289519>.)

(3) The vision experience I had in February of 1987 also happened on Friday the 13th.

(4) It was surrender or drown.

(5) Archangel Michael later described it as a “heart opening.”

(6) AAM actually described it later as “the beginning” and “a part” of Ascension.

(7) AAM later confirmed that there was a connection.

(8) Original innocence.

(9) Which is probably why our relationships so often don't work.

## Activating the Wellspring - Part 1/2

March 13, 2015.



(<https://goldenageofgaia.com/?p=323161>)

What follows must be one of the most memorable and significant conversations I've ever had with Archangel Michael. My thanks go to channel Linda Dillon.

It followed just three hours after I had my heart opening on March 13, 2015. The kundalini had reached the fourth chakra and brought on the event.

The heart aperture (hridayam) blew open and I was awash in the most satisfying, compelling, magnetic love, to paraphrase Mike Quinsey, that I had never known. (1) It was an inner tsunami of love and it swept away my cares.

Until that moment, *I did not know what love was*. And I did not know that I did not know.

All my futile attempts at relationship now came up to view. I'd reflect back to the woman the love I received, until they dropped from exhaustion. I had no idea why they dropped and no inkling what true love, real love, higher-dimensional love actually was.

And now I knew. This was Day One of this experience and I asked Michael about it with a view to sharing it with you. This experience lasted off and on until Sept. 28, 2015 at which time it became bliss for another three months or so.

Notice that Michael refers to it before I even mention it.

March 13, 2015 - The day my heart exploded and my life transformed.

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

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Archangel Michael: Greetings, I am Michael.

Steve: Greetings, Lord.

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

S: Thank you.

AAM: And yes, your heart is open [I had not mentioned the heart opening.]. The opening is, and will, and shall continue.

S: You mean permanently, Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes!

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

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

AAM: Yes, we will talk about it.

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

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

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

This occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence. (2) What we mean by this is simply, think of it in spatial reality, time and space reality: you have created the space for this [energy of love] to, not only pass by you like a passing breeze or a rain, but to anchor within you because there is a sense of this spaciousness within thee.

S: I understand.

AAM: When one is clinging to core issues, to fear, to lack, to limitation - you know the list - there is not that sense, not only of spaciousness, but of acceptance, allowance, readiness and even permission. Because as you know, we continually say that we will never override your free will.

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

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

AAM: That is correct.

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

AAM: Yes, it did.

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

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

The ultimate experience is in this sharing. (2) This is what we speak of when we speak of sacred union and partnership. How can you possibly be in any form of partnership with humanity, with the Star-beings, with us, with any being, if you are not sharing.

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

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

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

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

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

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

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

AAM: That is exactly correct.

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

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

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

AAM: That is correct.

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

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

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

AAM: Well, we are often surprised!

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

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

S: Telepathy may also expand?

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

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

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

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

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

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

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

AAM: You do not need to remember.

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

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

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

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

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

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

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

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

S: No, as competent as she is!

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

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

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

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

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

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

But if you are not in this sense [space] of the love and knowing full well, beyond any shadow of any doubt in any realm, this is what you desire, this is what you are here to create - this sense - then simply go a little further, my friends. (3) You do not walk alone. And the journey is guaranteed!

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

## Activating the Wellspring - Part 2/2

March 13, 2015



(Continued from yesterday)

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

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

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

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

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

AAM: It is the letting go.

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

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

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

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

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

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

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

AAM: That is the programming.

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

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

AAM: None.

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

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

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

AAM: That is correct!

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

AAM: It is our platform!

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

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

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

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

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

For this I thank you.

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

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

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

"Dear Steve

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

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

### **Footnotes**

(1) Muscular tension in the body is the cause of lowered awareness. Awareness varies inversely proportional to tension in the body. The Divine Mother said on last week's *Hour with an Angel*:

"Density of the human form is caused by unloving emotions." ("Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/> .)

The bands of muscular tension we create by our counterproductive programming are this density.

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

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

(4) Would you agree that this is about the clearest example of a mission being assigned that any of us may have ever seen. It is and was for me.

# All There Is to Talk about

March 16, 2015



In a very real sense, all there is to talk about is love and the barriers to love. Is that not so?

Is there anything important in life that's left out of the sweep of that statement?

Love is everything, including us. The full realization and embodiment of that love is the purpose of life, is it not? If we fully embodied that love, we'd know ourselves as God.

Since God is all there is and love is all there is, God must equal love.

If we are part of everything that is, then we must equal love as well.

I'd imagine that far more people will warm up to the idea of love than the idea of God. In terms of building a workable cross-cultural spirituality, I personally am more inclined to talk about love than God.

So all there is to talk about is love and the barriers to it. What barriers? All the obstacles we put in the way of being and feeling love. All the vasanas by which we introduce density into our bodies in the form of muscular tension or diseases which our thoughts have created. All the blind programming we follow, the false grids that go into the building of our identity or constructed self.

Any barrier placed in the way of love is ultimately foolish. But we're allowed to do it and we do it.

All our contrived means of "getting by," of "passing" and "making do" are unnecessary in a world where love is known and felt. There love alone provides all the answers.

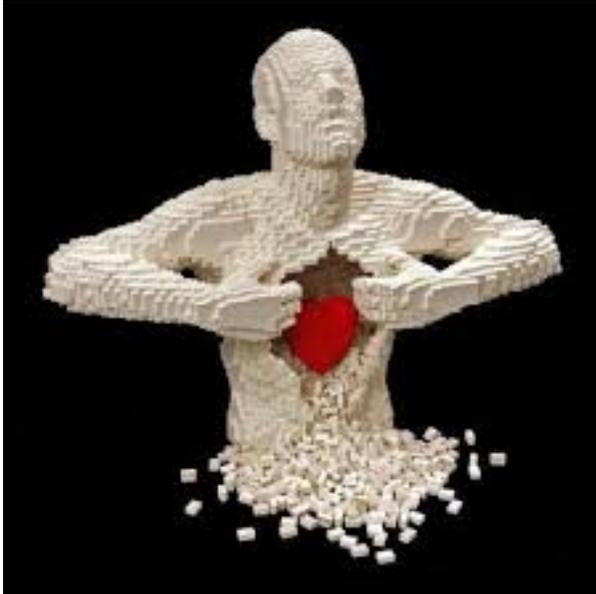
Take all of these obstacles and wrap them in shipping cellophane. And wrap them and wrap them again. And send them off to the Mother for incineration because none of it is needed.

I can't prove these statements to you. They're an article of faith for me. But now I see that I create with my thoughts. Therefore the reality that I don't need any of that stuff and that I can send it off to the Mother and be done with it is something I'm creating with my thought. Faith actually does work in a universe where thought is creative.

All there is to talk about is love and the barriers to it. Shhhhh.... Big secret....

## First Corollary: We Are Love

March 17, 2015



[\(https://goldenageofgaia.com/2015/03/17/first-corollary-we-are-love/\)](https://goldenageofgaia.com/2015/03/17/first-corollary-we-are-love/)

The first axiom I want to offer after the heart opening is that love is everything. We looked at that axiom earlier. (1) The first corollary that arises from that axiom is that we ourselves are love.

In other words, if love is everything and we are part of everything, then we too must be love. By the same token, if God (another name for love) is everything and we are part of everything, then we must also be God.

One of the first new revelations about ourselves that the social science of love uncovers is that every one of us is nothing but love. There is nothing about us that is not constituted from love. Let's look at what some of our sources say on the matter.

Archangel Michael explained that “you are all now going through remembering. That is truly what a very significant part of the renewal and the Ascension process is about.”

What is it we're remembering? "It is remembering and re-embracing the fact that you are nothing more than love." (2)

Elsewhere he said that: "Love is a natural state of Being. Love is a life-sustaining, inborn condition." (3)

Mary Magdalene through Fran Zepeda asks us:

"Do you understand deeply that YOU ARE LOVE? As you accept the perpetual divine energies pouring into you constantly now, you are no doubt establishing a much deeper understanding of that. As a part of Source, you are also the essence of Source: Love." (4)

She explores the matter more deeply with us.

"Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening." (5)

To fully actualize this state of affairs "requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love." (6)

As our crystalline bodies come online, she says, "it is essential that you not separate yourselves now from your Crystalline Body, your Christ Consciousness and your Love Essence, in how you look at yourselves. ... The more you are aware of this in every Now Moment, the more you will be able to actualize your True Divine Essence, and thus your every dream." (7)

St. Germaine tells us that "you are the love you give, receive, and experience in every form, every cell, every molecule, every expression, every look, every glance."

"Your capacity to love is infinite and eternal, because that's the essence of who you are. And it transcends form. It transcends every lifetime. It transcends everything that you can possibly conceive of." (8)

Saul calls us “Love incarnate” and tells us that it’s our divine destiny to fully know and experience this.

“You cannot and could not be anything other than That because It is the ground of your being, the Essence from which you were created, It is your real Identity as sons and daughters of God, One with Him always.

“You are each individual aspects of His divine Perfection. To know and experience this is your destiny, your inescapable destiny, and that alone is reason for you to spend your lives rejoicing.” (9)

He explains that “everyone wants to be loved, everyone yearns for Love, because Love is your nature, and without It you are totally bereft.” (10)

Jesus asks us:

“How could you possibly be unworthy of the substance of your being? You were created in Love, by Love, from Love – there is nothing else – which is just another word that signifies God, the Source of all that exists, and of which every sentient being is an essential and inseparable part.

“Separation from that Source is inconceivable, unachievable, utterly impossible. You are constantly and eternally one with God, period. No further discussion of this divine truth has any meaning.” (11)

He asks us to let go of “the illusion [that] would persuade you that Love comes from another, or from God, but, as is now finally breaking into your awareness, God is Love and you are all aspects of God Consciousness created from Love, and therefore, of yourselves, you are Love incarnate.” (12)

“Your bodies, and their apparent unending needs have hidden the truth from you, but now you are no longer able to keep that truth at bay. You have chosen to awaken, and that choice has intensified the power of the Divine energy field in which you are securely and eternally enveloped, so that you can no longer deny or ignore it.” (13)

“To Love is to awaken, and to awaken is to Love,” he tells us.

“And that is what is happening on Earth at this moment. You are about to start rubbing your eyes and splashing water on your faces as the new day dawns – the eternal Day that the illusion hid from you and which is not new but is brilliant and unchanging, just as it was created.

“You are Love, you have always been Love, you always will be Love, and that truth is finally breaking into your collective awareness, leading to enormous changes all across the planet.” (14)

The Angelic Guides through Taryn Crimi make the same assertion: “Love is who we all are. It is what we are all made from.” (15)

Hilarion reminds us that we need to release the protective shield we have placed around our hearts to feel the love that we are.

“It is always beneficial to remind yourselves of your true nature and that of course is, that you are a Being of Love.

“Love is the bottom line in all things and in all situations; sometimes, however, it needs a deeper introspection within yourself to connect with your heart in order to feel it.

“Many of you, at one time or another have been hurt or wounded in some way in your interactions with others and this has caused you to put shields of protection around your heart which can keep you from experiencing all that is good in your life now. It is time to release these now, Dear Ones.” (16)

How do we know we're love? St. Germaine tells us that we know that by knowing the divine spark (the Self, the Christ, the Atman) placed within our hearts,

“So, how, in the realm of creation, could you know the Unknowable, the Unseeable, in many ways the Untouchable? Well, how you know is that spark, that essence that is implanted in your very core, your soul, your essence, your spiritual DNA, so that you are love, so that you will know love, so that you will be always, if you choose — but even if you don't choose, my friend, it is still there — so that you are always in that state of being, of knowing, of the wisdom of the sublime joy.” (17)

And how do we know this love? St. Germaine tells us that we know it through bringing ourselves into perfect balance through acceptance and surrender, with God's indispensable assistance. He explains:

“What is love? Love is the completeness, the integrated, unified self in perfect balance, in perfect balance with the All.

“Now, how can that perfect balance ever exist? Think of it. If you were to use the scales of justice — Sanat Kumara would lend them to us, I am quite sure — and if you place your essence, your spark of divinity on one side of the scales, and then you place the totality of the One on the other, well, it would not be in perfect balance. Or would it?

“How do you bring this into the place of balance? Surrender and acceptance. As you accept more love from Source, from the heart of One, the scales come into balance. It is arranged by the Divine. It is created infinitely and in divine perfection that it come into perfect balance because you allow yourself to be filled with the essence of all creation.“ (18)

As our first sally into the study of love, we've looked at the fact that, love being all there is in creation (and beyond), we must then ourselves be love. Love is our essence, our nature, our being and we come to know that fact by surrendering to and accepting love.

### **Footnotes**

(1) "Love is All There is" at <https://goldenageofgaia.com/2015/03/08/love-is-all-there-is-2/>. See also "What is Love?" at <https://goldenageofgaia.com/2015/03/06/what-love-is/>.

(2) "Archangel Michael: You are God Having an Experience of You," channeled by Linda Dillon, June 26, 2014, at <https://goldenageofgaia.com/2014/06/27/archangel-michael-you-are-god-having-an-experience-of-you>.

(3) "Archangel Michael: Love is a Natural State of Being, channelled through Ronna Herman, September 29, 2013, at <https://www.ronnastar.com/messages-aam/latest.html>.

- (4) "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/>
- (5) Loc. cit.
- (6) Loc.cit.
- (7) Loc.cit.
- (8) "St. Germaine on Allowing Love to Transform Us," channeled by Linda Dillon, January 16, 2014, at <https://goldenageofgaia.com/2014/01/st-germaine-on-allowing-love-to-transform-us/>.)
- (9) Saul through John Smallman, December 8, 2013, at <https://johnsmallman.wordpress.com>.
- (10) Saul, November 11, 2013.
- (11) Jesus through John Smallman, April 19, 2013, at <http://johnsmallman2.wordpress.com>.
- (12) Ibid., August 4, 2013.
- (13) Loc. cit.
- (14) Loc. cit.
- (15) "Angelic Guides: Love Knows No Boundaries,' channeled through Taryn Crimi, July 12, 2013 at <https://angelicguides.wordpress.com>.
- (16) Hilarion through Marlene Swetilishoff, June 2, 2013.
- (17) "St. Germaine on Allowing Love to Transform Us," ibid.
- (18) Loc. cit.

# I Believe in Love

March 19, 2015



[\(https://goldenageofgaia.com/2015/03/19/i-believe-in-love-2/\)](https://goldenageofgaia.com/2015/03/19/i-believe-in-love-2/)

I'm certain now that love is the answer to all our problems. Love has to become better known to our world. We have to make friends with it instead of misunderstanding it and misusing it.

The heart of every person is a volcano of love. A Krakatoa in the beginning but then a Mauna Loa, sending forth a volcanic cloud that incinerates illusion.

Love is transformative. That's implied in saying that it dissolves all knots in consciousness. It's a solvent of illusion and ignorance. Just as awareness is.

I am myself the volcano. I am master and commander of my own volcanic heart. On my inbreath I take in streams of love from the centre of existence and on my outbreath I breathe that love out into the world in a flow that dissolves illusion and ignorance and makes space for ... more love.

If love were to dissolve all there is, all would return to love. Of love there is no end. Everything else is, in the end, impermanent.

I not only believe in love. I am love in love with itself.

All that is subjective in me directs all that is lingeringly objective in me to love love. Until nothing objective remains.

# Transformative Love is an Inside Job

March 20, 2015



[\(https://goldenageofgaia.com/2015/03/20/transformative-love-inside-job/\)](https://goldenageofgaia.com/2015/03/20/transformative-love-inside-job/)

Archangel Michael said the other day that forgiveness was a step along the path.  
(1)

That was certainly something I noticed in the work I did when I was off. I set out to forgive everyone in my life. But simply talking about it did nothing.

So I ran an exercise (2) which involved imagining my resentments to be arrows that were thrust into me (I actually thrust them into myself).

When I removed all the resentments, something amazing happened. I couldn't remember anything unfortunate that had happened to me; all my issues were gone; and there was nothing and no one to forgive.

We go beyond the need to forgive when we drop all our issues and resentments.

Another example of an interim matter is an aspect of romantic love. That aspect too, I think, is a step on the path.

Of relationship love, Saul said recently: “You seek satisfaction in relationships with other humans, and while they can be deeply satisfying they are never enough.” (3) They are never enough for two reasons. One is that the built-in longing for God (4) will not let us rest until we lose ourselves in love for God.

A second reason is that we primarily feel love, in my experience, by its welling up in our own hearts, what AAM called the wellspring or the volcano. (5)

Yes, it’s true that we experience the loving energy of someone capable of radiating it. But the experience of that is nothing in strength, potency or duration compared with experiencing the love that finds its way up from inside.

As long as we feel romantic, we’re generating love from within ourselves. But when that stops for any reason and we look to the other person for love, we run into this predicament. Transformative love is an inside job, not an outside job.

I use the word “transformative” to indicate how the love I’m describing here sweeps away elements of sleep, unconscious awareness, or old 3D thoughts and feelings, and leaves us for as long as it lasts in a greatly-elevated vibration.

There’s no substitute for experiencing this unconditional love. It cannot be conveyed to another. It cannot be wrapped up and delivered. We each have to find it and experience it for ourselves.

The difference between it and any other kind of love is the difference between drinking freshly-squeezed Florida orange juice and Tang.

Without that experience, we continue along the same groove of seeking love from parents, lovers, gurus, bosses, etc.

Interestingly, transformative love contains within it every feeling I associate with love for an intimate partner. It receives and conveys sexuality (it enhances it, actually), intimacy, fondness, the personal.

It contains within it everything else. But, interestingly, the realization of that goes out the window when the energy of love makes itself felt because all sophisticated

considerations like “everything” fade away. I’m left with a happy, equanimous Cheshire-cat smile. (6)

I use anything to trigger this bliss effect. The photo of a loved one, drawing love up from my heart, simply deeply breathing since love is the very air we breathe. Once I establish contact with the love again, bliss almost always follows.

Love doesn’t like to be ignored or neglected any more than an intimate partner might. It diminishes with neglect and increases with the loving attention we pay to it. Just writing about it right now is causing me to drift into bliss.

Once marry love and you’ll never want for anything else. That’s how it shows up for me.

I’m in love with love. I’m worse than bitten. I’m consumed. I’ve fallen head over heels in love with the very love I feel. Last night I rolled in ecstasy on my bed, loving the love.

I’m sure this is where we’re headed, folks. The Company of Heaven seem to be rolling out their new Spring line. Heart openings, the emergence of transformative love, for some (I imagine) Ascension and even levels of enlightenment beyond that. (7)

This is one reality I have no difficulty creating. And all of a sudden, seen from this new vantage point, I no longer feel doubt about my creative abilities; I feel curious, optimistic and satisfied.

Notwithstanding that curiosity, all I wish to create is love.

## **Footnotes**

(1) “When you are thinking about forgiveness, think of it as a step along the way.” (“Activating the Wellspring – Part 1/2,” at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/> .

(2) “Healing the Wounds,” at <http://goldenageofgaia.com/2015/03/11/healing-wounds/> .

(3) Saul through John Smallman, March 16, 2015, at at <http://johnsmallman.wordpress.com>.

(4) See “The Longing for Liberation” at [http://goldengaiadb.com/L#Longing\\_for\\_Liberation](http://goldengaiadb.com/L#Longing_for_Liberation) and [http://goldengaiadb.com/The\\_Nature\\_of\\_Life\\_1#The\\_Longing\\_for\\_Liberation](http://goldengaiadb.com/The_Nature_of_Life_1#The_Longing_for_Liberation) .

(5) “What you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.” (“Activating the Wellspring – Part 1/2,” *ibid.*)

(6) In Alice in Wonderland, the Cheshire Cat would fade away until only his smile remained.

(7) Ascension is Fifth-Dimensional consciousness (eventually, sahaja samadhi) but many will end up in higher dimensions.

# Never Enough Love

March 21, 2015



[\(https://goldenageofgaia.com/2015/03/21/never-enough-love/\)](https://goldenageofgaia.com/2015/03/21/never-enough-love/)

When I see how often in a day I forget love, I'm dismayed. So powerful is the appeal of love, that I immediately send myself searching for ways to ensure that I forget love no longer.

I turn to reading books on bhakti, devotion, love. And then I realize that my paramguru, Sri Ramakrishna, was arguably the greatest devotee of love ever born on the planet. Off I go to read him.

How fortunate I am!

Look, the love bug bit me and now has me scampering in 100 different directions at once. Lady Love ran her scarf under my chin and here I am building a house for her. Powerless in the face of love.

I'm getting straight about what can and cannot be done with love. Love brooks no lies. It brooks no harshness or hostility. It cannot be hidden unless you want it to disappear.

I can only announce my love and announce it and announce it. And some will hear it; some will not.

See how bitten I am? Your turn next. Everyone's turn's coming - or so I'm told. This is definitely worth reaching out for, worth asking for, worth holding out for. Don't you wonder where my mind went, so to speak? So do I but I haven't the interest to find out. Love does that to you.

So to return: I feel the need to create new channels for the expression of love, to serve as reminders not to forget. Where's the incense? Where's my seiza bench? My meditation tapes?

I understand how Rumi could say that a man could go insane feeling separated from love. I don't intend to go there because I know the connection to love depends solely on me. If I disconnect, it's because I did it. So no excuses on not remaining connected to love. And no cop-outs.

Gone are all my intentions to create a cross-cultural spirituality or the return of the growth movement or much of anything else as long as I'm the unrequited, ever-yearning lover of love. I know full well my yearning will be fulfilled. Not a moment too soon.

There's never enough love. And I will never drink my fill.

# Learning the Ropes

March 24, 2015



[\(https://goldenageofgaia.com/2015/03/24/learning-the-ropes/\)](https://goldenageofgaia.com/2015/03/24/learning-the-ropes/)

I'd like to share a few noticings about the heart opening I had on March 13, 2015.

First of all, I imagine most people think of any kind of opening as being followed by a flood. Open the sluice gates and the water pours through. Open the purse strings and the money flows, and so on.

A heart opening isn't like that. It allows for access but it doesn't necessarily result in a flow of love.

If I want love to flow, I have to breathe it up from inside of me and send it out to the world or do some other similar exercise that primes the pump, to use AAM's expression. My reward is that I experience the love as it's passing through me.

Secondly, a heart opening magnifies love when love does come up, but what we don't think of ahead of time (Who would? Why would we?) is that it also magnifies unwanted or unpleasant feelings.

I was feeling what would have been a mild heartache the other day, missing a former lover. Ordinarily it would have been just a nagging sadness in the heart, but after the heart opening, it surfaced as crippling grief.

I had to more or less go into isolation because I could not factor the grief out of my experience when I spoke to people. I was toxic for the time being because my emotions were exaggerated. And none of it had anything to do with the outside world.

I was trying to describe to GD the other day how it felt at a time like this. Whenever something like grief or sadness arises, it feels like walking around in a body that's sometimes in emergency, sometimes in shock, sometimes at the end of its rope. Tough assignment. Not all wine and roses.

This morning, I was feeling more grief and sorrow than I thought I could manage. And then, in the course of simply allowing and observing it the past several days (OK, weeks), it lifted.

Here's a second example. A friend invited me to a Disney movie. Harmless, right? I nearly left the movie three times when the bad characters had their way. I was either outraged or ready to scream. When the good characters were coming together and winning ... in the final reel ... I couldn't stop crying. My friend may never take me to a movie again. I could neither stop the magnified experience of feeling nor could I hide it.

Many of us have probably heard of "enlightened" masters who still have their temper, greed, or lust. I can see how that could happen (until sahaja samadhi) (1) based on what I'm living through right now.

If I was unconscious of the unprocessed feelings that are still left (some of which could be for the collective) or if I denied or refused to acknowledge them, then I'd most likely be acting them out and projecting them onto others. Or at least speaking over top of them, a situation that makes me cardboard and fossilized over time.

Spiritual experiences like a heart opening don't come with a user's manual. How to manage them isn't taught in school or university. Our parents probably wouldn't even know what we're talking about if we described it to them.

We're more or less like a Connecticut Yankee in King Arthur's court in that we don't necessarily know how to deal with the situations that arise.

We have to learn how to adjust to and cope with some of the supremely-aching states of heart and mind we may have after an opening as well as the ecstatic states, without freaking out, remaining balanced and calm. And that can be a huge challenge.

### **Footnotes**

(1) Sahaja Samadhi is the stage of enlightenment that brings moksha or liberation from death. Once we experience sahaja, our harmful vasanas, including our appetites, are incinerated.

It's also called a permanent heart opening. My own heart opening is not sahaja. I don't believe it to be "enlightenment." But it's a wonderful state of being nonetheless - until sorrow arises.

# Our Original Sacred Partner

March 28, 2015



[\(https://goldenageofgaia.com/2015/03/28/our-original-sacred-partner/\)](https://goldenageofgaia.com/2015/03/28/our-original-sacred-partner/)

*Written two weeks after my heart opened on March 13, 2015.*

I'm still learning the ropes following a recent spiritual experience. (1)

Last week, I was on an emotional roller coaster. This week I wanted to smooth out my experience a little and recover some stability and predictability in my life.

So I returned to meditation again but more particularly meditating on the Divine Mother, who's my ideal. And at one point I invited the Mother, with quite a bit of emotion, to come and live in my heart.

The Divine Mother is our original sacred partner. Genders and sacred unions are both designed to remind us of the original partnership of Father and Mother God. (2)

But the mystery of mysteries is that we are that Father and, so, the Mother is our original partner. (I just got goosebumps saying that.)

I invited the Mother to sit on the swing, what Hindus call the jhula, in my heart. I began to use my Mother mantra again after some years. Now my mantra has a life in it I haven't known before.

When I invited her into my heart, I felt elation. I have to tell you that I'm not constitutionally wired to use my imagination; I'm very factual. So doing things like inviting the Mother into my heart is not usual for me.

I'm more into tracking my internal space - feelings, thoughts, flows of energy. I suppose I'm a kind of empirical materialist in that I use my body, mind and senses, and now my heart, to know things.

But this use of the creative imagination worked. In the elation that I felt, I was totally carried away,

When I repeated the exercise some time later, I was filled with the most delicious love, tapering off into bliss. I wrote at the time:

"So here I am at this moment in bliss. I can only report. Everything hurtful, unwelcome, and unpleasant is forgotten. I'm as meek as a lamb. But I also feel the impact of thoughts just hovering in the background ready to catch up with me again.

"The deeper I draw in the in-breath, the deeper the experience of the Mother's love goes.

"I allow it, with every sense.

"Utter calmness. Utter peace. No desire to move.

"Total obliteration of care. No, it's deeper than that. Care does not arise in this place. In this space, the world would work for me no matter how it showed up. In this space, I am the change I want to see and my transformation is what has the world work out for me. Nothing external."

And not only bliss but the thoughts flowed as well. I'm sure they were being sent along to me. At one point, I got that it's my job, and yours and yours and yours, to show everyone who approaches us love and respect. I can't say I've done that much or overly well. That was a hugely challenging thought. Thank you, Mother.

It's probably as simple as this to make the world work: Love.

I cannot describe the way I feel at this moment, the feeling is so new to me. I've only felt this way when, say, I've won some really big prize in high school or something similar. "Aha. Life is working out."

### **Footnotes**

(1) A heart opening on March 13, 2015.

(2) The correlate of the human female and male is God the Mother and God the Father. The sexual act mimics the divine creation of beings.

# Focussed on the Heart

April 8, 2015

(<https://goldenageofgaia.com/2015/04/08/focussed-on-the-heart/>)



There's a war being fought inside of me. It's between the mind and the heart.

My heart may be open but nothing flows unless I invite it or in other ways cause it to.

And when love doesn't flow from the heart, I fall back into the default of the mind.

We usually talk about the world outside the mind. But we don't usually talk about the world outside the heart and inside the mind.

The mind has no idea that love (real, transformative love) exists. It can't see very far, has very little hope, and experiences very little satisfaction, happiness, or self-expression.

It focuses on its own survival and the survival of everything with which it identifies - spouse, children, job, house, car, etc. ("me and mine").

It ensures survival by making itself right and others wrong, judging and avoiding being judged, dominating and avoiding being dominated.

Where it sees itself wronged, it endlessly rehearses and feeds itself on the memories of its past woes and others' perpetrations.

When opposition is encountered, its rule is resist, resent, revenge. Resist others; resent their seeming misdeeds; and revenge itself upon them. It deals in fear. It operates by force. There's no aliveness there.

The heart dissolves woes and perpetrations, fear and force. It resists nothing, resents no one and never revenges. There's only aliveness there.

And then there's me, who forgets the importance of working with the heart, forgets to unpack its treasures and use them to raise me up beyond the reach of the mind.

Hour after hour goes by while I walk past what Krishna called the place in the heart where the Lord resides. (1)

The mind will never drop away or die. It just needs to be enlisted in the service of the heart once and for all.

It needs to know who's boss. The heart is boss. It's the kindest and most loving boss anyone will ever have.

The mind needs to be ushered into its new habitation. And thanked and loved and nurtured. Job well done. Thank you. Time to step down.

I haven't taken the time to do that. I allow the small cares of the day to endlessly postpone the final shift from fear to love.

New management coming soon! But soon is, oh, so slow to arrive!

When I was married in a Zen Center long ago, the monk conferred on my wife and me Zen names. Mine was Ancient Spring. Hers was Spring Rain.

The heart is that ancient spring. Love is that spring rain.

Hour by hour I must intend that my attention remain focused on the heart, the fount of all good things. Remind me if I forget?

There's nothing more important, now or ever, than heart consciousness - than remaining focused on the heart.

## Footnotes

(1) "Fools pass blindly by the place of my dwelling  
Here in the human form, and of my majesty  
They know nothing at all,  
Who am their Lord, their soul."

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans.,  
*Bhagavad-Gita. The Song of God*. New York and Scarborough: New American  
Library, 1972; c1944, 81.) [Hereafter BG.]

"The Lord lives in the heart of every creature." (Sri Krishna in BG, 129.)

"The devoted ... know Him always  
There in the heart,  
Where action is not." (Sri Krishna in BG, 59.)

## Back to the Basics on the Path of Love

April 16, 2015



[\(https://goldenageofgaia.com/2015/04/16/back-basics-path-love/\)](https://goldenageofgaia.com/2015/04/16/back-basics-path-love/)

I'll walk through what are for me the basics of spiritual life as an approach to discerning how to make my behavior be "of love."

I'd have to say that for me the basic elements of a spiritual life are three.

The first basic element is the practice of discernment. If we're to know the truth of ourselves and fulfill the purpose of life, then we need to be able to distinguish between what's Real and what's not, what's of love and what's not.

Without being able to discern between the Real and the unreal, love and not love, we'll never know the truth of ourselves (because we are the Real, the love).

The second basic element is the practice of detachment. We detach from that which we know is unreal. Probably you're finding that you're less and less interested in food, clothes, movies, etc. The tsunami of love, now in its third phase, is raising us above superficial enjoyments. We're detaching from the unreal.

The third basic is the practice of devotion. Once detached from the unreal, the next step is to attach ourselves to the Real. That's usually called devotion but it's an attachment, a lifeline if you will. The attachment to God and our love for the Divine is the only attachment that does not harm us, as Sri Krishna explains:

"I am all that a man may desire  
Without transgressing  
The law of his nature." (3)

Only God can be yearned for and loved and it won't bring unpleasant karma.

Devotion to the Real, to love for God, becomes like a tow rope that's gradually drawing us Home. The greater our yearning, our love for the Real, the more successful the result. Apparently our love for God is not something God can resist.

That's the most generic, integrated, and direct interpretation of the basic elements of spiritual life that I think I can possibly give.

So that's where I wish to begin. Discern between the response of love and the response not of love. Detach from that which is not of love. Attach to or devote yourself to that which is of love.

Love is Real and the only thing that is. The new path for this age, I'm certain, is the Path of Love.

## Footnotes

(1) See "Enlightenment - Enlightenment is the purpose of life," at [http://goldengaiadb.com/E#Enlightenment - Enlightenment is the purpose of life](http://goldengaiadb.com/E#Enlightenment_-_Enlightenment_is_the_purpose_of_life) . Knowing ourselves truly can also be stated as realizing God (whom we truly are), realizing the Self, reaching God, obtaining the vision of God, illumination, seeing the light, etc.

(2) Paramahansa Ramakrishna in Swami Chetanananda. *They Lived with God*. St. Louis: Vedanta Society of St. Louis, 1989, 126.

(3) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.

# Know Thyself? Love Thyself

April 17, 2015



[\(https://goldenageofgaia.com/2015/04/13/know-thyself-love-thyself/\)](https://goldenageofgaia.com/2015/04/13/know-thyself-love-thyself/)

How could I have overlooked what the Company of Heaven has been saying for so long about loving ourselves? (1)

I'm at this point falling in love with myself.

I've been painting the insides of my body with love, the container so to speak, and the bliss I feel is revealing so much.

Why did I ever think that I'd get love from another? Why am I chasing someone to love me all the time? Can't I understand that loving me is my job?

Loving myself, I get a hundred times more love than I feel at the height of a loving exchange with another. And it leaves me with a huge surplus to share.



*Credit: pathwaysofwisdom.wordpress.com*

I can't imagine what it would be like to be in the presence of another loving him or herself. I see it rarely.

What a crescendo this is, loving one's self. A climax greater than anything sexual. I can see people getting lost in it.

I've seen people abandon their missions for bliss. I don't want to let that happen to me, but how enthralling and beguiling bliss is, the bliss that's born of self-love.

I can hear our critics call us the "Me Generation" again, as if this self-love has something to do with narcissism, arrogance, or the self-serving bias.

It doesn't. If anything, it releases one from self-servingness because all wants and desires dissolve in this love and are satisfied.

What a trip. No wonder they say the journey is as wonderful as the destination.

### **Footnotes**

(1) "Love yourself. That is your assignment." (Personal reading with Archangel Michael, through Linda Dillon, Aug. 22, 2014.)

"This is an opportunity for you to love yourself unconditionally. Is it not? Yes, so can you love yourself unconditionally right now? ...

"When you unconditionally love yourself, then you can unconditionally love everyone. ...

"When you love yourself unconditionally, the molecules of unconditional love, which are the highest frequency of Light, move into the psychic scar tissue of your lower fourth-dimensional areas that are holding the scar of being stretched beyond that which it can contain." (The Arcturians through Suzanne Lie, March 16, 2013.)

"Listen very carefully to what I am saying to you. Love yourself. ...

"[What matters is] the care, the nurturing, the attendance to your sacred self. So, how do you weather this terrible storm? The perfect storm? The death of chaos? The death of illusion? You do it by loving yourself in small ways and big ways, and knowing, reinforcing, re-declaring, every hour if necessary, your divine right and your worthiness." ("St. Germaine on Allowing Love to Transform Us," channeled by Linda Dillon, January 16, 2014, at <http://goldenageofgaia.com/2014/01/st-germaine-on-allowing-love-to-transform-us>.)



*Credit: [www.expresssuccess.net](http://www.expresssuccess.net)*

## The Lure of Love

April 20, 2015



*Credit: magazine.good.is*

[\(https://goldenageofgaia.com/2015/04/20/the-lure-of-love/\)](https://goldenageofgaia.com/2015/04/20/the-lure-of-love/)

"There is a love in me raging, Alegria  
A joyous, magical feeling."

- Cirque de Soleil, *Alegria*

The Arcturian Group said recently: "You are ready to be taught from within. Trust this. It is why you came." (1)

Are we? What could possibly teach us from within? How would it teach us?

In a word? Love.

Love is the great teacher. It hides away from us when we neglect it. It flees to an unknown place when we resist it. No Earthly partner ever played hide-and-seek like love does.

We must attend to love and no amount of wishing it were otherwise, no amount of entitlement or complaining changes the situation a bit. Love is a demanding lover.

I've been stumbling and bumbling and watching to see what happens to love ... and love disappears.

Getting this feedback from love is more valuable to me than ... well, there is no comparison. I am wed to love. That's what it amounts to, the same love that gazillions of beings are also wed to. Very loose lover. Universal lover in fact. This divine being is with everybody.

Is there any other power I need answer to? If there is, stand in line. I'll get to you some day.

When we look inside and find love, the cat is out of the bag. We just bit on some big hook. We're caught now. There's no escaping the lure of love.

### **Footnotes**

(1) The Arcturian Group. Channelled by Marilyn Raffaele. April 12, 2015. <http://www.onenessofall.com/newest.html>

# What is Heart Consciousness?

May 10, 2015



*Credit: [consciouscoolchic.com/](http://consciouscoolchic.com/) / Daniel S. Holmes*

If we are love, if love is the answer to all our problems, if love is our origin and destination, it becomes important to know how the consciousness that resides in the heart works.

The heart is the same as the soul. It's the source of love in our being. Heart, soul, love, light, consciousness all refer to - or perhaps trace back to - the same thing.

In looking at the subject of heart consciousness, let's start from the beginning and work our way up through the various statements that the Company of Heaven (CoH) have made about it.

To begin with, the CoH tells us that what separates the human being from the animal is self-awareness.

Both animal and human radiate joyful connection and heart energy, but the human does it self-awaredly, according to the Earth Angels through Pamela Kribbe.

“What separates man from animal is the ability to be self-aware. Through this ability the human being is able to transform their emotional body and spread the energy of the heart consciously on Earth.

“Whereas the non-human realms of nature radiate the joy and connectedness of the angels unconsciously, it is humanity’s mission to transform it into a conscious energy.” (1)

Thus humans have the ability to generate love and send it out consciously to the world. Humans have the ability to harness their heart consciousness and use it for the highest good - to send love out to others.

The heart’s consciousness, Sanat Kumara reminds us, is the compass we’ve been given to navigate life: “Go into your heart consciousness. ... This is the compass that you have all been given.” (2) The CoH is constantly telling us to consult the heart and now he calls it our compass. It's also been called the still, small voice, the Inner Voice, our guidance, our conscience.

That our heart is the same as our soul Sanat implies here: “Your beauty, your heart, your soul, however you conceive of that knowingness, is divinely intelligent.” (3) This is the source we're urged to consult.

He tells us that the restoring of our heart consciousness is the Mother’s Plan for this age: “If you are talking about the full restoration of heart consciousness, of course this is the plan of the Divine Mother.” (4)

The Divine Mother acknowledges that she's opening and expanding our heart consciousness in this Tsunami of Love that we're all enjoying (and sometimes not).

“All of you have been in a period of dispensation, of containment, in the mildest way to assist you in the recognition of your divinity and the choice for love. You have been given [a heart activation].

“Each of you, and those of you who never heard my voice, each of you has been touched in the heart. The heart consciousness has been activated and awakened.” (5)

Our hearts have been stirred. In an increasing number of cases, the heart has been opened. And more lies ahead.

The divine qualities, universal laws and heart consciousness work together, Sanat tells us.

“When you are practicing certain [divine] qualities, they more naturally align with different laws, with different thoughts, with different expressions, shall we say, of God, of One. ... So working with the law is being in your heart consciousness.” (6)

We've been studying the first two subjects for years and now the CoH is bringing our attention to the subject of the heart consciousness.

Sanat illustrates how to use the heart consciousness as our guide. In this instance, he uses a question.

“It is a very simple question: Does this situation, does this action, does this feeling, does this behavior, does this situation, feel that it is in alignment with love and with One?”

“Does it feel within me, within my heart knowingness, that it is in the balance and that it is not only slowly moving me along ... but does this jettison me, because you are in a time of rapid change - does this align [me] with the love that I know within me, that is my divine essence spark, does it align [me] with the love of the Mother, does it feel like love?” (7)

What could be clearer than that? Is it of love? AAM would say.

What is causing our hearts to open and all the other commotion is the light or love that's coming to us from various higher-dimensional sources, Archangel Michael tells us.

“The quotient of light, if I may use that term, ... that has been collected and gathered and brought to this time and space is acting like a beam, a catalyst, a transmission that is sending forth all over the world the radiation of love.

“This, my friends, is unity in action. This is heart consciousness.” (8)

He traces for us the path this light takes to reach us:

“From within the Sacred Heart Core of our Father/Mother God, these newly infused cosmic Rays, which contain the new Divine Blueprint for this Sub-Universe, are then radiated outward into each succeeding Galaxy.

“These powerful new Rays then pass through the Central Sun of each solar system, the sun of each planet, and eventually to humanity on planet Earth.” (9)

The third wave of the Tsunami of Love is turning the energies up, Sanat tells us, because we can take it.

“The energies and the frequencies are turned up, made stronger, more palatable quite literally, because you are able to handle more and more energy.

“And the purpose of this energy increase and frequency increase, vibrational increase — however you conceive of it — is not for you to be out of body, but to be able to manage, to hold and to integrate this into your body, so that your level of heart consciousness, of full awareness, is growing.” (10)

Thus, the Divine Plan for this age is to flood us with a tsunami of love designed to open our hearts fully and anchor us in our heart consciousness - a heart knowing, a conscious energy that will in time transform our world. The light that's causing this is coming from the Heart of the Mother/Father One down through the dimensions to our central Sun and then to our local Sun and thence to us.

*Channeled material through Linda Dillon is copyright by the Council of Love, Inc., 2015, and is used with permission.*

## **Footnotes**

"Earth: Angels on Earth - Part 2/2," channeled by Pamela Kribbe, May 14, 2011, at <http://goldenageofgaia.com/2011/05/14/earth-angels-on-earth-part-22/>

(2) "Sanat Kumara: You're Ready to Build Societies in Adherence with the Law," April 23, 2013, at <http://goldenageofgaia.com/2013/04/sanat-kumara-youre-ready-to-build-societies-in-adherence-with-the-law/>.

(3) Loc. cit.

(4) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," May 28, 2013, <http://goldenageofgaia.com/2013/05/sanat-kumara-many-of-you-have-already-ascended-and-straddle-dimensions/>.

(5) "The Divine Mother: Each and Every One of You Carries Divine Might, Part 2/2," June 17, 2013, at <http://goldenageofgaia.com/2013/06/the-divine-mother-each-and-every-one-of-you-carries-divine-might-part-22>.

(6) "Sanat Kumara: You're Ready to Build Societies in Adherence with the Law," April 23, 2013, at <http://goldenageofgaia.com/2013/04/sanat-kumara-youre-ready-to-build-societies-in-adherence-with-the-law/>.

(7) Loc. cit.

(8) Archangel Michael on An Hour with an Angel, Oct. 29, 2012, at <http://the2012scenario.com/0-the-sedona-conference/archangel-michael-on-the-first-sedona-conference-the-east-coast-storm-and-the-west-coast-earthquake/>.

(9) "Archangel Michael: Love is a Natural State of Being," channelled through Ronna Herman, September 29, 2013, at <http://www.ronnastar.com/messages-aam/latest.html>.

(10) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," *ibid.*

## Everything but Love is a Distraction



*Credit: [www.crosstothelight.com](http://www.crosstothelight.com)*

May 11, 2015

The Divine Mother told us in late 2013 that falling in love, entering into sacred union with one another, and discovering what relationship truly is is not simply a part of the Divine Plan; it is the Plan. She said:

“As you ... receive the gifts, the energy, the love that we send you through divine movement, (1) that others send you from the various realms of existence, and the many realms and dimensions, you are able not only to join with yourself, but with us and with each other.

“You are recognizing the pattern of genuine relationship, and what that looks and feels like is this gift not only of heart consciousness and inter-dimensionality, but physicality as well.

"As you rise, you are more able to clearly grasp not only the idea or the concept, the construct of creation in its fullest sense, but you are able to join with us.

“Is this part of the plan? Dear hearts, it is the plan. There are many details, many aspects, many attunements, but the plan has always been one of union and reunion. And you have known this in your basic understanding of your spiritual journey, your spiritual journey back to us, back to One, back to Source, however you have defined it.” (2)

A relationship without heart consciousness is likely to lead to dissatisfaction on both parts and a "going through the motions" relationship.

If heart consciousness informs our relationships, they are more likely to lead to union, oneness or unitive consciousness. Jesus tells us that we don't have to understand the process. We just have to keep coming back to the love which informs our heart and surrender to it.

“In surrender is the trusting, the absolute trusting and knowing — yes, knowing — and wisdom of your heart, of your heart consciousness, of this massive expansion that you are undergoing right now and have been undergoing at least for the past year.

“So, yes, refer to your brilliant minds, but if you think that you are not understanding or following the entire conversation, let it go and come back to what is important. And that is, you are love. It is all you have ever been. Everything else — everything else, every other lifetime — it’s just a distraction.” (3)

The Divine Mother speaks of this surrender as “acceptance” of our totality. This acceptance extends to and includes our role as co-creators of Nova Being and Nova Earth.

“When we speak of this blessing and virtue of grace, it is the acceptance - the heart acceptance translated into heart consciousness - of your wholeness and totality. And your alignment with divine spirit as well.

"It is your acceptance that you are creator and co-creator and particularly during this time of Ascension that you are co-creator not only of your own Nova Being but of Nova Earth and Nova Gaia, Terra Gaia." (4)

Archangel Michael characterizes the shift to heart consciousness we're making at this time to one of coming to the place of balance. The balance point is the center point and that's the heart.

"You can think of the love as the Occupy Movement. We want to occupy your heart. ... What you are doing right — and I speak to all of you, and to your star brothers and sisters as well, who are always listening in — you are shifting to the place of balance, where you are in your heart consciousness.

"You are not denying the brilliance of your mind. You are not ignoring your delightful personalities or egos. But you have shifted incredibly to your heart." (5)

Some think that awareness of our heart consciousness would lead to inaction. Instead, St. Germaine tells us, it impels us to action: "As soon as you are the observer and the witness in that expanded awareness, that consciousness, that heart consciousness, then you must do something." (6)

The Divine Mother tells us that it's with heart consciousness and love that we'll transform this planet: "It is with ... heart consciousness and love, not ego, [that] you are changing the planet. You just anchored more love and more beauty in the planet. And that creates the tipping point." (7)

If the world tips, it'll be because we had some mighty beings standing on the teeter-totter with us. But our participation is nevertheless vital, apparently.

Heart consciousness doesn't replace the mind but augments it, refines it, and ennobles it. It brings us into relationship, then sacred union, and finally the Oneness of unitive consciousness, which is the consciousness of the Fifth Dimension and higher. This consummation is the outworking of the Divine Plan. And in it we lightworkers play a vital part.

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## **Footnotes**

(1) The Divine Mother is divine movement; the Heavenly Father is stillness or rest. This statement is the same as saying we receive love through the Mother.

(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) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

(4) "Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013," at <http://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.

(5) "Archangel Michael: What Would Love Do?", channeled by Linda Dillon, May 1, 2014, at <http://goldenageofgaia.com/2014/05/06/archangel-michael-what-would-love-do/>.

(6) "Transcript: Heavenly Blessings - St. Germaine with an Update, Aired July 8, 2014," channeled by Linda Dillon, at <http://goldenageofgaia.com/2014/07/14/transcript-heavenly-blessings-st-germaine-with-an-update-july-8-2014/>.

(7) "Transcript: Universal Mother Mary Discusses The Law of Change, Part 2/2," channeled by Linda Dillon, September 3, 2013, at <http://goldenageofgaia.com/2013/09/transcript-universal-mother-mary-discusses-the-law-of-change-september-3-2013-part-22/>.

# Heart Consciousness is the New Reality

May 12, 2015



*Credit: trendsetterent.blogspot.com*

Let's continue to settle into the subject of heart consciousness.

As far as I can see, saying "settle into heart consciousness" is no different than saying "imagine communing with your Higher Self." The two - the heart and the seat of higher consciousness - are, as far as I can see, the same. Both are simply names for the fount of love that emanates from the Mother/Father One and resides in the spiritual heart. Jesus called it "the pearl of great price."

Archangel Michael defines Ascension as our vibrational shift to a higher realm of heart consciousness.

“Ascension ... is the elevation of your being into an entirely different, higher, expanded realm of heart consciousness. And with that, the attendant abilities to create, co-create and bring forth Nova Earth.” (1)

Heart consciousness is the new reality, he told us recently, in the course of discussing our role as lightworkers and loveholders:

“You are the embodiment and the physical anchors, activators, doers of creating Nova Earth. You are the anchors of Ascension, ... of the heart consciousness that is the new reality.” (2)

Nova Being, the Divine Mother says, is tied to our ability and willingness to love and our willingness to demonstrate our commitment to love in physicality. Those states of being result in the expansion of our heart consciousness:

“If the love is not present, if the commitment [to love, and] the demonstration of that commitment is not present in physicality, then how is it Nova Earth? How are you Nova Beings? How does that reflect the anchoring of heart consciousness?” (3)

Archangel Michael calls the “ignition” that triggers one phase of Ascension full heart consciousness.

“Ignition is the feeling, the awareness, the understanding — and many of you already have this — that you are love, that you are completely in your heart consciousness, that you are in the joy even when there appears to be a morass of chaos around you, and that your focus is completely on creation, the creation of the new.

“And it is the turning of a switch, of the collective.” (4)

One moment we're in our normal state of worry, hope and fear and the next moment, a switch is turned on ("ignition") and we're completely in the love of our heart consciousness. That's the phase of Ascension that we as lightworkers are

facilitating and working towards. (Sahaja Samadhi, the culmination of Ascension, lies further down the road.)

The Divine Mother explains that we'll experience unity consciousness as an explosion of heart consciousness that will have us embrace our integrated divinity. I experienced a heart opening as an explosion so I can imagine further ones.

“When you enter into unity consciousness - think of it as the implosion and explosion of heart consciousness - it is you surrendering and at the same time assuming responsibility for the truth and the totality of who you are, all aspects, all parts – integrated divinity.” (5)

What I take from her remarks is that this balance point of surrendering to the truth of who we are while assuming responsibility for it is the portal to Ascension for us. (6) Or at least one phase of it. (Not Sahaja.)

She goes on to make a point about unity consciousness that I've also been making about love and a heart opening.

I said that, where there's no remembrance of past injuries, there's no need for forgiveness. And where there's no fear, there's no need for courage.

She says that, where there's unity consciousness, the fear of not being special disappears. She tells us:

“In unity consciousness, the fear of not being unique and special disappears because the knowing, the wisdom, the sublime bliss of being love is enough to let down your barriers and joyfully, ecstatically, without defenses - without what you would call vasanas - to join in genuine cooperation, admiration of each other, of the uniqueness of your gifts, of the unique expression you have chosen, and I have chosen for you.

“And so this sense that ‘if I conjoin, I lose something’ is gone.” (7)

Moreover, a feeling such as feeling special or self-importance has no place in the higher dimensions. It simply cannot find a foothold to exist in them.

I believe that's why Sri Ramakrishna used to counsel people to walk into the lake, jump in, dive in - it matters not. It only matters that people get themselves into the lake.

The lake - the higher dimensions - are of themselves sublime and do not support or allow our negative emotions or vasanas to exist. Once we're in that lake, these all disappear.

Archangel Michael tells us that sacred union is being emphasized at this time because it's a way to open us up to heart communication.

"What is happening with these sacred unions ... what is being opened, is the opportunity to renew and rediscover and raise the bar in terms of what is heart communication.

"So that all the dross is eliminated. And so that there truly is [an opportunity for the mind] to stand in partnership with the heart. ...

"And that is how you enter into the heart communication. ... There is no room for artifice. And there is no room for the subtext." (8)

The call is for authenticity and love. Throw out our rackets and numbers. Let down our guard but also commit. As the Mother said, we have the reward but we also have the responsibility.

Archangel Michael has been working on us in this area for quite a while. Here he is in 2013 cheering us on to be with and notice the subtle shifts and full opening of our hearts.

"Simply [allow] yourself to be with the fullness of who you are and [notice] not merely the subtle shifts, but the full opening of your heart, and how you are more in your heart consciousness than you ever have been before. ...

"You are allowing and exploring areas and things to occur that perhaps were a no-fly zone earlier." (9)

So the opening of our hearts and the full expansion of our heart consciousness is a vital part of our Ascension. We're ascending together and the development of heart communication and connection culminating in the rise of unitive consciousness is itself the Ascension plan.

Love unites. And whatever remains separate, love wants to unite with. That's the flow of life, to and beyond Ascension.

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## **Footnotes**

(1) "Archangel Michael: Being, Knowing, and Sharing the Love," Oct. 27, 2013, at <http://goldenageofgaia.com/2013/10/archangel-michael-being-knowing-and-sharing-the-love/>. How reminiscent his words are of the Divine Mother's:

"When we speak of this blessing and virtue of grace, it is the acceptance – the heart acceptance translated into heart consciousness – of your wholeness and totality. And your alignment with divine spirit as well.

"It is your acceptance that you are creator and co-creator and particularly during this time of Ascension that you are co-creator not only of your own Nova Being but of Nova Earth and Nova Gaia, Terra Gaia." ("Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013," at <http://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.)

(2) "Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015," at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>.

(3) "An Hour With An Angel – The Divine Mother: Welcome To 'New Time,'" at <http://goldenageofgaia.com/2015/01/27/divine-mother-welcome-new-time/>.

(4) "Archangel Michael: Ignition is the Awareness that You Are Love," channeled by Linda Dillon, October 28, 2014, at <http://goo.gl/29ZGhf>.

(5) "Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.

(6) "Surrendering to the truth of who we are" could be seen as the enlightenment component. "Assuming responsibility for it" could be seen as what Adyashanti might call the embodiment component (i.s., bringing our enlightenment back down and being accountable for what use we make of it).

(7) Loc. cit.

(8) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 28, 2014.

(9) "Archangel Michael: Ascension is Not Distant But Very Current and Underway – Part 2/2," March 12, 2013. at <http://goldenageofgaia.com/2013/03/12/archangel-michael-ascension-is-not-distant-but-very-current-and-underway-part-22/>.

## I Could Get Used to This

May 16, 2015



*What I never see when driving or bussing*

[\(https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/\)](https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/)

When I look at you with eyes of love, I really do believe that love doesn't radiate from me to you.

I'm convinced that my look inspires the love to arise in you. You feel your own love when you look at me. You remember the love that you are.

I could be wrong. I challenge anyone to prove me so. (1)

I've been watching carefully and, except for spiritual experiences, which are happening more often now than at any time in my life, love arises from inside, from the heart. Consistently. I'd think that would be no surprise for most people.

I had a spiritual experience on the bus today. I asked this morning for an expansion in my ability to love and I sure got it. All day.

It wasn't simply and purely love. It felt for hours as if I were suspended in bliss. Every care I had in the world was completely gone. I had no desire but to just be there in the bliss.

Every time something like this happens I say: "That's my true nature." "Yes, now, that's my true nature." Everything good, everything noble, everything helpful is part of my (or our) true nature.

Spiritual experiences are still rare if more common than in past years. What has become more of a steady diet is love.



### *New Love Interest*

Love is the simplest thing in the world. I get that we have to ask for it if we want our hearts to be opened to it.

Every blessing of any magnitude is the gift of God through the angels. (2) And we have to ask to receive their aid and blessings.

You remember, when I had my heart opening just before my March 13 reading with Archangel Michael, that the last thing he said when he explained why it had happened was that I had asked for it.

"Ask and ye shall receive." Loving respect for our freewill requires that we ask first.

You can be sure I've been a nagging kid in a candy store since then, asking for this and that.

Now that love arises freely (except in the trough times), life has become simpler.

I've never had the reception from service people that I do now. I use that as a standard of measurement. Imprecise but trend-revealing. I don't know if it's because of the love on my face or the impact of the rising energies on them or both.

After having a nice chat with one counter person, blissing out over everything, I asked for one serving of baby back ribs. She placed two servings in the container and charged me the price of one. Was that feedback? (3)

When love is coursing through me, the kind of active day I led today is a blast. There's no resistance.

I rode my bike through Vancouver, sometimes in residential neighborhoods; sometimes downtown; sometimes with the bike hitched to the bus.

And even though the man in the bike shop sold me the wrong rearview mirror, the bike fell over once, the groceries tumbled out, I struggled to discover how to use a bus bike rack, my glasses dropped to the ground after I got on the bike, and every other thing went wrong from moment to moment to moment, I merrily coursed along, completely happy, completely loving.



*Again, I seldom stop long enough to appreciate this kind of scene: The street where I live. Beautiful, no?*

Having grocery-shopped, I am at this moment drifting through the rooms of my apartment in a mood of bliss. Unpacking the groceries, doing the dishes - every time I even think of the Divine Mother, never mind telling her I love her, I almost fall unconscious from the bliss.

Make the blender drink, butter the toast, pirouette from room to room. As I write this, I float higher and higher in increasing amounts of bliss, almost going under from time to time.

Now I know why Archangel Michael doesn't want lightworkers (lightholders, yes) getting enlightened to advanced states: we wouldn't want to do our service. We'd just sit there blissed out of our skulls.

All of this is getting ready to build Nova Earth. It's preparing the ground. It's learning the basic skills of a world that works. (4)

Just yesterday I wrote out the plan for a retreat for the members of one of the projects I'll be doing after the Reval. I planned for speakers on decision-making, credibility analysis, human growth through service (karma yoga), and so on. I'm

combining a vacation with work. If work were even visible, that is. When love flows, life is a dance. It's all play. There is no work.

If this is Fifth Dimensionality, bring it on, baby. I could get used to this.

## Footnotes

(1) OK, OK, so Matthew Ward did. In his May 23 message he says:

“Light—let’s call it love, because that’s what we’re really talking about here—passing from one person to another is no different in cause and effect [than love arising in us], but you may want to initiate it by focusing on someone.

“When you do, instantaneously the vibrations in your thoughts and feelings reach that person. The energy flows from you along your thought form of intent and intensity, and the same measure of love that you sent goes directly to the ‘energy address’ you want it to. There can be no ‘false addresses’ because the intent and feelings are totally clear. The receiver won’t consciously know this, of course, but the receiver’s soul is aware of the ‘delivery.’”

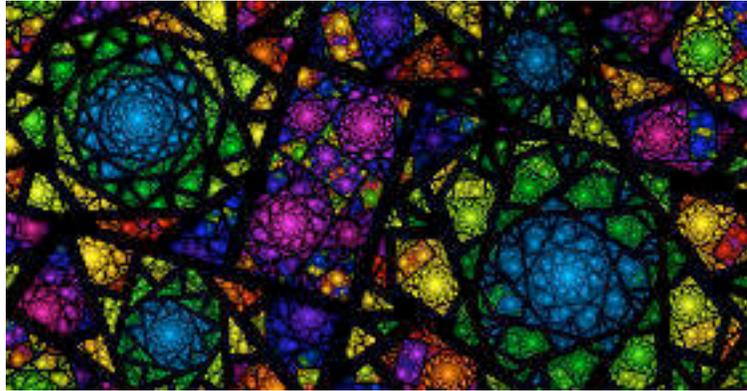
(2) "The Decision Rests with Our Angels," April 18, 2015, at <http://goldenageofgaia.com/2015/04/18/the-decision-rests-with-our-angels/> and "Angels Radiate God’s Influence to Humanity," Oct. 14, 2012, at <http://goldenageofgaia.com/2012/10/14/angels-radiate-gods-influence-to-man/>. See also "Angels - Angels enlighten, or participate in the enlightenment of, humans" at [http://goldengaiadb.com/A#Angels\\_-\\_Angels\\_enlighten.2C\\_or\\_participate\\_in\\_the\\_enlightenment\\_of.2C\\_humans.](http://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans.)

(3) It didn't occur to me at the time to insist on paying for two. When it did, I looked back on the gesture and considered it too sweet to ruin.

(4) Andrew Eardley yesterday took a walk around the perimeters of the City of London, releasing darkness. Walking for a world that works. None of us is waiting; we're too busy creating.

## Immersed in an Ocean of Love - Part 1/2

May 17, 2015



[\(https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/\)](https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/)

A few days before I went through the experience of bliss described in "I Could Get Used to This," (1) I went through almost a full day immersed in an ocean of love.

This is the second time I've found myself in the Ocean of Love. The first time was on May 6, 2014. (2)

My experience closely fit what Third Zen Patriarch Sosan describes here:

The Great Way is effortless  
for those who live in choiceless awareness  
To choose without preference  
is to be clear.

Even the slightest personal preference  
and your whole world becomes divided.  
To perceive reality as it is  
is to live with an open mind. (3)

What he says is so beautifully apt, but it's very difficult, before one experiences the state he's pointing at, to understand what he's saying and why he says it. But the minute you're in the space of love - that is, flooded with love because love is no miser - what he's saying becomes crystal clear.

I'll do my best to explain. One can remain in the center, in the balance point, in the heart and still choose. This is what he refers to as "choiceless awareness." One is simply present, but that doesn't preclude one's ability to say "yes" or "no" to something.

But one cannot remain in the center and have preferences. Preferences, by their very nature, take us out of the center and give us a leaning. To stay in the center, we must lean neither to the left nor to the right.

One could argue with life and say, "That isn't fair. I should have the right to my preferences." And we do. But it doesn't matter. We simply cannot experience the deeper states that depend on stillness of the mind - the windless place, the still water - if we insist on hankering for, being drawn to, and pursuing this or that in the material world.

Preference is an aspect of desire. Because we've enjoyed something, we desire to have it again. Preference is desire projected into the future. (4)

The quieting down of preference came as a feature of a space that I was in from the moment I woke up till about 4 in the afternoon.

I keep saying this next thing over and over again. Yes, I'm repeating myself. It's because the distinction is so important, so connected to understanding what Sosan is saying.

It's the *space* that eliminates preferences. It's the space that immerses one in bliss. We tend to think that what we do and don't do is important for enlightenment. No, it's the space itself that needs to be recognized.

Here I go again repeating Sri Ramakrishna's apt analogy: Walk into the lake. Run into the lake. Jump into the lake. The important thing is to get ourselves into the lake, the space.

Another word for space would be vibration, frequency. I suppose you could also say dimension and plane of existence.

We need to take our attention off the doer and notice the space. Gosh, I'm not sure if I put that clearly.

When we notice the space and the importance of it rather than of what we do or don't do, then we start to allow and surrender to the space. Hallelujah!

And when we find ourselves in bliss, we have no desires and so no preferences or issues or trauma and drama. But then, if, in the space, we generate a preference and attach to it, we're drawn back into the world of strong choices, which takes us away from our center, which takes us out of the space, out of the bliss, out of the love.

Yes, that's as clearly as I could possibly put it.

That doesn't mean I'm suggesting you stop personal development and just sit there regarding the space. No, go on about things as you've been doing. I'm simply asking for a change of one idea for another. Just one idea, out of billions.

Change your mind on which of these two is more important to enlightenment: (1) Our personal efforts; i.e., what we do or don't do, and (2) Our personal recognition of and surrender to the space.

I say it's the latter. Maybe that's why enlightened beings break out into laughter when they realize what it took to become enlightened: simple surrender to and recognition of the space of what we today would call "higher dimensionality."

I maintain that all of what I've just said is what Sosan is pointing to.

I'd like to circle back now and examine the space and more about what it taught me about preferences in a continuation of this article.

(Continued in [Part 2](#).)

## **Footnotes**

(1) "I Could Get Used to This," May 16, 2015, at <http://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>.

(2) On that experience, see "Love is the Way, the Truth, and the Life," May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>

(3) Sosan, *Hsin Hsin Ming. The Book of Nothing. A Song of Enlightenment*. Kansas City: Andrews McMeel, 2002, 16.

(4) On the subject of preference and desirelessness, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

## Immersed in an Ocean of Love – Part 2/2

May 17, 2015



*The Vancouver end of An Hour with an Angel*

(Continued from [Part 1](#).)

I'd like to continue looking at the experience of love that I was immersed in the other day.

The space of love and bliss that I was then in seemed unshakeable. I noticed that, while in it, I made choices, but had no preferences. I was in what Sosa and Krishnamurti called choiceless awareness. Just being here with nothing added. Acting without acting. Remaining centered. Doing what worked and whatever I did worked.

I saw then, a little more strongly than I do now - since I'm not in that space any longer - that I'm entirely a form made by love from itself, immersed in a sea of love.

I was not in a transcendental sea of love, more a feeling sea. It was therefore not realized, but experiential, knowledge. But it was still very pleasant.

*[Steve 2021: This experience is distinct from the experience in May 2014, of finding myself in an Ocean of Love. That experience, I believe, was realizational.]*  
(1)

I saw all traces of “me and mine” and “I want” (ego and desire) disappear. All self-importance and strong desire left.

The fact that I had no preferences was very important. It isn’t that preferences are bad. It’s that preference is a form of strong and persistent desire that takes us away from the the center point, the stillpoint, the heart.

Away from the heart is another way of saying away from love. Going away from the heart is what Jesus called distraction: "Come back to what is important. And that is, you are love. It is all you have ever been. Everything else — everything else, every other lifetime — is just a distraction.” (2)

We distract ourselves endlessly from the love that we are and that's present in our hearts. And then we wonder why we feel so low or down or awful.

Preferences end up being a distraction from love, from our natural state. The only reason there isn't a hue and cry raised and a global campaign started to restore love to all our lives is that so few of us have experienced transformational love. Hardly any of us know it exists. We know romantic love does but that's the merest shadow of the former.

I've experienced transformational love around two dozen times in spiritual experiences prior to this latest, extended round. But these earlier years covered mere minutes a year. And then the memory faded away and I was back to normal again.

And this would be after weeks, months and years of intense work in workshops and retreats. The real kicker is that each of these experiences repaid years of spiritual work.

I noticed the other day, as I flirted with my preferences, that I withdrew more and more from the space of love. I could have kept going with it but I probably would have found myself entirely out of the experience of love and back in lower vibrations again.

Preferences are part of the spectrum of desire. After them come strong desires and then attachments and then addictions. Our desire goes under different names the stronger it gets. But it's still the same longing, yearning, desire. (3)

When we reach the stage of addiction, we're firmly attached to the lower vibrations and incapable of clear discrimination. Krishna described the process and its outcome here:

"Thinking about sense-objects  
Will attach you to sense-objects;  
Grow attached, and you become addicted;  
Thwart your addiction, it turns to anger;  
Be angry, and you confuse the mind;  
Confuse your mind, you forget the lesson of experience;  
Forget experience, you lose discrimination;  
Lose discrimination, and you miss life's only purpose." (4)

The only purpose of *physical* (vs. spiritual) life is to assist us to build the power of discriminating between the Real and the unreal. Realization of the Real is the purpose of all life, all lives, lives in all dimensions, etc. Our discrimination is most acute when we're in our heart, our center. Preferences take us away from that center of discernment.

Why is that center important? Because it's still. Why is stillness important? Because the Transcendental is still and, to experience it, our minds must be still.

Cutting the cords of preferences doesn't mean I don't choose. I do. But there are no strong forces playing on me as I choose - well, except love. I'm going to modify what Krishna said and argue that love is all that a person can desire without transgressing the law of their nature. (5)

Put another way, love is the only thing we can desire that's free. Everything else carries a karmic price tag.

I've already been using Archangel Michael's blue sword of truth to cut away all attachments from the external part of my body each morning in meditation.

But preferences feel as if they're on the inside. I now use Michael's blue sword on the inside of my body too, to remove all preferences. And, yes, I really find it works.

Basically we have to eliminate every form of tie that keeps us in the lower vibrations - preferences, strong desires, attachments and addictions. We have to remain in our centers. Not like I'm so great at this. I'm not. But I'm getting better.

When we cut all preferences, we remain in the heart and exist in our natural, native state - which is love.

Sahaja samadhi, which this was not, is also our "natural state." I take it this time spent in bliss was just a nibble, a hint, a gift of the angels.

I remained in the loving state as I went about my errands in Vancouver. Everything was different. Every interaction worked. If the whole world felt this way and lived it, the world would instantly work.

### **Footnotes**

(1) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

(2) For that experience, see "Love is the Way, the Truth, and the Life," May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>.

(3) On this subject, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

(4) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.

(5) "I am all that a man may desire  
Without transgressing  
The law of his nature." (Sri Krishna, *ibid.*, 71.

# The Commotion of Love

May 19, 2015



*Credit: [andreawilliams.com](http://andreawilliams.com)*

I wish I could tell you how I feel today.

Love has become such an ordinary experience that I now get that love is who I am.

I'm so filled with love, and yet it's like no big deal. It's just the way it is. I am living love. I feel nothing but love.

And in this space there's nothing wrong. I have no thought of anything out, anything done to me, anything that needs addressing. And as a result I exist in the moment, there being nothing to draw me out.

Now all this reflects the space I'm in, the vibrations. It isn't because I meditated for forty days and forty nights. I think that, by grace of the Mother, we're all in this space (many of us may not realize it) and this is just the way I experience it.

While all this love is going on, this great commotion, this disturbing of the waters, I remain in the experience of the General's massiveness. (1) Every cell of me

weighs a lot and yet it is easily carryable. So we have this loving triceratops, this happy hippopotamus, this enraptured rhinocerus.

Tutu is optional.

I experience myself as a loving military officer, a hard campaigner for peace. All the skills of military warfare are brought to bear on eradicating core issues and false grids.

Keen awareness, discipline, intention, commitment, perseverance to the end. It isn't a "male" skill. It's a soul skill. And the soul has no gender (as we know it). (2)

Today is for love. And just being and enjoying.

### **Footnotes**

(1)"The General" is a pseudonym I use to refer to a past-life aspect as a military commander in ancient times. See "Reintegrating a Soul Aspect," May 3, 2015, at <http://goldenageofgaia.com/2015/05/03/reintegrating-a-soul-aspect/>.

(2) No generative organs. Souls still retain gendered bodies.

## Immersed in the Third Wave

May 26, 2015



We're now immersed in the third wave of the Tsunami of Love.

Jesus tells us that we're being shielded from the full impact of it, which would destroy our physical forms if we were not: "You are shielded from the full force of the Tsunami of Love because your physical form could not be maintained without that protective shield."

Being shielded has its cost, he tells us: "That shield also blocks your awareness of who you truly are, and that is why doubts and anxieties about the awakening, about God's divine plan for humanity keep arising and unsettling you." (2)

I feel reassured hearing that. Until now I've felt that the doubts that keep niggling away at me were a sign of my own personal instability and weakness. But apparently not.

In the long run, Saul tells us, "the Tsunami of Love is unstoppable and totally irresistible, and it is sweeping away the energies of fear that have held you in the thrall of the dark ones." (3)

The Divine Mother tells us that the Tsunami "does not merely come to you through the front of your body."

"I also send [it] through the back of you, through the rear of you, yes, through every cell and fiber of your being, through every chakra, but particularly through this chakra of your umbilical so that you may eliminate, and let go, surrender; eliminate, what does not serve you, what is not of the truth, the grace, the purity, the clarity of who you are." (4)

The Mother beseeches us to "allow the wave of my Love, of my essence, to lift you up to new heights, what you think of as higher realms, higher dimensions, higher frequencies, higher states of being, because it is where you belong, it is where you have always belonged." (5)

This Third Wave gives us another generous portion of the gifts that began in October 2014:

"With this Tsunami I bring you, I give you, I gift you, I bless you with increased clarity, increased purity, increased love, increased grace.

"Why? In order for you to go forward, not merely to ride the wave, but as you arrive in the higher dimensions, as you arrive in the valleys, in the tree-tops, on the top of Mt. Everest, that you are prepared, fully equipped to take action, to step forth in the fulfillment of your mission, your purpose, your plan. Yes, it is all within mine but I do not have the desire [to], nor will I, interfere with your fulfillment." (6)

She asks us to "embrace this. This is my request and prayer." The Divine Mother praying for us? To whom? She surely is modelling desirable ways here.

"Allow, allow the Tsunami to carry you, to enter you. I am not done! And there is no turning back.

"So, come and ride this wave in outrageous, miraculous joy and the knowing of fulfillment. Come and leap into my arms. I am waiting and I am here, I am right here with you, my beloveds." (7)

Archangel Michael attributes such things as the integration of our past lives to this third wave.

‘You are feeling [the tsunami] internally and you are feeling it in two ways, and they are not necessarily step one, step two. It is a back and forth and a balancing until you come to the middle of your being. So what you are experiencing is further integration, deeper integration, not merely of past lives, of different aspects of your being, but a deeper integration, a deeper solidity, appreciation, understanding of who you are, who you really are.' (8)

And with this greater opening and re-integration comes a further need for a deeper and deeper cleansing, as he points out:

"Now in that comes the clearing, and, yes, the channel and you have spoken of this core issues because much of what you can think of as the debris and the dross have been cleansed. And what you are left with are the deepest illusions of separation, of recrimination, of isolation, of worthiness – you may name it the twelve thousand things. It will all boil down to one." (9)

I believe the one is a lack of self-worth - a feeling that we're not good enough, don't measure up, etc. Again we're advised to simply observe it and allow the wonderful solvent that awareness is to dissolve it.

"This is bound to come up, and then the various dressings for this in terms of frustration and irritation and disappointment or disillusionment – you name it. And this will come up, and it will come up with your self and it will come up with others. The point is to simply observe it, participate where and how it's appropriate, let it go, and maintain not only your sense of humor, but your sense of balance." (10)

The Company of Heaven stress balance again and again. Here Archangel Michael says that "Balance is key." (11) Balance is remaining in the center, in the stillpoint, in the heart. Not only is it the point where the emotions are stilled and at rest but it's also the point from which love and bliss arise, and these are again solvents, just

as awareness is. Any touch of God - and God is love, bliss and awareness - is dissolutive.

We think of actions like remaining still as being parked or inactive. But in the spiritual realm, stillness of the mind is the *sina qua non* of cleansing and of realization. The Upanishads say:

"When all the senses are stilled, when the mind is at rest, when the intellect wavers not -- then, say the wise, is reached the highest state. This calm of the senses and the mind has been defined as yoga. He who attains it is freed from delusion." (12)

This is why Lao Tzu places the accent in the *Tao Teh Ching* on stillness:

"Indeed the Wise Man's office Is to work by being still." (13)

"Touch ultimate emptiness, Hold steady and still." (14)

The "ultimate emptiness" that Lao Tzu wants us to touch we'll touch in Ascension. Once deep inside the Fifth Dimension, we'll experience sahaja samadhi, the return to our natural state: this is the level of enlightenment Lao Tzu was pointing to because, for those who were deep in Third Dimensionality during his incarnation, the aim was to escape from the wheel of birth and death. That escape comes with entry into the Fifth Dimension.

So this generation will have the inestimable privilege of enjoying what sages like Lao Tzu and the Buddha talked about thousands of years ago: leaving the wheel of incarnation and enjoying what Jesus would have called "eternal life" - i.e., escape from the need to be reborn into Third Dimensionality.

And it didn't require, in our cases, long years of meditating in a cave or relinquishing all material desires and possessions. In fact Archangel Michael keeps advising me to live life to the fullest, which, he says, is what the Earth was created for - the fullest possible experience of Third-Dimensional materiality that could be had in a beautiful water world.

## Footnotes

- (1) Jesus through John Smallman, January 29, 2015, at <https://johnsmallman2.wordpress.com/>
- (2) Loc. cit.
- (3) Saul through John Smallman, January 28, 2015, at , at <http://johnsmallman.wordpress.com/> .
- (4) "The Divine Mother via Linda Dillon: Reaching New Heights," May 18, 2015, at <http://goldenageofgaia.com/2015/05/18/divine-mother-via-linda-dillon-reaching-new-heights/>.
- (5) Loc. cit.
- (6) Loc. cit.
- (7) Loc. cit.
- (8) "Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015," at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>.
- (9) Loc.cit.
- (10) Loc. cit.
- (11) Loc. cit.
- (12) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 24.
- (13) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 54.

(14) Ibid., 68.

# We are the Source of Our Own Bliss

May 27, 2015



*Credit: relaxatie.blogspot.com*

If my nature is bliss, then many things flow from that.

One is that I am the source of my own bliss and, by extension, we are all the source of our own bliss.

That doesn't mean that bliss is not to be had from a myriad of circumstances seemingly "around" me, seemingly "external." Bliss undoubtedly is the sea of consciousness we're all swimming in.

It means that, in reality, there is no "external." Everything is happening inside me, inside you, inside us. In the final analysis, there is no me, no you, no us. At the ultimate level, this conversation would not take place: there'd be no need and no occasion for it.

In the final analysis, there's only the subjective, not the objective. That there's considered to be an "objective" is itself the crux of the matter, the root of the illusion. There's nothing but God, and, since we're a part of everything that is, we must also be God.

At the highest levels of consciousness, there's no separation. And there's no one to see there's no separation.

As Rumi said:

“When I have sacrificed my angel soul,  
I shall become what no mind e'er conceived.  
Oh, let me not exist!  
For Non-existence  
Proclaims in organ tones,  
'To Him we shall return.'” (1)

No mind has ever conceived of non-existence. No one has ever known non-existence. When someone knows non-existence, that someone ceases to be.

Sri Ramakrishna offers the example of the salt doll that wanted to measure the depth of the ocean:

"Once a salt doll went to measure the depth of the ocean. (All laugh.)

"It wanted to tell others how deep the water was. But this it could never do, for no sooner did it get into the water than it melted. Now who was there to report the ocean's depth?" (2)

SaLuSa described the ultimate in evolution just the other day: “Evolution is constantly taking place. The ultimate is to return to the Godhead but that is way ahead of you at present.” (3)

The “ultimate” is a “return” to the “Godhead.” But that is “way ahead of you” at present.

At the highest level of consciousness, at the “ultimate,” no other exists than the “Godhead.” The Godhead is a name for God at a level of consciousness beyond whatever thoughts we have about God at present.

It was originally intended to signify the Transcendental One beyond the Trinity of Heavenly Father, Divine Mother, and Child of God or Self. Hindus would recognise that Trinity as Brahman, Shakti, and Atman and the One as Parabrahman.

But I’m giving it a more flexible meaning here. I’m using it to refer to the ultimate and absolute level of consciousness, beyond anything we’ve plumbed in any of our human explorations.

Even if that highest level be a constantly-receding phenomenon, I’m using it to refer to what is beyond that. The Unqualified and Unqualifiable. The Unconditioned and Unconditionable.

But knowledge of that is “way ahead of you” at present. It’s ahead of any being that exists in form or formlessness. In fact “knowledge of it” is impossible because the mere phraseology points to an objective observer and a phenomenon objective to the objective observer.

And, since there's no existence apart from God, there's also no possibility of the rise of an objective observer at the highest level of existence. ... Or non-existence.

All is subjective.

Franklin Merrell Woolf spoke of "consciousness without an object." (4) All traces of separation there disappear: a separate form, a separation in consciousness, any trace of an existence separate from God, any trace of a separate “me” - all disappear, back into Oneness.

If “I” disappear, well, then....

I cannot say that I'd find myself in yet another, more umbrageous "I" because the "I" that would find that out would not exist.

There would be no one for whom or in whom such a question would arise. There would be an "I." And that "I" would be All there is. Beyond That, there'd be nothing existent or non-existent.

### **Footnotes**

(1) Anne Fremantle and Christopher. *In Love with Love. 100 of the Greatest Mystical Poems*. New York, etc.: Paulist Press, 1978, 58.

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 102-3.

(3) SaLuSa, May 22, 2015, at <http://goldenageofgaia.com/2015/05/23/salusa-via-mike-quinsey-may-22-2015/>

(4) Franklin Merrell-Wolff, *Philosophy of Consciousness without an Object. Reflections on the Nature of Transcendental Consciousness*. New York: Julian Press, 1973.

## Can Love be “Sent”?

May 28, 2015



*Credit: [www.yummy-wakame.com](http://www.yummy-wakame.com)*

I said in an earlier post that I didn't believe that I could send love to another or that love could be received from an "outside" source. (1)

Matthew Ward has educated me on the matter. He says that love can be sent from one person to the next, in his latest message of May 23, 2015:

"Light—let's call it love, because that's what we're really talking about here—passing from one person to another is no different in cause and effect [than love arising in us], but you may want to initiate it by focusing on someone.

"When you do, instantaneously the vibrations in your thoughts and feelings reach that person. The energy flows from you along your thought form of intent and intensity, and the same measure of love that you sent goes directly to the 'energy address' you want it to. There can be no 'false

addresses' because the intent and feelings are totally clear. The receiver won't consciously know this, of course, but the receiver's soul is aware of the 'delivery.'" (2)

Having once had a clear and incontrovertible statement of the case, I can now go back and look at the record of other less complete statements or statements that lacked a developed argument and fit them into the jigsaw puzzle.

Mother Mary, which is to say, the Divine Mother since the Divine Mother incarnated as Mary, tell us that we bandy love back and forth between each other.

"The love you receive and the love you give are now one and the same, dear ones. It is a constant bandying of energy back and forth and within you as you learn to live within this beautiful 'Net of Love,' taking everything and seeing everything from that standpoint, the standpoint of love and beauty and the sweet soft nurturing that love is offering you now. (3)

Now that I know what to look for, I see other references to the efficacy of sending love. Here's the Divine Mother again:

"Think of it in this way - if you are an energy healer, a healer of the Violet Flame, one of St. Germaine's best friends, you send the love from your heart, from your hands, and you flood the person with healing energy, and it is a flow of color and richness, seen and unseen.

"And what would St. Germaine say to you? You are sending the love. ...

"It is a transmission of love, whether it is from Gabrielle or Michael." (4)

Archangel Michael through Ronna Herman tells how love impacts us and what he says here is my experience as well. I've said on numerous occasions that I breathe love up from my heart and out into the world and I get to feel it as it passes through me. Archangel Michael says something very similar:

"When you turn inward and tap into that well-spring of Love within your Sacred Heart, it first permeates your Inner Being; the remainder then radiates out into the world. As a result, you will begin to see through eyes filtered by loving energy, which will change how you view the people in your life – it will also affect how you handle everyday challenges and opportunities – an overlay of loving energy creates miracles." (5)

So that answers the question for me. Love can indeed be transmitted from one person to the next, just as it is from the heart of the One to us.

### **Footnotes**

(1) I said: "When I look at you with eyes of love, I really do believe that love doesn't radiate from me to you.

"I'm convinced that my look inspires the love to arise in you. You feel your own love when you look at me. You remember the love that you are.

"I could be wrong. I challenge anyone to prove me so." ("I Could Get Used to this," May 16, 2015, at <http://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>).

(2) Matthew's Message, May 23, 2015.

(3) "Mother Mary: You Are the 'Harbingers of Love and Light,'" channeled by Fran Zepeda, June 9, 2014 at <http://franheal.wordpress.com>.

(4) Loc. cit.

(5) "Archangel Michael: Love is a Natural State of Being, channelled through Ronna Herman, September 29, 2013, at <http://www.ronnastar.com/messages-aam/latest.html>.

# Slipping under the Waves

June 4, 2015



*Credit: [www.last.fm](http://www.last.fm)*

OK, now I'm captured by the bliss. I've slipped and fallen into the ocean of ecstasy.

I'll do my best to describe it.

Archangel Michael called it a sense of well-being. (1) Yes, there's nothing wrong in this space. All is well. All is good.

This space is the combination of every peak moment I've had in my life - Christmases, birthdays, wedding anniversaries, first loves, baby births, vacations, all rolled into one and played endlessly, without any one minute being less than ecstatic, enjoyable and sweet.

When I was a kid and milk was delivered to our door in glass bottles, the cream would rise to the top. On summer days, I'd be up before Mom and sip the cream from the bottle, with a big grin on my face. Bliss is like sipping the cream from the bottle.

When I feel bliss, there's nothing I want. I couldn't care less about any of the worries that we carry day to day.

Gone is all memory of anything untoward from any period of my life. Gone is my life. There's only this moment and this moment is sublime.

I'm happy. I'm grateful. I feel all the higher qualities because all of them are subsumed in bliss. Archangel Michael called it the deepest form of connection. Yes, I feel as close to God when I'm blissful as I could ever be and as close to everyone else, although I must say I'm not drawn to company.

I couldn't possibly make small talk right now. I'd run away from Skype. I couldn't stop being blissful if someone's relative died. I'd be judged as inappropriate, insensitive, and selfish. Maybe even locked up in olden times as the village fool.

Bliss has amazingly bad manners. It can be seen as hugely inappropriate. It lives by its own rules and codes and doesn't care a whit for our closest relative or the regime in power.

It's like being carried along on a tide of joy. Life could not better be.

I'm led to believe this is the case in the Fifth Dimension. This is what awaits us. And this is what our natural state of being is - not some state we need to attain - but the default, what remains when everything else that hides and blocks this state is gone.

We just need to give what needs to go a royal push.

## **Footnotes**

- (1) "The More You Embrace it, the More it Grows," at <http://goldenageofgaia.com/?p=259091>.

# The More You Embrace It, the More It Grows

June 4, 2015



*Some of you are reporting heart openings, much bliss, etc. That's wonderful to hear. I wish it on everyone. May your heart burst open! May love flood your being!*

*I had a conversation with Archangel Michael in my last reading through Linda Dillon (May 21, 2015) on these topics. I asked him about the bliss I've been feeling and its relationship to heart openings and I reproduce that part of the reading for the benefit of those feeling an expansion of the heart these days.*

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Steve: Now I am feeling a lot of bliss these days. Is this also permanent? Is this just going to grow?

Archangel Michael: It is going to grow. What you are experiencing, sweet one, is the natural state of being. (1) This is the way that it was intended. And, yes, this sense of wellbeing, shall we say, of bliss, of sweetness [will grow]. Taste the nectar in your mouth, quite literally. And know that the expansion of this has no borders, no limitation.

S: Is there anything I can do to facilitate it?

AAM: The more that you embrace it, the more that you enjoy it. The more that you let whatever issue arises to simply float away, [the more] that will be a catalyst for the expansion.

So what you're saying is "I will not allow anything in other than the bliss." And then you practice it. You take the time to allow the bliss to fill you. It is a form of conversation. It is a form of communication. So you are speaking, you are engaging in a sacred union with your heart, with the bliss, with that sense of deepest connection.

S: I do get that. But I do because of the heart opening. People who haven't had a heart opening, I can get why they might not understand any of this. They'd be flailing around in the dark, so to speak.

AAM: No, not necessarily because most beings in one form or another have experienced - maybe it is tiny or minute but they have experienced - a heart opening. But even those who would say that I have never experienced a heart opening have the imprint of the yearning for that heart opening within them.

So through the yearning, they know what they are missing. That is why they are yearning so deeply.

S: Ok. Sometimes I feel really sensitive about talking about it because I say to myself, "Geez, you know, people will not know what you're talking about."

AAM: They may not know the experience. But they will know what you're talking about.

S: Ok. Thank you for that reassurance.

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## Footnotes

(1) I'm sure Archangel Michael is wording it this way to intentionally excite my interest. Both the phrase "permanent heart opening" and "the natural state of being" are words that are properly associated with sahaja samadhi and I haven't experienced sahaja.

"Sahaja" means "natural" and it's a permanent heart opening whereas previous levels of enlightenment are only temporary heart openings.

Why is he using terms proper to sahaja to describe a level of unfoldment way, way below it?

I'm sure he knows his use of terms like these will set my mind churning and send me back into the study of enlightenment to solve the puzzle he's presenting me with. See [http://goldengaiadb.com/E#Enlightenment - .284.29 Stages beyond God Realization .28Brahmajnana.29 - Liberation occurs at sahaja nirvikalpa samadhi](http://goldengaiadb.com/E#Enlightenment_.284.29_Stages_beyond_God_Realization_.28Brahmajnana.29_.28Liberation_occurs_at_sahaja_nirvikalpa_samadhi) and what follows.

# Above the Line in the Transformed Space

June 7, 2015



I've just spent around six hours in what Werner Erhard in the late Seventies would have called "a transformed space." During the experience, I was describing it to the person I was with as "my natural state."

As it happens, Jesus through John Smallman gave this insight just yesterday into our natural state:

"To be fully alive, fully aware, fully conscious, and infinitely loving is your natural state, the state in which you were created and which can never be changed or altered." (1)

Werner would draw the following distinction (2) on a blackboard and then develop it:

Conscious Awareness

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Unconscious Awareness

Above the line, in conscious awareness, is our natural state, the transformed space, experienced experience. In it's found spontaneity, authenticity, awareness, awakens, aliveness, full self-expression, full personal responsibility, completion and satisfaction.

Below the line is our constructed self, the image we project, the mask we wear, the dead residue of our unexperienced experience. I was "above the line."

I made as many notes as I could while going through the space. The strangest part about it is that it happened while I was having a conversation with a friend. I went up and up and finally blossomed forth in conscious awareness. My notes follow.

### **Sojourning in My Natural State**

I've peeled away enough layers, primed the pump with love, had the help of many loving friends, and now here we are - where we wanted to be.

Bliss, as I see it at this moment and in this place where I am, whatever it is, has a special quality that I'm finding hard to put in words. It has mass like thick chocolate. It's that mass that I'm aware of.

It doesn't have that quality in the lower dimensions. There, it's diaphanous and elevating.

I haven't allowed this bliss inside me yet so I don't know what its character is when welcomed in, assimilated, and integrated.

I let the bliss in.

OK, I'd call this space I end up in gravitas. I associate this space with the General. (1) Bliss on whatever this dimension is is probably imbued with things I know not of. It becomes substantiality, weight, gravitas.

I also recognize this space from the experience I had in the three-day Vipassana weekend two or three years ago. I could only call that space “regal” at the time. It was a dimension of doing without doing, acting without acting.

Almost any topic I choose for myself to explore at this moment shows up for me like distracting small talk. The mind will use anything to distract the Self from noticing or being with Itself.

I almost vomit at the thought of small talk. I want to run from it. ...

This whole event came out of the blue.

The interesting thing is it happened at a time when I should have been having a reading with AAM. But Linda called and asked for a postponement.

After the call, I asked a friend to go out for breakfast and this sequence of events - this sojourn in the native state - occurred as a result of a discussion I had with her in her car afterwards.

It occurred while she was there. How often does a spiritual experience happen while another is around?

It arose like a flower bud blossoming. I was only aware that something was happening, not what it was.

It's the sheer neutrality of it that I first noticed when returning my attention to it. Still water is neutral. A windless place is neutral.

Neutrality is peaceful, calm, relaxing. You can call that place "balance" or "groundedness" if you like. For me it shows up as neither up nor down, left nor right. Right in the center, the balance point, the zero point, if you like.

I'm sure it is the zero point when taken to its ultimate conclusion.

Sahaja is our native state. Sahaja must lie somewhere along this pathway I find myself on.

Perhaps deeper?

### **The Space is What's Important**

All along, it's the space that's important, not what we do or don't do. We'd do best to forget about ourselves completely, which would then leave only the space; then, surrender everything to that space.

I'm truly not important to the experiencing of it, except to get out of the way.

The space is the default, what remains when everything I've put in the space is let go of.

We view things from our own vantage point in which case the space is out there and it's something we get to.

Viewed from the standpoint of the space itself, the space is always here. It's we who let go of that which impedes our awareness of it.

That's it. Six hours after finding myself in this place, it's beginning to gracefully and gradually subside. A very welcome, reassuring, and inviting glimpse of the path ahead.

Sosan: Trying to still the mind  
inhibits the experience of oneness,  
for the very action of trying  
is the busy mind at work.  
Live in the Great Way  
where action is stillness and silence pervades. (2)

### **Footnotes**

(1) The General is the pseudonym for a past life as a military commander who won a great battle but lost the war. (No, not Pyrrhus.)

(2) Sosan, *Hsin Hsin Ming: The Book of Nothing*. Kansas City: 2002, 24.

## A Return to Eden - Part 1/3

June 9, 2015



One day after wanting to die from loneliness, I found myself returned to Eden, back in my natural state again. Like the previous time, it lasted for hours before I gradually emerged from it, much to my regret.

What a roller-coaster ride!

I'd just had a reading through Linda Dillon and who came in but the Divine Mother. I was deeply honored. While I've interviewed her, I've never spoken to her in a personal reading.

It was good timing because I was on my last legs by then. Perhaps that's why she came. In fact I'm certain it is. The financial worries, relationship concerns, and just pure loneliness of a lightworker's life were doing me in.

What I want to draw attention to here is that, after speaking to the Mother for perhaps fifteen minutes and then Archangel Michael for perhaps forty-five, and leaving the reading in a pretty good but everyday space, within a short time I realized that I was back in my natural state.

So powerful had the reading been and the healing that the Mother had imparted that I arose again as my original self, my true nature. You'd probably have to have been there to see how my interior space was transformed to appreciate the Mother's ability to alter consciousness, consistent with our ability to "be with" the changes.

The Mother had given me a clue that she'd do this. She said she was going to "lift you up - not to bring you Home, but to bring Home to you." (1) I think she just did.

Natural, native, normal. The natural state is me with nothing added or taken away. Sosan describes it here:

Returning to your true nature,  
spontaneity and essence are found.  
This is the space that always exists  
and that holds all within. (2)

Here's how Archangel Michael described that state in the same reading that the Mother came in on:

Steve: The experience yesterday, what happened? I went up. I connected a lot of dots about the conscious-awareness space. Every time I connected a dot I seemed to expand or go up and then finally I broke through to my natural state. What was that experience?

Archangel Michael: That was the experience of true expansion of interdimensionality, of coming to touch, embrace and begin to explore the breadth of your soul design.

S: I see. Now those experiences are intended to be just visits, with me, is that correct? (3)

AAM: They will anchor deeper and deeper until it is simply a state of being. (4)

That was reassuring. There was so much more to say about it. But I passed most of the time while in that space in conversation with my friend, who came right after the reading to hear about it, and so I couldn't write down what was happening.

But one thing that remains with me is that being in that state depended on me recognizing it.

I was already in the native state by the time I began to notice its influence and I didn't realize it. It wasn't until I began describing how I felt to my friend, as if the natural state was coming on, that I saw that the natural state was already there. I could describe myself feeling as if it were coming on because I was tapping into it as it already existed in that moment.

The minute I became aware of it, any sense of separation or division from it disappeared and I was back consciously in it. It was as if I slid into the driver's seat of a car that was already idling.

(Continued in Part 2 tomorrow.)

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## **Footnotes**

(1) The Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015. Thanks to Dana for our transcript.

(2) Sosan, *Hsin Hsin Ming: The Book of Nothing*. Kansas City: 2002, 48.

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

AAM: It is very simple. Visit don't stay. So what you are doing, you are pulling into the 5th in what you think of as your reality the qualities of mastery without setting yourself apart from the masses. (Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, May 6, 2013.)

(4) Archangel Michael in a personal reading, June 7, 2015, *ibid.*

## A Return to Eden - Part 2/3

June 10, 2015



(Continued from Part 1.)

Most confronting in the reading was the Divine Mother's request that I drop the idea of celibacy.

I'd been considering it as advisable if I were to work on a project of mostly women but the Mother disagreed. I should add that I'm a monk by tendencies. In one of my past lives, I founded a monastic order.

So the idea of celibacy is not shocking to me, but in many ways comfortable.

Relationship has been more of a puzzle to me than celibacy, which in many ways feels simpler and more natural.

As background to this conversation, perhaps keep in mind what the Divine Mother said about the Plan for Ascension in late 2013:

"You are recognizing the pattern of genuine relationship, and what that looks and feels like in this gift not only of heart consciousness and inter-dimensionality, but physicality as well. ...

"Is this part of the plan? Dear hearts, it is the plan. There are many details, many aspects, many attunements, but the plan has always been one of union and reunion." (1)

Keeping that in mind, here's the conversation between the Mother and me on celibacy.

Divine Mother: My beloved child, son of my heart, do you truly say to me as your Mother, who knows you, that you desire to be celibate?

Steve: Well, no, but I'll be leading a project of 50-100 women and, if I'm sexually active at that time, they'll all be watching my gaze. They'll be watching every word I use, every action. That's one of the reasons why I thought, "If I'm not in sacred partnership, then I should be celibate."

DM: Let me speak to you. Your intention and the purity of your heart is wondrous. Yes, in the old realm everybody would be watching the sexual innuendo, the sexual energy, the sexual charge because of the role that the dynamic male has played.

We are talking this day, this moment, this time of new times, of creating an entirely new paradigm of balance. It is not merely the balance of you, beloved one, but of the collective including, and particularly, those who become involved in the special projects.

[We are talking of] the maintaining of sacred respect and honouring, of balance - sexual, mental, emotional, physical, spiritual, within and without - the honoring of the feminine and the divine feminine, the masculine and the divine masculine.

I do not critique where the heart's desire [lies]. The truth is the desire for celibacy. But I do not urge it where there is yet a higher (yes, I use that

word), clearer, purer, balanced way of creating interaction [where] your very project, your organization, your relationships become the new pattern.

So for you to say, "I will engage in this beautiful mission because abuse is abhorrent. I will engage in the gender-equality work but I can only do so by being celibate because my masculinity is so outrageous and aggressive that I must declare celibacy" is defeating the purpose. Do you understand what I say?

S: Yes, I do.

DM: I do not want you to deny yourself or to be lonely in any way. You are too precious for that. (2)

Sexual energy is the hardest energy to manage. As far as I'm aware, orgasm is sought and valued by most people on Earth. It's one thing that all of us seem to be able to agree on as being enjoyable. (3)

At the same time, so many people's work has been up-ended because they yielded to and engaged in sexual misconduct. (4) I want to succeed in serving the Mother and I know how difficult it can be to walk the strait and narrow path in the area of sexuality, especially if one is a public figure, travelling a lot, and not at the time in a relationship.

I know I'll have lots and lots of opportunities to fail and fall. It's challenging to stay true in this area and celibacy would have been an easy way out. But 'twas not to be.

(Concluded in Part 3.)

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## **Footnotes**

"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/.](http://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/))

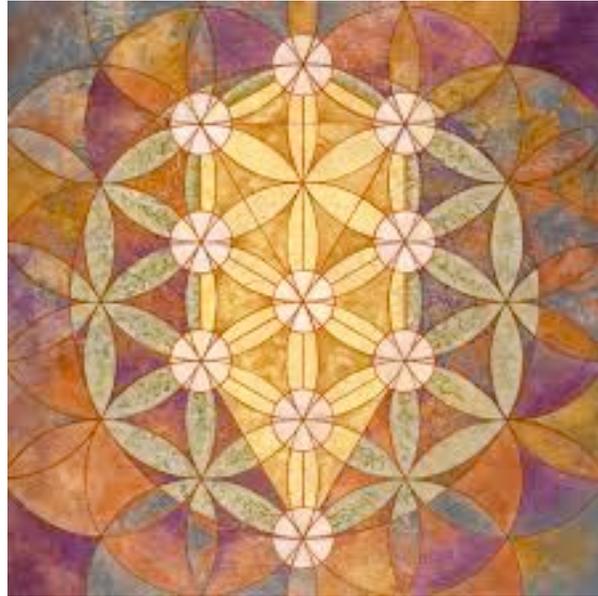
(2) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, June 7, 2015.

(3) It's not lost on me that orgasm is available outside sexual relations.

(4) President Clinton, Dominique Strauss, Chogyam Trungpa Rinpoche, Da Free John, etc.

## A Return to Eden - Part 3/3

June 11, 2015



(Concluded from Part 2.)

Let me now go to one topic that I discussed with the Mother for its educational value to financial wayshowers.

A part of the Mother's discussion with me may explain a lot of things to many lightworkers who wonder why their lives have been spent in or close to poverty.

Before the Divine Mother left, I asked her for the spiritual reason that she had kept the Nova Earth team so close to the poverty line when it would have been easy to direct a prosperity package to us. Here's her response:

Divine Mother: The human collective has been in a place of what you may think, and in many ways feel, of spiritual, emotional, mental, physical, material poverty for a very long time, for thousands of years and even far beyond that.

The lightworkers, the loveholders are understanding in the depth, the core, the centre of their beingness, what genuine poverty feels like. We mean everything from illness, to despair, to brutality.

As you are creating and building the new, you have a very deep (your expression) "up close and personal" understanding of what the true meaning of poverty is in the same way you have come to know and understand the true meaning of your spiritual currency.

The other piece of this is, upon this planet, in such flux and transition, most of you (and I say this in the deepest reverence and admiration) have veered away, and through true guidance veered away, from what you have thought of as the mainstream of how in the old realm - which does not serve me - money, abundance, prosperity in the material reality has been earned, received, and achieved.

That has been through control, greed, and lust. (1) As that has been erased, disappearing and reconstructed, there has been this abyss. It has also brought you individually and collectively to the deepest meanings and the values of what you choose - of what is acceptable and what is not and what you are choosing and proceeding to create.

In many ways and in other lifetimes, this would have been considered the vow of poverty, the monastic life, the life of complete service. But it is not meant - let me be very clear - simply to be endured.

Now where you are: you are in a process of truly creating/co-creating individually and as community, but as humans. Do not think that it is simply us keeping the door closed. The door is open and you are proceeding.

I asked Mother again why a prosperity package could not have been sent our way. There still seemed to be a missing piece in the explanation.

DM: You have touched on this very issue [earlier] when you have said that various individuals, who have in fact been blessed in a variety of ways, are

afraid. This fear factor which we cannot simply wave a magic wand [and dismiss] has need to be [addressed and erased] in sacred union.

So the fear and the concern, the worry of not surviving or being at the beck and call of inner malicious forces has need to be surrendered.

I repeated the fact that it didn't seem to make sense to have the ground crew endure so much impoverishment and indebtedness to stay afloat and at our posts. When she took up the topic again, she now revealed what was for me the missing piece.

DM: Because you have agreed that you are on, can we say, the receiving end.

S: So our being [poor] is used as a means to get people to open up [financially]?

DM: To express gratitude, generosity, and unity and to express what is valuable to them.

S: So that is what the spiritual meaning of this is: That we serve that purpose of igniting or inspiring people's generosity.

DM: That is correct. You are the catalysts.

S: That's what I needed to know. Thank you, Mother. (2)

Human beings always seem to want to know the "why" of things. Somehow that makes uncomfortable and unpleasant circumstances bearable. I know it did for me.

When I knew the reasons for how we were being dealt with, I felt pacified. The very same reasons for a very tough life may apply to you as well and you also may have agreed to serve as a focal point to inspire other people's generosity.

Archangel Michael offered me another important piece of reassurance. I told him that I had less and less time for researched articles and he said he didn't want them right now.

"I beg of you, do not assume that when you write of what you are calling 'the inner work,' that this does not have profound effect because the focus of the leadership movement right now is on the inner work." (3)

That was reassuring because the inner work is “heating up,” so to speak, and the researched work is getting harder and harder to carry out, what with the demands on my time. I hope one person’s journey, written down, can be helpful.

I should add here that numbers of you have written me and said that the financial pieces I've written lately have assisted you. I hear you. I'll be writing more, trying to get at the heart of the quality we call generosity and how to counter the fear that comes up once the Reval is concluded. (4)

The reason I bought currency in the first place was that I wanted to run my own experiments in generosity. I never thought I'd be the subject of one! But I'll learn either way.

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### **Footnotes**

(1) What others have called money, sex and power.

(2) The Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015.

(3) Archangel Michael, in *ibid*.

(4) See for instance, "St. Germaine: Service to All vs. Service to Self," June 10, 2015, at <http://goldenageofgaia.com/?p=259775>.

## The Depths of Pain and the Heights of Bliss



June 23, 2015

It's been a few days since I was in transformative love and here I am back in it again.

At the same time a lightworker asked me: Is the pain ever going to end?: The processing? The issues?

Yes, it will. But for now, I replied, "we're having every bit of resistance, hatred, shittiness, manipulativeness, and everything else that can't go with us wrung from us."

Relationships breaking up. Impossible situations arising. No finances. No wiggle room of any kind.

What is happening? Kahlil Gibran described the process:

"Even as [Love] ascends to your height and caresses your tenderest branches, so shall IT descend to your roots and shake them. Like sheaves of corn IT will gather you unto ITSELF. IT will thresh you and make you

naked. IT will sift you free from all your confinements. IT will grind you to whiteness. IT will knead you until you are pliant; and then IT will assign you to the sacred fire, so that you may become sacred bread for God's sacred feast." (1)

Love is kneading us until we're pliant to make us bread for God's sacred feast of Ascension.

The more we're kneaded, the more pliant we are, the more we experience the very love that's kneading us.

I spent a night effusing love with all and sundry. In this space, to parrot Werner Erhard, I do what works and everything I do works. I'm laughing with waitresses, having great exchanges with bus drivers, all is wonderful.

And then tomorrow another volcano erupts and I'm back in the river of lava again. And then transformative love makes its presence known and all cares fall away. And I breathe in bliss and thank God for being alive. It's a crazy rollercoaster life but it's getting more bearable every day.

So yes, there is an end to vasanas. But no, that end is not in sight. And yes, there are more and more moments of love and bliss.

To anyone who says I don't know the depth of their pain, oh, yes, I do. I know what pain feels like just as I know what love feels like.

For me at least the balance is shifting from endless pain to more and more bliss. It couldn't shift fast enough for my liking but the process cannot be rushed. I need to finish the wash cycle, then the rinse, and then the final spin. But I feel cleaner every day, more in love with life, and more in love with myself.

## **Footnotes**

(1) Kahlil Gibran, *The Prophet* at [http://members.tripod.com/modern\\_mystic/doc/Kahlil\\_Gibran.htm](http://members.tripod.com/modern_mystic/doc/Kahlil_Gibran.htm).

## I'll Take It!

June 24, 2015



A number of you have written to say that you live in the transformed space. Thank you for that. Surely that's an indication of the rising vibrations that we're imbibing and our hard work clearing.

I'm sitting here in a park in Vancouver (left), simmering in transformative, universal, unconditional love. I'm watching myself and having insight after insight and then realizing that I'm not writing any of it down. These experiences have to be shared. The times demand it.

I picked up my computer when I realized that I was acting like an innocent child. I was laughing at something - a dog holding onto the ball he fetched, not wanting to let it go. And I was chuckling to myself in complete guilelessness. Now that was unusual for me which is why it came to my attention.

It used to be that I took a breath and drew up a wisp of love from my heart, which I then sent out to the world. Now it's as if an ocean wave of love comes up with each breath.

I let AAM guide my bike ride today and found myself led to a park just two blocks away, where I was guided to stop and sit on this bench. I think there's some energy transfer going on that he wishes to have happen. But for me, I was captured by a wave of love and haven't been able to get up since.

I'm beginning to meet people who'd be excellent for the projects that'll come after the Reval and meeting them is doing two things. It's dispelling the loneliness that I felt. And it awakened me to companionship love again, after the period of mourning I've been going through for the past five months.

I think that re-awakening has a lot to do with the fact that love now arises as a wave rather than a trickle.

When I breathe through my nostrils, I can feel the love going down my throat. I'm wafted back in memory to the best times of my life - devil's food cake, Disneyland, travels across the country, breakfast in Pondicherry. There's absolutely nothing wrong in this state.

So.....? What does that say?

It says I then leave this state. I trade it for something else. What do I trade it for? A resentment, a fear, a worry. Gradually the price'll become too high and, as AAM said in my last reading, I'll abandon those thoughts and this'll become a steady state.

I'd be entirely satisfied living completely and forever in this state. How much do you want for this place? I'll take it.

## Can Love Mitigate Aggression?



*A depiction of Arcturians*  
*From Connecting with the Arcturians, p. 27.*

July 8, 2015

I was recently drawn to pick up a book, *Connecting with the Arcturians* by David K. Miller (1998). Unusual for me. I usually don't have time to read a book, watch a video, or listen to an audiotape. But something called me from this particular book.

My eyes grew saucer-wide when I read this passage and maybe this is why I was reading it:

"The question that is emerging from the Earth's experience can be simply put: how is a race that has the potential for the highest consciousness and

for the highest ability to shift dimensionally going to resolve the aggression and dominance of the Orion energy [a negative energy/race known even in Biblical times]. Can that energy be mitigated by love?" (1)

Yes!

I can answer that. Our Arcturian friends, I know you're watching the Gaian experiment and you want our feedback. So let me feed back my experience on that one.

Readers of this blog will know that I have a very aggressive aspect to myself. All team members have seen it. Sometimes I huuuuuunger for a good tussle, a good fight, someone to come crashing up against and get my self in the process. I certainly have served that purpose for many in my life.

After being left with a knife in my back in 1970, I studied karate and thereafter loooovvveeeddd fighting. (Last fight: age 74. I won.)

The circumstances didn't matter; the more hopeless, the better. People used to say that just my stare was unnerving. If there was a fight, I'm your huckleberry. (2)

So, yes, I can speak authoritatively on this theme and say that aggression can be mitigated by love.

No, I can take the matter a step further, for our Arcturian friends who are watching the Gaian experiment.

Transformative love sweeps aggression away.

BUT here's the kicker, which I know you know. Transformative love only arises in the heart of one who has at least done part of the work of cleansing her or himself of the residue and debris of past aggression.

Too many vasanas and one doesn't even suspect the existence of transformative love, never mind find oneself in a position to claim and experience it. One is petrified, calcified, close-hearted and brain-dead.

Too many withholds or too many regrets, too much guilt and too much shame and it's like tying lead weights around the victim's legs and throwing him overboard.

I'm searching my mind to see if I can think of anything else but love that could mitigate aggression. From my earthly standpoint, I can only think of flavors of love - joy, compassion, bliss, empathy. There's the joy flavor of love and the compassion flavor of love. But it's love that's the basis of all of them. It's love that's the active ingredient. It's love that mitigates.

What else would mitigate aggression but love? Was this a trick question just to establish contact? To see who's awake down here?

I'll play this role. I'm at this moment in the space of transformative love and conscious awareness. I feel expanded, powerful, present. I throw off any remaining chains.

In a later moment, after writing this article, I "realized" (that is, brought up to realized knowledge) the fact that love mitigates aggression. I now know that I know that love mitigates aggression. I no longer have to ask anyone. I know it on my own authority.

Love is the balm that everyone seeks. Love is the restorative, the holy grail, the treasure buried in a field. Love is the reward for it all. A being having love, what do they lack, save others to share it with?

Have you any other questions of us who are walking through this experience and experiment on the Earth plane? This does not have to be two solitudes - experiments carried on with you there and us here. (3) We can communicate. A way can be found. And we could report to you our own findings on these matters.

Yes, this is an invitation. Never mind the politicians. There's no reason why active communication could not begin. As a sovereign citizen of Planet Earth and in fulfilment of the Divine Mother's Plan, I request it.

## Footnotes

(1) David K. Miller, *Connecting with the Arcturians*. Pine, AZ: Planetary Heart Publications, 1998, 85.

(2) It's taken me decades to retreat from everything connected with this high-energy, aggressive space. I think I'm qualified to speak on the question of aggression and dominance.

The quote is from Doc Holiday in Tombstone. "I'm yo' huckleberry." Meaning: Gentlemen, let us not waste words. I will fight you. Let us begin.

(3) Back in 2007, I invited the hierarchy on the other side of life to join with us on this side, via mediums, to begin to map the heavens dimensionally. That offer still stands though someone else will have to shepherd it and steward it now. (I called it "cross-border co-operation" then: "New Maps of Heaven," at <http://goldenageofgaia.com/spiritual-essays/life-death/new-maps-of-heaven/>.)

## Not to be Missed

Sept. 30, 2015



*A love match. Credit: www.wdyl.com*

As we live through a month of greatly-increased divine energies, which reached its peak on Sept. 28, 2015, many of us are awakening to what love really is.

But there are still some to whom it may sound odd to hear this statement from Saul:

"Humanity is getting the message: Whatever the question, Love is the only answer." (1)

What is this love that Saul is always speaking of?

Some still have no idea of what it is. We watch the Super Bowl and consider drinking a beer and cheering the team on to be the height of satisfaction.



*Credit: jenellbstewart.com*

We experience lust, even lasciviousness, and think this is somehow connected to love. And it isn't, as enjoyable as orgasm is. Perhaps think of orgasm as God's way of guaranteeing the survival of the species. But it has nothing directly to do with love.

The Arcturian Group observes:

"Love is not sexual attraction, nor is it an emotional reaction (positive or negative) you may feel for another although that is often a facet of it, especially with those you have known well in other lifetimes. Love is not something that can be withheld or given according to a whim of the ego. LOVE IS – period." (2)

Love is beyond our emotional states. True love. Transformative love. The most we often feel for other people is fondness, compassion, attraction. But that is a pale reflection of what could truly be called love.

And, yes, love cannot be withheld or given at the ego's whim. It cannot be controlled. It cannot be denied. It cannot be stored away.

I hear some people speaking as if they know what love is like, and their behavior belies their knowledge. They judge, become belligerent, crack tasteless jokes.

Love elevates and sweeps a person away. When I'm feeling transformative love, I don't have a particle of attention on judging others (I apparently do at other times), being belligerent or cracking a tasteless joke. I'm swept away on so beguiling a wave that my attention is taken away completely from whatever it was I was doing.

No wonder Archangel Michael wants us to stop short of utter bliss. If a drop of transformative love can so take the attention away, utter bliss would hold me spellbound. I'd be unable to serve as a lightworker. A drop of love will do me fine, Lord. How often? Oh, how about hourly? In fact give me a cosmic IV. (3)

Sanat Kumara made us this promise in the last Hour with an Angel

"Every time, if you feel the fade effect coming in, come back to me. I would joyously – as Planetary Logos, this is my job, this is my joy, this is my mission – [have] all of you be in this state. ... So ... call on me if you feel the fade, if you feel that the mayhem is dragging you down, then call and come back to this very place. I am anchoring this knowing in your heart, in your cells, in your DNA. It is activated right now." (4)

What more could we ask? And, speaking of that - yes, there is one requirement: We must ask.

The Arcturian Group tells us that love can never be limited:

"LOVE IS, always has been and always will be, and can never be limited or changed regardless of how many false interpretations about it third dimensional minds may think up." (5)

They reveal that:

"Concepts of love are continually presented to the world by those believing themselves to be intellectual and spiritual authorities.

"That is fine at some level, but as spiritual students you have gone beyond needing others to tell you what is truth and what is not – you have

achieved that state of consciousness where you can be taught from within."  
(6)

They practice a sublime subterfuge on us because what else would teach us from within but love?

Many men consider it sissy to be enraptured by love. Oh, my. What a cost to hold onto that Third-Dimensional belief! Do you really want to miss out on the release, the happiness, the joy of feeling transformative love? Are you so hypnotized by football statistics and the approval of your peers to overlook the treasure buried in the field of your own heart?

Time to let the false bliss of victory in competition, drugs, orgasm, and all the other avenues of getting high or escaping go. Happiness is knocking at your door. This is not to be missed.

### **Footnotes**

(1) Saul through John Smallman, Dec. 7, 2014, at <http://johnsmallman.wordpress.com/> .

(2) Arcturian Group, Aug. 3, 2014.

(3) Intravenous drip.

(4) "Transcript: Sanat Kumara ~ Ascension: Your New Tomorrow, Right Now ~ September 17, 2015," at <http://goldenageofgaia.com/2015/09/20/transcript-sanat-kumara-ascension-your-new-tomorrow-right-now-sept-17-2015/>.

(5) Loc. cit.

(6) Loc. cit.

# From This Perspective

October 2, 2015

(<https://goldenageofgaia.com/2015/10/02/from-this-perspective/>)



*Imaginative depiction of a portal. Credit: [www.ascensionearth2012.org](http://www.ascensionearth2012.org)*

Archangel Michael said we'd be flying back and forth through the Ascension Portal, experiencing the higher dimensions and then returning and anchoring the energies and then.... on and on.

Yesterday's breakthrough is followed by today's settling down and assimilating. The "fade effect," Sanat Kumara called it.

One of my missions is to go up through the phases of Ascension with everyone else and write about it. So here I go.

I say "phases of Ascension" because there really are phases to Ascension. One phase is the entry into Fifth Dimensionality, which is what happened for me yesterday (and thank you to everyone who wrote in and said that that has happened for you as well recently). My experience was like entering the vestibule of the house: it is and it isn't the house.

My entry may not be the same as the next person's because a lot of my experience has been muted or toned down by the Company of Heaven so I can remain at my keyboard. (1) Yours may be much more majestic than mine. And that's completely fine with me.

The next phase will be Brahmajnana or God-Realization in 2017, according to AAM:

Steve Beckow: Matthew [Ward] seemed to imply [Ascension] was going to happen in 2017. That is not the case, right?

Archangel Michael: That will be what you can think of as phase two, when the full awareness is anchored within everybody.

SB: So, now, the full awareness is Sahaja Samadhi.

AAM: Well, it won't be that extreme. But it will be a full... it will be what you think of as your Golden Age.

SB: Right. Is it an enlightenment?

AAM: Yes.

SB: So is it Brahmajnana?

AAM: Yes. (2)

I asked him when Sahaja would occur and he replied: "Shortly thereafter." Well, don't sell the farm. Who knows what "shortly thereafter" is to one who lives outside of time. But whenever it happens, it'll be phase three.

From this vantage point, however, I can see some of the places where we get into trouble and I want to mention one of them today: the area of will.

Our will in the Fourth Dimension, and the old Third, is often not operating in a very strong or focused manner. The will of the woman who lifts the car off her child is operating in a strong and concentrated fashion. When a person operates in that manner, the universe moves too, in response, so to speak.

In the Fifth Dimension, there isn't the perception of problems. Dilemma disappears.

There are fewer impediments. There's not the mind chatter that fractures our attention. A quiet mind can focus on whatever we desire to accomplish.

I listen to some people operating in Fourth Dimensionality and my heart goes out to them because I see them tied in knots by the Fourth-Dimensional perception of problems. It isn't that problems don't exist in 5D. It's that our buoyant state refuses to see anything as a problem. Just a situation to take care of in some way.

The difficulty especially hampers our ability to act from and into the divine qualities. It doesn't matter what divine quality one selects to "perfect." Perfecting it leads to all the others.

But will is especially important because it translates intention into action. Many people don't know their will: they haven't been "introduced" to it, in a manner of speaking. They don't know where to look for it or how to activate it.

We need to find our will and activate it. One way to do that is through making declarations, making promises, committing ourselves, making assertions, and in other ways calling forth the Self by exerting our will.

It has been said that once we pay even a small amount of attention to the law of karma, our life begins to straighten out and we start to make progress. Similarly once we pay even a small

amount of attention to summoning, focusing and applying our will, we start to make remarkable progress.

### **Footnotes**

(1) I asked Archangel Michael in my Sept. 30 reading if the kundalini experience was toned down and he said absolutely it was because they wanted me to keep my feet on the ground.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 28, 2014. Brahmajnana is God-Realization, the realization that "I am God." It's also called nirvikalpa samadhi, the first samadhi without the apprehension of form. It features a temporary heart opening. It leaves many vasanas weakened but intact. It's not moksha or liberation. Instead it's described as being halfway up the mountain.

(3) Loc. cit. Sahaja means "natural." Sahaja is our natural state. Sahaja brings the realization that "God has become everything." It results in a permanent heart opening and moksha or liberation. The vasanas are burned to a crisp at Sahaja.

## I Love; Therefore, I Am - 2

Oct. 5, 2015



Credit: [theeclecticminds.com](http://theeclecticminds.com)

The cosmic energies presently hitting the Earth are coming first from the Father/Mother One, then through the Central Sun, then through the galactic center, aided and shaped by countless higher beings until it reaches us, its intended beneficiaries.

They're reshaping us, uplifting us, and opening us up.

They're taking us far beyond the ability to love of past generations. And so we're having to expand our paradigms to take in the newly-opening vistas.

One paradigm we must expand is that of Rene Descartes: (1) I think; therefore, I am, he said.

But thoughts are associated with the mind. The mind is a temporary device, suitable to the lower dimensions, but not at all vital to the higher or to who we are.

Descartes' assertion took the ball some yards down the field by putting a dent in empirical materialism.

That's the philosophy that only what can be seen, heard, touched and felt is real. Thought was not directly observable, certainly not in his time, so his statement let

the first ray of sunlight into the closed space of the materialist view the universe.

Now it's time to let more light in, to illuminate what is a dark room.

It's time for a new paradigm. I assert that that new paradigm is: I love; therefore, I am.

Without love, there is no "me." A friend asked me if we were just illusions and I had to say, "Yes. Only God is real."

Withdraw God's love from the omniverse, and it all goes - you me, the galaxies, the universes, everything. All that remains is all that ever was: God. So yes, we are illusions living out a dream in the mind of the One.

I wonder if the Creator did not say in the beginning: "Let there be love. And there was love." There's nothing else here but love formed into imaginary shapes and romancing itself. Sometimes disputing; sometimes joining; sometimes separating.

Each day, as the energy has mounted, I watched myself let more and more of it fill up my body. I relaxed my conditioned need to remain aware, cautious, on guard, and let love fill every niche in me. Today it was my head. I let love into the area of my field of awareness associated with the head. And when I did, I felt the bliss of a completed energy circuit.

I'm not interested in playing with notions like enlightenment. I simply want to be here now and serve. But the bliss was wonderful and repaid me for days and days of hard work.

Left to another day: I am; therefore, I love.

But for now: I love; therefore, I am.

Whatever else you do or don't do, let love fill you up today.

### **Footnotes**

(1) 1596-1650.

## Love is My Very Being



Oct. 7, 2015

I find myself in a fourth expansion of consciousness.

How fortunate I am to have a day off in the midst of it.

I must continue to describe this space.

I'm beaming like a light bulb. Savoring the time off, I relax to a depth I haven't achieved before.

Down, down, down I go. I see I have (my undivided voice, my will has) great input into whether I go up or down.

Down, down, down I go into depths of peace and variety. Flowing, flowing, until I arrive at the bottom and a quiet mind.

I'm conscious of using my will in this "daydream."

I lift a covering from my heart and as I do so I become ever calmer.

I allow my uncovered heart to radiate love in every direction. And now the experience gains substantiality - form, shape, feel.

This is it. I know it is.

The transformative love I feel at this moment is what we're looking for. Never mind gold-backed U.S. Treasury notes. This is what Archangel Michael calls "spiritual currency" and constitutes our real wealth.

No, not wealth to be measured by its amassment. You can't amass love. But by the quality and quantity of its flow.

I forget all the troubles of the day. It isn't that they're resolved in any way. They simply vanish from the screen.

I allow myself to rest in the knowledge that I am love. Love is my very being.

[After a pause.]

I'm staying in my everyday consciousness so that I can write. But that limits the depth of my experience. However, I think it more important to get these descriptions down and out.

I am love. And when I say those words to myself, I get it ever deeper.

I get it at a feeling level.

Then I get it at a body level.

Then I lose consciousness.

[After another pause.]

At one point our awareness is positioned here; at another point, positioned there. But it's all like one big ocean of love and we're in the midst of it. That's as viewed

from the Fifth Dimension. As viewed from the Fourth Dimension, the ocean goes away and we're isolated actors in separate situations.

Love colors all experiences in this space. Love glues it all together. Love is what gets transmitted, what flows.

And when I turn my attention to this love, it grows. What if I kept my attention on love all the time?

[Pause]

What contributes to this space? Personal resolution, determination, an undivided mind, the existence of a strong will.

A resolute determination is like an unpunctured tire that works. The divided and distracted mind is like the punctured tire that doesn't work.

Concentration on the perfection of a divine quality contributes. The quality I chose was love. Working on it day by day, expressing it, feeling it, sending it out to the world - all of that contributes.

And then relaxing into it. To climb a mountain we exert ourselves. But to ascend requires no effort. It requires a relaxing into the energies that are sweeping the planet right now. Just a cosmic letting go.

[Pause.]

I must familiarize myself with the Transcendental. I could be standing in it and not know.

It's the space between the spaces. It's behind everything. It's the universal substance, flow and residuum. It's the default of life, the origin and destination.

I can only sink down into the Transcendental. Since it's below everything and love is below everything, the Transcendental must be love.

It's time to drop the masks, the dramatizations, the script, roles and rackets.

And who is in a better position to do that than I am?

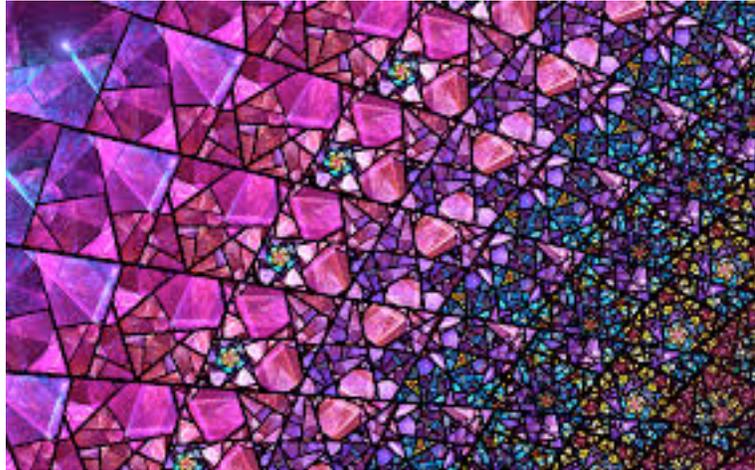
My readers will understand if I take time out to finish the job, when the time arrives, won't you?

I may take readers along on the journey, if I can.

But the Transcendental is the Mt. Everest I came to climb and I'm climbing it.

## Best Before Tomorrow

Oct. 7, 2015



Hours later, I continue to be in an expansion of consciousness. (1) I'm not going to call it "Ascension" because what do I know about Ascension?

At this moment? Probably nothing.

But it's an unexpected and delightful expansion of consciousness. It's pleasant and I don't care what anyone calls it, really.

Expansive, relaxed, without a care. Buoyed up and optimistic, I feel very philosophical.

It happened in the bath. I had just finished listening to the Divine Mother's channeling on *Heavenly Blessings*. After that, I was thinking about a beloved friend.

Before I was aware of it, I noticed that I felt this way (expanded). I didn't see it coming. I only noticed it when it began to make itself felt.

I remember that, after the first expansion of consciousness, I had a meeting with a man and that meeting went fabulously.

Here again, I may have missed an appointment because I keep losing everyday awareness, but I'm OK with whatever results. I feel equanimous, balanced, centered.

The articles I post these days are all out of order because I keep having red-hot shares that push them back. I'm trashing more than a few, which no longer make sense after I burst through again to this space.

Nevertheless, in this space, the ideas for articles keep pouring out. I worry about tiring you.

All of this bears witness to the creative power of this space, call it what you will.

I feel cosmically complete and have nothing is holding me back at this moment. I could take off, stay another round, immerse myself, let myself go. I'm at choice.

I most probably will return to 3/4D consciousness by tomorrow. By now I shouldn't have to say: "Permanence of experience comes only after Sahaja Samadhi, a little ways down the road." You've heard it enough from me.

So this is the truth of the moment for me. Best before tomorrow.

### **Footnotes**

(1) See "Love is My Very Being" at <http://goldenageofgaia.com/?p=266425>.

# Reflected and Transformative Love

Oct. 10, 2015



*Credit: ellieelectro.deviantart.com*

Even as I sit down to write, I go into my sixth expansion of consciousness. My fifth was yesterday and I never got near a computer to record it.

As with almost all previous expansions, it came with the thought of the beloved. This so much validates the value of partnering.

Again what I'm primarily aware of is, as I begin to write, the feeling of blissful calmness.

I've mentioned ordinary love and transformative love as two phases of love. There's actually another and it bears looking at as well.

I call it "reflected love." Let me illustrate from my own background.

For many years of my life, I felt that I could not love. Such was the power of my vasanas and scripts, that I had closed myself off to it.

When called on the situation, I said it was like having a hole in your heart. And I largely gave up on myself.

The best I could manage was, when I was in a new relationship with a woman, I could reflect back the love I received.

It wasn't really "reflecting." The love I received inspired and enabled me to find love in myself to radiate out. But that love was a mere trickle.

But when the woman stopped loving me, everything crashed. I couldn't take over and radiate the love. Not like I knew any of this was happening.

Then, only as recently as October 2014, I suddenly found myself able to love and I loved passionately.

Then again on March 13, 2015, I had a major heart opening. My life really began from that date.

What I observe about reflected love is that it's not strong enough to build a platform of promises, commitments and stands on - whether we're talking about sacred union or sacred projects. It isn't count-on-able. Usually it's only there when it's not needed. It's not there when it's needed most. Because it's reflected.

When it's needed most is when I'm flagging in my ability to love. Since it's reflected, when I (the original source) am not loving, it (the reflected love) is not there.

There's no substitute for transformative love - whether we're creating a sacred union or building Nova Earth.

It alone - and not affection or reflected love - is strong enough to call into being the love revolution the Divine Mother called for in the most recent Heavenly Blessings.

(1)

I feel so guilty saying that because transformative love isn't something that we can go out and buy. So what to do?

The only thing I know is to ask for it, intend with strong resolve that it happen, and then allow the rising energies to do the rest. An expansion of consciousness is something we relax into; it cannot be won by striving.

All the world around us seems to be tumbling down, refugees are moving from country to country, new technologies are being revealed, and we're talking about transformative love?

People are running around screaming about climate change, American bankruptcy, and police brutality and we're discussing transformative love?

Yes. And we're only a small group of lightworkers and lightholders who are doing it.

But this is the answer for the world. Transformative love is what it'll take to make and deliver on the promises, commitments and stands tht will make the world work.

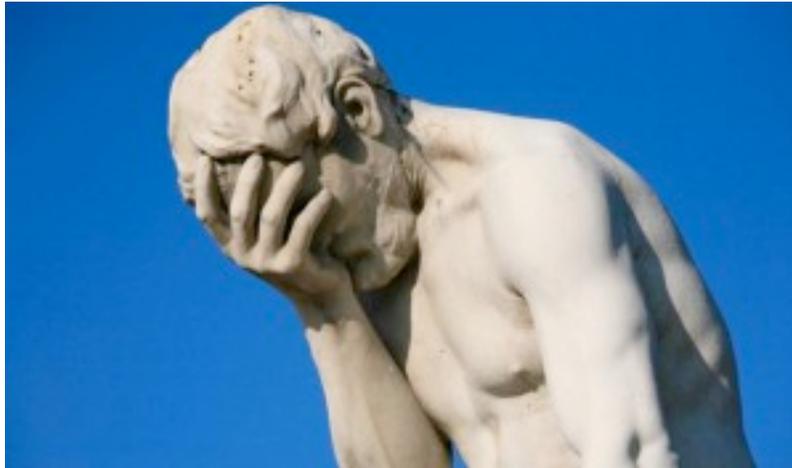
Ask for it. There's nothing like it. There is nothing more fulfilling, more uplifting, and more connecting than transformative love.

### **Footnotes**

(1) At <http://inlightuniversal.com/wp-content/uploads/2015/10/HB-MOM-oct-6.mp3>.

# Get It, Lose It, Get It, Lose It

Oct. 16, 2015



*Credit: itiwits.info*

A reader wrote in and said he had entered the transformed space and lost it.

Yes, getting it and losing it, getting it and losing it is the order of the day, short of Sahaja Samadhi. Sahaja comes down the line, not at entry into 5D, but a little after it.

I had eight experiences of the transformed space, which implies that I lost it eight times as well.

There's nothing amiss with losing it. Stress, aches, pains, a lie, an untoward thought - anything can cause the body to tense up and close the space off.

Love someone. Love everyone. Surrender completely. And you may recover the space.

Telling the truth at a very, very deep level has caused me to burst through into the transformed space many years ago. Making a huge difference in someone's life has.

Taking a stand, making a promise, sharing a withhold - all of these call the Self forth, which is the same as saying "cause us to break through to the transformed space."

But be prepared to lose it again. Perhaps enjoy it while you can as a taste of what's to come.

So let's consider the permanent entry into the transformed space Myth No. 1.

Myth No. 2 would be that you can only reach the transformed space if you're in sacred partnership. I was in sacred partnership (I'm not now) at a strategic time in my life and it greatly magnified and multiplied my consciousness' ability to rise. I highly recommend it and I acknowledge that many lightworkers are not in it.

Being in the space does not depend on being in relationship. If it did, monks of all ages would not have sought the sanctuary of their cell or cave. They would have been householders. But most were not.

When I was not in sacred partnership, loving the world still allowed my consciousness to rise. It's love and not the object of love that's effective.

I don't think love is the only road to higher consciousness. If it was, we wouldn't have the many spiritual paths that we do. Wisdom, service, meditation - these are alternatives to the devotional path or the path of love.

Perhaps let me use this space to speak to one other matter. A reader asked me what was the primary pitfall for humans. Well, everyone will have their personal choice.

Mine is the self-serving bias. What's that? It's the tendency to glorify oneself and diminish others, to attribute all successes to oneself and all failures to others.

I do it. Most people do. I praise myself and call attention to evidence that I'm a pretty good guy. People that don't like me I find some self-serving reason for discounting.

Anyone who judges people is using the self-serving bias. A judgment diminishes the other person. Diminishing is self-serving.

The more I live in the center or heart and love, the less I feel the need to be self-serving.

The person who doesn't judge anyone, who lives to serve others (and themselves, proportionately) has probably escaped from self-servingness. The ranks of those people will undoubtedly increase as the energies rise, but, up till this point, being self-serving was positively inculcated in us from practically all the controlled media we watched or listened to.

In all things like the self-serving bias, the answer, for me, is simply to observe myself, to be aware. Any behavior pattern, raised to awareness, will likely not persist. I've said on earlier occasions that awareness is not neutral, as so many of us think. It dissolves.

Simply becoming aware of any habit of mind immediately begins the process of its dissolution. We don't have to "change." We don't have to mend or amend our ways. What we need to do, in my opinion, is to raise our consciousness or become aware.

Finally, one can be an "awarewolf" and try to force people to become aware of matters they don't wish to become aware of. Many don't want to think 9/11 was an inside job. Many don't wish to contemplate that the biggest contributor to methane in the air is feedstock cattle. This is a world of free choice and any kind of force simply invites resistance.

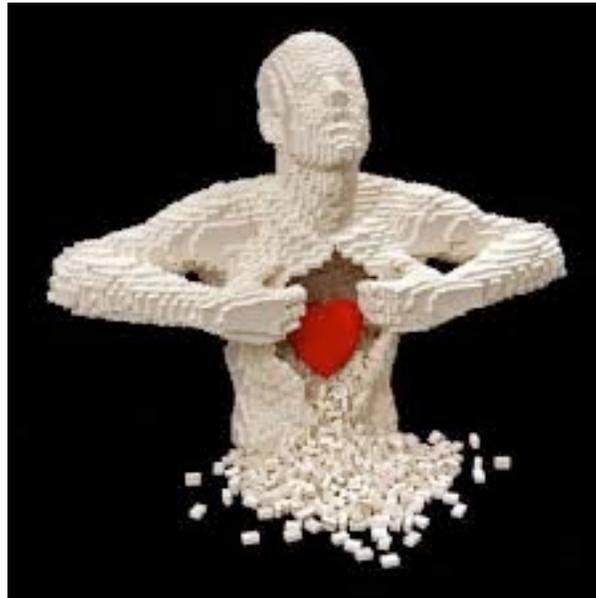
Lightworkers especially can get pushy and impatient in the area of awareness of issues. Force has never worked since the beginning of time. We might wish to become aware of the vasana or core issue that has us want to force others rather than allow them the same right to be and think as they do that we'd want extended to us.

So, no, I'm not in the transformed space now that I was. And I've stopped trying to force the issue by loving "rigorously." I'm happy to allow the scenario to unfold as the Divine Plan stipulates. So far the ride's been the thrill of a lifetime, punctuated

by many down moments and a lot of waiting. Whoever has their hand on the tiller is doing a pretty good job, in my view, and I'm content to remain for the ride.

## God's Way of Saying "Yes!"

Oct. 17, 2015



Continuing yesterday's discussion, if I were to tell my truth at the very deepest level, what would I say?

I'd say that I am love. No, not on a daily basis. Not in 4D. But at the deepest level I can reach, I know that who I am and all I am is love.

And when I say that, I feel myself begin to lift up into the higher vibrations. This is one experiment anyone can try.

The bliss returns. This is not a love for the beloved. This is truth-telling about who I am.

There isn't a person alive or "dead" who isn't love. And, as I say that, the bliss surges again. Is this God's way of saying "Yes!"?

This blissful state is so sweet. It causes me to forget all my woes and ills. I remember again how grateful I am for the people in my life. Again, in my everyday, 4D consciousness I'm not as grateful.

The higher up Jacob's ladder of consciousness we go on our return to God, the more we forget all the unfortunate things that happened to us. SaLuSa predicted that, with Ascension, we'd quickly forget all we've been through and I can imagine how that would be.

In this blissful space, I'm filled with love and gratitude. Even for the situations that didn't work out. Every one has moments of divine pleasure and heartfelt love. Some anonymous sage said that the value of our life would be measured by the amount we loved. Oh, I can so see that.

Thank you, thank you, thank you to those who've accepted my love and have loved me. I don't think I've thanked them half enough. What a magnificent life I've had. The most unpleasant times simply steeled me for the challenges that lay ahead.

My body is 69 but my internal state remains around 18. I'm always surprised that people relate to me as a grown man because I feel so young. I keep thinking my disguise will be seen through and it'll be recognized that I'm really a teenager in a body that's somehow advanced in age.

Some things have fallen away, but what remains is the innocent and precious love of a teenager. In this blissful state I can see the whole of my life and all I can feel for anyone I've known is love.

# Total Release and Surrender

Oct. 22, 2015



*Credit: barefeetpoweryoga.com*

Zap says the Reval is in motion and close to finishing. A worldwide effort by countless thousands of people to raise an entirely new financial edifice on top of the ruins of the old is about to be consummated.

And not even the contemplation of that can surpass the enjoyment I feel from the transformed space.

Exploring it continues to hold my attention. Archangel Michael confirmed in a reading I had with him Oct. 21 that this space I have gone in and out of is what is being pointed at when talking about "going in and out of the Ascension portal."

Steve Beckow: Now I've been going in and out of the transformed space, between unconscious and conscious awareness. Is that the same as going in and out of the Ascension portal?

Archangel Michael: Yes.

SB: It is. So I have been in and out of the ascension portal about 10 times?

AAM: Are you enjoying it? (1)

Even though I get that the Ascension terminology applies, I need a term that can appeal to more people and so I choose to continue calling it the "transformed space."

My assignment is to go through the stages of Ascension along with everyone else but to do it publicly. These notes represent my journey and may or may not be useful to you.

I've been in the transformed space for a few hours now and I began to notice that it was possible to "anchor" it.

I immediately began what I hoped was "anchoring" - allowing it to fill every part of me and sending it down to Gaia. Doing that has allowed me to stay in the space much longer than before.

This elevated mood is the best I've experienced in perhaps 25-30 spiritual experiences since 1976 (my first experience). It's loving. It's blissful. It's peaceful.

It's entirely satisfying, entirely fulfilling.

Constant expansion into this space is the direction that all life goes in. Archangel Michael said in the reading just mentioned:

"You of all beings know this. This is about the journey of faith, of love, of connection, of unity back to the Mother, back to the One. It is not about anything else." (2)

Yes, I've written on the purpose of life. I should know that continually-unfolding enlightenment fulfills the purpose of life - that God should meet God in a moment of our enlightenment. Life isn't about money, sex, or power. Or anything similar. And the journey is from God to God. Nothing else finally matters.

When I allow the present energies to settle into all parts of my body, I fill with bliss. And it doesn't impair my movement, (3) although it would disappear in a flash if I went into blame or judgment. My mind is empty. My desires are quiet. My heart is open.

I was aided in re-entering this space by my reading this morning. I've been drawn to the biography of Nag Mahasaya, a great renunciate and devotee of Sri Ramakrishna's. When I see the extent of egolessness and purity of a truly determined seeker, I just hunger for that existence so much.

My bliss expands just thinking of it.

Then the thought arises: Why can't I live that way in the city? Surely that would be the challenge of these times. An urban renunciate.

A quiet mind. A life of service. And a heart that's open to all alike. How that calls to me.

[Seven hours later.]

I've had wonderful conversations today coming from the transformed space, which itself has lasted now quite a few hours. It shows no evidence of flagging or fading.

In this space, I'm humorous and sympathetic, honest and blissful.

This is either the Seventh-Dimensional "Higher Self" or the true Self, the Christ, the Atman that the saints and sages talk about.... I don't know which.

In this process, a lot depends on me receiving and accepting the energy. Often I think I'm open when I'm not.

I'm again, as I was thirty-five years ago in the Communication Workshop, glowing like a lightbulb.

All I want to do in this space is meditate.

[A day later]

I see that the rise of the transformed space is intimately connected with conscious breathing. It's as if conscious breathing has the power to hook up to the transformed space and pull it in.

Here I am the following day again in this wonderful space and this time it happened through the use of the breath.

I know this is my original Self. But I only know it intellectually and experientially. I haven't got it up to realized knowledge.

[Many hours later.]

I am awash in love. My mood is stable. I'm not going up or down. My mind is still. My heart is wide open.

Again the draw is to meditate, to contemplate the sacred, to be still and just experience being myself.

There is a drift to these matters of consciousness, a tidal pull. And the tidal pull here is to total release and surrender.

[Hours later again.]

At some point I'll have to make the switch of allegiance from the reality and consciousness of everyday life to those of the transformed space. That is such a delicate moment and transformation. It has to be a moment of total truth. At that moment I will have lit the pilot light. But any gust of ego will extinguish it.

The amount to which I yearn for it, hunger for it will provide me with the motivation to make the leap. It used to be that we had to want it more than life itself.

But now the banquet is set and the invitations have gone out to all of us.

## **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, Oct. 21, 2015.

(2) Loc. cit.

(3) This description is applicable to universal love more than transformative love. Universal love is just making itself first felt here as a kind of texture to transformative love. It hasn't yet fully emerged as it was to do in a day's time.

# On Being Enough

Oct. 24, 2015



I feel impelled to write.

I notice that it's just hours after having worked on the transcript for my last reading. The lessons that are packed in it are starting to sink in, one by one.

As a result, the love I feel has taken a dramatic turn.

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

But today I've reached the same levels feeling an impersonal love, a universal love, a love for everyone. I can still taste the sweet and rapturous love if I wish. The way forward is indeed additive rather than subtractive or substitutive.

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

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

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

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

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

But this universal love doesn't leave me undone.

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

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

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

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

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

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

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

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

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

How could I have known?

[Two hours later]

*Zzzzzz*

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

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

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

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

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

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

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

Only the desire to serve the Mother remains.

## Like a Hollow Bamboo

Oct. 25, 2015



It gets more and more confronting to continue sharing the more this journey unfolds. Nevertheless that's the mission I signed for, so I continue.

I'm now in a space that I'd characterize as like the bamboo that the wind whistles through.

The wind is love. There's now no impediment to love flowing through me.

I search my personal space and there remains at this moment no obstacle to love. A quiet mind was passed long ago. The heart opening led to transformative love, which led in turn to universal love. I was ripe for this next development.

I have to acknowledge a friend who helped me "source" (complete) a core issue this morning. It was around someone trying to get between me and someone I loved. I put my foot down when that happened.

My friend helped me see that that core issue went back to someone else trying to drive a wedge between me and my brother. At that point in my life, I also drew a line in the sand. I was not going to stand by while someone berated my brother.

Seeing the origin of that vasana or issue released a bundle of energy that, unknown to me, had been locked up. And that resistance gone allowed me to soar.

And soaring I am.

This demonstrates the importance of the clearing work we've been doing for so long. What holds us back are chains of our own making.

It's so hard to get that the real us is simply formless consciousness. And these knots in consciousness, what Hindus call granthis, are all that stand between us and flying.

How to get through them? When we stumble on an unwanted feeling, name it. Ask our minds what earlier, similar incident has triggered us and accept the first image, thought or word that comes to us. Then experience that incident and all its attendant feelings, thoughts, etc., through to completion. That's it. Simple. But how many of us actually do it?

Years ago I'd have said it might be necessary to run through this process many times with a single vasana, but these days that doesn't seem to be necessary. Once through seems to release our vasanas or issues now.

In this flow of love that rushes through this hollow bamboo, I feel a sense of completion, of fulfilment, of destiny.

In this space, life seems sweet. There's nothing missing, nothing I want or need. It's only a sense of personal responsibility that keeps me writing now.

Like universal love, I'm willing to call this space of the hollow bamboo "ascended." Decades ago, it might not have been. It would have been an enviable state but not Fifth Dimensional.

But, when combined with the heightened energies, which are gamechangers, I'm convinced that it is.

Sheldan Nidle's sources told us recently: "Long ago, we [ascended masters] progressed through these same types of changes. These took a number of lifetimes to achieve." (1) Now these changes don't take lifetimes; they only take years, and then, as we clear and the energies increase, months, weeks, and days.

Finally, of my conventional views of enlightenment, Archangel Michael said: "What you are seeing or what you are referring to, can we suggest is some old patterning, not incorrect patterning, but patterning that has shifted and expanded." (2) Even the patterning of enlightenment is changing.

The angels and archangels mediate enlightenment to humans. (3) In addition to the energies rising, I imagine that the celestials have the ability to adjust their mediation of Light. But that's just a guess.

That having been said, I haven't the slightest clue how to estimate what is happening in consciousness right now. The best I can do is report what's happening to me. And name it according to the markers I'm already familiar with. But nothing I say could remotely capture any of these spaces. It's just the best that can be done.

## **Footnotes**

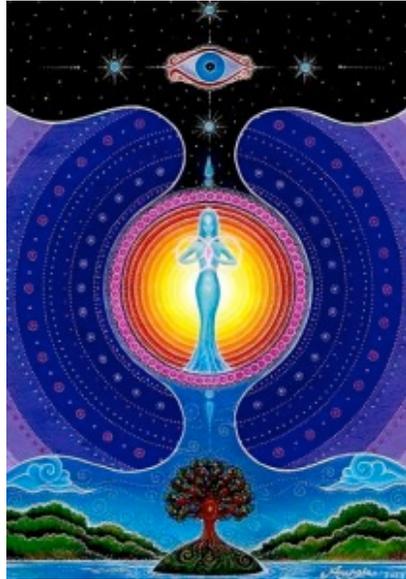
(1) Spiritual Hierarchy and the Galactic Federation via Sheldan Nidle, October 20, 2015, at <http://www.paoweb.com/sn102015.htm>.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

(3) See "Angels - Angels enlighten, or participate in the enlightenment of, humans" at [http://goldengaiadb.com/A#Angels\\_-\\_Angels\\_enlighten.2C\\_or\\_participate\\_in\\_the\\_enlightenment\\_of.2C\\_humans](http://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans)

# The Journey of Life

Oct. 26, 2015



Archangel Michael said recently:

“You of all beings know this. This is about the journey of faith, of love, of connection, of unity back to the Mother, back to the One. It is not about anything else.” (1)

What is he referring to? He's referring to the journey of life from God to God.

Truly, at the absolute level of reality, though not at the relative, there's only the return to God. Nothing else is happening.

The illustration at the head of this article calls to mind that journey. The Divine Child, in the center, leaves the first symbol for God, the tree of life, and journeys to the second symbol for God, the supreme "I" or eye.

In between "leaving" God (we never actually leave) and "returning" to God (having never actually left, we never actually return), we exist in the matrix or womb of matter, mater, Mother, as the illustration shows.

But we never actually exist within it. The Child of God, which is not material, is separate in essence from the physical world, and has no actual contact with it, as the picture shows.

And when we emerge from the Mother's womb as a blazing Star of Light and when we return to the "I," the one and only Subject, and join again with the only One that ever was, is, or shall be (we were never unjoined), the mission assigned to each and every one of us is complete.



*Hildegard of Bingen*

Hildegard of Bingen's illustration to the right shows the relationship with a slight difference. The difference is that Hildegard does not include a symbol for God as origin and destination, apart from the grey outer ring (the Transcendental).

However, as in the first illustration, the Child of God is again not actually separated from the grey circle, but exists suspended in it and inserted into the womb or matrix of the Mother, mater, matter. We too at essence are a spark of the Divine and not material; that is, not a part of the matrix of matter, which is often called "illusion" because it's impermanent.

When the Child of God reaches term, it emerges again into the the Transcendental that it never left.

Between God and God on the journey of life lie endless lessons, all designed to show us, teach us, or demonstrate to us who we really are.

From our vantage point, our mission could be expressed as knowing our true essence, which is God. When we realize that essence, in a moment of our enlightenment, God meets God. For that meeting was all of this that we see and don't see created.

From God's point of view, every enlightenment is an opportunity for God to meet Itself. In no other way could this occur.

The moment of freedom from illusion is the moment when God realizes Itself. Sri Ramakrishna rendered this moment humorously when he said: "When Siva realizes his own Self, He dances about in joy exclaiming, 'What am I! What am I!'" (2)

Bayazid of Bistun captured the wonderment of that exact moment: "I went from God to God, until they cried from me in me, 'O thou I!'" (3)

The Divine Mother's domain of matter is a lawful domain; no law can bind the Transcendental. She is all movement and sound; the One (which I call the Father) is still and silent. Therefore she's depicted as a "voice," the Voice of One crying in the wilderness, the Voice in the Silence.

She's also depicted as a sound: Aum or Amen. Hers is the music of the spheres, the sound of creation, the universal and primal creative energy. Mother Aum is the

Word of God, the Sound Brahman (God). With her palette of movement and sound, light and love, she creates, preserves and transforms this world of matter, in which the Divine Child lives and learns.

The journey from God to God can be envisioned as a circle. However the Child of God also follows a spiral, returning to the same lessons again and again, further down the road, until the lesson is learned.

The Fibonacci sequence (see below) captures this spiral journey of life back to the Center. It's probably intended to awaken long-buried memories or significant downloads. Everything in nature seems to reflect the relationships prevailing among the Trinity.

This journey of life is one of, not simply physical evolution as Darwin and Wallace discovered, but also, and more importantly, spiritual evolution.

On the descent from God, the Divine Child enters ever deeper into ignorance as it penetrates lower into the dimensions of life. At some point it has a realization of who it is. That realization is powerful enough to send it questing, on the return journey back to God.

As it returns, it frees itself ever more from ignorance. Finally, it removes its blindfold altogether and realizes the ultimate truth. The pilgrim has reached its destination.

As J. Krishnamurti described it, looking at it from another vantage point:

"The really important thing is ... the knowledge of God's plan for men. For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful." (4)

I've been unable to do anything else but work for it. It was the substance of a vision I had on Friday the 13th of February 1987. (5)

I never tire of telling this story or reflecting on it.

As AAM said, all of this is about the journey back to the Mother, who is the One. It's not about anything else.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, Oct. 21, 2015.

(2) Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 393.

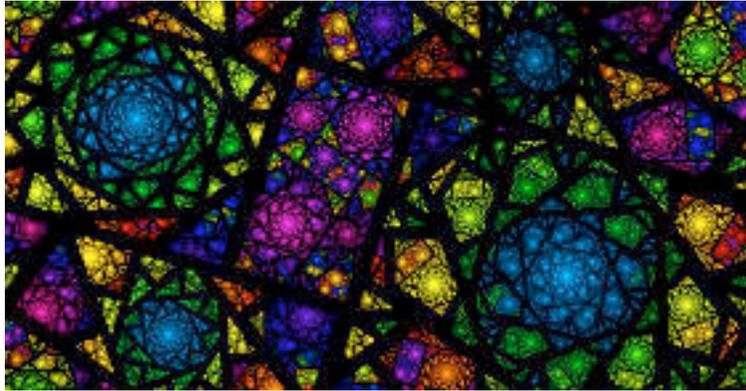
(3) Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.

(4) J. Krishnamurti, *At the Feet of the Master*. Adyar: Theosophical Publishing House, 1974; c1910, 17.

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

## Time 11 in the Transformed Space

Nov. 4, 2015



It's three hours before the Vancouver Meet-Up and I'm just now entering a very blissful state. I'll try to record it but I don't know how well I'll do.

Thank heavens someone is giving me a ride to the Meet-Up because I lose track of time in this state. I might miss it altogether as I nearly did in the tenth sojourn in this space (Time 10) when I forgot a lunch engagement.

Grand thoughts arise. I can see that all is a process of letting go. The amount we need to let go will always be more than what we can see or imagine. Some of the resistance we carry exists out of sight, out of mind - we don't know we don't know about it.

There'll almost always be more to let go of. Why not just make it a policy to first look at letting go?

I need to ask myself: Is there something I need to let go of?

In this space, there's no time. A short interval in that "no-time" space and I completely forget what day it is.

There's been a substantial interval between Time 10, when I was last in this transformed space, and this, Time 11. The mellowness I feel now is much greater.

This is a refined space - soft, gentle, silky.

I'm buffeted by every current of the tsunami of love. I feel profoundly impacted by each wave of cosmic energy.

And now bliss rolls in like a wave. I can feel the tide of evolution slowly moving forward in the changes I see in me.

Time and movement stop.

Past this point I cannot experience the experience and write about it. I must stop.

# Elevating Energies

Nov. 6, 2015



Right at the end of writing "On One Occasion," (1) I began losing consciousness. I knew I'd have to carry on but I didn't want to do so in the same article.

At this moment, I'm almost swooning with a wave unlike anything I've ever experienced before. It has no flavor. No feel. I'd say it has no other characteristics than that it elevates.

And I feel myself being "elevated."

This is coming while I eat lunch. I stop eating and become still.

Obviously I can't catch the finer vibrations if I write at the same time. I'm interrupting my state and process constantly. But I'll communicate whatever I can.

The breath is a vital component of this experience. I reconnect with the experience by taking a few deep breaths, into it.

I reconnect with the elevating energy and discover that it's a dynamic energy. It's allowing me to act, to move. And so I try to continue eating while experiencing it.

Implicit in my assumption is that the elevating I feel will have a natural conclusion or resolution. I'm not just being with it but anticipating. I switch to being with it.

So far the elevating energy has brought me again to the transformed space. I'm in conscious awareness and transformative love but not universal love.

I feel love for everything I do. I'm loving, really loving, eating lunch. The enjoyment is ten times what it normally is. Yes, I feel blissful. I'm floating away on waves of bliss.

The Arcturians through Sue Lie recently suggested how we'd be floating in and out of Fifth-Dimensional consciousness these days. I quote that passage from Sue's email at length:

"As the perceptions of your inner Higher Self expands into higher and higher dimensions, you can project these higher and higher frequencies into your physical world. Gradually, you will become 'out of phase' with the lower dimensional versions of Earth, as well as 'out of phase' with the humans projections that are still trapped in the need for "power over others."

"Progressively, Gaia's 3D hologram will also become out of phase with your own ever-expanding frequency. You will then begin to flow beyond the illusions of the third dimension and into a higher frequency of energy field. "Your '3D human projection' will safely become a higher frequency of energy that is becoming more and more aligned with the fifth dimensional perceptions of your ever-expanding Lightbody.

"By then you will have released the illusions of up and down, as your Multidimensional SELF will begin to flicker in and out of Gaia's physical reality. Where do you go when you flicker out of your 3D world?

"You simply resonate to a frequency of reality beyond the visual, auditory and kinesthetic perception of the third dimensional reality. However, just as your Higher Self can always perceive your third dimensional world and reality, you can choose to perceive the third dimension by simply lowering your consciousness.

"However, our ascending ones are usually striving to perceive, experience and live within the fifth dimensional reality that has been flickering in and out of their earthbound meditations.

"Hence, eventually, you will take the risk to just 'let go' of your third dimensional illusions. This letting go opens the multidimensional portal to your true SELF. Instantly you feel the deep sense of 'home sickness' for the YOU that you have always been, but often forgot.

"This longing for your true Home is based on the unconditional love and deep unity with the ONE that resonates to that frequency. You want to leave the third dimension, but as you begin to 'let go,' you hear,

"NOT YET"

"As an invisible voice whispers, shouts, cries into your ascending projection of SELF.

"YOU CAME TO TAKE GAIA WITH YOU!"

"You cry, you sob, you know the voice is right. In fact, the voice is YOU. Therefore, you return to the illusions. You return to the lies, the violence, and the debts. Fortunately, as you reconnect with your third dimensional expression of self, you realize that you return for LOVE.

"You have returned for the love of the people, the places, and the situations that have filled your third dimensional life. You also realize that you are returning for the love that you have found/created for your home and your planet." (2)

I'm going to allow myself to stop writing now and simply float away to whichever higher0-dimensional perch these waves wish to carry me.

## **Footnotes**

(1) Nov. 5, 2015, at <http://goldenageofgaia.com/?p=267972>.

(2) The Arcturians through Sue Lie, "The Next Octave of Service ~ Goddess Series Today & Gift," Nov. 4, 2015, by email.

## The Use and Importance of the Breath - Part 1/2

Nov. 6, 2015



There are many doorways into the deeper part of ourselves. The use of the breath presented itself to me or I was guided to it. That was followed within a short time by a life-impacting heart opening. Does that pique my interest? You bet it does.

Therefore I've been looking into the use of the breath as an easy and accessible spiritual practice. Let's take a look at what our sources have been telling us regarding the use and importance of the breath.

Blossom Goodchild's Galactic Federation sources have given us a wonderful and rousing description of the feel and reach of our breath.. Let me quote from them at some length.

“Dearest Souls ... take a moment if you would now ... to Breathe in the Breath of Life along with us. To Breathe in and hold within you the Highest, Purest Energy of LOVE. Hold it within your Being and allow it to circulate within ... Deeply within.

“So, as together now, we take in the Breath of life ... The Breath of the Deepest Purest LOVE that connects us all ... And we hold it within our Being ... FEELING it circulate ... FEELING the Power of that LOVE ... within every cell ... And then we let it out.

“And we Breathe in again ... and we hold it there and we FEEL Light ... we FEEL Love ... And we breathe out ...

“And once more ... and we hold in the Light – Love and we smile ... and we let it out ... and as we Breathe out ... ALL THAT WE ARE connects with ALL THAT WE ARE ... for it is our Breath ... It is our Life ... It is our Love ... It is our Light ... that in this way brings us together as One. ...

“Yet, when you accept ... when you KNOW ... that each Breath you inhale connects Each One with ALL THAT IS and ALL THAT IS ... IS LOVE ... for there is nothing else ... Then ... then Dearest Souls ... do you find ... yourself.” (1)

In another message, they assert that following the breath is the way to still the mind.

"The hubbub of the mind is under YOUR control.

"This is understood by many ... yet not so easily achieved.

"Then, may we suggest that one lets go of this hubbub by simply concentrating on the breath. For that is all that is required ... and for those who say it is not ... they are not concentrating on the breath." (2)

They follow this with tantalizingly mystical allusions, which cannot but invite the seeker.

"This gift that was ‘installed’ within your BEING ... this gift of ‘travel’ without moving ... is one of the most precious treasures that the human Being was equipped with. Yet, it is one that is very much underestimated and pushed onto the back burner. Yet, we say to you ... open this gift and see for yourselves, the jewels that lie within.

"There shall be many that read these words and say that they have already done so. These souls will KNOW then of which we speak. Yet we say ...

allow yourselves to go even further with each opportunity that you give yourselves." (3)

No, I don't know precisely what they're talking about but it resonates.

Not only does following the breath help us find ourselves, but it leads us to knowledge of the unity of all, they say.

“Not only do you find yourself ... you find one another for Each One ... Each One of you IS the other.

“YOU ARE ONE ENERGY OF LOVE ... creating a world through thought ... to experience LOVE in all its forms.

“Yet, the more you understand of this thread that binds you together ... as the needle of life weaves in and out ... the closer you become to the FEELING of Being One.” (4)

The pattern of breathing in love or peace or joy from our hearts and then breathing it out into the world appears in the writings of many of our sources. Here's the Divine Mother through Natalie Glasson on breathing love in:

“Allow yourself to be conscious of love. Love is the essence of the Creator. It is the natural healing energy for your body, being and reality and will bring everything within and around you into perfect alignment, harmony and bliss. Breathe within the vibration of love.” (5)

And here's Archangel Michael through Linda Dillon on breathing peace in and exhaling love:

“Breathe in the peace and exhale the love, exhale the joy, exhale the balance, the harmony. You have been granted these divine qualities by the Divine Mother herself. They are innate to your very being.” (6)

Sue Lie's Arcturians give counsel which most resonates with my experience. They tell us that:

"The Flow from the higher dimensions is grounded into the physical plane with your in-breath, and you are sharing it with all life via your out-breath. As the higher dimensional spirit/energy is integrated into the lower dimensional matter/form, the frequency of the form begins to transmute.  
(7)

Jesus has often spoken of the importance of the breath. In Pondicherry there's a sign dedicated to "Matsya, the Fish Prophet" (8) recording that he preached deep breathing there to shallow-breathers. Here he stresses the importance of deep breathing.

'With the deep breath you can come to the feeling of the current of living energy. That is why I say unto you to take the deep breath, because when you take that deep breath, you allow yourself for a millisecond to touch the current that is underlying everything.

"So whenever you remember to take the deep breath you allow yourself to go to the place that truly is the underlying divinity, the current that is always you and will forever be as you go forward into what you see to be other experiences, other lifetimes, other forms, other manifestations of whatever you want to bring forth." (9)

The master Hilarion called it "heart breath," by means of which we bless all around us.

"Breathe with and through your heart. Learn the heart breath. Become the benevolent and shadowless ones who walk the Earth blessing everyone and everything upon its surface and below. Let your constant refrain become, 'let me a blessing be, let me a blessing be.'" (10)

Hearing what they have to say makes St. Germain through Natalie Glasson more understandable, when he asks us just to breathe in the energies and let them work their miracles.

“Ask us to pour our energy into your being to support the transfiguration of your molecular structure and the Earth’s molecular structure so that all energetic ingrained habits especially connected to the third dimension are erased and more light is able to channel and manifest within your being.

“Then simply bathe and breathe within the energies that we share with you and activate from within your being. Believe in the process of transformation as it is occurring within you constantly now.” (11)

Something so simple as the breath produces considerable value in the spiritual process we're all engaged in. If we're looking for simple practices that busy people can engage in, following and using the breath is one of the most productive, from so many angles.

I personally still recommend, as a minimum, breathing up love from the heart and sending it out into the world. That use of the breath has proven to me the most fertile practice I've engaged in so far. (12)

Tomorrow I'd like to focus in on Archangel Michael's discussions of the Infinity Breath or Breath of Life and the spiritual basis to reliance on the breath as a spiritual practice.

## **Footnotes**

(1) The Federation of Light: October 29, 2015, channeled by Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG259oct29.html>.

(2) The Federation of Light as channeled by Blossom Goodchild, February 21, 2014, at <http://www.blossomgoodchild.com/index.html?page=BG205feb21.html>..

(3) The Federation of Light: October 29, 2015, *ibid*.

(4) *Loc. cit*.

(5) "Mother Mary: Transitions of the Emotional Body," channeled by Natalie Glasson, December 16, 2013 at <http://omna.org>.

(6) "Transcript: Archangel Michael Declares the Day Hostilities will End on the Planet," Feb. 6, 2015, at <http://goldenageofgaia.com/2015/02/06/transcript-archangel-michael-declares-day-hostilities-will-end-planet/>

(7) "The Arcturians and Symptoms of Transformation," channeled by Suzanne Lie, February 26, 2013, at <http://suzanneliephd.blogspot.co.uk/>.

(8) I confirmed with Jesus that he was Matsya. The Fish Prophet may be a reference to the fact that the sign of Jesus was the fish. In Greek fish is rendered "ichthus," which is used to indicate Iacchus CHristos THEou Uios Soter, or Jesus Christ, Son of God, Savior.

(9) "Jeshua: The Basic Law of the Universe, as channeled by Judith Coates, September 2013, at <http://www.oakbridge.org>.

(10) Hilarion, October 13, 2013, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>.

(11) "Saint Germain: Essential Guidance," channeled by Natalie Glasson, September 19, 2013, at <http://omna.org>.

(12) More valuable to me than what I learned in Zen, Vipassana, encounter, enlightenment intensives. But similar to rebirthing, which seems to use the breath in the same manner as the Infinity or Accordion Breath.

## The Use and Importance of the Breath - Part 2/2

Nov. 6, 2015



*The Infinity Breath*

*Credit: [www.spiritofmaat.com](http://www.spiritofmaat.com)*

(Continued from Part 1.)

I'd like to focus in now on Archangel Michael's discussion of the "Sacred Breath" and "Infinity Breath," which he's been having with us through Ronna Herman for some years now.

Let's begin by listening to him on the nature of the breath itself.

"Remember, the breath is the conductor of the vital Life Force energy. In the years to come, humanity will understand that the breath is sacred – it is the gift of life – and you will learn not to waste it. As you inhale each breath, be aware that it is the only breath you are assured, for it may very well be your last breath." (1)

The breath conducts the vital energy, which can be nothing else but love. The breath, he says, is vital to our transformation process, which I can certainly validate from my own experience.

“You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process.

“Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery – vital information you are to integrate and then share with those on the Path behind you.” (2)

On one occasion, he recommended that we breathe in light and breathe out love. In the course of it, he reveals how the breath is the conductor of the vital life force energies.

"Have you wondered why, several years ago, we instructed you to “Breathe in Light and breathe out Love,” when you go into the World Pyramid with the intention of radiating Love/Light to humanity and the world?

**"WHEN YOU BREATHE IN LIGHT, YOU ARE BREATHING ADAMANTINE PARTICLES INTO YOUR SACRED HEART. WHEN YOU BREATHE OUT UNCONDITIONAL LOVE, THE ADAMANTINE PARTICLES OF PURE GOD ESSENCE ARE EMPOWERED OR IGNITED BY YOUR LOVING INTENTION SO THAT THEY MAY BE USED FOR THE GREATEST GOOD. YOU ARE THE RECEPTACLE FOR THESE GOD PARTICLES AND YOUR LOVE IS THE ACTIVATOR."** (3)

What AAM calls adamantine particles are the same, I believe, as what St. Germaine called "love atoms" on An Hour with an Angel, Oct. 29, 2015. In another quote, he equates the adamantine particles with prana: "Tap into the Living Light called Adamantine particles or Prana." (4)

Let’s now listen to AAM describe Infinity Breathing, which he says helps to open the heart. A version of it certainly did open my heart:

“We cannot emphasize enough how important the breath is in reclaiming your Divine nature. Not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of ineffective breathing has resulted in many debilitating symptoms and diseases as well as limiting your intake of Divine Essence, which is critical to your well being and the reclamation of your vessel of Light. We have explained and emphasized the Infinity Breath, the Accordion Breath and how important is the practice of breathing with intention.

“The Infinity Breath could be called the Ascension Breath, for it aligns your Galactic chakras with your physical vessel, and opens the return passageways to the higher dimensions via the Binary Sequencing Technique. It speeds up the process of building your ascending vehicle of Light called the MerKiVah. It also facilitates the opening of the portal to your Sacred Mind and the front and back portals to your Sacred Heart.

“The Accordion Breath facilitates a double benefit: it draws forth the Adamantine Particles stored within the root chakra and also the Adamantine Particles stored within your Etheric Replica, which is located within your fifth-dimensional, personal Pyramid of Light.” (5)

I'm willing to bet that what he calls the Infinity Breath or Accordion Breath is the same in form as what Rebirthers call the connected breath, others called holotropic breathing, etc. I'd be interested to know if it's the same as what Kundalini yogins call "the breath of fire."

Archangel Michael goes on to give us a detailed description of how the Infinity Breath moves:

"The Inbreath loop of the Infinity Breath passes through the Medulla Oblongata and out the back of the head as it sweeps upward into your Soul Star [eighth chakra]. The Adamantine Particles of Creator Light that you have inhaled through the back portal of your Sacred Heart are programmed to integrate a specific number of Life-Code Seed Atoms from your OverSoul-Higher Self as the Sacred Breath passes through your Soul Star.

"The Outbreath or exhale passes through the Root Chakra and enters the Kundalini Seed Atom contained therein. Monitored by your OverSoul-Higher Self, measured portions of the Adamantine Particles stored within the Root Chakra are added to the Sacred Breath. The Adamantine Particles of Light which are stored in the Root Chakra are unique, for they have already been programmed with some of your special talents, attributes and qualities from past life experiences.

"The Sacred Breath then moves back up in front of the physical vessel and automatically enters the body where your crystalline Still Point Seed Atom is located. This Seed Atom was designed to magnetize, integrate and hold these higher frequency Particles of Light. It could be called a holding center, for it is directly connected to your Sacred Heart.

"The Adamantine Particles of Light are then drawn into your Sacred Heart to be activated through your seed thoughts and intention. These programmed Adamantine Particles are then ready to be breathed out into your Twelve Ray Creator Wheel, as well as out into the world-at-large. A dedicated portion will also stream into the World Pyramid and other pyramids of Light of your choice." (6)

When the Breath of Life is restricted, he tells us, we're reduced to a starvation diet of Light nutrients.

“Those who exist in the illusion of the third and lower fourth dimensions receive only a small stream of Living Light from our Father /Mother God via their Higher Self. The Breath of Life is restricted, and only a minimal amount of primal life force energy is available to them. You might say they are on a 'starvation diet' for they are not receiving all the 'Light nutrients' they need to function as an 'empowered Spiritual/human Being.'

"The air the masses breathe at this level of existence is only oxygen; however, as you gain access to the higher dimensions, you also tap into the Living Light called Adamantine particles or Prana. For you see, when you are resonating with the more refined levels of consciousness, the air is filled with the Elixir of Life, and through dedication and intention, you

prepare yourselves to become vessels for the Living Light. This Christed Light cannot be re-qualified, it can only be used for the greatest good, for it must be activated by your pure, loving intent. Otherwise it remains dormant.” (7)

AAM’s discussions are the most detailed “anatomically” and the first I’d read that confirms that the soul lives in the heart; specifically in the Vesica Piscis.

The form of the Vesica Piscis is illustrated to the left. He says:

“As you develop the ability to breathe in the Sacred Breath deeply and effortlessly, your awareness will gradually descend into your Sacred Heart Center, and then even deeper into the Vesica Piscis Mandala which contains the White Fire, Sacred Seed Atom—your own personal Divine Facet of our Father/Mother God.



*Form of the Vesica Piscis*  
*Credit: Daniel B. Holeman*

"This is when you may draw forth all the Sacred Love you can contain. This is where you realize that you are the dreamer as well as the dream. It is in this Sacred Space that you will begin your journey back into the

wholeness (holiness) as you strive to recreate yourself into a SUN CHILD of our Father/Mother God. This has been preordained; it is your Divine Heritage.” (8)

On another occasion, he tells us how we can know we’re making inroads in this practice. Again he advises us to breathe up love from the heart and send it out into the world.

“Consciousness within is a constant state of JOY and an overwhelming feeling of LOVE. This high frequency radiation from your Sacred Heart Core, via your Solar Power Center, will affect everyone and everything around you.

“Just as the blessed Essence of Love/Light/Life is radiated to you from the higher dimensions of Light, you must radiate a portion of Living Light outwardly to humanity and the world-at-large.” (9)

The bliss for us arises as a result of the love flowing through us, out to the world. Apparently a certain amount of love can be held statically but the remainder, to be experienced, has to be allowed to flow and the most fruitful place for it to flow is to others.

Since I began reporting Ascension back in 2008, I've been looking for easy spiritual practices that writers and readers can use to further their enlightenment. Emergence was one such "easy" pathway. The path of awareness is the simplest thing in the world.

Likewise a knowledgeable use of the breath can be practiced everywhere, It's portable and eminently simple. And the returns in love that it brings make it a continuous gift without value.

## **Footnotes**

(1) "Archangel Michael: Perfecting your Skills as a Co-Creator," channelled through Ronna Herman, July 29, 2013, at <http://www.ronnastar.com/messages-aam/>.

(2) "Archangel Michael: Downloading Your New Divine Blueprint," channelled by Ronna Herman, November 1, 2014, at <http://www.ronnastar.com/messages-aam/>.

(3) "THE SEARCHLIGHT OF THE SOUL: YOUR TWELVE RAY CREATOR WHEEL," transmitted by Ronna Herman, LM-11 2015, at <http://www.ronnastar.com/messages-aam/>.

(4) MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING \* THE BREATH OF LIFE, at [http://www.lightgatherings.com/AAMichael\\_SoulBreathing.html](http://www.lightgatherings.com/AAMichael_SoulBreathing.html).

(5) "Archangel Michael - Traversing the Upward Passageway into the Future, through Ronna Herman, April 1, 2013," at <http://www.ronnastar.com/messages-aam/>.

Specific discussions of the Infinity Breath can be found by googling the term and adding "Archangel Michael." Here are some: "Binary Sequencing Exercise with Infinity Breath: Archangel Michael through Ronna Herman" at <http://www.edsia.net/meditations-content/infinity-breath-with-binary.html>; "Archangel Michael ~ The Spirit and The Soul and a New Pyramid of Light Meditation. – Through Ronna Herman" at <https://archangelsanddevas.wordpress.com/tag/infinity-breath-meditation/>; and "MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING \* THE BREATH OF LIFE" at [http://www.lightgatherings.com/AAMichael\\_SoulBreathing.html](http://www.lightgatherings.com/AAMichael_SoulBreathing.html).

(6) "Archangel Michael - 'Hold Steady, Beloveds,'" transmitted through Ronna Herman, Feb. 28, 2013, at <http://www.ronnastar.com/messages-aam/messages-aam/667-aam-03-2013.html> <http://www.ronnastar.com/messages-aam/messages-aam/667-aam-03-2013.html>.

(7) MESSAGES FROM ARCHANGEL MICHAEL \* LM-9-2008, *ibid*.

(8) "Archangel Michael - 'Hold Steady, Beloveds,'" *ibid*.

(9) Archangel Michael in Ronna Herman, "The Mystery of the Vesica Piscis," Oct. 2012, at <http://soundofheart.org/galacticfreepress/content/mystery-vesica-piscis>  
<http://soundofheart.org/galacticfreepress/content/mystery-vesica-piscis>

## How Could I Have Missed It?

Nov. 9, 2015



There seem to be steps to this process we're all going through. I don't think the steps are the same for everyone.

And I don't think the existence of steps necessarily means more than the need to step up and then rest and regroup.

I just passed through what feels like a huge step for me. It's hard to talk about it because I fear being misinterpreted. I could be called a narcissist for this next share. But it doesn't change the fact that I'm pretty sure I'm telling the truth. Here goes.

I've just fallen in love with myself, passionately. Passionately, I say. With abandon. As passionate as I've felt in relationships recently.

This evening I've erased the obstacles within myself to loving myself completely. And oh, what I found.

Previously I've been the timid resident in a body with complaints, with an uncertain future, carrying a lot of responsibility. I didn't love myself. And I didn't know that I didn't love myself.

When I began to love myself passionately, the sensation was as if I just came alive. It was almost as if my self said: "It's about time I was noticed."

It was like letting light into a room that had been dark for a thousand years.

Never mind that it's dualistic. Never mind that it's using your imagination. Just do it. Love yourself, passionately.

How many teachers have said: Love thyself?

The Arcturian Group told us a few days ago to "learn to love yourselves." (1) In another message they made the case for why that's good advice.

"We wish to speak of Love as an energy, which is why it is so important for individuals to love themselves as well as others. Love in its purest form resonates on a very high level – it is pure Light. When a person does not love or honor themselves, they block the flow and integration of this energy.

"You cannot leave yourselves out of the picture if you are to learn and experience Love which is the foundation of all that exists. Remember, there is only ONE expressing Itself in infinite form and variety and therefore you could never be left out.

"Many have been falsely taught that it is spiritual to denigrate the Self. It is not, this belief is an insult to the Divine – your true nature.

"Love, the energy of ONE is infinitely present and flowing within ITSELF. Everything you see, hear, taste, touch, and smell is ITSELF but interpreted according to the state of consciousness of the individual. Nothing or no one can ever be separate from ITSELF." (2)

The statement of the case I most resonate with came from Mary Magdalene:

"Do you understand deeply that YOU ARE LOVE?..."

"Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening. ...

"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? ...

"Invite all your cells and every particle of them, invite all parts of your Being, to be drenched in Love and let Love glue together all parts of you in perfect Harmony as you walk, talk and live Love. ...

"Magnify this dose of Divine Love I give you now and saturate your very Being with it, and then saturate all parts of you not in Love or Harmony and watch how you will feel more buoyant and in the Zone of Love — where it takes over all your thoughts and fuels your dreams, sculpts your dreams, and enables others to do the same." (3)

We often take their advice to love ourselves casually. But it's profoundly important.

The degree to which we love ourselves is, it seems to me, the degree to which we can (1) love others and, (2) as wayshowers, demonstrate love.

How many times have we heard it? Enlightenment is an inside job. The kingdom of God is within you. Seek God in the heart.

The ultimate nourishment we seek comes from within. It comes from loving ourselves. The love we lavish on ourselves is like a restorative and a restorer of the peace. It's our spiritual currency. It's our best investment. It's positively what's been missing.

The love that comes from the heart has to be of the strength of at least transformative love for it to produce results. Ordinary love is like striking a wet match.

Universal love? Even better.

Play music. Dance with yourself. Treat yourself to dinner. Whatever you do with yourself, do it for yourself as well. Fall in love with yourself all over again. And again. Every day.

To the degree that you do, to that same degree, I predict, can you fall in love with others. That's my bet. My money's on the green. (4)

Please don't misinterpret me. I'm not saying become a narcissist, a navel-gazer. This form of Self-love energizes and is capable of being shared with others (in fact it has to be). In the hands of lightworkers, Self-love is safe and beneficial.

Ayeee! How could I have missed it all these years?

### **Footnotes**

(1) The Arcturian Group, channeled by Marilyn Raffaele, Nov. 1, 2015, at <http://goldenageofgaia.com/2015/11/02/the-arcturian-group-via-marilyn-raffaele-november-1-2015/>.

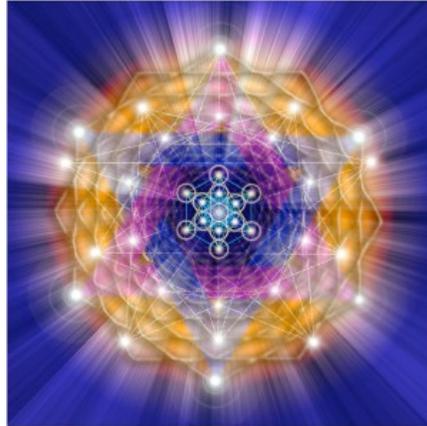
(2) The Arcturian Group, channelled by Marilyn Raffaele. September 6, 2015, at <http://www.onenessofall.com/newest.html>

(3) "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) The heart chakra is green.

## Just the Prelude

Nov. 13, 2015



To summarize then, there have been twelve transformational experiences since Oct. 3, 2015. They've stopped now and I'm in everyday consciousness again - whatever that is dimensionally.

Talking to St. Germaine in *An Hour with an Angel* today, he confirmed that we'd take "trips through the Ascension" portal and return as long as we're unable to hold the complete energy.

Nonetheless, though we'd relinquish some of that energy, we'd also hold on to some. Her confirmed that it was possible to completely ascend now. It depends on our "capacity," so to speak.

As far as I've gotten in this latest round, to the best of my knowledge, is the "vestibule" or first subplane of the Fifth Dimension.

I don't consider a transformational experience to be enlightenment. I didn't experience the two enlightenments that await us further into the Fifth Dimension.

I've mentioned them often so perhaps I can dispense with the long explanations of the terms and just say that seventh-chakra enlightenment, called Brahmajnana, awaits us in 2017 and shortly thereafter what sages consider to be liberation, Sahaja Samadhi.

Brahmajnana is a temporary heart opening and Sahaja is a permanent heart opening.

Here's Archangel Michael on the subject in a personal reading through Linda Dillon on Sept. 28, 2014:

Steve Beckow: Matthew [Ward] seemed to imply [Ascension] was going to happen in 2017. That is not the case, right?

Archangel Michael: That will be what you can think of as phase two, when the full awareness is anchored within everybody.

SB: So, now, the full awareness is Sahaja Samadhi.

AAM: Well, it won't be that extreme. But it will be a full... it will be what you think of as your Golden Age.

SB: Right. Is it an enlightenment?

AAM: Yes.

SB: So is it Brahmajnana?

AAM: Yes.

SB: Oh! 2017 will be Brahmajnana. When will Sahaja occur?

AAM: Shortly thereafter. (1)

These two enlightenments take place, the Divine Mother told me on An Hour with an Angel, at what could be considered higher subplanes of the Fifth Dimension, not in the vestibule or first subplane.

Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt “I am not the same,” then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. (2) And you don’t know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes?

DM: You can think of it as sub-planes, dimensional sub-planes, yes. (3)

What continuing effects did the transformational experiences have? I think the most prominent is that I take my life seriously in a way I did not before. And that applies to almost anything I do, from planning an organizational structure to going out for coffee.

That doesn't mean I take myself seriously. It means that I take my work for the Mother seriously.

It isn't exactly as if something new has arrived that has me take matters more seriously. It's more that some old things seem to have fallen away. I don't even know what they are exactly, but they leave me greatly unencumbered.

My mind remains quiet. My experience of life has an unmediated quality. I experience life more fully, deeply, and directly.

I also feel myself drawn to fields that have weight - sacred geometry is a good example; philosophy another; human-rights law another. I can't engage any more in things designed merely to pass time, although my desire for deep and intense discussions has increased.

I was introducing a colleague to the work of the Gender Equality Project today and found that, in explaining credibility analysis and decision-making, I was right back at the Immigration and Refugee Board, though nine years have passed.

It took no effort to retrieve that knowledge. In fact it wasn't as if it needed to be retrieved. It was right there at my fingertips.

I'm trying to put my finger on some quality that life has for me these days. No worries are showing up. The kinds of issues I used to have with life only a few years back appear to be gone. I'm absolutely ready to begin the next chapter - the Michaelangelo Fund, Gender Equality Project, expansion of the Golden Age of Gaia, on and on the list goes.

If Zap is right and project money begins to flow in a week or two, I plan to take a vacation of at least two weeks (I may write a bit on the road, not much; I really do need a rest). (4)

I feel no frustration, no expectancy, no issues at all. This in itself, whether Ascension or not, is a space worth experiencing and it's just the prelude.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 28, 2014.

(2) What Archangel Michael calls "trips through the Ascension portal" may be the same as what the Divine Mother calls "jumps" and "leapfrogging."

(3) "The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

(4) Until the Reval, we only have a skeleton staff here. To train new staff would take more time and energy than we can afford, making it a Catch-22. After the Reval, the Golden Age of Gaia will have departments and will expand by leaps and

bounds. Prior to that, we're simply doing the best we can. We still have not found an IT guru and welcome applications.

## Stream of Consciousness, Stream of Love - Part 1/3



Nov. 18, 2015

I've just re-entered the transformed space again. Never has the bliss been this strong or stable.

Later in this post, you'll hear Archangel Michael describe it as our natural state of being, the way things were intended. I believe that.

I ramble a bit here. In a blissful state, I don't think I can do anything else. Consider this stream of consciousness, if you will. A spiritual stream of consciousness, a stream of love. And forgive me that the cares of the world melt away in this state.

I returned to the transformed state by using a technique that AAM taught me.

I hitched onto the energy of a pleasurable thought. AAM said that anything like that could be used as a doorway into the natural state of bliss and it proved to be an accurate statement.

I let its energy transport me to a broader experience of bliss. I could have allowed a memory to do the same.

The thought was like a little strand of bliss connecting my everyday consciousness to the transformed state, like a lifeline that I towed myself in on. Or I could compare it to a bubble that I rode to the surface on.

I don't think this would have been possible even a year ago. I am certain I would not be doing this.

The state does expand, as Archangel Michael says (below); it increases and becomes more stable.

The predominant feature of the transformed space, aside from bliss, is that all care instantly melts and disappears in it. Nothing else has happened in my life that could or would cause them to disappear or explain their disappearance but the onset of bliss. The causes for all those worries remain. My situation is unchanged. But I'm worry-free.

My heart swells. There can be no finer feeling in creation than a heart swelling with bliss. Nothing else is wanted, not food, not drink, not anything else. Complete satiation and satisfaction.

(Continued in Part 2.)

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 21, 2015.

## Stream of Consciousness, Stream of Love - Part 2/3



Nov. 18, 2015

(Continued from Part 1.)

This bliss, Archangel Michael said last May, is only to grow. And that surely applies to us all.

Here he is in a personal reading on May 21, 2015.

Steve Beckow: I'm feeling a lot of bliss these days. Is this also permanent? Is this just going to grow?

Archangel Michael: It is to grow. What you are experiencing, sweet one, is the natural state of being. (1)

I have to interrupt here.

"The natural state of being." Remember that Sahaja means "the natural state of being." I'm not saying I've experienced Sahaja; I have not. But what Archangel Michael is giving us is a new teaching here, which he's allowing us to elaborate.

Bliss is our natural state. Sahaja is our natural state. Sahaja is therefore probably all-consuming, overwhelming bliss.

I think that these mini-satoris, these blessed moments in the transformed space, are of the same nature as Sahaja, only different in degree. The bliss we experience now is the bliss we'll experience then, but ours now are like little shots in the dark and Sahaja is like a lightning bolt, a solar flare, a consuming flood.

Let's continue.

AAM: This is the way that it was intended.

Must stop again. The way it was intended.

Not something we have to earn, not something we get by winning approval. The way it was always intended to be: Blissful.

I need to get this down to my bones. I keep thinking bliss is to be earned, not mine by nature.

AAM: Yes, this sense of well-being, shall we say, of bliss, of sweetness.

Taste the nectar in your mouth, quite literally. Know that the expansion of this [bliss] has no borders. It has no limitation.

No borders. No limitations. The experience of bliss just grows and grows and grows.

Really getting it - getting it at at least the experiential level - opens us up to the possibility of the blissful experience. It brings it within our belief system, our normal, lived reality.

I'm sorry I'm going on like this. I'm again in the midst of a creative explosion, as you can see. It's either this or dance around the room wildly.

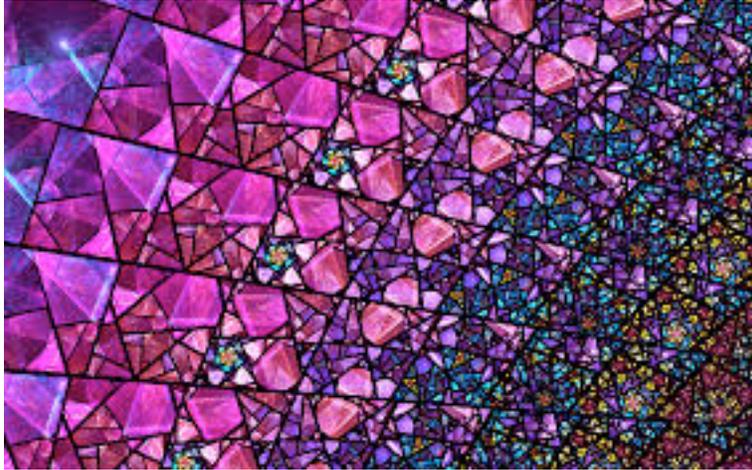
(Concluded in Part 3.)

## **Footnotes**

(1) Archangel Michael fun a personal reading with Steve Beckow through Linda Dillon, May 21, 2015.

When I had my vision of an individual soul's journey, from God to God, on Friday the 13th, 1987, I remember that the bliss I felt was what allowed me to instinctively know who the entities were that I saw in it (the Father, the Mother and the Child) and what they were doing. The blissful comforter, the Spirit of Truth (the Holy Spirit, the Divine Mother) will bring all things to remembrance.

## Stream of Consciousness, Stream of Love - Part 3/3



Nov. 19, 2015

(Continued from Part 2.)

Grab any foothold on the bliss train and clamber aboard. Then keep stoking that furnace - the heart-furnace, the bliss-fire. We continue:

Steve: Is there anything I can do to facilitate the expansion of that?

Archangel Michael: The more that you embrace it, the more that you enjoy it, the more that you let whatever issue arises simply float away, that is a catalyst for the [blissful] expansion[, entry into the transformed space].

What you are saying is, "I allow nothing in other than the bliss," and then you practice it. You take the time to allow the bliss to fill you.

It is a form of conversation. It is a form of communication. So you are speaking and addressing and engaging in a sacred union with your heart, with the bliss, with that sense of deepest connection.

Steve: What an adventure this is.

Notice the way Archangel Michael phrased it - a form of communication with the heart. Sacred union with our own heart. Is he not saying love ourselves?

This is him teaching heart consciousness and heartfelt communication and it's another new teaching we're receiving. He's expanding our spiritual understanding and using contemporary language and metaphors to do it.

I'm taking the time to allow the bliss to fill me. I'm enjoying it. Pardon me if my thoughts go in several directions.

Remember some time ago AAM said that love is in everything, including our thoughts. Grab on to your thoughts if they help you feel the bliss. Cater to ourselves occasionally if that brings us bliss. I'm not suggesting we become self-absorbed. I'm merely suggesting that to love ourselves is important.

Get into the bliss by any (dharmic) means you can. Remember what Sri Ramakrishna said? It didn't matter whether we ran into the lake, jumped into it, or fell into it. The whole thing was to get into the lake. The Ocean of Bliss. (1)

We need to break free. We need to get rid of disciplinary boundaries. Cleanse, purify, stand forth, declare yourself - or just jump in. Use any (dharmic) means you know to get into the lake of bliss. Saying this is the job of the pillar.

I act on what he says here and I can tell you I benefit from it.

I don't consider this transformational experience to be enlightenment. This is a peak experience, a mini-satori, a realization. For me, enlightenment is Sahaja Samadhi and nothing short of that will satisfy me.

Now I am banging on the anvil.

I must cut free and travel on the waves of bliss. One taste of it and one hungers for it ever after. I made myself bait for some great fish and some great fish has swallowed me.

I'm not sure I can keep up my normal workload under these conditions, just as AAM predicted.

I know I have my soul contract to attend to and of course I'll honor it. I won't go off and wander in flowered fields.

But I'll take at least a day off and just wander the streets, wide-eyed and blissful.

Unfortunately this will not last. How I wish it would. Nothing short of Sahaja lasts. How I long for the transformed space, conscious awareness, our natural state of love and bliss to be permanent.

Footnotes

(1) Lord Maitreya also said the same thing, I think, repeating what Sri Ramakrishna said:

“Wade in, dive in, get thrown in, if necessary — but jump in the lake!

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

Here are the means I've used that I can remember. Some have carried me to the transformed space. Some have only led to flashes of recognition of that space, in passing, so to speak. But all have contributed.

Laughing at myself  
Remembering the beloved  
Remembering bliss itself  
Having a taste of universal love  
Listening to music  
Reading the life of a sage or saint  
Reading about sacred geometry  
Taking a stand  
Stating the truth

Having a committed conversation

Making a promise

Declaring myself unequivocally

Protecting someone

Making a difference in someone's life

Taking a pleasurable thought or feeling and filling myself with the energy of it

# Who Will Accept the Invitation?

Nov. 21, 2015



*Credit: delacrememastermind.com*

On *An Hour with an Angel*, Oct. 15, 2015, Archangel Michael said:

"You say, 'It is not fair, Mi-ka-el, because [the Mother] is favoring some with visions, with bliss, with ecstasy, with knowing.' ...

"Let us play this out. If some of you are not feeling the expansion, the bliss, the love, that does not mean that it is not occurring. Do you feel the blood running through your veins? Do you feel the constant division and growth of your cells? Do you feel the synapses in your brain, the neurons? Do you feel that movement?

"You do not always even consciously feel the beating of your heart unless you are taking your pulse, unless it is pounding extraordinarily. That does not mean that your body has ceased to exist, that somehow you have died. This expansion, this upliftment, this increase in your frequency, is taking place regardless." (1)

"Do you feel the blood running through your veins?" We don't, but the blood is running just the same. And we don't say to ourselves that it isn't running just because we can't feel it.

In the same way, a few times when I've "recognized" the bliss, I saw that it was already there and I saw that I hadn't noticed it. The minute I noticed it, I was in there in a new way. Now conscious of the bliss, I felt it fill me up and sweep my concerns away. Bliss was like the heart beating or the breath; it remained unnoticed.

AAM goes on: "You do not always feel the beating of your heart." The heart beats but we're unconscious of it. That doesn't mean it isn't beating. When we become conscious of it, we're filled with awe that this mechanism, the heart, never stops its beating, just as the breath never stops its breathing. And it does so without any conscious effort from us. But that epiphany did not occur to us while we were unconscious of the heart and unconscious of being unconscious.

It's the same with the bliss as it is with the heart. It's there and probably always has been. But we just haven't been able to see or experience it. When we notice that it's there, when it enters into our conscious awareness, it blossoms and we become fully aware of it and fully immersed in it.

The thereness-and-not-thereness of the bliss is a paradox but only one of many we encounter as we mount Jacob's ladder of consciousness. I expect paradoxes to arise and fall away in steady succession.

The higher we go, the more what we left behind is seen as illusion. But it isn't seen as illusion while we're on the lower rungs of the ladder. The bus is a bus is a bus to us on the 3rd/4th. Later we see the illusory quality of it when we rise to a higher dimension.

I can conceive of an ascended master describing a high space to our uncomprehending looks and saying, "You'd have to have been there." And, yes, to understand what's being said, we'd have to have been there; we'd have to have had the experience. It's that way with bliss. There's nothing like it in the realm of consciousness we normally exist in.

Many spiritual teachers talk about the high, non-dual space (we call it "unitive consciousness" these days), speaking in ways and terms that are often incomprehensible to us.

"Abide as That in which there are no gods and their worship, none of the three Divine aspects of Creator, Preserver and Destroyer or meditation on them, no Supreme Formless God not meditation on Him." (2)

Excuse me? No gods? (3) No Creator, Preserver and Destroyer - i.e., no Divine Mother? No Supreme Formless God? What is this? This cannot be correct. If it were, it would be a paradox.

And yet, where there's no thought, there's none of these. All of these are ideas, concepts, notions. What the sage is pointing at is beyond thought, beyond vrittis or waves in the mind, beyond all movement, to complete stillness. Stillness of this order, to the best of my knowledge, can result in cessation or nirvana or Sahaja Samadhi. This is the direction the bliss is carrying us in.

When we go beyond ideas, we see there's no object. There's only the One Subject of all experiences. Moreover there's no objective consciousness; there's only consciousness without an object; i.e., Oneness.

How does one communicate the experience of something in words? I cannot. One can only communicate ideas, which haven't the power to bring the experience alive for another. Intellectual knowledge is good for brush-clearing, but it takes experiential knowledge to grab our attention and realized knowledge to satisfy our quest. Those cannot be supplied by another in the same way intellectual knowledge can.

The Ascension energies have the power to allow us to recognize the bliss that's already there, and recognize it for what it is - the very thing we've always been looking for.

All the sages seem to have the same object: They, knowing this space, only want to invite us into it.

It isn't because they're lonely and want playmates because, I think, they're never lonely. It's because the space is so wonderful that the heart overflows. One simply wants to give that love away to all who'll receive it. One wants to facilitate others entering this space.

Yes, it takes work to be in it. That's what all the clearing we've all done in the last two to three years was about. It was about emptying the lamp so it could be filled with oil that we, the unascended, might join the Bridegroom at the Wedding. This bliss we're feeling is the oil in our lamps. And our lamps apparently will be full.

God has sent the invitation to all the world - Christians, Muslims, non-believers; rich, poor, and in-between; blacks, whites and everyone else.

Who will accept the invitation?

### **Footnotes**

(1) "Transcript ~ Archangel Michael on AHWAA: No One Will be Excluded from Ascension, October 15, 2015," at <http://goldenageofgaia.com/2015/11/19/transcript-archangel-michael-on-ahwaa-no-one-will-be-excluded-from-ascension-october-15-2015/>.

(2) Bubba Free John, ed. *The Heart of the Ribhu Gita*. Los Angeles: Dawn Horse Press, n.d., 21. Ramana Maharshi, who loved to recite the Ribhu Gita, is on the cover.

(3) That is, no personifications of the three cosmic forces, the gunas: Rajas = Creation = Brahma. Sattwa = Preservation = Vishnu. Thamas = Transformation = Shiva.

Creation + Preservation + Transformation = The material forces of the Divine Mother in her aspect as the universal creative vibration, the Word of God, Aum/ Amen.

The cosmic forces or gunas make up the upswing of the sine wave that Aum is, the pause, and the downswing. Our breath imitates and reflects the structure of Aum.

# The Play of Conscious Awareness

Nov. 26, 2015



The play of consciousness continues to be the most important thing for me. In the face of it, all thoughts connected to the external world fade into insignificance.

While I was interviewing the Arcturians, the mood of conscious awareness began to rise in me.

By the time I joined my coffee partner, I was beginning to enter the transformed space again.

What I noticed predominantly was the feeling, not of love, not of bliss, but of being consciously aware. I have a base level of awareness that's not conscious, but this was conscious. It was if the totality of me was a conscious space extending outwards a few feet in all directions, with a point in the middle that I recognized as somehow "me."

In unconscious awareness, I was very much limited by the body and equated the body with "me." I was an imprisoned consciousness and I was unaware, because of the body's density, of much that was happening around me, outside of it. My

consciousness did not extend past the limits of the body. What and how the body was doing was intensely interesting to me.

In conscious awareness, I was very much aware past the limits of the body. In fact I wasn't much aware of what and how the body was doing and I paid it little attention. It just didn't attract my interest.

It was as if I had wraparound awareness. We would ordinarily say that I had "expanded."

It took a lot to remain open, in conscious awareness. Conversation about Aunt Betty or Harold the salesman did not interest me at all and, if I allowed myself to remain with it too long, the space of conscious awareness began to seep out of me.

While conscious, I felt certainty and confidence, though there was absolutely no reason to feel these ways. I "came from" these spaces rather than "reaching" them. They were my point of origin rather than my destination. That's the reverse of how we usually look upon those qualities in ordinary consciousness.

While conscious as well, I felt exhilarated, buoyant, capable, free. I remembered what Archangel Michael and the Arcturians had said that we have to value this space and want to remain with it for it to stay. If we didn't want to remain with it, or just didn't value it, it disappeared.

I wasn't impacted by what I did (as long as it was dharmic). But I was impacted by what I thought and felt about what I did. My mood was governed by my thoughts and feelings.

Again that's probably exactly why the Arcturians said we had to master every thought. Our thoughts have the power to pull us out of the conscious space. In fact it may be in the end that only our thoughts (and thought-generated feelings) can pull us out of it.

I feel joyous. I feel alive. I have boundless energy. I remembered being warned that we'd feel this way and yet we still need to rest.

When I think of giving myself rest, I feel bliss. The bliss comes from feeling caring for myself. I used to fester with self-hatred, as so many of us did. But now all that is gone, replaced by a feeling as solicitous to myself as it would be to anyone else standing in front of me.

Self-love has replaced self-hatred and that love of self becomes available to give to everyone else I meet.

One of our 3D paradigms is that we get love from other people when predominantly we get it from ourselves, from our own hearts. I'd appear before someone else with my begging cup in hand and a sign worn round my neck: "Love me."

Then I discovered, after the heart opening on March 13, 2015, that it was I who had to love me. That task fell uniquely to myself. And if I didn't love myself, I had no love to give to anyone else. The love pump, once running, does not discriminate. Excess love is always available and free (almost) to anyone else for the asking.

I'm now nestled into the bliss, like a pile of down feathers in a nest. I don't care if I lie down and don't sleep - as happens many nights. Every waking minute in this space is splendid.

# Breakthrough

Nov. 29, 2015



I'm having a breakthrough at this moment. I type this as I wait for a colleague to arrive for lunch.

I was walking down the street, full of joy and bliss, and I found myself saying to myself that I'd better cool it.

People would think I'm drugged or drunk. And I'm neither. I'm in the transformed space.

But just as suddenly I heard another voice say: "No, I don't want to hide it or shed it or deny it. I want to be as happy outside as I am inside from here on."

And that settled the matter.

I found myself snapping my fingers and "dancing" down the street (modest dance). You have to understand that to myself, that'd be the equivalent of a rhinocerus pirouetting. I could see that many people scarcely believed what they were seeing. Someone smiling, snapping his fingers and dancing silently to the music.

Jim Carrey?

No, that's how I feel. And I can take one of two courses. I can suppress it or I can express it. If the former, I hand in my awareness writer's badge.

If the latter, then my entire conversation from this moment on - when on this topic - would simply be: How do I express the bliss?

Under what circumstances? To what degree? In what manner?

What would happen if there were thousands more of us or dancing down the street? Not like a staged event. A spontaneous outbreak of happiness.

Well, that would be fine with me. I popped my cork. (1) I can stand the love. Now, I can. I couldn't before.

If I take this path, of staying with expressing it, I can imagine that I might see fewer people. One of the ways I lose this space is to give it away to another. I then occupy their space which could be about selling Encyclopedia Britannicas. I'm no longer willing to sell out this space.

Hours later....

This is one the longest stretches I've ever been in the transformed space.

I simply consider it normal now and am actually quiet about it rather than dancing down the street. I did some breathing exercises designed to let go of holding patterns in my stomach and that helped stabilize the space. I seem to hold my anxiety, fear, worry and such in my stomach.

I'm behaving perfectly normally now, although I'm joyous. I feel grounded, happy, content to lie on my bed and just enjoy my breathing. I may watch a movie tonight, something I almost never do. I may watch a lot of movies, five minutes of each. I may do nothing at all, have a luxurious bath, listen to music. I feel completely carefree.

## **Footnotes**

(1) The heart opening of March 13, 2015, which felt like popping a very large cork.

# A Big Push in Consciousness

Nov. 30, 2015



How can I not comment on the channeled messages we're seeing these days.

Notice how coordinated they all are. What do they all say in common? Love, love, love, love, love, love.

Natalie Glasson's message hit the ball out of the park for me.

"An explosion of light is moving through the atmosphere waiting to penetrate your being." (1)

OK.

"It may feel that everything that does not resonate with the light is protruding from your being, wishing to remain anchored within your being while also wanting to escape. This may create a chaos within you which will be experienced at different levels for each individual."

Absolutely.

"In the past it has been through chaos that light has been born. Again you are moving into an experience of inner chaos awakening to bring forth and allow an explosion of light into your being."

Totally. And I'm ready for the light.

I just spent the morning feeling bummed out, before realizing that these emotions were arising to be experienced (finally) and let go of. All they want is for me to experience them and let the river of awareness carry them away.

"Chaos doesn't have to be something which you are fearful of or shy away from because it is seemingly not spiritual or [impossible] to be enlightened when you experience chaos.

"However your reactions are the keys which allow you to move into a space of light within your being. Can you experience chaos within your being without fear and with a reaction or response of love? This is what is being asked of you."

No, I cannot. Not yet. Not completely.

And then the piece de resistance:

"A light which is the supreme love of the Creator and will intensify the supreme love of the Creator within you will explode within your being, it will fill every cell with light and create a powerful realignment encouraging balance, healing, further Creator consciousness awareness and resonance with the Creator. Imagine if all misalignments, blockages and limitations were dissolved and your entire being was free to reform itself into an awakened and aligned version of yourself."

This is the Light of the Self, the Christ, the Atman. This is the pearl of great price, the treasure buried in a field, the mustard seed that will grow into a great tree.

The message goes on to amplify what we may experience in this phase of our Ascension. It promises a fourth-chakra experience. We've already heard the Mother and AAM describe a seventh-chakra experience and a permanent heart opening in 2017.

One aspect of their report I'm hesitant to mention because we've all had such difficult experiences with dates. They predict this experience for most people will happen between Dec. 21-26, 2015:

"Many people will experience an explosion of light within their beings sometime from the 21st – 26th December 2015, those who experience it during this time will either require the collective support of others achieving it at the same time to aid their activation or are supporting the collective in their experience. Those who do not require amplification from the collective consciousness of humanity will experience their light explosion with divine timing either before or after these dates."

Eeek! Not another date. I can't avoid mentioning it here but I won't mention it again, I promise.

I maintain that it doesn't have to be the sight of a bright Light that we experience from the impact of these energies. I believe it can also be an explosion in consciousness, the vision of one's Chosen Ideal, or other manifestations. But the impact will be the same.

For me, this ability to look upon chaos without fear or reaction is what the growth movement aimed at. It's what est was all about, Zen, Vipassana (certainly), and enlightenment intensives. To regard everything with the same loving glance, without judgment or reactivity.

My work with vasanas could be boiled down to: Are we willing and able to experience our past traumas, now, without reacting so that we can then let them be swept downstream by the river of awareness?

You and I have been having this conversation about major vasanas (or what Linda Dillon calls "core issues") constantly for nigh on ... oh ... many years now. That

conversation is now being declared a "global" imperative. It's no longer a small and local conversation, but an inclusive, planetary one. I for one am swept away by the thought.

I don't even know what it means. I feel finished with the subject and now the planet is being implicitly asked to master it. I guess this is what wayshowers do, right? Talk about the territory they've been through already?

"The chaos which is arising from within your being is beautiful. You may have already experienced it in the past few weeks."

Uh, yes.

"Be experiencing it now or about to identify it within your being. It may feel all-consuming, familiar or simply a mild frustration and yet if you are willing to recognise the chaos with awareness and love, you will accept and ignite an explosion of light within your being."

I'm up for that. Ready, aye, ready.

Holy mackerel. The rest of Sunday's messages are also on love. A big push in consciousness must be on. Or that's the way it seems to me.

Now to take pen in hand and continue drawing the new map of Ascension. Ascension has had long times of gradual elevation. If we were to see the Light of the Divine Child (Self, Christ, Atman) in a fourth-chakra moment of enlightenment, as the Andromedans suggest, then that would be one instance of Ascension being sudden.

I imagine that would be followed by another period of gradual ascent. And that too would be followed by another sudden moment of "ignition" - the sixth-chakra sight of the Light in all creation.

Then more gradual ascent and then the kundalini would reach the seventh-chakra and we'd have the sight of the Light transcending creation.

And finally, at the end of our current round of Ascension, the kundalini would double back to the heart through the nerve called the Atma Nadi and permanently open the heart in the experience of Sahaja Samadhi.

This is the manner in which Ascension can be said to be both sudden and gradual.

Oh, yes, and I mustn't neglect this diary entry. At the beginning of writing this message, I was not in the transformed space. And now I am.

### **Footnotes**

- (1) “The Andromedans: Explosion of Light Within,” Channeled by Natalie Glasson, November 27, 2015, at <http://goldenageofgaia.com/2015/11/29/the-andromedans-via-natalie-glasson-explosion-of-light-within/>.

# I Want Nothing Else

Dec. 1, 2015



## *Original bliss*

I was "sharing" and "comparing notes" with a friend in Australia who's also had a heart opening and he reported the same experiences.

In his case, he saw a brilliant Light, which would be a vision of the Self, Christ, or Atman, our essence. In my case, I felt a torrent of love.

We both agreed that there was no way to describe the flood of love and bliss one feels when the heart opens. It defies words.

But the point I wish to make is that just talking about bliss brought me into the transformed space. I acknowledged to him and his partner that I had just entered the transformed space. The conversation had carried me into it.

I left the conversation deep in bliss. So talking about bliss seems to invite .... well, yes, it does. It does invite the experience of it.

And one experience of it seems to be all it takes to create an explosion of and then an ongoing ease connecting with bliss.

I cannot for the life of me see the pattern in all these trips in and out of the transformed space but I'm quite sure there is one. I can certainly see the direction all this is going in though.

For now, all I can do is list the circumstances, define the situation, like an ethnographer or sociologist. So here we have "talking about bliss" resulting in another entry into the blissful transformed space.

I can't remember which day it was that I decided I wasn't going to abandon this state any more. My house is now bliss-friendly.

After making that decision (but making it firmly), I remained in the transformed state for the rest of the day without fear, worry, anxiety. I was comfortably and stably settled into it.

It still comes and goes however. But it's getting easier to summon bliss, so to speak. It comes by earnest invitation. And (consciously) touching any little bit of it, no matter where or how it happens, has led and can lead to an instantaneous and explosive experience of it. After that, the channel is open.

My friend described an explosion of white Light. I felt a torrent of love. I'm beginning to suspect that both were instances of "stream entering" in Buddhism and "spiritual awakening" in Hinduism. (1)

If I can pretend to be him for a moment, here's what I'd say: I have seen the Light (2) and I knew it was myself. I found the treasure [the Self, the Light, the Christ] buried in [the] field [of the heart]. And buried it up again [relinquished the experience].

Having seen the treasure, I now want to own the field and hence the treasure. And so I sell all other desires than that and focus on purchasing the field. Purchasing the field is to say the Light becoming so intense that it causes a permanent heart opening.

Having purchased the field is a state which many sages call moksha or liberation. I've called it, after Ramana Maharshi, Sahaja Samadhi. It's the endpoint of Ascension for most people.

Sahaja means our "natural state of being." Our natural state becomes our normal state and our heart remains open. What a torrent of love and bliss that must be.

For my friend, his "crystal staircase" (his words) of enlightenment might be more and more brilliant experiences of Light. For me it might be deeper and deeper experiences of Love. The ascent will be different for different people.

You can see that I'm quite present in my writing. Anyone who's followed me over the months and years can detect in the way that I'm speaking right now that there has been a change in me. Yes, it comes and goes, but it's staying more and more as well.

My job is to go through Ascension along with everybody else and write about it, to make the whole thing public. This is what that looks like.

Back to the bliss. I feel myself enter a space of freedom from care.

I can feel those careworn feelings if I wish (purely optional), but, even if I did, I'd still feel buoyed up.

Bliss is like a sweetness that's maintained through different concerns and anxieties. The different worries are all there but the sweetness of the bliss is also there and it cancels the worries out, while itself retaining its fullness. For these reasons, I contend that bliss transcends and transforms worries.

One taste of bliss, a sage once wrote, and he hungered for it ever after. For me, bliss is the reward for all action. It's all I want and all I've asked for.

I feel blissful at this moment. I feel satisfied. I feel at peace. This is the experience of the transformed space. And all I want is for others, like my friend in Australia, to know this space. Jump in. The water's warm and so inviting. And love is nothing without participation, without flowing.

## Footnotes

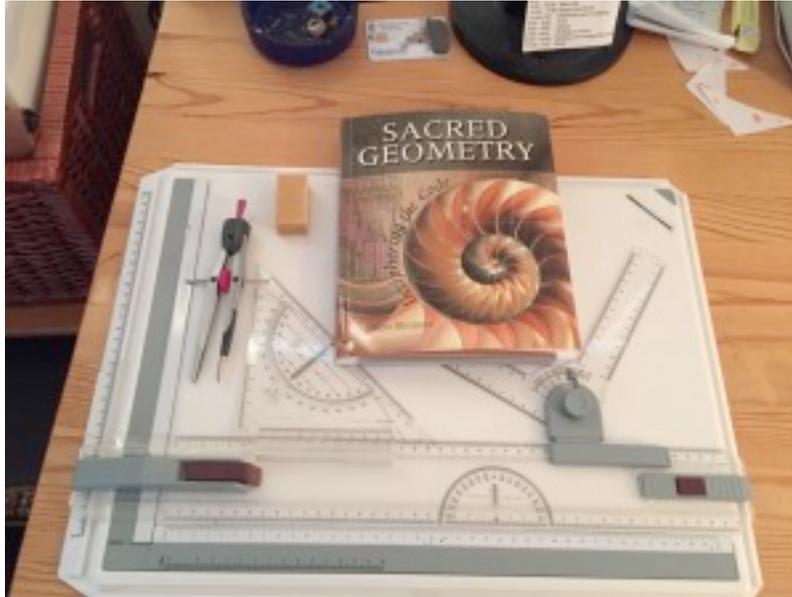
(1) On stream entering, see here: [http://goldengaiadb.com/E#Enlightenment -.281.29 Spiritual Awakening - How has the experience of spiritual awakening been described.3F and following](http://goldengaiadb.com/E#Enlightenment_.281.29_Spiritual_Awakening_-_How_has_the_experience_of_spiritual_awakening_been_described.3F_and_following).

(2) Compare with Krishnamurti's first experience of enlightenment:

"I sat crosslegged in the meditation posture. When I had sat thus for some time, I felt myself going out of my body, I saw myself sitting down with the delicate tender leaves of the tree over me. I was facing the east. In front of me was my body and over my head I saw the Star, (1) bright and clear. ... There was such profound calmness both in the air and within myself, the calmness of the bottom of a deep and unfathomable lake. Like the lake, I felt my physical body, with its mind and emotions, could be ruffled on the surface but nothing, nay nothing, could disturb the calmness of my soul. ... I was supremely happy, for I had seen. Nothing could ever be the same. I have drunk at the clear and pure waters at the source of the fountain of life and my thirst was appeased. Never more could I be thirsty, never more could I be in utter darkness; I have seen the Light. I have touched compassion which heals all sorrow and suffering.... Love in all its glory has intoxicated my heart; my heart can never be closed. I have drunk at the fountain of Joy and eternal Beauty. I am God-intoxicated." (Krishnamurti in Mary Lutyens, *Krishnamurti: The Years of Awakening*. New York: Avon, 1975, 171-2.)

## Sudden Rise of New Interests

Dec. 2, 2015



Another feature of this new space that many of us are probably exploring is the sudden rise of new interests, including what feels like the remembrance of things associated with past lives.

Jesus said that the blissful comforter will bring all things to remembrance. Bliss has that impact on a person, as I recall from my 1987 vision experience. (1) There I found myself tapping into all manner of knowledge that I probably would not have known ordinarily in the face of the overwhelming bliss I was feeling.

In the present situation, I received a book from Amazon.com on sacred geometry and found that nothing in my ordinary day-to-day life would explain my almost insatiable desire to read the book.

I've told many people that I have no time any more to read books. But I made an exception for this one.

I've had a life as a physical and sacred "geometer." But I don't remember any of the knowledge I presume I had then. However, I feel confidence around the subject, even though I know nothing about it.

I even went out to a local art supply store and bought a desk-sized drawing board and began immediately drawing all the figures in the book, which helped me understand the concepts. But I did all this not knowing why I was doing it.

Platonic solids, the Golden Mean, Fibonacci sequences, fractals - I couldn't get enough of it. Here I was cutting out triangles to make a five-pointed star and really understanding relationships and patterns that had been totally hidden from me. This was all new knowledge and strange territory, but I felt as if I already knew it (even though I don't).

It isn't that I'm remembering knowledge. I'm remembering enthusiasm.

Here's another indication that our past lives may be coming to our conscious knowledge. In freshman college, I took Ancient Greek. And now here I am, today, poring over ancient Greek vocabulary lists, lapping it up. (2)

My point in saying this is to suggest that, as we enter this new transformational territory, we may find new interests arising without them having any foundation or prior appeal that we're aware of. I hated mathematics in high school and university. (3) It was the opposite of everything I enjoyed - the humanities and social sciences were my "beat" and I roared through them. (In fact I may go out to UBC Library and spend a day flipping through kinesics, proxemics, semiotics, etc. But without confining, critical professors. I'm really bitten.)

At one point I was almost flipping through the pages as if it were a manual that I had used many times before and was totally familiar with - when I'm not familiar with it at all.

I experienced confidence, certainty and courage where there was no basis for any of them.

This is becoming in effect my diary of entry into and adaptation to the transformed space - whatever it is - Fourth-Dimensional, Fifth, Sixth or higher. We really are, all of us, explorers entering uncharted waters; in this case, regions of consciousness. If the world is flat, we're going over!

The transformed space does take some getting used to. It doesn't come with a user's manual and there aren't a lot of folks to rub shoulders with in the beginning.

I don't know if you get the irony of that: As a lightworker and a believer in UFOs, Ascension, etc., there weren't a lot of people to rub shoulders with anyways! And now!

I recall saying to myself today or yesterday that I was willing to model this transformed space, to demonstrate it. That's a hugely confronting choice for me to make but I'm willing to do it. Well, I am doing it. This is what I do and chose to do.

Here's to authenticity, transparency and self-revelation. They're all the same thing. Coming out of our shells, making the whole thing public, opting to be seen rather than hidden. And making the best possible sense out of things that arise within us, which have no obvious or clear explanation.

## **Footnotes**

(1) On that experience, see "Chapter 13. Epilogue," at <http://goldenageofgaia.com/spiritual-essays/16244-2/the-purpose-of-life-is-enlightenment/ch-13-epilogue/>

(2) <http://socrates.berkeley.edu/~ancgreek/vocabU/vocabmainU.html> Alpha, beta, gamma, delta, epsilon.... It's all coming back. And I love it!

(3) In a reading, AAM said that, at the end of this particular life, I said to him: "Please don't ask me ever to study mathematics again." And he agreed. But here I am.

There actually was another chap back then who was interested in numbers. I was more interested in relationships.

# Bliss Methodology

Dec. 6, 2015



*Bliss Dancer from Burning Man*

*Credit: [www.seeknewtravel.com](http://www.seeknewtravel.com)*

I can now state with a reasonable amount of experimental and experiential certainty that, just as I could draw love up from my heart and send it out to the world, I can now do the same with bliss.

I'm at this moment awash in bliss. And this time it was a direct result of drawing bliss up from my heart and breathing it out to the world. If this proves consistently to be the case, then this method would rise to the top of the list for me. (1)

Although any method is welcome.

It'd rise to the top of the list because it's a method that addresses the rise of bliss rather than bliss being an unintended consequence of some unrelated activity (reading the life of a sage, listening to music, etc.).

As a self-professed Ascension "ethnographer," I assert the relationship between bliss and the heart. The heart is the source of my bliss.

My act of drawing bliss up produces a soft flow of it. The more I repeat the action, the more bliss comes up and remains.

Unlike love, which flows, bliss stays. Not forever, but longer than love. I simmer in bliss whereas I experience love as it pours through me.

Like transformative love, bliss is impersonal. Unlike transformative love, which has to be given away, bliss is enjoyed equally as much by oneself alone or as something shared.

Moreover, I experience transformative love as it goes up and through the region of my head. I experience it as it's passing by.

But bliss fills me up like a balloon and is capable of being enjoyed in a more static way.

In the face of transformative love, I want to hug everyone. But in the face of bliss, I want to sit quietly and simply enjoy it. Love has me be social; bliss has me be solitary.



*Drawing bliss up and sending it out to the world.*

*Credit: fitlife.tv*

I'm tempted to associate transformative love with the Mother and bliss with the Father. But I have no more reason for saying that than noting the movement associated with love and the stillness associated with bliss. (2)

The only connection bliss seems to have with the mind is that, when I judge someone, bliss flees. When I anchor myself in my thoughts, bliss flees. I have to surrender everything and simply enjoy it for bliss to stay.

Ah, but what enjoyment!

### **Footnotes**

(1) Here is that list. Some have carried me to the transformed space. Some have only led to flashes of recognition of that space, in passing, so to speak. But all have contributed.

Laughing at myself  
Remembering the beloved  
Remembering bliss itself  
Having a taste of universal love  
Listening to music  
Reading the life of a sage or saint  
Reading about sacred geometry  
Taking a stand  
Stating the truth  
Having a committed conversation  
Making a promise  
Declaring myself unequivocally  
Protecting someone  
Making a difference in someone's life  
Taking a pleasurable thought or feeling and filling myself with the energy of it  
Breathing bliss up from my heart and out into the world

(2) Father is stillness and silence; the Mother is movement and sound.

# Onwards and Inwards

Dec. 6, 2015



We hear the masters often say to us to go inward. Seek the kingdom of heaven within. Know thyself. Go within, into the heart.

Onwards and inwards, a friend quipped to me the other day.

And I saw that I've been going inward for the better part of my life, but never thought I did.

For me it was always self-awareness, and it happened, well, in the everyday layers of the mind as well as the deepest part of me, simultaneously. I would shift back and forth between aspects of myself, states of mind, effortlessly. I think we all do.

Add to that that this occupation requires a lot of time spent alone. "Inward" has just been home to me.

Now it's becoming interesting. Because what I now see as "inward" is shown to be my naturalized state. Not my natural state yet. That's more than a year away (apparently). But the state I've grown accustomed to.

The simple act of maintaining awareness of oneself is all it takes. Sitara in her article talks about listening to herself say something negative. (1) Yes, being a witness of one's own words, emotions and deeds. Being the observer.

Watching ourselves. Listening to ourselves. Experiencing our emotions fully. Being who we are, in this moment, consciously. This is the consciousness path or awareness path.

I wish I could describe what it feels like to be in touch with one's self. The most exquisite love for oneself comes up, as if one is one's own best friend.

Tender love for one's self.

When one is OK with one's self, when one is at peace with one's self, when one is in love with one's self, then, for me, life really begins.

I think at some point most of us got scared out of loving ourselves. And now it's almost as if we need to regard ourselves as separate, as an object of investigation, to fall in love with ourselves again.

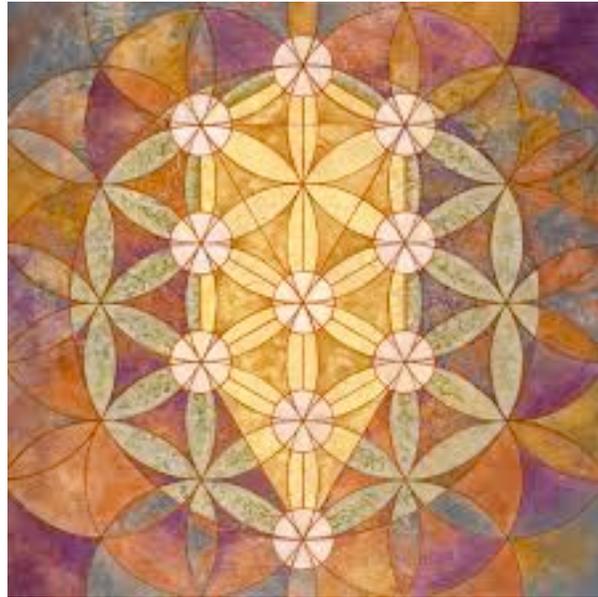
I think of myself as both a subject and an object. And the subject loves the object. I'm best friends with a second self that I project outwards. I find this imaginative exercise helps me to love myself, take care of myself, etc. I become the lover and the beloved, in my heart and mind's eye.

## **Footnotes**

(1) "Sitara: Love Works. Always" at <http://goldenageofgaia.com/2015/12/01/sitara-love-works-always/>.

# The Absence of Pain

Dec. 6, 2015



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 in 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 <http://goldenageofgaia.com/?p=269824>.

## A Glimpse of Ascension - Part 1/2

Dec. 11, 2015



*This is bliss. More is ecstasy*

We all have our missions and mine is to be a communicator.

Further to that, I'm to go through Ascension with everyone else and write about it.

It seems implicit in that and in other things that I know that the experiences in consciousness I or others like me (people who've agreed to go first and go public) pass through are meant for some people to read and then experience themselves once the territory has been identified and at least tentatively mapped.

We're explorers. We're scouts. And we're reporters.

Since it's my job, I'm going to talk about some things I ordinarily would never talk about. These things are usually meant to stay private. One doesn't want to be ridiculed for one's spirituality. That's precious and it'd hurt.

Moreover, it sounds boastful to be talking about these kind of things and most people wouldn't do it. Neither would I, were it not for the fact that I'm expected to. This is my work. Self-awareness, transparency, consciousness raising - it's what I do for a living. It's this or wash dishes.

I'm now ready to conclude that the events I've been through since at least March 13, 2015, when I had a major heart opening, up to this past week when I experienced ecstasy for some days, were meant to be a foretaste of Ascension itself.

I said it was implicit "in other things that I know." I've had the inestimable benefit of having a personal reading with Archangel Michael every three weeks since early 2011. I'm able to ask him to interpret events and confirm certain lines of inquiry. That's where the knowledge of certain matters comes from.

I've had profound spiritual experiences in the last eight and a half months, but they've been truncated, as Archangel Michael has confirmed for me in a reading. I'm being allowed to visit "exalted" states, have a glimpse of them, but I'm not allowed to live there.

Let me cite a conversation in which he confirmed that the completion of the kundalini that I experienced after Wave X was truncated.

Steve: [Emptiness of mind] was followed the next day by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

Archangel Michael: Yes, now it is part of the reset button. Think of it in this way. If you are installing, say, a new program, or you had an old program that kept stalling out three quarters of the way full and you were frustrated as all get out with it. And you are asking for the fullness of the program to come online so you turn off your computer and you restart it.

That is what you did.

Steve: Hmm, interesting! Ordinarily you would experience Brahmajnana at that point but I felt that it had been muted, toned down.

AAM: Completely toned down. We want you very physically present.

Steve: Alright, good. That makes sense. (1)

Not only do they tone down these experiences so that I'll remain in the physical body, but they want me to keep writing rather than sit under a tree in bliss.

Therefore I'm being offered a glimpse of these states, a holiday, a reward, and an enticement to conduct spiritual studies on these states of consciousness. Well, no need for an enticement there.

I believe that the events of my last eight and a half months have paralleled what we think of as Ascension, but toned down. I've had a partial experience and that was marvellous enough to set me singing.

Let's review those events. The articles on this site will establish the timeline. I'm just going on memory and my memory is not the best these days (It's wanted that I forget about 3D and taking away my memory of it was the preferred way of accomplishing that). So I'm at best being approximate in what I say here.

The heart opening on March 13, 2015 opened me to love and I realized immediately that I had (almost) never loved in my life. I might have spent minutes in love in some of the transformational experiences I've had in my life (hence the "almost"). But that's all the love I've felt in my entire life.

The important thing here though is that I believe the heart opening was comparable to the first experience of enlightenment, which occurs when the kundalini reaches the fourth or heart chakra (not the heart).

I think we as a collective will have that experience in the near future (no dates please). That experience is called spiritual awakening by Hindus and stream-entering by Buddhists.

I think I had a toned-down version of it. If it were full-blown, I'd be shouting with enthusiasm, as my Australian friend who had it did.

Nevertheless, I began to explore this new domain that I found myself in, in which transformative love swept aside negative conditions like anger, jealousy, and greed.

Ordinary love is overwhelmed by these negative states but transformative love doesn't offer them any footing.

I lived for months in transformative love and then came Sept. 27/28, the Blood Moon Equinox.

(Concluded in Part 2.)

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

## A Glimpse of Ascension - Part 2/2

Dec. 12, 2015



(Concluded from Part 1.)

Some days after Wave X hit the Earth, I found that my mind had fallen quiet. And the next day after that, I watched as the kundalini completed its circuit to the crown or seventh chakra.

Ordinarily the completion of the kundalini circuit would result in Brahjmajnana or God-Realization. Brahjmajnana is a temporary heart opening and is redolent with bliss.

I didn't experience God-Realization, just the completion of the kundalini. I posted in the first part of this article what AAM said about truncating the experience.

However a few days later I began to watch bliss arise in me. It was almost as if I was getting to experience the state in pieces. First the kundalini rising; then my mind falling quiet; and a day after that the bliss.

I existed in this state of bliss for some time and very much enjoyed it. And then I hit a state that was even higher than that.

Before I get into that, I must digress.

The defining event of being inside the Fifth Dimension and anchored to it is Sahaja Samadhi. Sahaja, or our “natural state of being.” It's a permanent heart opening. It occurs well inside the Fifth Dimension. It brings with it moksha or liberation from the need to be physically reborn.

Sahaja and not Brahmajnana sees the end of our vasanas or core issues. The seeds of future action are burned to a crisp. Our karma is complete.

And our heart remains permanently open. This is the Fifth Dimensionality that we're all looking for and which we hear described in many channeled messages, especially those of Saul and Jesus through John Smallman. This is our collective destination.

If we're looking for the sudden side of Ascension, it'd be in these experiences of (1) spiritual awakening, (2) Brahmajnana and (3) Sahaja Samadhi. All the rest of Ascension is gradual.

Two aspects of what happened next convinced me that I was given a truncated experience of Sahaja. The first thing was that I felt ecstasy. Bliss is higher than love but ecstasy is higher than bliss. It's like a staircase and these are its steps.

Ecstasy was completely satisfying. I was totally content. And yet, unlike as in bliss, in ecstasy I didn't want or need to stand off from people. On the contrary ecstasy was enough to stand the jostling that people do with each other whereas bliss would have me be off by myself enjoying it.

While I was in ecstasy, I noticed that I felt no pain, no leftover trauma, no vasanas, no core issues. They were utterly gone and that too is a feature of Sahaja Samadhi.

Now I did not say I've had Sahaja Samadhi.

What I said was that I'm being given tastes of what lies ahead because it's in my soul contract to write about it.

Why would the Company of Heaven not give brief experiences like these to someone who has signed on to write about them? It makes perfect sense. But that's not equivalent to residing in the state we call Ascension. I've just had a look inside the room.

Mine has been an experience of the consciousness side of Ascension. Other people will ascend the mountain by other routes. Some will love Krishna or Jesus. Others will labor for the poor or hungry. Others will study sacred mandalas and ponder Sri Yantras. Others may chant Aum and say their mantra.

Everyone will have their own pathway. Mine is the path of awareness, which again makes sense. What better thing to write about when one is writing on Ascension than one's own experiences and noticings, seen in self-awareness?

It all fits. It all makes sense.

Having gone through the experiences of the last eight and a half months, I think, allows me to speak about them with a modicum of experiential knowledge.

I'd like to say that what awaits us, based on my experiences, is wonderful beyond description.

We're in good hands. We'll enjoy the ride. And getting there will satisfy us completely.

Oh, look, just in writing this, I'm back in the space of love/bliss/ecstasy again. This space is definitely the payment for all labors. Write "Paid in Full" on my account.

Last night, in ecstasy, I phoned Suzi Maresca and asked her if she'd just be my witness of what the ecstatic state looks like. I had a five mile smile and an unflappable sense of humor. I was imperturbable. And oh so happy!

Having come back from looking at the territory up ahead, this scout reports that all is well. Just remain open and accept what the energies bring you. And, if you'll

take it from me, don't allow Team Dark to set your agenda. Let's set our own agendas from now on.

# The Mother Promises a Massive Heart Opening - Part 1/2

April 25, 2018



*During Heart Opening Week, I'll be posting a number of articles on individual or planetary heart openings.*

*In this one, the Divine Mother issues her announcement, reposted from Sept. 6, 2017.*

The Divine Mother's plan for a "massive heart opening," that she revealed on *An Hour with an Angel* on Aug. 17, 2017, (1) is not a trivial event.

She said she wanted the news broadcast far and wide: "Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians." I promised the Mother that I'd write on it.

It's the best news to hit this planet since our distant past.

It's not THE "Event." There will be a series of events in all fields (ascension, abundance, disclosure, etc.), not simply one.

It must be that way because too much happening in the outside world risks panicking people. And too much happening in the inside world creates anxiety and worry (and visits to doctors, tests, etc.). Ascension is gradual with a few peaks, like this massive heart opening.

If it's anything like the one I had in March of 2015, there'll be no hiding it, especially since it'll be followed (perhaps not at the same moment, but shortly thereafter) by a torrent of love that'll sweep us clean.

The transformative love we'll be left in - the real, true, or divine love - is like a big campfire that everyone loves to gather around.

I'll post an excerpt from the interview as [Part 2](#) of this article, below. But let me extract from it here.

Here, in the middle of her discussion of how hard conditions are in the world, she announced:

"I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try, do not even think or consider tamping it down" (1)

When she used some of these words, my ears pricked up. (She probably used them on purpose.)

"Your hearts ... you feel ... are exploding." Yes, that was exactly what happened to me, as I described many times. The energy crept up my leg and when it reached the fourth chakra, my heart (not my heart chakra) exploded.

Well, you can bet your boots I'm waiting to ask her to confirm and expand on what she just said.

But the chance didn't come! She was saying her farewells and just leaving the matter like that (or she's pulling my strings backstage or we're all the Mother anyways)!!!

There followed what was for me a remarkable exchange. You have to realize that, in my mind and heart, I'm talking to the Mother of all Creation.

Steve: Mother, wait a minute. Don't depart please, just yet.

Divine Mother: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway. (2)

So she *is* describing a heart opening and it's already underway. The Solar Eclipse was a symbol and reflection of it. But the eclipse did not create it. (3)

She gives us a second confirmation:

"So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, 'Now this is a sign'? I say, yes!" (4)

This being the case, I suggest that the whole planet is in for a treat such as few people have ever imagined. And to be doing it all together is ... well, just what we wanted in 2012. It's beyond beyond.

I'd want to enter into such a life-changing event in a state of surrender and gratitude. It may prove to be a temporary occurrence, whereas the final Ascension event (Sahaja) will be a permanent heart opening. But no one, I predict, will want a refund on that grounds. The experience is ennobling.

For as long as it lasts, we'll be in a state wherein the world will work for everyone. Anyone in divine love has no ill thoughts or intents. Divine love sweeps them aside. The world will simply, naturally work.

I'm not surprised to see this happening around the same time the Reval is touted as happening (although we've endured countless false alarms).

If the whole world were in divine love and lightworkers had access to prosperity, oh my, heavens, righting the balance on Earth would be quick and easy.

Consider yourself put on notice: A Tsunami of Love is coming to the planet, in the face of which your heart will feel like exploding. Mine did.

All it does is remove the obstacle, the mass of beliefs and decisions, from your heart to allow the love to flow freely.

Know that any spiritual experience of this type comes from the Divine Mother and just surrender to it.

This event constitutes the first stage of enlightenment in classical enlightenment studies ("spiritual awakening" in Hinduism and "stream-entering" in Buddhism). It's to be followed by even higher enlightenments, culminating in our Ascension.

Jai Ma! Victory to the Divine Mother. It's awe-inspiring to watch her at work.

*(Part 2, transcript of the Mother's remarks, can be found [here](#).)*

## **Footnotes**

(1) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet," Aug. 21, 2017, at <http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>.

(2) Loc. cit.

(3) The Mother says she does not need to use astrological alignments, although she may decide to delight us by using them. They reflect, but they do not create. (I wonder what symbolism 9/11 will be used for this year?)

(4) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet," *ibid*.

## The Mother Promises a Massive Heart Opening - Part 2/2

April 25, 2018



*The Divine Mother says she incarnated as Mary (1)*

*The Divine Mother issues her announcement, reposted from Sept. 6, 2017.*

(Concluded from [Part 1](#), above.)

(From The Divine Mother in “Transcript ~ A Mass Heart Opening on This Planet,” Aug. 21, 2017, channeled through Linda Dillon, at <http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>.)

Divine Mother: I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! *Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try. Do not even think or consider tamping it down. ...*

Go with my love.

Steve Beckow: Mother, wait a minute. Do not depart please, just yet.

DM: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway.

So many think of this time of summer as a quiet, lazy, “breathe in, breathe out” time. And you are correct, and because you are doing that we can effect greater change more rapidly. We can ignite not only your heart opening, but your free will – the truth of your free will – which most of you are only exercising in a very small percentage. And those who are creating mayhem, they are not in alignment with Divine Free Will. They are simply nurturing their own petty interests. I speak frankly because it is a time for truth speaking.

So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, “Now this is a sign”? I say, yes!

SB: But Mother, you use the word exploding. That is why I am commenting. Because, of course, the heart opening that I had March 2015, was explosive. And so...

DM: It is explosive. It is implosive.

SB: Yes. Should I be writing on what to expect? That your heart could feel like it is exploding.

DM: Yes.

SB: Yes. Ok, thank you.

DM: Now let me tell you...you have asked me to remain and so I will say more!  
(Laughter)

SB: Oh, please. And we will give Michael some time too. [We extended the program.]

DM: That is why I have begun by saying you may feel physically – because this is a physical embodiment ascension – you may feel as if you are exploding. You may wonder, “Should I call 911?” Now if you feel this, then go ahead and do so because it will reassure you that what I say to you – it is going to feel, and some of you are already feeling this – that you can’t contain it. That your very skin is imploding and exploding and that your heart and the conscious knowing of love is so big that you just don’t know what to do with that.

So, this is my guidance. Accept, surrender and breathe. That is what you do with it. And as your body attunes and adjusts, in a full, calm, organized way, jump into action. Do not feel that this is not possible or “I don’t know how this would ever work.” Now will you, in your opinion, make some missteps? But understand, in the new realm, there is no such thing as mistakes. And, understand, there is no guilt, no shame, no blame. Those are what have controlled you for so long. And it is like vapors in the air.

Ask the channel about the scent in the air. The very air of earth is filled with my essence. And you are going forward and I am flooding you. And when I say that I speak on behalf of all – that is all, in my terms. So, will you feel like you are exploding? The answer is yes.

SB: Well, but now you have introduced a second element to it, Mother [the mention of "flooding you"]. And, I have to ask you about that as well. After the explosion I had March 2015 I felt a torrent [flood] of love. It swept away everything. It was your Tsunami of Love, was it not?

DM: Yes.

SB: And, will others be experiencing this torrent of love as well?

DM: Most certainly.

SB: Ok, well, thank you! Oh boy! Then I need to discuss this with readers, because we need to prepare for this, so to speak.

DM: Think of it in this way – and that is why I have begun by my indication that I know that some of you, sweet angels, you are my forward thrust. Yes, you experience forward thrust, but you are my forward thrust. And you have felt, at times, completely disassembled and discombobulated. And at other times you have felt disheartened and

you say, “Well, nothing is happening. I might as well just go get a job at the Five and Dime”. Allow yourself to receive. Now, many may feel, in the collective, that they have not welcomed this. And that is why they will turn to you. And they will say many things like, “I feel like I can’t breathe. Maybe this is the end of the world. I don’t know what is happening. I think I am sick.” And you will say no and lovingly support them and share the dream, which is the new reality. This is the time.

Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians. And I tell you, the trees and the stones are listening to me and they know. And, they are ready and they are supporting you. The entire planet, solar system, universe, multiverse is supporting you. You are not alone, in either the literal, practical or esoteric sense. We are with you.

### **Footnotes**

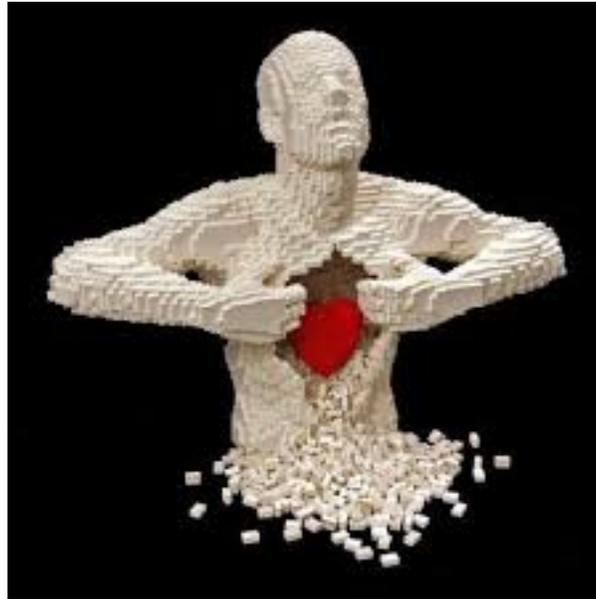
(1) “Greetings. I am Mary, Mother of the Universe.” (The Divine Mother at 13th Octave Initiation and Workshop, St. Petersburg, FL, March 3rd- 5th, 2000.)

I am known by many names, and that is appropriate. And I am thought of in many forms — as Mary, as Shakti, as *Mare*, which is very close because it is the word of ocean in your world and language. It represents the movement and the giver of life, the creator of life, of love, of form, of substance, of essence. ("Transcript of the Divine Mother on An Hour with an Angel, May 7, 2012," at <http://goldenageofgaia.com/the-2012-scenario/what-role-are-the-angels-playing/transcript-of-the-divine-mother-on-an-hour-with-an-angel-may-7-2012/>.)

# ⌘ The Magic of Love ⌘

## The Treasure Within

May 1, 2018



If there's one truth that has the potential to bring us the greatest good, the greatest benefit, it's this one from Saul through John Smallman:

"You seek desperately without for what can only be found within – Love – and there you will find It in abundance. Within there is no shortage or scarcity, there is only and always abundance." (1)

Numerous times I've suggested to people, desperately seeking love from others, that love flows from our own hearts up and out to the world, only to see them look offended.

It's as if they were saying, "I don't want to hear that. Tell me how I look." It's just not something a lot of people accept.

The Galactic Federation through Blossom Goodchild noticed this and commented on it:

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a

more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?" (2)

Nevertheless, the truth is that the love we seek from others for the most part is actually to be found in and flows from our own hearts.

I'm led to believe that we can feel the love that others send us. I've seen love be inspired in me by looking at another, hearing another, etc.

But being abundantly filled up with love? That for me is a function of having an open heart, one from which love actively flows. (3)

One can test Saul's assertion that the artesian well lies within, simply. On your in-breath, draw love up from your heart. On the outbreath - since love cannot be held, contained or bottled up - send it out to your own bodies and then out to the world. Now, isn't this what we're seeking?

Continue on each in-breath to draw love up. Feel it. Watch it grow. Have we not been sitting on the treasure box that Eckhart Tolle here describes?

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (4)

That box is the heart and the gold is its love, which flows like rivers when the heart is open.

For more than six decades, my heart had been closed. And it opened explosively on March 13, 2015. Suddenly I could experience the river of love that flows from the opened heart.

Love is the attractive, binding, and transformative force of divinity.

"You seek desperately without for what can only be found within – Love."

We sit on the treasure box when we don't know that the treasure of love is to be found within.

### **Footnotes**

(1) Saul through John Smallman, Sept. 11, 2016, at <http://johnsmallman.wordpress.com>.

(2) The Galactic Federation through Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG261nov25.html>.

(3) That time of heart opening has since ended. But the memory remains very much alive where most other memories have faded,

(4) Eckhart Tolle, *The Power of Now*. Downloaded from [http://www.inner-growth.info/power\\_of\\_now\\_tolle/eckhart\\_tolle\\_chapter1.htm](http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm)

# All We've Ever Sought, Lifetime after Lifetime

May 26, 2021



[\(https://goldenageofgaia.com/2021/05/26/all-weve-ever-sought-lifetime-after-lifetime/\)](https://goldenageofgaia.com/2021/05/26/all-weve-ever-sought-lifetime-after-lifetime/)

Certain rules apply to us if we're swimming in water that don't apply to us if we're walking on land.

If we're swimming in water, we remove our boots. If we're walking on land, we put our boots back on. The circumstances are different and require different approaches.

I was going over how to communicate some things to a spiritual group I'll be addressing. I encountered the same difficulties I always do.

I can't find words to communicate a higher-dimensional thing or event (walking on dry land) in words that make sense to our everyday consciousness (swimming in water).

Eventually enough people will share the higher context and we'll all just know what the other is talking about. You know?

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Now it's all blank stares. And it feels lonely. In the growth movement, we spoke about "thrownness." My "thrown" direction is to forget about having seen the Promised Land (the open heart). Just be quiet. Get on with it.

But that's ridiculous. All of us who can hold the light are destined to see - and inhabit - the Promised Land, to use that metaphor. Communicating about it is not a hopeless task.

But, until then, I have to use metaphors: The higher dimensions are like freshly-squeezed orange juice, this dimension is like Tang; lightning and the lightning bug; dry land and water, etc.

All one can do is point. But as Rajneesh said, don't look at my finger; look at what it's pointing at.

What is it pointing at? The answer will always come down to love and, through that, truth. Why? Because the purpose of life is to know the truth of who we are and the means to do that is through love. (1)



Everything that's been said about love is true. We don't realize it because we cannot imagine what the love is like that the prophets, sages, saints and mystics are all pointing to.

One of the reasons for that may be that our imagination is too dulled down by dragging these carbon-based physical bodies around all day. Compared to what life is like outside the body (imagine Tinker Bell), which I've experienced, (2) life inside is like walking around in a clanking suit of armor. We don't notice it because it's all we know.

So long as the hridayam or heart aperture is closed, so long is it "Access Denied" to the inner tsunami of love. So long as the hridayam is closed, so long is there a granthi or knot in consciousness, a knot of ignorance, obscuring the truth.

The closed hridayam separates the air inside the balloon from the air outside. Only that knot in the balloon prevents us from knowing that we are air (or God).

Ascension sees that aperture open for good, that knot in consciousness be dissolved, and our vasanas or core issues be burned to a crisp.

Welcome to a whole new world. Awash in love. Abundant in the very thing which, it turns out, is all we've ever sought, lifetime after lifetime.

### **Footnotes**

(1) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf> or enter "purpose of life" in the search box.

(2) I had an out-of-body experience in 1977. Tinker Bell was a character in J.M. Barrie's *Peter Pan* and Walt Disney movies, a fairy who had a magic wand. The etheric body, which I assume I was in, is like the finest gossamer, a spider's silk, or the down at the base of a feather compared to the suit of armor it operates in while in the body. One flies around like Tinker Bell in the astral form while one clanks around in the physical body.

# Fully and Forever in This Wonderful Space of Higher-Dimensional Love

February 25, 2021

(<https://goldenageofgaia.com/2021/02/25/fully-and-forever-in-this-wonderful-space-of-higher-dimensional-love/>)



*The Self exists in the deepest reach of the heart, called the seat of the soul. Credit: Ute Possega Rudel.*

I'm pretending that I get one chance to communicate this. It's like: If the whole world were listening, what would you say - that kind of thing?

THE most important thing I can do with this marvelous opportunity is to try again to put into words what higher-dimensional love is and is like. There's nothing more important than love.

I try and I try and I try ... and I fail. I hope I fail gloriously. But higher-dimensional love will not fit into third-dimensional language. The lexicon itself isn't sensitive enough. There just aren't words for it. (1)

There are none for the sudden transformation in a person when the higher form of love hits. And how you feel when it fills you up and then goes on to fill up everywhere you look?

That description may not be helpful though. So let me put clothes on the invisible. I have to be impressionistic rather than precise.

I can tell you about love's impact, what it feels like, etc., but not what love is.

I experienced higher-dimensional love after a heart opening on March 13, 2015. When you realize that "*this is love; this is what they're all talking about,*" a feeling of exquisite ecstasy comes over you.

Archangel Michael told me in a reading, that same day, that the experience was gifted to me because (A) I asked for it, (2) (B) I had been breathing love up from my heart and sending it out to the world, greasing the machine, and (C) because I was at the time passionately in love.

After a heart opening, one is hit by an inner tsunami of love. You wouldn't believe how fast your cares - Can we afford the rent? Should I take that job? - just blow off you and disappear in the face of it.

Let go of any thoughts of rushing water. That'd knock you over. This tsunami has no physical impact; its impact is spiritual. Your spirit soars and your cares are forgotten.

Oh, this is all right, you say. Now I know what the masters were talking about. (3)

Well, yes, this is a glimpse of Ascension. Love *is* the substance of the higher planes. This is the Ocean of Love we're all going diving in.

When I spent time in it after the heart opening, I was only aware of myself as a point of awareness. Everything else was love. As a point of awareness, I had no mass, no materiality. You could therefore say that love was everything.

The Father is simple and passive awareness; the Mother is dynamic and universal love. As a point of awareness, I was the Child of God in its simplest form, (4) in the womb of the Mother's endless love.

How did I feel? Aside from being filled with love? I was fully me. No question of authority. No fear of anything.

Deeply satisfied with all I saw, happy, elevated, blissful, I could not conceive of a better place. (5)

Traci, I've wracked my brain once again and still cannot find the right words to describe love's nature, only the ecstasy, the thrill, and the tremendous gratitude we'll all feel when all of us are fully and forever in this wonderful space of higher-dimensional love.

### **Footnotes**

(1) And I've listened to love songs, read love poems, been in love. But our love is like sugar and water compared to the champagne of that love.

(2) Ask and ye shall receive; knock and the door shall be opened. By the Law of Freewill, we must ask if we want the experience.

(3) In fact the person who ascends "knows" more than most masters I'm aware of. Most masters experienced seventh-chakra enlightenment or Brahmajnana. Ascension is beyond that, beyond the seven-chakra system; it culminates in an enlightenment experience known as Sahaja Nirvikalpa Samadhi. Ramana Maharshi and Franklin Merrell-Wolff are examples of a masters who did ascend.

(4) The Child of God, which is what we all are, is called by different names in different religions: the soul, the Self, the Christ, the Atman, the Buddha nature, the mustard seed that grew into a great tree, the pearl of great price, the treasure buried in a field, etc.

Its simplest form is pure awareness. That spark of awareness is piled upon by several bodies and is talking through a physical body which is both dense and limited in its experiential range.

Having been outside my body, I can tell you that the physical body is a very limited conductor of refined emotions. No wonder we rarely feel this love.

(5) Until the experience of love yielded to bliss.

## Nothing Matters But Love



"I am God's creature.  
Of him I am part.  
I feel his love  
Awakening my heart."

- Donovan, Brother Sun, Sister Moon

When you combine a call to personal authority with an opening of the heart (keeping in mind that the latter magnifies all feelings), what you get is a person who loves himself and sets about organizing his life in a way that serves ... serves everything: the Divine Plan, his soul's contract, his beloved Boss's wishes. And serves himself.

You get a person who's no longer content to allow himself to flirt with depressive feelings.

You get a person who interjects a note of oversight into his life to get the mechanism going when it's unawaredly stalled.

You get a person who realizes the preciousness and importance of choice.

You get a person whose greatest joy is to maintain connection with himself - first.  
After that, everything else.

The key to the success of any and all of this work for the Divine Mother, it seems to me, the key to the success of this intense intentional life we're living, is love. My gosh, it's so obvious after the fact and so unutterably unfathomable before.

I didn't know I didn't know. I was unaware of being unaware. I would never have seen unless you intervened, Lord, and burst the dam.

There's so much in my life that's out, incomplete, mishandled, sticking out at the seams. But none of it matters when love flows. And all of it matters when it blocks love.

It doesn't matter that all the chips are up in the air. It doesn't matter that there's so much to do and so much of it is time sensitive.

When it flows, nothing matters but love.

## Love has Come Calling



*What you would see. What I would see would be shafts of light emanating from my body. Credit: [istockphoto.com](https://www.istockphoto.com)*

<https://goldenageofgaia.com/2021/06/21/love-has-come-calling/>

I felt disturbed today. I felt at odds with myself. There's no reason for it. Everything is going as well as it can.

And so I looked. What is it that disturbs my day and won't leave me alone.

And suddenly I realized, love is trying to break out of me. Love has come calling. Michael said to me, "do not say no!" (1)

When I see it, I allow it. I remember the Arcturian Group's counsel, if you can't love, allow. (2)

I allow love to exude from me. I see myself blazing light from every pore. Again, a truncated experience - no bliss. No bliss ---> no realization. But still, a majestic sight. (3)

So I am actually in this toned-down experience. All of my knowledge comes to my aid at this moment. I've checked out each detail of similar matters to such an

extent that I can relax and enjoy what's happening. I'm not confused, concerned, or impatient.

And all of this is happening within a desireless space. The difference that makes is that I'm not adding anything from me to the now-dissipated background chatter. (4) I am simply here, observing and having an inner experience of shafts of light exuding from my body.

If the Mother were not holding back the bliss, I'd be perched on a much higher plane, briefly or permanently, and saying something weighty and deep at the moment ...

... and the whole purpose of being here would be lost. Mother wanted a journalist, not a guru. (5)

For that reason, I for my part don't simply go with the experience, but I take a break from it to record it. I know that, if the Mother desires it, she'll return me to the experience. If not, she didn't desire it.

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I can't be the only one for whom these things are happening. I've had emails from a few of you who've said things are happening for you as well. If they are happening, write an article on it. We need to get the word out.

I'm now beginning to appreciate what Michael means by "travelling interdimensionally." Since the walk-in on June 7, when I initially found myself desireless, my mind has fallen silent.

That enables me to feel and sense more deeply; my consciousness sinks deeper than everyday-superficial, to meditatively-aware. Given that we're on the cusp of the Fifth, that very well could be me crossing the border and coming back again - we'd call it "drifting in and out." I have no idea. And, as long as I experience this delicious love, I don't really care. (6)

What a ride. There's as much transition happening in the inner as in the outer. Both vie for my attention.

## Footnotes

(1) Said in another connection but it rings in my ears nonetheless: "Please, please do not say no." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.)

(2) "Change the phrase 'love whatever arises' to 'allow whatever arises.' When you allow whatever arises from your highest level of spiritual awareness, you are loving whatever arises. To see, understand, and accept something from a level of knowing the truth that underlies the appearance is love because you are in alignment with reality — oneness." ("The Arcturian Group through Marilyn Rafaele, Nov. 17, 2019" at <https://goldenageofgaia.com/2019/11/17/the-arcturian-group-through-marilyn-rafaele-nov-17-2019/>.)

(3) It was not a clairvoyant experience. It was a mental image. The difference would be between a movie and a TV show. A movie is crisp and clear; a TV show, back in the day, used to be much less clear, grainier. I don't want to exaggerate the impact of the experience: it was more amazement than upliftment.

(4) Constant Comment, the perennial critic, ended some years ago. But that did not end the background chatter.

(5) 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 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, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(6) See? Didn't the Mother say this would happen?

Divine Mother: 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.)

I'm aware of the pitfall and so I cooperate with the Mother, but I also know it could easily happen as she says.

## Love is All There Is



How easy is it to comprehend something that is all there is? And even if we did comprehend it, intellectual knowledge is not powerful enough to cleave the space and bring Light. Only realized knowledge is.

Nonetheless intellectual knowledge is a first step. Here I want to listen to those of our sources who say that love is all there is.

Jesus through John Smallman suggests that “love is the key to spiritual awareness because all that is spiritual, all that exists rests in Love.” (1)

He continues: “Love is your nature, your Source.” (2)

“Love is the most powerful field of energy that exists. It is the only energy field that exists. Any other energy that you can conceive of or experience is of the illusion, and is an enormously diluted and weakened form of Love, which allowed you to think that you had power without the Presence of your Father.” (3)

Love, he says, “is the life force; you cannot live without It. You are, every one of you, essential parts or aspects of It.” (4)

“Love is all there is,” the Arcturian Group says, “because Divine Consciousness is all there is. Within this ONE every Divine Idea flows forth in infinite form and variety... but always in and of the One.” (5)

SaLuSa of Sirius agrees. He tells us that “in the final reckoning, Love is all there is.” (6) Love, he says, “is life itself and the most powerful force in the Universe that will enable you to continue rising up through the dimensions.” (7)

“The order you see in the Universe comes from all souls reaching a point when they come to the realization that, in the ultimate, there is nothing but Love and that all life revolves and has its being within it.

“Even now you are rising up and your awareness is such that you understand the amazing power of Love.” (8)

Several sources list some of the forces and substances that love becomes.

### **Sanat Kumara**

“The fabric, the energy, the subatomic particles of this universe come from Love.” (9)

“Whether it is a love partner, a sacred union, a perfect family, or a gold coin, it is made of the essence of love.” (10)

### **Jesus**

“The construct — the fibers, the molecules, the subatomic particles, all of it that we have spoken of time and time again — the building blocks are love.” (11)

### **The Arcturian Group**

“It is the one energy, substance, and activity flowing in and through seemingly separate life forms, yet it is always the ONE because that is all there is — Omnipresence.” (12)

## **The Divine Mother**

“Love . . . is the only essence; that is the only substance; that is the only fiber there is. So everything that takes form comes from Love, comes from my heart and my essence.” (13)

“Child, love is all there is. It is the fuel, the fiber, the substance, the essence of All.” (14)

In a rather amusing metaphor, Mother Mary through Fran Zepeda represents us as bandying love back and forth between us, as it it was a tennis match.

“The love you receive and the love you give are now one and the same, dear ones. It is a constant bandying of energy back and forth and within you as you learn to live within this beautiful ‘Net of Love.’

“Take everything and see everything from that standpoint, the standpoint of love and beauty and the sweet soft nurturing that love is offering you now.” (15)

One corollary of these axiomatic statements is that love is in no way limited or exclusive, as the Angelic Guides through Taryn Crimi make plain.

“From our perspective love is unlimited. It knows no boundaries. It knows no color, no race, no creed, no gender, and no species.” (16)

Another is that love can be used to create. The Divine Mother reveals that “everything is created from Love.” (17)

The masters know this and use the energy of love to create, Jesus tells us.

“Love, as you have been frequently informed, is the power, the energy, and the intelligence of creation itself. Everything that exists was created in Love, by Love for the infinite pleasure that it would then enjoy, basking in and forever savoring the divine embrace in which all is encompassed.

“So, when you want to achieve something, when you intend to achieve something, the way to do so is to engage with Love. You are all children of Love; Love is your eternal nature, and it is by engaging with It that all that you could possibly desire not only becomes possible, but actually occurs.”  
(18)

The notion that love is all there is is so unsettling to our everyday notions of life that, reading the words above, we may not know how to react.

I look around my room and I see walls, chairs, tables, etc. Nowhere do I see love. I feel love a lot more now than I did, say, a year ago. But even then, the fact of love’s omnipresence and omnipotence doesn’t enter into most of my everyday dealings.

Having it be up to experiential knowledge excites interest. But even the feeling of it is intermittent and certainly not overwhelming.

This great fact of life - that love is all there is - only comes alive when we realize it; that is, when it becomes realized knowledge.

Then, I suspect, love becomes universal, unconditional and constant.

### **Footnotes**

(1) Jesus via John Smallman, November 27, 2013, at <http://johnsmallman2.wordpress.com> .

(2) Ibid., May 15, 2013.

(3) Ibid., June 13, 2013.

(4) Loc. cit.

(5) Arcturian Group, January 19, 2014, at <http://www.onenessofall.com/> .

(6) SaLuSa, Jan. 17, 2014, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm) .

(7) SaLuSa, March 22, 2013.

(8) Loc. cit.

(9) Sanat Kumara through Linda Dillon, "The Universal Law of Unification & Unity," Oct. 8, 2010 at <http://counciloflove.com/2010/10/the-universal-law-of-unification-unity/> .

(10) Sanat Kumara through Linda Dillon "Sanat Kumara discusses the Universal Law of Attraction and Repulsion," June 16, 2013 at <http://counciloflove.com/2013/06/sanat-kumara-discusses-the-universal-law-of-attraction-and-repulsion/> .

(11) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/> .

(12) Arcturian Group, Aug. 3, 2014.

(13) "Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity on Heavenly Blessings, December 3, 2013," at <http://goldenageofgaia.com/2013/12/universal-mother-mary-discusses-the-law-of-completion-and-continuity-on-heavenly-blessings-december-3-2013-2/> .

(14) The Divine Mother in Union & ReUnion, Council of Love Annual Gathering, Oct. 3-5, 2014, Lake Tahoe, Calif., 2014, 7.

(15) "Mother Mary: You Are the 'Harbingers of Love and Light,'" channeled by Fran Zepeda, June 9, 2014 at <http://franheal.wordpress.com> .

(16) "Angelic Guides: Love Knows No Boundaries," channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(17) “Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity,” *ibid.*

(18) Jesus through John Smallman, May 1, 2013, at <https://johnsmallman2.wordpress.com/>

## Just Love



Yesterday I felt so much love that what I thought of as “me” disappeared.

What do I mean by that?

That which I experience as “me” comes along with worries, hopes, fears, concerns, anxieties, preferences, desires, etc. When the love I felt washed away the me, all the worries, concerns, etc., disappeared as well.

When I noticed they had disappeared, I also noticed that the point of reference that I considered “me” had also disappeared.

I’m not sure for how long it disappeared because I fell asleep at some point and lost track of my situation. The “me” that I think I am was back by the next morning with all its worries, hopes and fears.

I’m not saying it was part of the tsunami of love, although it may have been. But I think it was a second preview, the first being the wave of bliss I experienced on last Thursday’s *Hour with an Angel*. (1)

I say a “preview” because the Mother said that the impact of the tsunami of love would be permanent and this was not. But even as a trailer, it was dramatic and utterly welcome.

The sense of peace I felt was the result of all my cares being swept away. It wasn't something that descended. My cares were washed away leaving nothing in their wake.

One of the things I saw from this is that, at this moment, I exist as a point, a focused spot, which I would imagine is infinitely elastic but definite and unmistakable (relatively speaking).

It's as if I have an IP address in the universe, as if I can be located by GPS – almost. That spot, that point of focus is “me.”

And around it cluster all my worries, hopes and fears. When that point or spot is evaporated or blown away, well, I'm not sure what happens to the worries, hopes and fears that cling to me, but I'm no longer aware of them.

And, at that moment, I was no longer aware of myself as a definite entity. I was only aware of love. Just as the explosion of love I felt in November washed away separateness for a time, so here the love I felt washed away my worries, hopes and fears for a time.

Now I descend into speculation. I'm not a spiritual teacher and I don't want to leave the impression that I want to be or am trying to be. I don't want to be one. It isn't my mission. But I do love this subject.

I speculate that the ultimate disappearance of the point of focus that I consider myself to be is (potentially) the same as the heart opening that Sri Ramana Maharshi discusses here.

“[The] heart [hridayam] is the seat of Jnanam [Wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut.” (2)

It is this knot or nexus that results in the experience of myself as a point of focus, I think. The nexus is loosed when the heart opens.

“When the mind drops down in Kevalya Nirvikalpa [Samadhi], [the heart] opens but shuts again after it.

“When Sahaja [Nirvikalpa Samadhi] is attained it opens for good.” (3)

Kevalya Nirvikalpa Samadhi, also known as God-Realization or Brahmajnana, occurs when the kundalini reaches the seventh chakra and results in a temporary heart opening. This is not liberation from the need to be reborn into physicality (Third Dimensionality).

Sahaja Nirvikalpa Samadhi occurs when the kundalini reaches the Hridayam or spiritual heart (not the heart chakra) and results in a permanent heart opening. This is liberation or what we call Ascension.

We’ve already heard our sources say that the tsunami of love, in which I believe we’ll have a heart opening, probably partial, probably temporary, is not Ascension. I asked the Divine Mother that question:

Steve: Now, my understanding is this event is not Ascension. But can you tell us what this event is and what we can expect from it, and where it fits into the Plan, what it contributes to our movement towards Ascension, please?

Divine Mother: It is another expansion of your ability to hold love and heart consciousness. (4)

And more recently Ashtar through Philipp said:

“I’d like to emphasize that the Love Transformation is not your Ascension. Ascension, as you all know very well by now, is a process that unfolds step by step. But this Love Transformation is one of the key elements of your Ascension journey.” (5)

If it were Ascension, the heart opening would be permanent. It seems that there will be permanent expansion but not to the extent that Ascension will bring.

I think expansion has to be considered as a question of degree, with the added parameter that reaching a certain degree will have us reach a tipping point, a critical mass that will bring Ascension in its train.

Returning to Sri Ramana, he says:

“The granthi is the knot which ties the insentient body to the consciousness which functions in it; that is why when it is loosened temporarily in Kevalya Nirvikalpa [Samadhi] there is no body consciousness.” (6)

I wasn't aware of whether I felt body consciousness or not. I didn't focus on it – or anything else to be quite honest, except the love I felt.

“He for whom the Atman [soul, Christ, Self] alone shines, within, without and everywhere, as (clearly as) objects to the ignorant, is called one who has cut the nexus. ...

“Once the knot is cut, one is never bound again. This is considered the state of power supreme and peace supreme.” (7)

So once the knot is not simply loosened temporarily in the experience of kevalya, but cut asunder in the experience of sahaja (Ascension), one is never bound again. I can imagine that Sri Ramana would see it as “power supreme and peace supreme” but we know it as no more than Fifth-Dimensional consciousness and we also know that much more lies beyond it.

I think Sri Ramana also knew that but probably could not take the conversation that far with his listeners without confusing them. But here we are a little more than a half-century later and becoming familiar with the mechanics of liberation. How cool is that?

I'm not saying that I experienced a heart opening. I don't think I did. But I do think that the utter disappearance of the point of focus that I think of as myself, when it

does come, will lead first to what Sri Ramana calls Kevalya Samadhi (Brahmajnana) and later to what he calls Sahaja Samadhi, which to us is Ascension.

That movement will be from a temporary to a permanent heart opening and will see the disappearance of what we conventionally think of at this moment as “me.”

When that happens, I surmise that I, or you, or we, will just be love.

### **Footnotes**

(1) SB: Well, you know, Lord, I suspect that I’m getting a download because I’m almost awash with bliss here. It’s very hard to do a radio program when you feel as blissful as I do. You almost forget what it is you’re doing. If this is a foretaste of the tsunami of love, it’s wonderful.

AAM: And this has been my goal this day, to give you a wash, all of you, to feel our love. (“Archangel Michael: Swept Away in a Tsunami of Love – Part 2/2,” Jan. 11, 2014, at <http://goldenageofgaia.com/2014/01/archangel-michael-swept-away-in-a-tsunami-of-love-part-22/> .)

(2) Sri Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(3) Loc. cit.

(4) “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/> .

(5) “Ashtar: The Love Transformation,” channeled by Phillip, January 13, 2014, at <http://goldenageofgaia.com/2014/01/ashtar-via-philipp-a-new-message-the-love-transformation/>

(6) Sri Ramana Maharshi, *ibid.*

(7) Sri Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*.  
Tiruvannamalai: Sri Ramanashramam, 1977, 49-55.

## I Love; Therefore, I am - 1



Descartes had it all wrong. It isn't "I think; therefore I am." It's "I love; therefore I am."

My muse is calling and I can't write fast enough the random thoughts that are popping into my mind so I'll simply jot them down as they come. I can't wait till Wednesday to post them.

We are love. The animals are love. The trees and plants are love. The void behind the air in the spaces between the trees is love. All, all is love.

Everything we see and don't see, feel and don't feel is composed of love, held together by love, and given leave to go by love. Love calls worlds into being, gives them life for a while, and then plunges them back into nothingness when their usefulness has ended.

\* \* \*

Love is the answer to all our dilemmas, problems, and quandaries. That having been said, one can say to another that the answer to all dilemmas is love and it may not make a whit of difference to that person. It didn't make a whit of difference to

me either so long as I was into resistance, resentment and revenge towards my father.

So long as I was I could not get something said like that as more than intellectual knowledge; later it was up to experiential knowledge; but only after I eliminated from my life the feelings of resistance, resentment and revenge could I feel unconditional love.

So subtle is the latter and so obedient to free will that my resistance to my Dad was sufficient to deny it access to me.

Now that those are gone, love arises automatically. Once the obstacle was removed, life took over. I couldn't have had love arise in me before for the life of me. I don't need to make love arise in me now; it arises effortlessly upon my calling it.

\* \* \*

What I want is a quiet mind and a loving heart, a still mind and an open heart.

If I want there to be peace inside me, I need to quiet my mind.

If I want there to be peace in the world, I need to share my love out into that world.

A quiet mind and a loving heart can bring peace to the world.

\* \* \*

A quiet mind is an unattached mind. To quiet the mind, detach from any and all emotions that will take you to the peripheries, the extremities.

Take out your garden shears and cut away all the vines of attachment that you can find anywhere around you. Take out Archangel Michael's blue sword of truth and peace and make sure that no visible or invisible attachments remain. Use St.

Germaine's violet flame to burn up all seeds of attachment. And blow away the dust.

Now, remain in the middle, the center, the heart, without attachments. Abide as that and decline to go again to the extremities.

And love.



The answer to depression is love. Imagine yourself as an elevator clerk, going up and down, picking people up.

Depression is a call to bring the elevator down. Jubilation, inspiration, love is a call to bring the elevator up.

The motive power for the elevator to go up is to breathe in love from the heart and then breathe it out to the world. Up you go, almost instantaneously. You get to feel the love as it goes by.

You can't hold onto love so you'll need to do this exercise ... well, with every breath. In my eyes, there's no exercise that's more important to do. In fact if I could choose but one exercise to do, I'd choose this one.

How many will do it? Perhaps not many.

But I will. Will you?

## I Love; Therefore, I Am - 3

April 22, 2018



Blossom's Federation of Light was talking about "the Event" recently. (1) We here, following the Council of Love's lead, talk about a major, planetary heart opening. We're all pointing at the same thing with different names.

It's one of those spikes on the road to full Ascension (Sahaja Samadhi). It goes gradual, gradual, sudden; gradual, gradual sudden. The Divine Mother once described it as "leap-frogging." (2)

Michael has called them ignitions; others have called them snaps.

I've had a sneak preview of the one upcoming and, as my movie review, I can tell you that this is one great film. Get your seat (popcorn and soda pop) early.

Never mind your senses being catered to. Imagine if every desire, every wish, every hankering you ever had was completely satisfied by something like a wall of water that came sweeping towards you and drowned you. Sound paradoxical?

The inner tsunami of love that is released some time after a heart opening is like a spiritual wall of water, a torrent of love that sweeps away every concern and fulfills every wish.

One could say that a heart opening is like a cosmic orgasm. Orgasm itself is a brief moment of higher-dimensional love (and bliss).

Combine everything good you've ever had in your life and that's the quality of higher-dimensional, open-hearted love. It's entirely satisfying. We want nothing else but more of it.

The inner tsunami washes us free from all impurities, obfuscations, issues - whatever you want to call them - the chains we drag along behind ourselves. We have this to look forward to in "the Event" or "the planetary heart opening." (Put that on the marquee.)

It's at this moment that we might say:

"F-f-f-r-r-r-e-e-e-d-d-d-o-o-o-m-m-m-m-m!"

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Classical enlightenment theory would distinguish between levels of enlightenment, differentiating each. Spiritual awakening is different from cosmic consciousness, cosmic consciousness from God-Realization, etc. In fact they are different in that they mark levels of awareness.

But what is missed out when seeing things this way is the continuity. In my view, we concentrate on one divine blessing - peace, joy, love, courage - and we go through deeper and deeper experiences of it.

In my case, I imagine that for me the heart will just keep opening more and more. For another they'll see more and more Light. Another the forms and then formless form of God.

The Mother appears to have chosen a heart opening as the modality for Planet Earth. Since we're setting the template for the wave of Ascensions that follow us, I imagine this is the Mother's favored template for everyone.

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I think that we'll all just find that the heart just keeps opening wider and staying open longer, as we pass through all the chakras and beyond them. (Sahaja, the final stage of Ascension, is beyond the seven-chakra system.)

I can say with assurance that "the Event" will be unlike anything you've ever experienced. Not just a cut above; a world above. A world that we never knew existed. Certainly a world that works and a world that lacks for nothing.

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Some things are mysteries - until they're not. I now know that I love; therefore I am. (3) It's all as clear as a bell to me.

Only the fact that I'd never known the inner tsunami of love made it a mystery. One dip, one drowning in the Ocean of Love immediately makes the matter clear: I love; therefore I am.

I live to love. I love to love. When I'm loving, I'm being the deepest me I can be.

It's obvious after a heart opening, but not before. "What's he talking about?" we might say.

But soon I'll be joined by millions of playmates and it won't be so lonely any more!!!! What you'll know then will convince you that your life is complete. I love; therefore I am. Yes....

### **Footnotes**

(1) The Federation of Light via Blossom Goodchild, April 20, 2018 at <http://goldenageofgaia.com/2018/04/21/the-federation-of-light-via-blossom-goodchild-april-20-2018/>

(2) Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes?

DM: You can think of them as sub-planes, dimensional sub-planes, yes. ("The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

(3) Don't limit that sentence to one meaning. Play with every word. Entertain alternate meanings. Expand. Who is speaking?

# Love is the Answer

April 2, 2015



*Love*

<https://goldenageofgaia.com/2015/04/02/love-is-the-answer/>

Saul once said: “Once Love is recognized, ... Its loving embrace is utterly irresistible.” (1)

I can vouch for that. (2)

Saul isn't talking about romantic love, friendliness, or kindness, but about transformative, universal and unconditional love. How can I suggest the difference between them?

Romantic love affects us on an emotional level, but doesn't sweep away (or transform) unwanted conditions like loneliness, sorrow, and dismay; transformative love affects us on a deeper level than that and has the ability to sweep unwanted conditions away.

According to Saul: “Whatever the question, Love is the only answer.” (3)

The Company of Heaven returns to the point so often that we must hear their message one day. The Galactic Federation said to Blossom Goodchild. “Over and over again we to talk about it , because [love] is all there is.”

“That is all there is to talk about. For there is nothing else in existence other than love...

“For if there were many that [saw this] they would not have the need to have answers to all these questions ... that in truth ... if we may be bold in saying ... do not matter!

“Nothing matters other than being love. If you really got that ... there simply would be no need to KNOW anything more.” (4)

It's my sense that this message is being sent by the Company of Heaven more and more these days because we're ready for it. Sanat Kumara said last month:

"I am going to be very forthright in this discussion because you are at a level of maturity, spiritual and emotional, where you can truly engage in the discussion, not the soliloquy, but the discussion of ‘what does this mean? How does this occur?’" (5)

In one of their discussions of love last summer, the Arcturian Group said: "Most were not ready for the deeper truths until now." (6)

I've wrestled with why I don't stop everything, lay down tools, and simply love. It'd take a huge commitment and the willingness to look simple and far out. I'd have to be willing to risk ridicule, a tool the Illuminati used with such success to keep us quiet on UFOs, etc. It'd take abandoning everything I've based my work on - research, building a case over time, etc.

Just as intellectual knowledge won't move us while realized knowledge will, so the stage of my growth and evolution is not strong or vivid enough to move me to be so radical and advanced. I stop short of going that far.

But that will change. Ask me again next year. Or maybe next month.

It's mainly our fear that led us to deny love, Saul says, and he describes what results.

“You allowed yourselves to fall into fear and remain there, convincing yourselves that fear must be overcome by the denial of Love, by judging and condemning those whose beliefs are not in agreement with your own, and then by demonizing and attempting to destroy them.” (7)

Those are the traps that society at large may have fallen into, but not every person in society. What results within ourselves when we allow ourselves to fall into fear?

“When you are driven and guided by fear your hearts are closed off, shut down, in a state of hibernation and unawareness, to enable you to use your fear as a tool that you think will provide you with the means to build impregnable defenses against your enemies.” (8)

Just as choosing fear shuts us down to love, Saul tells us, so re-choosing love proves to be the answer to emerging from fear. It's as if we put the car in reverse and back out of the place we've been in.

“Dismiss your fears by intentionally and very consciously opening to the divine field of Love which envelops you in every moment of your eternal existence, thus allowing your guides to help you see things more clearly and leading to the resolution of issues with which you have been concerned.” (9)

Given that we haven't chosen love up till now, the solutions our guides suggest to us now may seem novel and strange to us.

“It is likely that the solution that results will not be what you had expected, because frequently your expectations, your ideas of what needs to occur are not in alignment with Love's solution, the only viable solution.

“Let Love resolve your issues and problems by letting them go and handing them over to the divine Wisdom that will compassionately and gently show you the way forwards.” (10)

Saul explains why love is the answer to all social problems: “Love is the only means of resolution and It is completely effective because It embraces all unconditionally without judgment of any kind.” (11) Where things break down is where the mind kicks in and judges, makes wrong and tries to dominate.

“It is through love that you change it all,” the Galactic Federation emphasize. (12) “Love is the key,” Jesus tells us. “Love is joyful, accepting, enthusiastic, comforting, and inspiring, as divinely intended.” (13)

Love may be the key and “the solution to every issue with which you have to deal,” he explains “but one of the major problems is that most of the time you do not believe it!”

I myself am in that position. I find it hard to full accept that love is the key - at a deeper level than the mind. Jesus continues:

“And yet you can see clearly that anything that is in opposition to Love can never succeed in solving any of your multitudinous, and presently seemingly insoluble, problems.” (14)

Therefore, believing in the power of love to heal social situations is something that we may need to cultivate. I know I do. Relying on love exclusively is not something that comes automatically with me.

We as a civilization are slowly coming to recognize how love is the way out for us, Jesus suggests.

“Finally the Light, Love, which has always been with you and fully available, is being recognized as the only way out of your present cataclysmic dilemmas of perpetual wars – on terror, unjust political systems, evil corporations, the establishment, the anti-establishment,

cancer, drugs, poverty . . . on and on interminably and therefore insolubly!” (15)

We cannot fail in this endeavor, he reminds us, because love is all there is. We can bank on awakening and eventually relying on love exclusively.

“So, I repeat, ‘Hold your Light on high, constantly’ as we offer you endless, abundant assistance in your intent to be courageous, to be seen, to be loving, to be accepting, and by so doing, to change, permanently, yourselves and the world.

“Failure is neither an option nor a possibility, because there is only LOVE. All else is illusory. You will awaken into the brilliant Light of God’s eternal day!” (16)

We're being asked to reshape our personal lives to base them only on love. We're also being asked to radically alter our social perceptions, calculations and approaches to base them on love as well.

We've let our fears and desires blind us to the power of love but now with the waves of love hitting us and causing us to rise together, the centrality of love is becoming obvious to us and in the world.

I imagine that our embracing of love will go on in the manner of wayshowers continually pushing their edges, first one, then another out into the frontier of love until love is accepted by us as a global society as the answer to all our personal and social questions and problems.

## **Footnotes**

(1) Saul through John Smallman, Dec. 7, 2014, at <http://johnsmallman.wordpress.com/> .

(2) After the heart opening of March 13, 2015.

(3) Saul through John, Dec. 7, 2014, *ibid*.

(4) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

(5) “Transcript: Sanat Kumara – We Override Those who Want to Hurt by Anchoring Greater Peace Within – Part 2/2,” February 25, 2015, at <http://goldenageofgaia.com/2015/02/25/transcript-sanat-kumara-override-want-hurt-anchoring-greater-peace-within-part-22/> .

(6) Arcturian Group, Aug. 3, 2014, at <http://www.onenessforall.com/>

(7) Saul through John Smallman, May 27, 2013, at <http://johnsmallman.wordpress.com/>.

(8) Loc. cit.

(9) Saul, June 16, 2013.

(10) Loc. cit.

(11) Saul, August 28, 2013.

(12) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

(13) Jesus via John Smallman, July 31, 2013, at <https://johnsmallman2.wordpress.com/>

(14) Jesus through John, April 27, 2014.

(15) Jesus through John, July 22, 2013.

(16) Loc. cit.

# Love is My Safe Harbor

May 4, 2021



(<https://goldenageofgaia.com/2021/05/04/love-is-my-safe-harbor/>)

There's so much information going back and forth that one risks going on information overload daily.

And to compound matters for me, so much of it is on video, which makes reporting it more complicated. No copy and paste there.

I never recall where on a video I heard a remark. Not very much to show for all those hours of watching. Definitely not a good use of me as a resource. And so on and so forth.

And the meme war is so dominant even among lightworkers, I despair of many folks being willing or able to hear.

None of this chaos appeals to me or appears to me to be worth serving. So what's the answer?

I know the answer. It's staring me in the face.

I have to make a different choice. I have to rechoose what, of all I've been exposed to in life, I want to go with - to serve - in the middle of the maelstrom and there's

no question of what it is. The only thing I've ever seen, felt, known that is worth clinging to in a maelstrom - or at any other time - is love.

And not love as in a scarce resource I connive and finagle from another. "Give me your love." In my eyes, that isn't love. Not anywhere near it!

The love I'm talking about is of another world. OK, another dimension. Chances are you've never experienced anything like it before ... or you'd have jumped out of your seat when I even mentioned the matter: "Yes!"

I do get love from another, admittedly, but not in anywhere near the intensity I can get it from my own open heart. Moreover, I can summon it up from my heart on the inbreath, which I can't do with, get from, or ask of another!

*This love* is worth serving until things settle.

I'm not out to make a profit. I'm not running for public office. I'm not trying to make a name for myself as a talking head or expert. None of those things is worth spending energy on.

But love of this transformative, transfigurative variety, 5th-7th Dimensional, *that* is worth serving. Until things return to a semblance of normality, let me serve love in the best way I know how.

Love is my safe harbor.

# Love is Like a Factory Reset

November 19, 2020



[\(https://goldenageofgaia.com/2020/11/19/love-is-like-a-factory-reset/\)](https://goldenageofgaia.com/2020/11/19/love-is-like-a-factory-reset/)

If we're wondering where we're headed, Archangel Gabrielle describes it:

"The way in which this beautiful planet, Terra Gaia, was designed was, as you know, a place for angels and a few star visitors to come and have the experience of love in form, in physicality. Because of that basic notion, that kernel of creation, it was decided — the Mother desired — that there would be gender differentiation, so that there could be the experience of holding the divine masculine in form and the divine feminine in form." (1)

The alternating current of love, the perpetual flow of love from giver to receiver (because love must flow).

The love that she's describing (Fifth to Seventh Dimensional) will totally transform everything about our world.

If you were anxious, you now feel completely relaxed and capable. If you were poor, you now feel completely abundant.

This kind of love is like a factory reset. Or a bath in the River Jordan. The minute you immerse yourself in it, original innocence and purity return.

Above and beyond everything else is this Ocean of Love that opens before us. And all else that follows is determined by it.

Since it's higher dimensional, gone are such things as hunger and thirst, fatigue or ageing. Governance under these circumstances would be minimal.

I believe it was Paul who said that love is the fulfilment of the Law. (2) Given that we feel completely satisfied in that love, the Law becomes superfluous. There's no need for moral codes when all are immersed in love.

Krishna said: "When the whole country is flooded, the reservoir becomes superfluous. So, to the illumined seer, the Vedas are all superfluous." (3) When love floods everything, moral codes, books on enlightenment, universal laws all become superfluous.

Love is where the universal laws are designed to take us, the destination.

Strange that, though I can't say a word about love itself, I can't stop talking about it.

What could have caused this unending stream of words of praise?

### **Footnotes**

(1) "Archangel Gabrielle: This is the Longest War in Human History," channeled by Linda Dillon, March 6, 2014, at <http://goldenageofgaia.com/2014/03/archangel-gabrielle-this-is-the-longest-war-in-human-history/>

(2) "Love does no harm to a neighbor; therefore love *is* the fulfillment of the law." Romans 13:10, [New King James Version](#)

(3) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 40.

# I Have It Now

August 16, 2020



[\(https://goldenageofgaia.com/2020/08/16/i-have-it-now/\)](https://goldenageofgaia.com/2020/08/16/i-have-it-now/)

I'd like to think of the higher form of love I rave on about as "heavenly" love.

Why "heavenly"? To the ancient Christians, "heaven" was what we'd today call the higher dimensions; specifically, the "Fifth Dimension."

It was what followed what Jesus called Redemption, Resurrection, or Salvation, which we call Ascension.

In our present state, we're Third/Fourth Dimensional beings. We go back and forth - birth, death, birth, death in the Third Dimension, then Fourth Dimension, then Third Dimension, etc.

The next level up for us is the Fifth Dimension, which we're said already to be in without realizing it.

In that dimension we no longer need to be born or die. That's why Hindus call it moksha or liberation. Buddha called it nirvana and freedom from the wheel of birth and death.

The love that I experienced after my heart opening on March 13, 2015 Michael described as Seventh-Dimensional:

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

Archangel Michael: It is the Seventh Dimension. (1)

The Seventh Dimension is the dimension of Christ Consciousness, the Ocean of Love, etc.

I'm in the space of it as we speak, although I was not when I first began to write this article and I cannot tell you when it came upon me. It was quiet and subtle. It's what Rumi called "the unexpected visitor." (2)

As I said a few articles back, when you're in the space of this heavenly, transformative love, nothing else matters. Transformative love is always breaking news with me.

Constantly, when I'm in this space, I'm faced with a choice to write and jeopardize my connection with the space or stay with it and let go of the writing. I'm a journalist. My choice is always to write. (3)

At a time like this, my lack of a short-term memory doesn't weigh. If anything, it makes it easier to melt into this space.

In this space, nothing is lacking. The flow of energy, which we call "love," carries within it all other pleasurable energies. I can find within it a strand of gratitude, inspiration, bliss.

I become lost in an Ocean of Love again. It's been so long since I've felt this.

One reason people burst out laughing at a moment like this is that they find what has been there all along. They were sitting on a box of gold, to use Eckhart's metaphor, without knowing it. (4)

We just needed to dig down a bit. Underneath the vasanas, we'll discover that we're fine. Deep in the ocean, the hurricane is not felt.

And the deeper we go into the heart, the more peaceful we become, until we reach the end of the line, where shines the Self.

This is the first time I've been in the Ocean of Love (originally I was in it in 2014) since seeing the Self (at Xenia in 2018). Little did I know in setting out to look at heavenly love that I'd end up in it.

Jump in, dive in, fall in. Just get into the Ocean of Love, Sri Ramakrishna used to advise. (5)

Why do I need to go to the Fontainebleau in Miami? I have what that is all about right here.

What more can Kovalam Beach, Kerala, offer me than what I feel right now?

Is this not what magic moments, costing thousands of dollars, are all in search of? But I have it without all that.

And I have it now.

### **Footnotes**

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

### **(2) The Guest House**

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
As an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

— Jalaluddin Rumi, translation by Coleman Barks, *The Essential Rumi*

(3) All lightworkers here to help with Ascension are already higher dimensional. Why would the Company of Heaven send unascended beings to help with an Ascension?

Apparently, we'll return to our native settings when our work is done. There's no need to worry about achieving a level of enlightenment that we already have and will return to at contract's end.

(4) A beggar had been sitting by the side of a road for over thirty years.

One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (Eckhart Tolle, *The Power of Now*.

Downloaded from [http://www.inner-growth.info/power\\_of\\_now\\_tolle/eckhart\\_tolle\\_chapter1.htm](http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm).)

(5) "You see, the thing is somehow or other to get into the Lake of the Nectar of Immortality. Suppose one person gets into It by propitiating the Deity with hymns and worship, and you are pushed into It. The result will be the same. Both of you will certainly become immortal." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 217.)

"The 'Nectar Lake' is the Lake of Immortality. A man sinking in It does not die, but becomes immortal. ... God is the Lake of Nectar, the Ocean of Immortality. ... Sinking in It, one does not die, but verily transcends death." (Ibid., 108.)

Transcends death = Ascends from the Third Dimension, where death reigns, to the Fifth Dimension, where death no longer exists.

# The Real Reval

May 2, 2018



*Credit: www.galo.com*

The real Reval is the reset from ordinary love to transformative love.

Ordinary love cannot keep us from being enmeshed in conflict, dissension, attempts to control, manipulation.

Transformative love leaves no room for them. There's no question of them bothering us.

Ordinary love is like a fire. It can blaze pretty high. But transformative love is incandescent. Its flame cannot be quenched. Unless we leave it voluntarily.

It will never leave us.

Transformative love is worth more than gold and rubies. Open the treasure buried in the field and you'll find inside ... love.

If I am bereft of love at this moment, I must have abandoned it. It would never abandon me. I repent.

Where to find it?

How many masters have said: Seek it in the heart. The heart is the wellspring between us, the personality in the Third-Dimensional suit of armor, and our soul, the Self, the Christ, the Atman.

Love comes from the Self via the heart. The heart is an artesian well of love. So of course we'd seek it in the heart.

Once it's located, once the door has been opened, we discover that love is a flow. It has to be received, but it cannot then be hoarded or saved. It must be passed along.

And it cannot be passed along to some and not to all. Love, like rain, makes no distinction among sentient beings. It flows over rich and poor, all religions and nations alike.

So our love, to be transformative, has to take in everybody. That can be challenging, but it gets easier the deeper into transformative love we go.

Love yields to bliss. Bliss yields to ecstasy. Ecstasy yields to exaltation. But these are all in the end, it seems to me, forms of love.

Just as the other Reval produces value, so this spiritual Reval does the same. The more people who witness transformative love, respond to it, and achieve it, the greater the amount of heart-conscious value is produced for the whole world.

Ask for a heart opening. Twenty-five hundred years ago, you would have had to meditate to have it. In the End Times, I'm led to believe that one need only ask.

## **⌘ What is Not of Love? ⌘**

## The Mind Without a Heart - Part 1/2



*Credit: [www.lifehack.org](http://www.lifehack.org)*

Krishnamurti said that liberation comes through understanding the ways of the self. Let me look at that self, ego, or mind.

The mind is a complex spiritual computer which:

- (1) Stores memories from the past of things and events significantly related to its owner's perceived interests and survival;
- (2) Watches out for those interests and survival in the present; and
- (3) Takes purposive action designed to enhance and protect them in the present and the future.

Considered from the standpoint of the soul, which is who we are (the big-S "Self"), the mind is the epitome of highly-advanced artificial intelligence. Truth be told, every one of our bodies is artificial intelligence. Everything about us is, except the Self (and some would argue that even that is).

The mind is capable of making an object of awareness of anything, including itself. It can think and even talk about things that are distant, invisible, and non-existent.

It can conceptualize and talk about things that, for most of us, have only a theoretical existence, like subatomic particles and numbers. Have you ever seen a number right there in front of you? I haven't. Does it bother you to talk about something that has no form? Probably not. Thank the mind for those extensions of consciousness.

The most significant thing the mind is lacking is that it lacks a heart. I've been unable to find a mind with a heart, save one that has been placed in the service of the heart. It simply lacks it and everything that goes with it - compassion, generosity, mercy. An individual who has those has activated their heart and gained some mastery in conditioning the mind to its direction.

I'm not seeking to turn the mind into a little, grey, squishy thing that we chase around the room. I'm just saying that I consider its usefulness to have limits. I see the need to bring the mind under the heart's direction. And I have the motivation to do it.

Mine is not yet under the heart's direction. I'm walking through that process as we speak. And it has to be done because the new call to leadership from Archangel Michael raises the bar again.

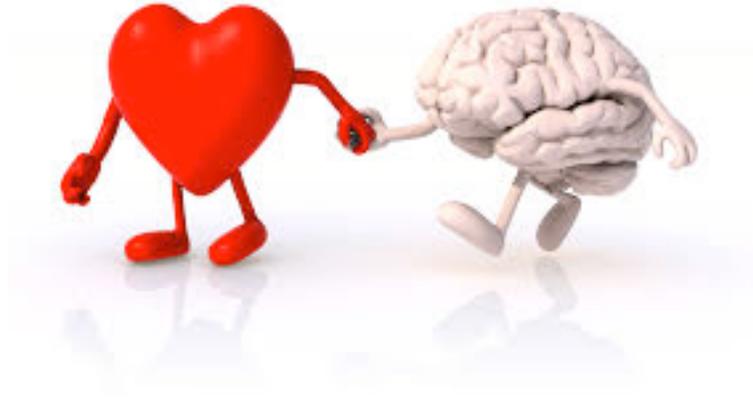
I used to ask myself how I could cross the line that separated me from not caring to caring about others. I couldn't see how it could be done. Not really.

I now see that I couldn't because my heart was closed and I was only looking from the mind.

The passage from a mind-centered to a heart-centered consciousness is the very thing I was looking for, the very thing that would help with that transition.

(Concluded in Part 2.)

## The Mind Without a Heart - Part 2/2



*Credit: the heartandmindconnection.com*

(Concluded from Part 1.)

The mind reacts to things with defensiveness, anger, fear, etc. I asked Archangel Michael in my last reading how I could get on top of my own aggressiveness, my edge. The answer was again to put my anger under the control of love, of my heart:

Archangel Michael: Come back to the love, my brother. This is the most radical treatment in the entire Omniverse.

Steve Beckow: I understand. After the heart opening, I do. I probably wouldn't have before.

AAM: Let it simply wash away this anger. When you feel that lightning strike, the match being struck, and you think, "here comes the anger," acknowledge it for what it is: fear.

I will give you a magic word that will extinguish it.

SB: What's that?

AAM: Michael.

SB: Undoubtedly!

AAM: If you say that, I will immediately be within you.

SB: Wow, radical intervention!

AAM: Yes. (1)

Now that is a friend.

I suspect that living from the mind only, without the mind knowing or serving the heart, is like being poverty-stricken. One is perpetually hungry, wanting, grasping and rejecting. Living from the mind has been described as eating the menu instead of the meal. There's no experience in it and hence only superficial learning. (2)

Because so many of us live from the mind, it's said that the progress we make in any one lifetime is not that great.

Living from the heart, and keeping the mind on a short leash, is like living beyond financial concern. The pleasure of the love that comes from the heart makes one forget about things and possessions. Hence financial concern goes out the window from a lack of desire.

Finally, there's no waiting with love. No lineups. No credit cards. No insiders, galactics and discussion groups. Love is available instantly at a fountain that never runs dry. It's a permanent feature of some locales, which you and I intend to visit. And maybe live in.

I'm almost sure that leaving the mind behind as a controlling and directing force in my life and looking to the heart for guidance is exactly what I'm looking for. I hear myself asking: "What does the heart say?" I know who planted that idea in my mind.

I'd never have seen any of this before. It wouldn't have done much good to even tell me about it. Probably many people tried and are happy that I finally got it. (3)

In this new era we live in, archangels can bestow spiritual gifts and by that means came my sudden windfall. It now allows me to see that Archangel Michael's heart consciousness is for me indeed the answer.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, April 3, 2015. Everything he says here I assert he says to you too.

(2) Knowledge has to move from being intellectual to being experiential, to being realized for there to be motivation to action and lasting benefit.

(3) We often worry a great deal about what others will think of us now that we finally see. Mostly, I think, they're just happy and relieved we finally got it.

## The Mind Thinks the Heart is Crazy



*Not quite. But you get the picture.*

*Credit: [burdenbearersworldshakers.blogspot.com](http://burdenbearersworldshakers.blogspot.com)*

June 5, 2015

I'm going to take a second cut at a subject I broached a few days ago - the perils of gifting for the newly-wealthy (1) - because I think it's important.

I think seven out of ten people who benefit from the Reval will fall into this trap. It usually happens at the outset and loses us a lot of friends.

Back in the late 1970s, I was participating in what was called the Breakthrough Foundation and we often discussed and studied gifting because people would give to the Breakthrough Foundation. The act of gifting - and the blocks to it - was a topic of inquiry.

What we found was that, when someone is newly-wealthy, when they go to gift people from their wealth the first time, they enter a war zone between the mind and the heart.

The heart says it wants to gift and cites a figure and the mind goes crazy. The mind is afraid, gets angry if the heart starts gifting without its agreement, and puts up a fight.

The mind can think of a hundred reasons why the impulse of the heart should not be acted on. Finally the two settle on a measley figure and no one is happy.

The individual can go nuts from the dissociation and cognitive dissonance that takes place, especially if they're not aware of their feelings, good at expressing them, or know what may be going on in the first place.

The situation can be made worse if the individual reports on what's happening to those he (or she) wants to gift. The gifter says he is having second thoughts. Can he afford it? What happens if....

The gifter says he wants to gift; then he says he doesn't. He says he wants to gift large and then he reduces the figure. He says he's not sure if he did the right thing. He may have to think about it a little more. Can we wait?

The ostensible recipients go up and down like a rollercoaster until they don't want to have anything more to do with the person. They hurt so bad from repeated raised and dashed hopes that they dump the person from their affections by judging him as unstable, insensitive, and unreliable. So the gifter ends up with fewer friends, in worse shape than ever.

This is a known phenomenon and the reason I mention it is that I predict it'll happen to many people. Especially among those who only have a small amount of currency and become the "lacking" rich.

But as lightworkers, we're here to prime the pump, to begin the process of gifting. So it's important for us to get the act of gifting right, I think.

In my view, the answer is to vote with the heart. Listen to what the heart says and don't listen to the mind. Act on the heart's urging. Listen for the heart's vote. Decide the question immediately.

If it smells like fear, walk by it. If it incites you to anger or resentment, don't listen to it. Choose the heart's love and go with what the heart says.

If you give too much - honestly, truly - then true up the next time. Honor your promises without quibbling and learn from your mistakes. I think this practice builds a strong word and we're so much going to need a strong word to accomplish what we're setting out to accomplish. The task is not small and it may tax us.

As I see it, the mind is coming from lack and scarcity, inevitability and no solutions. The mind can only see shortfalls and disasters. It can only see death and destruction and how to avoid them.

It's not big enough to encompass what it's doing, what's happening, or what's possible. Only the heart can do that.

Only love can embrace the whole scene, see the whole picture. Only love can lift us up to where we feel truly able to express what our heart says and feel good about it.

It's a tug of war, and it's the cause of the more general tug of war between the mind and the heart that's playing itself out in our external world today.

Let the heart win and I think you'll be Ok. Listen to the mind and I'm willing to bet the farm that your life, with or without that newfound wealth, will be miserable.

I'm saying these things now because, after the Reval, the quality of our hearing will probably diminish significantly. (2)

## **Footnotes**

(1) "Financial Wayshowers: Have Your Money Make a Difference," June 2, 2015, at <http://goldenageofgaia.com/?p=258955>.

(2) See "Archangel Michael: You are Not Crazy," June 6, 2015, at <http://goldenageofgaia.com/?p=259122>.

## Why Does Love Not “Sell”?

Nov. 27, 2015



Blossom's Federation of Light sources gave a fascinating message the other day, which I'd like to look at briefly.

At one point, they said:

"The only responsibility that any One Soul has ... be they residing on Earth or otherwise ... is to BECOME WHO THEY ARE ... IN TRUTH. By BEING so ... ALL that one is hoping for ... expecting ... desiring ... needing ... simply melts away. For when BEING in the fullness of their True Reality ... none of these things matter ... not one." (1)

That so fits with my experience. When I'm in the transformed space, in touch with my natural being instead of my scripted self, what we think of as our "personalities," nothing else matters. Expecting, desiring, needing do indeed melt away.

But my saying that probably shows up like a mere factual statement for which there is, so long as we're in our constructed selves, no evidence, no proof. In the

dense vibrations of our ordinary consciousness, there's no experience of the truth of the FoL's words.

"We CHOOSE to speak of LOVE over and over for this is OUR PURPOSE ... to assist souls in Awakening from the dream. ...

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?"

I've noticed that too. When I operate self-servingly, I overlook the fact that I, before my heart opening and like the people the FoL are talking about, also put down messages that talked about love. I wanted the hard news, not the soft news.

Why is that love does not sell, so to speak? When we hear news of the ships, or of abundance, or even accountability, we perk up because we feel that "now my life will get better." But what we overlook is that the end of all our suffering is to be found in our burgeoning experience of love. That in fact is the goal of all the external events we're following, although we don't know it is as long as our consciousness is embedded in density.

The whole of the show that the galactics and celestials are mounting for us - Disclosure, Abundance, new technology, new healing modalities, etc. - is simply to release us from density enough that we can experience real love and then to provide the circumstances for us in which that experience of transformative love can continue and grow.

Women are said to be much more open to love than men are and, if so, it'd make sense that women should disproportionately lead in the chapter of our history that's opening up. This is going to bruise some male egos but perhaps less so as the vibrations rise. In any case, if men don't like it, it's clear what they'd need to do. (And some men are.)

Several times, when I go for my coffee at my local Starbucks (the one on the block nearest me, rather than on every other block), I watch men - usually from European

settings - carry on in ways which the women seem to tolerate, often with amusement, sometimes with boredom or chagrin. I have to fight myself not to go over to their table and tell the man to be quiet.

One man I watched, at the beginning of the conversation, carried on bombastically, jabbing the air with his finger, speaking in a loud voice as if he were prancing up and down in front of the two women, reached a crescendo of whatever it was he was saying (they spoke in a foreign language) and then fell silent.

The women then began to have a normal conversation, probably about the real meat of the meeting, and the man, while silent, could be seen talking to himself, probably reviewing the conversation in his mind, thinking of things he could have said, rehearsing, approving of himself, and so on.

Why do men do that? Why do two men in a conversation in which a woman is the third participant utterly ignore the woman? Why do men feel the need to establish that they're the top dog on the block? It's so unbecoming, so unflattering, so demeaning and unproductive.

It's also so far from an appreciation of what's important in life, which is just what the FoL said to Blossom. All the galactics do is to open us up to the centrality of love to the enjoyment of existence.

I grow impatient with my surroundings, even though it's fruitless and counterproductive to do so. And yet to stop asking for a speeding-up or amplification of external events and to get that what's important is the degree to which I surrender to love is counter to all my conditioning. I am unconditioning myself these days. I am coming out from under the impact of our so-misguided, so-mistaken conventions and norm, mostly male-dictated.

In the beginning it could be a lonely affair if it were not that love buoys me up. And when it buoys me up, as the galactics say, nothing else matters.

## **Footnotes**

(1) The Galactic Federation through Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG261nov25.html>.

## ⌘ The Methodology of Love ⌘

# Love Must Flow

December 22, 2020



*What does an Ocean of Love look like to the "I" of awareness?*

## **We Need to Recalibrate: *Share* the Love to Feel It**

[\(https://goldenageofgaia.com/2020/12/22/we-need-to-recalibrate-share-the-love-to-feel-it/\)](https://goldenageofgaia.com/2020/12/22/we-need-to-recalibrate-share-the-love-to-feel-it/)

I fantasize that, in 2013 and 2014, we needed a lot of cheerleading and encouragement to get back on the bandwagon after Ascension was postponed from 2012 so that the whole planet could come.

A very worthy cause but there must have been some disappointment nonetheless.

I was, for sure. You had to peel me off the ground. It took a lot of explaining (1) to get me going again.

And the need to explain produced some wonderful information on aspects of Ascension. I'm not writing on the decision to reschedule itself. I've done that elsewhere. (2)

But, as I was putting the finishing touches on a book on Ascension, I came across a message from Archangel Michael through Linda.

In it, he gives us a short but hugely fertile word-picture of Ascension and after. I cannot resist saying a few words about one thing he says in it, which caused a "Eureka!" moment for me.

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"Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>!

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Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it moves through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions.

So, for some, will it be dramatic? Yes. But it will also be gentle, because it is love. So the human beings can choose to have high drama or not, but the essence of the love is not high drama.

It is pervasive. It is not something that you can stop and start. Does it ebb and flow? Yes, because it is in constant motion. It is the Mother giving you the preview, and the upgrade, as it were, evolutionary upgrade, which will affect also your physical being, your DNA, so that you are prepared, freely and openly, to fly through your Ascension portal without your baggage.

You cannot bring all of your baggage [vasanas], all that you have clung to, through that portal. And that is particularly true for the collective. There would not be enough storage space for all of you to bring your baggage.

So it is a cleansing, it is an upliftment, it is an upgrade, it is a nourishment, it is the Mother getting you ready to go to the prom.

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Oh, my gosh. One of his points has sent me into outer ... errrr, inner ... space.

"And [love] moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it moves through you."

This is the first time I've seen that whole point made in writing. (3) Not like it won't be there, but the first time I've seen it.

If you could see me now, you'd see I was jumping up and down, walking on the ceiling.

YES! (A) Love must flow!!!! (B) For the most part, it's most noticeable to us flowing from our hearts. (C) We don't get much of our supply from another person. (D) *We get most of it from our own hearts as it passes through us on its way out to others.* (4)

Yes, yes, yes! Never mind the love songs asking for love. You're sitting on a box of gold and don't know it.

AND, for the most part, you feel it by sharing it.

Thank you, Michael. I felt like the only one saying this last point up till now. (3)

We need to recalibrate on love. Our periscope is up and we're looking for love. But we're looking for it in the wrong places, the wrong direction.

We're looking out there. Whoever designed this world did not design it such that seeking love from others gives us what we're seeking for. No, it has to be sought in our own hearts first and then it has to be shared to be felt/experienced.

Give me a moment to get over how glad I feel to see someone saying "love must flow," "you feel it as it passes through you," "share the love to feel it."

### **Footnotes**

(1) This whole file is on the matter: "After the Midpoint," at [http://goldengaiadb.com/index.php?title=After\\_The\\_Midpoint](http://goldengaiadb.com/index.php?title=After_The_Midpoint). I now get it completely but it took some CPR and R&R first.

(2) For instance, "Archangel Michael on the Decision to Ascend as One," December 10, 2020, at <https://goldenageofgaia.com/2020/12/10/archangel-michael-on-the-decision-to-ascend-as-one/>

(3) I've only seen partial references to it in Matthew Ward (see footnote 4) and Eckhart Tolle.

Eckhart Tolle has said that the treasure (love) is to be found in our own hearts (the box we're sitting on). From *The Power of Now*:

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (Eckhart Tolle, *The Power of Now*.

Downloaded from [https://www.inner-growth.info/power\\_of\\_now\\_tolle/eckhart\\_tolle\\_chapter1.htm](https://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm))

(4) Matthew Ward has said that we can get love from another person. And he has designed afterlife worlds.

I felt myself after the heart opening and Ocean of Love in 2015 more being *inspired* to share my own love, when I saw love in the beloved's face or heard her voice. I then experienced it passing through me, almost instantaneously.

# What Happens in a Heart Opening?

March 31, 2019



(<https://goldenageofgaia.com/2019/03/31/what-happens-in-a-heart-opening/>)

Where do we hear that there'll be a heart opening for the planet? The Divine Mother announced it in 2017.

Divine Mother: Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try. Do not even think or consider tamping it down. ...

Steve: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son. ...

You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. ...

[But] a solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway [Steve: but gradual]. ...

Steve: But Mother, you used the word exploding. That is why I am commenting. Because, of course, the heart opening that I had March 2015, was explosive.

DM: It is explosive. It is implosive.

Steve: Yes. Should I be writing on what to expect? That your heart could feel like it is exploding?

DM: Yes. (1)

OK, I'm doing it.

Have we any descriptions of heart openings among the ancient sages?

Yes, we do. Sri Shankara describes what happens in a heart opening. I've talked about being swept away in an inner tsunami of love, ending up drowned in an Ocean of Love. He describes it this way:

"What happens in this seeing, even as you look at your beloved master [Krishna in this case], at your godhead, the opening begins to occur in your heart. It is similar to being flooded. So when you are being flooded, you do not simply say, 'Oh, my goodness! My toe is wet!' You look around, and the whole room is flooded.

"So you may think of it as a monsoon of love. And everywhere you walk there will be love, and you will be able to see, because that is how powerful it will be. There will be no capacity for denial of this." (2)



And contemporary accounts? Yes, Bright Star has give us his account, again the same features.

"I was in my office, sitting at my computer, when I felt the energy rising: Firstly, I felt a prickling in my legs, which went up over my back along the spine up to my forehead. It was very pleasant and I relaxed. Suddenly, my root chakra opened up and the energy flowed from there to every chakra in my body, connecting all of them and let them pulsate.

"My whole body was filled with a bright golden light that emanated like flames from every part of my body. The energy went up into my crown chakra and there was a strong connection between my third eye and the back of my head.

"I felt every atom of my body, was connected with everything that is, was melting with the Universe. I was part of All That Is. At this moment, I felt a bit dizzy but the feeling was so very comfortable that I just let the process flow and did not have any concerns. Until the next thing happened...

"Suddenly, my heart opened up and by this, I mean it was like my heart exploded. My heart was flooded with an immense wave of light, a golden bright light that I can simply not describe. But I'll try my best to do it nonetheless. ...

"I instantly felt that now, the Tsunami of Love hits my heart and firstly, I was so concerned about this strong feeling in my heart, that I thought I am having a heart attack.

"The Tsunami of Love hit me so hard that in the same second, all my concerns, anger, distress, hate and all other unpleasant feelings, which bothered me for such a very long time, were washed away completely.

"All these feelings were replaced by pure Love and for the first time ever in my 45 years, I experienced Love in its purest form. The Tsunami of Love was a complete cleaning of my 'system.' A resetting of my being. After an

hour or so, The Tsunami of Love levelled out, leaving me in total peace and Love." (3)

Michael too described what I experienced as an inner tsunami:

Archangel Michael: Think of it literally as the internal tsunami, beloved brother, that you experienced.

Steve: Yes.

AAM: When the tsunami occurs, the tiny flecks of debris are swept away.

Steve: Yes, yes, absolutely. (4)

Please note that what occurred for Bright Star has nothing to do with an attitude of being "open-hearted." They're two separate things.

A heart opening such as this is the first stage of enlightenment. It occurs when the kundalini, shakti, or divine energy reaches the fourth or heart chakra.

There are more stages to go after that, as the Divine Mother implies in telling Bright Star he has passed the first gate to Ascension:

"Your ascension is not being postponed. You have had your initial heart opening. You have been doing your work. You have been looking at the chaos and understanding. Not engaging with the chaos with anger, fear, and outrage but simply observing, understanding that this has been part of the human tragedy but not fully engaged in it. So yes, you are ready, Sweet One." (5)

Elsewhere she calls these further stages "jumps."

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

Steve: Now, are those jumps equivalent to sub-planes?

DM: You can think of them as sub-planes, dimensional sub-planes, yes. (6)

Wonderful for us, these higher-level enlightenments spell the end for negativity, as Matthew Ward tells us:

"It can be no other way – simply, [because] this is the physics that governs life in this universe. As Earth continues apace into successively higher planes, nothing with low vibrations in any form – physical bodies, subversive plans, theft, dishonesty, unjust laws and imprisonment, bigotry, cruel customs and deeds – can survive." (7)

The falling away of darkness may not be discernible to us. We may only notice the explosion and then assimilation of love that takes place, while the darkness may simply fall away. We'll have to wait and see. Immersed in an Ocean of Love ... we'll probably forget every reason to look.

### **Footnotes**

(1) "The Mother Promises a Massive Heart Opening – Part 2/2," September 6, 2017, at <https://goldenageofgaia.com/2017/09/06/the-mother-promises-a-massive-heart-opening-part-22/>

(2) Sri Shankara: Everywhere You Look Will be a Monsoon of Love, June 26, 2013, at <https://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>.

(3) "Bright Star: An Account of a Heart Opening," December 29, 2017, at <https://goldenageofgaia.com/?p=291639>.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 28, 2019.

(5) The Divine Mother in a personal reading with Bright Star through Linda Dillon on Jan. 29, 2019.

(6) "The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

(7) Matthew's Message, Mar. 1, 2012, at <https://www.matthewbooks.com/mattsmessage.htm>.

### **Further Reading**

[pdf-embedder url="https://goldenageofgaia.com/wp-content/uploads/2018/04/Planetary-Heart-Opening.pdf" title="Planetary Heart Opening"]

# This Is It

September 7, 2019

[\(https://goldenageofgaia.com/2019/09/07/this-is-it/\)](https://goldenageofgaia.com/2019/09/07/this-is-it/)



Sri Ramakrishna once said, I didn't come to the mango orchard to count mangoes. I came here to eat them. (1)

By the same token, I don't know the biochemistry of bliss or the mechanics of its delivery. I just want to feel it.

Or love. Or joy. Or peace.

This must be a Ramakrishna day. He also said, walk into the Lake of Immortal Bliss. Run in. Get pushed in. Just get into the Lake. (2)

I agree with that too. All questions cease when one is immersed in the Lake of Bliss, the Ocean of Love.

Therefore, never mind spending thousands of dollars on a trip to Hawaii for that magic moment of bliss on the balcony overlooking the bay. Go directly to the bliss.

Address: The Heart.

Portal to all good things, as Michael tells us:

"Yes, it begins and it ends with - it always comes back to - the heart." (3)

Always.

In my view, a watershed moment occurs when we genuinely and completely realize love's address and give up looking for the divine states outside ourselves. As Jesus through John Smallman says:

"As humans in form, you all want LOVE, and for many it seems that it is outside you, to be found within someone else. So you spend large parts of your human lives seeking it from that perfect other whom you hope will, when found, fulfill you, making you feel complete, seen, heard, understood (at last!), and cherished above all others. But of course what you seek elsewhere can only be found within yourselves." (4)

We ask and receive. We knock and the door of the heart is opened. We realize that we have an artesian well of love and bliss inside ourselves, just waiting to be found.

We've heard rumors of the existence of this fountain of youth, this wellspring of goodness, where we can drink ambrosia, the nectar of the gods, until we're satiated. Now, this is it.

So, no trip to Hawaii. No finding a guru. I'm taking the direct route. I seek the divine qualities in the place God hid them, awaiting my discovery - in my very own heart.

### **Footnotes**

(1) Pasupati: "Sir, what do you think of Theosophy and Spiritualism? Are these true? What do you think of the solar plane, the lunar plane, the stellar plane?"

Master: "My dear sir, I don't know about these things. Why bother about them so much? You have come to the orchard to eat mangoes. Enjoy them. What is the use of your calculating how many mango-trees there are, how many millions of branches, how many billions of leaves? ... Once a man's inner spirit is awakened, once he succeeds in knowing God, he doesn't feel the desire to know all this rubbish." (Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel*)

*of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 819.)

(2) "You see, the thing is somehow or other to get into the Lake of the Nectar of Immortality. Suppose one person gets into It by propitiating the Deity with hymns and worship, and you are pushed into It. The result will be the same. Both of you will certainly become immortal." (Ibid., 217.) "Become immortal" = Sahaja Samadhi = Liberation = Ascension.

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.

(4) "Jesus through John: To be Incarnate as a Human in Form is a Gift of Inestimable Value that You have Given Yourself," September 7, 2019, at <https://goldenageofgaia.com/2019/09/07/jesus-through-john-to-be-incarnate-as-a-human-in-form-is-a-gift-of-inestimable-value-that-you-have-given-yourself/>

## A Beachhead of Understanding



We're in such new territory for me, on so many fronts, that at times I feel like a stranger in a strange land.

And I've been watching myself to see how I adapt to a process whose only constant is change.

I'm a student of awareness, a person who regards his own internal states as a fit subject of observation, and a person who believes that the most enduring part of himself is his consciousness.

I've agreed with myself to observe my own states of consciousness and being, over time, as yielding the most valuable of results among all things that I can do. And Archangel Michael has confirmed for me that this is part of my mission as recently as *An Hour with an Angel*, on Aug. 5, 2013 when he said:

“You are very good at expressing the shifts, the openings, the expansions, the questions, the doubts, on our platform [the *Golden Age of Gaia*]. And we thank you for this, because in this what you are doing is you are sparking the same awakening in others. You are also giving them permission to acknowledge their own process and shift.” (1)

It's always wonderful when what one does turns out to be what's needed! I'd be doing this anyways and, if it turns out to be useful, well, that's excellent!

So I'm here to watch how I adapt to the new at a time when all things seem new and to express what I find.

The way I move forward into and through the new is the same way the Allies moved forward on D-Day. I establish a beachhead of understanding, one thing that I sense to be true, one thing of which I'm certain, and then venture out from there into the unknown.

Don't forget that I'm not trying to scale the heights of non-duality, I'm committed to being boots on the ground in service to the Mother and so I stay with the dualistic. I venture from the known into the unknown and render it known.

That doesn't mean the thing I stand on as my beachhead is true; just that I sense it to be so and feel certain of it. It doesn't mean that all people venture into the new in the same way. This is just the way I do it.

What I feel certain of at the moment is that we're all of us engaged, willingly for the most part, but unwillingly for some, in a process of constant, continuous and gradual unfoldment. And knowing that provides both the ground I stand on and the platform for further movement out into the new.

Archangel Michael, in that same interview, implied that we're in such a process when he said:

“You, my beloved friends, have been diligent in your work, diligent in your commitment of your hearts, your souls, your beings, your bodies, to go forward in this Ascension and this unfoldment of your plan and our plan within the greater plan.

“I say this, and I remind you of this, because we want you to know that your forward progress, your growth, is not only noted; it is celebrated, and we are proud of you — proud in the sense that you are brothers and sisters, colleagues, and fellow travelers.

"You are the masters who inhabit the planet of Gaia, who walk this beloved Earth in this period of miraculous change, and in a period of change that has never been experienced, on Gaia or elsewhere.” (2)

What he says here acknowledges this process of unfoldment we're in and how it is the Divine Plan for us in this age.

Here and now, we ascend from the Third to the Fifth. But on other occasions we unfold into other dimensions. What's common and constant is the process of unfoldment itself. At this time it's occurring rapidly and in a way that can be more easily experienced than at other times.

We call this process "Ascension." Its main engine is the energies that are being beamed to us by higher-dimensional beings, which Matthew Ward describes here:

“[Mother Earth's] cry for help went out into the universe and instantly God authorized myriad spiritually advanced civilizations to respond by beaming their own vast light into Earth's body.

"The massive infusion of light from those distant sources stabilized her orbit and enabled her to jar loose from negativity's stranglehold, start to ascend out of deep third density and continue toward her ultimate destination in fifth density.” (3)

Archangel Michael described our unfoldment this way:

“You are dealing with the fading hologram of the old third while anchoring and embracing the reality of your sweet selves in the fifth.

"Now, we know this is not always easy, but it is your diligence, your commitment that brings you to this point of change. You do not always see, or, more importantly, acknowledge the change.

“And one of the things I would like you to do is to begin to more clearly and vociferously acknowledge the changes that each of you are experiencing, within and without.” (4)

Chief among the changes - for me anyways - is the expansion in my contact with the one who changes. When so many features of the landscape are new, what's thrown up into sharp relief is the changer/changee. I am both the one who changes (changee) and the one who commands the response to change (changer).

Who decides what changes I make? Who is the authority here? Whom do I listen to? In the process of enquiring further, I become increasingly aware of the subject and object of all change: me.

I am not the energy of change - well, at least not that I'm aware of. But I am both the subject and the object of change.

The emergence of increasing clarity around this "I" turns out to be the most significant aspect of this continuous and continual process we call "Ascension."

In fact it's the most important result of the whole unfoldment we call "life," not just this one movement from the Third to the Fifth.

The emerging contact with myself, the unfolding knowledge of me - and the same could be said for you, I suspect - is both the result of this continuous unfoldment we're in and its reward. All things seem to ride on it. "It feels right," as Archangel Michael said in his interview. (5)

And the farther this process of unfoldment that we call "Ascension" goes, the deeper and more substantial my contact will be with myself. That also "feels right."

Once I make deeper contact with myself, I'm induced to throw everything else over and consolidate it. Having sensed the treasure in the field, so to speak, I tend to sell all I have and buy the field. I do this primarily by meditation.

Moving ahead by this process of sensing and internal observation, I establish a beachhead of understanding in this new and constantly-changing world. I sense that I'm headed in the right direction.

And I'm eager for more, not of stuff, not of things, but of contact with this Self that is changing and commanding the response to change.

## **Footnotes**

(1) "Archangel Michael: Expect Miracles – Part 2 The Event and the Chaotic Node," Aug. 7, 2013, at <http://goldenageofgaia.com/2013/08/archangel-michael-expect-miracles-part-2-the-event-and-the-chaotic-node/>.

(2) Loc. cit.

(3) Matthew's Message, Aug. 13, 2010, at <http://www.matthewbooks.com/mattsmessage.htm>.

(4) “Archangel Michael,” *ibid.*

(5) “Just like you, Graham, you have stepped forward into a new realm of existence, and you have said, not only to me, but to all, not only do I love it, but this feels right.” (“Archangel Michael,” *ibid.*)

# Spirituality and Growth

May 11, 2021



*"This means something" Credit: Close Encounters of the Third Kind.*

[\(https://goldenageofgaia.com/2021/05/11/spirituality-and-growth/\)](https://goldenageofgaia.com/2021/05/11/spirituality-and-growth/)

There exists a spectrum to how spiritual evolution is accomplished.

At one end is what can be purely called "spirituality"; at the other, what can be purely called "growth."

What's the difference between the two as terrestrials practiced them?

Well, of course, everyone will have their own opinion and that's as it should be. In my opinion, the difference between them is that growth works through the body to enlightenment and spirituality focuses more on what's beyond the body and realizing what they discover.

Spirituality doesn't ignore the body but the interest of spiritual people seems to lie more on what's beyond it, beyond our everyday life, our senses, our memories, our frames.

Growth work doesn't ignore God and the Self. It sees such measures as releasing muscular holding patterns and the belief systems that causes them as pathways to Self and God.

Some spiritual people view growth people as being crude and elementary. Some growth people view spiritual people as having their heads in the clouds.

I personally think it's purely a matter of preference and both are valuable approaches to spiritual evolution.

Maybe you like the way you feel when you have a full breath release in rebirthing or a full body release in bioenergetics. And growth work is what you want to stay with for now.

Maybe you did growth work earlier and had a peak experience, which gave you a taste of bliss. You heard that bliss is higher-dimensional and now want to know - what is all this?

This means something, you find yourself saying, over and over. And It does. It means the world.

## A Time of Emergence



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

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

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

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

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

Given my background in groups, I personally enjoyed it but I realize that for many people watching it looked like madness compounded. It was definitely outside our comfort zones.

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

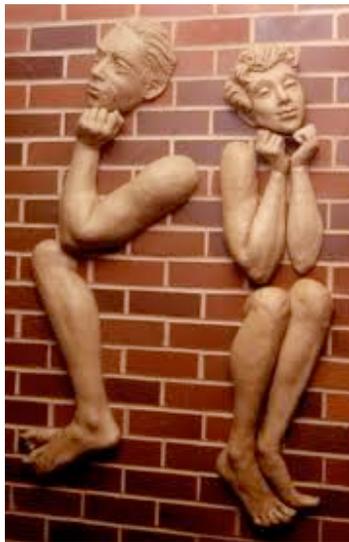
It isn't an accident that the Divine Mother is washing us in a very powerful energy this week that comes directly from her (well, all energy does, really). This is a large wave. And what I see as the impact on myself is emergence. So perhaps with that introduction, let me repost an article on emergence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

### **Footnotes**

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

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

April 21, 2013, <http://goldenageofgaia.com/spiritual-essays/emergence-2/emerging-standing-forth-exiting-the-mask-its-all-the-same/>



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

I've been discussing it since the day I started the discussion group *Galactic Roundtable* (now *Share11*) in January 2009. From the first, I urged people to share in that group, to reveal themselves, to emerge from their shells and stand forth as the Self. Perhaps I can share a post from the first week of that group:

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

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

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

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

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

"Tell us who you are." (1)



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

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

There really is a reason.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

(1) <http://groups.yahoo.com/group/galactic-roundtable/message/289>, Jan. 14, 2009.  
(No longer accessible.)

# A Touch of Bliss has One Forget Everything

April 13, 2021



[\(https://goldenageofgaia.com/2021/04/13/319693/\)](https://goldenageofgaia.com/2021/04/13/319693/)

We wouldn't try to drain spaghetti through a tea strainer. The tea strainer is too small. The spaghetti would fall over the side. The strainer couldn't hold it.

By the same token, when we look at divine states like peace, love, and bliss, I don't think we can appreciate, understand, or know them when looking at them from this Third/Fourth Dimensional mind.

Our 3/4D mind is simply not big enough, expansive enough to allow us to encounter these states as they are.

The energies will be rising high enough to have us begin to experience them at some point in the future. Then the cat'll be out of the bag.

We may see that we've had momentary glimpses of them. We may find that we experience wisps of them but then dismiss them as the result of momentary thoughts - rather than a divine state coming calling.

"No, I'm not ready yet to surf that wisp into a sea of bliss. Such a thing is not in my memory banks or spiritual inbox." And away bliss goes, to come again another day.

In the time of my writing this article, bliss has come calling. And, knowing what it is and what can happen, I welcome it and invite it to stay.

In response, it expands and I say I am "uplifted" by it. Immediately I drop everything and simply rest in it.

But that's the problem. Resting in bliss, one doesn't want to do anything.

It's more than not wanting. All thought of doing anything simply vanishes from a mind filled with bliss.

How does the world look from this angle? I couldn't say. I have no thoughts of the world, no room for it. Bliss has filled me up and pushed out of my awareness bubble all other thoughts and feelings.

Thus are the Mother's and Michael's fears illustrated. The Mother once confided that if I had seen the Self as it is at Xenia - brighter than a million, billion suns -

"...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!'" (1)

There's no denying the truth of that statement. A touch of bliss has one forget everything.

After Abundance and Ascension, resting in bliss will no longer be a problem. Everyone will have the freedom to choose how they'll live their lives and living in the experience of total peace and upliftment will be seen as a hugely positive thing.

In my young adulthood, if one meditated overly much, one could be told to get a job. Werner Erhard appeared right: The world at the time of the Vietnam War seemed hostile to transformation. (2)

But that won't be the case after Ascension. Every individual is on a return journey to God. In a post-Ascension world, people who concentrate their efforts on Self-Realization will undoubtedly receive *encouragement*, rather than *discouragement*.

### **Footnotes**

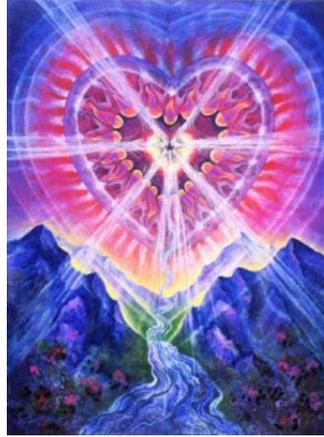
(1) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.

(2) We didn't talk about the Deep State then. It was the military-industrial complex and secret societies.



# The Heart is “the Seat of the Soul”

December 17, 2018



(<https://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>)

What is the heart? Is it an "organ"? Is it a "space"?

I asked the question of Archangel Michael recently and he had this to say:

Steve: What exactly is the heart?

Archangel Michael: It is the motor of your being. Not just the physical motor, but the motor that keeps you infinitely connected to the divine, to Source, to the One. So it is the way in which the fuel of love comes in and allows you to experience what truly is almost beyond human words and expressions. ...

When you are in the love, you are literally all-knowing. You have experienced this. ...

So being and experiencing love is truly accessing the heart, the mind, the existence of One. It is the place of complete union. ...

Steve: The heart doesn't exist on the physical, obviously. What dimension does the heart exist on or is it multidimensional?

AAM: It is multidimensional but, if you want to find a home for it, it would be in the seventh. (1)

For us, a full and permanent heart opening is what constitutes Ascension. Vedantists call that level of enlightenment "Sahaja [Natural] Samadhi." Sri Ramana discusses it here:

“The yogis say that the current rising up to sahasrara [Seventh Chakra] ends there. That experience is not complete. For jnana [enlightened wisdom], they must come to the Heart.” (2)

“Heart is the seat of Jnanam as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pinpoint [i.e., the hridayam or heart aperture], which is always shut. When the mind drops down in Kevalya Nirvikalpa [samadhi], [the hridayam] opens but shuts again after it. When Sahaja is attained it opens for good.” (3)

This full and permanent heart opening is moksha or liberation from the Third/Fourth Dimension and Ascension to the Fifth.

Sri Ramana says that the heart is "represented" by the hridayam. At Xenia, I went through the hridayam and into the heart. I didn't ask AAM where the hridayam itself was located, but again I'd be hard-pressed to consider it a physical phenomenon either.

The Divine Mother confirms our assertions about Sahaja and reveals that the chakra system is impermanent:

Steve: I'm trying to understand what level of enlightenment Ascension corresponds to. And I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — Sahaja Samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement.

(4)

At Xenia, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original incident and experience it through to completion. Instead I went way past the level of the vasanas and kept on going.

I finally reached what resembled a tunnel and at the end of it was the Light of the Self. And in the presence of the Self I felt innocent and pure.

I had penetrated through the hridayam, the heart aperture, into the open heart and down, down, down to "the seat of the soul." So I can vouch for the fact that the seat of the soul is in the heart. That no longer sounds like a far-fetched notion to me, but something I've experienced and realized.

That having been said, I confessed to AA Michael that I could find no words for love or for the heart:

Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know - I'll write a thousand words - and keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (5)

So impossible as it is to describe what the heart is, I (and we) keep trying. It's not as difficult to assert that the heart is indeed the seat of the soul. That at least can be experienced.

It's the realization of the Self or Soul, hidden in the depths of the heart, that will set us free from the wheel of birth and death associated with the Third Dimension.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec . 5, 2018. Thanks to Dana for our transcript.

(2) Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi. Three Volumes in One.* Tiruvannamalai: Sri Ramanashram, 2010, 65-6.

(3) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(4) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <https://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/> Da Free John discovered that the chakra system was temporary:

“For several nights I was awakened again and again with sharp lateral pains in my head.

They felt like deep incisions in my skull and brain, as if I were undergoing an operation. During the day following the last of these experiences I realized a marvellous relief. I saw that what appeared as the Sahasrar, the terminal [Seventh] chakra and primary lotus in the head, had been severed.

“The Sahasrar had fallen off like a blossom. The Shakti [kundalini, Mother’s energy], which previously had appeared as a polarized energy that moved up and down through the various chakras or centers producing various effects, now was released [throughout] the chakra form.

“There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies, gross or subtle, had revealed itself to be as unnecessary and conditional as the bodies themselves.” (Da Free John, *The Knee of Listening*. Original Edition. Clearlake, CA; Dawn Horse Press, 1984; c1973. , Original Edition, 116-9.)

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, *ibid*.

## The Process of Breakthrough and the Impediment of Fear



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

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

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

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

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

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

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

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

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

Dismay, grief, disappointment ... and fear ... are some of these barriers in consciousness. While we can operate our bodies while in fear, we generally believe ourselves to be incapacitated and so we condemn ourselves to not breaking through. We overlook the processes of breakthrough and rest immobilized in our fear.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Footnotes**

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

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

8. Allowing something, granting it beingness. To move from resistance to acceptance liberates awareness. Resistance requires tension and tension lowers awareness. To grant something the right to be which we've previously resisted or rejected releases our fixated attention and allows awareness to expand. Werner used to define love as allowing someone to be just the way they are and just the way they're not.
9. Getting off it, letting it go. If all else fails, simply get off it. Drop the issue. Let it go. Let it go because your state of consciousness depends on it. Nothing is worth staying "on about it" forever.

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

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

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

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

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

# Emerging from the Chrysalis of Ascension

Nov. 28, 2015



As we all continue our gradual emergence from the chrysalis of Ascension, I'm now noticing stages in the development of my ability to express love.

In the early years of my marriage, it was as if I had a hole in my heart. I couldn't generate love for life or money. My wife hung in with me, loving me always, for 23 years, even though there was apparently nothing in it for her.

At that time I was not aware of the impact of vasanas. It was in fact the clearing of major vasanas or core issues that contributed to the breakthrough - the heart opening - on March 13, 2015.

But at that earlier time, I was a loveless being for most of my life. Not like I knew I was. Not like I knew what real love was.

I'd polished my constructed self about as much as I was ever going to. I mainly just wanted to be left alone to write. I became more and more frustrated and retreated more and more into the paradigm that anger, rather than love, gets you what you want. It never did.

So not a pleasant guy to be around for practically all the loving women in my life. I was probably about as automatic as they come.

Meanwhile everything that was happening for me was happening internally. My spiritual life was blossoming. Spiritual experiences were occurring right and left. The Flame in the Heart, the Highway to Heaven, the Universe Inside, the Silver Bullet - I named them all for memory's sake. They would come and go.

I remember saying to myself that one moment of bliss in these experiences made many years of spiritual work bearable.

However, none of this translated into real love for others. Generosity, yes. Affection, yes. Real, transformative love, no. butterfly09

Fast forward to the near present after endless clearing of vasanas. My love for one woman was like a volcano. But it was focused on that one person only. With everyone else I remained a stick man. But at least I'd had that breakthrough. It started the glacier calving.

Added to that was an exercise that I'd been doing - raising love from my heart and sending it out to the world. And this exercise worked, where many have not. I began to feel real love.

Then came the heart opening on March 13, 2015. As I remember it, it began as a feeling of energy going up my leg. This could not have been my own kundalini because that would have started from the root chakra, not from my foot. It felt like it was coming from "outside."

At first I was startled and then I relaxed upon thinking to myself that the Divine Mother was in charge and so why am I worrying?

When the energy reached my heart, there was a sensation as if a gigantic cork had exploded outwards. And the love flowed in a flood now.

This happened at 7 a.m. on a morning I was to have a reading with Archangel Michael at 10:00. I imagine there was no accident involved here. When the hour of the reading arrived, I was still immersed in a torrent of love.

AAM explained that the experience was a heart opening and said that the personal love I'd been experiencing was the precursor of this new breakthrough into impersonal love. He added that the exercise of bringing love up from the heart and sending it out into the world had greased the wheel.

Not everyone will experience a heart opening, as I understand it. One devotee will derive the same effect from seeing a brilliant Light. (And I'll be sharing about an Australian friend who's had that experience.) A bhakta or devotee may see the loving form of their Chosen Ideal. A jnani or student of wisdom will have a realization. I'm a student of consciousness or awareness and so I had an experience in consciousness. (This gives rise to perhaps a different meaning of "what you sow, you reap.")

When I started writing this article I was not in the transformed space and I notice that I now am.

After the heart opening, for many months, love just flowed. And it was a love that made no distinction, what sages call impersonal or universal love. I loved everyone. Of course some people meant more to me than others. We had need to be together. But my love itself was incapable of making any distinctions past that.

So, for me, the heart opening of March 13, 2015 was like a watershed in my life.

I sincerely apologize to the many people for whom I was not present. I apologize to everyone who had to bear the force of my anger because my inability to love revealed me as such a beggar in matters of the heart. And I could not stand being seen in that light.

The bliss arises in me and settles me down again. I send my love out to all who hung in with me for so, so long.

## The Process of Containment Explained



*Not this type of containment (Star Wars view of containment)*

Perhaps we can look at the celestial initiative which we refer to as "containment," in the event that newer readers don't know what it entails.

Containment refers to the surrounding of dark individuals with a kind of lightbox which suffuses them with love and causes their dark thoughts and plans to instantly rebound on them.

It can be used because we're past the divine deadline (1) for allowing the large-scale dark initiatives to succeed. Smaller dark initiatives still fall under the Law of Freewill but the larger plots no longer do.

Examples of leaders who've been contained include Russian President Vladimir Putin, Supreme Court Justice John Roberts, and Morgan Chase CEO Jamie Dimon. (2) Archangel Michael first hinted at the existence of new initiatives on July 2, 2012 when he said on *An Hour with an Angel* that:

"It is far easier for us [celestials] to address this issue [of stopping the cabal than the galactics]. This is part of what we have spoken of, oh, in the past year, when you have asked what is the role of the Company of Heaven in the unfoldment of the Divine Plan.

“And I have said to you that there are ways and means, and actions, that will be felt, witnessed, upon the planet that are being taken. And they are numerous, far more numerous than you are even aware of, or even need to be.” (3)

When I inquired further, he began to describe the process of containment.

“We have a process that you do not understand, because you tend to think in terms of your reality on Earth, of course. But you can think of it as a process of containment and of restraint so that these beings are restrained and contained, and for all intents and purposes, for your purposes and references, they are taken out of action.

“Or the actions that they are permitted to participate in are mostly illusion, and they do not affect the collective. In fact, if anything, they simply bounce back at the individual.” (4)

The purpose of these containers, he said, is “that nothing that is less than love is allowed to penetrate.”

“We have never spoken to you, or we have not spoken in such a public forum, let us put it that way, of putting restraints or containers around those who do not wish to contribute to the growth and the evolution and the shift of Gaia and of the human race.” (5)

Up to this time we were expecting mass arrests but he said this would not be happening.

“If you are looking for storm troopers, dear one, if you are looking for the activation of forces, then you are looking in the wrong place, because what you have need to do and what I am asking you to do is to begin to look with your third and fourth eye, and to begin to witness and to observe how these beings are being restrained and contained. And how what you think of as their sphere of influence is simply disappearing. ...

“So this I ask of you. Do not become entrenched in what you think is going to be a third-dimensional quasi-military maneuver to go to people's homes

and put people in jail or in contained environments. The containment is on a whole, completely different level.” (6)

He described containers in more detail:

“Think of a [storage] box that you see coming off the large ships, containers. Only these are containers of light, these are containers of pure energy, these are containers of love.

“And the individual - or the group, by the way, because there are several where we have simply put an entire group; it is easier that way, and more rapid, by the way - we are placing these beings in containers of light and love.

“Their energies that may be disruptive or based on the old paradigms of hatred or greed, control, cruelty, just plain nastiness, my brother - they're placed in these containers and that energy has no way, because they are sealed, and they are sealed by the mighty ones - myself, Michael, Raphael, Uriel, Jophiel and Gabriel. They are sealed. And in that sealing, their negative actions, emotions, et cetera, cannot escape.” (7)

There they remain until they've altered their way of responding to the world.

“They remain there, continually and constantly penetrated by love and light. ... This is something that is done only in very extreme cases. If you look closely at one of these who are contained, sometimes you will hear screams, cries for mercy, false promises of good behavior, but they remain there until such time as the purification is absolutely complete. And that decision of removal lies in the hands of the Mother and Father.” (8)

The method of containment has not been generally used since the Intergalactic Wars.

“This is a method of bringing peace that has not been utilized - well, it has been utilized by a few select people, human beings that we have given this to, but it has not been used as a strategy, let us put it that way, since the time of intergalactic wars.

“Even when we removed what you have thought of as the, hmm, negative forces of the ETs, those who were abductors and slave masters, even when they were removed to a different universe about a decade ago, we did not utilize this method. ...

“It is an act of love. We only do this because we know these beings and these groups deserve, just like all deserve, to be fully embraced in love. And they have been so reticent to do so. We are not altering their free will. They can act out or not within these containers. But it will not go anywhere.” (9)

Containment was not only used to remove power from heads of state, he reminded us.

“You can look to the removal of effective power by many who have been in positions of leadership. And we don't just mean the heads of state, we also mean those in positions of social leadership, financial leadership, because that is very connected to the equalization of resources.

“Similarly, those who have positions of power in the military, all militaries, who have been fully aware of your star brothers and sisters but who only wish to engage in warring scenarios - well, that is never going to happen. So they are also on our list of containment.

“So look to the changes that all of a sudden things get terribly quiet. That is your sign. Now, in that quietness, we are also joining with you.” (10)

In September of 2012 I asked AAM where the disruption was coming from if leaders were in containment and he explained:

“The disruption is twofold. One, it is those who have not [been put in containment] and we are talking rather low levels, actually. So do not look for massive conspiracies, although we do know that there are some, even as they [who] were not in containment, would love to take advantage of such chaos. But what it is doing is bringing to the forefront the collective choice to say, 'No more.'" (11)

SaLuSa through Mike Quinsey had been predicting mass arrests and then said “there are delays as you see it.” (12) SaLuSa explained on March 1, 2013 that mass

arrests were deemed likely to produce panic and so they were decided against in favor of containment.

“In the past there have been many references to arresting those who are the ringleaders of the dark Ones, and steadily they have been rounded up. You have also heard of ‘Containment’ and in this way we have been able to severely restrict their activities. Mass arrests were considered likely to evoke panic amongst you, as few would have had any knowledge of why it was happening.

“So we have opted for gradual changes and placed our representatives who are our allies, in positions that give more control to those of the Light.” (13)

SanJAsKa through Wes Annac also described containment on May 27, 2013:

“We speak of these souls [the Cabal] existing in a holographic reality wherein they think or assume they are pulling a massive, malevolent deed off, only to find that the events they planned so rigorously have not happened at all.

“This is one of the strongest aspects of the containment the cabal heads are experiencing at this time and along with this, they are fruitfully contacted in their dream state and are being worked with so that the malevolence that’s closed off their hearts for so long can no longer have the effects or cause the massive suffering and hardship it has.” (14)

So many of the leaders in society are or were in containment (not President Obama, who is not a dark figure) but some of the lower-level souls are still causing disturbances. And these disturbances are moving people to insist that war, violence, shootings, etc., end forever.

## **Footnotes**

(1) See "But There is a Divine Deadline" at [http://goldengaiadb.com/The\\_Spiritual\\_Hierarchy\\_and\\_the\\_Galactic\\_Federation#But\\_There\\_is\\_a\\_Divine\\_Deadline](http://goldengaiadb.com/The_Spiritual_Hierarchy_and_the_Galactic_Federation#But_There_is_a_Divine_Deadline).

(2) Vladimir Putin: "Transcript - "Archangel Michael: Expect Miracles - Part 3 The Reval, NESARA, President Obama, and Containment," channeled by Linda Dillon, August 5, 2013, at <http://goldenageofgaia.com/2013/08/archangel-michael-expect-miracles-part-3-the-reval-nesara-president-obama-and-containment/>; Jamie Dimon: "Archangel Michael: Ascension is Not Distant But Very Current and Underway – Part 2/2," at <http://goldenageofgaia.com/2013/03/archangel-michael-ascension-is-not-distant-but-very-current-and-underway-part-22/>; John Roberts: "Archangel Michael: Mass Arrests are Never Compassionate and Will Not be Used with the Cabal" at <http://goldenageofgaia.com/accountability/containment/archangel-michael-mass-arrests-are-never-compassionate-and-will-not-be-used-with-the-cabal/>.

(3) "Archangel Michael on the Containment of the Cabal," July 3, 2012, at <http://the2012scenario.com/accountability/the-process-of-accountability/archangel-michael-on-the-containment-of-the-cabal/>.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) Loc. cit.

(9) Loc. cit.

(10) Loc. cit.

(11) Archangel Michael through Linda Dillon in a personal reading with Steve Beckow, Sept. 14, 2012.

(12) SaLuSa, July 13, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(13) SaLuSa, March 1, 2013.

(14)"SanJAsKa and the Pleiadian High Council, Pure Love Creates and Sustains your Realities," channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com>.

**⌘ Building Nova Earth, a World that  
Works for Everyone ⌘**

## We Can Choose to Be Audacious....



I remember when I first heard Werner Erhard say these words. I was moved to tears.

"We can choose to be audacious enough to take responsibility for the entire human family. We can choose to make our love for the world be what our lives are really about.

"Each of us now has the opportunity, the privilege, to make a difference in creating a world that works for all of us. It will require courage, audacity, and heart.

"It is much more radical than a revolution – it is the beginning of a transformation in the quality of life on our planet. You have the power to fire the shot heard 'round the world.'" (1)

At that time I had no idea that I was a starseed and I wouldn't have called myself a lightworker. The drive was there, the commitment, the yearning. But I knew nothing then of what I do now.

Archangel Michael said to me in a personal reading on Oct. 2, "You've been talking to me all your life. You know that." No, I did not. But I wouldn't be at all surprised.

He also told me that Werner is active in the world today and operates interdimensionally.

Werner popularized many words and phrases that have entered our common vocabulary and affected the way we see things today. Making a difference, getting it, getting off it, getting conscious, at cause, at effect, what you resist persists, conscious awareness, Everything/Nothing - a lot of what he said shaped my way of thinking perhaps more than anyone else I can think of save, perhaps, Sri Ramakrishna.

And Werner and his work received the same disrespect that much of what we're doing today does. No different then.

But what he said in this paragraph burned itself into my memory. We can choose to be audacious enough to take responsibility for the entire human family. The entire human family....

Take responsibility for: see ourselves as cause in the matter and our input as crucial. (2) My heavens, could I ever dream of such a thing? I can today.

We can choose to make our love for the world be what our lives are really about. Can we really? Can we be so big and live so boldly?

Each of us now has the opportunity, the privilege, to make a difference in creating a world that works for all of us. A world that works for all of us. Is such a thing possible? Yes, when viewed from Fifth Dimensionality, which is where I assume Werner was viewing things.

He saw that such a world could be and we're now bringing it into being. A world that works for everyone. A world that really works. We can do this.

It will require courage, audacity, and heart. Yes, it does require that and it requires it from us every day, day by day.

Elsewhere he said that yesterday's share (3) was now dead and only today's share lives. To share ourselves honestly and transparently requires audacity and courage, but what a difference it makes for us. How freeing it is.

And heart - yes. In a world that valued craftiness, strategy, looking out for number one and getting to personal success by climbing over everybody, the willingness to love was downright dangerous and only the hardy and foolhardy risked it.

I remember having a shining transformational experience in a Communication Workshop and coming home glowing, only to have my girlfriend shout at me: "Stop that, right now!" I swallowed my original face. Werner would have said the world is hostile to transformation. Yes, we wanted to remain in our comfort zones and transformation was not comfortable.

He used to say if we wanted to remain in our comfort zone, he could oblige. He'd remove our guts and suspend us in tepid water. But if you wanted to live, to love, THAT was dangerous.

It's much more radical than a revolution – it's the beginning of a transformation in the quality of life on our planet. Yes, not a violent overthrow of existing institutions but their transformation, just as Archangel Michael has said the chosen route of the Company of Heaven is.

Transformation isn't a mere shuffling of the deck, not simply moving our Scotty dogs around the Monopoly board. It isn't simply "change," which causes persistence of the present condition. Transformation is an alteration of the context in which things are held, which alters everything, not a mere repositioning of the content.

You have the power to fire the shot heard 'round the world.' The shot heard round the world - the declaration on our part that hunger would end in the world by the year 2000 (we were perhaps 14 years premature, but Werner must have known or suspected), that peace would be achieved in the world by the year X, that honor killings would end by the year Y, that sexual slavery would end by the year Z - on and by our say-so.

Always a deadline so that social action could be coordinated. We will have a man on the moon by the end of this decade: Werner's favorite example of how a deadline works. But boldly declaring what we were about, a shot heard round the world, an idea whose time has come.

And soon, because of the reval, many lightworkers will find themselves uniquely in the position of having the resources to take the first steps into this new domain, the domain of coordinated, committed social action, firing the shot heard round the world. We CAN choose to be audacious enough to take responsibility for the whole world, not just the human family but all life on Earth.

I'm game for what comes next. I'm willing. I want a world that works for everyone and all my actions from here on in are aimed at achieving that world right now.

### **Footnotes**

(1) Werner Erhard, *Graduate Review*, February 1980.

(2) “Responsibility begins with the willingness to take the stand that one is cause in the matter of one’s life. It is a declaration not an assertion, that is, it is a context from which one chooses to live. Responsibility is not burden, fault, praise, blame, credit, shame or guilt. In responsibility, there is no evaluation of good or bad, right or wrong. There is simply what’s so, and the stand you choose to take on what’s so. Being responsible starts with the willingness to deal with a situation from the view of life that you are the generator of what you do, what you have and what you are. That is not the truth. It is a place to stand. No one can make you responsible, nor can you impose responsibility on another. It is a grace you give yourself – an empowering context that leaves you with a say in the matter of life.” (<http://wernererhardquotes.wordpress.com/tag/responsibility/>.)

(3) A share is a statement of our personal truth, a bearing of the truth for us, an honest and transparent communication.

## **A World That Works for Everyone; or, When in Doubt, Love**



When Werner Erhard first called for “a world that works for everyone” in 1980, it was a radical concept.

I remember when I grappled with it, I couldn't imagine how such a world could come into being.

Now that question has been answered: A Fifth-Dimensional world is a world that works for everyone. Unconditional love and unitive consciousness will prevail. The combination of the two, affecting everyone and everything, will create a world that works.

Back then I was deeply mired in Third Dimensionality, as were we all, and I couldn't see the solution to the problem. Werner could see it however because he was enlightened and was probably acting on what he saw as a result of his enlightenment - or its further unfolding. (1)

There are two ways in which a Fifth-Dimensional world works for everyone.

The first is our internal state and the second is the way in which we regard everyone else.

Just from the few tastes of love I've had in the last two weeks and multiplying that by factors of ten or a hundred, I can see that, if I were in Fifth-Dimensional consciousness right now, I'd need little, desire little, probably own little, etc. I'd be content with love and bliss and joy.

So my internal state would be conducive to a world that works for everyone.

Moreover, the way in which I'd regard others, from a place of love, compassion and sympathetic joy, and the fact that all others would also be in the same place, would mean that any departure from happiness and pleasant conditions would be quickly remedied.

But then, there would be no such departures. They could not exist in the elevated vibrations of the Fifth Dimension.

So we could say that Ascension itself will naturally lead to a world that works for everyone.

The trick is, and this is where we lightworkers come in, to create that world now, while we're not in Fifth Dimensionality.

We can sit back and wait for it and it'll come but we have an excellent opportunity instead to develop our skills by working diligently now for that same world, without the advantages we'd have after Ascension.

Moreover, as lightworkers, we'd be fulfilling our mission to see that as many folks come with us as possible by laboring strenuously for that world that works (and there are those lightholders for whom the words "laboring strenuously" won't apply).

How do we act Fifth-Dimensionally when we're not yet Fifth Dimensional?

First of all, we can trust. Why trust? Well, if we don't know the way, we're going to have to hear about it from others. And we're going to need to trust the best accounts we can find if we want hints on how to get there sooner than the rest ... like now.

Trust who? Trust the most credible sources we're aware of, who are telling us what life is like ahead of us and urging us to love, be compassionate, be generous, etc.

Second of all, we can see and extend the trend. Have you not noticed that our emotional floors - the point below which we never go emotionally any more - has risen? Can we not see that, as it rises, we feel more and more love, calmness, mental silence, etc.? Can we not distinguish that as a trend and, if we can, can we not extend it in any way we can now and into the future?

Thirdly, when in doubt, love. Love is what this whole thing is about anyways. We're asked to realize our true identities and one way to say what that is is that our true identity is love. The mind is the barrier to love so let go of thoughts and just love, as Mary Magdalene said, with power and abandon.

All our efforts are maximally aided at this time. There's so much love washing our planet and so much help, as S.N. Goenka would have said, that we're bound to be successful, bound to be successful.

So we can understand what a world that works for everyone would look like and we're building it. No, we'd rather not wait to have it handed to us on a silver platter because we know that we can learn and grow from this work. So we're building Nova Earth now and the biggest step we'll ever take in that process is just to love.

## **Footnotes**

(1) The est Training was Werner's attempt to communicate the experience of enlightenment. See W.W. Bartley, III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978.

# How Can a World Work for Everyone?

April 14, 2018



[\(https://goldenageofgaia.com/2018/04/14/how-can-a-world-work-for-everyone/\)](https://goldenageofgaia.com/2018/04/14/how-can-a-world-work-for-everyone/)

I feel the need for a more general explanation of this paradoxical phrase that Werner Erhard coined in the late 1970s: "A world that works for everyone."

How possibly can such a world exist?

Please excuse me if you've heard me discuss the matter previously. Werner's point is key to understanding where we as a global society are headed.

How can a world be made to work for everyone?

Well, it cannot. That's the bottom line. The world cannot be made to work for everyone.

That's because it's we - not "the world" - that need to shift in such a way that the world works for everyone. Our consciousness needs to shift. What's called for is inner work, not outer work.

If everyone were in such a state of consciousness, the world would decidedly work for everyone.

People reading this blog know about the consciousness shift occurring on Gaia. It's this shift that will raise our vibrations to the level where the world will work, as Werner was suggesting.

I assert that Werner existed in that state of consciousness where he was naturally aware of workability.

You might be asking yourself how I know that too. Because I know the space he was pointing at. I lived in that space, for a time.

I inhabited a world that works for the better part of a year, before the experience slowly faded away. It's this experience that allowed me to see plainly what Werner was pointing at. The riddle that he posed in 1979 that I had contemplated ever since was solved.

Let me go deeper.

I'm sure anyone reading this blog knows about the kundalini. I had an experience on March 13, 2015 in which the kundalini climbed up my body and reached the fourth chakra.

Given that I serve the Divine Mother, I knew that any experience I was having must have come from her so I relaxed and let the kundalini rise.

As soon as it reached the fourth chakra, my heart (not my heart chakra or physical heart) exploded. I call this a "heart opening." It was as if a 15-inch gun went off on a battleship.

There was a tremendous inner roar and I was immersed in an inner tsunami of love. That's one way of talking about it. I was drowned in the Ocean of Love is another.

This torrent of love that swept through me swallowed me up and swept all anxieties, concerns, desires, and thoughts away. It left me clean.

This state lasted for seven months and was superseded by a state of bliss that happened the day of the consciousness wave of Oct. 28, 2015. Bliss lasted for another three months.

In these states, I was joyful, resilient, patient, loving. I was completely satisfied with all things. I needed nothing more than the promise that I would always experience this love.

Ahhhh, but ... that was not to be. It faded in January 2016 and I returned to my normal, everyday self again.

But I do know why, when someone experiences something like that, they cannot help but work for it ever after.

While in that state, a world of perfection was all I could see. Someone could come up and threaten me and I'd laugh. I had all I needed and no one could take it away from me.

For myself, I'd have harmed no one. I wished no one ill.

Because love needs to flow and because I experience it as it flows up from my heart, through me, and out into the world, all I wanted was to share this love.

The more I shared, the more I felt. It's like our kitchen tap. Turn it up and more flows through it. Turn the tap of our love up, send it out to the whole world, and more flows through us. (1) When Archangel Michael speaks of spiritual currency, this torrent of love is exactly what he's pointing at. (2)

I assert - and I invite anyone to test it out - that Werner Erhard was pointing us towards this state of consciousness with his phrase "a world that works for everyone."

Werner experienced this state permanently whereas I experienced it temporarily. I dipped my toe in the Ocean of Love; he went deep-sea diving. His experience was probably much deeper than mine.

What is the nearest correlate in lightworker language? Building Nova Earth. But our phrase doesn't cover exactly the same territory, which is what makes Werner's phrase so useful. We can build Nova Earth and not be in the consciousness state that Werner was pointing at.

Again, please forgive this technical note but I need to say it for those who are following my argument closely.

The space of a world that works for everyone is the space of what we lightworkers and loveholders call Ascension, the culmination of Ascension actually - Sahaja Samadhi, which is a full and permanent heart opening.

My experience was nowhere near Sahaja. My temporary heart opening was what Hindus call "spiritual awakening" and Buddhists, "stream-entering." (3)

Mine was a fourth-chakra awakening; the experience of Sahaja is beyond the seven-chakra system. It is the full heart opening that follows our ascent beyond the seven.

OK, OK. That's all the technical stuff. Thank you for your tolerance.

When the heart opens in fourth-chakra enlightenment, for as long as the experience lasts, one is in a space in which the world works for everyone.

In a society and culture which, at the time, wasn't generally very lettered in subjects like enlightenment, how would one most effectively spur people on to reach this goal in spiritual practice?

Easy. Give them a paradox. Blow their minds with a statement that can only be resolved from a higher level of knowledge - what Werner called "natural knowing." (4)

That statement is "a world that works for everyone."

Given that I wrestled with it since 1979 and finally "got it" in 2015, his paradox worked for me.

### **Footnotes**

(1) This love flows up from our hearts and out into the world. You can use your in-breath to draw the love up and your out-breath to send it out to the world.

(2) "Now you know that I have spoken at length, and repeatedly, about spiritual currency being an integral, unavoidable part of this thing that you call the RV. What you call the RV, I call the re-evaluation of spiritual currency. ...

"When I have said 'spiritual currency,' you've had a glimpse of this in the knowing of mastery and abundance and so you know it isn't about money. It is about spiritual currency. And I say to you, 'congratulations.'" (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2017.)

Yes, I had an experience of abundance and mastery as what Werner would call "contexts." Both were wonderful and I ended up again in the Ocean of Love.

(3) See "Enlightenment - (1) Spiritual Awakening - How has the experience of spiritual awakening been described?" and following sections, at <https://tinyurl.com/yd6gv7bf>

All experiences short of Sahaja are temporary.

(4) Einstein said "We can not solve our problems with the same level of thinking that created them." (<https://www.goodreads.com/quotes/320600-we-can-not-solve-our-problems-with-the-same-level>.) By the same token, we cannot know higher states from lower states. We have to enter them to know them.

# Building the New While the Old Falls

Nov. 8, 2015



*Credit: [www.stonesoupwr.com](http://www.stonesoupwr.com)*

I regard it as the best way I can contribute to the world to continue ethnographically describing the higher-level spaces I go through, rather than tracking and commenting on the tragic refugee situation in Europe, the bombing of the Doctors without Borders hospital, or similar heart-rending events.

Others are following current events but fewer of us are diarizing our Ascension journey.

The sooner we all tap into the vibrations that are increasingly being made available to us, the quicker the situation for refugees, the poor, and the disenfranchised will be solved. We cannot even see the solutions viewed from the Fourth-Dimensional level most of us are seeing from. But ... the problem itself would disappear at a Fifth-Dimensional level. (1)

Again, the sooner the Reval gets here, the quicker their situation will also be seen to. We'll then have the funds to drive important interventions and processes to move us toward world peace and plenty.

Our commitments and commentaries are not like playing music while Rome burns. They're building the new city, that was in the catacombs until now. It'll replace the

imperial drama we called the Third Dimension. We're designing and building the form of the future. Yes, some areas of the old are burning. They were meant to fall. And, no, they won't take us with them.

Let me make a hard share. It comes as a result of reflecting on Ben Fulford's news that Doctors without Borders may have been taken over in Afghanistan and a few other places by the cabal and is being used for heroin distribution.

I want to pick up from where I left off. I said then:

"The best thing we can do for Doctors without Borders, if Ben's reports are true, is to send them our loving thoughts and picture them as cleansed of the Illuminati. We tend to be black or white, either/or with things. News of the kind that Ben passes along, if it's true, can send us from support to opposition.

"Again if what Ben says is true, rather than condemning them, let's hold the space for Doctors without Borders returning to their previous commitments. Presuming the allegations are accurate, and they may not be, I'm sure no doctor in the organization would have wanted this outcome to happen. Nor would they be happy if we abandoned them, blaming the victim." (2)

One of the advantages of passing through a higher-dimensional portal and then returning to everyday consciousness (whatever "everyday consciousness" is, as the energies continue to rise) is that I see matters from both angles. I have the unique advantage of being able to understand what happens at the Fourth-Dimensional level and how matters are seen from at least the vestibule of the Fifth.

There's a fundamental difference. I'm very reluctant to describe it because I fear I'll be accused of being arrogant or something. But I regard it as helpful and important to illustrate the difference in feeling and approach. So I accept the risk.

Viewed from the Fourth-Dimensional perspective, the news that Doctors without Borders may have been invaded by the cabal and bent to use in their heroin-distribution chain causes a recoil in me. My face scrunches up in disapproval. I

activate all previous records, files, scripts, vasanas and issues under the file marked "Opposition." And I block any good feelings I once had for Doctors without Borders.

I put doctors who work for the organization into the box marked "handle with care." I write Doctors without Borders off my charity list.

How nonsensical this reaction is when viewed from a Fifth-Dimensional perspective!

From a higher vantage point, I feel compassion for the doctors within the organization who almost certainly have been mistreated or killed so that the cabal could take the outfit over. I feel their pain. I imagine them crying out to the public to dig deeply into this one and uncover the truth, for their sakes and for that of their future patients, now deprived of their services.

I feel no recoil. I don't feel disapproval of anything. No negative emotion arises within me; only love and bliss. None of this news changes my original feelings of loving support towards Doctors without Borders.

So there's a fundamentally-different experience between the Third/Fourth and Fifth Dimensions over a matter like the purported discovery of the fall of a light organization to the dark.

May I now leave the ethnography behind and broaden the discussion for a moment?

I said some time ago that entertainment figures who'd been forced into submission by the Illuminati need to be forgiven and welcomed back into the tribe. Some of them were drugged, raped, tortured, and subjected to other mind-control practices at an early age to force them into submission.

That statement applies to many more than just entertainment figures. Boy prostitutes used in the Washington pedophile rings, female sex slaves around the world, addicts of all kinds, even child soldiers - the list is long of people we'll need to welcome back into the fold - and rehabilitate.

Why need to? Because we want as many people on the planet to experience the grace and liberty of Ascension. And because we all have been in their position and someone helped us out.

We came as starseed and celestial lightworkers exactly for that purpose: to help as many as possible to ascend. Who said it would always be pleasant or easy?

Why would we want to blame the victims of Illuminati evil? Yes, rehabilitating them may take work and it can often be unrewarding work. People who've been severely abused may be unable to have trouble-free relationships. They may turn the rescuer into the perpetrator faster than an eye blink. They can hurt people, especially the ones they love.

But that again is the job. Only the hardy need apply.

From the Fifth Dimension, forgiveness is easy, natural, obvious. There's no need for Ho'oponopono. Forgiveness and the request for forgiveness are immediately followed by love; no words, no prompts or props are needed.

But this is done only for the benefit of the Fourth-Dimensional person. The Fifth-Dimensional person is immersed in love and has no sense of anything being wrong, past or present.

The love and bliss of the Fifth Dimension produces a climate of opinion and values in which obvious solutions to problems appear that cannot be seen from the vantage point of the Fourth, as Einstein reminds us.

Try to imagine the Fifth if you're "not there" yet. Try experiencing deep love, ecstatic bliss, gratitude, forgiveness, peace. Just try. In a flash, you may connect with the bliss and then the space opens up.

Ask for celestial assistance. The angels and archangels are the dispensers of enlightenment - and Ascension. (3) Spiritual currency is what Archangel Michael calls transformative and universal love. Ask for your spiritual inheritance, held for you until this day.

## Footnotes

(1) There is no hunger, no thirst, and no fatigue, not hot or cold, unless you order it, in the Fifth Dimension.

(2) "Ben Fulford's Allegations on the Downed Russian Airliner and Doctors without Borders" at <http://goldenageofgaia.com/2015/11/03/ben-fulfords-allegations-on-the-downed-russian-airliner-and-doctors-without-borders/>.

(3) See "Angels - Angels enlighten, or participate in the enlightenment of, humans," at [http://goldengaiadb.com/index.php?title=A#Angels -  
\\_Angels enlighten.2C or participate in the enlightenment of.2C humans](http://goldengaiadb.com/index.php?title=A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans)  
See also preceding and following sections.

# Love Builds: Transformed Consciousness and Building Nova Earth



Oct. 11, 2015

How can the energetic results of the [recent] Blood Moon Equinox be related to managing the money flows of the Revaluation and building Nova Earth? (1)

Well, what happened at the Equinox seems to have equipped a few people, yes, for Ascension but also for building the new world.

I can speak for myself that I'm ten times more productive and effective in the transformed space [*Steve 2021: bliss*] which I've been in for the last week (intermittently) than I was before.

My meetings go smoothly and the outcome is to the satisfaction of all. As long as I'm in the transformed space.

When I'm back in my everyday consciousness (call it 4D if you want, 3D if you must), things don't go nearly as well.

I feel territorial. I get impatient. I make my complaints known. And so on. But in the transformed space, everything works.

I can therefore confirm that building Nova Earth will almost certainly proceed ten times more effectively if we're in the transformed space.

I confess that I don't know how to reliably transition from everyday to transformed consciousness. I wish I did. [*Steve 2021: Draw up bliss from the heart on your inbreath and send it out to the world on your outbreath.*]

I've used the thought of the beloved to give me the push, via love, to reach it. And that has always worked.

But not everyone is in relationship so I'd like to look at other ways as well.

Whatever means is selected, love almost certainly has to be a part of it. I don't know how to reach the transformed space without loving .... someone, something.

So let me practice a more generalized love and see what outcome that produces.

Yes, it does work. Impersonal, generalized love directed to the world is capable of lifting a person from everyday consciousness to transformed consciousness. At least in these energies.

It's the love that transforms. The object is variable. But, since love needs to flow, it's useful to have an object it can flow to. Direct it to God. Direct it to the Mother, Archangel Michael, Quan Yin, it doesn't matter. Just let love flow.

Breathing in love [*Steve 2021: or bliss*] and sending it out to the world is again the central practice in elevating me and allowing me to stay where I land.

At some point, something will happen to make this space permanent, as Alexander del Sol reported it was for him. (2) Until then I have to kickstart it.

St. Paul was pointing at this process when he said that "love builds." The Divine Mother also described the same space on *An Hour with an Angel*:

Divine Mother: Sweet Steve, you have said to me many times; How do we build this Nova Earth?

SB: [laughing at her knowing] Yes, Mother.

DM: And you build it, my beloved son, by claiming the love, by claiming the building blocks, the glue, the dissolving agent, and you use it as your creator self however you choose.

And I support those choices because, when we are in harmony, when I am permitted to be acknowledged and loved within you as you are within me, then the choices are always reflective of this forward movement of Ascension. (3)

Build with love and, now - not 100 years ago - it will stand. Now is the time for the Light to return to Earth. That's the Mother's Plan.

So to repeat, my hypothesis is that operating from the transformed space will multiply and magnify our efforts towards managing the money flows of the Reval and other prosperity programs and building Nova Earth with them.

### **Footnotes**

(1) See Bruce McClure, "Super Blood Moon eclipse on September 28, 2015," [EarthSky.org](https://earthsky.org/sky-archive/total-lunar-eclipse-blood-moon-hunters-moon-september-27-28-2015/), September 27, 2015, at <https://earthsky.org/sky-archive/total-lunar-eclipse-blood-moon-hunters-moon-september-27-28-2015/>. It was on Sept. 28, 2015 that my mood of transformative love became one of bliss.

(2) Alexander del Sol, "Profound Inner Peace, Ineffable Bliss — The Shift is NOW in Progress!" *On the Cusp of the Wave*, March 26, 2013, at <https://waverider1.wordpress.com/2013/03/26/profound-inner-peace-ineffable-bliss-the-shift-is-now-in-progress/>

(3) "Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.

# ⌘ Personal ⌘

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



*Written in 1986. Things have never changed for me.*

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

I'm not available to you then.  
Neither am I available to me.  
So sharing with you the part of me I hide  
Means I show up here, I'm on the scene.

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

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