

# An Ascension Ethnography



Steve Beckow  
Editor-in-Chief  
Golden Age of Gaia

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## Introduction



Given that Earth's is the first in a new form of Ascension - planet-wide, in the physical form, and into a brand, new space - all the ethnographic accounts we can provide other civilizations with whose Ascensions come after us may prove to be very valuable.

Journals, diaries, letters, videos - all manner of first-hand or ethnographic data will prove useful to them when their turn comes.

In this spirit I offer you this ethnographic account. I probably will add to it over the years as I uncover more early accounts of spiritual experiences - the flame in the heart, the silver bullet, Porteau Cove - I used to name them.

I now see these as levels, as a result of what Archangel Michael said:

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

“But every time, you have had this experience it has edged you up a level. So that now you say to me, ‘Michael, I feel like I have a new baseline. I have a new foundation of happiness.’” (1)

I now think of these experiences as stepping stones, going up a level.

However, two experiences stand out head and shoulders above the rest in terms of life-altering impact: the 1987 vision of the purpose of life and the 2015 heart opening, as you'll see below.

I only felt that my life began when my heart opened. A man's Biblical life span is three-score and ten. In my seventieth year, when I should have been saying my farewells, I came alive.

Other experiences were dimensionally higher but truncated by Archangel Michael and the Divine Mother, as you'll see in this account.

This is therefore the account of one lightworker gradually ascending. It's also the record of a servant of an archangel discussing things with his lord. That too is a valuable record - to watch an archangel at work.

In the Bible we get glimpses of archangels and humans interacting but not entire conversations about what is wanted and needed, how it's going to be achieved, how we're doing, what needs to be corrected, etc.

Michael is the gentlest, most loving, tenderest boss anyone could ever ask to have. And he's there for anyone who wishes to work with him. Because very few of us will have the opportunity to talk with him, I've felt an extra responsibility to share as much of our conversations as I possibly can. More will have to wait till after the Reval.

In the meantime, here is a collection of articles, which will only grow, recording events, milestones on one person's ascension journey. I hope reading them and reflecting on them eases your journey and expands your knowledge of what's happening here and behind the scenes.

I am hereby fulfilling my mission - to go up with everybody and write about it.

## **Footnotes**

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

**⌘ From 1987 ⌘**

## It All Works Out in the Final Reel

April 26, 2011

<https://goldenageofgaia.com/spirituality/16244-2/it-all-works-out-in-the-final-reel/>



*I'm beginning this ethnographic retrospective of major spiritual experiences with the vision that occurred on February 13, 1987. It inspired my work from then till perhaps 2015.*

*This is the best attempt I've made to describe it. It led me to know for a certainty that enlightenment is the purpose of life.*

In a reading with Archangel Michael, through Linda Dillon, on April 26, 2011, Archangel Michael - the Spirit whom I serve - said something that surprised me:

"We do not ask you to veer away from being a writer but we want you to write what you feel moved to and it is also more dabbling into what you have thought of as the sacred truths.

"And people, humans, hybrids [Starseeds], and beyond, are prepared to receive those [writings] as well. In a fuller and perhaps may we say more profound way than previously. ...

"... In the human element their hearts are yearning for more. So you are going to do more writing in that vein."

I expressed surprise because I'm not an enlightened being but the Boss said that nonetheless that's what I'd feel drawn to do.

And I confess that the desire to turn to spiritual topics is arising in me. There's a desire to write about enlightenment, the design elements of the human being and life, the natural laws, the Trinity of God the Father, God the Mother, and God the Child.

I could have said God the All, since there's nothing that isn't God. But nonetheless to create this lila or drama called life, God did, as far as I'm aware, step down His/Her/Its powers in a mysterious way that's difficult for us to understand, to assume other roles in the play.

I feel a strong desire to begin by sharing something that tells us why life was created and a little bit about how it was designed.

Back in 1987, I attended a rebirthing workshop in Seattle and had what rebirthers call a "full-breath release." I can't describe what that feels like. The breath, instead of being a country road, becomes an eight-lane highway. I felt altogether cleansed and purified. I had broken through the "character armoring" or "pain body." So I was in a remarkable space.

The next Friday, while driving my car to work, I had the experience which changed my life.

A word of context first. I was in my doctoral years at the University of B.C., studying to be a counsellor. I had been practicing listening therapy, the incredible impact that deep, therapeutic listening could have in the processing of major upsets. I'd noticed that when a person was listened to for a very long time, they reached a point where the puzzle they faced became a picture.

A thought arose in my mind as I was driving to work: "If our early life is a puzzle, which, when solved, becomes a picture, could it be that life itself is a puzzle and, if so, what is the picture that life is?"

Now, I see this event as simply one act in the unfolding drama that our lives are. It was my time to have this information downloaded and I now see it as being

brought to me for a purpose. But back then, the question itself and what happened after was entirely mysterious and marvellous to me.

Everything turned black and I forgot that I was behind the wheel of a car.

For the next eight seconds, I was shown a living tableau, a 3D movie, of the entire journey of an individual soul, through lifetime after lifetime - from God, as Jesus said, out into the world (that is, the Holy Spirit or Mother, *mater*, matter), and back to God again. It was all symbolic, representational, and diagrammatic. And bliss, which brings all things to remembrance, was helping me easily understand what I was being shown by lifting me up.

I won't describe what I saw because I've already done so in the conclusion to the book that resulted, called *The Purpose of Life is Enlightenment*. (2) But I emerged knowing for certain, and I want to emphasize that certainty, like I could bank on it and risk my life on it, that enlightenment was the purpose for which each one of us is born, lives our lives, and "dies."

That experience lasted eight seconds and, when it finished and the black disappeared, my car had not moved an inch. (I grew up in that area of Vancouver so I knew exactly where I was.) I was removed from time.

At the next stoplight, I looked at the driver of the car on my left. His face was riven with fear. I presume I had a five-mile smile. I wanted to roll down my window and shout: "It all works out in the final reel!"

I emerged knowing what the Trinity was. I saw the stages of enlightenment. I knew what our task was. I saw where it all came from and was going, the Alpha and Omega, the origin and destination.

But none of this was explained in words. I saw only pictures. It took twenty years of blissful research to find the words that would explain what I saw that day.

That explanation became the dictionary, *From Darkness Unto Light*, (3) whose provisional title was *Matrix* (i.e., the Mother's womb). I took a few sections of that dictionary and converted it into *The Purpose of Life is Enlightenment*.

I found that what I saw was known to countless sages through enlightenment. I discovered that life was designed, that that design was benevolent, that design

elements operate on us to keep us moving towards our final rendezvous with destiny, and that God does not create our sorrow and pain - we do.

I learned that enlightenment itself goes on so far down the road that for us to call one local stage of it "complete" or "final" is humorous. None of our enlightenments can possibly be seen as any more "final" than a drive from Vancouver to Seattle can be called a drive through North America.

I obtained a glimpse of how wonderful God is that so many ineffable, majestic views of Her/Him cannot slake our thirst or exhaust what there is to be known. Even Seraphim, who stand in the face of God, don't know God completely. No one knows God but God. I'm not sure if I'm capable of communicating the eyes-wide-open amazement I felt upon realizing the vastness of God's Being.

Nonetheless I don't consider this enlightenment. It was a vision.

Any knowledge of God, whether a peak experience, an enlightenment, or anything else, repays years and years of spiritual effort and struggle. I used to say to myself that one spiritual experience - a transformational moment, a vision - repaid a decade of labor for it. And I know that a moment also comes when we must not struggle or exert ourselves.

There came a time when I was having one spiritual experience after another and none of it slaked my thirst.

Here I am twenty-four years after that experience, feeling as fresh with the topic as I did then, feeling no diminution of enthusiasm for an eight-second tableau. That's because, when I get in touch with it, when I breathe into it, I'm breathing into a truth. And so I feel joy and bliss.

After the vision, I insisted that my doctoral dissertation be about enlightenment and my thesis adviser refused. No other department of the university, including Religious Studies, would take it on. I was stunned to discover that studying the purpose of life could not be studied in the Religious Studies Department. It was "outside the university's charter." Excuse me?

So I left an institution that, in my view, was wedded to empirical materialism (the philosophy that only what we can see, hear, touch, etc., is real).



I'm sure the university has changed by now. But I have no more use for degrees. I only want to know who I am, who God is. I've been smitten by love's arrow and I cannot see, hear or want anything else but God.

And so it has been for everyone who was ever contacted or been awakened by the Divine in any way. So powerful is the touch of God that it rearranges lives, smashes plans, and totally converts the soul. It divides father from son and mother from daughter.

After that experience I used to say that I know only one thing for sure: that enlightenment is the purpose of life.

Let me not fly off into inner space, lost to everything. There's work to be done to serve the Divine Mother. Later comes the pension.

### **Footnotes**

(1) Available here: <http://goldenageofgaia.com/16244-2/the-purpose-of-life-is-enlightenment/ch-12-epilogue/> ). The first page of *The Purpose of Life is Enlightenment* can be found here: <http://goldenageofgaia.com/16244-2/the-purpose-of-life-is-enlightenment/ch-1-introduction/>.

(2) At <http://goldengaiadb.com/E>

# The Purpose of Life is Enlightenment – Ch. 13 – Epilogue

1987; August 13, 2011

<https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>



*The little golden star sees the Father, far off, from the cloud of the Mother*

(Continued from [Part 12.](#))

Last revised: April 10, 2019.

## **When time stood still**

What inspired this book? What motivates me as its author?

The energy I have for the subject arises from an event that happened on 13 February 1987, a vision. Rather improbably, it happened while I was driving my car.

I'll try to describe it in as much detail as I can for interest's sake. You may recognize it as a variation on the spiritual parabola or Jacob's ladder of consciousness.

The previous weekend I had been at a rebirthing workshop and had had a full breath release, an event which left me feeling incredibly clean and clear.

Moreover, I was at the time studying for my doctorate in sociology and had been counselling people on a volunteer basis. This experience as a counsellor contributed directly to what happened next.

At first, like so many counsellors, I used “problem-solving therapy,” but soon became weary of trying to “sell” solutions to people who weren't inclined to buy. They seemed to want to tell their stories no matter what and rebuffed any attempt I made to offer a solution so I started listening.

I found that people presented me with a puzzle and, when I listened and they talked about it long and deeply enough, they suddenly had an “Aha!” The puzzle turned into a picture which caused their upset to disappear. (Of course I'm simplifying a more complicated process.)

In all sincerity that day, I said to the universe in general, “If our early lives are a puzzle which turns into a picture, is it possible that life itself is a puzzle? And, if so, what might the picture be that life is?”

I'd turned the corner in my car and was travelling through a part of the city I knew well. Having asked my question, everything suddenly turned black. I forgot about my car and found myself staring at a wordless tableaux, a spiritual movie, if you will. All of it was relational, a cause-and-effect story in pictures. I was watching God's wordless way of speaking to me.

At the same time as I watched this spiritual tableau — and this is very important — I was filled with bliss. The experience of bliss resulted in greatly-increased comprehension. It somehow made it easier for me to take things in. What I could not wrap my thoughts around in everyday consciousness I now knew and understood quite simply, intuitively, and directly.

I knew intuitively the identity of the actors in the film and the nature of the drama that was unfolding before my eyes. Words just arose in my mind to explain what I saw.

There was before me a large Golden Sun, which I knew intuitively to be “God the

Father” (Brahman, the irreducible Essence, the Tao). (1) From it emerged a small golden star, which I thought of as “God the Child” (the Atman, the Buddha-nature, the Christ, the Pearl of great price).

This small golden star streaked out into the blackness of space and disappeared.

I noticed that I had the capacity to follow the golden star wherever it went. I simply wondered where it had gone and, poof, I was there, looking at that corner of “space.”

In the corner where the golden star had gone, there was a kind of hazy cloud. I knew that cloud to be God the Holy Spirit, which I would now call “God the Mother” (Shakti, the Word, Aum/Amen, the creative universal vibration).

Within the haze, I saw a spiraling tube and recognized the Star-Child, moving through it. It had now lost its brilliance and I could only see its perfectly-circular outline, as it wended its way through what I knew intuitively to be “lifetimes in matter.”

I watched for a time and then, suddenly, the Star-Child flashed back into brilliance and I knew that to be an experience of enlightenment. As soon as its luminescence returned, it left the tube and raced back to the Golden Sun in which it submerged itself. I knew this to be another, more senior experience of enlightenment.

The Star-Child having disappeared, I pondered what I had seen and the words formed in my mind: “Enlightenment is the purpose of life.” God meets God in a moment of our enlightenment. "O thou I!" (2) This understanding summarized my experience.

As soon as I had reached this conclusion, the vision disappeared and I was back behind the wheel of a car.

The experience was not enlightenment. It was a teaching *about* enlightenment. I had been given a glimpse of God’s great Plan for life, a representation of the total journey of an individual soul. It went out from God, on a spiritual parabola, all the while spiraling forward through the action of karma, through the universe of matter, and back again to God once it had achieved a supreme level of mergence or enlightenment.

**“It all works out in the final reel!”**

Knowing that part of the city well, I looked to the right and the left of me to see how far I had moved in the roughly eight seconds I had been somewhere else. I had not moved an inch. I concluded that the whole event had taken place outside of time.

Behind the wheel of the car again, I came to a red light and looked over at the worried expression on the face of the driver in the next car. I wanted to roll down my window and shout: “It all works out in the final reel!”

For the next three days, I remained in bliss. I saw that all of nature praises God and reveals His Plan. Trees raise their leafy branches to the sky as if in adoration. Their leaves drop off, as our bodies do, but the trees don’t die.

The birds flying through the air leave no trace; nor do souls journeying through life. The way the sand and sea mix and yet return to their basic natures reminded me of the relationship between the soul and the body. Everything natural was a metaphor of the Divine or one of Its created processes.

Thereafter my doctoral studies seemed insipid. I tried to enroll my professors in allowing me to study enlightenment for my dissertation but no one at the university, including the Religious Studies Department, would hear of it. Religious Studies said that the university's constitution forbade them studying such a subject. I was amazed.

Empirical materialism was the dominant paradigm at my university in those days. Only what could be known through the senses was considered real. None of what I'd seen was known through the senses; hence none of what I'd seen, to the university, was real.

I felt confined by the academic paradigm and left university.

I remained entranced by the vision. For the next ten years, I read nothing but the works of enlightened authors. I had to find words to express the vision's wordless message.

One by one, as I read the classics, statements appeared that explained what I had seen. Jesus saying that he came out from the Father out into the world and now returns to the Father was an exact description. Jacob's Ladder was a depiction of it. Here it was discussed in Ibn Arabi; there in Krishnamurti.

The next ten years were spent writing this book, trying to put that eight-second movie into words. And now it's done.

May your efforts to achieve the purpose of life and consummate God's Plan be blessed with success. May you be filled with divine joy and bliss. May all divine children be enlightened, fulfilled and reunited with God.

Namaste,

Steve Beckow

### **Footnotes**

(1) I did not notice the blackness of space. If I had, what would I have known then?

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

**⌘ From 2012 ⌘**

## Bliss is What We Seek

Aug. 19, 2012

<https://goldenageofgaia.com/ascension-as-of-2012/what-is-ascension/bliss-is-what-we-seek/>



I was having a chat with a special friend a few days ago and I confessed that there was nothing I wanted from life any more.

That wasn't quite true. It was one of those comments that can't quite be squeezed into just one sentence, without a few threads sticking out. So please allow me to expand a bit.

As we progress along this journey, I think all of us will find our desires for material possessions and earthly experiences fall away. But our desire for what the Kingdom of Heaven offers will grow.

Nothing more valuable does it offer us than love and bliss.

And surely this must tell us something. That which we enjoy and seek above all else has no truck or trade with this material world. That which we prize above all cannot be held in the hand, seen with the eye, heard with the ear. We call it “spiritual” because we need a word for it. We can experience it but I doubt very



much that we need any of our physical capacities to do that.

The more we're filled with love and bliss, the quieter and stiller we become. Not even the prospect of fabulous wealth interests the person who's been touched by love and bliss. I can say that with certainty.

Not romantic love or orgasmic bliss. Once we've tasted the deeper gift of the soul, we hanker after it all our lives.

God, the Upanishads say, "is pure bliss." (1) "The Highest Reality," the Buddha tells us, "is an exalted state of bliss." (2) Sri Ramana Maharshi reassures us: "Your nature is Bliss." (3)

When he realized God, Paramahansa Yogananda confided that "an oceanic joy broke upon the calm endless shores of my soul. The Spirit of God, I realized, is exhaustless Bliss." (4)

It's bliss that brings "all things to remembrance." (5) During my vision in 1987, I was filled with bliss, which made my knowledge of what was being shown to me crystal clear. (6)

And we only come closer to profoundly experiencing that bliss as we ascend higher and higher and toss aside one body after another, as Shankara describes: "When all the five coverings are removed, the pure Atman [the Self or Christ] is revealed. It is revealed as God dwelling within; as unending, unalloyed bliss; as the supreme and self-luminous Being." (7)

So having spent many lives gathering the most toys, expecting to win, we arrive at a point where all gathering becomes meaningless and ceases. And having dropped it all, we find the treasure we sought all the time and never had: "the all-coveted bliss of God." (8)

On occasion I've described myself as an urban monk. "Urban" because, like you, I have work to do in this lifetime and can't spend it in a cave. "Monk" because, in this lifetime and in others, I've known the all-coveted bliss of God and its value. And so have all Starseeds in other lifetimes.

Bliss is all I seek. Bliss is all I'll accept at the end of this journey. And fortunately for us all, bliss is to be our reward. As we ponder that approaching culmination,

our new teachers, some from off-planet like SaLuSa, tell us what awaits us:

“The most enjoyable part is to come when we can meet you and go the final stretch together, and do so as one family of Light. Your hardships will be over, and by then you will be fully aware of your true selves, your purpose and place in the Galaxy. At present you are but a shadow of who you really are, and have little idea of what it is like to be in the Oneness of All That Is. It is bliss and peace that you cannot imagine, but it is not that far away any more and awaits your presence.” (9)

Or from the spirit kingdom, like Saul:

“It is indeed a wonderful time to be on Earth, and that is why you chose to be here now. It is a time when misery, fear, anxiety, and doubt will be replaced with joyful confidence that God exists eternally, and you with Him, in the glory of His magnificent creation where ecstatic bliss is the ever-present ongoing experience.” (10)

Now here we are, exactly four months away from the event that SaLuSa and Saul describe. And the bliss is beginning. And the more we love each other, the more bliss we raise from the ancient, nameless spring within ourselves.

Amid all the striving and excitement, perhaps don't overlook the love and bliss. It doesn't come wrapped in ribbons and bows. Its arrival isn't trumpeted. No one hands it to us. Quietly, unnoticed, it makes itself known, subtler than anything hands can create and more fulfilling than anything previously felt.

In just four months, SaLuSa tells us, we'll have this experience permanently.

“You may have had fleeting experiences of true happiness, but it will have been little in comparison to what awaits you. Peace and happiness within and without is absolute bliss, and to be with souls exactly alike in this respect is heavenly. We know because that is how you will find us, as we have long lived in harmony with all life.” (11)

One-hundred and twenty days and counting. As time winds down to the zero point, as the remaining days and weeks speed ahead, we're destined for a heaven on Earth marked unmistakably by a bliss and love that will cause all our desires and

sorrows to vanish forever.

Congratulations to all who've opened to these vibrations and welcome to all who have not. Everyone is welcome aboard this unsinkable galactic cruiser about to take off on an endless journey deeper and deeper into bliss.

### **Footnotes**

(1) Swami Prabhavananda, Swami and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 52.

(2) The Buddha in Dwight Goddard, *A Buddhist Bible*. Boston: Beacon Press, 1966; c1938., 287.

(3) Ramana Maharshi in Mungala Venkatramiah, *Talks with Sri Ramana Maharshi*. Question 197. Downloaded from <https://www.ramana-maharshi.org/books.htm>, 31 August 2005.

(4) Paramahansa Yogananda in *Autobiography of a Yogi*. Bombay: Jaico, 1975 142.

(5) John 14:26.

(6) *The Purpose of Life is Enlightenment*. "Ch. 13 Epilogue," at <https://goldenageofgaia.com/spiritual-essays/16244-2/the-purpose-of-life-is-enlightenment/ch-13-epilogue/>

(7) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 56.

(8) Paramahansa Yogananda, *The Second Coming of Christ*. Three vols. Dallas: Amrita Foundation, 1979-86, 1, 19.

(9) SaLuSa, Feb. 17, 2012, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(10) Saul, Jan. 22, 2011, at <https://johnsmallman.wordpress.com>

(11) SaLuSa, Feb. 8, 2010.

## Knowing Source, Me Knowing Me

Dec. 14, 2012

<https://goldenageofgaia.com/ascension-as-of-2012/what-is-ascension/source-knowing-source-me-knowing-me/>



We had two beautiful statements recently of the wider picture into which Ascension fits, one from the channel Goldenlight and another from the Divine Mother.

Goldenlight said: "You are Source knowing Source.... You are Me knowing Me. Yes, it is I, your loving Source from which you came and to which you shall eventually return." (1)

And the Divine Mother said in *An Hour with an Angel* on Dec. 10, 2012.

“I am asking you to bring your focus to this ignition [i.e., Ascension], but then I am asking you, let us focus on what is really at hand — yes, Gaia, yes, universe, this universe in particular. But you, you have begun by saying that I am not simply a god among gods. I am the Mother, and I am asking and inviting you to join with me. Is there really any further conversation to be had?” (2)

And of course there really isn't need for any further conversation. If we're looking for the one statement that lies below every other statement that ever could be made, it is that the purpose of life is that God should meet God. (3) To join with the Divine Mother, who is no different than the Holy Father, which is why Archangel

Michael calls “them” “Mother/Father One,” is the sole reason for all of us to exist.

David Wilcock put the matter well in mid-summer of this year: “The entirety of the physical universe is a magical tapestry wrought by the hand of the Creator, for the purpose of experiencing Itself.” (4)

His statement echoes one made by the Heavenly Hosts six years earlier: “It is all just experience to satisfy the Creator's desire to experience Itself through Its creations.” (5)

SaLuSa also said some years ago that “your existence is not some freak accident, but of a careful design.” (6) When people become aware that life has a purpose and a design that fits that purpose, some become angry. Considering themselves separate from God, they think that they're being manipulated. They don't want to follow the plan laid down by another. They want to be free.

But of course, what we fail to realize is that we *are* God and so the plan to know ourselves as God turns out to be our plan as well, as Saul makes clear:

“To awaken is to know God. It is His Will that you do so, and as you are one with Him it is also your will. Consequently, it is impossible for you not to do so.” (7)

“Your Father’s Will is that you awaken into the divine splendor of Reality — your eternal Home — and there is no other will because all life, in all its myriad forms, is one with Him and shares His Will. The only difference is that in your separated state you are unable to see the whole picture, and it seems to you that there is a multitude of conflicting wills out there causing fear and mayhem.” (8)

What does the realization that we all are God lead to? SaLuSa tells us:

“The awakening goes on at full speed ahead, and many souls are beginning to understand the purpose of life. It is the realization that you are more than your body, and that life is infinite and that you have your being in the energy that is God.

“This also leads to the acceptance that you are All One, and you can see all souls are interconnected and make up the whole.” (9)

All of life's creation follows Jacob's ladder of ascending consciousness as Mark Kimmel's Adrial suggests, moving towards the realization of Oneness.

“Everything is a ladder of frequencies ascending from where you are today to the light of the Creator. In time all will embrace His light, and the universe will be in Oneness of the light.” (10)

The “Oneness of the Light.” What is this Light that is One? Ag-Agria tells us that it's a spark of God, what we call our soul and our “true self.” That Light is what is One among us and the One that we all are.

“We know that many of you are puzzled by reference to the need for people to understand who they really are. Clearly you are aware of your physicality and what that means in terms of your life on Earth. What is being referred to is your true self, that part of you that will always exist regardless of whatever happens to you.

“You have a God spark that is your Light and link to All That Is. An immutable link that should tell you that you are a Being of Light, experiencing the lower vibrations which have effectively cut you off from your Higher Self. Most people identify with the 3rd. dimension, and do not comprehend that there are other aspects of themselves.” (11)

“You are spiritual beings in biological clothes,” Archangel Metatron puts it. “You are here to discover your Divinity. When you make that discovery, you serve others in the example of that achievement!” (12)

We remain unsatisfied until we know God in the fullest, SaLuSa tells us: “Your quest for knowledge and the truth can never really be satisfied until you reach the ultimate – The Source of All That Is.” (13)

Even the ascended masters from Earth and other star systems are on the same search as we, SaLuSa tells us.

“We are like you and seek the path that leads back to the Source, and there is a driving force that constantly urges all souls to rise up to ever higher realms. Your understanding of this quest varies according to your beliefs.” (14)

This driving force is an unquenchable thirst, which some masters call a longing for liberation and others an urge to evolve. It won't let up until we've merged again with God in his/her transcendental, formless form.

Diane of Sirius says that “it [is] only a matter of time, before more souls reach a point of true awareness of their higher purpose in life.” (15) When they do, they see that life is a game, a divine play or *lila*. Atmos says that life “is often referred to as a game.” (16) And Kuthumi informs us that “when you see, and I mean truly see, that life is in fact just a game, then, my precious ones, you are truly free.” (17)

What Ker-On said about the game that descending into the lower dimensions was he could have said about life itself.

“You are playing a game albeit you take it very seriously, which is actually an experiment that you volunteered to take part in. The Creator desired to know how the Light Sparks sent out from the Source would react to the lower energies, when it reached a point that led them to believe that they were separated from it. You travelled down through the higher realms, and assigned yourselves to Earth when it was the Garden of Eden. It was only later that you forgot your true identity as gods, and took on the mantle of darkness.

“However, you were not and never will be left alone to lift up again, and no soul is deserted or damned. In the not too far future you will again come to the realisation of who you really are. When that time comes you will be all the greater for your time in the cycle of duality.” (18)

He could have said that life itself was a game which we agreed to play and, when the time comes to reunite with God, we are all the greater for having played it. Of course from that time on “we” disappears and we are only One again.

So here we are, the game of duality about to be called on account of time ... well, actually, no time, zero point, the end of time.

And we're all declared the victor in this game, even those who don't choose to ascend. All have gained experience. All are that much closer to God, whether they choose to ascend or not. What a game we played, all of us having assumed many roles, light and dark!

And now there's the bell and everyone drops their roles and leaves the stadium. The game is over. We're all declared the victor as we progress on to a wider and wider game.

## Footnotes

(1) “12-12-12 Message from The Council of Angels and Source via Goldenlight: I Am Always with You, Ever Near, Ever Loving,” as channeled by The Golden Light Channel, Dec. 12, 2012, at <https://tinyurl.com/dxpwlgz>

(2) “The Divine Mother on 12/12/12 and 21/12/12,” at <https://goldenageofgaia.com/2012/12/the-divine-mother-on-121212-and-211212/>.

(3) My wife D'Arcy invented the phrase in the midst of a transcendental moment in which she realized that all of life was God meeting God meeting God meeting God.

(4) David Wilcock, “Wilcock Reading, Dec. 2011, by the Source -- with David Wilcock,” Aug. 28, 2012, at <https://divinecosmos.com/start-here/davids-blog/1078-2012shift>.

(5) Heavenly Hosts, “Let it Be,” 10 Nov. 2006, at <https://www.ashtarcommand.net/profiles/blog/show?id=1985014%3ABlogPost%3A273050&xgs=1>

(6) SaLuSa, Dec. 16, 2009, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(7) Saul, Sept. 21, 2011, at <https://johnsmallman.wordpress.com>

(8) Ibid., Jan 2, 2011.

(9) SaLuSa, Dec. 21, 2011.

(10) Adrial, “Densities, Dimensions, and Frequencies,” July 3, 2009, at Mark Kimmel’s Corner, [https://www.cosmicparadigm.com/Marks\\_Corner/](https://www.cosmicparadigm.com/Marks_Corner/).

(11) Ag-agria, Feb.16, 2009, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(12) Archangel Metatron, “The Alchemy of the Solstice,” Dec. 21, 2008, through



James Tyberron, at [https://www.earth-keeper.com/EKnews\\_12-21-08.htm](https://www.earth-keeper.com/EKnews_12-21-08.htm).

(13) SaLuSa, Feb. 23, 2009.

(14) Ibid., Dec. 6, 2008.

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

(16) Atmos, Nov. 12, 2008.

(17) Kuthumi, “11:11 Turning of the Tide,” Nov. 2, 2008, through Michelle Eloff, at <https://spiritlibrary.com/the-lightweaver/1111-turning-of-the-tide>.

(18) Ker-On, March 4, 2009, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

**⌘ From 2013 ⌘**

## Ecstasy: The First Taste of Universal Love

Feb. 12, 2013

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Footnotes

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

(2) Loc. cit.

## More Power Than is Manageable – Part 1/2

Feb. 25, 2013

<https://goldenageofgaia.com/2022/04/04/more-power-than-is-manageable-part-1-2/>



*I'm coming across nuggets while compiling Ascension and the Golden Age.*

*Here's one which relates an experience of a huge power surge that lasted a half hour, but energized my remaining negative vasanas and magnified them so much that I could see, beyond the shadow of a doubt, where they all led.*

*I've actually had the experience of a power surge three times. On another occasion than this one, the face of my ego came through, which my wife said scared her to death. I saw it from inside. The ego was red, fearsome, and horned. It scared the life out of me as well. It came through like a volcanic eruption and then disappeared.*

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“Sometimes a Rude Shock Can be a Good thing,” at <https://goldenageofgaia.com/2013/02/sometimes-a-rude-shock-can-be-a-good-thing/>

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It isn't often that experiences happen right in the midst of things. Usually we go to

a meditation retreat or a growth workshop and something happens in the course of it.

But yesterday I had an experience in the middle of the day. Nothing was happening prior and nothing happened after. It lasted for a half hour and then it was gone.

However it was life-altering and a glimpse into another realm.

Describing it will be difficult but here goes. For half an hour, I felt myself with more power coming through me and passing outwards than I could possibly imagine. I became for a time a person who ... well, may as well have sprung into the physique of the Hulk, I had so much energy, so much power, so much drive passing through me.

Here I was, a human dynamo and the minute I allowed this energy to flow a millimeter in any direction, it passed through the filter of my human personality and I received a rude shock.

If someone poured a cup of mud into a bowl of punch, would I drink the punch? If someone dropped a piece of soap into my Coke, would I drink the Coke?

By the same token, the pure power passing through the filter of my personality did not emerge pure. It emerged tainted by my remaining vasanas, tainted by feelings that were ten times more powerful than when I felt them ordinarily.

The worst sides of me, which until now were completely hidden from me, were tremendously exaggerated, laid plain to sight, incapable of being misinterpreted. There is nothing hid that shall not be known, Jesus said. I now see one of the mechanisms whereby this self-revelation is done.

I didn't like what I saw. I considered myself somewhat, maybe a tad further down the road than that, but what I saw emerging from that filter was below my standards of good behavior. At the same time it was so magnified and exaggerated that I was enabled to see it and denied any wiggle room. I did look at it and then asked the powers that be to close the experience off.

I reached the conclusion very quickly that I'm not capable at this moment of making good use of that much power. If I had that much right now and tried to interact with it, I'd probably end up perpetrating. I couldn't remain balanced. I

wouldn't be fast enough to stop myself from misusing it.

I'd cause more mischief than good at this point in my development. If the situation were otherwise, I'd say so.

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I thank the powers that be that took that experience away from me. I thank them as well for granting it to me for a brief period of time. It was enough to show me what real power was and how it can be abused.

The Sorcerer's Apprentice got to wear the hat and watch the brooms go wild. One has to be able to handle that much juice and I've quite happily seen that, just like the Sorcerer's Apprentice, I'm not able.

It cured me of wanting full interdimensional restoration at this moment. I wouldn't yet know how to make good use of it.

It cured me of wanting to be fully opened, on a sudden path, rather than a gradual one.

It was like Bruce Almighty being God for a day, while God took a vacation. Thank you. I got it. Now here's your hat back.



I feel absolutely reconciled to the gradual. Fully opened to the need to go no faster than the advisable pace. Fully understanding what can result otherwise.

I was glad that I didn't have to walk such an advanced path. I had no further complaints and got back to work without grouching.

There's an extreme point beyond which it isn't prudent for me to go just yet. On balance and in retrospect, and no matter how much I'm criticized for it, I'm happy to leave the pace to you, Lord.

## More Power Than is Manageable – Part 2/2

April 5, 2022/Feb. 26, 2013

<https://goldenageofgaia.com/2022/04/05/more-power-than-is-manageable-part-2-2/>



*We continue with our look at the experience of a power surge and what that revealed to me about unprocessed vasanas or core issues.*

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"The Day After: Reflections on a Rude Shock," February 26, 2013, at <https://goldenageofgaia.com/2013/02/26/the-day-after-reflections-on-a-rude-shock/>

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I wanted to say more about the unusual experience I had on Saturday, which has proven so revealing. (1) During that experience, I felt more power surge through me than I've ever felt in my life and could ever contemplate feeling. It took my experience of life to dimensions that I could not have imagined.

But it also had me see what happens when a tremendous amount of energy arises from within and then is transmitted out through the medium of the physical body, the emotional make-up, and the mindset, with its residual issues in life.

As I said then, the remaining vasanas skewed and biased the energy pouring through. Meanwhile, the energy itself exaggerated the vasanas so that what was a

minor matter before was now a very major matter. My minor irritability, impatience, and sexual desires were all monstrously big now.

And one of the things I saw right away was how an enlightened person, who was only halfway up the mountain, could perpetrate so badly and fall from grace. Their vasanas are not burnt away.

The vasanas don't release their grip until a stage of enlightenment called sahaja samadhi, which Archangel Michael has told me that almost no one on the planet has yet achieved. (I named one person I thought had achieved it and he said he has not yet done so. And this is the level of enlightenment that all of us will achieve upon Ascension!)

The seeds of our vasanas persist and sprout anew in the face of the enormous amounts of energy available to partially-enlightened masters. So I now understood the process of what some enlightened beings may excuse as being "crazy wisdom," but which can sometimes boil down to simple bad conduct.

A second feature of the experience is that, even though I asked that the experience be shut down, it still stands as a concrete demonstration of the statement that we hear from so many sources that we are powerful beings. OK, I got it. We are indeed powerful beings.

I feel more confident knowing the truth of that statement. I've had a first-hand experience of it and first-hand experiences dissolve doubts.

We should only hope that we're not asked to BE powerful beings before we're ready to shoulder that responsibility.

A third thing I now see is how very important it is that we complete our vasanas if we're to come into our power in the course of building Nova Earth. We cannot afford to find ourselves perpetrating because we haven't handled the niggling matters which in the face of increased power become big.

Some people are tapping. Others are experiencing their vasanas through to completion. Some people are using their reasoning powers on them. Whatever works.

Until now I've said that getting rid of our vasanas will make for a smoother

Ascension. But now I say: some people may not want to be fully in their power until they have their vasanas under control. The result may not be at all pleasant.

For the actually pure in heart, being a conduit for that much power may not prove as difficult a proceeding. But for those for whom impurities remain, it could be.

That's another reason to complete our old issues, get rid of our old baggage, and release everything not destined to come along with us into the Fifth Dimension.

On the other side of the ledger, I notice that I'm breathing in a satisfied way, not like I can explain why or say more than that. It's like there's a big internal "Yes!" happening.

And I don't need to go barrelling ahead any more. I know a little about how the story ends now and that makes the waiting more bearable. All of these are quite pleasant spin-offs of this disorienting and reorienting event.

Finally, I feel moved to comment on the frequency of these experiences. There was a time when I was young that I was going from one spiritual experience to another. Then there was a time when one happened perhaps every 5-10 years. Then there was a time when nothing happened for decades and I thought this aspect of my life was over.

But you can see that several, fairly-revealing incidents have happened since 21/12/12. I feel moved to say that this has been a fairly fruitful period, internally speaking. The outside world is still not rolling along in the manner I expected, but the inner world is buzzing.

### **Footnotes**

(1) "Sometimes a Rude Shock Can be a Good thing," at <https://goldenageofgaia.com/2013/02/sometimes-a-rude-shock-can-be-a-good-thing/>

**⌘ From 2014 ⌘**

# System Restore

May 2014

<https://goldenageofgaia.com/2016/05/06/system-restore-2/>



This experience, which I called "System Restore," saw the closure of my past as a complaint. I was enabled to go right back to age six and rejoin my then-happy life, pushing all of the rest since then into outer space. It was amazingly cleansing and liberating.

I asked Archangel Michael about the experience and his comments appear in Footnote 3.

It was a preamble to the heart opening I had on March 13, 2015, which I'll post on next.

PC users will be familiar with a function called "system restore."

The idea is to set a "restore point" on the computer and, when something goes wrong with the software, to restore the computer to the configuration that existed before the glitch occurred.

For me the last two months have felt like constant clearing. And I watched myself last night do in psychological terms what I can only call a “system restore” in computer terms. The effects have been wonderful, to say the least.

I was lying on my bed, after writing an article which I felt happy with. It was early evening, around 6 o'clock and these days it doesn't get dark till around nine.

It had just finished raining and there was a cool breeze coming in from the window. The sight of the green leaves on the tree outside my room (after the dull days of winter) and the gentle breeze carried me back to a far younger year (the restore point).

And I marveled as I remembered and experienced the really different sense of peace that I felt.

I was back in my bedroom when I was six years old. That's how far I had to go back to find life prior to the craziness that began in our family. What is the significance of six?

The first time I ever heard my mother and father yell at each other was when we were visiting my grandfather in Montreal, Quebec when I was seven. I remember how shocked I was. After that they seemed to fight more or less constantly.

But before that (with the exception of hearing them arguing when I was in the womb and saying “I don't want to come out there!”), I have no recollection of them fighting.

My sense of inner peace was forever destroyed at age seven or so when my Dad shouted at me from such close range that I shattered and remained disassociated for more years than I care to remember.

Now as I lay there feeling the gentle breeze after the rain, I was carried back to my bedroom at six and I was thinking to myself what new features I would add to the diorama I was building in my room.

Perhaps it's because I'm down to subterranean feelings that I could hold the space of so long ago. Whatever the reason is, I stayed there at six years for the rest of the evening.

In fact, I allowed myself to do things which increased the sense of being back there. Most amusingly, I took down the peanut-butter jar and allowed myself to spoon peanut butter from it. (Yes, I'd watched Meet Joe Black a day before, in which Joe did the same.)

And it felt so good, so relaxing, so comforting. There was no sense of my carrying any baggage any more, no muscular tension in my body.

I decided to go for a walk in the early evening and, in the course of it, I fell in love with myself. I know that sounds weird, but that was how it felt.

I walked through the Gastown area of Vancouver and all the restaurants were filled. And I didn't feel drawn to the idea of being in one with people. I felt luckier at that moment to be with myself. And realizing I did felt counter-intuitive. But I admitted the reality of the feeling and allowed it.

This system restore point was the last time I could say that I loved life, loved being alive. After that, my experience of life was never free of emotional pain.

I "looked forward" in my life from the vantage point of the six-year-old and just dipped my toe in the unhappiness I felt from that moment on. I did everything I could to eliminate those memories wholly from my mind.

I imagined myself dumping them over a cliff, building a big bonfire and burning them. I cleaned with solvent anything that reminded me of those years.

Belief relief, as Genele said recently. (1) And the chuck-it list. (2) It seemed to work - for the moment.

I heard myself say, "You must become as a child to enter the Kingdom of Heaven" and I saw how true that statement was.

I have no idea whether this came about because I was somehow ready for it, if I just stumbled on something by accident, or was guided to it.

But it's the next day and I turned on the TV briefly and watched five minutes of Dave, the Dave who stood in for American President Bill Mitchell? And I laughed at the funny parts and cried at the touching parts. But with an ease I've never known before.



I also don't want to over-estimate what occurred. While I dropped my baggage and am slower to respond to things, I notice that I haven't dropped my habitual patterns. At some point, as we continue to ascend, our sense of elevation will have our very habits drop, I think. But that time is not yet here for me.

John Enright subtitled his book on gestalt: Waking Up from the Nightmare. On the one hand, dare I hope? But on the other hand, if I can do it, anyone can.

(Why I seem to have readings scheduled so soon after these events I don't know, but AAM's comment on it is contained in Footnote (3) from a pre-scheduled reading I had with him this morning.)

### **Footnotes**

(1) "Genele Boyce: Belief Relief," May 4, 2014, at <http://goldenageofgaia.com/2014/05/04/genele-boyce-belief-relief/>.

(2) "Genele Boyce: The Chuck-It List" at <http://goldenageofgaia.com/2014/05/10/genele-boyce-the-chuck-it-list/>.

(3) From a personal reading with Archangel Michael through Linda Dillon on May 9, 2014:

Steve: The experience I had last night where I went back to age six before all the fighting started in my family, is that going to produce a permanent effect or is it going to just pass again like so many other things?

AAM: No, it is not simply going to pass. It has been a true and deep transformation, release, but also what has been happening is that you have made the decision, and that is part of what has triggered all this, to anchor that release. So sometimes there are events or releases that are not fully embraced, can we say? Therefore they are not anchored in the permanency of your field.

But you have chosen, and we have anchored, the permanency of this situation to be gone.

S: Oh, I'm so happy to hear that. I can't tell you. Thank you for that.

<http://goldenageofgaia.com/wp-content/uploads/2014/05/2014-May-9-Age-Six-Experience-.mp3>.

# Loving Unconditionally, Forgiving Universally

July 27, 2014

<https://goldenageofgaia.com/spirituality-on-ascension-1/loving-unconditionally-forgiving-universally/>



One thing after another is becoming clearer to me now.

The task facing us is simple but complex. It's easy but it seems hard.

Put as simply as I can make it out, we're being asked to love unconditionally and forgive universally.

If I were to reduce things to their lowest common denominator - or perhaps elevate them to their highest common denominator - that would be it for me. That seems to me our only marching order.

If I were to translate that into the basic spiritual movement, (1) I'd say discriminate between the Real and the unreal, forgive the unreal, and love the Real.

The Divine Mother asked us to use the criterion of love to measure everything we encounter, everything we say, everything we do. She said last September in a conversation with Suzi Maresca:

“Is it of love? We're not talking about ... doing an analysis because, dear heart,

your societies tend to analyze things to death. We're talking about heart discernment. Does it feel like love? It is a very quick yes or no.” (2)



We’re in the midst of a Tsunami of Love and what is that exactly? Archangel Michael tells us:

“What is the tsunami of love? It is the outpouring of the essence of love from the Source, from the Creator, the Unified One that has been the creative force for the creation of many, many universes.” (3)

The love we're experiencing isn't a new development. It's been going on with us for years, gradually escalating. Not merely love but clarity and purity too. He continues:

“Particularly over the past couple of years, ... you have been actively and consciously receiving increases in your vibratory frequency, in your ability to hold and maintain more light, higher frequency, more love. And this is not simply a tsunami or an outpouring that is occurring, well, out of the blue — but in fact it does come out of the blue! [The Mother's blue.]

“Now you have been given, and you are continuing in the receiving of, the Mother's gift of clarity, and even more importantly, shall we say, the twin, purity, which carries with it wisdom and truth. You know this. But these are all, yes, prerequisites.

“They expand you, they allow you to feel in different ways, experience in different

ways, and enter into the truth of the human experience as it was intended for the collective. And many of you are experiencing this. And for this we say Alleluia.”  
(4)



It ain't nearly over yet, he explains.

“Has it reached the fullness of what is required? No. But it is sufficient that this outpouring of love onto the planet will not disassemble or overwhelm you to an extent that you could not maintain or stay in your body, because, of course, the entire purpose of this glorious Ascension is that it is being done while maintaining the physical vessel, which is something that is brand new.” (5)

All of this we're going through is brand new - in the universe, he adds:

“Do you know, my family, how rare something new is throughout the multiverse? It is rare and it is precious. And therefore it is being very carefully monitored. I wished to say orchestrated, but that would give you the impression that it is us simply doing to [you], and that is not the nature of this unfoldment.” (6)

All we have to do is love. All we need is love. Love really does make the world go round, up, down.

When I forget, remind me. When I stumble, send it to me. And when I keel over from the majesty of it all, forgive me.

## Footnotes

(1) "The Basic Spiritual Movement x 2," at <https://goldenageofgaia.com/the-tsunami-of-love/the-basic-spiritual-movement-x-2/>.

(2) "Transcript: Universal Mother Mary Discusses the Law of Change, September 3, 2013, Part 2/2," at <https://goldenageofgaia.com/2013/09/06/transcript-universal-mother-mary-discusses-the-law-of-change-september-3-2013-part-22/>.

(3) "Archangel Michael: Swept Away in a Tsunami of Love – Part 2/2," Jan. 11, 2014 at <https://goldenageofgaia.com/2014/01/11/archangel-michael-swept-away-in-a-tsunami-of-love-part-22/>.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

**⌘ From 2015 ⌘**

# I Love; Therefore I am

March 8, 2015



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?

## Submerged in Love

March 14, 2015



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

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later. I'll post that conversation as well.

Two hours into the experience, 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 before hearing from him.

Archangel Michael called it a "heart opening," and "the beginning" and "a part of" Ascension.

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I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (1) 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. (2) 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. (3)

I believe it was meant to be a showing, a greeting, a demonstration of what emergence onto another plane of consciousness may be like. (4)

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. (5) 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, (6) 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. (7)

It would take years to emerge from this desert we inhabit by ordinary processing. The jump to a higher space accomplishes the 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) The vision experience I had in February of 1987 also happened on Friday the 13th.

(2) It was surrender or drown.

- (3) Archangel Michael later described it as a "heart opening."
- (4) AAM actually described it later as "the beginning" and "a part" of Ascension.
- (5) AAM later confirmed that there was a connection.
- (6) Original innocence.
- (7) Which is probably why our relationships so often don't work.

## Activating the Wellspring - Part 1/2

March 14, 2015

<https://goldenageofgaia.com/2021/07/03/activating-the-wellspring/>



The next two articles relate to the experience of the heart opening that I described yesterday.

It made possible everything that happened later.

Part 2 supplies a later conversation in the same reading that touched on these matters again (to be posted tomorrow.)

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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. 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 other 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. (1) 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. 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 in 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: Also, 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 why you are here to create - this sense - then simply go a little further, my friends. You do not walk alone. And the journey is guaranteed!

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

S: Thank you!

## **Footnotes**

"As you remember to be loving, and demonstrate Love in action, your energy field changes to reflect and extend that Love to all with whom you connect in any way at all. And so by changing yourselves, you are changing the world and dissolving all that is not in alignment with Love." (Saul via John Smallman, Nov. 23, 2014 at <http://johnsmallman.wordpress.com/2014/11/23/you-are-all-spiritual-beings-and-nothing-can-change-that.>)

## Activating the Wellspring - Part 2/2

March 15, 2015

<https://goldenageofgaia.com/2018/04/30/activating-the-wellspring-of-love-part-2-2/>



(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

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." The bands of muscular tension we create by our counterproductive programming is this density. ("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/>.)

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

(4) This is about the clearest, real-life example of a mission being assigned that I've seen.



# All There is to Talk About

March 18, 2015

<https://goldenageofgaia.com/2015/03/16/all-there-is-to-talk-about/>



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, would we not?

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.

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....

# Self-Mastery, Personal Power, and Personal Responsibility

March 18, 2015

<https://goldenageofgaia.com/2015/03/18/self-mastery-personal-power-personal-responsibility/>



*How often does Hollywood look at this theme of self-mastery?*

*Credit: [wallpaperno.com](http://wallpaperno.com)*

It's amazing how differently things look after a spiritual experience. Or how things that were mysterious before are not mysterious after. Etc.

A sense that I had before, which was undeveloped, is growing rapidly.

I'm coming to see, much deeper than I did before, that there's something I'm in complete control of, something I have total charge over, something that I'm not expected to relinquish control over and in fact cannot do so.

That something is me.

I'm master and commander over myself. And by the Law of Freewill, I'm master over nothing else.

I've said this before (1) but it's coming alive for me in a way it hadn't before.

I realized that I'm being inefficient and ineffective the way I'm managing myself. I often drift or choose on the spot or make it up as I go along.

But what I miss out on in abstaining from self-leadership is setting long-range goals for myself and accomplishing any effort that takes oversight, diligence and perseverance over time.

Our sources speak about "self-mastery" and prior to last week I'd have said that self-mastery meant mastering every thought and emotion.

I still think that would be a good development, but I'm coming to see self-mastery more as whether one functions as monarch in one's own domain or not. An enlightened monarch, to be sure, but the person in charge nonetheless. There continues to be no one in charge of this domain of me.

It's the assumption of control over my own process, wishes, and proclivities that self-mastery points to, I think.

All of this leads to a topic that many people prefer to avoid: personal responsibility. We avoid it probably because being a victim serves so many useful purposes in old-Third society.

It lets us off the hook. It wins attention, mainly sympathy. It shows us and others that we're a member of the tribe. Since everyone else is posing as a victim, we choose to conform. We go with the herd and feel comfort in belonging.

Personal responsibility sees us coming from the point of view that we're the source of our thoughts, feelings and actions, that our input is crucial to all outcomes involving ourselves - if not completely crucial to the total outcome, since others are involved, then at least completely crucial to our response to events.

I probably do so-so in the area. I used to do better. Lots of room for improvement. Note to self: Do better.

Personal responsibility encourages us to see how much of life we can take responsibility for without moving to the other extreme - assuming responsibility for and wanting to rescue everyone.

In the old Third, we were either a victim needing a rescuer or a rescuer needing a victim or a patsy. A patsy is one who aids and abets a victim, mostly by going into agreement with them on their stories of victimization, which by the way many of us do almost automatically every time we have coffee with a friend. It's a hard habit to break and may offend our compatriot if we ask them to leave the victim story aside.

I take personal responsibility for the shape of my world. It isn't OK with me that there are people starving, being used as sex slaves, being forced into marriage, forced into war, etc. It's my world and it isn't alright that these are features of it.

At this moment about all I can do regarding the shape of my world is bring up the love from the heart and send it out. Later there will be the opportunity to do much more.

I'd like to propose an hypothesis: that personal power varies directly with the extent to which we're able to take responsibility for our lives and our world. That hypothesis should lead to awareness experiments to test its validity.

Coming back to recent events, this new release of love - more like a constant wash of love, really - invites me to consider larger and larger involvements. It lends confidence. It clarifies the mind and strengthens the intention.

But at the same time, in a case of a breakthrough like this, I know that growth has to be balanced and slow, with us expanding and anchoring, as AAM said. If I get unbalanced with it, I've put an impediment in the way of love and I no longer want to do that.

## **Footnotes**

(1) See "Monarchs in Our Own Domain" at <http://goldenageofgaia.com/2014/08/05/monarchs-in-our-own-domain/> and "What Do I Bring to the Wocrk of Building Nova Earth" at <http://goldenageofgaia.com/2013/01/05/what-do-i-bring-to-the-work-of-creating-nova-earth/>.

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

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

Ground yourself. Be human and love the experience of being in form.

SB Boy. Eat, drink and be merry!

AAM It is difficult, no? [Because I have the proclivities of a monk.]

SB Yes, it is difficult. (Personal Reading with Archangel Michael through Linda Dillon on May 6, 2013.)

# I Believe in Love

March 19, 2015

<https://goldenageofgaia.com/2015/03/19/i-believe-in-love-2/>



I'm certain 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 lava flow 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.

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# Transformative Love Is an Inside Job

March 20, 2015

<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 an 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 biting into a juicy apple and sipping a glass of heavily-watered-down apple juice.

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 <https://goldenageofgaia.com/2015/03/14/activating-wellspring/>).

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

(3) Saul via John Smallman, Marh 16, 2015, at at <https://johnsmallman.wordpress.com>.

(4) See "The Longing for Liberation" at [https://goldengaiadb.com/L#Longing\\_for\\_Liberation](https://goldengaiadb.com/L#Longing_for_Liberation) and [https://goldengaiadb.com/The\\_Nature\\_of\\_Life\\_1#The\\_Longing\\_for\\_Liberation](https://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," at <https://goldenageofgaia.com/2015/03/14/activating-wellspring/>).

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

(7) Ascension is Fifth-Dimensional consciousness (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/>



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/>



I'd like to share a few noticeings about a heart opening, such as 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 love. 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.

(2) 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.

# A Heart-Opening Discipline

March 26, 2015

<https://goldenageofgaia.com/2015/03/26/a-heart-opening-discipline/>



At 4 a.m. in the morning a few days back, in what is for me a time of heightened emotions, I felt myself so overwhelmed by situations I faced that I simply surrendered to Archangel Michael and told him I couldn't handle matters without his help.

There was a period of silence. And then these thoughts impressed themselves on my mind.

(1) Love, love, love is the answer to every problem. That's the starting point and the only order of the day. Without this, nothing else matters. Breathe up love on the inbreath and send it out to the world on the outbreath. You'll experience the love as it's passing through.

(2) Pull out of yourself all the arrows of resentment you put in yourself since attaching to the impediment to love. By doing so, reverse the impact of the automatic resentment machine.

(3) Detach yourself from anything that appears to be an impediment to love. Use your magic garden shears or Archangel Michael's sword of truth to cut the ties of attachment between you and the thing blocking your path to love. Cut all

attachments indiscriminately. Those that are temporary and ensnaring will fall away. Those that are permanent and loving will persist, no matter what.

(4) Forgive yourself for attaching.

(5) Don't erect any further impediments to love. When you find yourself doing it, stop and let go.

(6) Express gratitude for everything you're able to be, do, and have.

(7) Let the world outside be without judging it or trying to fix it. (1)

(8) Go back to (1) and start again.

Don't allow yourself to fall asleep on this process. Repeat it many times a day until it becomes a reflex action.

Point 7 is the matter that may prove most troublesome. Here's an example of it from my own experience today.

Ikea delivered a bed to my apartment (I'm finally up off the floor). And in so doing the deliverymen seriously damaged my apartment door.

As it happened, the landlady came up to replace a blind and asked me what happened to the door. I told her Ikea banged it up and she said I'd have to pay for it.

Years ago I'd have resisted the implication that the banged-up door is my responsibility. If I couldn't avoid responsibility, I might try to find excuses to establish my innocence and avoid paying as a responsible, but ultimately innocent, party.

I didn't do either. I acknowledged my responsibility for the door. Period.

Someone has to pay for the door and that someone falls in a line of responsibility, starting with me and going to Ikea. (Ikea, by the way, opened a claim on the door without protest.)

I'm neither resisting matters by denying responsibility nor making excuses above and beyond stating the simple truth of the matter. I'm also neither judging the

participants nor trying to fix blame or anyone's neuroses, including mine.

That shows up for me as allowing the world outside to be - to be what it is and how it is, not as I think it should be. This course of action reduces my attachment to the world significantly.

This is my new, opening discipline. For others it might prove to be a heart-opening discipline. I don't know. I hope it does.

It's time for me to cut a new groove and think with the heart. Love, love, love is the answer to every problem.

### **Footnotes**

(1) Some things do need fixing, but “fixing” here refers to a neurotic need to feel important by having contributed to the situation through fixing something or someone, instead of, for instance, listening to them.

# Our Original Sacred Partner

March 28, 2015

<https://goldenageofgaia.com/2015/03/28/our-original-sacred-partner/>



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 are 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.

## Heart Openings, Sahaja, and Ascension

April 1, 2015

<https://goldenageofgaia.com/2015/04/01/heart-openings-sahaja-and-ascension/>



*Sri Ramakrishna in samadhi*

Following my own experience, I more or less have forgotten about the Self and fallen in love with love.

Either the path of Self-realization or the path of love-actualization, I'm quite sure, will take us to the goal.

And, looking back, I think the path of love will appeal to a lot more people in this mass Ascension than would an abstract concept like the "Self." So "love" is probably a better tool than "Self" to share with others who haven't yet awakened or are newly-awakened to Ascension.

Let's continue with our look at sahaja.



One of Ramana's students, Swami Annamalei, tells us that if there are any breaks in our awareness of the Self, we haven't reached safe haven yet.

“If there are breaks in your Self-awareness, it means that you are not a jnani [enlightened sage] yet. Before one becomes established in the Self without any breaks, without any changes, one has to contact and enjoy the Self many times.

“By steady meditation and the continued practice of self-inquiry, one will finally become permanently established in the Self, without any breaks.” (1)

Let's listen to Ramana describe the manner in which sahaja is achieved:

“Enquire into the nature of that consciousness which knows itself as 'I' and it will inevitably lead you to its source, the Heart, where you will unmistakably perceive the distinction between the insentient body and the mind [i.e., see the Self].

“The latter will then appear in its utter purity as the ever-present, self-supporting intelligence, which creates, pervades its creation, as well as remains beyond it, unaffected and uncontaminated.

“Also finding the Heart will be experienced as being the Heart. When this experience becomes permanent through constant practice, the much-desired Self-Realisation or Mukti [Liberation] is said at long last to have been achieved - the 'I-am-the-body' illusion has [been] broken for ever.” (2)

And what about the vasanas - the trauma-born reaction patterns that ensnare us further and further into duality? When are they transcended?

With sahaja, the unwholesome vasanas fall away. The seeds of future reaction are incinerated. Those vasanas which are wholesome and don't lead to attachment persist, Ramana says.

“In Yoga Vasistha two classes of vasanas are distinguished: those of enjoyment and those of bondage. The former remain even after Mukti [Liberation] is attained, but the latter are destroyed by it.

“Attachment is the cause of binding vasanas, but enjoyment without attachment does not bind and continues even in Sahaja.” (3)

Let's go to Yoga Vasistha and read what Sage Vasistha says on that subject. He explains how the wholesome vasanas assist our liberation while the unwholesome ones are what keep us in the cycle of birth and death.

“Moksa or liberation is the total abandonment of all vasanas or mental conditioning, without the least reserve. Mental conditioning is of two types - the pure and the impure.

“The impure is the cause of birth; the pure liberates one from birth. The impure is of the nature of nescience and ego-sense; these are the seeds, as it were, for the tree of re-birth.

“On the other hand, when these seeds are abandoned, the mental conditioning that merely sustains the body is of a pure nature. Such mental conditioning exists even in those who have been liberated while living: it does not lead to re-birth, as it is sustained only by past moment, and not by present motivation.” (4)

The use of similar terms does not make two events the same. A permanent heart opening such as I had on March 13 is not the same as the permanent heart opening we all will have some time after Ascension and deeper into the Fifth Dimension.

The difference lies in whether the one or the other involved a permanent realization of the Self. That alone leads to liberation from birth and death, such as will come to us all from Ascension.

## Footnotes

(1) Annamalei Swami in Berthold Madhukar Thompson, *The Odyssey of Enlightenment*. San Rafael: Wisdom Editions, 2003, 110.

(2) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 95-6. [Hereafter GR.]

(3) Ibid., GR, 89.

(4) Sage Vasistha in Swami Venkatesananda, ed., *The Concise Yoga Vasistha*. Albany: State University of New York, 1984, 5.

## 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.)

## The Mind Without a Heart - Part 1/2

April 9, 2015

<https://goldenageofgaia.com/2015/04/09/mind-without-heart-part-12/>



*Credit: 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.

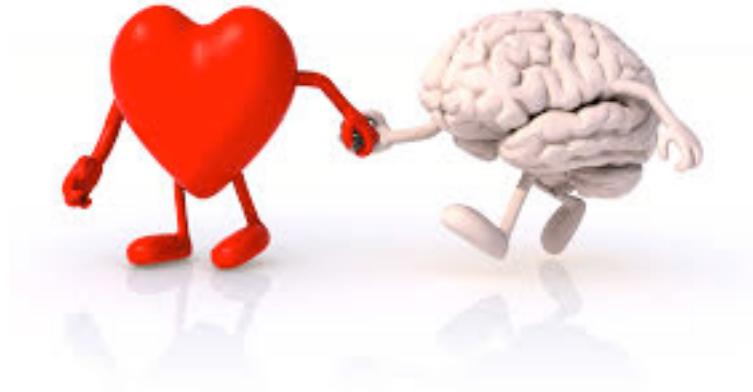
The passage from a mind-centered to a heart-centered consciousness is the very thing I was looking for, the very thing that would help with that transition.

(Concluded in Part 2.)

## The Mind Without a Heart - Part 2/2

April 9, 2015

<https://goldenageofgaia.com/2015/04/09/the-mind-without-a-heart-part-22/>



*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.

## Change Ripples Down

April 12, 2015

<https://goldenageofgaia.com/2015/04/12/change-ripples/>



*Credit: www.business2communtty.com*

The widening of the stage and the impact of the heart opening create "new business" for a person going through Ascension publicly.

Significant aspects of my behavior will have to change, not like I see the whole picture or how to do it.

Once one tastes transformative love, I cannot see how most people wouldn't want more. And more. And more.

And a time arrives when the ordinary measures are not causing more to arise. At that point, I'd imagine most people take stock and see what the barriers may be. I know I have.

Sanat Kumara, in our last Hour with an Angel said that this breaking down of the barriers to love is central to the Company of Heaven's work with us on our Ascension.

"Really the question has been the breaking down with love of the various levels of resistance that humans have had to accepting the love and accepting the fact that they are love." (1)

In my case, the barriers aren't the ways I learned in the family as much as the ways I learned in workshops and courses. In that bygone era, different problems were being addressed and different measures seemed appropriate, measures that no longer work today.

Back then, we were determined to break the deadening hand of conformity, stereotypical roles for men and women, arbitrary taboos, and so on. People were admired for standing up for themselves and opposition was the order of the day.

Nowadays we're wanting to achieve a higher-dimensional way of being. It isn't opposition any more but cooperation that's the order of the day.

In the growth movement, the emphasis was on authenticity and transparency. I used to respond to things pretty much as I felt and that was what was wanted and needed.

It was a sound strategy for the times. But it bears no relationship to what the Company of Heaven asks of us today, which is that our communications and behavior be "of love." (2)

That left a gulf between me and those who follow the teachings of the Company of Heaven more closely than I. I was authentic and transparent and they were loving and compassionate. We existed in two solitudes.

In bygone days, I didn't experience love - not transformative love - except perhaps for a few minutes a year, in a peak experience. Romantic love, yes, but that also became a victim, on occasion, to my "transparency." I had no idea what "of love" meant.

Now that I've experienced love - not like I'm experiencing it at this moment - but now that I've tasted it and hung out with it long enough, I too want my

communications to be of love. If they're not, chances are they'll chase love away. My priorities have changed: I don't want love to be chased away any more.

I was daydreaming today, imagining how I'd respond communicationally to a certain situation, and I found myself playing out "resist, resent, revenge." I wasn't using the distinction that it be "of love." Seeing that shocked me and woke me up. Can I afford any longer to be unconscious in this area?

It's time for me to relearn how to be with people. I've been a hermit most of my life - a developed writer, perhaps, but not necessarily a developed person.

Now I have to drop back and relearn basic relationship and communication skills. What does it mean that a communication be "of love"? What else do I need to do to ensure that all my behavior is of love?

The prospect is daunting. How does one relearn something as extensive as that? I have no time to study and attend workshops. How do I make such a wholesale transition?

I suspect that what gives me pause is not the "how," but the time, the diligence, and the resolve it'll take. It's those things that seem overwhelming.

But, inescapably, that's what this job is all about. We all have tremendous help at this time and I'm sure there are people with a more daunting prospect that they're facing. It does cause me to feel compassion for those people who've played the role of Black Hats. The leap they'll have to make, when the curtain comes down, must be almost beyond conception.

## **Footnotes**

(1) "Transcript: Sanat Kumara: The Only Litmus Test is Love," at

(2) Some examples are:

"Many of the structures you have -- and we're not suggesting that they have been not worthwhile; there are many worthwhile, many, many, many worthwhile things that the humans have constructed. But many more have been constructed on these false human paradigms that were not real. And they most certainly were not of this side. And they were not of love. They were of belief in the need to control, or to be greedy, or to be lustful -- to limit." ("Archangel Michael on NESARA, Opposing

the Cabal, and Ascension - Oct. 1, 2011 - Part 2/3," at <http://the2012scenario.com/2011/10/archangel-michael-on-nesara-opposing-the-cabal-and-ascension-part-23/> .)

"When you encounter that which is not of love, then what you do is you send — not engage, not jump into that person's field — but you send from your heart to theirs, knowing that they are already on your grid, the collective grid, you send them the amplification of love, and it will, and it does, transform them." ("Archangel Gabrielle on the New Golden Grid, the Process of Ascension, and the Advent of Global Prosperity – Part 2/2," channeled by Linda Dillon, August 26, 2013, at <http://goldenageofgaia.com/2013/08/archangel-gabrielle-on-the-new-golden-grid-the-process-of-ascension-and-the-advent-of-global-prosperity-part-22/> .)

"In your natural state as beings of Love, there is no thought of hostilities, threats, or betrayals because they are not of Love; and only Love is Real." (Saul, October 1, 2014.)

"We transmute and transubstantiate that which is not of love and wholeness into the truth of love and wholeness." ("Transcript: Archangel Raphael Discusses Healing in the Higher Realms on Heavenly Blessings," channeled by Linda Dillon, January 21, 2014, at <http://goldenageofgaia.com/2014/02/transcript-archangel-raphael-discusses-healing-in-the-higher-realms-on-heavenly-blessings-january-21-2014/> .)

# Nothing Matters But Love

April 15, 2015

<https://goldenageofgaia.com/2015/04/15/nothing-matters-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.



## Back to the Basics on the Path of Love

April 16, 2015

<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 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> . 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/>



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.



*Credit: pathwaysofwisdom.wordpress.com*

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.

I can't imagine what it would be like to be in the presence of another loving him or herself. I see it rarely.



*Credit: [www.yogawithelissa.com](http://www.yogawithelissa.com)*

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.)

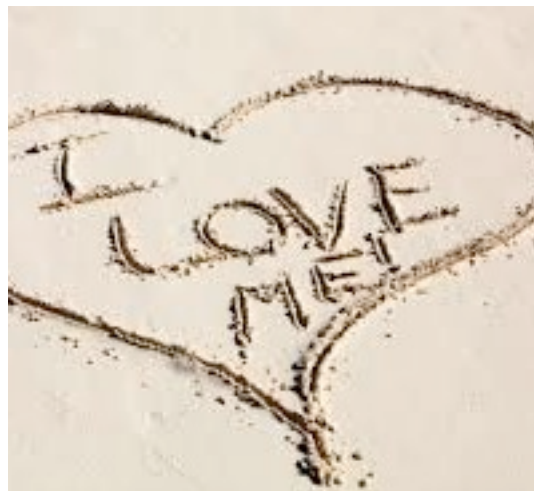
"This is an opportunity for you to love yourself unconditionally. Is it not? Yes, so can you love yourself unconditionally right now? ...

"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*

## The Lure of Love

April 20, 2015

<https://goldenageofgaia.com/2015/04/20/the-lure-of-love/>



*Credit: magazine.good.is*

"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 then watching to see what happens to love ... and love disappears.

Getting this feedback from love is more valuable to me than ... well, there's no comparison. I'm wed to love. That's what it amounts to, the same love that gazillions of beings are also wed to. Very loose, if demanding, 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's 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, at <http://www.onenessofall.com/newest.html>

## New Wave of Love

April 30, 2015

<https://goldenageofgaia.com/2015/04/30/new-wave-of-love/>



SaLuSa said recently:

"Your place on Earth is almost as an onlooker as you live your life within your own energy field, largely unaffected by events occurring outside of you. Sometimes you will need to step outside, but you can return unaffected by the lower energies." (1)

If you "stepped outside" recently, you'd have read that 10,000 people were killed in Nepal in what Ben Fulford characterizes as a U.S. weather-warfare warning to China.

Turn the pages and you'll encounter stories about more than 40 Mexican students in a bus being killed, some shot initially by police, who then turned them all over to Mexican gangsters to kill and dispose of.

Say what?

I have to tell you that for eight years I listened to stories and read country reports on such things as the violence in Mexico. The body parts, missing women of



Juarez, ill treatment of the native population, bodies stuffed in oil drums, police officers killed by drug lords, government ministers growing marijuana for sale in the United States.

The corruption among government officials, the police, and the military is rampant.

And not just in Mexico, but Guatemala, Honduras, El Salvador, Venezuela, Colombia. And that's just in the Americas. Don't get me started on Europe, (2) South Asia, or Africa.

Yesterday I listened to a Somalian woman describe how, when she gave an American immigration officer her passport for renewal (she was a student), she was treated extremely harshly and found herself deported to Canada without even a chance to return to her apartment and with all her identity papers taken. And all she wanted to do was renew her passport. (3)

All of this - the war on terror, the tightened airport security, the harsh treatment meted out by officials - is based on a subterfuge that a state of threat began with terrorists attacking America on Sept. 11, 2001, when it was really the American government itself which staged the attack.

So it isn't just "over there." It's right here.

During those eight years, specializing in gender issues, I listened to stories of women having acid thrown in their faces for rejecting a suitor, being jailed on trumped-up charges, being raped in jail, being forced to marry a man not of their choosing, being sterilized, having female genital mutilation practiced on them, being denied medical treatment or education because they were women.

I've suffered secondary traumatization listening to a young Russian girl describe being repeatedly taken from her parents' home to be drugged, chained, and used as a sexual plaything by the Chechen mafia.

I listened for two and a half hours to a Bangladeshi woman who needed to tell her story of gender persecution, even though I'd heard enough to render a positive decision a half hour into the hearing. I didn't need to listen any longer. But I knew she wanted and needed to be heard by someone in authority.

I've paid my dues.

I am one of those people, like garbage collectors, police, firefighters, immigration officials, soldiers, who rescue us, protect us, and clean up after us. We do the scary and dirty work that society doesn't want to do. Who wants to hear about rape, torture and mutilation? Step forward please.

I know what's going on in the world. But do you know what's going on much, much less and is the small ripple that will turn into a big wave? The writing and the channeled messages that you find on blog sites such as this.

I could continue to follow the manmade and natural tragedies happening around us or, given that I have only so much time in a day, I could explore love and the heart opening, the emergence of leadership through assimilating the gifts from our soul aspects, and similar things.

Someone needs to do this work and I choose to do it.

For a time yet, the cabal will continue to maim and kill. They may also continue to commit grievous and heinous collective crimes against humanity like the Nepalese earthquake.

But the best weapon against the cabal is exactly what we're doing here: causing the love to grow in ourselves and standing forth for new leadership in a new world that features none of the things I've just named.

This is our weather-warfare weapon: Love. And it will overpower and dissolve their most threatening weather-warfare weapons. It has and it will.

So, no, I'm not ignoring outside events. I'm focusing on creating a new wave of Love.

## **Footnotes**

(1) SaLuSa, April 24, 2015, at <http://www.galacticchannelings.com/english/mike24-04-15.html>

(2) If you don't believe it happens in Europe, perhaps I could ask you where I should start with my new list. How about the top echelons?

(3) She may have been referring to her "visa," probably a student visa.

# What is Heart Consciousness?

May 10, 2015

<https://goldenageofgaia.com/2015/05/10/what-is-heart-consciousness/>



*Credit: consciouscoolchic.com*

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.

## Footnotes

(1) "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

May 11, 2015

<https://goldenageofgaia.com/2015/05/14/everything-but-love-is-a-distraction/>



*Credit: www.crosstothelight.com*

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.

## 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/](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

<https://goldenageofgaia.com/2015/05/12/heart-consciousness-is-the-new-reality/>



*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

<https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>



*What I never see when driving or bussing*

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.

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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. I took that as feedback. (3)

When love is coursing through me, the kind of active day I led today is a blast. There's no resistance.



*Again, I seldom stop long enough to appreciate this kind of scene: The street where I live. Beautiful, no?*

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.

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.

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 <https://goldenageofgaia.com/2015/04/18/the-decision-rests-with-our-angels/> and "Angels Radiate God’s Influence to Humanity," Oct. 14, 2012, at <https://goldenageofgaia.com/2012/10/14/angels-radiate-gods-influence-to-man/>. See also "Angels - Angels enlighten, or participate in the enlightenment of, humans" at [https://goldengaiadb.com/A#Angels\\_-\\_Angels\\_enlighten.2C\\_or\\_participate\\_in\\_the\\_enlightenment\\_of.2C\\_humans](https://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.

## Excerpt on Ecstasy

Not posted.



*I don't know where this fragment came from. 2015? But it points to a possible fourth experience of ecstasy.*

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

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

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

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

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

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

But for all else tranquillity.

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

It feels totally content and satisfied.

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

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

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



## Immersed in an Ocean of Love – Part 1/2

May 17, 2015

<https://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-12/>



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.

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. (2)

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 still 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.

Our preference is the leaning towards that thing that we generate to remind us that we want it next time we encounter it. It increases our likelihood of getting it again.

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 Sosa 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 <https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>.

(2) Sosan, Hsin Hsin Ming. *The Book of Nothing. A Song of Enlightenment*. Kansas City: Andrews McMeel, 2002, 16.

## Immersed in an Ocean of Love – Part 2/2

May 17, 2015

<https://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-22/>



*The Vancouver end of An Hour with an Angel*

(Continued from [Part 1.](#))

I'd like to continue looking at the feeling-level 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 Sosan 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 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." (1)

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.

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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 other.

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.

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.

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." (2)

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.

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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. (3)

Put another way, love is the only thing we can desire that's free. Everything else carries a karmic price tag.

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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 <https://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

(2) 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.

(3) "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

<https://goldenageofgaia.com/2015/05/19/the-commotion-of-love/>



*Credit: 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 and this is just the way I experience it. (I'd like to hear how you experience it, through "Contact Us.")

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 rhinoceros.

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

<https://goldenageofgaia.com/2015/05/26/immersed-in-the-third-wave/>



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, 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 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. 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 *sine qua non* of cleansing and of realization. The Upanshads 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 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 <https://johnsmallman.wordpress.com/2015/01/28/the-power-of-your-loving-intentions-is-tremendous/>

(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

<https://goldenageofgaia.com/2015/05/27/we-are-the-source-of-our-own-bliss/>



*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. Archangel Michael has since informed me that humans do not evolve into angels.

(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.

# The More You Embrace It, the More It Grows

June 4, 2015

<https://goldenageofgaia.com/2015/06/04/the-embrace-grows/>



*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.*

*Thanks to Dana for our transcript.*

S: Now I am feeling a lot of bliss these days. Is this also permanent? Is this just going to grow?

AAM: 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.

## **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.

## Slipping under the Waves

June 4, 2015

<https://goldenageofgaia.com/2015/06/04/slipping-waves/>



*Credit: 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 Mind Thinks the Heart is Crazy

June 5, 2015

<https://goldenageofgaia.com/2015/06/05/the-mind-thinks-the-heart-is-crazy/>



*Not quite. But you get the picture.  
Credit: burdenbearersworldshakers.blogspot.com*

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 tomorrow's article, "Archangel Michael: You are Not Crazy," June 6, 2015, at <http://goldenageofgaia.com/?p=259122>.

## Above the Line in the Transformed Space

June 7, 2015

<https://goldenageofgaia.com/2015/06/07/above-the-line-in-the-transformed-space-part-12/>



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 on a blackboard and then develop it:

Conscious Awareness

---

Unconscious Awareness (2)

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. Here are my notes.

### **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 says:

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**

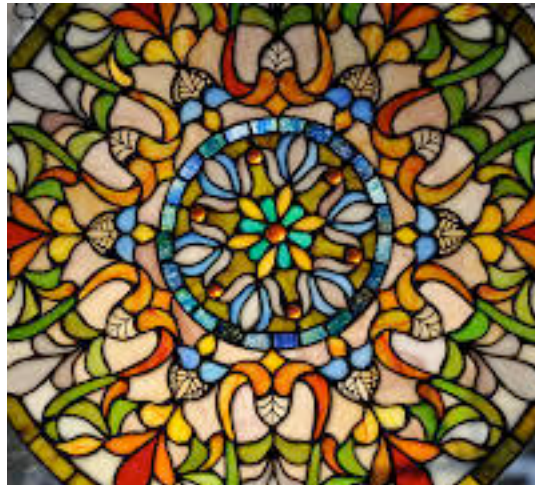
(1) The General is the pseudonym for a past life as a military commander who won a great battle but lost the war. (No, not Pyrrhus.)

(2) Sosan, *Hsin Hsin Ming (The Book of Nothing)*. Kansas City: 2002, 24.

## A Return to Eden - Part 1/3

June 9, 2015

<https://goldenageofgaia.com/2015/06/09/return-eden-part-13/>



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.)

*The channeled material used here is copyright by the Council of Love, Inc., 2015, and is used by permission.*

## **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

<https://goldenageofgaia.com/2015/06/10/return-eden-part-23/>



(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, 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**

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

(2) 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, Bhagwan Rajneesh, Da Free John, etc.

## A Return to Eden - Part 3/3

June 11, 2015

<https://goldenageofgaia.com/2015/06/11/return-eden-part-33/>



(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>.

## Slipping into the Natural State Again

June 16, 2015

<https://goldenageofgaia.com/2015/06/17/slipping-natural-state/>



*Credit: healingeve.wordpress.com*

My articles are not necessarily posted in chronological order. You'll see me appear to go up and down in mood sometimes, when what may have happened is that I've been obliged to slot in a "red-hot" item or I felt the need to vary the pace.

So for instance, this article was written a few days ago and is out of chronological sequence.

I've slipped into the natural state again and it happened exactly the same way it did the last time. Archangel Michael earlier called this type of event "the experience of true expansion of interdimensionality, of coming to touch, embrace and begin to explore the breadth of your soul design." (1)

Experiences like this, he said, "will anchor deeper and deeper until it is simply a state of being." (2)

Like the last time, this time I became aware of the feeling of ecstasy associated with it and, when I did, I recognized how I was already in the natural state. When I recognized it, the partition between it and me dissolved and I was consciously and fully in the space again.

I can't emphasize enough how important it is to recognize what's already happening within one's field of awareness. Becoming conscious of it is what dissolves the partition in consciousness that separates us from that state.

Sometimes we may be vaguely aware of something happening but dismiss it. I'd imagine it will then gradually fade away. But if we recognize and validate it, we enter into it and experience it fully and consciously.

There's a story about an ancient Hindu sadhu or sage, who had experienced something he couldn't understand. He went to a more senior sage and asked him to explain what had just occurred. The elder sage said that he had become enlightened and only then did the younger sadhu realize it. The younger sage walked away but now in fully-known and fully-experienced illumination.

I actually attended an Adyashanti workshop in around 2007 at which a woman asked Adya what had happened to her and then described an enlightenment experience. She too did not understand that she had experienced enlightenment. So our realization that something has happened is only slightly less important than the something that happened.

You may already be in what Archangel Michael described as an "expansion of interdimensionality" and not know it. Sounds crazy, doesn't it?

So here I am back again in the natural state after several days away. How do I feel? Because it's how I feel that really most affects me and is the most tangible proof of something having happened.

I feel at peace. There's nothing wrong in this state. Just previous to it, I was processing grief. Now all recollection of that has disappeared from my field of awareness for the moment. I've totally forgotten what I was grief-stricken about. This space is definitely the answer to what ails us.

Notice that I did nothing I'm aware of to "attain" this space. Well, nothing other than to keep seeing to my mission.

Karma yoga, service, seva is enough of a path, Archangel Michael told me back in 2011.

Steve: Is my karma yoga, my service, enough of a spiritual practice [for enlightenment] or should I be doing other things as well?

Archangel Michael: Karma yoga is a very good practice. It is absolutely perfect for you. (3)

So simply doing my duty, seeing to my dharma appears to have produced this "natural state," (4) that we so seek after. I think that's glad news.

At this moment, I'm an absolutely open space to transformative love. I still have to call love up from my heart. It doesn't flow if not attended to or called upon. Not yet, anyways.

But there's some other quality in the space that attracts me as much as love. It's bliss. There's bliss in this space but it too needs to be called up, I see.

Frankly, I'm happy just feeling the peace.

I spent perhaps three hours in the space today and then things got busy, Skype calls coming in, email arriving. Usually that would be enough to close the space down, but it lasted through the calls and mail and picked up in peaceful intensity again afterwards.

Again a feeling of well-being, no experience of need on any score, all issues forgotten, all vasanas suspended or disappeared.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015.

(2) Loc. cit.

(3) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, March 3, 2011.

(4) Our spiritual unfoldment is in the hands of the angels. Consequently I have no idea whether karma yoga produced this effect, in a straight causal relationship. It's only a guess.

## A Walk in My Original State

June 18, 2015

<https://goldenageofgaia.com/2015/06/18/a-walk-in-my-original-state/>



*Credit: www.starbucks.com*

I'm experimenting with walking in the natural space, my original state. I notice the pace is much, much slower than my normal pace.

My normal pace raises thoughts in my mind related to taking care, going over the worry de jour, etc. I'm not relaxed when I walk at my normal pace.

At this slower pace, again, as I've said before, there's nothing added and nothing taken away. But it's confronting because it's almost regal. Nonetheless, if I didn't confront my fears, I'd have to abandon this space.

I now understand what Archangel Michael meant by stressing balance. Balance is this very thing: Having nothing added and nothing taken away.

It's leaning neither to the left nor the right. It doesn't define what choices are made. It simply eliminates attachment from the response - except to God.

By definition, it's an open space. It lacks all the worried thoughts that arise and impel a person to fretful action. It lacks agendas and to-do lists. In fact it lacks the same pushes that people experience throughout their day.

In this place of balance, bliss arises. It's the only place it can arise. Bliss is an event in conscious awareness. It arises in a perfectly-peaceful space - like the natural state.

If our bodies are tense from worry and concern, we tend to tighten our musculature, creating bands of tension and muscular blocks that impede our awareness. Where there is an impediment in awareness, bliss does not arise.

That places a premium on relaxation techniques, hatha yoga, inspiring music, all of which reduce tension and thereby free up our awareness.

Here I am at this moment in the natural state and it could be described by so many terms: equilibrium, balance point, perfect calm, no desires, equanimity, detachment, plain, bare awareness, etc.

Nothing weighs on me and nothing pushes me to action. If I do act, I'll be following a naturally-arising need or desire, without urgency or concern for the outcome and without the mind's voiceover, chitter-chatter, or constant comment.

For lunch I grabbed a ham-and-cheese sandwich at Starbuck's. I could have had sweet 'n sour at a nearby Chinese restaurant, pho (soup) at a Vietnamese restaurant, or something that would have been delectable and enticing to me. Instead I grabbed the first thing I saw. In this space, all need for flattering the tastebuds leaves.

This is the space that advertisers are constantly representing consumers as being in. Strange that the space is accurately represented. Its use to sell a product or the claim that the product causes the space is invalid. But all the smiling and loving gestures - I have no problem with that. Advertisers may not realize how much they've contributed to the shift in consciousness!!!

Bliss is the taste, the flavor of this space. Bliss contributes the same pleasure that would be had by running every magic moment and peak experience we've ever had together in one endless film clip, dropping everything else. A constant peak moment. Not orgasmic but definitely the afterglow.

Again, if this is what we have to look forward to, as Andrea says, bring it on, baby!



## I'll Take It!

June 22, 2015

<https://goldenageofgaia.com/2015/06/22/ill-take-it/>



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, 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.

# The Depths of Pain and the Heights of Bliss

June 23, 2015

<https://goldenageofgaia.com/2015/06/23/the-depths-of-pain-and-the-heights-of-bliss/>



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).

## Bound Expressions of Love

June 25, 2015

<https://goldenageofgaia.com/2015/06/25/bound-expressions-of-love/>



dreamstime.com

Werner Erhard once called our families' attitudes of opposition and neglect "a bound expression of love."

I've puzzled over that for years, but now I'm beginning to see some things in my own behavior (the only laboratory I have) that shine light on it for me.

Anger, hatred, and resentment are all bound expressions of love, I think.

I'm watching myself, penetrating below irritability to the levels of anger and hatred that lie hidden beneath them.

And I keep coming upon this same statement when I think of anyone I'm angry at or hate: "I hate you because I think that you don't love me and I want you to."

Therefore my wish to be loved is the source of my hatred and resentment. Being denied what I want brings anger if I'm attached to something. But the desire for some people's love is so great that our anger at seeming to be denied is also great.

I look deeper.

All I want from other people is to be loved and respected by them. Isn't that what the gangstahs say? R-E-S-P-E-C-T? I assume that's all anyone wants from any of us.

But then issues intervene and our ways of solving them largely fail. At best residue is created; at worst the house catches fire.

Of what value is it to me to learn that my anger, hatred, and resentment is a bound expression of love? What difference does it make?

It depends on what dimension you want to limit the answer to. The answer is interdimensional, as AAM might say, and it isn't necessarily reachable by logical steps.



Awareness of this trap I fall into allows me to see it plainly when I'm about to fall into it again. I see that I'm angry at you because I think you don't love me. I'm now at a choicepoint. I could fall forward into the same anger I always do (Third-Dimensional). Or I could look at the matter more probingly.

And here we take that non-logical, interdimensional step. Ordinarily you'd think that I'd be looking for some better way of "getting" love from you or, barring that, from someone else.

But by and large I don't get my love from other people. For the most part, I get my love from my own heart. Boy, I guess the implications of that statement will put the somebody-done-somebody-wrong song folks out of business.

So what am I doing seeking it from other people in the first place? I now stop seeking it from outside and turn again to my heart. The love flows and eighty percent of my dilemma lifts. Chains 11

I realize for myself that, if everyone was able to have what they wished - that is, if the law of freewill were honored by all parties - then there would never be this withdrawing from each other.

The one would ask and the other would grant and that'd be the end of it. There'd be no need to draw apart from each other. Such is Fifth-Dimensional life.

Another way of saying that is that the ideal will be realized when everyone is "above the line" that separates conscious from unconscious awareness - or in the transformed space. Only transformative love is powerful enough to sweep away feelings like anger, hatred and resentment and reveal the truth of the matter. And that truth is that our love predominantly comes from the heart.

As Brian Ramsell can tell you, I write a lot of articles that never get posted. But I'd like to take a piece on transformative love from one of them and insert it here:

"Ordinary love is very much like skim milk. It's love but it's so weak, you'd hardly know it was love. Fondness, affection, attraction - none of these holds a candle to transformative love.

"Transformative love is like Devon cream. But it doesn't give you a heart attack; instead, it opens the heart. No, not open-heart surgery, but open-hearted ecstasy.

"Transformative love alters everything it touches. It's worse than Midas and his gold. Ordinary love is altered by that which it touches. It has no staying power and seldom nourishes.

"All those people blaming their husbands or wives for not loving them, etc.? What's missing from their lives is their own transformative love and, until they experience it, they'll be perennially dissatisfied with whomever sits across the table from them.

"Prince Charming won't stay Prince Charming for long in an atmosphere of ordinary love. Only in an atmosphere of transformative love. But ... everyone becomes Prince Charming then."

There's a world of difference between ordinary love and transformative.

I'm not saying that the transformed space is 5D, but it's a powerful enough space to weed anger and hatred out.

Seeing that it's essential to allow others their free will, even if that free will means we stay apart, frees up another ten percent of the space for me.

The ten percent of my dilemma that's left is my complaint against the universe that I can't have things my own way. It's my disgruntled little Dennis the Menace of entitlement, what Buddhists call the "wanting mind" and the "hungry ghost." That part of me is dissolved in stillness and transforming love.

I'm going to need these things handled when the real action begins because I'll be thrust from inaction to action at lightning speed. That pace will only accelerate at a pace sure to create residue unless my awareness is very high and my heart is maximally open.



## Love Seeks Only Itself

July 1, 2015

<https://goldenageofgaia.com/2015/07/01/love-seeks-only-itself/>



*Credit: fashionmodelingshow.blogspot.com*

There's a word-based world out there that Werner Erhard used to call the "world of agreement." We agree on what's "in" for men and women this year. We agree on who the most valuable player in the NBA is. We agree on how a man and a woman should behave (or a Christian or a Jew or a Muslim, etc.).

When we navigate this world of agreement, because it isn't heart-based but mind-based, we don't deal in who we are as the presented Self. Instead we manage our image.

When abundance comes, I expect that a lot of people will lapse into managing their image. I was watching myself do it the other day. Would I buy a Jaguar XKE or one of those Mazda types of sports cars?

fact I'd buy neither. I want a used Volvo V70 XC station wagon, repainted in cobalt blue. Around 2007 probably.

I cannot even get up the motivation to buy new clothes. As long as I can keep my uniform of seventeen white T-shirts, blue jeans and a cobalt-blue fleece, I will.

In the natural or transformed space, above the line between conscious and unconscious awareness, I have even less interest in what shows up for me like baubles than I used to, which was practically nil anyways.

If I go shopping across the borders these days, nine times out of ten I come back empty handed and the tenth time, I've bought some nuts or candies. It's gotten boring on what were previously exciting shopping trips.

Now all my enjoyment centers on the inner realm.

Nonetheless some of us will burst forth in a frenzy of spending and then that'll be over with. And when it's gone, come back, come back, come back. Begin again, as meditation master S.N. Goenka would say, with a quiet mind, a calm mind, a peaceful and equanimous mind.



*Credit: [www.freegreatpicture.com](http://www.freegreatpicture.com)*

I was saying earlier today that one of the things that was noticeable to me in the thirty-year-olds I was meeting is that, in them, the sense of mission seems to be in their DNA. They're at work whatever they do and they're creating, creating, creating.

We're wanting to get back to the way things were, when people had disposable income, security and a bright future. They never knew these things.

If you find yourself buying objects designed to establish something about who you are - your glamor, status, strength, etc., let it go. If it still works now, it won't in a short while into the future.

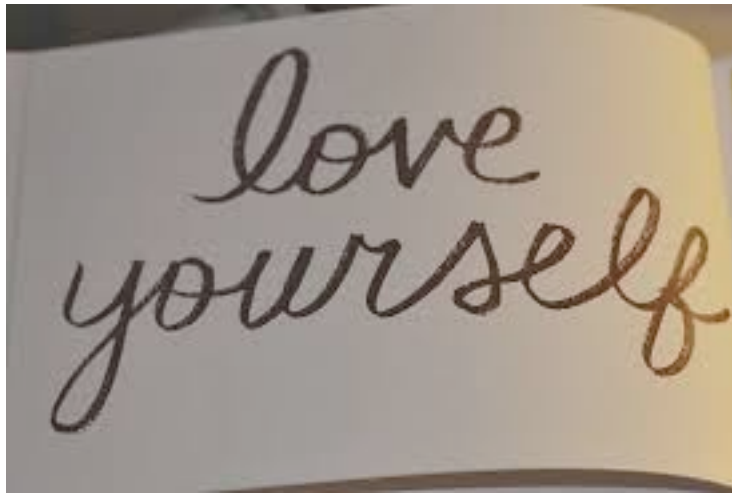
Your image has no future (it never did). It has no spiritual currency. Only who you are - and that is love - counts any more.

Image management has no truck or trade with love. Love is blind to things like that. Love seeks only itself and it knows only itself, and not counterfeit things like glamor, influence, or wealth.

## So Obvious, So Profound

July 5, 2015

<https://goldenageofgaia.com/2015/07/05/so-obvious-so-profound/>



*Credit: citizensofculture.com*

I'm seeing something that's so obvious and will sound so puerile and clichéd that I'm debating with myself whether I'll say it or not.

I'm seeing what is for me the missing piece in all of this. And I'm getting it at deeper and deeper levels. It's as if it's sinking in. At last.

The primary malfunction that puts everything else out of step is our failure to love ourselves. That sounds so obvious but it's so profound.

One can see the point viewed from many perspectives.

Like anything else, each of us is an energy system and, if the energy isn't circulating in the system, the energy stops or dilutes. Love has to circulate in our systems first before we have the strength it takes to circulate it elsewhere.

Just from the mechanics of the situation, I hope you can see the necessity of loving ourselves.

But to take it a step further, I now see how I used to get frustrated and angry if I couldn't squeeze another drop of love out of my poor partner. I was convinced that I was going to "get" love from her and, when it never happened, I was left frustrated.

I never saw the responsibility I had to love myself.

Making peace with ourselves is an indispensable step back to well-functioning. That stops the internal fighting. But actually falling in love with ourselves is what heals and repairs and catapults us forward.

There's more than one way one can love oneself. One can imagine that there's a Big Steve and a Little Steve and Big Steve is taking care of Little Steve, little buddy, our inner child.

You have to get the irony of using this imaginary ploy for one who was dissociated for around 50 years of his life. (1) It's like voluntarily going back into dissociation. I must be making up for lost time to consider it.

We can imagine that we're madly, passionately in love with our embodied twin. We can simply circulate love throughout all of our own being.

Hug yourself. Talk to yourself. Shout your love from the rooftops.

Whatever works to have you love yourself.

This for me is the starting point. I don't think we get to go past "Go" and collect \$200 until we've (1) succeeded in making peace with ourselves and (2) begun continuously to love ourselves.

### **Footnotes**

See "What Changes Can Be Seen?" July 5, 2015, at <http://goldenageofgaia.com/?p=261362>.

# Taking Steps, Creating Visions

July 6, 2015

<https://goldenageofgaia.com/2015/07/06/taking-steps-creating-visions/>



(Excerpt)

If I asked people if they know what "conscious awareness" is, many would probably reply, "Oh, yes, I awoke on Sept. 15, 2013 when someone said to me..." That moment would have been an instance of conscious awareness but it probably soon disappeared and was forgotten.

Unconscious awareness is the awareness generated by what S.N. Goenka calls the mind-body complex – the mind, the senses, the emotions, and the body.

Conscious awareness is the first level in which spiritual awareness makes its appearance. The faculties that are in use then are faculties of the soul, and not of the mind-body complex. They present themselves as umbrageous, extensive and incisive awareness.

Conscious awareness as a more persistent state is an umbrageous awareness, as if your awareness takes in everything. And in that space of taking in everything, there's also a sense of certainty and confidence. As we do with all transformational and enlightened spaces, we say "THIS is who I am." But there's always much more.

I personally do not consider "conscious awareness" an enlightened state. I use the intermediate term "transformational space" to refer to it, after the usage of Werner Erhard.

In it we're all that we knew we were. Nothing disturbs us. We can take everything in stride.

Life is shown to be the dramatic play that it is. And all of us are shown to have our roles and parts, speaking our lines.

Just writing this has sent me into "conscious awareness," as we speak. I was in unconscious awareness at one moment and I crossed the line into conscious awareness the next and don't recollect how I did it.

So here I am taking time out from my bike ride, having a coffee in Starbucks and I'm now in conscious awareness, the transformed state! I can hardly remain focused on my surroundings. My balance is uncertain. I feel exposed. And yet I can manage it.

The very fact that discussing this subject has shot me into the transformed space proves discussions we had years ago - that the truth will set us free - and now - that a bridge will appear where none was before. Conscious awareness itself is the bridge that appears where none was before.

Think of the relationship between "transformative love" and "conscious awareness" this way. Imagine a house ("My Father's House") and a lot of children living in it ("many mansions"). Transformative love is one child in that house. Conscious awareness is another. They're twins.

Joy is also there. Compassion, generosity, all the divine virtues are children in this one House. Come to think of it, they're all twins.

So where conscious awareness is, its twin, transformative love, is not far behind. Where transformative love is, its twin, conscious awareness, is also not far behind.

I think of "transformative love" as the Divine Feminine in all of us and "conscious awareness" as the Divine Masculine.

They work together and where one is found, the other is not far behind.

This view works for me as much as it worked for the ancients to talk about a Heavenly Father and a Divine Mother. There's no gender bias in it that I can see. None intended. Everybody gets to choose their gender-neutral role: conscious awareness or transformative love - or both. Masculine, Feminine - or both.

This vision is now created and sent out into the collective consciousness.



## ... And Later

July 7, 2015

<https://goldenageofgaia.com/2015/07/07/later/>



It must be five hours after I went above the line between unconscious and conscious awareness at Starbucks. Today is Wednesday.

I had to stagger home, I was so drunk with consciousness. I rode my bike down the least traveled routes and even then I felt I had to ask the archangels and everyone else who wasn't busy elsewhere to protect me as I wobbled on my bike the rest of the way.

When I got home, the only thing I could do was lie down and I've been there ever since. It isn't quite vertigo but there is a dizziness to being on my feet in the midst of this particular stay in the transformed space.

One of the things I did as I lay there was I asked the celestials to take away my memory, erase it totally, and then return only those elements of it that would be of use in the Mother's service. I wanted there to be a totally clean start, from this moment on. I don't want to carry my past around any more.

I'm not sure what came of it. I remain in the present moment and haven't used my memory for as long as I recall today to see if it still works. I rather think it isn't my memory that needs to be laundered; it's my attachment to my memories.

Nonetheless, I'm in a perpetual state of equanimity right now. That allows me to stay in the center and in balance.

Nothing shows up for me as more valuable than conscious awareness, except perhaps transformative love. I love awareness, the deeper and more extensive the better. Every meaningful spiritual experience I've had has been around or through awareness. My experiences come in consciousness rather than in sights or sounds.

I'm just being with the experience of deep awareness now. Even making myself something to eat feels like too much effort (but I will). I just want to be, to hang out with myself, my first, true love and the one who never leaves me.

\* \* \*

Now eight hours later and my space is beginning to mellow. What's left is an incredible feeling of stability or solidity. And this space is bereft of any form of judgment, blame or shame, resist, resent, or revenge. If this degree of the experience remains with me, I'll be content.

Some time ago, Archangel Michael said to Kathleen:

AAM: What [Steve] is doing is acting as a catalyst for change. [And] that ... necessitates and implies, it contains within it, the necessity for him to also be pretty much in a constant process of change, of growth, of opening, of shifting. (1)

I do get that. My life is constant change, constant movement hopefully forward, constant shifting and opening. I also know that my character is very mixed: there's a part of me that is still and silent (Hindus would call this sattwa) and a part of me that's very, very active (Hindus would call this rajasic). Hindus would know this state as sattwo-rajasic.

Moreover a focus on the inner work at this moment in time is not out of step, Archangel Michael reassured me recently:

"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." (2)

OK. Then full speed ahead.

\* \* \*

Eleven hours later and the experience is still holding. I just read AAM's message through Ronna Herman and so much of it is relevant to my experience. For instance:

"As you tap into the higher frequencies of Divine Wisdom, brilliant ideas will pour forth from the higher planes of intuition.

"You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only to lose it again. However, the times of depression will grow less intense and also less frequent." (3)

That pretty well describes what's happening.

Archangel Michael described the set of experiences that involves emerging into conscious awareness in a reading I had with him on June 7. I asked him what had just happened and he replied:

AAM: That was the experience of true expansion of interdimensionality, of coming to touch, embrace and begin to explore the breadth of your soul design.

Steve: I see. Now those experiences are intended to be just visits, with me, is that correct?

AAM: They will anchor deeper and deeper until it is simply a state of being. (4)

This too is about what appears to be happening. We'll see if this experience holds, tomorrow.

\* \* \*

It's the next day, Thursday, the day after my most recent sojourn in conscious awareness, the transformed space, our natural state

At 6:30 a.m, the bliss and love, and the sense of solidity, were still here. Now instead of bliss rising, it's with me as a baseline quality, in an unbroken manner.

\* \* \*

I had breakfast with a friend and in the middle of it ... boom! ... I emerged into the transformed space again.

And I saw that it depended solely on letting go of our attachments, having no preferences, no leanings, just as Sosan said.

"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." (5)

Being in this space doesn't depend on doing something, unless you consider the act of letting go to be doing something.

Everything said by sages who speak about sadhana or spiritual practice is aimed at having us let go of our attachments to the things of the material world and realize a certain space. Not intellectually know it. Not experientially know it. But realize it.

Let me call it "conscious awareness," provided you understand that "conscious awareness" is a constantly-deepening space. It goes on and on, deeper and deeper, higher and higher, forever. In my way of seeing things, non-attachment is like a lack of fuel. The vehicle comes to rest. In our case, the resting place is the center.

Some sages discuss equanimity, which is simply the state of having no attachments.

Others discuss balance, groundedness, the centerpoint, which is the place we move to or remain in when we have no attachments.

Others talk about the heart, the soul, the love, the bliss, which is the same as the centerpoint, the balance point. We gravitate and remain there when we have no attachments.

In the early stages of enlightenment, the centerpoint is the heart, the soul, the spirit. It's called the Son, the Christ, and the Atman in the religions, the pearl of great price, mustard seed that grew into a great tree, and treasure buried in a field.

In the later stages of enlightenment, the centerpoint is the All, the Source, the One. The mustard seed does grow into a great tree - the Tree of the Source.

That is conscious awareness constantly deepening itself, the truth manifesting or making itself apparent at every step like a bridge that's there now but wasn't there a moment ago. This is a path of trusting - trusting others, trusting the universe, and trusting ourselves above all.

## **Footnotes**

(1) Archangel Michael in a personal reading with Kathleen, through Linda Dillon, April 2, 2014.

(2) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015.

(3) "Archangel Michael: Pyramids of Light – The Light Pathway of Return," channelled by Ronna Herman. July 1, 2015, at <http://goldenageofgaia.com/2015/06/30/archangel-michael-via-ronna-herman-pyramids-of-light-the-light-pathway-of-return/>.

(4) Archangel Michael in a personal reading, *ibid.*, June 7, 2015.

(5) Sosan, Hsin Hsin Ming. *The Book of Nothing*. Kansas City: Andrews, Andrews McMeel, 2002, 16. Lightworkers will appear to disagree on matters like these.

Here is Tiara Kumara of Children of the Sun appearing to state a different principle than I'm stating:

"Live according to your preferences and what gives you joy. Any direction that excites you the most, and that gives you that full body YES, is the pathway to your next step. Just walk through that door of excitement, without any hesitation."

There's more than one door in to any state; in fact there are usually many doors. I favor giving up preferences, a state that feels peaceful and is a door in to bliss. Tiara favors living according to your preferences in action, enthusiasm, excitement, which brings us to the Now where bliss freely lives. The graphic of "Bliss Dance" she uses, from Burning Man, typifies this approach.

I have no problem with different approaches: whatever works. Totally following your preferences with joy might work. Totally dropping them also works. I'm more of a contemplative person when it comes to bliss and she may be more of an active person. (Tiara Kumara, "MORPHOGENESIS: Activate Your Bliss Blueprint," July 7, 2015 by email.)

## Constant Expansion

July 9, 2015

<https://goldenageofgaia.com/?s=%22Constant+Expansion%27>



I'm in a process of constant expansion.

One minute I'm deliriously happy - for no reason. (1) The next minute I'm totally complete.

I have lived. I have loved. I am done.

I've accomplished all I set out to do in life.

There's nothing out there before me that represents my agenda. I have no agenda any more, save sharing this gift of the Mother's Love that I've been given.

Last reading the Divine Mother said to me:

Divine Mother: Do not, please, ever underestimate the power of my love.

Steve: Why do you say that, Mother?

DM: When I love any being and they come to know it and receive it, transformation is not merely possible; it is inevitable. (2)

I so believe that, Mother. Why, look at me.

Years ago, a bitter, antagonistic guy with a chip on his shoulder. And now I haven't a care in the world. Released from the prison of my thoughts, Mother, by your Love.

The only area where I'm incomplete is that it seems necessary - whether just for this time or for all time - to share this love. Isolation does not become this love. But neither does chit-chat, drama or discord.



*Thank you, Mother, for this.*

Mother, I've seen that the more I share about this space, the more it comes alive for me. The reason I went above the line (3) in the presence of three friends recently was that I was sharing about this loving space each time.

Mother, soon there will be none of me left, none of me as I've known me. But, as Rumi said, let me not exist for non-existence proclaims in organ tones my return to Thee. (4)



Nothing more remains to be said, Mother. At last there is peace. I am Thee, Mother. Thou art me. Thou art everything and so must I be.

### **Footnotes**

(1) Devapriya reports the same phenomenon: <http://gaiascene.com/topic/1180-bliss-joy-and-happiness/>.

(2) Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015.

(3) Between unconscious and conscious awareness, ordinary and transformative love.

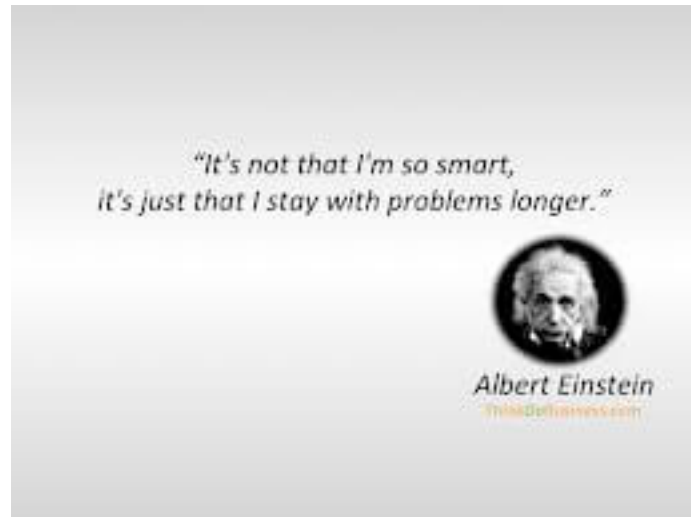
(4) Oh, let me not exist!  
For Non-existence  
Proclaims in organ tones,  
‘To Him we shall return.’”

(Anne and Christopher Fremantle. *In Love with Love. 100 of the Greatest Mystical Poems*. New York, etc.: Paulist Press, 1978, 58.)

# Celestial Consciousness Raising

July 10, 2015

<https://goldenageofgaia.com/2015/07/11/celestial-consciousness-raising/>



I've been fortunate in my readings with Archangel Michael in that he's been engaging in consciousness raising with me. Each reading he raises one of my qualities or attributes to my awareness and that sets a process in motion.

It's commonly said of a centipede that, once it becomes aware of its 100 legs and goes walking, it trips all over itself. It cannot do its rhythmic walk when it's aware of all its individual legs.

Similarly, if there is a vasana (VAH-sa-na) or archaic reaction pattern that we have, when it's raised to awareness, it becomes orders of magnitude more difficult to run without almost tripping over ourselves. We now know what we're doing and we know that others know.

In earlier years, we called this form of consciousness raising "the awareness game." We wanted to see how much of ourselves we could become aware of.

There was an open invitation for people to say what they saw or thought they saw in us. The invitation on us was to try on what they said, test it out, and see if it fit.

If it did, we acknowledged it and completed the feedback loop. That is a capsule description of the awareness game.

Every vasana has a silver lining, however. We perfect certain qualities as a result of our vasanas. And once we're the master of our vasanas instead of their servant, (1) we can put those qualities to use, rather than have them use us. Perhaps I can illustrate that here with the work that AAM has been doing with me.

A long time ago - perhaps 2011 - he drew my attention to the very large amount of literature that I've produced over the course of my life. Before he mentioned it, I was sort of aware of it. A little bit. But mostly I considered that it was just what I do: when I finish one piece of writing, I start another. If you do that long enough, you produce a lot. Nothing out of the ordinary.

Nonetheless if you think about any one stint at work, the pattern becomes obvious. The amount of work I did at the National Museum of Man in 1973-4 was, looking back on it, amazing.

Creating a collection that in one year became the largest at the museum, writing articles on Anglo-Saxon racism, culture, popular culture, artifact studies, etc., arguing for new approaches in several disciplines, designing exhibits, making slide-and-text kits, the list just goes on and on. People around me were typically astonished. I just considered it normal.

At the Immigration and Refugee Board, I sat on the full complement of claims, then took claims from other people (who were generally overworked), wrote numerous dictionaries on country conditions or points of refugee law, and sat on professional committees.

Outside of work I wrote as "Brother Anonymous," creating a dictionary of enlightenment, any number of books and articles, again on and on. And I just considered it me doing what I liked to do. Others preferred golf.

I do know that this tendency comes from my Dad calling me a lazy, no-good good-for-nothing. I was *showing him*.

But the full extent of the pattern came up to realized knowledge (in other words, I got it) when Archangel Michael said what he said. I'm sure he invested his words with celestial potency.

He did it again when he talked to me about the stamina that I have. I keep going and going and going. Yes, I had noticed that. It was up to intellectual knowledge. I mentioned to you earlier that someone said that I had enough energy to light up the State of Washington. I amaze myself with my stamina ... at times.

But when he said it, I got it at a very much deeper level and that stamina now came alive for me. And I grew bigger as a result of that realization. I came a little bit more in touch with my own power.

We also agreed, by the way, that I really do need to take a vacation. I bop till I drop but I'll soon drop without one.

Consequently I'll be taking two weeks off in a short while and going to a deserted tropical island (OK, an undisclosed location) and just flopping.

But, yes, stamina? I didn't really get it deeply till he said it. Again, I just thought it was normal.

How do we know something is not normal? We only see through our eyes, feel through our bodies, think through our minds. How do we know what the world looks, feels and seems like to another person? (Unless they tell us.)

Now, in my latest reading, he's talked to me at length about my persistence. I know the three sound like the same thing but they have slightly different characters. Endless producing is having an active or busy cast of mind (Hindus call it rajasic). Stamina is boundless energy, handy when you're rajasic, like I am. But persistence is intention to remain to the end, to stick it out and remain at our post.

When he made that comment, that side of me now came alive. If I wasn't persistent before he said it, I sure as heck am now, such is the resolving power of his magnetic words. I felt revived having this expanded sense of myself.

Again I think it was the archangelic touch. It was like the gardener watering a flower. Up it blooms. He's moulding me and I'm willing putty. But he can mould anyone else as well.

When I raise something to awareness, or he does, I can no longer do it unconsciously or automatically. What happens is that anything that's of the constructed self, the mask, the act, the routine, the number falls away or gets torn

away and what's left is the part of me that's consciously productive, energetic, and persistent.

So I only lose the falsity, the constructed self, the carefully-preened image. What I'm left with is the normal space, the native state, my original face. What is left is conscious awareness and transformative love. I can vouch for the fact that this is a space dearly to be desired. (2)

So this is how Archangel Michael is playing the awareness game with me, how he's raising my consciousness and expanding my powers. Any of us can work with him, of course. I'm just suggesting some ways he works with me to inspire your own work with him or Gabrielle or Raphael, etc.

He raises a pattern of my behavior to my awareness. I feel recognized and that pattern comes alive for me in the next while after the reading. I cannot run it now without tripping over my feet. Whatever in it is false or automatic falls away and I emerge with the native quality - productiveness, stamina or persistence - freed from its husk of automaticity.

This is what I've elsewhere called "emergence." (3) It's what we used to call the awareness game. It's a form of consciousness raising and, in my opinion, consciousness raising is the order of the day on this planet.

## **Footnotes**

(1) That is, we've stopped projecting them onto others or introjecting them ourselves (swallowing them, accusing and sentencing ourselves to a jail of our own making). We now observe our vasanas as they arise, feel the feelings they bring with them, and experience the original scenario they're connected to to completion. Having been heard in all their native splendor, they then release their grip.

(2) "I am all that a man may desire  
Without transgressing  
The law of his nature."

(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.)

Desire for God and Her qualities is all that a person can desire and not harm themselves. So conscious awareness and transformative love can be deeply desired and the desire does not hurt us.

(3) A search on the word in the site's search box will pull up ... yes, you guessed it ... a long list of articles on the subject.

## Isn't Love Wonderful?

Aug. 6, 2015

<https://goldenageofgaia.com/2015/08/06/isnt-love-wonderful/>



I've been asked why I don't post updates, by which I believe the person meant news.

On the Reval, perhaps read Zap (on Dinar Recaps, Mondays and Thursdays). I can confirm from my own (secret) experience that some of the events he says are transpiring are indeed transpiring. And that's all I can say. (Drat!)

For the rest, Democracy Now! seems to have good coverage. But I have to warn you. The Illuminati are thrashing around like a cornered animal and all you'll read is dismaying news. Soon the dismaying events will be over and only one ending is possible.

I don't personally post the news myself because there just aren't enough hours in the day to do it all and there are fewer and fewer of us here as the long wait for the Reval continues.

But that isn't the real reason. The real reason is that the experience of love is so wonderful that I'd rather write about that, quite frankly.

I'm basking in the afterglow of Nora's work with me (1) and have access again to the experience of love for as long as it lasts.

It was buried under the stress of finances, secrets, workload, etc. But now I have a window in again and it reaffirms how the only thing that really matters is: Are you experiencing love?

If not, then that is what to ask for. (Ask and ye shall receive. Knock and the door shall be opened.)

At the very heart of a lightworker, at the very core, is love for others. As far as I can see, that's what distinguishes a lightworker when seen from a mystical level, rather than from a straightforward level.

From a straightforward level, what distinguishes a lightworker is serving the Light, the Divine Mother. But she is all love in any case. Just as water, when frozen, can form a statue or ice sculpture, so love, when slowed down and lowered in vibration, forms all this. Turn 360 degrees and look around you. All is love when seen from a much higher level.

As Sri Ramakrishna was fond of saying, God has become all this. Since God is love, then love has become all this.

When I experience love, I don't want a mango lassi. I don't want crepe suzettes or a chateau in France.

All I want is to be permitted to continue experiencing love and to have everyone join me in this wonderful experience. The water is most warm. The ice melts and all is returned to and revealed as simply and universally love. In the face of it, all our cares dissolve. Isn't love wonderful?

## **Footnotes**

(1) "What was Inside is Now Outside," at <http://goldenageofgaia.com/?p=263026>.



# Dipping My Bucket in the Wellspring of the Heart

Aug. 14, 2015

<https://goldenageofgaia.com/2015/08/14/dipping-my-bucket-in-the-wellspring-of-the-heart/>



*Credit: christianity.about.com*

A good companion to this article is "Suzanne Lie: The Return – By The Creators of Our Reality" at <http://goldenageofgaia.com/2015/08/10/suzanne-lie-the-return-by-the-creators-of-our-reality/>.

Our connection with universal Source is through the heart. We draw love up from the heart and send it out to the world.

Perhaps instead of visualizing the heart as a heart, we might visualize it as a fire hydrant because love puts out the fires of the world.

We attach our hose and open the fire hydrant by breathing up love from the heart. On the outbreath we send love out into the world like a shower of water.

If we're having trouble envisioning oneness with all beings, as I've been having, perhaps see it as entering into oneness through loving all beings; sending our love from the heart out to all beings; taking all beings into our arms' embrace; feeling oneness and love for all.

Having a heart opening, I learn, does not ensure a constant flow of love. I still have to help the process along. Another way of envisioning that help, besides a fire hydrant's shower, would be to compare the process to lowering a bucket in a well.

I draw love up from the heart on the in-breath, like a bucket bringing water up from the well, and then send it out into the world on the outbreath, like the water being poured into an irrigation ditch.

Over the weekend I'll be discussing a whale of a vasana I just had pass through me so these articles are not always written in order. Just so you know.

But here I want to discuss the use of the imagination to stabilize the flow of love as much as is humanly possible.

I imagine that there are two Steves - Little Steve and Big Steve. Little Steve is the one who forgets about love. He often needs nurturing and protection because he gets himself into difficult spots and scrapes. One could call Little Steve the constructed self, the persona, the personality.

Big Steve is the Higher Self. And Big Steve comes more and more into existence - or unveils himself - the more I have him breathe love up from the heart and send it out into the world.

It hit upon me after the ruckus that the vasana was that I could live from Big Steve exclusively. The activity of breathing love up from the heart and sending it out is like ringing the bell and he appears, if I let him, if I welcome him.

Suppose I concentrated all day on breathing love up and sending it out? Would I reinforce his presence more and more until only he remains? That's an experiment I'd like to run.

This is not Topdog and Underdog because both of those go on within the constructed self. They are simply what the personality says and what it wishes it had said. This peopling of my imagination is the promise of who I am unfolding.

Love is the springwater. Love is the Sun. Love is the nurturing hands of the farmer.

Love is the crop. Love is the one who sells it. Love is the one who eats it. All is love.

And the deeper I go into the experience of love, the farther away I go from all the cares and frustrations of this world. All awaits my intention, my commitment, my persistence.

Love awaits patiently, whether I dip my bucket in the wellspring of the heart today or not.

## What to Focus On?

Sept. 8, 2015

<https://goldenageofgaia.com/2015/09/08/what-to-focus-on/>



Joy, love, happiness, satisfaction, aliveness, full self-expression - all the rewards of human growth that were held out to us by "self-help" folks over the years are now, in my view, possible for us.

I'm seeing that so clearly.

The vibrations, such as they are now, are lifting us out of the doldrums we've been in for most of our lives.

I personally am having breakthrough after breakthrough in my relationships. What's causing the breakthroughs? Well, before going into that, I'd have to say it's cumulative. Have a breakthrough in one relationship and the energy created fuels a breakthrough in another.

What's causing them? Love. Simple as that. As the love threshold goes up, breakthrough becomes possible. Creation is possible. Connection is possible.

On a walk today with a friend, I mimicked a dog bounding towards us and the dog's owner broke out in a smile and joined in. I smiled and said hello to two

rather prickly-looking guys and they broke into smiles. Everywhere we went, people were more resilient, more alive, more welcoming than they have been.

It wasn't just me and it wasn't just them. All of us were on a higher plateau of energy.

But think about it: Joy, love, happiness, satisfaction, aliveness, full self-expression - all the things we really want are increasingly available to us.

For most people wealth is only a means by which they think they might feel ease, happiness, joy, etc. But most find out that there's no necessary correlation between wealth and those qualities.

Or good looks or status or education - most people find out again, no necessary correlation.

But here we are: by virtue of nothing else than being on this planet and opening up to the vibrations, we're beginning to experience these qualities in ever increasing amounts.

We lightworkers are often met with skepticism. Waiting for spaceships is fantasy. Foreign currency is mythology, monopoly money, Pi in the Sky (sorry, Andrew. Couldn't resist). Ascension is ridiculous.

Skeptics are not going to be conned. Consequently they focus on the need for caution, the desire to believe only the tangible and concrete, etc.

Talk about sympathetic compassion and the skeptic may say they have no money for it. Talk about love and they may say they don't want to be hurt. On and on the standoffishness goes.

But this isn't the lifetime to be standoffish. Skepticism closes us off to the opportunities of this epoch.

The skeptic misses the heart of the matter. This is not a lifetime to focus on the "extenuating circumstances" and miss the heart of the matter.

What's the heart of the matter? If we need just one thing to focus on, then I'd say that love lies at the heart of the matter. More? Sympathetic joy if our friends are in

bliss. Sympathetic compassion if they're in sorrow. Service to others if it's mission we're discussing - or wanting a deep, meaningful, and rewarding life.

Here's an example of focusing on the heart of the matter and not the extenuating circumstances: I said earlier that the projects we'll be starting would make allowance for being scammed 15% of the time. We may even have a ledger column marked "Scams."

Rather than depriving 85% of the people of the service in question because we're afraid of being scammed, we'll eat the 15% and focus instead on the service rendered to the rest.

We have to break free from the fear, mistrust, anxiety, etc., conditioned into us by a Third-Dimensional world gone awry and consciously manipulated by the cabal.

The only way I know to do that is through transformative love.

# Shifting Our Perspective from Being the Body to Being Consciousness

Sept. 10, 2015

<https://goldenageofgaia.com/2015/09/10/shifting-our-perspective-from-being-the-body-to-being-consciousness/>



*Credit: [http:// www.sciforums.com](http://www.sciforums.com)*

There are so many shifts we seem called upon to make to prepare the way for the shift in perspective that Ascension will bring. I'd like to talk about one today.

I mentioned earlier that, while we're pure Consciousness wearing a body, it's hard for us to imagine what being pure Consciousness "looks like." Are we like a cloud? Are we a point of Light? Are we nothingness? And if so how does knowing occur?

## **Bliss and Knowing**

Spiritual experiences we have give us clues to the answers to these questions.

One that I had in 1987 gave me an important clue. I had a vision experience, lasting perhaps eight seconds, (1) in which I saw the entire life journey of an individual soul from God out into the world and back to God again.

Never mind what I saw during that time. The bliss that I felt was huge. Before I say what the impact of that bliss was, let me say that the vision was wordless. There was no one narrating it. There were no captions saying "God the Father," "God the Mother," etc.

There was no need to because the bliss I felt gave me the ability somehow to know intuitively who and what I was seeing. The vision opened with a large golden sun in the lefthand corner of my sight which I intuitively knew to be God the Father. Out from it shot a small golden star, which I intuitively knew to be God the Child. Then it disappeared into a cloud which I knew to be God the Mother.

The rest of the vision you can read in the source mentioned in footnote 1. The important things is that bliss brought with it a much deeper level of knowledge than I would ordinarily have had. It freed me from the density of this Third-Dimensional body. Jesus described its impact here:

"The Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." (2)

Now combine that with what Paramahansa Yogananda has said: "Aum the blissful comforter is heard in meditation and reveals to the devotee the ultimate truth." (3)

The Holy Ghost, the Divine Mother, is the primal creative vibration which we call "Aum." She is full of bliss and brings all things to remembrance. Therefore one of the ways we have of knowing in a higher-dimensional, more-expansive way is through the experience of bliss.

We usually think we enhance our knowledge through study, conversation, listening, etc., and here we find we enhance it through the spiritual, internal, ineffable experience of bliss. Does that not excite our curiosity about who we ultimately are? And does it not point in the direction of us being Consciousness rather than bodies and brains?

## **Experience and Knowing**



When we hear someone like Archangel Michael or SaLuSa or Matthew Ward, is it not the gentleness with which they speak, the wisdom that comes through, and the love that their words convey what causes us to listen to them. Our experience of their words and what they convey is what causes us to feel we "know" them, is it not?

If a galactic being was standing in front of us, we might initially be afraid, but then, when they speak in soothing and loving tones, we'd relax, would we not? Our own experience of their vibrations and manner of conversing would awaken in us regard, attraction and love. That inner knowing that comes from experiencing them would assert itself and reassure us.

This is an example of our own inner knowing coming to the surface. There would be no substitute for this inner knowing. If they presented credentials from the Arcturian High Council or showed us their spaceship or did a jig before us, none of that would reassure us. But the love in their voices and their soothing tone would resonate with something deep inside of us and bring about an inner knowing. The fact that this inner knowing is what is ultimately persuasive points again to us being at essence Consciousness.

This effect is not only seen when meeting a stranger. When reading a spiritual master, the more that master - like Yogananda or Ramakrishna for instance - are able to access and talk about love, joy, and happiness - the more they're like a magnet to us. Something in what they say resonates with us. This too should demonstrate to us that knowingness increases with our experience of their divine qualities.

### **Depth and Knowing**

When I profess my love to another and she to me, we go deeper and deeper in our sharing. We don't discuss what's happening in China or how we like crepes but don't like quiche (I'm making it up). No, we go deeper and deeper into professing our love for each other. And going deeper multiplies our love.

And the more love we feel, the more certain we are of various things; the easier it is to make large and important decisions; and the more love we have to give to others. The greater becomes our desire to serve as well. Going deeper also increases our knowingness.

Love is a property of Consciousness. The more we love, the more conscious we are. This again points one's attention to the fact that knowingness is to be found inwardly, which itself leads us to encounter the fact that we are at essence Consciousness.

\* \* \*

These then are some ways in which we begin to experience or suspect that we are at essence Consciousness. Recognizing and acknowledging them allows us begin shifting our perspective from considering ourselves to be at essence this temporary wrapping we call a body, this means of experiencing physicality, to considering ourselves to be the bodiless, formless Consciousness that we truly are.

### **Footnotes**

(1) Described here: "Ch. 13 Epilogue," at <http://goldenageofgaia.com/spiritual-essays/16244-2/the-purpose-of-life-is-enlightenment/ch-13-epilogue/>.

(2) John 14: 26.

(3) Paramahansa Yogananda, *Autobiography of a Yogi*. Bombay: Jaico, 1975, 144n.

## First Wave of Ascension Predicted for Sept. 28, 2015

Sept. 12, 2015

<https://goldenageofgaia.com/2015/09/12/first-wave-of-ascension-predicted-for-sept-28-2015/>



If there's anything no one around here wants to talk about, it's dates.

Anyone who's ever given a date for any event - Ascension, Disclosure, the Reval, whatever - has only always been wrong. A perfect batting average.

Now we have a number of people coming forth and giving the date of Sept. 28, 2015, for the first wave of Ascension. I'm certainly game to play. I'll hold myself open to the possibility, but I also promise not to complain later if it doesn't happen.

Since such worthies as SaLuSa and Patricia Diane Cota-Robles are saying it, I feel it deserves some attention. Let's look at who are giving this date for the "Event," the "first wave," "Wave X," and Ascension.

First I have to acknowledge that Matt Kahn has been giving the date for some time. I remember him saying it years ago. Here's one of his discussions from March of this year:

"As far as ascension goes, it would be more accurate to no longer wonder when Earth is ascending, but to contemplate when your Earth will ascend.

...

"While the Universe gave me the date 9/27/15 as a marker in time, signifying when the first wave, or 1/3 of the planet would be aligned in 5D consciousness, many interpreted this through older ascension models and created literal meaning out of a metaphorical journey of expanding consciousness. Others assumed it to be a date when the world in view begins to become the heaven on Earth they yearn to discover. As a way of clarifying what I've been told, 9/27/15 signifies a moment in time when 1/3rd of the planet will be aligned in 5D consciousness. When you are aligned, it signifies your readiness for entry. This means, as of 9/27/15, 1/3rd of the planet will begin a rapid ascension into 5D consciousness. It won't be a dissolving into a different planet, but an emerging into a new spiritual paradigm of experience." (1)

Now SaLuSa, speaking yesterday, Sept. 11, said:

"You are now repeatedly being informed that September 28 is the high point of the month, as the day on which the photon energies peak. Not only that, but to a level that has not been previously experienced. If you ever had any doubts about the progress being made towards Ascension, they have surely now been removed. You will now begin to realise that so much has been happening "behind the scenes" that you were not aware of previously.

"As you have often been told, that has been in the interests of keeping our plan secret for as long as possible. Different civilisations have been involved in the action....

"No longer shall you be subject to those who carry the negative energies, or their actions that bring down the higher vibrations of the Light. Simply put, they cannot survive in the higher vibrations that are for souls who have moved past the need for further experience at that level.

"Wherever you are in the world, the new energies will change the old ones, and Ascension will give the same opportunities to all souls regardless of their background. It has been the same ever since your journey started eons of time ago. All souls have been assisted through their various lives, even if they have been unaware of the presence of their Guides. As the vibrations rise some souls will begin to have an awareness of them and ultimately are able to converse with them. ...

"We believe that many of you will begin to feel the benefits of the rise in vibrations, and it should bring a peace of mind and a happy feeling that at last you can fully enjoy the Light that is increasing all of the time. Life is to be full of purpose and uplifting, and the old days of chaos and uncertainty will fade into the background having served their purpose in helping you evolve." (2)

I've always held SaLuSa in the highest regard as a source, along with Matthew Ward, Hilarion, Jesus and Saul, and Archangel Michael.

I've also held Patricia Diane Cota-Robles in high regard and she predicts a consciousness shift on Sept. 28, 2015:

"The effects of that Activity of Light will build in momentum until September 27-28, 2015, when we will experience not only an incredibly powerful influx of Light from a total Full Moon Lunar Eclipse, but a life-transforming influx of Light from a Celestial Event referred to as WAVE X, or The Event Horizon. This is a Celestial opportunity that we have not been able to benefit from since our fall from Grace.

"On September 28, 2015, we will receive a crescendo of Gamma Ray Light from the Galactic Core. This is a rhythmic pulsation of Light that blesses our Solar System every 3,600 years with the Divine Intent of raising the consciousness of Sons and Daughters of God and accelerating the evolution of our Solar System. Even though this wondrous Gift of Light from On High has been available every 3,600 years, since our tragic fall from Grace the Earth and Humanity have been vibrating at a discordant frequency that was unable to receive or assimilate the benefits of these Gamma Rays. Now, however, EVERYTHING HAS CHANGED!" (3)

On that day, she says, we'll receive the full benefit of the gamma-ray build-up:

"On September 27-28, 2015, through every person's I AM Presence, Humanity en masse is going to receive the full power and might of the myriad Gamma Rays we have missed from this rhythmic 3,600 year Gift from On High, back to the initial impulse of the fall. This has never been done before and no one knows how it will manifest for each of us

individually, but KNOW the results will ONLY enhance our lives and our Ascension process.

"The Mighty Elohim have assured us that the Earthly Bodies of ALL Humanity and the Bodies of Mother Earth are now vibrating at a frequency that is ready and able to withstand this influx of Gamma Rays and that this will occur in perfect Divine Order. This is a Cosmic Moment beyond anything that has ever occurred for the Sons and Daughters of God. Be at Peace and Be Here NOW!" (4)

Sandra Walter didn't actually come out and say the first wave of Ascension will be September 28, 2015, but her article on the subject comes very close to it and is jam-packed with useful advice on how to respond to the time most effectively. (5)

Some new channels as well come on the scene and make the same announcement. Michael Love, channeling Archangel Michael, says the energies will be at their highest on September 28:

"Many of you are aware of a great shift that has occurred inside of you which is now entering the phase where it will manifest outwardly as your perceived reality.

"Over the next 21 days the powerful wave of gamma light coming in from the Galactic Core (The Pleroma), will continue to impact Earth and its beings! The power of this incoming gamma light wave as measured by German and Russian scientists recently was discovered to have doubled over the last 2 weeks and is now increasing exponentially!

"This super wave of gamma photon light has the power of one hundred million nuclear reactors and had to be diffused using advanced satellite technology by a group of star beings known as the Earth Alliance to turn down the power level to be safer and easier to integrate by the Earth and its beings.

"Some of the after effects of this streaming down of Wave-X was seen in every country of the world as large blue/white column beams of plasma measuring up to one mile in diameter striking the ground.

"As we have now entered the densest area of the Photon belt, the power of Wave-X is increasing each hour and each day.

"This great point in humanity's evolution is known as 'THE EVENT HORIZON'." (6)

He then goes on to say that the energy will be the highest in modern history and describes three waves of ascenders:

"September 28th, 2015 is when this Super-Wave peaks and is the highest energetic frequency ever measured in the cosmos in modern history.

"The Schumann Resonance of the Earth and the entire cosmos has reached an astounding level of 33 Hertz now with no other explanation for the sudden leap other than you are pushing it higher and higher at an exponential rate by your internal vibration and divine intention. This is 12 Hertz above the 5D New Earth Level so Gaia is more than ready to receive the first wave of love beings at Tetrad 9282015.

"These ascension pioneers well deserve the first entrance into The Kingdom of 5D Heaven because of their sacrifice and their desire and dedication to this whole ascension project! Most of you reading this message will be included in this first wave of approx. 2.3 billion souls.

"There is a leveling off and adjustment period for a few months after 9/28 for everyone to fully integrate the new energies and to begin the detailed forming of their paradise called The New Earth! The ones who did not vibrate high enough to reach 21 hertz will come a few months after in spring 2016. The third wave (unconscious humanity) will reach the 21 hertz level last in mid-summer 2016." (7)

Rather than cite you perhaps four or five more sources saying the same thing, which would make this article much longer than it is already, I direct you to Dieter's site, where a collection of messages from different channels exists, with the same prediction: <https://propheychief.wordpress.com/>.

I'm game. I'm open. Having a game to play makes life interesting. So I'm aligning "as if" September 28 is the day.

However I may not be going with you. I'm a pillar and that means I choose to remain till the last, shut the lights, and close the door.

Moreover, my assignment is to go up gradually with everyone else and write about it. That may require me to remain with the 5 or so billion who haven't ascended and keep working away. If that's the case, then bon voyage and happy Ascension to you. I'll join you later.

### **Footnotes**

(1) Matt Kahn, "Energy Update March 2015 - Demystifying Ascension: Part 1," March 2015, at <http://www.truedivinenature.com/EnergyUpdateMarch2015.htm>.

(2) SaLuSa, Oct. 11, 2015.

(3) "Life-transforming Success and Much, Much More! – by Patricia Diane Cota Robles," September 8, 2015, at <http://www.eraofpeace.org/news/>

(4) Loc. cit.

(5) "The Final Equinox-Blood Moon Eclipse Gateway," by Sandra Walter, September 8, 2015, at <http://www.sandrawalter.com/the-final-equinox-blood-moon-eclipse-gateway/>

(6) "Archangel Michael: September Cosmic Wave Increasing Exponentially!", Channeled by Michael Love, September 7, 2015, <https://prophecychief.wordpress.com>

(7) Loc. cit.



# Forget Everything Else

Sept. 14, 2015

<https://goldenageofgaia.com/2015/09/14/forget-everything-else-2/>



I have mixed feelings about reading or writing multiple articles about Ascension (although I will).

There's no need for multiple articles. There's no need for complexity because the answer to the vast majority of questions is simple and can be expressed in one word: Love.

There's no more that needs to be said.

But because we humans love a good read, people say more. And read more. But you could profitably stop reading now and ... just love.

Love one another, as I have loved you, Jesus said, summing up his mission.

Love the Lord thy God with all your mind and heart and soul and love your neighbor as yourself. These are the greatest commandments.

Love is the glue and the solvent, the building block and the void into which everything returns. There's nothing in this universe and nothing outside it that isn't love.

We know all this, but why in heavens don't we act on it?

So now we reportedly come to the grand finale, Ascension, in three acts or waves. And we may ask ourselves, what should I do to ascend? Love.

What do I need to do to reach the highest dimension possible? Love.

How should I greet Ascension when it comes? In love.

The answers are so simple.

So you heard it here: Everything you need to know about Ascension is known by knowing love.

Knowing about love is intellectual knowledge, a vital first step. And that's what I do: I supply knowledge, which is an intellectual exercise, (1) I hope from a heart-conscious place.

Feeling love is a wonderful next step. That's where I've been since the March 13 heart opening and nothing could be finer.

Realizing love is the final step that constitutes part or all of Ascension, depending on the extent of the realization.

Forget everything. Just remember one thing.

In a word? Love.

In three words? Love, love, love.

### **Footnotes**

(1) I.e., I traffic in ideas.

## **Archangel Michael on Sept. 28, the Ascension Portal, Pillars, and the New Domain**

Sept. 19, 2015

<https://goldenageofgaia.com/2015/09/19/archangel-michael-on-sept-28-the-ascension-portal-pillars-and-the-new-domain/>



I talked to Archangel Michael about September 28 as the date of the first wave of Ascension. He said that people have been ascending and returning for some time now so this is not the first wave. He said that some people like to mark occasion and feel the need for dates so this date was given. But people are ascending all the time now in this heightened energy.

He discusses the situation for pillars and the newness of the domain we're "going" to (I may need to cease using the metaphor of "going to" because we don't "go" anywhere).

My mission is to go up with everyone else and write about my experience of it as I go. I therefore usually share more than the next person. I do so in the interests of pushing the ball forward but also in alignment with the requirements of the awareness path for as much transparency as is prudent and possible.

\* \* \*

Steve Beckow: Is September 28th the day of the first wave of Ascension?

Archangel Michael: You know that we do not talk about dates. Is the beginning of the "exhale" (1) already started? The answer is yes. So when people wish to choose dates, then this is a good date.

Steve: I am promoting it because so many other people have said it: Matt Kahn, Patricia Diane Cota Robles, SaLuSa. Was Michael Love's channeling of you credible?

AAM: Yes, it was.

Steve: Oh! Well, you gave a date there!

AAM: Let us say that there are people that are asking and dying for dates. That is not our preference, as you well know.

Steve: I do. I'm just trying to understand it.

AAM: It is the human obsession with, "tell us the date and time." They would be very happy if we could say 11:11 [p.m.]. It does not serve as well as it might. Let us put it that way.

But because many people will say, "On this day, I will feel better and am prepared to go through," then we will give a date. But there will be just as many who will be saying, "The date came and went and I don't feel anything". So it will be a 50-50 split

Steve: As a pillar, do I ascend in the early waves or do I ascend at the end?

AAM: Now let us say to you that you have been flying in and out of this Ascension Portal for some time. There have been various attunements and increases in your frequency and vibrations. This has been the transformative love that you have felt.  
(2)

As to the pillar, you have an expression, "last man standing." That is it.

Steve: What does that mean, Lord?

AAM: It means that you wait until the last, until everyone has gone through and you turn out the lights, so to speak.

Steve: Some people are thinking that if a person ascends they don't come back. If they go to the Fifth, then they're in the Fifth. They're not in the Fourth so they don't have anything more to do. They're gone.

AAM: That is incorrect.

Steve: Maybe you could address that? I'm sure there are people who want to know about that.

AAM: First of all, many, many of you are already in the Fifth Dimension and have been for some time. Some of you are in the Seventh. Many of you are in the Sixth. You are in the process of shifting.

What you want it to be is a new room, a new closed door. But the reality is that you are flowing back and forth, that you are in movement because you have committed to assist all of humanity.

So are you in a different, what you would think of, as mindset, heart set? Existing in a different dimensional reality that allows clearer flow? Yes.

But it does not eliminate the other dimensions. That would be [restrictive]. And that is not the intention of the Mother's creation of this planet. It is that you do experience all of the dimensions.

You anchor with Gaia.

And many of you are already there. But it does not mean that you have forgotten or you choose never to visit the other realities. It does not mean that you are not aware of the beings of humanity that are still clinging to the old Third that has long since evaporated.

You are thinking of yourselves as unidimensional [rather than multidimensional]. And you are still thinking of it in terms of a hierarchy [rather than a circle]. That is incorrect.

Steve: So it is different environments like Beauty (Tenth Dimension) and Mastery (Eleventh Dimension) and Unity (Twelfth Dimension) ...

AAM: That is correct.

Steve: ... And different experiences.

AAM: ... Different experiences, certainly a broader realm of talents and capacities because the energy is not restricted. But it does not mean that you are stuck anywhere!

Steve: Well, on the other side [i.e., the afterlife], a person that resonates in the Astral Plane cannot go to the Buddhic Plane, for instance, without protection. You just don't walk onto the Causal Plane or the Mental Plane. Now isn't it the same case here that a Fourth-Dimensional person cannot just go to the Seventh Dimension and reside there for any length of time?

AAM: That is correct but what you are doing is preparing yourself, expanding your reality, expanding your transformative heart, expanding your understanding of unity, of joy, of bliss, to truly be able to hold and absorb and experience the energies of the other dimensions. So you are expanding and growing into it.

Steve: Is this new? Is the realm that we're building and taking our physical bodies with us to altogether new?

AAM: Yes, it is brand new.

Steve: ... Brand new, and the rules have changed?

AAM: That is correct.

Steve: Okay, we must have another discussion about that on another occasion. I wonder if it will be appropriate to talk to Sanat about that on *An Hour with an Angel*.

AAM: Yes, it will be very appropriate. ...

Let us confuse you a little more. You have already been [through the Ascension Portal]. You see everyone is looking to this wonderful September date as the first wave. It is not the first wave. ...

So you have already gone through the Ascension portal with the very first wave.

Steve: I will tell him that [thinking he was speaking of a friend, whose question he was answering].

AAM: You have.

Steve: Steve?

AAM: Steve, X, Y... You have all done it already.

And you did it about 16 months ago. (3)

Now you have come back holding that critical energy, that expanded awareness, each [of the three] in a different expression. But you know very clearly that you have much clearer, broader, deeper, more loving energy field than you did say a year and a half ago.

Steve: Yes.

AAM: So you have flown through, come back, anchored deeply as a pillar holding the energy for the back of the line so that you can move them, move them, move them along.

Then when you feel depleted, you fly back through the Ascension portal because it is wide open to you and then you come back and you anchor again, even more expanded as an anchor, a pillar again, and so on because that has been your soul agreement. That is the nature of your mission and purpose. ...

The old Steve does not exist [any more]. Is he in there somewhere? Yes. But have you experienced the add-on, add-on, add-on, add-on [of multidimensionality]...? Yes. (4)

## **Footnotes**

(1) I apologize that I was not quick enough to ask him what the "exhale" means. Obviously it's this phase of Ascension.

(2) The experience of transformative love became prominent after a heart opening on March 13, 2015. I assume that was one of the "various attunements and increases in your frequency and vibrations."

(3) After a rough bump in my life in Feb. 2015, I was in so much of a slump that Archangel Michael says he pulled me through the Ascension Portal for healing and restoration. It happened during my sleep so I have no recollection of it.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2015.



## Divine Alchemy

September 25, 2015

<https://goldenageofgaia.com/2015/09/25/divine-alchemy/>



I've now had the kundalini rise to my crown chakra, again due to work I'm doing with a clairsentient and the rising energies.

But I know, without having to ask, that the Company of Heaven is muting the experience. (1) They are because I need to remain here, with my feet on the ground. So they're giving me a taste of it and not the full experience.

Ordinarily this would be Brahmajnana or God-Realization. But in this muted state ... well, perhaps let me describe it and how I got there.

As part of my learning clairsentience and color alchemy, my tutor and I balanced our divine males and females by exchanging love. I felt her love and she felt mine. Both of us let it in.

My love was very male - possessive, enfolding, wanting. Hers was very female - enlivening, awakening, nourishing. Her love is sweet; my love has a different flavor - it's rapturous (clairsentience).

Her love is gold, lemon and pink; mine is lapis-lazuli blue (color alchemy).

At the beginning of this exercise I felt the kundalini begin to stir. I watched it go up the spine almost leaping from the root chakra to the sixth chakra. (2)

When I had let in the love of another, and that other was a woman (the divine feminine), it completed me. And it was the appreciation of the space of feeling complete (keep in mind that yesterday I attained a quiet mind - again muted) (3) that caused the kundalini to go the remainder of the way.

I feel blissful. All parts of my body feel awake, aware and alive. My bliss is stable; it isn't coming and going. However my love is coming in waves. And the waves are almost unbelievably overwhelming.

I hope with this article I can "return to our regular programming," so to speak. I'm definitely satisfied as far as spiritual unfoldment is concerned. I don't need to "go higher." In fact, if I did, I might not be able to carry on writing. And I know I need to keep to my mission.

These explorations confirm all that the Divine Mother has been saying about the divine feminine joining with the divine masculine. They confirm that it can be done.

They confirm that an exchange of love between the divine feminine and the divine masculine can awaken the the energies of the divine complement in the other. My divine feminine was awakened by the clairsentient instructor and, as a result, I felt balanced and complete.

And it confirms that, when the divine feminine and the divine masculine are complete, the kundalini responds.

No wonder the Divine Mother wants us to join together in sacred union.

I didn't intend to be a lightholder. My intention is just to do this piece of lightholder work and return to my lightwork.

However demonstrating the conjoining of the divine feminine and the divine masculine IS lightwork. It IS building Nova Earth. This therefore is a place where lightholding meets lightwork.

This is divine alchemy.

## Footnotes

(1) Archangel Michael: What you have seen is that you have been given bite-sized pieces of energy, of energy bumps, of input of what you can digest and handle and truly bring to fruition. If you are in the process of expansion, you don't go from Grade 3 to a PhD in a week. ("AAM on Truncated Experiences," March 21, 2017, at <https://goldenageofgaia.com/2017/03/21/aam-on-truncated-experiences/>.)

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. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.)

[In your case] it is a toning down, if anything. ...

You know that enlightenment is right there in front of you. It is yours to access. But if you are in service, you will not choose to live there. ...

You can think of it as keeping two feet firmly on the ground. (Ibid., Feb. 14, 2012.)

(2) "Sometimes I feel the rising of the spiritual current inside me, as though it were the creeping of an ant. Sometimes it feels like the movement of a monkey jumping from one branch to another. Again, sometimes it feels like a fish swimming in water. Only he who experiences it knows what it is like." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 237.)

(3) See "Complete Emptiness, Original Innocence," at <https://goldenageofgaia.com/2015/09/24/complete-emptiness-original-innocence/>.

## Completion of the Kundalini: A Day Later

September 26, 2015

<https://goldenageofgaia.com/2015/09/26/completion-kundalini-day-later/>



Yes, I do know that Pope Francis delivered a stunning message to the UN and kicked off Agenda 2030, the Sustainability Agenda.

I know that the Illuminati intended to use this agenda to create a world government.

I also know that they won't succeed so I'm not worried. The chaos will continue but the Light has already won.

But it isn't my work right now to be following these events. It's my work to be following the course of the rising energies of the Tsunami of Love and describing everything I can about how they're resonating and rebounding with me.

So I'd like to repeat what I said yesterday that the awakening and balancing of the divine feminine and divine masculine within the individual is the work that needs doing to allow the kundalini to rise. Once these energies are balanced and the kundalini completes its course, we find ourselves alive and awake. Our sources have indicated as much:

"Are you aware that as one who wears a female body that you carry the energies of the divine masculine within?"

"Are you aware that it is through the 'marriage' of these two energies that you come into unity again, into wholeness?" (1)

"To ascend one must ultimately balance male/female energies, as well as mastering the lower bodies (emotional, mental and physical) and mastering relationships in the real world, i.e., through daily living." (2)

Is working with the kundalini the only way to ascend? No, it isn't. Meditation, service, devotion - there are many pathways to Ascension and all are valid. Say the sages:

Sri Krishna: "Whatever path men travel is my path: No matter where they walk it leads to me." (3)

Sri Ramakrishna: "The mother cooks different dishes [creates different spiritual paths] to suit the stomachs of her different children. Suppose she has five children. If there is a fish to cook, she prepares different dishes from it -- pilau, pickled fish, fried fish, and so on -- to suit their different tastes and powers of digestion." (4)

Sri Ramakrishna: "I had to practise each religion for a time -- Hinduism, Islam, Christianity. Furthermore, I followed the paths of the Saktas, Vaishnavas, and Vedantists. I realized that there is only one God toward whom all are travelling; but the paths are different." (5)

My divine feminine was dormant and the clairsentient's exercise of having me feel her love, which she was sending me, awakened it. That had the kundalini leap to the sixth chakra.

Why leap? Well, I've had so many other experiences - of the Seventh-Dimensional Oversoul at the Vipassana meditation retreat, (6) Ascension, apparently, in May 2014, (7) numerous clearings such as the "System Restore," (8) a heart opening, (9) etc. You've been with me all the way. I've shared about all of them.

So it does make sense that the kundalini passage up the Sushumna Canal has been cleared and offers no resistance to the kundalini.

The sharing of feelings, back and forth, each of us asking "How do you feel?", caused those feelings to release, one by one, in the dissolving power of Awareness. I felt my vibrations elevate with each feeling that was cleared.

The deepening experience of love was also central. At first, love is just felt coming from the heart and out. Then, the love is felt in more and more parts of the body, filling one up, so to speak. When love filled me up, the kundalini jumped to the sixth or brow chakra.

Once I assimilated the clairsentient's love, it flowed to the seventh or crown chakra.

Many of us don't have access to a tutor as I did. Many of us aren't in a relationship either and, even if we were, our partners may have no interest in assisting us as I was assisted.

What to do?

The most important thing to do is to ask.

Ask and ye shall receive. Knock and the door shall be opened.

If you're a reader of this blog, then it should be apparent to you that the Company of Heaven are active players in our spiritual unfoldment. To those who don't have "another," ask the Company of Heaven. Never has it been easier - because of the Tsunami energies and because of the role the CoH are currently playing - to ask for spiritual gifts and have them be given.

The experience was stable all through the day. I noticed that I was exuberant, out there, insightful, a good listener. I also noticed that people seemed to feel confronted at how awake and alive I was so I soon resolved to tone it down. Then in the early evening the mood began to subside.

No spiritual experience short of Sahaja Samadhi, (10) which happens deeper into the Fifth Dimension, is permanent so I didn't try to hold onto it.

I'm back today with the residuum of the experience, which is a quiet mind, quiet emotions, lesser levels of bliss, and a feeling of happiness and wellbeing.

Dear Mother, what's next?

## Footnotes

(1) "The Sirians and Higher Self: A New Year – A New Self," channeled by Eliza Ayres [aka Tazjima Amariah Kumara], December 30, 2013 at <https://bluedragonjournal.com>.

(2) "The Council of Nine via Tazjima: Change as a Pathway to Growth," Feb. 19, 2013, at <https://goldenageofgaia.com/2013/02/the-council-of-nine-via-tazjima-change-as-a-pathway-to-growth/#more-165622>. Obviously I ascended in May 2014 without balancing the divine feminine and divine masculine energies so that part of this source's statement does not seem entirely accurate.

(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, 51.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 81. [Hereafter GSR.]

(5) Paramahansa Ramakrishna in GSR, 129.

(6) "Move without Moving: Be the Stillpoint Flowing," at <https://goldenageofgaia.com/2013/07/27/move-without-moving-be-the-stillpoint-flowing/>.

(7) Steve: X thinks I have ascended. Have I?

Archangel Michael: Yes, you have.

S: I have ascended? (laughter) I must have fallen asleep at that moment.

AAM: You have fallen asleep. When we have been working ... this is about seven weeks ago ... and in one of your moments of despair, of deep questioning, you have said, Michael, take me, and you have gone through the portal to receive an infusion of the energy of what to look forward to. to bring you greater peace, serenity, tranquillity, knowing. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, July 11, 2014.)

(8) "System Restore," May 10, 2014, at <https://goldenageofgaia.com/2014/05/10/system-restore/>.

(9) "Activating the Wellspring - Part 1/2," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-wellspring/>; "Activating the Wellspring - Part 2/2," March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-22/>; "Submerged in Love," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/submerged-in-love/>; "Learning the Ropes," March 24, 2015, at <https://goldenageofgaia.com/2015/03/24/learning-the-ropes/>.

(10) After Brahmajnana or seventh-chakra enlightenment, the kundalini doubles back and reaches the spiritual heart aperture or *hridayam*, which it permanently opens. In olden times, this would be called moksha or liberation. But now we call it Ascension. It happens some subplanes after we enter the Fifth Dimension. This is the end of our vasanas or core issues.



# **I Got It. This is It**

Oct. 1, 2015

<https://goldenageofgaia.com/2015/10/01/i-got-it-this-is-it/>



*Feel it*

After the heart opening (March 13, 2015) came bliss (Sept. 28, 2015).

This is probably the nearest account to the breakthrough into bliss that I'm going to find. I and the clairsentient mentioned here experienced bliss simultaneously (130 miles apart).

This then is as far as I've gotten on my journey this lifetime.

In this article I say I have ascended. Yes, for a time and then I came back. Apparently lightworkers, especially gatekeepers and portals, will be going back and forth.

Ascension is not a new territory, but a new, or remembered, state of consciousness.

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Sept. 30, 2015

I've understood Ascension all wrongly.

I've assumed that, ascending, I'll have gone elsewhere, to another world, to a higher-vibrational place that isn't here.

That isn't at all how I understand Ascension now.

Have I ascended? I would say "yes," based on my own experience, which is uniformly blissful, happy, joyful, easy, stable. Yards above my feeling state before. The elevator has gone up a few floors.

And I would base that assertion as well on a reading with Archangel Michael through Linda Dillon this morning, in which he confirmed it.

I have a friend who ascended along with me, 150 miles away after the reading. Our experiences match.

I asked Archangel Michael in the reading if he had muted that experience and he replied that he absolutely had because they wanted me to keep both feet on the ground.

Brahmajnana would have propelled me into transcendental samadhi and, yes, I'd definitely not have either foot on the ground.

Within an hour of the reading, my friend and I, 150 miles apart, simultaneously burst into bliss, joy, happiness, etc.

We called each other immediately and compared our experiences. And they matched.

Neither of us needed further confirmation that we had ascended.

And guess what? I see the same world as others do. But my state of being is entirely different than it was.

I walk down the street laughing. I feel buoyant and joyful. Meetings happen with an ease to them.

As Werner Erhard said, in this state, you do what works and what you do works. He probably was describing the Fifth Dimension.

There are no problems in this domain. The problems adhere to the Fourth and old Third. Einstein said we can't solve problems viewing them from the level at which they've been created. Aside from there not being enough insight to solve them, there also isn't enough juice.

Come up to the Fifth and we still don't solve them because they completely disappear.

When they reappear it's probably because we've gone down to the Fourth. I have no desire to go there anymore. I invite people to come up to the Fifth. I, the person sitting across from you at the table, in the same Starbucks as you but in a different vibrational state, invite you to come up to the Fifth ... and you won't go anywhere.

I'm a pillar so it's my job to invite, cajole, or shove the last stragglers through the Ascension Portal before I turn out the lights. But I turn out the lights on a vibrational state, not on a geographical location.

My baseline is a feeling of well-being. It isn't even confidence because this state transcends confidence. There's no issue to be confident about. There are no issues any longer.

If I try to see the Fifth Dimension from a Fourth-Dimensional perspective, it doesn't work. All the metaphors fall short. One has to see the Fifth from the perspective of the Fifth if one wants to understand it.

But there's no need any longer to understand anything, once one has snuggled into the Fifth. There's only a need to love it.

Meanwhile this state is its own reward. I'm not waiting for anything any more. Each moment is a revelation or a surprise or an opening.

So drop your core issues and come up to the Fifth. The water's warm and the living is easy.

## Not to be Missed

Sept. 30, 2015

<https://goldenageofgaia.com/2015/09/30/not-to-be-missed/>



*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.

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.



*Credit: jenellbstewart.com*

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 via John Smallman, Dec. 7, 2014.

(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

Oct. 2, 2015

*Not posted*



*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.

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.

## Second Trip through the Portal

October 4, 2015

<https://goldenageofgaia.com/2015/10/04/second-trip-through-the-portal/>



I ascended again yesterday. It happened at exactly the same stretch of road I was walking a few days earlier when the first experience of Ascension happened.

And, like the first time, I was enroute to a meeting when it occurred.

Again it wasn't like a voyage to a sublime plane of existence. It was an ever-deepening expansion of consciousness. We've seen movies of people who shrink. Well, this was an experience of expanding, expanding, expanding.

This experience was deeper than the first. Given that I was having lunch with a lightworker, I could do things like allow her to look into my eyes while I let myself sink as deeply as possible into my experience. And, when I did, I went down, down, down, down.

I was so drunk on the energies by the time lunch was over, I could hardly stand and didn't know how I was going to get home. I'd planned to go to the supermarket, bank, etc., and had to abandon those ideas. I could not manage anything else but head back to my apartment, only to find that a dear friend in Seattle was also immersed in a similar experience.

Neither of us could call each other for hours because our experiences continued and required us both to be off alone for the duration.

I remained in almost a stupor of bliss for another hour or two, and then felt myself strong enough to rejoin society, so to speak.

Bliss was the overwhelming characteristic of this experience. But being in that space also promoted tolerance, compassion, flexibility, and other divine qualities.

At one point, I heard myself say: OK, you're ascended. Now what? The "now what" of Ascension is to carry on but do it better, cleaner, more expansively.

We didn't agree before we were born to ascend and then leave the job. We agreed to ascend and really get to work.

And what is that work in regard to Ascension?

It'd be what it's always been: to help to ascend those who have not yet ascended.

Isn't that what every sage and saint has ever done? Don't the ascended always turn around and help the unascended?

In our case it'd be helping the members of our soul group and anyone else we can reach. To my way of thinking, souls groups ascend and form the fabric of the whole. That's how the whole ascends.

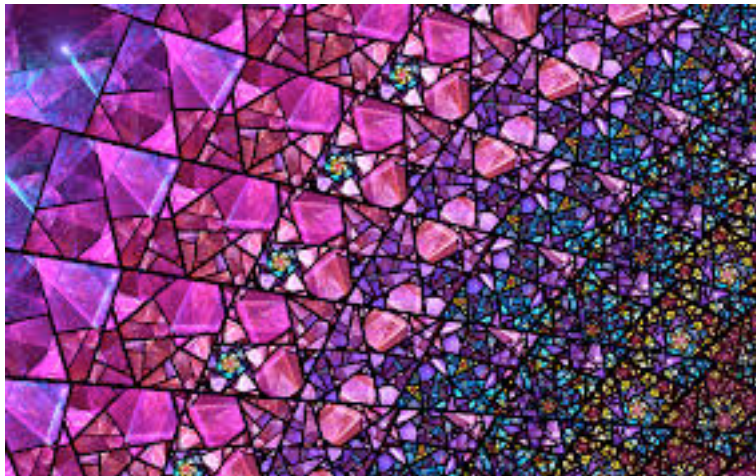
Beyond Ascension is building Nova Earth. Our Ascension equips us to do that job by giving us the needed strength, vision, and compassion - what I call "the juice."

The day after this second experience, I'm left feeling substantial and stable. A conversation of deep truth-telling will probably bring me back to the space of bliss fairly easily.

## Best Before Tomorrow

Oct. 7, 2015

<https://goldenageofgaia.com/2015/10/07/best-before-tomorrow/>



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>.

# Archangel Michael: A Matter of Expansion

October 7, 2015

<https://goldenageofgaia.com/2015/10/07/archangel-michael-matter-expansion/>



*One of the concerns I've had is that if I experience higher states of enlightenment I might not be able to continue writing.*

*In my last reading on Sept. 30, 2015 through Linda Dillon, Archangel Michael reassured me that I could experience the Transcendental and still keep writing. Whether I'd want to or not is a separate question.*

*Here he is on that subject, as well as describing the two experiences that happened directly before my three trips through the ascension portal, that began directly after this reading.*

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*Steve: If I were to be travelling higher, would I still be able to write for the blog?*

**AAM:** Of course!

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.

Now, might you *want* to work or write for the blog?

If you're in another altered state, your desire and drive would be different but the frequency of your writing would also be different. So your human capacity, your innate capacity as my communicator, as our communicator does not dissipate because you are blessed. That would not be a blessing, would it?

Steve: Well, you know I'm committed to writing for the blog and doing my work as a communicator.

AAM: But it is also part of our work together, as part of this platform, to be able to express many situations, experiences, levels of evolution, of enlightenment and so we do not limit either the intellect that is inviting you to write, the soul commitment and mission that invites you to write, the masculine determination that invites you to write or the physical ability to write. So it is not a matter of losing anything as you are progressing. It is simply a matter of expansion, expansion into the greater sense of self. (1)

*I then asked AAM what the two experiences were that I had on Sept. 23rd and 24th.*  
(2)

### **The Emptiness**

Steve: How would you describe the experience that I had on September 23rd when the mind fell silent, Lord?

AAM: There is something that we are experiencing in teaching several of you. It is important. Let us speak in terms of your experience and then you will become familiar when others speak of it as well.

It was not the Void. It was the emptiness. It was the stillness. Not the still-point but the stillness. It was an experience of the Father.

And it is an experience for you to know when you are experiencing the Mother, which is your primary connection as you know, and mine, we experience her in creation, in movement.

But there is a stillness. Think of it as the other half of the Mother. So it is this sense that everything stops. You see, you have always been within an experience that the



mind is in perpetual motion. Now your mind has been for the first part of this life in perpetual motion but is it necessary? Is it desirable? By and large, yes.

But there are moments when the absolute stillness, the emptiness, the waiting to refill, to push that reset button as you would think of it, is not only necessary but also highly desirable. So that is what you have experienced, my friend.

Steve: Okay, it was a wonderful experience!

### **The Completion of the Kundalini**

Steve: It 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?

AAM: 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.

*The channeled material used here is copyright by Linda Dillon and the Council of Love 2015, Inc., and used with permission.*

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

(2) See "Complete Emptiness, Original Stillness" at <https://goldenageofgaia.com/2015/09/24/complete-emptiness-original-innocence/> and "Divine Alchemy" at <https://goldenageofgaia.com/2015/09/25/divine-alchemy/>.

# Love is My Very Being

Oct. 7, 2015

<https://goldenageofgaia.com/2015/10/07/love-is-my-very-being/>



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.

# An Ethnography of Ascension

Oct. 8, 2015

<https://goldenageofgaia.com/2015/10/08/an-ethnography-of-ascension/>



Ethnography is defined as "the study and systematic recording of human cultures; also : a descriptive work produced from such research."

Ethnography is one subdiscipline within the discipline of anthropology.

A culture for me is an organization of ideas, manifest in act and artifact, though consisting of neither, through which human beings understand their world and take purposive action.

Every society has a culture. We're creating a new form of society, without borders, without racial, gender or other biases, and ascended. That society has its own emergent culture and lightworkers, by their thoughts and actions, are creating it as we speak.

What does "ascended" mean? Ascension for me means a radical, transformative, and reorganizing expansion of consciousness. This expansion removes one, for the

time it's experienced, from the vibrational frequency of the Third and Fourth Dimensions and leaves one in the vibrational frequency of the Fifth or higher.

Along with this elevation of consciousness comes the experience of states of being like love, bliss, happiness, tranquillity, satisfaction, and aliveness.

When ethnographers enter a new village, and I'm guessing at this, they begin by first orienting themselves. They make notes of all they see, usually without trying to impose a form on it. So I shall begin by making notes of all I've noticed about ascension so far without imposing a form on it either.

First of all, it's been my experience that ascension occurs primarily because of, and in a moment of, release. It isn't something that requires effort, struggle, labor, exertion. One releases oneself into ascension.

Secondly, strong determination contributes to ascension (what Buddhists call, if I remember correctly, *adiktan*). We have to be 100% resolved to ascend, not 90% or even 99%. If you had a bicycle tire that was 90% whole and had a gash in it over 10% of the area, the bicycle couldn't be ridden. Even a gash of 1% in the tire would still mean it couldn't be ridden. To ride the bike, the tire must be unpunctured over 100% of its area.

So with ascension, one must be 100% resolved to ascend. Without that, there is not the "juice," the resolve, the determination to ascend. The mother who lifts the car off her child has found the juice to do it. And the universe moves in support of her. To make the universe move in response to our resolve, that resolve must be 100%.

That's why certain practices are useful. Making a promise, committing, or declaration, taking a stand, sharing a withhold, telling the truth at a deep level - these stir the soul and well position a strongly-determined person to ascend. Any indecision or wishy washiness and the air goes out of the tire.

Third, the practice of the divine qualities are essential to create the most fertile ground in which the seed of ascension can blossom.

For Buddhists, the divine qualities are more than simply *sila* or morality. That's at best a matter of integrity - necessary but not sufficient. More is needed.

The divine qualities are what Buddha called the *paramitas* or virtues. These must be practiced for there to be a tire to inflate or fertile ground to plant the seed in.

Fourth, there will be different experiences of ascension with different people. For Paul Backes, (1) ascension landed him in a different place. For me, ascension was an expansion of consciousness with no perception of landing in a different place. Undoubtedly people's experiences will vary.

After my third trip through the ascension portal, I attended the Vancouver meet-up, at which another member related experiences which were almost exactly the same as mine. So some have similar experiences; some have different.

Fifth, being in sacred partnership magnifies and multiplies the results of spiritual practice. Love is the royal road to ascension, in my view. It's what allowed my sacred partner and I to climb the ladder of Jacob's consciousness and reach the ascended state. There 's no road more direct and promising, as far as I'm concerned, and love in relationship is especially fertile.

Sixth, going through the ascension portal only brings us into the first subplane of the Fifth Dimension, what I call the "vestibule." Further stages await us, according to the Divine Mother and Archangel Michael.

They are Brahmajnana, or God-Realization, and Sahaja Samadhi, or our natural state. These happen deeper into the Fifth Dimension - i.e., more subplanes in than the vestibule that I'm in.

Upon the attainment of Sahaja, we're liberated. Hindus call this moksha. It's the death of our root vasanas or core issues.

That's probably enough for one go. These are noticings from having landed in the ascended state. These noticings, from me and others, can eventually be gathered together to produce an ethnography of ascension.

## **Footnotes**

(1) Paul Backes, "My Ascension Story: A Glimpse Of Nova Earth," Oct. 4, 2015 at <http://goldenageofgaia.com/2015/10/04/a-glimpse-of-nova-earth/>

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## **Footnotes**

(1) Paul Backes, "My Ascension Story: A Glimpse Of Nova Earth," Oct. 4, 2015 at <http://goldenageofgaia.com/2015/10/04/a-glimpse-of-nova-earth/>.

## Reflected and Transformative Love

Oct. 10, 2015

<https://goldenageofgaia.com/2015/10/10/reflected-and-transformative-love/>



*Credit: ellielectro.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 that 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>.

# Only Just Begun

October 11, 2015

<https://goldenageofgaia.com/2015/10/11/only-just-begun/>



## *Writing this*

In this sixth expansion of consciousness, I feel myself called upon to experience something glorious.

The experience appears to be calling to me and answering that call requires of me that I slow down, become still and become present.

All morning I've felt noble. I couldn't walk tall enough or slow enough. Now I feel myself summoned to an experience that will change everything else.

Here I am in Starbucks, typing madly away, and the moment calls to me (yes, that's me, right now, right *here*). Everyone is animatedly talking around me. All is hustle and bustle. And I'm in a meditative, transformational state.

There's no better place for this to happen. Amid the hustle and bustle of the world is perfect. Soon there'll be no privacy for me so why not get my feet firmly on the ground ahead of time?

The still spaces are a passageway, around debris and residue.

Everything is OK. Everything is perfect. Everything balances out in the end.  
Whatever is not balanced will be.

What we see is what we wanted. What we wanted was what we got. Let me enjoy  
it!

I'm so happy with all that has happened to me in my life, so privileged, so honored.  
I have no complaints and no need for anything to have been different.

What a magnificent symphony this has been. What a progression. What an  
evolution.

And it's only just begun.

# Love Builds: Transformed Consciousness and Building Nova Earth

Oct. 11, 2015

<https://goldenageofgaia.com/2015/10/11/%e2%80%a8love-builds-transformed-consciousness-building-nova-earth/>



How can the energetic results of the Blood Moon Equinox be related to managing the money flows of the Revaluation and building Nova Earth?

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 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.

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 uplifts. 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.

Then it's a question of allowing the feelings and sensations proper to that level to fill me up. Being filled up is what determines whether or not I stay there, if even for a while.

So breathing in love 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. (1) 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] 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. (2)

So to repeat, operating from the transformed space will multiply and magnify our efforts towards managing the money flows of the Revaluation and building Nova Earth with them.

## Footnotes

(1) 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/>

(2) "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/>.

# What was Accomplished at the Blood Moon Equinox? - Part 1/3

Oct. 13, 2015

<https://goldenageofgaia.com/2015/10/13/what-was-accomplished-at-the-blood-moon-equinox-part-13/>



*Credit: <http://in5d.com/wave-x-awakening/>*

I'd like to look at some of the available reports on what occurred during the Blood Moon Equinox, 2015. I'd also like to bring forward some of the predictions that were made before the event, that seem to have borne fruit or promise to bear fruit.

The extraordinary wave of energy occurred at the time of the conjuncture of the Super Moon, Harvest Blood Moon, Equinox, and Lunar Eclipse. Many called it "Wave X" or "the Event."

Patricia Diane Cota-Robles called it "an incredibly powerful influx of Light from a total Full Moon Lunar Eclipse, [and] a life-transforming influx of Light from a Celestial Event referred to as WAVE X, or The Event Horizon." Here's how she described it:

"On September 28, 2015, we will receive a crescendo of Gamma Ray Light from the Galactic Core. This is a rhythmic pulsation of Light that blesses our Solar System every 3,600 years with the Divine Intent of raising the consciousness of Sons and Daughters of God and accelerating the evolution of our Solar System.

“Even though this wondrous Gift of Light from On High has been available every 3,600 years, since our tragic fall from Grace the Earth and Humanity have been vibrating at a discordant frequency that was unable to receive or assimilate the benefits of these Gamma Rays. Now, however, EVERYTHING HAS CHANGED!” (1)

Matt Kahn had been predicting a great shift in consciousness on Sept. 27, 2015 for some time. He reminded us that we wouldn't experience a change of surroundings but a change of consciousness.

“While the Universe gave me the date 9/27/15 as a marker in time, signifying when the first wave, or 1/3 of the planet would be aligned in 5D consciousness, many interpreted this through older ascension models and created literal meaning out of a metaphorical journey of expanding consciousness. Others assumed it to be a date when the world in view begins to become the heaven on Earth they yearn to discover.

“As a way of clarifying what I've been told, 9/27/15 signifies a moment in time when 1/3rd of the planet will be aligned in 5D consciousness. When you are aligned, it signifies your readiness for entry. This means, as of 9/27/15, 1/3rd of the planet will begin a rapid ascension into 5D consciousness. It won't be a dissolving into a different planet, but an emerging into a new spiritual paradigm of experience.” (2)

According to Cosmic Awareness, we've reached a plateau of energy.

“A plateau has been reached if you will, and many have been elevated to this new plateau, and ... it is now important simply to become aware of the new rarefied air to be taken in at this higher plateau, the energies of this new level of experience.

“The energy of the month [of October] will be to balance yourself, to find your own stability in this new energy. For many, it will not be noticed at all except [in] more chaos in the world and in their lives. But for those who have anticipated this event, have followed it, have flowed with it, that they are now at that level, this new plateau level where integration is necessary.” (3)

The energies, CA says, “are not ramping up any further. In fact, in some ways the Wave will recede, but over the next several weeks, it is still this new level. ... There will be other waves above the peak level that this Wave X presented.” (4)

This is part, CA tells us, “of the ongoing process of Divine Consciousness, Divine Source Consciousness and Spirit bringing humanity to new levels.” (5)

The dark will try to take advantage of the new energies. They will mount several false-flag incidents “but they are not effective for they cannot come to those higher frequencies that the many who are focused on this, who have been open to this, who have worked with this, are at.” (6)

CA concludes by advising us that “this is an important time to realize that this energy is there, you are in it, it is being integrated, you are finding the new balance and the new way of it.” (7)

Tomorrow we'll continue with our look at what we accomplished at Equinox 2015.

## **Footnotes**

(1) “Life-transforming Success and Much, Much More! – by Patricia Diane Cota Robles,” September 8, 2015, at <http://www.eraofpeace.org/news/>.

(2) Matt Kahn, “Energy Update March 2015 – Demystifying Ascension: Part 1,” March 2015, at <http://www.truedivinenature.com/EnergyUpdateMarch2015.htm>.

(3) “Cosmic Awareness: Riding the New Plateau of Energies,” channeled by Will Berlinghof, October 3, 2015, at <http://rainbowphoenixcom.ipage.com/Archives/20151003M.pdf>.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

## What was Accomplished at the Blood Moon Equinox? - Part 2/3

Oct. 14, 2015

<https://goldenageofgaia.com/2015/10/14/what-was-accomplished-at-the-blood-moon-equinox-part-23/>



*Credit: www.dzopa.com*

We continue with our look at what our sources have said occurred at the Blood Moon Equinox, 2015 and what may occur afterwards.

SaLuSa warned us that:

“The Illuminati will make their last attempt to keep on their chosen path but it will be to no avail, as their power has been seriously curtailed by the Galactic Forces that surround the Earth. So have no fear as all is progressing well, but be patient as all benefits will come in good time – you are in the period of the Great Awakening.” (1)

He tells us that we can expect some delays but they'll be short-lived.

“The changes continue to grow and at a faster rate than earlier, and so it will continue all the way to Ascension. Meantime you should be watchful of the

news for indications of changes that are about to be announced, but there will be attempts to prevent them that may delay matters.

“However, any delay will only be short as the dark Ones no longer have the power or connections to dictate matters. They are the victims of their own plan to imprison others that has backfired on them. With their greed and arrogance they have never contemplated failure, but are now confused and unable to control events as they have done in the past. So we can all concentrate on the coming changes and help in many ways to make them completely successful.” (2)

He assures us that the dark “will not recover from the setbacks they have experienced” (3) and adds:

“You are entering an eventful period when many things will happen, often in quick succession. However, do not be dismayed if some are concealed from you, as there are still ones who would keep you in the dark if they could. For our part we will enlighten you when it is appropriate to do so. As far as possible we would like to see a smooth transition from the old ways, but that may not be possible until the dark Ones are out of the way. ...

“All comes in good time and of course what we call the right time. So do not despair if something dear to your heart does not occur, as the delay may only be due to circumstances at that time. Also know that every soul will be in the right place for them by the time Ascension takes place.” (4)

He further reassured us that:

“There will of necessity be a clearing out of the old that no longer serves you, but at the same time the new energies will become established.” (5)

“Great changes are on the verge of taking place and all will quickly bring the New Age into being, much to your delight. You have already been given an idea of what lies ahead and we can assure you that you will not in the least be disappointed.” (6)

The ascended master Hilarion also commented at length on the great awakening that the new energies have ushered in. He advised us that “the world is in a far reaching transition into a higher level of consciousness and this is a difficult time for many as the changes within occur.” (15)

He asks us all “to let go of all previous expectations in regards to how [our] lives in the material realm should look like and [not] to be so obsessed with it.” He says that this will be difficult for some.

“Each individual needs to spend time alone to readjust and reevaluate those areas of their lives, particularly looking at where their personal energy is being utilized. It is a time to look at self as the creator of all that one is experiencing. It is time to take responsibility for all choices made individually and collectively.

“This can be overwhelming to one who wants to live true to self yet still live their material life and interact with the others around them. It is difficult to move past the self- and society-imposed limitations that have beset them and to really focus on creating a peaceful and prosperous life. However, this is what will be addressed from this point on.” (7)

Choosing to live according to the dictates of the heart rather than the intellect "will bring greater satisfaction to every area of their life. People will start to enjoy each moment they are experiencing rather than being focused on the ‘someday or sometime’ [one day, some day] in which they will begin to enjoy it.” (8)

People will re-evaluate their quest to acquire material things, Hilarion says.

“Instead, their focus will shift to their inner world and consciousness, stretching and expanding their previous beliefs about what is possible, and will thereby find their personal freedom. ...

“This will be a liberating experience as they realize they really did not need all the things they thought they did in order to find happiness in their personal lives.” (9)

People will come to understand the way in which the universal law works. They’ll realize “that what they empower is what will come into their experience.”

“As they transcend former limitations of thought and expectation and move beyond into limitless possibilities, they will manifest on a higher level of consciousness than ever before.



“As this occurs within each individual, it will create a desire within them to give to others in meaningful ways that will enrich and empower them to also move forward into unlimited possibilities for their own lives.

“When the shift in consciousness to a higher functioning level happens within each human heart, many miraculous manifestations will begin to take place and this is when rapid acceleration of the evolvement and expansion of the human species will begin to occur.” (10)

Manifestation will occur quicker.

“That which took many years to accomplish will begin to take place overnight. When humanity collectively focuses on creating their vision for a better, more peaceful and prosperous world for everyone; when the collective vision is to empower and give to their neighbour that which they need to move forward, it is then [that] a better reality will manifest quickly for all. ...

“That which was termed altruistic in the old world paradigm will become the norm in the new consciousness that is now dawning.” (11)

Tomorrow we'll conclude our look at what happened with "Wave X" and what may lie ahead.

## Footnotes

(1) SaLuSa, Sept. 25, 2015, at <http://galacticchannelings.com/english/index.html>.

(2) Loc. cit.

(3) Loc. cit.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

(7) Hilarion, Sept. 28, 2015, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>

(8) Loc. cit.

(9) Loc. cit.

(10) Loc. cit.

(11) Loc. cit.

(11) Loc. cit.

# What was Accomplished at the Blood Moon Equinox? - Part 3/3

Oct. 15, 2015

<https://goldenageofgaia.com/2015/10/15/what-was-accomplished-at-the-blood-moon-equinox-part-33/>



*Credit: Don Dixon, Cosmographica.com*

Today we conclude our look at the impact of Wave X and what lies ahead for us.

Archangel Michael reassured me in a personal reading on Sept. 30, 2015 that "the frequency has increased and it is being raised substantially each and every moment." (1)

Matthew Ward agreed with him. He described what we could expect from the Equinox energies this way:

“What is happening and will continue is this: Earth’s ascension into successively higher vibratory planes with correspondingly stronger surges of

love-light energy is accelerating souls' journey along the spiritual pathway.”  
(2)

Prior to the event, SaLuSa told us:

“Many of you will begin to feel the benefits of the rise in vibrations, and it should bring a peace of mind and a happy feeling that at last you can fully enjoy the Light that is increasing all of the time. Life is to be full of purpose and uplifting, and the old days of chaos and uncertainty will fade into the background having served their purpose in helping you evolve.” (3)

Speaking before the event as well, Quan Yin noted that it would cause an increase in the goddess energy. She discusses the gifts that that will bring.

“From the core of the Creator, the core of the Earth and the core of your being, the Goddess Consciousness will begin a recoding of your being to align you with the Creator and to further allow the Goddess energies to transmit through your being. The Goddess beings have much to share, anchor and transmit in the future of our ascension, as they begin to recode all to further create the Era of Love upon the Earth.

“The recoding of the Goddess Consciousness at this time offers a greater sense of freedom spiritually, which can be experienced as expansion, ease of flow, the manifestation of perfection, realization of self, or greater trust in abilities.” (4)

Archangel Gabrielle offered a glowing description of the elixir that would enter our souls.

“Regardless of where you are on your journey, prepare yourself for a quickening. The energy coming with the eclipse and wave of Light is immense and a true blessing, although so much has been hyped about September 27 that you may be feeling frightened.

“The Wave of Divine Love that will be pouring through the hearts of all humanity with the Full Moon Eclipse is the elixir that your soul has longed for, the spark that ignites the awakening consciousness of all those on the cusp of the first wave of ascension.

“This is not the Mother Ship taking you away to somewhere else, but a divine experience in your physical form that awakens the deep codes of divinity within your DNA acting as a catalyst for change, new life, and awakening of your higher consciousness.” (5)

She tells us that nothing is assured for anyone. Experiences will vary.

“Nothing is assured in this wave of awakening light. There will be some who may not notice the difference in their lives immediately. There will be others who can track the changes they are experiencing within. There may be some who have a radical spiritual experience of tremendous power as the wave of Divine Love permeates their being. No matter what your experience is, the illumination of your soul will be able to jump-start your life when you create your intention to work with this energy.

“As you use the energy to create your highest good and bless all of humanity, it will calm the over-emotional responses that some are experiencing. Acting from neutrality and non-attachment to outcomes is the name of the game. What God has planned for all humanity is much grander than what can be imagined on a purely human level.” (6)

We can hardly imagine what awaits us, but AAG encourages us to:

“Call forth the highest possible Joy, Love, Wisdom, Success and Abundance. Fill your life with Beauty. Offer your dreams to the forces of the Universe that await your direction, then come into the still point of centered awareness within your heart and let yourself become a vessel for awakening consciousness on Earth.

“This activity is what your soul has longed for, for this activity of awakening consciousness you came to Earth in this incarnation. You are here as the bridge between Heaven and Earth. Your presence provides the fertile ground for those not yet aware of the Beauty and Potential of this time.” (7)

She tells us that “the shift you will experience in your life will allow a realization that you are indeed a part of something momentous. As you let go of preconceived ideas, the 5th Dimensional energies will bring more magical occurrences into your life.” (8)

I personally experienced eight temporary passages into a transformed space. I have no way of saying whether it was Ascension or not. But the space itself rewarded months and years of effort and is welcome no matter what name we attach to it.

These energies, which have probably given extreme pleasure and satisfaction to many, are only to increase. Lightworkers stand to gain the most benefit from them, the better to act as financial wayshowers, repatterners, healers, etc., as we turn our attention to building Nova Earth.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow, Sept. 30, 2015.

(2) Matthew's Message, September 20, 2015.

(3) SaLuSa, Sept. 11, 2015.

(4) "Lady Quan Yin: The Shift at the Core of the Earth," Channelled through Natalie Glasson, September 24, 2015, at [http://www.omna.org/Latest\\_Free\\_Weekly\\_Message.html](http://www.omna.org/Latest_Free_Weekly_Message.html).

(5) "Archangel Gabriel: The Waves of Awakening Light and Your Emergence from the Chrysalis," channelled by Shanta Gabriel, at <http://thegabrielmessages.com>.

(6) Loc. cit.

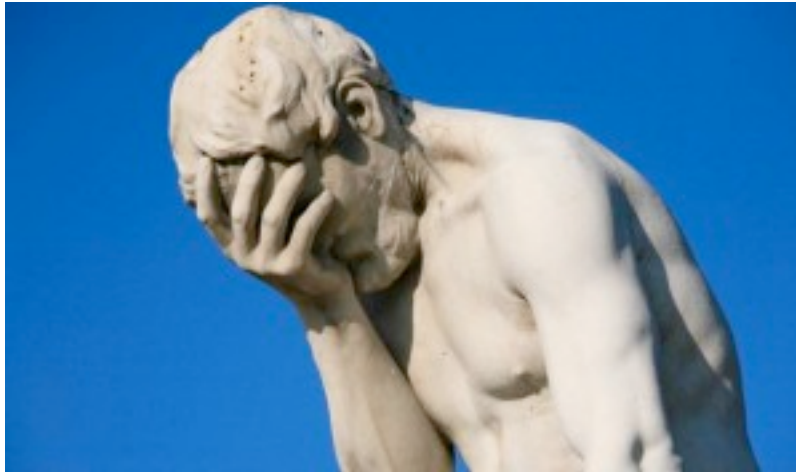
(7) Loc. cit.

(8) Loc. cit.

# Get It, Lose It, Get It, Lose It

Oct. 16, 2015

<https://goldenageofgaia.com/2015/10/16/get-it-lose-it-get-it-lose-it/>



*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 Ascension, but 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

<https://goldenageofgaia.com/2015/10/17/gods-way-of-saying-yes/>



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

<https://goldenageofgaia.com/2015/10/22/total-release-surrender/>



*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

<https://goldenageofgaia.com/2015/10/23/on-being-enough/>



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]

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

<https://goldenageofgaia.com/2015/10/25/like-a-hollow-bamboo/>



It gets more and more confronting to continue sharing the more this journey unfolds. Nevertheless that's the mission I signed up for, so I continue.

I'm now in a space that I'd characterize as like the hollow 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

<https://goldenageofgaia.com/2015/10/29/the-journey-of-life/>



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/>.

# Completion Unlocks the Value in Us

Oct. 31, 2015

<https://goldenageofgaia.com/2015/10/31/completion-unlocks-the-value-in-us/>



*Credit: addriana1.wordpress.com*

This lesson keeps getting fed back to me: The value of clearing and completion cannot be overstressed.

I see it everywhere I look.

In several readings, I've been asked to relax and have more fun. And in my half-hearted attempts, I watched a few (old western) movies and tried a few computer games.

And there was one computer card game that conveyed that same lesson again: the value of completion cannot be overstressed.

Suffice it to say that the card game requires the player to sort out random cards into alternate-suit rows. When that task is complete, the cards cascade into four piles, now arranged in same suits. Once all the cards are in the piles, the game is won.

First there was the untangling of the cards; then their liberation. First there was completion; then there was ascension.

What I imagined I saw was value accumulating in the cards in the piles. They seemed to me to be like gold coins falling into a treasure box.

I saw completion of a row resulting in the release of value. I daresay that was not what I was supposed to do.

The epiphany that resulted was that completion unlocks the value in us. Why can the value of completion not be overstressed? Because it unlocks value.

Value - whatever value represents to us - is just waiting to be released and completing with something releases it. Previously we were invested in defending something, protecting it. And now we've let go and set it free.

The value that was tied up in us until that moment, now released, becomes available to us again. It might be joy; it might be calmness; it might be self-confidence.

Ultimately our original innocence will become available to us. That seems to me to be the best prize at the end of this very valuable process of completion.

This process is different from remembering. It's freeing up what was already there but, not forgotten so much as suppressed or overlain.

I could give an example from "real" life. I experienced release with a friend recently when she guided me to see that defending her harked back to defending my brother. No one is going to come between me and my brother. Period. End of conversation. Line in the sand.

Great vasana. Seeing it, becoming aware of it, and accepting it for what it was released a great deal of energy in me in that moment. I soared as a result of that piece of work, for which I thank my friend.

The value lying below the resistance is just waiting to be released. It's held down, held back by the bands of muscular tension we weave into our bodies as a result of resisting something.

Awareness itself is the first victim of our holding our emotions and memories in, of creating character armor or bands of tension. Awareness varies inversely with muscular tension in the body. Therefore, more tension in the body, less awareness.

All the clearing work we're doing - seeing our vasanas and acknowledging them, telling the truth, sharing a withhold, actually and really listening to someone - is releasing the value that was locked in there, waiting to be released.

We need to unlock that value. It lies hidden as a result of our conditioning. It doesn't matter where that conditioning comes from or what it is. Wherever it does and whatever it is, we need to release ourselves from it and the suppression it brings.

The way to go deeper and deeper in this process is to complete, complete, complete. Clear, clear, clear. Tell the truth, tell the truth, tell the truth.

We needn't complete with the individuals themselves. In many circumstances we can't. It may end up having to be done with ourselves alone.

It isn't a matter that can wait for the right circumstances. It has to be done while it's up.

Completion unlocks the value in us.

Unlock the value in yourself. Get complete.

Thank you, computer card game. Thank you, Boss, for suggesting that I relax and have fun.

Mission accomplished.

## Release and Fly

Nov. 1, 2015

<https://goldenageofgaia.com/?s=%22Release+and+Fly%22>



The work of Ascension in its simplest form is to complete our issues and emerge, to clear all ties and attachments and open to the wonderful energies that are lifting us up.

When we remove the overburden, the treasure buried in the field makes itself known. It's there wanting to be revealed.

If you think about it for a moment, you'll see that never in history have so many people been aligned on one commonly-desired outcome: Ascension.

The same cannot be said for world peace or abundance or even Disclosure.

This alignment of so many people itself builds momentum.

Combine that with the tsunami of love coming from the Mother/Father One and we have a spiritual climate unlike any that faced the ascended masters of generations ago.

Theirs was a solitary climb. Ours is greatly assisted.

The only thing that we've been asked to do is to clear ourselves of our core issues or root vasanas.

And why do that? To answer that I have to start with the fact we are consciousness in essence. These party suits we wear are strictly rented gear.

As we go higher in dimensionality, we reach a point (and many of us came from these regions originally, anyways) where we no longer wear a body or any kind of form and exist in our formless essence. Viewed from that perspective we have no difficulty seeing that we're nothing else but consciousness.

If we are in fact consciousness, then we can see that the real obstacles to our rise in dimensionality, or Ascension, are what can be thought of as knots in consciousness. Collectively we call them our core issues or root vasanas.

These knots in consciousness are prior to any physical manifestations and cause them.

The knots in our physical form will lift with Ascension and are no obstacle to our ascending.

But the knots in consciousness will not lift and in fact are the only obstacle there is.

They are the cause of the knots in our physical body and much more.

Our resistance to something translates into bands of muscular tension, which in turn become an "itis" (arthritis, bursitis, colitis, etc.), some other form of pain such as backaches or headaches, or, in the worst-case scenario, cancer. Resistance causes dis-ease.

It all starts with a thought. The thinker sees himself (or herself) as separate from the object of thought, reaches a conclusion about it, takes a position towards it, makes a decision about it, and, if that position is resistance, reinforces its decision with bands of muscular tension.

These bands of tension "steel" us against unwanted contact or consort with the thing in question. They allow us to mobilize our inner and outer resources to resist it. They lend force to our words and actions of opposition.

But they also pinch off awareness, block love, and cut us off from our joy.

To increase our awareness and liberate our love and joy, we have to stop resisting things. And for that to occur we have to complete with our core issues.

Complete, complete, complete - that's always the work. Far past this Ascension, we'll still be completing with anything that separates us from walking with the Divine.

Pope Innocent said, in Brother Sun, Sister Moon, "In our concern for original sin, we too often forget original innocence." Without core issues, there's no thought of original sin; there's only original innocence.

The space that then exists when the mind no longer goes into resistance, all muscular tension is released, and the doors of perception are wide open is itself what we're looking for. That space is itself who we are.

Recovering that original innocence, we'll have become again like the angels we already are.

Our assignment was to do this work slowly and talk about it as we go so that the mass of people from the Third Dimension could have demonstrations of clearing and role models to follow.

To do that we had to have a few core issues to complete and, so, many of us have lived hard lives, which we're now digging ourselves out from under. And as we do and as we rise, we provide an example for others to follow.

Complete and emerge. Clear and ascend. Release and fly.

And of course, if you prefer life in the fast lane, then concentrate on loving as you do all this. Whether you're resisting or allowing, breathe up the love that lives in your heart and send it out to the world. That acts like a supercharger, like jet fuel, propelling us on our way.



## Time 11 in the Transformed Space

Nov. 4, 2015

<https://goldenageofgaia.com/2015/11/04/time-11-in-the-transformed-space/>



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

<https://goldenageofgaia.com/2015/11/06/elevating-energies/>



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 expand 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 projections of humans who 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 higher-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.

## Building the New While the Old Falls

Nov. 8, 2015

<https://goldenageofgaia.com/2015/11/08/building-new-old-falls/>



*Credit: www.stonesoupwr.com*

I regard it as my best way to 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.

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 new. 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." (1)

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. 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.

Getting, shoving, pushing or enticing people into the Fifth Dimension will produce the climate of opinion and values in which obvious solutions to problems will appear that cannot be seen from the vantage point of the Fourth, as Einstein reminded 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. (2) Spiritual currency is what Archangel Michael calls transformative and universal love. Ask for our spiritual inheritance, held for us until this day.

## **Footnotes**

(1) "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/>.

(2) 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). See also preceding and following sections.

## How Could I Have Missed It?

Nov. 9, 2015

<https://goldenageofgaia.com/2018/12/28/how-could-i-have-missed-it-2/>



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.

# This is What We Came to Do

Nov. 10, 2015

<https://goldenageofgaia.com/2015/11/10/this-is-what-we-came-to-do/>



*Credit: pallushek.com*

I noticed, out of the blue, this morning that I was feeling the quality of trust. That was pretty new to me. Trust has never been my strong suit.

Trust actually comes with a feeling that's very endearing. I liked the way I felt. In the face of it I was peaceful and carefree. Long ago now, it seems, I used to be worried and careworn. This was marked by their absence.

I noticed that trust comes along with Fifth-Dimensionality. The reason it was so hard to trust in the Third Dimension may have been, after all, the Third Dimension itself. The vibrations are too dense. There isn't sufficient buoyancy, elevation, delicacy to allow the experience of the kind of trust I feel at this moment.

Trust resembles love and bliss. We have to work on all three of them as long as we're in the Third Dimension but not in the Fifth. They come with the territory.

As with all things, there are always riders. Prudence is still required for the foreseeable future.

But in the center of the circle rather than at its edges, trust is a safe and satisfying experience.

What a long journey it's been. My trust was damaged out of my reaction to a violent father. I couldn't trust at all that he wouldn't lash out without warning or break a promise whenever he felt like it. The breach of trust went very deep.

Over the years I was told I had a scared-wolf look, always on guard, always baring my teeth. My trust in something would evaporate at the first sign of irregularity. But very little of that was known to me, although others could see it plainly. (1) Of course I compensated in various ways but I don't think anyone was fooled.

Trust definitely bears some relationship to detachment. And it's closely related to love. What's that relationship? The less attached I am to worldly things and the more attached I am to love, the easier it is to trust.

The situation reminds me of the 3Ds: Discriminate between the Real and the unreal; detach from the unreal; and devote yourself to the Real. Here's validation of those principles. And they point the way to Fifth Dimensionality.

The relationships that characterized the old Third don't exist on the Fifth. I'm gradually finding myself in the dilemma that Sue Lie's Arcturians described recently, of not knowing what to hold onto and what to let go of:

"You were ... 'trying' to remain in your third-dimensional earth vessel. That 'trying' to remain in the third dimension was a great challenge for you because in order to remain in such a low frequency of reality, you had to 'choose to forget your innate, Multidimensional SELF.'

"Simultaneously, you were 'trying' to remember your higher dimensional expressions of SELF. Please take a moment to look back into your time to remember how you felt as though you were doing two opposing things at the same time.

"Your feelings were correct, as being in two worlds at once was exactly what you were called upon to do. You volunteered to enter into a third-dimensional state of consciousness in which there were constant conflicts

and challenges. It was your mission to also remember that you were a multidimensional being who volunteered for an 'away assignment' into a hostile reality that was on the verge of worldwide destruction." (2)

I don't think we realize how close we came to "worldwide destruction." Never mind World War III. The release of so much depleted uranium into the air from DU weaponry - in everything from tank shells to aerial bombs to rifle bullets - would have killed this planet if the galactics had not eliminated the DU from the atmosphere. (3) The potential impact of atmospheric depleted uranium on the planet has been described as "omnicidal." (4) And hardly anyone was aware of the danger.

But manmade planetary dangers like this one, which include nuclear warfare, pandemics, weather warfare, and other means of intentional population reduction and enslavement of the survivors, have now been countered by our star family.

Meanwhile, I'm gradually encountering and enjoying a new landscape. And it turns out, this is exactly what I signed up for.

By remembering our mission, we now gradually withdraw our attention from that lower density that we agreed to reside in until exactly this moment. And, all the while we're doing this, we're reminding ourselves that this extraction from lower densities IS our contribution. This IS what we came to do.

## Footnotes

(1) "'We're only invisible to ourselves.'" Steve Beckow, *Quiet Nights at O'Doul's*. Vancouver: 1976.

(2) The Arcturians through Sue Lie, "The Next Octave of Service ~ Goddess Series Today & Gift," Nov. 4, 2015, by email.

(3) Here's a list of the dangers of depleted uranium:

- Depleted-uranium (DU) weapons, when fired, create a DU aerosol of ceramic nanoparticles.
- Ingestion of DU or contact with it debilitates or kills.
- Simple exposure to unfired DU weapons can contaminate.
- There is no safe exposure limit to DU.
- Protective gear does not protect.



- DU infects spouses/mothers through semen transfer and family members through contact with contaminated objects.
- DU leads to horrible birth defects in babies.
- Women and children are the most susceptible
- DU has a half life of 4.5 billion years.
- DU travels globally on the winds.
- DU cannot be cleaned up.

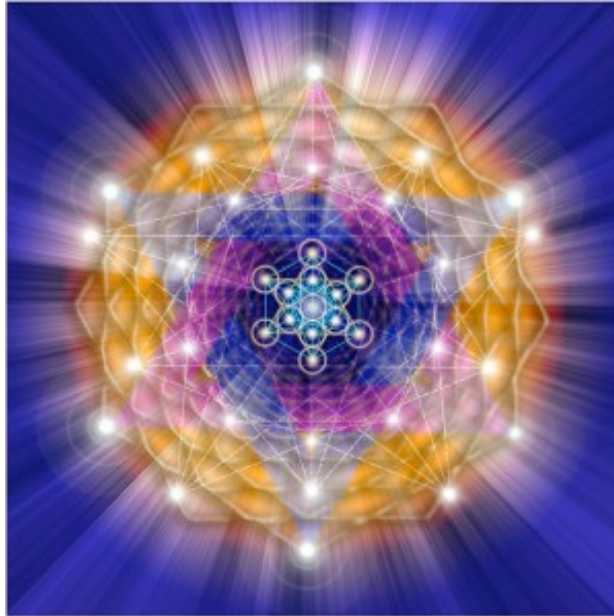
There is no known treatment for DU contamination.

(4) Internationally-renowned radiation expert Dr. Rosalie Bertell, quoted in judgement of Professor Ms Niloufer Bhagwat J, International Criminal Tribunal For Afghanistan at Tokyo, 13 March 2004, downloaded from [http://www.traprockpeace.org/tokyo\\_trial\\_13march04.doc](http://www.traprockpeace.org/tokyo_trial_13march04.doc), 30 Aug. 2007.

## Just the Prelude

Nov. 13, 2015

<https://goldenageofgaia.com/2015/11/13/just-the-prelude/>



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. (1)

Sahaja Samadhi takes 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.

## Stream of Consciousness, Stream of Love - Part 1/3

Nov. 18, 2015

<https://goldenageofgaia.com/2015/11/18/stream-consciousness-stream-love-part-13/>



Believe it or not, I've just re-entered the transformed space again. I would not have expected it to happen, given the stress of Paris.

It's not the best timing. But I'm going to make the best possible use of it.

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

<https://goldenageofgaia.com/2015/11/18/stream-of-consciousness-stream-of-love-part-23/>



(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) 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

<https://goldenageofgaia.com/2015/11/18/stream-of-consciousness-stream-of-love-part-33/>



(Concluded 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?

AAM: 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

# Climbing Jacob's Ladder

Nov. 20, 2015

<https://goldenageofgaia.com/2015/11/20/climbing-jacobs-ladder/>



*Jacob's Ladder*

*This is a good time to review the differences between enlightenment and Ascension. This is an article from 2014 on the subject.*

Enlightenment is the realization of our true nature.

Ascension is the adjustment of our energies to a higher frequency so that the dimension of existence we're currently aware of fades from our experience and we find ourselves experiencing on a new and higher plane.

Ascension happens within subplanes of a dimension as well as between dimensions. However, the word "Ascension" is usually reserved for ascension

between dimensions. But we ascend within dimensions nonetheless. People are always ascending, except under exceptional circumstances.

What exceptional circumstances? Well, we chose this lifetime to descend, to come down from higher dimensions to assist our brothers and sisters on Earth to rise to a higher one. We're the leaven in the loaf. The work of starseeds and lightworkers raises the vibration of the whole planet.

Enlightenment is usually the mechanism that causes Ascension. In our case, if we chose to leave the body, we'd return to our native dimensions as a matter of course. The experience of enlightenment wouldn't be needed, apparently, for our return to our original estate as angels.

In the Third Dimension, enlightenment usually consists of the seeing of the Light of the One (or the Form of the One) in more and more refined ways. First it's a discrete and brilliant Light (the Child), then the Light in all creation (the Mother) and then the Light that transcends creation (the Father).

But it doesn't have to be the seeing of a Light. It could also be a vision of a form of God. Or it could be an experience in consciousness, without any kind of vision.

Since these three stages of enlightenment have been the most common throughout the ages, I'd like to look at each stage, if you'd permit me.

The first stage occurs when the kundalini reaches the fourth chakra. A bright, discrete Light is seen. Christians call this the Son of God and the Christ. Hindus call it the Atman and the Self. It is the Light of our true nature. Hindus call the experience spiritual awakening and Buddhists stream entering.

Jan Ruusbroec describes it here:

"In the abyss of this darkness in which the loving spirit has died to itself, God's revelation and eternal life have their origin, for in this darkness an incomprehensible light is born and shines forth; this is the Son of God, in whom a person becomes able to see and to contemplate eternal life." (1)

Why contemplate eternal life? Because meditating on the sight of the Light causes it to expand, as we'll see below. The end of its expansion is "eternal life" in the sense that we need not be reborn. That would be establishment in the Fifth



Dimension. We always were alive and always will be but we needn't be reborn from now on.

Ruusbroec continues:

"It is Christ, the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father, without which there is no light in heaven or on earth. (2)

When we meditate on this discrete light we've seen, it expands and leads to the next stage of enlightenment.

The next stage occurs when the kundalini reaches the sixth chakra. That same Light expands to fill all of creation. Christians call it the vision of the Holy Spirit; Hindus, of Shakti, the Divine Mother. It's also called cosmic consciousness and savikalpa samadhi (or samadhi while seeing form).

Here's Wordsworth describing the experience of it.

"Such was the Boy -- but for the growing Youth  
What soul was his, when, from the naked top  
Of some bold headland, he beheld the sun  
Rise up, and bathe the world in light!

"He looked --  
Ocean and earth, the solid frame of earth  
And ocean's liquid mass, in gladness lay  
Beneath him:--  
Far and wide the clouds were touched,  
And in their silent faces could he read  
Unutterable love.

"Sound needed none,  
Nor any voice of joy; his spirit drank  
The spectacle: sensation, soul, and form,  
All melted into him; they swallowed up  
His animal being; in them did he live,  
And by them did he live; they were his life". (3)

Sri Ramakrishna describes the seeing of a divine form rather than a Light. He points out that we remain in the domain of dualism throughout the experience.

“Then comes the sixth plane, corresponding to the centre known as Ajna. This centre is located between the eyebrows and it has a lotus with two petals. When the Kundalini reaches it, the aspirant sees the form of God. But still there remains a slight barrier between the devotee and God. It is like a light inside a lantern. You may think you have touched the light, but in reality you cannot because of the barrier of glass.” (4)

The next stage of enlightenment, when the kundalini reaches the seventh chakra, sees the Light transcend creation. We "see" the formless or the transcendental. It's the first transcendental vision of what Christians call the Father and what Hindus call Brahman. It sees us leave the domain of dualism and enter the domain of unitive consciousness; what used to be called the "nondual state."

Jan Ruusbroec describes it here:

“There follows a third kind of experience, namely, that we feel ourselves to be one with God, for by means of our transformation in God we feel ourselves to be swallowed up in the groundless abyss of our eternal blessedness, in which we can never discover any difference between ourselves and God. This is the highest of all our experiences and can be experienced in no other way than by our being immersed in love.” (5)

Sri Ramakrishna describes it here:

“Last of all is the seventh plane, which, according to Tantra, is the centre of the thousand-petalled lotus. When the Kundalini arrives there, the aspirant goes into samadhi. In that lotus dwells Satchidananda Siva, the Absolute. There Kundalini, the awakened Power, unites with Siva. This is known as the union of Siva and Sakti.” (6)

It is the first "seeing" of the formless God.

This is not the end of the journey. For most of us, Sahaja Samadhi is, when the kundalini reaches the heart. It involves a permanent heart opening and is liberation from birth and death. That happens, according to the Divine Mother, sometime after we enter the Fifth Dimension, not right away.

Now we see why the Trinity is so important: because we're set the task in life of realizing while still in the body the Light of the Child, the Mother and the Father, or of the Atman, Shakti and Brahman. The purpose of life is knowing our true nature and that true nature is God. We realize our true nature, in successive stairsteps, by realizing each level of the Trinity.

Interestingly, Jesus through John Smallman once called Ascension a "return once more to your natural state of Oneness with your Source." (7) That's a pretty good definition of Sahaja, in my view because Sahaja means our "natural state of being."

Sri Ramana Maharshi describes it here:

“[The] Heart 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. When the mind drops down in Kevalya Nirvikalpa [samadhi], it opens but shuts again after it. When sahaja [nirvikalpa samadhi] is attained it opens for good.” (7)

“The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths.” (8)

So this is the stairway to heaven. Why heaven? Because “heaven” is the Christian word for the Fifth Dimension. The Fifth Dimension is one step on Jacob’s Ladder of consciousness and we are the angels who've descended it and are mounting it again.

Of levels loftier than Sahaja, we know little.

### **Footnotes**

(1) John Ruusbroec in James A. Wiseman, John Ruusbroec. *The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985, 147. [Hereafter JR.]

(2) Ibid., 74.

(3) William Wordsworth in Marghanita Laski, *Ecstasy in Secular and Religious Experiences*. Los Angeles: Tarcher, 1961, 399.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 499-500. [Hereafter GSR.]

(5) John Ruusbroec in JR, 176.

(6) GSR, 499.

(7) Ramana Maharshi, S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(8) *Ibid.*, 88.

## Who Will Accept the Invitation?

Nov. 21, 2015

<https://goldenageofgaia.com/2015/11/22/who-will-accept-the-invitation/>



*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

<https://goldenageofgaia.com/2015/11/26/the-play-of-conscious-awareness/>



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.

## Why Does Love Not “Sell”?

Nov. 27, 2015

<https://goldenageofgaia.com/2015/11/27/why-does-love-not-sell/>



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 it 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>.

## Emerging from the Chrysalis of Ascension

Nov. 28, 2015

<https://goldenageofgaia.com/2015/11/28/emerging-chrysalis-ascension/>



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.

# A Big Push in Consciousness

Nov. 30, 2015

<https://goldenageofgaia.com/2015/11/30/a-big-push-in-consciousness/>



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

<https://goldenageofgaia.com/2015/12/01/i-want-nothing-else/>



## *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\\_.3F\\_How\\_has\\_the\\_experience\\_of\\_spiritual\\_awakening\\_been\\_described.3F](http://goldengaiadb.com/E#Enlightenment_.281.29_Spiritual_Awakening_.3F_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.)

# Bliss Methodology

Dec. 6, 2015

<https://goldenageofgaia.com/2015/12/03/bliss-methodology/>



*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.

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)



*Drawing bliss up and sending it out to the world.*

*Credit: fitlife.tv*

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

<https://goldenageofgaia.com/2015/12/04/onwards-and-inwards/>



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. 7, 2015

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



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

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

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

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

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

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



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

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

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



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

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

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

Each day, more of it's revealed.



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

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

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

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

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

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

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

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



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

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

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

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

I feel fresh and pure.

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

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



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

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

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

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

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



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

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

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

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

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

I feel strong, peaceful, free from desire.

I feel content, satisfied.

What more could anyone ask?

And yet I know there's always more.

### **Footnotes**

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

# Unfolding Story of Deepening Grace

December 9, 2015

<https://goldenageofgaia.com/2015/12/09/unfolding-story-of-deepening-grace/>



*Credit: Michael Rucker, [fineartamerica.com](http://fineartamerica.com)*

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

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

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

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

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

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

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

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

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

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

"Now, does it transform you if you truly allow it to, if you surrender to it, if you welcome it, if you determine yourself, your free will, and your

choice, to be it? Most certainly — beyond your imagination and even beyond what you think is inspiration." (2)

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

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

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

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

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

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

"When you recognize you are...."

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

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

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

It's left up to us to supply with our sharing and comparing notes on what's unique about our unfoldment; the Company of Heaven simply helps us to understand the

process. When we're going through it for the first time, this road map is most helpful and then we fill in the details by telling what we saw along the way.

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

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

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

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

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

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

## **Footnotes**

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

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



# A Glimpse of Ascension - Part 1/2

Dec. 11, 2015

<https://goldenageofgaia.com/2015/12/10/a-glimpse-of-our-ascension-part-12/>



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 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

<https://goldenageofgaia.com/2015/12/11/a-glimpse-of-our-ascension-part-22/>



(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. Brahmajnana 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 Brahamjnana 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.

## Back in the Treasure Chest

December 21, 2015

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



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

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

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

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

How can I describe feeling exalted?

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



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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

(1) St. Paul in I Corinthians 11.

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

**⌘ From 2016 ⌘**

# Spending Time in Exaltation

January 13, 2016

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

(1) See "Enlightenment - The High Indifference" at [https://goldengaiadb.com/Selections\\_from\\_the\\_Teachings\\_of\\_Franklin\\_Merrell-Wolff#Enlightenment\\_-\\_The\\_High\\_Indifference](https://goldengaiadb.com/Selections_from_the_Teachings_of_Franklin_Merrell-Wolff#Enlightenment_-_The_High_Indifference).

# Love and Exaltation

August 16, 2016

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



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

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

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

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

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

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

pleasure can top that available in exaltation.

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

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

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

I imagine these are truncated experiences, which allow me to continue to function. I don't consider them enlightenment experiences, just tastes of what's to come.

AAM might call them "glimpses." "Visit don't stay," he advised me in 2013. (2)

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

The peace that I was feeling yesterday deepens in exaltation.

### **Footnotes**

(1) Ennio Morricone, Mission Main Theme, at [https://www.youtube.com/watch?v=oag1Dfale\\_E](https://www.youtube.com/watch?v=oag1Dfale_E)

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



# No Natural Barriers

October 23, 2016

<https://goldenageofgaia.com/2016/10/23/no-natural-barriers/>



*Credit: Bamboo Hollow Acupuncture*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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I'm completely empty at this moment. Well, empty of any mental or emotional baggage that is, any unfinished business, vasanas, core issues, or any issues at all. At this moment. There's no telling what the next moment will bring. And only Sahaja - a permanent heart opening - is lasting.

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

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

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

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

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

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

So right, so appropriate, so natural.

### **Footnotes**

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

# Ecstasy and the Quiet Mind

October 25, 2016

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



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

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

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

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

The Zen image of the hollow bamboo describes this state.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Footnotes**

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

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

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

**⌘ From 2017 ⌘**



# First Glimpse of the Natural Self

February 21, 2017

<https://goldenageofgaia.com/2017/02/21/first-glimpse-natural-self/>



I had my first glimpse of the natural Self today.

The duration of it would have been the same as the time passed looking at faces in the crowd as the train pulls away.

There were the obstructions - thoughts and feelings - and then, in the space between them, there was the default, the residuum, the eternal ground - the natural Self, like a face seen in a crowd.

What attracted me to one particular face was the incredible sense of peace about it.

The felt space, the experience of it was like recognizing my very own, long-lost, best friend.

I was the negative polarity and it was the positive polarity and there was an instant attraction, at the level of experiential knowledge, felt sensation, lived-through experience - not yet at the level of realized knowledge.

The minute I recognized it as peace, I became it, at the level of experience: The neutral, natural, normal Self.\

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There's nothing hard about being it, nothing at all. We simply don't recognize it. Mostly our minds are so busy and so focused outside ourselves that it would be impossible to recognize it under those circumstances.

In the process of recognition, a sequence of events occurs: First the natural Self seems over there and we're not recognizing it; next we recognize it and suddenly it's over here and we become it. We are One, both looking out through the same set of eyes. (1)

It was the same with transformative love and with bliss. I recognized both of them as if they were objects over there and, immediately upon recognizing them, they were over here and we were One.

Somehow recognition triggers union. It just does. Recognize it and you become it. I feel calm. I feel balanced. I feel no stress of any kind.

I feel what I used to call "working-level bliss," not so much bliss that I cannot go outside. In fact I have a breakfast engagement and so I must now go outside.

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That was pleasant and engaging and I'm back.

I'm tempted to say that the natural Self is nothing special. But of course that's true and not true. It's the doorway to everything else, I'll wager. I have to wait and see, because I haven't realized it; I've only experienced it.

This sahaja or natural state is reality with nothing added and nothing taken away. It just is.

If an aspect of it cannot exist without shoring up or image management, without self-serving retelling of stories or preening one's image to sell to others, then it isn't the natural Self, the default, the Residuum and Continuum. It's evanescent, a flash

in the pan, not eternal and unchanging.

Whereas there is a semi-permeable barrier between the natural Self and the everyday world, there's no barrier of any sort between the natural Self and bliss. I feel attracted to bliss at the moment, to going inward, rather than to transformative or torrential love and going outward.

Again, dancing with bliss is what my friend calls "flowing." Shiva and Shakti get lost in the dance of bliss and become One. That unlocks much more bliss on higher dimensions.

Deeper and deeper we go into the inexhaustible experience of bliss, until released from form altogether.

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I feel very self-conscious writing this. I've never made any claims for myself and I don't plan to start making any now. I'm simply describing what I'm aware of in my life right now, that would be significant to you.

I'm not telling you about my gimpy leg or the bags under my eyes, etc. These have no bearing on my inner work.

But a glimpse of the natural Self, time spent in the sahaja state, however fleeting it proves to be, (2) this is a truly significant event, a watershed occurrence or landmark.

My glimpse of it was fleeting. It was experiential rather than realizational. I now need to abide as what I saw, according to terrestrial sages:  
Sri Ramana: "What has to be done is to investigate what one really is [the natural Self] and remain That." (3)

Sage Ribhu: "Abide as That in which there are neither thoughts nor a thinker, neither the arising nor the preservation nor the dissolution of the world, ... and be always happy, free from all traces of thought." (4)

Sri Ramana: "You need not eliminate the wrong 'I.' ... All that you need do is to find out its origin and abide there.

"Your efforts can extend only thus far. Then the Beyond will take care of itself. You are helpless there. No effort can reach it." (5)

Abide as that. Return to it constantly. Relax and let go into it. Return home to it again. Always and forever returning to that placid space, free of desire and distinction.

It seems no accident now to realize that my meditation for the last any number of months has been to return to stillness and silence. This is where the metaphorical face I saw resided.

The bliss is gradually increasing at a very bearable tempo and I feel the desire to surrender into it, while putting my pen aside.

### **Footnotes**

(1) There was a native story circulating in the 1970s of a mouse who wanted to become an eagle. And he did become an eagle, looking out through the eagle's eyes, after the eagle ate him.

(2) I'm only permitted to visit the higher states, according to AAM, not to stay.

(3) Ramana Maharshi, *Forty Verses on Reality*. Trans. Arthur Osborne. Mountain Path, October 1964. Downloaded from [https://www.realization.org/page/namedoc0/40\\_verses/40\\_verses\\_0.htm](https://www.realization.org/page/namedoc0/40_verses/40_verses_0.htm), 25 August 2005, verse 32.

(4) Da Free John, ed. *The Heart of the Ribhu Gita*. Los Angeles: Dawn Horse Press, 1973, 21.

(5) Ramana Maharshi in Munagala Venkatramiah, *Talks with Sri Ramana Maharshi*. Downloaded from <https://www.ramana-maharshi.org/books.htm>, 31 August 2005, Question 197.

# That's the Roadmap

April 3, 2017

<https://goldenageofgaia.com/2017/04/03/thats-the-roadmap/>



I'd like to offer a roadmap to realized knowledge.

I do so not as a spiritual teacher - a term I reserve for beings enlightened to the seventh-chakra.

I'm simply a writer interested in spiritual matters. On that basis....

I've said before that people seem to follow a gradient of knowledge. They first get the idea of something. That intellectual knowledge follows its own gradient from getting the message to actively reflecting on it.

At some point, and for various reasons, the individual's comprehension goes beyond the point of simple understanding. They may have an "Aha!" moment and actually find themselves feeling the feelings that the idea points to, getting the "sense" of it, getting it at an experiential level.

Let's face it. Most of us are out of touch with our feelings. That's normal reality in our global society today, in my estimation, some societies more than others.

If we're out of touch, our experiential knowledge is impacted. It's less likely that we'll rise to the gradient of experiential knowledge if we come face-to-face with it, because we wouldn't recognize a breakthrough into it if it happened to us. Or we'd dismiss it as an inexplicable but singular event and carry on with our lives as if nothing happened.

"Well, maybe something a little weird happened ... once...."

But on the awareness path, each of these milestones is appreciated for what it is and how it impacts our overall access to our Natural Self.

If it further obscures our vision or increases our tension, then maybe we should reconsider following that particular path. If it leads to increasing relaxation and love, then let's continue on it. The development of discernment is one of the benefits of the awareness path.

On the awareness path, everything is grist for the mill. And nothing more is asked of one than simple awareness of him or herself, as they go about their daily life.

Those who were actually and consciously aware that they just broke through into the experiential realm on whatever was at issue may enter into and stay awhile in the experiential domain of knowledge. They feel how that is for a while and then the space naturally dissipates. (1) They find themselves back apparently where they were, but wiser.

What does it feel like to break through into the experiential domain? We now find ourselves suddenly knowing through our feelings. We become aware of how we feel about things, what we really want, how others feel, what we sense and intuit and take in energetically. We come alive to our bodies and our senses and get way more information than before much of it from sources we never knew existed.

How does it differ from the intellectual? Imagine the difference between eating a mouthful of dry oats and eating a mouthful of nicely-cooked porridge with maple syrup, milk, and strawberries.

There's no aliveness to intellectual knowledge. There's no conscious awareness. Aliveness, conscious awareness, spontaneity, joy begin to make themselves known - or become sensitive enough to feel them - at the experiential level. They only

deepen after that.

The experiential domain is the door into all the other, higher spaces.

So intellectual knowledge is a beginning. But it's poor fare. We need to use intellectual knowledge as a very useful tool - like a large and crude crowbar - but not stop with using it only and use it ever more sparingly and responsibly on the road ahead.

OK, we've felt into every aspect of the experience that we broke through into. We've made all our choices around whatever shakeup the experience caused in our otherwise comfortable lives.

We now want what's next. We're alive to the fact that we broke through into another domain once. We now suspect there's more.

Of course here's where my fantasy and speculation take over. Since I'm not an enlightened man, from here on you'll have to allow me poetic license.

Realization is next, but realization, like love, peace, etc., itself falls along a gradient or spectrum of depth.

We can have a simple "Aha!" moment, as in "Aha! I left my keys over there." That's a very ordinary realization.

Or we can have an earth-shattering recognition of our true identity, such as Bayazid had:

"I went from God to God, until they cried from me in me, 'O thou I!" (2)

Both are realizations. They fall on a spectrum, a gradient, going ever deeper. But me remembering where I left my keys is pretty small potatoes whereas Bayazid's Self-Realization was fundamentally transformational.

The only realizations we're probably interested in are on the deeper end of the scale. And we've got our scuba suits on.

If things were to work out to perfection, (3) then we'd go straight from intellectual to experiential to realized knowledge by a direct route.

But usually it's hit and miss, snakes and ladders, tumble over top of ourselves and find ourselves there nonetheless.

But only a spiritual teacher could say for sure what's so on that matter. In this area, I'm simply speculating.

However I do mean my statement of the relationships to represent a general roadmap, which I'm willing to bet the farm on.

It's based on the study of the enlightenment literature. Someone undoubtedly said it before me: Intellectual knowledge --> experiential knowledge --> realized knowledge. In my view, that's the roadmap.

### **Footnotes**

(1) No experience short of *Sahaja Samadhi* is permanent. It may leave its traces and after-effects, but the space in its full bloom never lasts, unless the person has entered into *Sahaja* - the Natural State. *Sahaja* is *moksha* or liberation.

(2) Bayazid of Bistun in Aldous Huxley. *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.

(2) The fact that the path can be messy at times is why Ramakrishna would say: Run into the lake, jump into the lake, get pushed into the lake. The important matter is to get into the lake of bliss.



## “Is This What You’re Looking for?” – Part 1/2

August 21, 2017

<https://goldenageofgaia.com/2017/08/21/289210/>



I was given a spiritual experience a few days back and, ever since, I've been searching for a way to describe and discuss it.

You may also have an experience at this time of the Emerald Gateway, Harmonic Convergence, and Solar Eclipse. The Divine Mother predicts a mass heart opening in the near future. (1) If not, remember that the Gateway lasts until Aug. 27.

As with all spiritual experiences, it didn't come with a name, a map of the territory, or a handbook.

And it just keeps unfolding with the passing days, although I also imagine it can wane.

Here's the sense I've made of it after a few days of it unfolding.

I had a vision of a man so noble that I could only stand there in awe. The vision happened directly after invoking Michael and the Divine Mother and the Universal Laws of Change, Transmutation, and Elimination to take away all impurities.

This is the third spiritual experience I've had after invoking the universal laws: (1) Abundance as a state of being, (2) Mastery as a state of being, and (3) this experience.

At first I gazed in wonder. The thought that humans could reach such a level woke me up. I was so buoyed up from the experience that I never inquired as to the identity of the man.

Then, hours later, I intuited - or someone put the idea in my head - that it was a higher-dimensional version of me. I have no idea whether it was my Oversoul or Universal Self. Let me just call it my "Higher Self."

I decided to test out the idea that it was me. I tried it on and waited for my internal reaction.

Almost immediately a process began which I recognized. I'd been in it twice before. Upon recognizing bliss and peace, both engulfed me. Now that was happening here as well.

Upon trying on the notion that the man I saw in my vision was actually a higher-dimensional version of me, it and I began to merge.

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How can I describe merging? Let me look for a metaphor that both of us can agree on. Here's my metaphor, aimed at the experiential level. Remember that a metaphor only captures some of the similarities, not others.

Imagine a large piece of all-white blotting paper. Pristine and pure. Suddenly wet patches begin to show on it. Gradually wetness pervades the whole of the blotting paper.

I was that blotting paper and my Higher Self was the water. When I was soaked through and through, who was I? The "water" or the "blotting paper"? Or water-

and-blotting-paper?

All I know is that, before the merging, there had been a subject and an object, me and the man in the vision. After recognizing it as my Higher Self and merging with it, as I did with bliss and peace, there was only a subject.

It feels as if the everyday man is the one that remains. I hear Michael saying that I need to keep my feet on the ground. And, for many reasons, I do.

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To return to the vision, when I saw my Higher Self, I was awestruck. I saw a knight in shining armor, mounted on a white horse and holding a lance. (2)

Our Higher Selves are magnificent. It's just as Sanat, Jesus, and all the masters say: We truly are great masters on the higher planes. Oh, my gosh, I hope people can hear me.

Those aspects are us. We are One and connected. (3)

But words are just words. Perhaps feel into what I'm saying. Try it on. Test it out. See what your insides say.

You, on a higher dimension, are an absolutely awesome being. And that same beingness is you, right now, simply on a different dimension of existence. Dimensions need not be barriers to experiencing our Oneness with our Higher Selves.

Ascension will surely mean reunion with our Higher Selves, whether temporary or permanent.

Connected to them, we'll have removed a major impediment to the free flow of love.

This is the second time I've merged with my Higher Self. I'm glad I wrote it down because the details of that first merging are now lost to me.

(Continued below, in Part 2.)

## Footnotes

(1) "Transcript ~ A Massive Heart Opening on This Planet," Aug. 21, 2017, at <https://goldenageofgaia.com/?p=289249>

I promised you a reading list on the 2015 heart opening, since we're all apparently going to be experiencing it now (on eclipse day) or later. Here it is:

- "Submerged in Love," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/submerged-in-love/>; a direct description of the event, which was fourth-chakra enlightenment;
- "Heart Openings and Ascension – Part 1/2," at <https://goldenageofgaia.com/2015/03/31/heart-openings-and-ascension-part-12/>;
- "Transformative Love Is an Inside Job," March 20, 2015, at <https://goldenageofgaia.com/2015/03/20/transformative-love-inside-job/>;
- "Learning the Ropes," March 24, 2015, at <https://goldenageofgaia.com/2015/03/24/learning-the-ropes/> - this article is about life after the initial torrent of love subsides;
- "A Heart-Opening Discipline," March 26, 2017, at <https://goldenageofgaia.com/2015/03/26/a-heart-opening-discipline/>;
- "Heart Openings and Ascension – Part 1/2," at <https://goldenageofgaia.com/2015/03/31/heart-openings-and-ascension-part-12/>;
- "Activating the Well-Spring - Part 2/2," at <https://goldenageofgaia.com/2016/05/08/activating-the-wellspring-part-22/>;
- "Activating the Well-Spring - Part 1/2," at <https://goldenageofgaia.com/2016/05/07/activating-wellspring-part-12/>.

(2) Kathleen has had the same experience. I was surprised one day when she described it to me; I had not described my own experience to her.

(3) These are steps on the stairway to heaven: Knowing us in our everyday consciousness, in our higher-dimensional Selves, as our Atman/Christ Self beyond

the dimensions, and as the Mother/Father God that we all are. Knowledge of each of these levels of existence is a step along the path home to the God from whom we came. This is the Divine Plan in its shortest form.

We merge upwards, so to speak. Or our Higher Selves descend. We go back home, having wandered in the world until we remembered who we are and where we came from.

**⌘ From 2018 ⌘**

# Original Innocence

September 21, 2018

<https://goldenageofgaia.com/2018/09/21/original-innocence-2/>



*The Lodge at Xenia Retreat Centre*

First of all thank you to MB for having so generously treated me to a vacation. I very much needed it and it was wonderful.

On the last day ... the last morning ... a few hours before leaving Xenia Retreat Centre on Bowen Island for Vancouver, I had the breakthrough I'd been hoping for.

Let me include the notes I made as the experience was happening:

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2022: I certainly did awaken to dismay. But I didn't at the time say why. The reason is that I'd watched *Frazzeldrip* the night before. That knocked me for such a loop that it took a fourth-chakra experience to bring me back again.

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One of the "problems" I was having was around a peculiar and chronic feeling which I've mentioned a few times.

On most occasions I'd wake up with a feeling of dismay. On other occasions, when I thought unfriendly thoughts, I again had the same feeling of dismay.

At last I found the key to it. It came to me this morning (Sept. 18, 2018) at 5:55 AM. (1) I followed the dismay as deeply as I could and I ended up in my natural

self. I was angelic - gentle, kind, loving.

Since most of us *are* angels, it stands to reason that, at a very deep level, we know that we're pure and innocent. It's that deep level that responds to my irritable moods with dismay. Whenever I even contemplate some form of nastiness, my insides respond as if to say, "You know better, Steve. You can do better." (2)

When I got in touch with that deeper level of me, I felt completely blissful. And not blissful as in a feeling rising and falling but a steady and constant bliss. I'm in it now.

I notice that there's no resistance or blockage in my breathing when I'm in this space. It's a little like having a full breath release in rebirthing. Not quite as deep but certainly deeper than my normal breathing.

I heard myself say, "This is who I know myself to be." And I sell this self out continually when I consent to be judgmental or grumpy.

The bliss continues to deepen. The deeper I breathe, the more it deepens as well. This is me, not the irritability. No wonder I'm annoyed with myself and dismayed. I sell this one out in settling for ... whatever it is I seek ... probably control; also approval and acceptability.

I know that I push people around with my irritability - without anyone being able to put their finger on why they're so scared of me. It can be just a look or a vocal tone. But THIS is what I'm missing out on.

Be still and know that I am God.

Yes, refrain from acting on my irritability ... and know that I am God.

Choose to go with my native innocence ... and know that I am God.

Breathe deeply into the bliss ... and know that I am God.

It isn't a question of "getting to myself" but of not abandoning myself.

I'm already there. I already am who I am. I simply haven't been *being* who I am. I've been ignoring or misinterpreting the inner promptings of my higher self.



From now on, no resistance to who I am.

No choosing to go with who I'm not.

I feel clean. I feel innocent. I feel pure. And the only thing that has me think I'm not is where I go when I get irritable or unfriendly.

I'm not going to abandon it any longer.

Pope Innocent III is credited with saying, "In our obsession with original sin, we too often forget original innocence."

I've been forgetting original innocence.

### **Footnotes**

(1) Sept. 18, 2018 = 9 + 9 + 11 + 9 = 11

(2) That was something my Mother used to say. One comment like that from her was enough to have me stop and change course.

# The Heart is "the Seat of the Soul"

Dec. 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 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.

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.

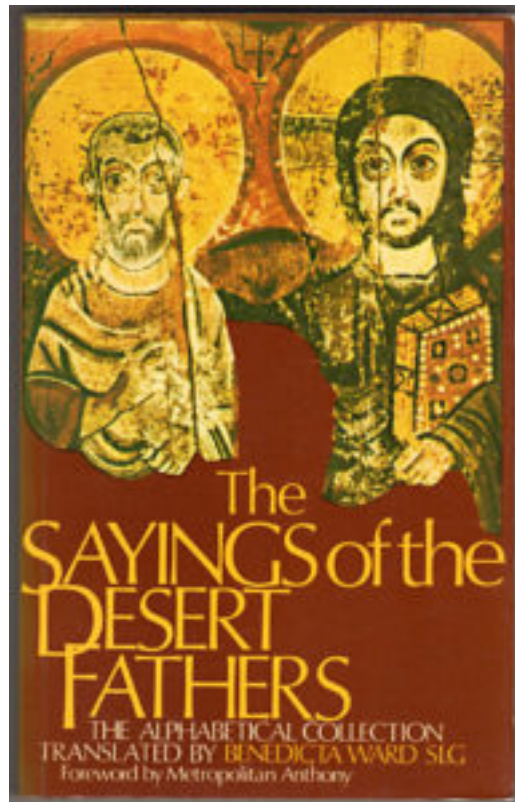
“There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies, gross or subtle, had revealed itself to be as unnecessary and 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.*

# I Now Know How the Play Ends

September 22, 2018

<https://goldenageofgaia.com/2018/09/22/i-now-know-how-the-play-ends/>



I had a reading with Archangel Michael Sept. 21. Of the experience he said:

"The challenge has been (and you have recently gone through this and this is why we are talking about it) to come to know yourself the way the Mother knows you, the way the Mother trusts you, the way the Mother sees you and to experience yourself in that way.

"And in doing that - experiencing yourself as the Mother does - what happens is you experience her. And this is monumental. This is the way that this human construct was formulated.

"So there is forward thrust and movement into this higher-dimensional

understanding of who you are. And, yes, it begins and it ends with - it always comes back to - the heart. You know this." (1)

I couldn't have put it better myself. What I experience myself as now is innocent, natural, and pure. According to Michael, that is the way the Mother sees us as and that is the way the Mother is. Phenomenal.

I call that "angelic" - not as in an order of angels, but as in "angelic" or sweet and innocent behavior.

What other significance is there to the experience I had yesterday (Sept. 18)? (2)  
What are its other consequences and results?

I now know who I am. So the jig is up. I now need to act up to that level of awareness and integrity.

So no more judging. No more criticizing. No more blaming, including myself. Etc., etc.

Also, I know how the play ends so no more confusion or consternation. I can leave the rest to Michael who has his own schedule. But I know where we're headed and it ain't towards disaster! (3)

I notice as well that I no longer feel the cold stab of anxiety. I'm calm and stable, as I might be if I meditated.

I got to see that, just as bliss and love leave subtle streamers which we can notice in our everyday experience, so our deeper, natural selves also can make themselves known.

Here was mine communicating his encouragement to pull up my socks. No more complaining, judging, comparing, blaming, being unfriendly, and so on.

My deeper self was radiating dismay that I was selling myself out. I finally sorted out that it wasn't my personality that was dismayed but my natural self.

One fewer knot in consciousness.

I tried to recover the experience of my angelic or natural self and I could not. But what I could recover was the experience of inner innocence, naturalness, and

purity. I somehow knew those feeling states.

I read *The Sayings of the Desert Fathers* on my vacation. I so yearned for the monastic life. I'm sure that contributed.

As I unravel each knot, I feel increasing calmness and clarity.

The experience yesterday showed me an alternative to what I had been living from - a gentler, kinder, more loving side of myself.

The matter facing me now is simplified in that most things I need to do are in the realm of not doing. I just have to stop. Judging, complaining, blaming, etc. It's that's simple.

I'm especially feeling gentle towards myself. Strange. Why did I never see any of this?

I feel completely in the moment and find it hard to be orderly or logical. And I'm not at all concerned.

One of the Desert Fathers said let the mouth speak what the heart says. Once we've experienced what the heart is - and who we are - I think that proverb will have deeper and deeper meaning and relevance.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.

(2) See "Original Innocence," Sept. 21, 2018, at <https://goldenageofgaia.com/?p=296091>.

(3) "Laying New Track," September 19, 2018, at <https://goldenageofgaia.com/2018/09/19/laying-new-track-3/>



## Experience Dissipating

September 29, 2018

<https://goldenageofgaia.com/2018/09/29/296179/>



*The world becomes a gymnasium Credit: Liverpool Echo Arena*

I read you some passages from the enlightenment literature which described the experience I had at Xenia. (1)

That experience is now lifting.

I'd like to explore those passages in more depth here, especially on the impermanence of spiritual experiences, what Werner Erhard once typified as "get it and lose it, get it and lose it."

First let's anchor the discussion by remembering what Michael said about the original experience:

"What you have done is you have journeyed to the depths of your soul, to the depths of your core. ...

"And you have discovered, not lack, not criticism, not error, but beauty. Underneath the dross is the full beauty, the power, the gentleness, the sweetness of

who you are. ...

"What you have discovered ... is the yearning [for] innocence, [for] the sweetness and, yes, the purity that the Mother has filled you with, with her tsunami [of love]. And inside the purity is clarity, is love and so you have reached a deeper level, a higher level, a broader level of understanding.

"And it is not merely an intellectual understanding. It is heart wisdom. And, in that, it allows you to proceed in a gentler way, not in a way where you feel you have your finger in the dam or you are pushing the river the other way.

"So you are in the early stages of truly, not falling in love, but truly being not only in love but Being Love." (2)

When my 1987 vision of the total journey of an individual soul from God to God was over after 8 seconds, the bliss lasted for another three days and then all trappings of the experience disappeared. (3)

And so has every other experience I've had. Short of Sahaja, all experiences have a beginning and an end. And when they end, there's nothing else we can do but let them go.

Descriptions can be found in the enlightenment literature. Here for instance is Bodhidharma describing seeing the light:

"If, while you're walking, standing, sitting or lying in a quiet grove, you see a light, regardless of whether it's bright or dim, don't tell others. And don't focus on it. It's the light of your nature." (4)

If I were intent on achieving full enlightenment, I would *not* tell others my spiritual experiences but keep them to myself. But, as an Ascension journalist and ethnographer, it's my job to relate them.

The light I saw was not bright but luminous. But I knew it was the light of my nature regardless. Sri Ramakrishna also refers to it:

"Now and then man catches a glimpse of his real Self and becomes speechless with wonder. At such times he swims in an ocean of joy. It is like suddenly meeting a dear relative." (5)

I swam in an ocean of innocence and purity and then in joy. Gone were notions that I was sinful and should feel guilty, ashamed, and afraid of punishment.

It was indeed like meeting a long-lost, dear relative.

The Master Hilarion refers to it:

"In the deep silence the mysterious event will occur which will prove that the way has been found." (6)

But it won't last. And then we must begin the climb again.

"The silence may last a thousand years. But it will end. ....

"Again and again the battle must be fought and won. It is only for an interval that Nature can be still." (7)

Annamelei Swami makes the same point:

"Before one becomes established in the Self without any breaks, without any changes, one has to contact and enjoy the Self many times. By steady meditation and the continued practice of self-inquiry, one will finally become permanently established in the Self, without any breaks [i.e., ascended]." (8)

Permanent establishment in the Self without any breaks would be Sahaja Samadhi.

Sri Ramakrishna made the point with his story of the sage who told the woodcutter, looking for sandalwood, to go forward past the groves of trees and never stop in his search for wealth.

"Go forward. Beyond the forest of sandal-wood ... are many more valuable things: silver-mines, gold-mines, diamonds, and other gems." (9)

The woodcutter comes across sandalwood, but remembers what the sage said and so goes forward to find silver, then gold, and then diamonds, always reaching for that which lay beyond.

In the same way, we go from one spiritual experience to another - without quitting - until we finally reach the ultimate treasure from the point of view of our Ascension - a full and permanent heart opening.



So, nature is in motion again; I'm back in society; the feeling connection with the deeper Self has dissipated.

However, I'm not left entirely back where I started. Shankara suggests one change that occurs:

"Once we become conscious, even dimly, of the Atman, the Reality within us, the world takes on a very different aspect. It is no longer a court of justice but a kind of gymnasium.

"Good and evil, pain and pleasure, still exist, but they seem more like the ropes and vaulting-horses and parallel bars which can be used to make our bodies strong. Maya [illusion] is no longer an endlessly revolving wheel of pain and pleasure but a ladder which can be climbed to consciousness of the Reality.

"From this standpoint, fortune and misfortune are both 'mercies' -- that is to say, opportunities. Every experience offers us the chance of making a constructive reaction to it -- a reaction which helps to break some chain of our bondage to Maya and bring us that much nearer to spiritual freedom." (10)

A second lasting effect I've noticed is that my breathing has become as smooth as a water slide, rather than choked or blocked or resistant like a bramble bush. I'm no longer upset with myself, disappointed, or wary. I find this very smoothness of breath to be calming and relaxing.

I've now been given another fleeting taste of where we're headed. I'm no longer seeing myself in a court of justice where I'm condemned for sins and mistakes. Rather I'm in a gymnasium where I'm metaphorically leaping over vaults and practicing on the iron rings, all of which makes me spiritually stronger and more agile.

This experience now joins the 1987 vision, (11) the 2015 heart opening, (12) and the 2017 glimpse of my higher self (13) as steps up the ladder, but not the end

itself.

Moreover, it did not come with a calling card, a brochure, or a handbook. As with all experiences, save when the guides whisper in our ear as Michael did about pedophilia, (14) they're wordless.

I'm now left to interpret and apply it. And to engage again and again until the effort to fully and permanently emerge bears fruit.

### Footnotes

(1) See "Original Innocence," Sept. 20, 2018, at <https://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "I Now Know How the Play Ends," Sept. 21, 2018, at <https://goldenageofgaia.com/2018/09/22/i-now-know-how-the-play-ends/>

(2) "Archangel Michael Explains What Happened at Xenia," September 22, 2018, at <https://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>.

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

(4) Bodhidharma in Red Pine, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 16.

(5) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 392-3.

(6) Ascended Master, probably the Master Hilarion, channelling through Mabel Collins, channel. *Light on the Path and an Essay on Karma*. Wheaton, IL: Theosophical Publishing House, 1974, 17.

(7) Loc. cit.

(8) Annamalei Swami in Berthold Madhukar Thompson, *The Odyssey of Enlightenment*. San Rafael: Wisdom Editions, 2003, 110.

(9) Paramahansa Ramakrishna in GSR, 434.

(10) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 24.

(11) See Footnote 3.

(12) "Submerged in Love," March 14, 2015, at <https://goldenageofgaia.com/2018/04/28/submerged-in-love-2/>

(13) "First Glimpse of the Natural Self," February 21, 2017, at <https://goldenageofgaia.com/2017/02/21/first-glimpse-natural-self/> .

At the time I was reluctant to say what I saw when I looked upon my higher Self, because I did not want to open myself or it to ridicule (one of the reasons why Bodhidharma said not to mention it to others). I'm willing to say now that what I saw was a knight in shining armor, astride a horse, with a lance in his hand.

(14) Steve: Pedophilia.... Was it you who put the idea in my head in the Safeway that I cannot write another word until I write about pedophilia?

AAM: Yes, that is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.)

# Forty Floors Down

October 7, 2018

<https://goldenageofgaia.com/2018/10/07/296371/>



The experience I had recently continues to unpack. (1)

As I said earlier, it didn't come with a manual so I'm obliged to notice changes and connect the dots myself.

The latest change I've noticed is that I'm positively considerate with sales clerks. Previously I've felt and acted "entitled." I demand good service and could be more than frank if I didn't get it. Etc.

I notice I have this connection with the Self now and I don't want to lose it. I don't want to sacrifice it to my felt desire for self-importance.

I smiled at a passenger on the bus. I talked to another passenger. I never smile at people or talk to them on the bus. I feign sleep rather than having a chit chat.

I laughed at a man who had "all play and no work" on his T-shirt. He was the kind of massive, unkempt man I never smile at, but, rather, judge. I really got that he needed friendship in the worst way and when I laughed at his jokes he really softened up.

I sat across from someone at coffee and the love that flowed out from me in

energetic waves was palpable. It may as well have been a breeze. This also has never happened to me before.

All of this is new. I'm reminded of what the Divine Mother said:

Steve: When does Sahaja Samadhi occur?

DM: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same."

I am definitely not the same.

"...then there is the working, the anchoring, and the integration."

That seems to be what I'm doing now.

"... 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." (2)

I'm not sure this is the exact "I am not the same" that the Mother is referring to. Again I have no way of knowing because all of what happened was wordless.

But it's probably similar in format and process. And here "the working, the anchoring, and the integration" may also be the same in format and process as what's happening to me now.

The vasanas are not gone. But it's now much more clearly a matter of choice with me whether I go with them or not.

And I know for certain that the Self is below the vasanas. It's as if the vasanas are the 30th floor down in the ascension elevator and the Self is the 40th floor down. Until now I never went past the 30th floor. But now I have. I see that beyond the vasanas lies the Self.

I like this new me. It's the best thing I have going for me in my life at this moment, save the relationships I have which are getting to be more precious by the minute. (Relationships were never this precious to me!)



## Footnotes

(1) See "Original Innocence," Sept. 21, 2018, at <https://goldenageofgaia.com/2018/09/21/original-innocence-2/>; "I Now Know How the Play Ends," Sept. 22, 2018, at <https://goldenageofgaia.com/2018/09/22/i-now-know-how-the-play-ends/>; and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <https://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(2) "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/>.)

**⌘ From 2019 ⌘**

# Letting Bliss Out of Prison

September 15, 2019

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



Bliss brings all things to balance, instantly.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The world would work for everyone.

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

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

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

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

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

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

### **Footnotes**

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

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

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

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

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

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

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

**⌘ From 2020 ⌘**

# The Space of Abundance

February 20, 2020

<https://goldenageofgaia.com/2020/02/20/306309/>



There are a multitude of states of consciousness, I'm sure. Why would there not be? Everything is consciousness.

Abundance is a higher-dimensional state of consciousness just as mastery and bliss, love and peace are.

Abundance as a state, like love, cannot be discussed. It lives in another, higher dimension and our words don't capture that realm of experience.

Metaphorically speaking, they don't reach that far. They're insufficient to capture the essence of the experience.

I've never found words for higher-dimensional love, for instance. It's as far removed from my everyday experience as an airplane flying at 30,000 feet. So abundance too. But I can describe the space of abundance. When I feel abundant, I feel confident. I feel unworried, relaxed. There are no barriers to my experience of other states of consciousness like happiness or peace.

I move ahead with the discussion of things boldly and clearly and leave it to others to work out the details. I think this is what Archangel Michael means when he



refers to money as being creative. I create with money as if painting and leave the details to those whose job that is. I do that when I feel abundant.

I imagine myself in a meeting discussing at a values level the ideal shape of the world - egalitarian, compassionate, responsible, etc.

From those values, the programs to implement them cascade and flow. Universal basic incomes, universal medicare, universal debt retirement, universal child care, universal seniors care, etc.

Planet-wide, culturally-sensitive, in support of the locally-desired outcome. But raising the standard of living worldwide, responsibly and wisely.

My saying this arises from years and years of studying what Michael has been telling me in my readings about being a funder, a flowthrough, or a pipeline. I haven't spent a day on the job and yet already I'm thinking as if I had.

We reach a pinnacle of relatedness to a topic in the time when we study it. In the years that follow we rely on what we learned back then to decipher the present.

This last period for me has been spent studying and imagining the flows of immense amounts of wealth on very much a global scale. Michael remarked to me on one occasion:

AAM: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (1)

I am indeed just getting the first glimpses of it. And many others are in partnership with him or the other celestials as well.

Not like I knew what the result would be starting out in my study. In the beginning, I just wanted to know what my job was.

But the result is that I'm becoming able to think at a global level, as tentative as my first thoughts are. I'm restricted to the flow of money, but within that domain and acting as an envisioner I'm feeling more and more competent.

I'm not afraid to think from that vantage point any longer. Archangel Michael has given me enough reassurance to make the leap. Yes, I did require a lot of handholding.

This whole process comes from reading and rereading what he has to say about financial service or stewardship. One comes to see things from a much wider, broader level through assimilating his words.

I'm seeing things from an altogether different angle now. I experience abundance, not as a condition, but as a state of consciousness.

Heavens, how lucky I am.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018.

# The State of Being Called Happiness

February 21, 2020

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



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

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

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

I've perpetually kept a lid on it.

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

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

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

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

Bad choice.

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

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

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

All roads seem to lead back to it.

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

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

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

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

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

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

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

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

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

## Footnotes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# **We Are, All of Us, Innocent and Pure**

April 7, 2020

<https://goldenageofgaia.com/2020/04/07/307247/>



I've been talking endlessly about love five years after experiencing it in its higher-dimensional form.

But something I very seldom talk about is the experience of our natural purity and innocence, that happened for me in late 2018.

How liberating it is to know that we are, underneath it all, innocent and pure!

We may by now have a hard outer shell around us, but, when the shell comes off, what's inside is innocence and purity.

I was at Xenia on Sept. 18, 2018, by the kindness of a reader, and I'd watched something horrible on Youtube the night before. I don't even want to talk about it, I was so shocked by what I saw and heard. (1)

The next morning, we were due to leave Xenia in a couple of hours. I was meditating, trying to get to the origin of the horror I was feeling so as to complete that vasana.

I imagined myself going down an elevator of a hundred floors. But strangely

enough, as an aside, when we were perhaps a quarter of the way down, we left the realm emotionally connected to the vasanas far above us. I said to myself that vasanas are only "skin deep." And so it seemed as we went deeper.

Finally I was let off at the bottom and immediately found myself in a tunnel which again went on and on. How we were travelling I know not. We just were.

And it ended at a place where shone ... now I'm about to describe a truncated or toned-down experience so be prepared ... a translucent Light. No, for me it was not brighter than a thousand suns. The Mother wanted to keep me here, on the planet and in my chosen role, she later told me, and so she toned the experience down. (See 2)

The sight of the Light was not what impressed itself on me as much as the way I felt. It was as if this was the Light's communication to me: I felt innocent and pure. I was swept away by feeling these states. I never knew this about myself - that I was innocent and pure. I was overwhelmingly relieved by the realization, by the certain knowledge.

It answered the age-old fear that we all have that we were born in evil, in original sin. No. We're born in original innocence. In the Middle Ages, I could be burned at the stake for saying this.

We are originally innocent and pure. And you could usefully choose to see Ascension as climbing out of the density we've been in, mounting the stairway to a better vibrational place. (3)

It was so wonderful to have that question be settled. And it wasn't until it was answered that I became aware of it how universally there had been a "nagging self-doubt" or a "lack of self-worth" in the back of my mind. It had colored everything, but I never noticed it before.

Now I see that there are no grounds for either nagging self-doubt or a lack of self-worth. Both are truly unnecessary.

The truth is that, underneath our protective shell, we are, all of us, innocent and pure. (4) And in going forward, we are in fact agreeing to return to that original innocence and purity.



I need to keep getting this at a deeper and deeper level. Not just as an idea, but as an experience and a realization: We are, all of us, innocent and pure.

### **Footnotes**

(1) I think I can at least get up the stomach to refer to it now: It was a video called *Frazzeldrip* of really horrible things being done to a child, allegedly taken from Anthony Wiener's laptop.

(2) Steve: The experience at Xenia, Mother, was that truncated?

Divine Mother: Slightly, yes.

Steve: I had the thought [it was]. ... The Light I saw should have been brighter than a thousand suns. The fact that it wasn't suggests to me that the experience was truncated. ...

DM: It was not is brilliant as possible, let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: It is to keep you in sync with your readers... But let me be very clear about that. 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.)

(3) Let me not forget to add that the Light of the Self resided at the deepest part of the heart - the bottom of the heart or the seat of the soul, aptly named. Seek it inside the heart.

(4) Both innocence and purity are divine states of being or divine qualities. Both words have other meanings that aren't useful here but they're still the best words I could find to describe how I felt in the presence of the Self.

# Open Road; Not a Scrap of Resistance

October 7, 2020

<https://goldenageofgaia.com/2020/10/07/open-road-not-a-scrap-of-resistance/>



Here's another consequence of having changed my vote from hostility to harmony.

There's now an open road in front of me in terms of the experience of love.

In 1987, a week before the vision, I had a full breath release in a rebirthing workshop. I was at that moment totally cleaned out.

I feel the same way now, having switched from hostility to harmony.

Now when I breathe up love from my heart there isn't a scrap of resistance.

Now when I listen to music I really get it, as if I'm in Surround Sound.

There's now no longer any stop on me, no suppress button. I can expand infinitely into harmony whereas hostility would always lead to a fall, if only when one becomes old. The need for constant vigilance and preparation becomes wearing.

Harmony leads to the building of social capital; hostility erodes it. Harmony leads to relaxation; even success at hostility does not lead to success in relaxation.

Having won all that money can buy by hostile means, we look forward to a life of ... harmony. Peace, relaxation, golf, gambling, wine, women, and song.

But harmony is an internal state. Money won't buy it and our desires are for nothing conducive to it.

Meanwhile changing our vote is the open sesame. Once firmly inside and having closed the escape hatch, the very world we sought by force and accumulation now opens up to us. Irony or ironies.

Well, it is for me. What did I know? I set out by establishing a beachhead of understanding that choosing harmony would lead to inner peace, etc. That was my testable hypothesis. Well, of course, it's lead to much more.

It's removed the key log in the logjam for me: In computer language, it broke the hyperlink between me and "hostility" and hyperlinked instead to "harmony."

This again is an aspect of reparenting myself. I have no more parents to look to. If I don't do this, no one will.

## Point of Awareness in an Ocean of Love – Part 1/2

November 20, 2020

<https://goldenageofgaia.com/2020/11/20/point-of-awareness-in-an-ocean-of-love/>



*Credit: pfcleadership.org*

My job, when people come here (and I speak as an individual editor), is to lay out the details of what's happening right now and speed you on your way.

As a pillar, I stay till the end of the journey and refrain from enlightenment if it complicates my duties as a lightworker.

I'm a waiter at the banquet of Ascension and look forward to eating my meal later. Complicates my duties? What duties? To tell you everything I know about what's going on spiritually (someone else will have to handle politically, financially, etc.). Taken from the best spiritual sources we can find. And to document my journey.

No, I'm not a spiritual teacher. Spiritual teachers address individuals and small groups of people. Lightworkers address the whole world, the human race, the planetary situation.

Spiritual teachers aim for the enlightenment of the student or the group of followers. Lightworkers serve the Ascension of everyone on the planet capable of holding the higher-dimensional energy.

Both teach and practice oneness. What's that? How are we one?

Let me spend some time looking at how it is that we're one.

The culmination of the heart opening I had on March 13, 2015 was the inner tsunami of love flooding the room I was in, knocking down the walls, and becoming everything. I - no more than a point of awareness - was totally immersed in an Ocean of Love.

Please notice: There was an Ocean of Love and there was me. I was therefore *not* one with the Ocean of Love, but its inherent oneness was not lost on me, blissed out as I was. (I am not in that space now.)

The fact that I was not one with the Ocean of Love means that I cannot say things like "I am/we are love." I don't know that. So just file that away for later.

I was a point of awareness in a Sea of Love.

Drawing back from that now, I have to ask you to provisionally accept something spiritual. I ask you to accept that the One has created the illusion that Awareness can separate a piece of itself from itself.

It'd be as if we twisted a small part of a balloon and called that small part "separate." But untwist it and the air in it rejoins the air in the balloon. So it wasn't really ever separate; it just seemed so.

My vision in 1987 was about the journey of a soul from God to God, through the illusion of separation to the knowledge of unity. (1)

In that wordless vision, I saw the "Father" as a large golden Sun and the "Child" (Self, Son, Atman) as a small golden star. The Mother was a hazy cloud in which other golden stars were going through lifetimes in matter (*mater*, Mother). Ultimately I saw the small golden star glimpse the Father from the domain of the Mother and speed off to reunite with it. They were in every respect One.

If we switch back to classical enlightenment studies, we're told that the individual observer, this persistent "I," eventually disappears leaving the One all in all. That stage of enlightenment is well beyond my purview. But that event nevertheless was what was depicted in my vision.

## Footnotes

(1) For a description of the vision, see “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

## Point of Awareness in an Ocean of Love – Part 2/2

November 21, 2020

<https://goldenageofgaia.com/2020/11/21/315066/>



(Concluded from Part 1, yesterday.)

I want to cite just a few sages to anchor the point that....

... May I expand a bit?

... that life is a journey from God to God, a drama, a leela, a play acted out for God's pleasure.

When one of us realizes our true identity as God, God meets God and for that meeting was all this created.

You think this is *good for God? What about us!*

Our enlightenments are like elevators taking us higher up in the building of Self-Realization.

Let me cite three stages of enlightenment, three floors in the building. You'll recognize the Trinity. They are:

(1) Child of God, Christ, Atman - fourth chakra - sight of the Self, spiritual awakening, stream-entering

(2) God the Mother, Shakti, Holy Spirit - sixth chakra - cosmic consciousness, savikalpa samadhi, Third-Eye opening.

(3) God the Father, Brahman, Mahashiva - seventh chakra - God Realization, Brahmajnana, nirvikalpa samadhi, first transcendental experience, last stop before Ascension

Let's look here at one example of spiritual awakening, skip ahead to Brahmajnana, and then fly ahead to the ultimate enlightenment.

The first is an initial fourth-chakra sight of the Self. This one is from John Ruusbroec:

"In the abyss of this darkness in which the loving spirit has died to itself, God's revelation and eternal life have their origin, for in this darkness an incomprehensible light is born and shines forth; this is the Son of God, in whom a person becomes able to see and to contemplate eternal life." (1)

What he means by that is that contemplating the Light of the Christ or Self will lead us to the Father. Ruusbroec tells us:

"It is Christ, the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father, without which there is no light in heaven or on earth." (2)

The sight of the Self (as well as heart openings) is the open door in spirituality. Buddhists call it stream-entering; Hindus call it spiritual awakening. There is this sense of a real beginning.

This Self, the Christ that we see is child to the Father. Of course we are all that Self so we are all child to the Father. We are all God.

I had a truncated version of this fourth-chakra event on Sept. 21, 2018 while at Xenia Retreat Center. The Light was more translucent than brilliant. I was permitted however to experience my original purity and innocence. It lifted such a



burden from me. (3)

We can have an enlightenment experience of love - such as a heart opening - or an experience of light - such as the sight of the Self - or another type of fourth-chakra experience. And, apparently, we can have them repeatedly.

In my view, Love is always in action or flow, a progressively-unfolding realization of the Mother; Light is stillness and silence, a progressively-unfolding realization of the Father. I think of them as my right and left legs.

Well, with the experience of my original purity and innocence with the sight of the Self, the cat was out of the bag. We're not born in original sin? We're born in original innocence? No holding the boy back after that.

Let's jump ahead now to the seventh-chakra experience of God the Father. Sri Ramakrishna is discussing Brahmajnana when he says:

"The nature of Brahman cannot be described. About it one remains silent. Who can explain the Infinite in words? ... Once a salt doll went to the ocean to measure its depth. But it could not come back to give a report." (4)

The salt doll would dissolve in the sea. There'd be no one to return and report. The experience of Brahmajnana takes us into a world beyond form and we come back with no memory of it and no ability to put our experience into words. Our ego for the moment is quieted. If we come back at all.

But, exalted as it is, Brahmajnana itself is still within the Third Dimension. And it's also temporary.

Fast forward through the entire life journey of an individual soul past the twelve Dimensions, on the doorstep out of the Mother's domain of matter, completely.

We stand on the edge of renouncing our individuality, ending the illusion and becoming One with the transcendental Awareness, the One.



*The little golden star sees the light of the Father, far from the material cloud of the Mother.*

The small golden star is staring off into the distance at the large golden Sun (see graphic left). And then it leaps.... (5)

I'll let St. Paul describe this last stage of enlightenment in metaphorical language:

“And when all things [all worldly desires] shall be subdued unto him, then shall the Son [the Christ, the Self, the Atman] also himself be subject unto him that put all things under him, that God may be all in all [i.e., reunited].” (6)

The Self subjects itself to the All-Self, that God may be all in all. The little golden star merges with the large golden Sun. Now there's only the One. There was always only the One.

The Mother, Maré, the Ocean of Love has baptized the seeker at the very beginning, with the opening of the heart or spiritual door. And the seeker journeys on in the realm of matter until it reaches a level of understanding where it leaves the material world altogether and rejoins the Transcendental.

Both the experience of higher-dimensional love and increasing awareness culminate in the realization and experience of our unity. We are one in love. We are one in awareness. We never were separate.

Free us of our bodies and we are points of awareness in a sea of love. The points of awareness gradually yield up their individuality to the One making it all in all again.

That is the basis for me saying that lightworkers are one.

### Footnotes

(1) John Ruusbroec in James A. Wiseman, John Ruusbroec. *The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985, 147.

Many more examples can be found in *From Darkness Unto Light*, "Enlightenment - (1) Spiritual Awakening - How has the experience of spiritual awakening been described?" at [http://goldengaiadb.com/index.php?title=E#Enlightenment -.281.29 Spiritual Awakening - How has the experience of spiritual awakening been described.3F](http://goldengaiadb.com/index.php?title=E#Enlightenment_.281.29_Spiritual_Awakening_-_How_has_the_experience_of_spiritual_awakening_been_described.3F)

(2) Ibid., 74.

(3) See "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 218.

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

(6) St. Paul in 1 Corinthians 15:28.

**⌘ From 2021 ⌘**

# 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)

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.

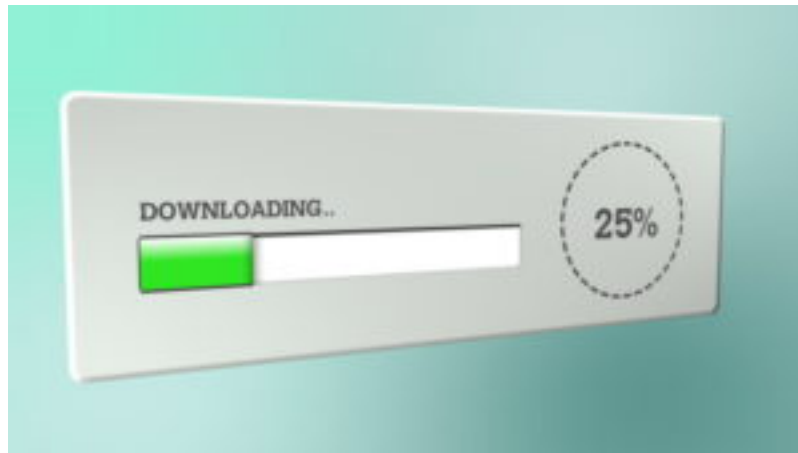
Having been outside my body, I can tell you that the physical body is a very limited conductor of refined emotions. No wonder we rarely feel this love.

(5) Until the experience of love yielded to bliss.

## And Here It Is

June 11, 2021

<https://goldenageofgaia.com/2021/06/11/and-here-it-is/>



If I don't record my experiences, I'll forget them.

If I want to be able to point to what happened later on, I have to record them. I record here an experience I had after lecturing to a spirituality group birthed from Vaccine Choice Canada.

Interestingly I was not moved to record it. Or do anything with or about it for that matter. I had to push myself to record it. I was - and still am - in a desireless state. Let me explain.

This experience developed from Sunday evening to Tuesday afternoon. It was not a flashbang realizational experience. It was an expansion in my being.

I've known for I suppose two years that a download that I was born with was due to unpack soon. If this is it, it has left me in a state which I'm not at all surprised to find myself in (confident, competent, desireless, peaceful, balanced, etc.).

The Lord Arcturus described the download in 2019: the download conveyed "aspects or qualities, talents, capacities that would serve you and, in turn, of course, serve the grander Plan, the collective and ultimately the Mother." (1)



I'd forgotten that one year after he described the holographic cell or download, Michael also addressed the fact that the download process had started. What he said was too long to be included here. I'll include it in the footnotes. (2)

I also recall him saying that, when I move out into the public, I'd have enough memory to do the job. (3) And that he'd be right there beside me, etc. (4) The Company of Heaven would not leave me out there on my own. So the timing of this process - the first round of public speaking - also seems very appropriate.

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During the first part of the experience, I felt as if I were going to break open. I now think this was the download breaking open, so to speak.

At that point I avoided all company. I turned off my cell and laptop. I was a little alarmed and desperately needed to be off by myself.

And then I remembered: I'm a servant of the Divine Mother. If anything is happening to me, it's by her Divine Will. With that, I relaxed and allowed the experience to unfold.

I don't remember if it was that Sunday night or the next morning. I felt a sudden opening within myself. I didn't think of it as a heart opening. I thought of it as the download opening and creating space as part of its mission.

I was aware of inner expansion, inner space, inner stillness. The space grew until it seemed as big as a large cavern or grotto - inside me. I knew this space to be the Father energy - the stillness and silence and peace. It was nestled into a material "body by Mother." I knew all of this to be me.

By the next day it had changed. Now I felt as if some powerful energy was emerging from me. Or wanting to emerge. Or merge. I was just aware of its presence.

At first I thought it was a walk-in, but Suzy Ward confirmed that no walk-in had happened.

After it came forth, exactly as if there were a second occupant in the body, I ended up feeling confident, competent, stable, self-trusting, peaceful, desireless. I had a lack of barriers. I had a sense of being ready.

I was no longer plagued by "what ifs." I was no longer plagued by anything. And there was a palpable feeling of something emerging from inside me, in just the same way that I had entered my body in my OOB in 1977. I was being joined so to speak, not like it was at all intrusive. I don't know who it was but I do know it wasn't Michael.

I don't think it was external events alone that determined the timing of this experience. I think my design committee - same as yours: the Divine Mother, your archangel, your guides, including your twin flame, and other interested parties - decided this was the time to activate the cell.

They decided the timing of my heart opening. Why not this?

I have to add that I asked for this experience. Ask and ye shall receive. I invoked the universal law and asked her last week for more consciousness. And here it is. This is just one more evidence that the Mother hears our prayers.

Years ago, Michael said to me, "with each ignition you will also feel a greater sense of the substance of who you really are." (5) That is proving truer and truer with each passing year.

My pranams and thanks to the VCC spiritual group for inspiring me and providing the platform for this launch to occur.

## **Footnotes**

(1) The Lord Arcturus in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019. He went on:

"There is a [part of you] that is Arcturus and Arcturian, that carries that history, that lineage and that intelligence which you have highly valued in this life and in other lives, here [Arcturus] and elsewhere, that you can access. But you need to basically see yourself as going and sitting or accessing that quadrant of [yourself].

"It is not that you segment yourself because you have the full understanding of [Steve] but by immersing yourself, shall we say in it that way, by immersing

yourself in that tiny sliver..., you are allowing the information, the capacities, the analysis, the experience, to really come to the surface.

"So that you can consciously begin to access it. It has primarily been under the surface for you this far. It has been more subconscious or even unconscious. And it was meant to be because we did not want you to distract yourself ... from being Gaian and being fully present on this planet and for this mission." (Loc. cit.)

(2) Archangel Michael discusses what he calls an "upgrade" and what I've called a download, a holographic cell that I was born with:

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

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

And so you don't want to start, consciously or unconsciously, editing the input into your brain. Now, your heart repair [triple bypass] and oxygen flow is helping and has helped this biological issue enormously.

But part of you, as we also said, and this is an agreement that we have, is that you have agreed [to live] and you are living very much in the moment.

One of the difficulties of humans is that they have a proclivity to either live in the past (and it can be recent past or ancient past) or to project themselves and live in the future.

It is a very curious malaise that most of the human race - yes, most of the human race - chooses not to live in the moment. So you are living in the moment. And you say, "Yes Lord I'm very willing to live in the moment but I would like to be able to access my memories, recent events so I don't feel like a fool."

We hear you.

Steve:... Or lose my thought in the middle of a sentence or forget what I'm going into the kitchen for or, oh, it goes on and on... Crazy.

AAM: Now, think of the electric blue. Yes, the Porlana C that has been pouring into you. Let us increase it rather than decrease it. What we are doing and we are doing it even now as we are speaking, we are making all those synapses, all those electrical systems, all the upgrade a brilliant neon blue so that the entire brain, all hemispheres' functions will be more clearly firing.

Now the biggest impediment, and I know you, sweet one, the biggest impediment to this being fully effective is concern so let us do our job. You give me the worry and let us proceed with the completion of the upgrade. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.)  
[Hereafter AAM.]

(3) Archangel Michael: You will have enough of a memory, dear heart. Do not worry about it. (AAM, April 13, 2016.)

(4) Steve: How can I do public speaking? I don't know what to say.

Archangel Michael: Always I will let you know when it is time to speak and in what capacity. We are together, dear brother - do not for a moment forget this. (AAM, July 7, 2011.)

AAM: I am never far away. (AAM, April 26, 2011.)

AAM: My overlighting of you is very strong and I would like to think perfect. And of course it is perfect. (AAM, April 26, 2011.)

(5) AAM, May 6, 2013.

# Desirelessness

June 15, 2021

<https://goldenageofgaia.com/2021/06/15/desirelessness/>



I seem to be going in and out of desirelessness. That makes sense to me. I'd expect full and permanent desirelessness to accompany Ascension. The fact that mine comes and goes proves it's not Ascension.

But it's a most interesting state and, as always, unless I write it down I'll never remember this experience.

I know Michael wants me to remain "in the moment":

Archangel Michael: An agreement that we have is that you have agreed [to live] and you are living very much in the moment.

One of the difficulties of humans is that they have a proclivity to either live in the past (and it can be recent past or ancient past) or to project themselves and live in the future.

It is a very curious malaise that most of the human race - yes, most of the human race - chooses not to live in the moment. So you are living in the moment. (1)

What greater assurance that you'll be living in the moment than to be desireless, without a short-term memory?

I hear better. I'm aware of my surroundings. I'm aware of my body - my arms, my legs.

\*\*\*

The Buddha was desireless. He'd already achieved Brahmajnana at the ashram he left. (2) He achieved Buddhahood in the forest. The Middle Way was in essence desirelessness.

He identified craving and aversion as two pitfalls (ignorance of our true essence was the third).

Indeed they're two sides of the same coin. If I desire a chocolate milkshake, implicit in that is that I reject a strawberry milkshake. My desire for one implies - and sets up - an aversion for the other. Without desire, there's no aversion, no preference as *The Book of Nothing* says.

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)

I'd never understood this passage until now.

Without desire, and its attendant aversion, I remain in the middle. The string remains not too loose and not too tight.

\*\*\*

My suffering begins the moment I create a desire. At that moment, I also feel longing for the object I desire. Unfulfilled longing. And so I feel depressed that I can't have what I want. And so I tell myself that nobody loves me because I can't have what I want. And on and on it goes. These are very infantile thoughts.

I observe that, with no desires, I end that suffering. And the proper object of desire is God anyways, is it not?

Am I not again at the crossroads of what I used to think of as the basic spiritual movement - turning from the world to God? What did Krishna say?

"I am all that a man may desire  
Without transgressing  
The law of his nature." (4)

The desire for God, for love, for unity is the only desire that does not further implicate us in the karma of the world. The desire for God is the only desire that liberates us.

And even that has to be given up at the last to make way for God to realize God.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.

(2) That is, he had achieved God-Realization, seventh-chakra enlightenment, the last waystation before Ascension.

(3) Sosan, *The Book of Nothing. A Song of Enlightenment*. Trans. Philip Dunn and Peter Jourdan. Kansas City: Andres McNeel, 2002, 16.

(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.

## Stillpoint: The Dark Night of the Soul

July 11, 2021

<https://goldenageofgaia.com/2021/07/11/stillpoint-the-dark-night-of-the-soul/>



I didn't have long to wait to find out what comes next.

The next morning I woke up with my mind completely blank.

A friend acknowledged being in the same space. Completely quiet inside. All senses still.

It'd be one thing if there were nothing happening outside. Every night, at some hour of darkness, everything reaches that degree of stillness for a while.

But this is happening inside and it isn't an experience I would even have considered. Not this degree of stillness and silence.

I'm in the midst of it now and I realize I jeopardize going deeply into it to remain at the keyboard. But I'm not here for my own Self-Realization. I'm here to record the process, to give an ethnographic account of one person's Ascension.



It always works to describe the condition you're in. For some reason, that makes it expand.

Heavens. Am I at stillpoint? (1)

Is this what stillpoint is like? If I were, notice that I don't know. If I don't know - and I've studied Ascension since 2008 (and much earlier as the Rapture of 1984, etc.) - how would the ordinary person on the street know? What would they think of this seeming stillpoint?

Ohhhhhhhhhh..... This is what St. John of the Cross meant by the "dark night of the soul." He didn't mean a tremendously-challenging spiritual crisis. He meant the senses going silent and still, leaving one in nothingness, deprived of all assistance - "without a foothold," as he put it. (2) Let me let him tell it:

"A soul must ordinarily pass through [three] principal kinds of night (which spiritual persons call purgations or purifications of the soul) in order to reach the state of perfection [mukti or Ascension]. Here we shall term these purgations nights, because in [all three] of them the soul journeys in darkness as though by night.

"The first night, or purgation ... concerns the sensory [physical] part of man's nature. The second [night is] the night of the spiritual part of man's soul. [The third night is] the passive purgation.

"[The] first night is the lot of beginners, at the time God commences to introduce them into the state of contemplation.... The second night or purification takes place in those who are already proficient, at the time God desires to lead them into the state of divine union. This purgation, of course, is more obscure, dark, and dreadful." (3)

"[The first] dark night is a privation and purgation of all sensible appetites for external things of the world, the delights of the flesh, and the gratifications of the will. All this deprivation is wrought in the purgation of sense. ... One is not freed from the sufferings and anguish of the appetites until they are tempered and put to sleep. ... The first [reason we call this journey toward union with God a night] has to do with the point of departure, because the individual must deprive himself of his appetite for

worldly possessions. This denial and privation is like a night for all his senses." (4)

This privation is what in fact occurred on June 7, 2021 and lasted on and off for three weeks. And it now results in a total stillness and silence - I'm sure not forever, but until it reaches its culmination, whatever that is.

So the dark night is part of the purgative phase, purification, the cleansing we're going through, known to all religions. This takes them to the second stage, contemplation.

That seems to be where I'm standing now. I seem to be at stillpoint for the moment and the only way forward seems to be meditation or contemplation.

With all my study and experiences, I cannot confirm that this is stillpoint. Does that not show the superficiality of all our efforts? We have broad knowledge but not deep. Or high, whichever metaphor you prefer.

The stillpoint space is yielding to bliss. I'm going to stop here and begin a new entry.

## Footnotes

(1) "Without a foothold you must seek Him out – no face nor form, alone – tasting there something I don't know that one may come on randomly."  
(St. John of the Cross in Willis Barnstone, trans., *The Poems of Saint John of the Cross*. New York: New Directions, 1972; c1968, 87.)

Is this not that state?

(2) Not Zero Point which to me is Sahaja and Ascension. Stillpoint feels like a jumping off place and where one ends up seems to depend on ... well, a lot of factors probably but one's purity especially.

(3) St. John of the Cross in Kieran Kavanaugh and Otilio Rodriguez, trans. *Complete Works of St. John of the Cross*. Washington: Institute of Carmelite Studies, 197, 73.

(4) *Ibid.*, 74.

## What a Blessed Relief! – Part 1/2

August 3, 2021

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



*Deliriously happy*

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

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

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

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

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

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

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

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

---

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

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

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

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

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

I go into stillpoint. (1)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(Concluded in Part 2, tomorrow.)

### **Footnotes**

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

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

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

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

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

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

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

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

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

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

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

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

## What a Blessed Relief! – Part 2/2

August 3, 2021

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



(Concluded from Part 1, yesterday.)

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

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

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

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

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

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



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

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

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

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

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

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

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

\*\*\*

So how do I feel?

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

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

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

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

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

### **Footnotes**

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

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

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

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

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

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

## Swinging from the Skinny Branches - Part 1/2

Aug. 4, 2021

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



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

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

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

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

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

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

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

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

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

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

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

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

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

Is it Ascension? No, Daniel Scranton clarified it.

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

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

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

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

But every time, you have had this experience it has edged you up a level.  
(3)

There's our answer.

Let me continue below.

(Continued in Part 2, below.)

### **Footnotes**

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

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

(2) Scranton, *ibid.*

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

## Swinging from the Skinny Branches - Part 2/2

Aug. 4, 2021

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



*Credit: [pxhere.com](https://pxhere.com)*

(Concluded from Part 1, above.)

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

This is true.

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

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

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

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

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

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

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

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

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

AAM: Yes, you are.

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

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

---

And so he did.

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

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



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

(3) See "The Astral Plane – The Higher Summerlands" in *New Maps of Heaven* at [http://goldengaiadb.com/index.php?title=The\\_Astral\\_Plane\\_%E2%80%93\\_The\\_Higher\\_Summerlands](http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Higher_Summerlands)

# Spiritual Evolution at a Good Pace

Aug. 5, 2021

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

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

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

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

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

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

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

## Worth More Than Rubies

August 6, 2021

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



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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

# The Further Along You Go, the Less You Know

Aug. 6, 2021

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



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

Now here I am saying the same thing.

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

(1)

What do we call knowledge?

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

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



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

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

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

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

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

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

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

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

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

### **Footnotes**

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

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

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

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

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



Credit: Close Encounters of the Third Kind

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

# Fragmentary Record of an Earlier Experience of Ecstasy

August 07, 2021

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

But for all else tranquillity.

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

It feels totally content and satisfied.

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

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

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

### **Footnotes**

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

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

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

August 9, 2021

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



*Giacomond by Quint Buchholz*

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

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

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

(1)

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

(To be concluded in Part 2, tomorrow.)



## Footnotes

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

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

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

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

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

That was Michael's opinion as well:

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

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

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

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

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

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

August 10, 2021

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



(Continued from Part 1, yesterday.)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(Concluded in Part 3, tomorrow.)

## **Footnotes**

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

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

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

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

(4) AAM, Jan. 4, 2019.

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

August 11, 2021

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



(Concluded from Part 2, yesterday.)

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

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

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

But I digress.



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

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

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

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

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

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

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

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

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

### **Footnotes**

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



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

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

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

*Here's Michael:*

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

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

You... are teaching others that they can access the mastery and still be in the Christ Consciousness, in the expanded awareness in the physical form and in the love. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 6, 2013.) [Hereafter AAM.]

*This assignment implies interdimensional travelling.*

*Here's the Lord Arcturus.*

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

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

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

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

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

*The Divine Mother's instructions appear in Part 2.*

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

Steve: The next assignment is in the Seventh Dimension?

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

## From Immersion to Integration

Aug. 10, 2021

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



### *Anchoring in*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I relax into the experience and remember:

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

AAM: Yes, you are.

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

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

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

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

I wonder if this space will last and now remember:

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

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

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

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

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

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

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

## Footnotes

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

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

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

SB: So that was an experience of the Oversoul.

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

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

(4) Loc. cit.

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

## Experience Receding

August 12, 2021

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



*Even the flowers worship the Divine*

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

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

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

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

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

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

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

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

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

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

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



# Mapping a Possible Soul Merge

August 12, 2021

<https://goldenageofgaia.com/2021/08/12/324500/>



*Credit: thetruthrevolution.net*

I write this article for future Ascension mapmakers. I'm trying to draw new maps of Heaven and Nova Earth, as you know, and the territory has few known markers. On the difficulties this causes, take the case of the June 7 experience of desirelessness. What happened that day? What merged with me?

It didn't introduce itself. It didn't pass me a business card. It didn't even ask my permission!

Hatonn, Matthew, and Ashtar through Suzy Ward say it was probably not a walk in. (1)

OK, but what was it? Because I merged with something. I can't bring myself to deny the experience. I'm left to look for evidence or intuit.

And then I remember here as well: I've been here before. I'm convinced it was a merge with the Oversoul such as Michael discusses here:

"For many, it resulted in a Soul merge, and others who had already awakened to their Soul Self were ready for a merge with a facet of their Higher Self." (2)

Undoubtedly these are moderated or toned-down experiences or else in all likelihood I'd be gone back to wherever I came from.

Here then is the 2017 description I gave of a soul merge with my 7th-Dimensional Oversoul. (3)

(Part of article deleted which reproduces “‘Is This What You’re Looking for?’ – Part 1/2,” August 21, 2017, to be found earlier in this book.)

# The Quandary of Ecstasy

August 13, 2021

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



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

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

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

AAM: It is the seventh dimension.

Steve: Then what dimension is bliss?

AAM: It is between eight and nine.

Steve: And ecstasy?

AAM: Twelfth. (1)

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

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

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

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

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

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

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

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

### **Footnotes**

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

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

# The Consciousness State of Ecstasy

August 15, 2021

<https://goldenageofgaia.com/2021/08/15/324982/>



*Ecstasy is part of the ladder of consciousness (love, bliss, ecstasy, and exaltation).*

*Each of these probably-moderated experiences apparently raises our vibration somewhat and prepares us for ultimate Ascension.*

*Soon NESARA/GESARA will be here and people can turn their full attention to their spiritual unfoldment.*

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*Download your copy of The Consciousness State of Ecstasy here: <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Consciousness-State-of-Ecstasy-10.pdf>.*

*Clicking on the URL automatically downloads your copy.*

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## Introduction

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Stillpoint sees the "I" of "I want" quiet down; ecstasy sees the "want" of "I want"

quiet down. Both prepare the launch pad for whatever comes next.

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

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

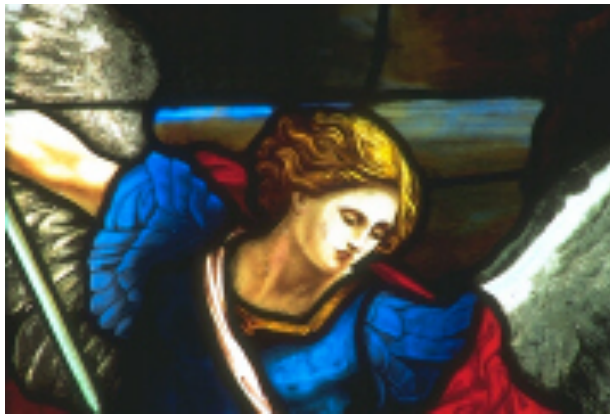
That's my fantasy about my own journey. Never quite made the forest but nothing fascinates me more than plumbing the depths of awareness or consciousness.



## We Have Strong Allies

September 2, 2021

<https://goldenageofgaia.com/2021/09/02/we-have-strong-allies/>



I'm convinced that the Company of Heaven gives me spiritual experiences because they know I'll write about them.

So much is unfolding from this last experience of the divine state of confidence. It shows how the Company of Heaven works with lightworkers so I'd like to revisit it, if you'd permit me.

You remember that on Sept. 17, 2018 I watched *Frazzledrip* while on a retreat. That so threw me that it took a strong spiritual experience to jackhammer me out of it.

I don't recommend anyone watch that video. It took me way past where I ever want to go in life and I've listened to tales of torture and execution in my refugee hearing room. This was way beyond anything I'd ever heard.

It took a first-order experience to pull me out of my dismay. And Michael later acknowledged that he had engineered that.

"We have unplugged you [and sent you on retreat to Xenia]. ... But what you have done is you have journeyed to the depths of your soul, to the depths of your core. ...

"And you have discovered, not lack, not criticism, not error, but beauty. Underneath the dross is the full beauty, the power, the gentleness, the sweetness of who you are.

" (1)

Beauty for sure. The beauty of the Self, who I am.

It was a fourth-chakra experience of the Self - the most junior of our Self-realizations. (2) And even then it was toned down. (3)

But it was enough to restore me from my deep despondency.

So Michael has caught me when I was falling, are we agreed?

He's actually told me on another occasion that he won't let me fall into such a funk again as I did a few years back (private matter). Count that instance as well. And he acknowledged that, to keep me in the hospital for a longer rest during my triple bypass, he gave me MSSA, a recoverable cousin of MRSA. I think the archangels intervene in our lives a great deal more than we suspect. (4)

Ok, if you're with me so far, then, here I was dismayed last week about possible executions and what happens within days? A very uplifting experience of yet another divine state - this time, confidence. (5)

It has the scent of an archangel. It reminds me of Xenia. And I wouldn't want the mechanism to go unnoticed: usually it's the Mother or an archangel who gives us an experience, but in this case the mechanism, the process is that I become aware of a strange feeling, tried it on, and it expanded to fill the space. This time it was confidence. Another time peace. Another time bliss.

I've also spoken about this by saying that I feel a wisp of bliss and I surf it to the big wave. That's another metaphorical description of the same process.

How do I know it's a divine state? A feeling is usually localized within our body but *we* are localized within a divine state: we're immersed in it, drenched in it, awash in it, etc. I was immersed in confidence. It was if I could breathe it in.

I feel so amazingly well feeling confident. I feel so sad that I missed 67 years of my life, since the shattering of my personality at age seven, outside the experience

of confidence. It feels like such an ancient reunion that I want to cry.

This is another stage in the recovery of the Humpty Dumpty Man. (6) What's next?

I stray. With the return of confidence to my life, I'd say perhaps ninety percent of all my personal strategizing has just been rendered unnecessary. I don't need to manage my image. Having confidence in myself is enough. I don't need anything else or more from other people - like validation or control or manipulation.

In just the short time since this experience I see the arising or restoration of confidence as a major contribution to my effectiveness in the roles I'll be playing. I'm amazed that I even considered playing them prior to feeling confident.

Why am I telling you this? Because you may find yourself in real emotional (or other) trouble at some point. And, if you're in genuine difficulty and it's going to impact the success of your mission, my experience should suggest to you that the archangels have the ability and willingness to intervene to pull you out of it.

Either you yourself can surf on a wisp of a divine state to the big wave or else the Mother and the archangels can bestow an experience on you that will (A) inspire you at its peak and then (2) leave a residue which will help you perform your assignment.

If the situation is serious enough, they can intervene even though we didn't request it. In the hospital case of MSSA, Michael said he consulted with my Higher Self and both agreed I needed a rest. I've already told him that anything he does with me is fine so he has my blanket permission.

A low point one week and an uplifting experience the next? We have strong allies watching over us.

### **Footnotes**

(1) "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/> See also "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> for the experience itself.

(2) Steve: Was the sight of the Self at the Xenia retreat a fourth-chakra event?

Archangel Michael: Yes, it was.

Steve: So it's possible to have two fourth-chakra events [the heart opening as well] or maybe even more possibly?

AAM: It is possible to have multiple chakra events throughout your lifetimes, Sweet One. Again, what you are thinking of is a limitation. Something is activated or not activated. Think in terms of open, open, open, open, bigger, bigger, bigger. So yes, you might have several (fourth-chakra) events. You should have several events! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon on June 12, 2019.)

(3) And not enough to take me off course, as the Mother discusses here:

Steve: The experience at Xenia, Mother, was that truncated?

Divine Mother: Slightly, yes.

Steve: I had the thought [it was]. ... The Light I saw should have been brighter than a thousand suns. The fact that it wasn't suggests to me that the experience was truncated. ...

DM: It was not is brilliant as possible, let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: To keep you in sync with your readers. But let me be very clear.... [if you had seen] the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

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

Notice that the Mother is implying that she has the ability and the willingness to make the Light brighter and dimmer. Of course. Why would she not?

What she says of me I think she'd say of any lightworker so expect to have our

experiences toned down until we finish our service contracts.

(4) Well, heck, if we're talking about interventions, how about an electrocution deflected, a toxic chemical rendered harmless, making a heavy object weightless, putting out two kitchen fires, getting me this apartment when it didn't look likely. On and on the miracles go so I don't need any more convincing that the archangels intervene in our lives when needed.

(5) My memory is appalling but I recall experiences of the divine states of love, bliss, peace, purity, innocence, mastery, abundance, and now confidence. And of course all experiences are written up here on the blog.

Our everyday experience of any of these states does not match their higher-dimensional correlates. Imagine the difference between freshly-squeezed Florida orange juice and Tang or Kool-Aid (orange crystals). That about conveys the extent of the difference.

(6) See “From the Humpty Dumpty Man to Here: Completing the Fear of Being Wrong,” June 5, 2019, at <https://goldenageofgaia.com/2019/06/05/300939/>

# From God We Came; To God We Return

September 16, 2021

<https://goldenageofgaia.com/2021/09/16/from-god-we-came-to-god-we-return/>



As an Ascension ethnographer, I'm only writing partly for our own culture and civilization.

Many civilizations all over our universe are probably also ascending, perhaps even as we speak.

Michael has mentioned other Ascensions in discussing my next assignment:

Steve: When will I ... have my original dimensionality back? Or do I stay in a lower dimension for the foreseeable future?

Archangel Michael: You will have a choice. As I have said to you, when you complete this mission, you are allowed to have 200 years off. But what you do with that is up to you, dear one! You will certainly have full access to your inter-dimensionality. ...

Steve: Okay. Well, apart from that, it really just depends on what's wanted and needed. (1)

Steve: The next assignment is in the Seventh Dimension?

AAM: You will have a choice of planetary systems. This is just the warm-up for [that] Ascension. It is to bring a further rise of vibrations to those throughout the Universe. (2)

"Throughout the universe." We tend to think of only our planet and its "history" as having the archangels' attention. But civilizations throughout the universe are embarked on the very same journey from God to God. We are not alone and we are not alone in ascending.

Who knows? I believe we are an Ascension team. We may work together on the next round. We may even rely on records from this round. Wouldn't that be a hoot?

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The movement of all beings out from God and back again resembles a great torus (see graphic). From God we came in ignorance; to God we return in knowledge. (3)

The Divine Mother educates us using the universal laws and the magnetic power of her love.

To think of her coordinating Ascensions throughout the universe boggles the mind.

But ascension, it turns out, is an inescapable part of the great chain of being. Without it there's no forward motion back to God.

It's also the part where a new aspect of God is revealed or a known aspect deepened. The love felt in Third Dimensionality, for instance, is nothing like the love felt on the Fifth. The love felt on the Seventh (in the Ocean of Love) is deeper still. (4)

[I've decided to repost two articles from 2015 on an experience of the Ocean of Love for your reading enjoyment, during these somewhat dismal times.]

You and I know that I regard our gripes and grumbles, leftover baggage, or what I call "vasanas," after Sri Ramana Maharshi, (4) as the densifying agent, which keeps us anchored mentally and emotionally in the old Third Dimension. Matthew would say we're Fourth Dimensional location-wise but denser awareness-wise. (5)

Tomorrow, I'd like to look at a new turn in the cleansing or purification process for me - what started as the search for a vasana turned up a new level of emotional organization.

I have to add a note confessing that I'm not an emotional paragon of virtue. What exploring this new area has shown me is that a speedy exit from our early childhood trauma and patterning is not usually the case. It takes patient digging (or Ascension) to get at the really deeply-buried pain and behavior patterns.

I find myself grumpy and irritable these days. Where it comes from, I'll discuss tomorrow.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 18, 2012. (Hereafter AAM.)

(2) AAM, Sept. 13, 2011.

(3) On the purpose of life, see The Purpose of Life is Enlightenment at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf> and particularly "Ch. 13. Epilogue."

(4) I experienced the Ocean of Love as the place that the inner tsunami of love emptied into. See "Immersed in an Ocean of Love – Part 1/2" at <http://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-12/> and "Immersed in an Ocean of Love – Part 2/2," at <http://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-22/> .

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

AAM: It is the Seventh Dimension. (AAM, Jan. 20, 2016.)

(5) See "Vasanas (Latent Tendencies)," at <http://goldengaiadb.com/index.php?>



[title=V#Vasanas .28Latent Tendencies.29](#)

(6) "Although Earth and all of her residents are in fourth density location-wise, the majority of the populace still is within third density awareness-wise." (Matthew's Message, October 19, 2014, at <http://www.matthewbooks.com/mattsmessage.htm>.)

# From Vasanas to Scripts

September 17, 2021

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



## A two-handed script

I recently had a breakthrough in my cleansing process.

Up till now I'd been processing singular vasanas (or core issues) as they erupted.

(1) A few days back, something different presented itself.

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

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

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

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

And then I saw it.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

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

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

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

## An Almost-Near Near-Death Experience

September 18, 2021

<https://goldenageofgaia.com/2021/09/18/an-almost-near-near-death-experience/>



Now that my parents' two-handed card game of arrogance and depression is up to awareness, I've been observing how often it operates in me.

The number of times I wince in a day is large and that wincing is me imitating my Mother's reactions to my Dad.

I hate the wincing. I feel like I've failed when I wince. So I add a layer of rejection to these feelings.

I add one layer on top of another until the whole thing becomes a rock pile that the glacier of my life pushes forward. The long chain that Morley drags behind him. The mailbag of undelivered letters.

And I'm so irritable these days. Dad thought he could push people around with his temper and I'm only now seeing how unconsciously I adopted his habitual patterns.

Controlling? Oh my. I wanna run and hide under the porch.

I had no idea how like my Father I became. And I'm not out of the woods yet.

D'you see why the Company of Heaven says we actually learn very little karmically from lifetime to lifetime? Here I am at my age, still trying to clamber free of the influences of my upbringing.

But it isn't just learning. That's skin deep. It's realization. At some point the puzzle really will become a picture and that truth will set me free from whatever ingrained quality or pattern I have that's at issue here.

Until then, all of this is just putting pieces in place. And seeing parts of the picture.

As the energies rise, more and more of our persisting issues and upsets will probably rise to the surface.

Juan O Savin in a podcast today said that America would soon go through a near-death experience. Any *good* news? Experiencing the rise and presence of some of the really deep core issues that could come up could also feel like a near-death experience. Well, almost-near.

This too shall pass. And along with all our own personal cleansing and processing, we're asked to do with society what we do with ourselves: calmly be the observer and hold the space for society to come through the chaos with the least possible harm to anyone.

# I Want My Happiness Back

September 20, 2021

<https://goldenageofgaia.com/2021/09/20/i-want-my-happiness-back/>



Since seeing the two-handed script of my Mom and Dad arguing, I've been watching my moods, my inner chatter. (1)

I'm seeing that the impact on me of watching their heart-breaking conflict, day in and day out, or whenever I ventured out of my room, (2) was way beyond what I've seen so far.

For a moment, I experienced the amount of tension I hold in my body routinely. Just at this moment and this and this. It's way over what I expected to find.

Because of the ongoing conflict - overt and simmering - my inner landscape is a battleground. There are shells flying and people shooting. The tension I feel in my body on an everyday basis is akin to steel bands.

I feel like I'm in a porcelain body. (Michael and I have a prearranged signal for "yes." I just got a yes.)

I've been living every day of my life in a state of moderate, below-awareness tension. My baseline has been (Michael is saying yes again) rock-like when there's no requirement for it to be so. Keeping yourself in a knot while on Earth is strictly

optional.

It's a wonder I haven't given myself cancer.

I did? (3)

To think that I was finished with my Mom and Dad on the basis of the work I'd done so far - without seeing this - was naive.

I always wondered why I felt so little hope around relationships. I'm literally shell-shocked from those years in the trenches ... I mean, family. I don't think I could manage a relationship right now. I'm not here.

Feel to heal, Kathleen says. Make peace between your mother and your father. Balance the inner male and female.

I'm experiencing all that arises as a result of my feeling and seeing.

As this imaginary porcelain body disintegrates, I'm flooded with memories of the very best times in my life. At the same time, I feel like I've swum a mile to reach the shore and I'm exhausted.

I invoke the Divine Mother and the Laws of Elimination, Karmic Dispensation, and Grace to take all the strain and tension I've created in my life - and body - away from me and to free me from all other effects of this remembered family scenario.

I want my body back. I want my happiness back.

Let there be peace in my inner family. Let Dad see the uncivilized nature of his behavior. And let Mom find on the higher planes the love she so persistently sought here.

### **Footnotes**

(1) See “From Vasanas to Scripts,” September 17, 2021, at <https://goldenageofgaia.com/?p=326368> and “An Almost-Near Near-Death Experience,” September 18, 2021, at <https://goldenageofgaia.com/?p=326397>

(2) Ding! Sort of like today. I'm hunkered down in my room (locked down) just



like when I was a kid. I feel very comfortable here. In my mental set, I never left my room. I just made lemonade out of lemons.

(3) I had prostate cancer back in 2016.

## Emergence: From Hell to Breakfast – Part 1/2

September 21, 2021

<https://goldenageofgaia.com/2021/09/21/326547/>



I'm having a mini-full-life review here as a result of seeing my family script. (1) The memories are flashing by.

I remembered that I liked being angry because when I got angry I fused together. I became my self again. I revelled in those moments.

When I was not angry I was this dissociated, unsure guy who went out of his way to please people. Just like my Dad.

Well, if that's the way it was for me and I know my Dad suffered worse abuse in his family ... I can appreciate why he'd be the way he was.

When I breathe into my inner musculature now, instead of it feeling rock hard, it feels as soft as butter.

With that degree of muscular holding going on routinely, I can now appreciate how it could be that my emotional range of experience seemed narrow to me.

And I can imagine how others, who've also experienced childhood abuse and

trauma, might have a crimped range of emotional experience and expression as well.

Oh look, I can breathe again!

The release of this muscular holding I've been doing does not bring happiness in and of itself. It's again a launching pad.

I'm restored to inner stillness, available for what's next. But not catapulted into bliss. (Not yet.)

All of this has been transpiring from 2 am to 4:30 am.

\*\*\*

Seeing the baseline of tension in my own body from nursing this cycle of abuse and walking in the rut it created, I can appreciate why Dad was so unaware. My family on my Dad's side were not known for their sensitivity and awareness.

A long, long time ago I wrote a paper on the cycle of abuse but not till this moment have I experienced it or seen the impact of it on my body, mind, and feelings. I'm now realizing it, even if the realization is minor at this point rather than major.

This mechanical exterior I've built for myself over decades is cracking and crumbling. I'm not stirring until it's gone.

(To be concluded tomorrow.)

### **Footnotes**

(1) See “From Vasanas to Scripts,” September 17, 2021, at <https://goldenageofgaia.com/?p=326368>, “An Almost-Near Near-Death Experience,” September 18, 2021, at <https://goldenageofgaia.com/?p=326397>, and “I Want My Happiness Back,” September 19, 2021, at <https://goldenageofgaia.com/?p=326544>.

## Emergence: From Hell to Breakfast – Part 2/2

September 22, 2021

<https://goldenageofgaia.com/2021/09/22/emergence-part-2-2/>



(Concluded from Part 1, yesterday.)

You remember I mentioned that I believe everything hid shall be made known?

All of our hidden vasanas, I think, are rising to the surface. Some of them are really painful.

Here's a painful one for me. If my family followed a cycle of abuse, and I've now uncovered it in myself as a rut I followed all my life, is it not logical to deduce that I played my Father's hand in every relationship I've been in - sooner or later, and to a greater or lesser degree? It was after all the only movie I had in my head.

Face into that one. I do and it sweeps over me like a wave of realization.

Realization this time is not like being lifted above the surface and looking down. It was like a ring of fire that burnt through me.

Interesting.

I've never seen or felt awareness work like a ring of fire before. It may be the result of my invoking the universal laws yesterday and the day before. I don't know.

I actually feel myself on the other side of the scenario now, as noticeable as if I were in the water and am now on dry land.

The "me" I now feel is entirely new. I have control of my will back. Without a need to force it on anyone. I can feel it.

Oh my. I just plain like the feel of this current state of consciousness, whatever it is. Could I please have a user's manual? What name shall I give it?

Normality?

Yes, I think that's what it really is. I've come back to center and this is what center is. For the human being, center is normality. Just plain normal.

Everything I've been describing is a deviation from the center, from the normal, the way a human being is supposed to function, the design parameters of karmically-productive behavior.

I'm not saying deviation is necessarily bad or even always avoidable. I'm just saying it is as surely a deviation as a temperature up or down from 98.6 degrees F is a deviation from the center, the normal temperature. There is a normal and an abnormal.

I've been abnormally acting out all my life.

But pondering that now will take me right back into the upset instead of savoring this moment of freedom from it. As my own listener, I won't do that.

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This outcome confirms my belief, as expressed in *A Manual for Listeners*, (1) that, if we have the opportunity to lay all the pieces out on the table, there's a good chance realization will follow. We don't need help. We just need a listening.

Or a writing.

I'm at peace with myself at this moment. I have no agenda. I remember a course I took called *From Hell to Breakfast*. That's what it feels like. I think I'll eat.

If I didn't write this down, I'd never remember it a day from now. The written record needs to be the final arbiter because my memory is not at this time reliable, whereas you were here, as this was happening.

The growth I think will prove lasting but the details of how it happened are only to be found right here.

I have no idea of what to do next and no concern about it.

What is the process I just went through? In the past, I've called the process "emergence." (2) Its basic premise is: The truth shall set you free.

### **Footnotes**

(1) *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>.

(2) See "Emerge from the Shell," February 9, 2020, at <https://goldenageofgaia.com/?p=306371> and *Emergence as a Path for Lightworkers* at <https://goldenageofgaia.com/wp-content/uploads/2020/09/Emergence-as-a-Path-for-Lightworkers.pdf>.

# I'm Ready for That

September 28, 2021

<https://goldenageofgaia.com/2021/09/28/im-ready-for-that/>



All the time the tug of war between Alliance and deep state goes on - and I do watch it, whether or not I have the time to post on it.

At the same time, and all the while these days, there's a constant flow of love happening just below the surface.

Whenever I turn my attention to it, I'm utterly satisfied with the result. A captivating love then arises - from my heart of course.

I still don't think people realize that the heart is everything.

It's a multidimensional door. It gives us access to an inner tsunami of love and the Ocean of Love that exist on higher planes.

It "houses" the Self, in the seat of the soul, the deepest reaches of the heart. I believe that Self is the Seventh-Dimensional Oversoul.

Love flows up from it; bliss, peace, joy, happiness. All good things are to be found

in or from the heart. But we don't take those words seriously, I fear.

My ability to access my love and bliss has gone up steadily since the June 6 merge, but it's taken a great leap as a result of having seen clearly my Mother and Father's endless-fighting script.

Seeing that I had that script in me, that I played both roles, and that I'd created ruts from it that I went around endlessly was liberating.

My ability to access love and bliss seems to have been quite freed up as a result.

Now, just a minute ago I breathed bliss up from my heart and it almost knocked me over it was so strong. I did not write during that time; I stayed with the experience but the cost is I can't record what that experience consisted of or yielded.

I retain very little memory of a spiritual experience if I don't record it while it's happening.

However I now find that I can recover where I was. This is another new development.

The bliss returns and I surrender to it. I see that whether or not we rise - I won't say ascend - depends on whether or not we can hold the energy. I am so ready to hold the energy.

Until now there have been so many things that have held me back. Not taking myself seriously. Thinking I don't have the time. Fearing ridicule.

But now I see that I have to be 100% enrolled in holding the bliss that arises, no matter what else arises in the meantime. And I'm ready for that.

I drift off on a wave of bliss.



# From Heavenly Clouds to Mud Bath and Back – Part 1

September 28, 2021

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



Me shouting at the stars!

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

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

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

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

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

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

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

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

So who gives a damn about your vasanas?

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

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

So here I go.

(Continued in Part 2, tomorrow.)

### **Footnotes**

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

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

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

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

## From Heavenly Clouds to Mud Bath and Back – Part 2

September 29, 2021

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



How I feel starting out on my vasana

(Continued from Part 1, yesterday.)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

But there's a second application of this principle.

You may not have discovered the entire truth. But if you've discovered some of it, you should experience *some* release. You can see either increasing release or else

increasing density as indications of whether you're on the right track or not.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(Concluded below, in Part 3.)

## From Heavenly Clouds to Mud Bath and Back – Part 3

September 29, 2021

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



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

(Concluded from Part 2, yesterday.)

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Take the next upset that arises for you and, with these three articles in hand,

process your vasana. Practice. Practice. Practice. This is the alternative to yelling at your partner or kicking the dog and this works (that doesn't)!

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

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

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

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

## The Study of the Heart – Part 1/2

October 8, 2021

<https://goldenageofgaia.com/2021/10/08/the-study-of-the-heart-part-1-2/>



The Light that we are exists in the seat of the soul, the very deepest part of the heart

In my view, we live at three levels: intellectual, experiential, and realizational.

As long as we remain, socially, at the intellectual level, we concern ourselves with right/wrong, good/bad, pleasurable/painful and other dualities. We don't give much importance to feelings.

Right/wrong and the rest at best give us the rewards of pride, self-satisfaction, conceit, arrogance, status consciousness and all the tendencies, laid down in childhood, that I discover in myself when I look. I don't think I'm alone.

They're rather like eating dry oatmeal compared with eating cooked oatmeal with milk, blueberries, and cashews - and maple syrup - at the experiential level.

The poor, neglected feeling or experiential level is like a highway to the higher dimensions.

Michael once said to me that one of the reasons he gave me a heart opening in 2015 was because I was practising drawing love up from my heart and sending it out to the world.

I was drawing love up and so he gave me some love to draw up. He explained:

Archangel Michael: 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! (1)

He's right. It never ceases. It never fails. This inner tsunami of love is always going; we're just not attuned to it.

Michael is discussing this event three hours after I had it on March 13, 2015. And I definitely experienced it as he describes it - a wellspring of love that never ceased flowing, an inner tsunami of love that ended in an Ocean of Love.

I was operating on the experiential level already and so I guess he decided to boost me up to the realizational level.

Keeping in mind that it's the archangels and the Mother who decide matters around our enlightenment, he just acknowledged that, because I took action in accord with my intention - to experience love - he multiplied its effectiveness; he amplified it and my kundalini reached the fourth chakra.

Please take note of these matters. Up till now we've tended to become ascetics or meditated for a decade, etc. to achieve enlightenment.

What we don't understand is that our enlightenment is shaped and influenced by the archangels and the Mother. We need to work with them as their co-creative partners and leave the rest to them.

The place they communicate how to do that is in their channeled messages.

(To be concluded tomorrow.)

## **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.

## The Study of the Heart – Part 2/2

October 9, 2021

<https://goldenageofgaia.com/2021/10/09/the-study-of-the-heart-part-2-2/>



(Concluded from part 1, yesterday.)

So I was operating outside the intellectual level - in the experiential. Sri Aurobindo addresses the situation:

"Man, because he is a mental being, is prone to give the highest importance to the thinking mind and its reason and will and to its way of approach.... The heart with its emotions and incalculable movements is to the eye of [the human] intellect an obscure, uncertain and often a perilous and misleading power which needs to be kept in control by the reason and the mental will and intelligence.

"And yet there is in the heart or behind it a profounder mystic light which, if not what we call intuition -- for that, though not of the mind, yet descends through the

mind -- has yet a direct touch upon Truth and is nearer to the Divine than the human intellect in its pride of knowledge." (2)

I agree completely.

Notice the way this tendency to make the heart submit to the mind maps over patriarchy. Women are often associated with the heart and the feelings ("the weaker sex"), and men with strength and the mind. Men are said to control women. In the same way, the mind is asked to control the heart.

I agree that the heart is nearer to the divine. The hridayam or heart aperture is like a door. On the other side of it exists everything except this Third Dimension. It's a doorway to the dimensions.

Moreover, what we want from life is available in the heart. Love, bliss, ecstasy, peace, depth, joy, etc. The heart is a cornucopia.

The heart is superior to the intellect in knowing and realizing the Truth.

Sri Aurobindo goes further:

"According to the ancient teaching the seat of the immanent Divine, the hidden Purusha, is in the mystic heart, -- the secret heart-cave, *hridaye guhayam*, as the Upanishads put it, -- and, according to the experience of many Yogins, it is from its depths that there comes the voice or breath of the inner oracle. (3)

Yes, indeed. The immanent Divine is none other than the Self. And the Self, if it can be said to reside anywhere, resides in the depths of the heart, the seat of the soul. I haven't heard the Mother's voice or breath, the inner oracle. That's out in front of me and so I can't comment.

But yes, "the seat of the immanent Divine, the hidden Purusha, is in the mystic heart." Absolutely. I've seen it there.

But speaking about it as "the heart" is so unsatisfactory.

We transport ourselves somehow through the hridayam or heart door and we're in another world. Do we call the heart "another world"? And yet it is.

Maybe back as far as 1990 I had an experience of suddenly rising up until I was on

a promontory looking out over the whole universe. I saw the universe inside the heart.

The hridayam or heart door leads out of the Truman Show.

Just the love alone, as I'm experiencing this moment through writing about it, is worth the price of admission.

I imagine to the galactics our knowledge of the heart must appear less than rudimentary. We just lump everything under the words "the heart" and don't inquire into what the heart might be, how it operates, where it leads to.

The only knowledge we have comes from enlightened sages, who can't stop talking about love and the heart.

I wouldn't be surprised to find that the study of the heart could keep a person occupied for a lifetime. I may find out.

### **Footnotes**

(1) Sri Aurobindo, *The v of Yoga*. Pondicherry: Sri Aurobindo Ashram, 1983, 140-1.

(2) Loc. cit.



## Where the Road Leads – Part 1/2

October 27, 2021

<https://goldenageofgaia.com/2021/10/27/where-the-road-leads/>



Once one's been bitten by higher-dimensional love, all one wants to do is to sing about it, share it, talk about it, etc.

Which makes it understandable why Archangel Michael would say in a recent talk with Andrew, in considering our lightwork:

"The only cautionary tale is what the Mother has said time and again to the words you say, to the words you hear, to the words you speak, the actions you take, the actions that are done unto thee: *Does it feel like love?*" (1)

Why is that the only criterion we need to keep in mind?

Why not share the wealth? Or heal the sick and wounded? Or house the poor?

Because the purity of this love restores all things to balance. Because the utter delight of this love rejuvenates everything about us, causes us to bloom, and relieves us of any felt need beyond food, shelter, etc.

Because this love banishes all negativity. In the field of this love, negativity can't enter. It transforms the space of negativity, rather than the space shutting down when negativity arises, as with ordinary love. This is why I call it "transformative."

Everything begins, persists, and disappears in this form of love.

In the space of it, we wouldn't tolerate the inequitable distribution of wealth, homelessness, or a lack of medical care.



Perhaps let me quote from a number of our sources on the matter, so as to clarify it and encourage us to open to this very love that Archangel Michael is, I think, pointing to.

Let's begin with what the Mother says. She's the ultimate Source of love.

"[Ascension] is a complete redefinition of what it means to be human. It is the complete surrender and [abolition], elimination of the old Third Dimension, because love does not exist in that environment, not the love that I speak of this night." (2)

"Not the love that I speak of this night." Tantalizing.

Be aware that it's very difficult to put such a thing as higher-dimensional ... let me call it, "transformative" ... love into words. If you're expecting someone to describe it in the way we describe ordinary things, well, I'm not sure how they'd do that.

Which may be why Mike Quinsey said:

"Eternal life comes through the Supreme Creator and is accompanied by the most exotic form of love that you cannot imagine." (3)

The most exotic form of love that we cannot imagine. I agree. This love is so far beyond our limited human experience that finding ourselves in it and seeing what it is comes as a great surprise to most people.

It did for me. "Oh, THIS is what the sages were talking about!" I exclaimed to myself. (4) I was thunderstruck.

Are the Mother and Mike alone among our sources making this clarifying point with us? No, the Federation of Light through Blossom Goodchild makes it as well:

"... A LOVE OF A MUCH HIGHER FREQUENCY THAT YOU CANNOT FULLY YET APPRECIATE." (5)

Again just simply, factually correct. Not a matter for shame. Very, very few of us, I wager, will have experienced what the inner tsunami of love is and is like.

Things begin and end with the Mother. Let's let her have the final word:

"Think of it as a rule of thumb that the percentage, the element, the experience of my love [that you may have] is but a small percentage or quotient of my essence." (6)

"My being is bigger than you can fathom, dear one. ... It is simply larger than any of you can imagine, particularly at this point." (7)

If this is the case and the Mother is only love, you can imagine how much more depth there is to love and how much deeper into it we'll go in our quest to know the Mother/Father One. These are glimpses, I believe, of where the road leads.

(Concluded in Part 2, below.)

## Footnotes

(1) "Linda Dillon: Archangel Michael's Clarion Call to Courage!" October 25, 2021, at <https://goldenageofgaia.com/2021/10/25/linda-dillon-archangel-michaels-clarion-call-to-courage/>.

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

(3) Mike Quinsey's Higher Self Message, Oct. 4, 2019.

(4) On the experience, see "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/>

(5) The Federation of Light through Blossom Goodchild, Sept. 27, 2020.

(6) 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/>.

(7) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012 at <http://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.

## Where the Road Leads – Part 2/2

October 27, 2021

<https://goldenageofgaia.com/2021/10/27/where-the-road-leads-part-2-2/>



There was nothing in my being - once flooded with an inner tsunami of love - that prepared me in the slightest for the experience of a heart opening. I could not fully appreciate beforehand what would occur.

More to the point, I had to face the fact that, given what I now knew, I also knew that I had never loved in my life until that moment.

I entered into "commercial" relationships. In return for love, I'd ingratiate myself to my partner by paying for things, doing things, and otherwise being a good boy.

But, when they ran out of love, the relationship collapsed. I didn't know what they wanted or why it collapsed. They'd always say, "You're a nice guy but...."

Now I knew what, why, and how.

But that's only one facet of this experience. I assert that humans are most motivated to experience the best they can feel. Well, it'd be hard to imagine feeling better than

taking a dip in this ocean of love.

So Michael has reduced our recommended standard of conduct as lightworkers down to one simple guideline: Does it feel like love?

Now we need to take it on, actually use it, and plan what comes next in rebuilding Nova Earth in accordance with it.

That's one, respectable level to the game. But there's an even higher level for me and that's treating every moment as an opportunity to love - to feel love and share it. That's the real challenge. I believe it's ultimately where the road leads that Michael is pointing at.

## Standing on the Mountain Top – Part 1/2

November 15, 2021

<https://goldenageofgaia.com/2021/11/15/standing-on-the-mountain-top-part-1-2/>



I read a passage from the Mother and it unleashed a vasana (or core issue) which I'm still in the midst of processing. Naturally I ran for the computer.

The passage from the Mother was this:

"You are already 'in and out' of the fulfillment of your ascension.

"[What] is the final watermark? It is this creation process. It is not only you accepting and anchoring and being the fullness of your creator self – ***because you can do that quietly sitting in your room or the privacy of your office.*** It is taking the actions, ***being in the stillpoint, the silence, the spaciousness,*** the dreaming, the expression, the fulfillment of your hopes." (1) [My emphasis.]

I let out a profound "Yes!" when I read that passage. "Because you can do that quietly sitting in your room or the privacy of your office." I experienced this as a profound validation of the writer's path I'm on, which is done "quietly sitting in your room."

I didn't know it at the time but I regarded myself as "stealing time away from" other tasks to write. I was "lucky" if I could scrounge some time, etc. I had not validated my writing as my lifetime choice of dedicated activity. I was a thief secretly enjoying his prize.

Mark this down as another example of changing one's vote. After realizing I had never validated my life's choice, I changed my vote to validating my life's choice. Fundamental shift here.

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And then I felt sad. The vasana said: I've worked a lifetime to get to the position where I'm able to write, to express myself, to say what I think needs to be said without limitation, distraction, or any other tug, pull, or influence.

It's taken this long, it said, and now that I have it, I'm going to hold onto it.

And what is "it"? I asked the vasana. I'm not sure, it replied. It's more than just privacy. It's as if, in the act of clearing the decks for writing, I cleared the inner decks as well.

Let me step in now.

I feel at this moment the same inner expansion that I felt on June 6, 2021, just before something merged in me. (2) Back then I felt like I had a grotto-sized empty space inside myself. It was at that moment that I was joined by a second entity....

The big change is internal, not external. Something has clicked. Some puzzle piece has fallen into place.

I feel complete. I feel a confidence and satisfaction that arises out of considering that I've achieved the space I was unconsciously seeking all this time. A kind of longing and quizzicalness has now gone. I am here, not like I knew I was seeking any particular place or even seeking anything at all.

(Concluded below in Part 2.)

## **Footnotes**



(1) "Transcript ~ The Divine Mother: New Year's Message 2017," December 31, 2016 at <https://goldenageofgaia.com/2016/12/31/new-years-message-2017/>

(2) See "And Here It Is," June 11, 2021, at <https://goldenageofgaia.com/2021/06/11/and-here-it-is/> and "Mapping a Possible Soul Merge," August 12, 2021, at <https://goldenageofgaia.com/2021/08/12/324500/>.

## Standing on the Mountain Top – Part 2/2

November 15, 2021

<https://goldenageofgaia.com/2021/11/15/standing-on-the-mountain-top-part-2-2/>



(Concluded from Part 1, above.)

The vasana is a gigantic GRRRRR! to all the opposition I met along the way - opposition to doing what I'm happily doing right now. Why can't we be allowed to do what we love and be financially supported? (Just wait for the Reval!)

But then I realized that, without the opposition, my life would have been totally different and none of this might have happened.

Instead of my first dissertation not being accepted, it could have been accepted and I could be delivering boring lectures in some small institution somewhere now, dining at the Faculty Club and wanting to blow my brains out.

Instead of my second dissertation not being accepted and me leaving university to pursue enlightenment studies, I could have fought the battle from inside and

alienated all my colleagues. Again off to some small institution delivering boring lectures, etc.

All the closed doors behind me got me here, right where I've always wanted to be. I'm not sure I would have gotten here without those closed doors.

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It's done. The jubilation may not last, but I got here, in this moment - by my declaration. I'm standing on the mountain top.

Dad, I believe I've passed a hundred books now. Does that prove I'm not a lazy, no-good good-for-nothing?

Can I stop now?

Yes, I can. Everything I set out to do is done.

That doesn't mean I'll stop writing. I don't really know what it *does* mean.

In actually means a number of things.

It means I no longer *have to* write, *need to* write, *must* write. It means I'll write from a place of causality rather than reactivity now. The driving issue below it is gone.

I'm now no longer serving a self-driven agenda of proving myself to my Dad (1) but am available now to serve the Mother ... and others in a more complete manner than I have been until now.

I have nothing at this moment that I'm aware of to prove. I feel more still in my everyday life than I ever have before. (2)

Dad expressed his frustration over me not jumping to his post-World-War-II commands and called me a name. That's all that really happened.

Yes, the insult got in. As the twig was bent, the tree inclined and I became an over-producer.

I see what I did with his careless words. Seeing it, my automaticity is now gone and I find, as in all similar cases with me and others, that I benefit from the skills I learned along the way.

I learned to work on my own, at the frontiers of knowledge. I learned to stage my research - first databases; then articles; then books, in a natural flow. I learned to say what was only being whispered and not to be dissuaded by criticism. Most of all I learned to produce.

In the course of enacting our escape plan or coping mechanism at the heart of a vasana, we may find we learn new skills. Thus we learn a great lesson about ourselves in the course of processing the vasana *plus* we're left with skills.

And we're now stronger and more stable for having "wrestled with our demons" or "listened to the siren's song." (3) Another layer of superficial noise is removed and we find ourselves at a deeper, quieter level.

### **Footnotes**

(1) An agenda Dad and I probably set before I was born - to make sure I got here!

(2) At Cold Mountain Institute, we'd say "I arrived." Yes, that is what it feels like.

(3) Odysseus lashed himself to the mast so that he could listen to the sirens' bewitching song. We look for the origin of our vasana and listen to it, which is like lashing ourselves to the mast.

## Steps in My Own Emergence – Part 1/2

November 25, 2021

<https://goldenageofgaia.com/2021/11/25/329266/>



Now this is cocooning! Great-nephew Remy

"You know ... it could be so easy with all that is going on to just become a recluse. Many feel this way and unless things change ... the great 'unpricked' cannot go anywhere in public anyway, so reclusive lifestyle is suiting many. Just keeping themselves to themselves." (1)

I just realized this morning that I'm going past simply responding to a lockdown. I'm cocooning. I've foregone almost all contact and I'm loving what's coming from the relative solitude. (2)

I'm choosing to create the time for me to pause and, given this is an Ascension ethnography, reflect on where I'm at in my own Ascension and what the road has been to get here.

I'm reviewing some of the steps in my own emergence. I don't intend this to be a complete history. It's more what in a discussion group would have been called a thread.

First I need to dip back into history to set the stage.

My Dad, fresh back from World War II, travelling in the boiler rooms of ships that faced being torpedoed at any moment (certain death for him), was a rough and temperamental man.

When I was seven, he shouted at me from a few inches from my face and I shattered into a million pieces. All I remember from that moment is the sight of his face in my face.

I became the Humpty Dumpty Man, not sure of what happened to me, not sure of the ground under my feet, not sure of anything.

From what I know of my Dad's past, he was traumatized by his father and so it probably went back through time, visiting the sins of the fathers on the children.

Once my Dad lunged at the whole family with a kitchen knife. My older brother grabbed his arm and threw him down the basement stairs. That was the end of that.

I grew up not wanting to be a father. These traumatic incidents were the only movies I had in my head and I did not want to visit them on anybody else. I dreaded the thought of being a father.

Meanwhile I grew up in a house of mirrors. With the women in my life who loved me, I mirrored back what I received. When it came my time to share, I had no idea of what to do and so the relationships failed.

But this is what guys do, right? They get married, have children, settle down. No. I didn't want that. On the eve of my first marriage, I turned to my brother and said, I don't want to do this. He replied, it's just nerves. No, it wasn't.

Within me there was a counter-current. I wanted to be studying, making notes, and writing about it. Just leave me alone. I'm organizing my card files. I just want to get my card files onto a mag card. I want to take my box of IBM punch cards down to the university print shop and print them off. Have you seen my floppy disks? I just

want to study.

Why can't I do both?

These have been the three struggles in my life: (A) To put Humpty together again; (B) To find out why my relationships always failed; and (C) To create a life where I'm free to do what I now see as my life's work, my mission, my path in life, free of the boxes I myself create out of ignorance of the situation.

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There have been so many women who've tried to get through to me and I bow to them all. I am flooded with thoughts of things I would have done differently.

At age 69, I came to know what it undoubtedly was that the women in my life had wanted.

On that day, because Michael decided that was the time (please note, all ye who seek it in the desert: ask and ye shall receive), my heart opened. Not like bambie and jingling bells, but like a battleship's main guns.

I can only remember lingering impressions now, my memory is so bad (go, med beds!), but I was left awash in an inner tsunami of love that swept from me, well, everything that was not, in essence, me. I was swept clean. It was a hallelujah moment!

I was being bathed in the River Jordan. All of this is recorded on the blog, much better than I can remember it. (3)

My heart had been opened and I learned what real love was. Not what passes for it on this dimension, as good as that can get.

No, this was a world beyond. This is a world which is not dreamed of in our philosophy.

Our intellectual world cannot grasp it. But let me not make a detour.

Events led on and eventually I found myself in an Ocean of Love.

Here's my description at the time of the first of two experiences of it:

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

The space of love and bliss that I was in then seemed unshakeable. I noticed that, while in it, I made choices, but had no preferences. I was in what [Lao-Tzu, Ramana] and Krishnamurti called choiceless awareness. (4) Just being here with nothing added. Acting without acting. Remaining centered. Doing what worked and whatever I did worked.

" 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'd now characterize it as a point of awareness in a sea of love, the Father in matter, *mater*, Mother.]

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 as 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.

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." (5)

(To be concluded in Part 2, tomorrow.)

## Footnotes

(1) "The Federation of Light via Blossom Goodchild, Nov. 23, 2021," November 23, 2021, at <https://goldenageofgaia.com/2021/11/23/the-federation-of-light-via-blossom-goodchild-nov-23-2021/>



(2) I'm not cocooning from the blog. I'm taking it as far as I can, but practically speaking. Just increasing the quiet and allowing myself time to reflect, much as I'm doing here.

(3) See "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/>

"Activating the Wellspring – Part 2/2," March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(4) Lao Tzu: "Let this monkey go. Let the senses go. Let desires go. Let conflicts go. Let ideas go. Let the fiction of life and death go. Just remain in the center, watching. And then forget that you are there." (Lao-Tzu in *Hua Hu Ching. The Unknown Teachings of Lao Tzu*. trans. Brian Walker. San Francisco: Harper, 1992, 13.)

Ramana: "Effortless and choiceless awareness is our real state. If we can attain it or be in it, it is all right. But one cannot reach it without effort, the effort of deliberate meditation." (Sri Ramana Maharshi, *Gems from Bhagavan*. Comp. A. Devaraja Mudaliar. Tiruvannamalai: Sri Ramanasramam, 1985, chapter 8.)

Krishnamurti: "Awareness, without any choice, of the ways of the mind, is the beginning of meditation." (J. Krishnamurti, *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974, 1, 84.)

(5) "Immersed in an Ocean of Love – Part 2/2," May 17, 2015, at <https://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-22/>.

## Steps in My Own Emergence – Part 2/2

November 26, 2021

<https://goldenageofgaia.com/2021/11/26/329268/>



The tsunami of love becomes an ocean

(Concluded from Part 1, yesterday.)

What differentiates the inner tsunami from the Ocean of Love? The depth of the experience.

And this is important because those of us on an experiential path - of love, peace, bliss, etc. - will find that our experiences just keep getting, not different, but the same only deeper and deeper.

I should add that my experience of both happened during a year (2015) in which I went in and out of transformative love and bliss. There was so much happening that year that I forgot about both oceanic experiences until sometime in perhaps 2020.

I didn't ask Michael about them. But I do have his standard of calculation, based on

which I place the Ocean of Love experience in the Seventh Dimension.

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

Archangel Michael: It is the seventh dimension.

[The Ocean of Love would have been the epitome then of this rung of experience.]

Steve: Then what dimension is bliss?

AAM: It is between eight and nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

AAM: Then you have moved beyond. (1)

I have to emphasize that I have only Michael's estimations to go on. I have no independent way of knowing this information. The dimensions do not have road signs.

We call them by different names - love, bliss, ecstasy, etc. - but they're simply waystations on the same descent into God - or ascent, in our case!

In this case the rail "line" is the Love and Beyond Line. Others may follow different lines with different waystations.

While I get deeper and deeper experiences of love, an athlete might get larger and larger experiences of capability, stability, and strength. An artist might ever more acutely see and feel the beauty in everything.

We all of us go deeper and deeper into our inner experience of our divine states and finally Self. I used a mixture of spiritual and growth means until the door opened.

(2) But you have to factor in that I agreed with the Company of Heaven to do this - to write about it - and so they use me and give me these experiences. (3)

As you know, on one occasion, I asked Michael how I could see the higher

dimensions without becoming a spiritual teacher. He replied: "It is very simple, visit don't stay. " (4)

Now you have to add to that that, while I'm visiting, the Mother and Michael are toning the experience down so it doesn't create separation from you folks.

I depend on them to give me as much of an experience as will allow me to write about it on the blog but not so much that I'm removed from constructive communication with you.

It's challenging. Sometimes I feel like Giacomond:



## Footnotes

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

(2) The growth means has been the cleansing of vasanas or core issues using variants of the upset clearing process. See "How to Handle Unwanted Feelings:

The Upset Clearing Process,” April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

The spiritual means has been karma yoga, seva or service of the Divine Mother and Archangel Michael as a communicator.

Archangel Michael: All of you [lightworkers] have multiple faces, multiple existences. But you are anchored in where you are by choice, by free will, in service to the Mother. ("Transcript: Archangel Michael Returns to AHWAA: What's It Like to be an Archangel?" March 17, 2016," at <http://goldenageofgaia.com/2016/03/27/transcript-archangel-michael-returns-ahwaa-whats-like-archangel-march-17-2016/>.)

(3) 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. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

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

## The Divine Mother's Essence

December 15, 2021

<https://goldenageofgaia.com/2021/12/15/the-divine-mothers-essence/>



Not all the vaccine exposés, election fraud stories, wars and rumors of war hold a candle to any experience of what the Mother called "sacred love" or equally-sacred bliss.

I look at both roads - focus on the external and on the internal. The former feels, as I've so often said, like a mouthful of dry oatmeal. There's just no juice to it.

You and I know the Divine Plan is unfolding. We know how the story ends. It all works out in the final reel.

How did the Mother put it?

Divine Mother: Make no mistake, Sweet One, Love will win because that has been my Plan always. (1)

Love will win. Admittedly some among us must take up arms for our freedom and safety and have done so. These brave people are risking their lives to destroy underground bunkers and rescue trafficked children.

But the rest of us are best kept out of their way. We don't have to take up arms and are best given over to love. (2)

Love, love, love.

Actually draw this tangible, delicious love up from our very own hearts, where it dwells especially, and send it out to the world. (3)

Love must flow. We get to experience it as it passes through us enroute to ... everywhere.

Just the touch of this love liberates us from anything we have going on with us at that moment.

Now that's what I call juicy. Focus on that!

I grant that, before our heart opening, drawing love up from our hearts may not have the same result as after. But, as Michael once said, it activates the well-spring:

Steve: 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 [the heart opening]?

Archangel Michael: 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. 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! (4)

Like a mountain stream, it never stops flowing. Through us. Through everything. But particularly strongly through our hearts.

Everything goes better with love. It transforms every experience in life.

Drawing it up from our hearts shows us taking steps towards what we want - a heart opening. The creation process apparently requires us, after invoking the universal law and releasing the result to the Mother, to take steps consistent with the desired result. Loving is us doing that.

And then, when we finally succeed, the heart's door opens and the inner tsunami of love flows. It'll take only seconds immersed in this River Jordan to forget all our troubles. This is the part in the divine movie where we shout hallelujah!

I'm wafted aloft even now through writing about the subject. I've written down the bones.

Pay attention to love. Allow it any little crack and it beams through.

There's nothing on Earth I'm aware of to compare it to. Every sense is satisfied and thrilled at the joyousness that love brings. (5)

This is not dry oatmeal. Quite the opposite. This is the divine nectar, the heavenly ambrosia, the Divine Mother's essence. (6)

### **Footnotes**

(1) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.

(2) I'm a Canadian. It's not part of our culture to bear arms.



(3) Everything is love. Therefore love dwells everywhere. But I'm told that it flows especially strongly in our hearts.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.

(5) Experiencing this love, I don't need to travel to Amsterdam or Paris. Thinking of them plus this love is all I need.

(6) "Let us be very basic. My essence is love." ("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/>).

**⌘ From 2022 ⌘**

## Recreating 3D

January 14, 2022

<https://goldenageofgaia.com/2022/01/14/recreating-3d/>



*Who? Me?*

I just "got" (realized, intuited, flashed on) the fact that all the most important issues in my life are resolved through correcting something in my own thoughts or thought process.

So it's not that other people cause 80% of my problems. It's not that I'm a victim. The problem lies in my own thinking.

This is interesting because most of us usually use the self-serving bias in our assessments of fault and blame. Our successes are due to our own efforts but our failures are traceable to the efforts of other people.

I was just doing this with Len this morning. Puffing up my chest and narrating my victories.

We maximize our victories and minimize our defeats. We excuse, justify, and deny our failings, but resent, condemn, and point out the failings of others. And then we wonder why we don't experience real, true love.

A second thing I noticed was that the problem lay in some thought or thought process not lining up with the universal laws or violating the divine states.

If one violates the dictates of love, love disappears instantly, without a word of goodbye. And of course the universal laws are they that see that we receive again what we've put out. Whatever we dished out will come again in turn.

This is a question of intellectual vs experiential vs realized knowledge.

I've known all this intellectually for decades and had experiential knowledge that validated it as well. But never had I realized it.

As intellectual knowledge, it had no juice. It would not have motivated me to act. Experiential knowledge had juice but no certainty. I went on "gut feelings" and intuition. Realized knowledge had both juice and certainty, all packaged with whatever divine state we were currently interested in (love, peace, joy).

So it's not "I think; therefore I am," but more "as I think, I am."

This is an about face for me. Facing one direction I blame others for my misfortunes. Facing in this other direction, I'm not even looking at others' input. I'm only concerned with my own.



This all came about because I was grumbling to myself about a personal situation, when I suddenly remembered Kathleen saying: "The Mother forgives everything."

OK, OK, why don't I give what she says a go? So I forgave everyone and everything, not just superficially but as deeply as I could go.

And that removed all reason to grumble. I was left with just myself. It was spooky.

I was feeling residually irritated and I saw that that too was something I was doing to myself.

Now that I'd forgiven everyone and everything, there was no one left to feel irritated about. And no one to shift the blame onto.

I saw that I'm responsible for the very thoughts and feelings that I'm busy projecting and blaming on other people.

That's the bad news.

The good news is I can change my thoughts and patterns. It takes commitment. The change has to come from a very deep level. I've discussed it before as a change of vote. (1) Usually from yes to no.

If an avalanche were coming down on me right now, I'd reconcile my issues very fast. It can be done. It's a standard scene in movies. In every emergency situation, we drop our issues fast.

It seems as if my newfound sense of responsibility depends on me continuing to forgive everyone and everything. The minute I stop and begin blaming and shaming again, as Michael might say, I recreate the whole of the Third Dimension!

### **Footnotes**

(1) See “A Radical Change of Vote,” December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>

“Changed My Mind,” September 6, 2021, at <https://goldenageofgaia.com/2021/09/06/changed-my-mind/>

“How Do I Change Myself?” August 5, 2020, at <https://goldenageofgaia.com/2020/08/05/312381/>

# What Does It Mean to Journey Within?

January 18, 2022

<https://goldenageofgaia.com/2022/01/18/what-does-it-mean-to-journey-within/>



We're commonly called to seek the Truth within or that God lives in the heart, etc.

Consequently, we're urged to journey within.

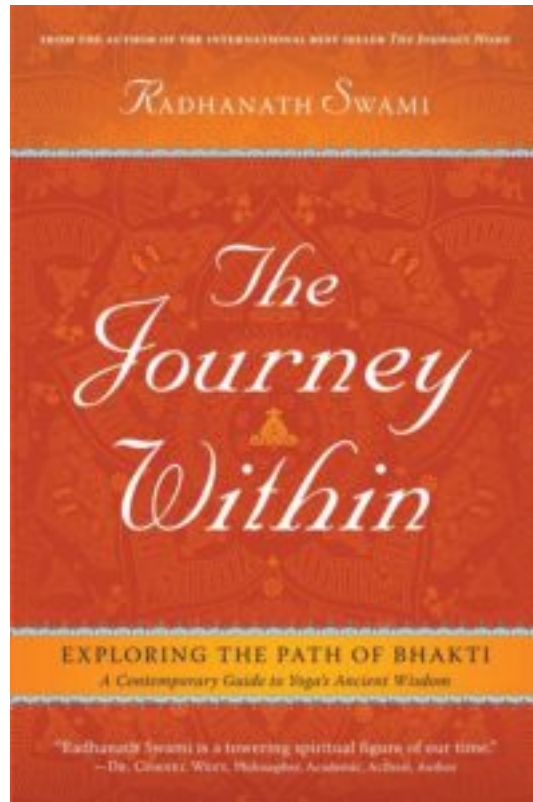
Having seen the Self in the "seat of the soul," the deepest part of the heart, (1) I know that "God lives within" and that "God lives in the heart," in the sense that the soul, Self, Christ, or Atman "lives" in the heart.

So what does it mean to journey within?

Well, it can mean a thousand things. Some people will focus on the heart in meditation.

Others will do as I did, imaginatively enter the heart and journey into it.

Others will chant and aim their vibrations at the heart. All will depend on your spiritual practice or sadhana, your conception of God, the "sensory door" you prefer (sights, sounds, tastes, touch, etc.), and so on.



Here's what I'd like to point out.

You've been watching the editors here journey down into the Self. When we use our awareness to eliminate a vasana or core issue, or raise to awareness a new and freeing noticing, we fall into a deeper and deeper level of consciousness.

The destination of this is who we are. The destination is the deepest levels of the Self, uncovered through transparent communication.

Jesus said, the truth shall make you free. We've been discovering the truth of our core issues - and you've watched us do it, day after day. We've reported on the process, on the discoveries, on the release, etc.

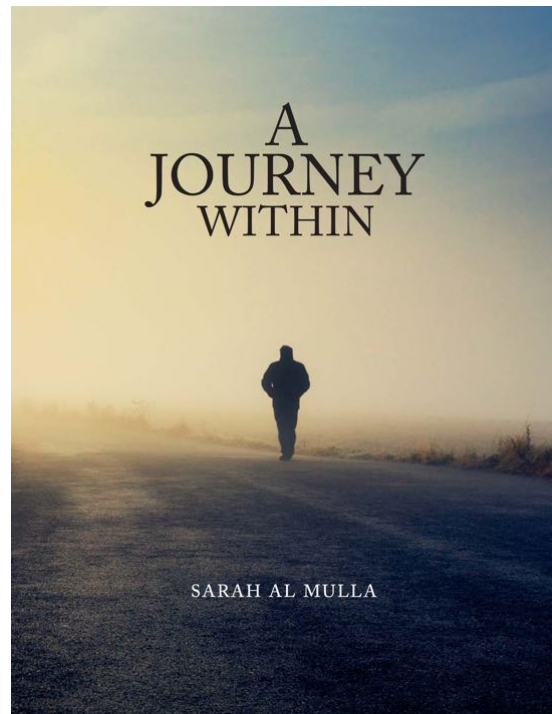
And we've continued to push our edge, to take our awareness further. Yes, there's a lot we don't talk about. I never talk about ... well, things I never talk about.

Personal things and things that would affect others. I'm censoring myself and I'm at choice with it. Those withholds have not proven to be impediments.

Otherwise, I can report that, apropos of what Jesus said, I feel freer and freer as

each year goes by because I'm peeling away one layer of the onion after another through self-awareness and transparent communication. I'm dropping the links in the chain I forged year after year.

Then I was building my chain; now I'm eliminating it.



So, again, my point is that this is what the process of journeying within can look like. Not like it's my particular snapshot in the photo album. It's meant more as an *example* of one person journeying within by seeking the truth perpetually.

All of us need to become what Suzanne Spooner once called the "gatekeeper of truth." (2) Even that alone would bring the results we desire, I believe.

But I could also say that all of us need to become beacons of love. Or any other divine quality. All of them, if we keep pushing our edge, will bring us home - I believe! (3)

### **Footnotes**

(1) At Xenia Retreat Center, Sept. 18, 2018. I saw the Self objectively; I experienced purity and innocence subjectively. I did not realize myself as the Self.



I say "deepest part" because when I imaginatively journeyed into the heart, I reached a cul de sac and could go no further. To the left of that heart wall was the Self on a ledge. It wasn't an altar; it was simply a ledge.

My view of it was truncated, as the Divine Mother explained:

Steve: The experience at Xenia, Mother, was that truncated?

Divine Mother: Slightly, yes.

Steve: I had the thought [it was]. ... The Light I saw should have been brighter than a thousand suns. The fact that it wasn't suggests to me that the experience was truncated. ...

DM: It was not is brilliant as possible, let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: To keep you in sync with your readers. But let me be very clear.... If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

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

(2) Divine Love through Suzanne Spooner to Steve Beckow, June 3, 2011.

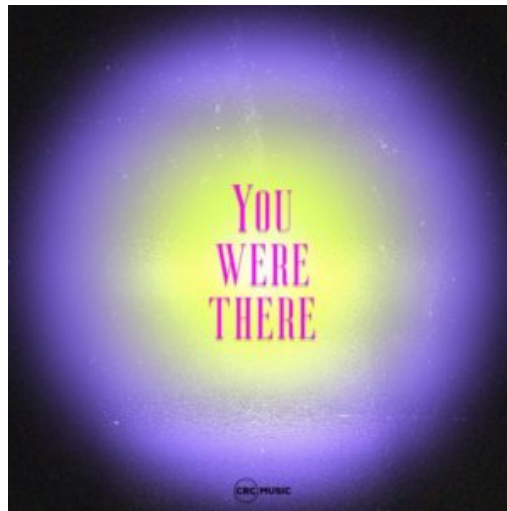
(3) Only my belief.

I'm not an enlightened person - this lifetime - and hence not a spiritual teacher, even if I wanted to be (I'd rather be a writer). To be a spiritual teacher, in my books, would mean having experienced at least Brahmajnana, God-Realization or seventh-chakra enlightenment. I've had a truncated experience of it, which I've narrated in these pages, but I don't regard that as qualifying me for anything - except waiting tables at the banquet of Ascension.

# And You Were There

February 26, 2022

<https://goldenageofgaia.com/2022/02/26/and-you-were-there/>



Credit: [ubetoo.com](http://ubetoo.com)

I'm amazed that one can feel peaceful at a tumultuous time like this.

But that's the experience I'm being given. And I can only write about what I'm being given.

Now I feel a wisp of love and I acknowledge it. In return it unfolds and I'm immersed in love as well as peace.

I recognize this as my natural state. And with that recognition the two of them anchor in me - or I in them.

In this state, nothing is wrong. Yes, plenty is wrong outside this state and I'm aware of it.

It's just that nothing is wrong inside this bubble of awareness that I am.

I almost feel like I need to ask your permission to be tracking internal events at

such a topsy-turvy time. I feel awkward.

However we've been told that all is as it should be. Trust the Divine Plan. When am I going to get around to actually doing that?

Trusting the Plan, I settle into being. "Go up with everybody else, Steve, and write about it." That's my job.



I can't recall ever having been in two divine states at once so let me describe how I feel.

Peace feels like I weigh a thousand pounds and yet I can move. I feel massive and yet I can do anything as normal.

Love has disappeared for the moment. I'm focused on the experience of peace, of weighing a thousand pounds.

What happens next?

I experience the heaviness. I realize that any heaviness can only be associated with the not-Me.

How could I myself be heavy? I've experienced the incredible lightness of the spirit (1977).

Ordinarily I don't experience the spirit inside the body to the extent that I'm aware of heaviness. It's just what I carry around day in and day out without noticing. But when I'm aware of the spirit inside, then I'm also aware of the heaviness.

Just as I'm the spirit in the body that departs upon death, and not the body itself, so I am also not the heaviness, whatever it is.

Neti, neti. Not this, not this.

I know that so I have that landmark.



I therefore rest in the heaviness. I see that the heaviness is all my core issues, habit patterns, memory files - in fact everything that's not-Me.

I turn off my cellphone and begin to meditate. My mind is already quiet and has been for some time.

What I'm doing is having the effect of creating a vortex - which appears like a tunnel - in my field of vision.

I confirm with Michael that I can break off and describe the experience - that's my mission - without losing it. I feel his confirmation.

The vortex, as I return to it, becomes more focused. I realize it's the Atman, the Self, the Christ and say so. I bow before it.

I see myself climbing out of a pile of something. I'm having to wriggle out. Once out I recognize what I've just left behind is my heaviness.

I send that unwanted baggage back to the Mother for refining and recycling.

And then I get the realization: In peace I experience my lightness, within the prison of my heaviness (my physical body and mental/emotional baggage). I initially experience the heaviness and then separate myself from it and experience peace free of the drag of my baggage.

I've been calling peace the heaviness, the granite-like substantiality. And it is, at one level. Then at a deeper level still, when the being separates itself from its baggage entirely, there is the incredible lightness of being. Undoubtedly there are many levels after that.



There still remains cellular memory. And now there are no habit patterns that hide and protect me. I'm like what we used to call at Cold Mountain Institute a "quivering jellyfish." I have no shell. I quiver at the thought of an upset now. I

crave peace.

Back to the experience. Simultaneously, peace grew to fill the new space created, like a peacock's feathers expanding. I realized peace, "arrived" in it, and then proceeded to make a few declarations. (Remember: Realization is a divine state like bliss or peace plus a puzzle, a distinction that becomes clear.)

I was taken back in a flash to the Xenia experience where I knew my natural Self was pure and innocent. I asked to be filled up with this divine state because I'm going to need it.

I felt an inrush of confidence. That's how the Company of Heaven does it: They give us what we need when we need it.

I claimed my inheritance because I knew I was going to need it. And then I broke off to write it down.

Being back in my eyes-open, normal state, I found I had no inclination to go back in, this time. I feel refreshed, renewed, confident. I can apply myself to work now.

Where were we?

Now I see how spiritual experiences go. In the past, I could never tell you the duration of any mood or experience I've had. Days? Weeks? Hours? Minutes?

I see now that, once they happen, I'm inclined not to remain there but to come down again into the world and share about them. I'm organized around them being simply momentary.

That means that most of the spiritual experiences that I've had probably did not have significant duration. They happened for the time they did and then they were over because I had no deep inclination to continue them. That was enough, thanks. I feel great. Goodbye.

Mystery solved.

I've just demonstrated that realization is bliss lifting us up or peace freeing us enough that what wasn't clear to us before becomes crystal clear in a moment of dawning awareness at the higher level of consciousness. This whole process I

described has been one of that.

And you were there.

## Past a Certain Point

February 27, 2022

<https://goldenageofgaia.com/2022/02/27/past-a-certain-point/>



*Credit: [celebrationballoons.biz](http://celebrationballoons.biz)*

This peaceful mood persists. But within it I still feel things.

I feel an urgency right now to write on the purpose of life and the Divine Plan. I was just on my way outside on a beautiful sunny day. Not to be for now.

Write on truth, love, and peace, is what arises.

Ok. I will.

A convenient way of thinking about them is that Truth is the Father; Love is the Mother; and Peace is Their Child.

The Ultimate Truth is what we seek. Love is the way to find it. And Peace is who we are and ever more deeply become.

The first thing to write on is Truth. Knowing the truth of who we are is the purpose of life. (1)

The purpose of life is to enlighten ourselves. We seek enlightenment always, driven by a built-in longing for liberation. (2)

Our focus remains on ourselves; no other focus is crucial but that one. We must find who *we* are, not someone else. That will not fulfill the purpose of life. To find out who we are will.

Why is that the purpose of life? Because God also has a purpose in it all. The purpose for God is that God should meet God in a moment of our enlightenment. For that meeting was everything you see around you - and everything you don't see - made.

How to accomplish our purpose? With the second of this Trinity - Love. The Divine Plan calls for Love to coax and educate all of us from a state of not-knowing who we are to a state of knowing.

Love is all there is and, materially speaking, is not. Everything is made from it, persists by reason of it, and recedes because of it.

Love attracts, but it also repels. Love has a voice. She calls herself the Divine Mother. The Heavenly Father does not speak or stir. She is the Voice in the Silence and the universal creative vibration - and everything else.

Why Peace? Because in Peace, the ego is quiet. The mind is quiet. We are quiet.

In peace, I'm almost agreeing to withdraw myself, put myself aside, and be silent. That turns out to be necessary because what I consider "myself" turns out to be inaccurate. And yet I'm chattering away, presenting it as "me."

In the space thus created, first the Self and, I'm told, eventually the All manifests. Consciousness flips itself inside out and the Self becomes the All. The story ends the minute that happens.



There's no more "me" to tell you anything. Like Ramakrishna's salt doll, I'll have dissolved in the Ocean of Love. Now who is there to tell you its depth? (3) He explains:

"If ever a salt doll ventures into the ocean to measure its depth, it cannot come back and give us the information. It melts into the water and disappears." (4)

"Man becomes silent when It is attained. Then the 'I', which may be likened to a salt doll, melts in the Ocean of Existence-Knowledge-Bliss Absolute and becomes one with It. Not the slightest trace of distinction is left." (5)

Knowing the Truth has occurred through loving the One and surrendering the self in peace.

I'm being drawn in that direction. It's definitely counter-intuitive, not what the times seem to call for. But irresistible when it goes past a certain point.

As inconvenient as it may be - and maybe impossible - this is one I need to follow up on.

*An hour later I went for a very slow walk in the sunshine and a man came up to me and implied he thought I was a government agent, "watching people." How ironic. I simply feel peaceful.*

## **Footnotes**

(1) I had a vision experience in 1987 that showed this to me. See "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(2) See "The Longing for Liberation," August 20, 2010, at <https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/>

(3) One day a salt doll went to measure the Ocean. But it could not because the moment it immersed itself in the Ocean it dissolved. Now who is there to tell you the depth of the Ocean? One of Sri Ramakrishna's favorite parables. (See, for

instance, Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942v, 257.)

(4) Ibid., 257.

(5) Ibid., 148.

# I Hope It Never Leaves

February 28, 2022

<https://goldenageofgaia.com/2022/02/28/i-hope-it-never-leaves/>



I remain in the experience of peace for a third day. I've never been in the experience of it for more than a few minutes in the past.

The experience is growing as I write about it.

I remember being in a float tank and how peaceful it was. I'm as peaceful as that at this moment.

I hear "Aum" chiming away in my ears. If anything it's louder than it usually is.

What is it that's so hypnotizing about stillness and silence? That they're our natural state? What is it about peace that has me want to remain in it for hours? Is this where the Father is known?

I imagine it's because all the negative thought patterns are contained in the mind, which is silent. Consequently there are no negative thoughts arising now. Which is new for me. And probably for anyone.

I know that stillness and silence are who I am. Cosmically, if movement were to cease (i.e., in stillness), everything would disintegrate and return to the Void.

Which is still and silent. But isn't returning to the Void what we want?

Not this lifetime, I grant, because we're lightworkers but when freed from obligation?

As much as I'd like to, I'm finding it difficult to watch the wonderful videos which are emerging every day right now. Or read the equally-wonderful articles that people are producing.

I feel myself drawn in a different direction.

The direction is emerging but the part of me that wants to know what's happening in the world feels more inclined to seek that news in channeled messages than I do in even the alternative press.

The conflictive, oppositional language, ridicule, etc., are proving to be something I can no longer digest. I'm going to be sick if I condemn myself to more of them.

I'm going to read enough to keep abreast of matters but I won't be posting very much at all.

The onset of peace and the lack of tolerance for the kind of reportage that's transpiring may be consequences of the ever-increasing love energy of Ascension. All of this that's happening is probably a consequence of it.

We are slowly and gradually transitioning to our crystalline from our existing carbon bodies. The kinds of change I'm reporting here - an experience of peace - may be one result.

Usually an experience is gone in minutes. The year spent in love and bliss (2015) was an exception. But all other experiences have been over in a short space of time.

This one continuing is distinctly unusual. Not like I question it. I hope it never leaves.

# I Want More of That

March 1, 2022

<https://goldenageofgaia.com/2022/03/07/a-deep-dive-for-me/>



*I acknowledge Daniel Scranton's excellent message on peace, which I read after writing this article. (1) I'm almost tempted to invite people to read his article before reading mine.*

So here I am, the peaceful state continuing. I'm starting in on my daily synopsis and I read:

"The [Central Bank] is panicking, they are completely exposed and they are now heading down the path the patriots laid out. The [Deep State]/[CB] want to punish Putin by removing Russia from the Swift system, this will boomerang. Never interfere while an enemy is in the process of destroying themselves."

I don't question the likelihood of the report proving to be correct. Removing Russia from the Swift system *is* helping Russia, which would have removed themselves soon anyways in favor of the activated Quantum Financial System. The [DS] deep state is in fact doing Russia's work for it.

There are fewer and fewer moves left to the deep state as the chess game approaches its end. Biden calls out the 82nd Airborne and they refuse the call, saying they don't recognize him as President. Putin destroys eleven biolabs in the Ukraine.

However, as fascinating as it all is - and this is why I write - it doesn't feed me any more. It isn't who I am.

\*\*\*

Who I am is this peace that I'm in right now. Where I'm going is where love - the protector of all peaceful beings - leads me. What I'm seeking is a greater truth than any politicized source can provide me with.

How I go about it is to push my edge, go deeper into awareness, and communicate what I find.

Enlightenment is the purpose of life. It's part of my mission to repeat that over and over again. (2)

The only relationship what is happening in the world right now has to enlightenment is to end the reign of darkness on Planet Earth.

Enough has proven to be enough. Enough to keep a group of patriots together since 1963, may heaven's blessing be upon them, determined to end the reign of darkness.

But, as historical as it is, it doesn't change the eternal focus of all life - any time, anywhere - on enlightenment. It aids it.

Or at least this is how it looks to me from inside a bubble of peace.

When a flower unfolds, it reaches certain points where a blossom kind of snaps

out, disturbing the other blossoms around it for a second? Like a person shoving their way into line?

This is such a disturbance in the flow of life, serving the greater purpose, the greater awakening, the greater blossoming.

\*\*\*

Our sources have said that our tastes will change. My need and desire for peace has just increased dramatically, for whatever reason. Maybe yours has to.

The upshot for me is that none of the news of the world's event meets my tastes any longer. None of it competes with the draw towards enlightenment, Ascension, expansion, unfoldment.

I could have phrased that differently and said, none of the world's news competes with the draw towards love, bliss, and peace.

I know there's more to life than this kind of discord and I want more of that.

Moreover, if I'm to be of any use to anybody, I need to do what I love. I know what I love in awareness writing and this article is a demonstration of that.

But in terms of what to share that might benefit a global community of lightworkers, I'm less sure about that. And how much I can do as a single person ... I see that that has its finite limits also, after three days of 10-hour sleeps to get myself back.

I need to feel my way along and the outcome will say something about me; it won't be a one-size-fits-all.

I passed my hundredth book recently. (3) I've proven to my Dad that I'm not a lazy, no-good good-for-nothing. I feel like going a little slower now and writing from this peace I'm now in. Thank you, Dad, for starting the engine.

\*\*\*

The divine states lie beyond what's happening on the world stage right now.

They're the states that make life ultimately worth living. The states that we're all seeking when we marry, travel, purchase, enjoy.

These states are not in us, as feelings are, so much as we're in them.

When you're in one of them, none of this seems as important as they are. So, while we have those who are removing the darkness from power, to whom I bow in deep respect, we also have those who are suggesting the possible contours of the new - Nova Gaia, a world that works for everyone. (4) That's more my direction.

I'll wait to hear all about what I missed, in the ten days of world broadcasts.

Years ago, I was complacent and lethargic: Now I'm feeling myself being aroused from sleep. Even if this space proves to be temporary, it won't detract from the substance of what I just said. My job is to say it.

### **Footnotes**

(1) "The 9D Arcturian Council: Russia/Ukraine Conflict & the Galactic Community," February 28, 2022, at <https://goldenageofgaia.com/2022/02/28/the-9d-arcturian-council-russia-ukraine-conflict-the-galactic-community/>

(2) On the vision I had which has me repeat this, see "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(3) Counting twelve I discarded on a guru who turned out to be a pedophile. Must think of the fact-checkers.

(4) The phrase originated with Werner Erhard.



# Message in a Bottle: In Peace Lies the Relief that All of Us are Seeking

March 4, 2022

<https://goldenageofgaia.com/2022/03/04/message-in-a-bottle-in-peace-lies-the-relief-that-all-of-us-are-seeking/>



Blossom crystallized things for me:

*It [the worldwide lockdown] has to take place. And indeed, Blossom, it will move things along in ways that will 'Blow people's minds!' This is another reason for an 'indoor curfew' 24/7 for a while because that which is brought to Light will leave many in states of shock, abhorrence, and disbelief.*

*Your role as you know, now and when this takes place, is to send your Light.*

...

*Many of you are 'feeling' the need to go inward and prepare. Each in their own way. Many of you are sensing that something is about to 'take off.' (1)*

Absolutely. That hit the nail on the head.

*I am* feeling the need to go inward and prepare. And *I am* doing that and have been doing that. But I never thought of it as a general situation.

What the Federation refers to as a general lockdown is, I believe, what has been widely discussed in the Reval community as a worldwide declaration of martial law, followed by ten days of programming designed for everyone to watch. This is not news unto itself.

But, yes, I am feeling the need to go inward and prepare. That is news.

Each in their own way. I have to walk my own path if I'm to be of any real use to anyone. The days of creating and selling a self-image are over, if they ever were here.

I keep having profound intimations that something big has to break and soon. Russia has invaded the Ukraine. The Fed and IRS are defunct. The US Inc. is broke, as is the UN, the IMF, the Vatican, the Clinton Foundation, and anyone else of dubious ethical stature. Team Dark is short of money, which makes their world go round. And makes them dangerous

However, we know that there will be no world war. No nuclear weapons can be exploded in hostility. I quote SaLuSa of Sirius:

"Although we have not been allowed to stop all wars, we have put a stop to nuclear devices being used to start a Third World War. We have stopped the total destruction of Earth on a number of occasions since the end of your last World War, and have succeeded in ensuring you are all here today to witness the end of the last cabal." (2)

Death and destruction are no longer allowed on Planet Earth, he says.

"You have freewill, but as you enter the New Age a new future awaits you that no longer allows wars that bring widespread death and destruction that has previously occurred. Peace for all people will be possible once the presence of the dark Ones is removed. You will not have too long to wait for world peace to be declared, but there is much in the way of necessary changes that will be needed." (3)

A victory of the dark forces in the coming years is not the Plan, he lets us know.

"[A dark victory] is not in the plan for the end-times, as you have earned the right to ascend and your freewill choice will be honored. The dark Ones can only go so far where your karma is concerned, before we stop them in their tracks.

"That is easy enough for us with our advanced technology, and not a drop of blood would be shed. You will not have to put up with the activities of the dark Ones much longer, as their days are numbered." (4)

Team Dark still has many freewill ways it can harm the public - HAARP, Project Bluebeam, a plague, a suitcase nuke. They haven't been rendered entirely powerless yet.

I'm so grateful to the men and women who are freeing us from slavery to the New World Order/Illuminati, by whatever name you call them.

I'm part of the Chair Force, the digital warriors. And, yes, I'm feeling the need to go inward and prepare. Even now, when anticipation is high, I still feel a basic, inner peace. I need to go further into that peace before the main event begins. I'll be depending on it later.

Michael once made a promise to me:

Archangel Michael: When all is done, when peace within you exhibits on the outside, which is not just no war but truly harmonious relationships and ways of being and behavior, then I will invite you to come and listen to our music. More importantly you will hear our music and you will see me painting the sky.

Steve Beckow: That means something, Lord, a little bit more than just the words might seem to indicate, does it not? If I were to hear your music, that would transport me to another realm, would it not?

AAM: That is correct. (5)

I think that promise would apply to everyone.

Such is the reward for peace.

I'm here to say that a quiet mind is achievable. In peace lies the relief that all of us are seeking. Message in a bottle.

### **Footnotes**

(1) “The Federation of Light through Blossom Goodchild, Feb. 27, 2022,” February 26, 2022, at <https://goldenageofgaia.com/2022/02/26/the-federation-of-light-through-blossom-goodchild-feb-27-2022/>

(2) SaLuSa, Jan. 25, 2013, 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).

See also [Ready Reference Guide: No Need to Fear \(2013\)](#). Reissued. Also:

- [Dark Cabal](#)
- [Dark to Light – The Covid Virus and Vaccine](#)
- [The Dark: Who They Are and What They Want](#)
- [Some will Choose not to Ascend: The Time of Separation](#)
- [Not Everyone will Choose to Come with Us: The Time of Separation](#)

(3) SaLuSa, July 10, 2015.

(4) Ibid., Aug. 17, 2011

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 3, 2015.

# A Longing for Bliss

March 27, 2022

<https://goldenageofgaia.com/2022/03/27/334225/>



My assignment is to go up with everyone else and write about it.

In my opinion, all of us have been liberated in other lifetimes or we wouldn't be here operating as lightworkers in a planetary Ascension. We wouldn't be reading this blog or others like it. So we are all of us going up with everyone else.

I call the writing an Ascension ethnography. (1) My path is the path of awareness. (2) And I'm here till the end. (3)

What my version of ethnography means for me (4) is that I have to write about what's right here in front of me and hope that it's helpful to others.

This mode of writing isn't about being in one's head. The awareness path is more

experiential and realizational than intellectual. (5) It's concerned with the here and now - the only time in which any real work is done.

This mode of writing is not about narcissism or self-servingness. It's about noticing, discovering, and sharing one's personal truth.

It recognizes that the purpose of life is for God to meet God in a moment of our enlightenment. Self-Realization thus becomes the aim of the awareness path, consistent however with our service agreements.

It values our feelings and the divine states, which we aim for by clearing ourselves of the obstacles to their enjoyment. (6)

Sometimes it leads to a discovery. Sometimes it gives rise to a vasana or core issue.



With that by way of introduction, let me begin by saying that I notice that my acuity is increasing.

The other day I was down to watching internal events. I began to write an article as it was happening and was interrupted. Too bad. I'd never been aware to that degree before.

What I'm aware of right now and it's the reason I'm writing is stress. I'm watching my reaction to stress. The issue is secondary; stress is stress.

I experience it as a heightened pulse in my neck. I assume that reflects an increased heart rate and blood pressure.

My hands are nearly shaking - a tremor rather than a trembling. This only happens when I feel stress.

What needs to be factored in of course is that I'm an urban monk. What would be normal stress for another person is not normal for me. I wouldn't go so far as to say I'm hypersensitive; that would be an exaggeration. But I'm sensitive to stress.

I probably prefer more peace and quiet than most people. Others are up skiing and ...

... now bliss has arisen. This is why I don't strap on my boots and take my skis and gloves and spend an entire day on the slopes.

*This* is what it's all about. And bliss seems to arise more often in a quiet life than in a busy one.



Love and bliss is what it's all about, in my books.

The longing for liberation (7) shows up for me as a longing for bliss. Because it's very much stronger than any desire, I tend to simply abide in it. That puts the onus on me to manage it so as not to interfere with my service agreement.

### **Footnotes**

(1) In my view of the matter, an ethnography includes biographies, narratives, first-hand observations, and other primary inputs to broader structural and functional studies.

(2) See *Transformative Awareness and the Constructed Self* at <https://goldenageofgaia.com/wp-content/uploads/2022/03/Transformative-Awareness-5.pdf>

(3) Archangel Michael : There is much to be said for Everyman, and that is part of the role you play. Yes, you are a pillar. You are an anchor. You're [a monitor] but you're also playing the role of Everyman – with curiosity, with exploration, with insight. So our desire is not to separate you from the collective. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 11, 2015.)

I remind you that you are a pillar [and] that you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective. (AAM, Jan. 18, 2020.)

(4) I declare myself free of disciplinary boundaries. I'll write on any subject I want to. Let the reader decide.

(5) Obviously communicating our discoveries is intellectual.

(6) Our core issues. Download *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf>

(7) See "Ch. 7. The Longing for Liberation" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>



# Awareness of Higher Dimensions

March 28, 2022

<https://goldenageofgaia.com/2022/03/28/awareness-of-higher-dimensions/>



I was triggered by something Archangel Michael said that I partially quoted yesterday. The full quote is:

Archangel Michael: I remind you that you are a pillar, that you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective. ... A very large quotient, shall we say, of you is living ... in the higher-dimensional realm.

Then there is a part of you that is in the morass of the chaos [of] the lower-dimensional realm because that's where the work is. (1)

I don't believe I'm alone in straddling dimensions. The Divine Mother implies as much here:

"Your Ascension is assured. And each of you are already well within that process. And whether you are acknowledging the shift in realities or not, you are upon a planet, my sentient Gaia, who has anchored herself in the 5th.

“Therefore, whether you are choosing to acknowledge it or not, your being

and the ability to access and to expand into that beingness is already primarily anchored in a different dimensional reality." (2)

That was a general statement made on *An Hour with an Angel*.

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I'm just starting to get a glimmer of the part that is "living ... in the higher-dimensional realm."

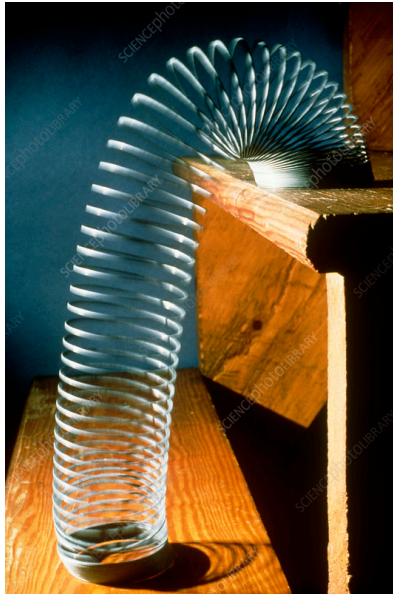
Let me use a picture to illustrate how it feels:



*Abyss Water Man: Extraterrestrial communication*

The graphic shows an intelligent water column, used by extraterrestrials to announce their presence in a non-threatening way to the terrestrials aboard an underwater research station.

Like the water man or like a Slinky, the front part of me is aware and participating in the Third/Fourth Dimension but the back part of me extends, apparently, into higher dimensions. I feel the latter part as a background of a much higher mood level than what I'm feeling in this front part of my being, the part I present to the world, my everyday consciousness.



*Slinky*

Except for a very slight degree of background awareness, I've been almost totally unaware of the back part.

But now that I *am* aware of it, I can breathe into it, which usually excites a divine state, if this is what I'm feeling. Yes, it does draw bliss to me.

Oh, this is pleasant. ... The bliss continues. I rest in it.

How tricky this now becomes.

"Our desire is not to separate you from the collective." (3)

"I remind you that ... you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective." (4)

To bliss out, to go too much further into it would be to venture too far. There's a working level of bliss which merely ameliorates everything without seducing the person. I remember working with that between Sept. 28, 2015 and mid-January 2016. (5) That's what I'll aim for.

In this divine state, experienced at a "working level," everything is all right. The circumstances are what they are, but the internal experience is quite OK.

To paraphrase Mike Quinsey, everything I'm experiencing is open to you as a lightworker, liberated in other lifetimes, to experience. I hope that sharing my notes assists you to locate the same regions and faculties in yourself. That's what they're meant to do.

## Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020. See "A Longing for Bliss," March 28, 2022, at <https://goldenageofgaia.com/?p=334225>, fn 3.

(2) The Divine Mother on *An Hour with an Angel*, February 4, 2013, at <http://goldenageofgaia.com/2013/02/the-divine-mother-your-ascension-is-underway-part-12/>

(3) AAM, *ibid.*, Nov. 11, 2015.

(4) *Ibid.*, Jan. 18, 2020.

(5) Archangel Michael explained what was occurring, probably for all of us:

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

But every time, you have had this experience it has edged you up a level. So that now you say to me, "Michael, I feel like I have a new baseline. I have a new foundation of happiness."

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

So you are seeing what is the residual for humanity to collectively take that, not only that progressive step, but the snap [Sahaja Samadhi, Ascension itself].

Think of how every time you especially enter the transformative love, that is a snap. It is not the full dramatic snap but it is a snap. Each time you are progressing

up what you can think of as a level.

Think of [entering] your love as flying back and forth through the portal. Now sometimes you're aware and sometimes you're asleep. ("Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.)

## A Deep Dive (Revised)

April 2, 2022/Mar. 7, 2022

<https://goldenageofgaia.com/2022/04/02/334547/>



*Very much revised, from Mar. 7, 2022.*

*A much more detailed discussion of peace as a divine quality has been added.*

I've said this about higher-dimensional love and here the Arcturian Group says it about higher-dimensional peace:

"True peace is a peace that the third-dimensional state of consciousness knows nothing about and thus can never successfully create through treaties, wars, dominance, and punishment--ideas based in the sense of separation." (1)

Certainly peace, as I've known it on a few occasions, was for me not what I expected and not like anything I'd ever known before.

I entered a state of true peace again around a week or two ago (it's all recorded). It's milder now than it was when I started out, but it retains its essential features.

The mind and feelings are totally quiet. I'm much more fluid and flexible than I was. I'm simply here with nothing going on with me.

I noticed today that I'd lost all hostile intent - simply from being in this space. It took no mental gymnastics, no strict regimen of any kind, no mantra repetition. I didn't stand on my head or eat only a certain food.

The state of consciousness - peace - simply arose. And simply as a result of being in it all hostile intent fell away.

I was no longer even snotty. I actually wanted to be friendly. This depth of harmlessness is new for me. My automatic behavior patterns are all pretty male, cautious, and aggressive.

I also notice that I feel complete with my past. I have no outstanding puzzles to be solved, relationships that entangle, or burdens on my consciousness.

It's not that they got solved. They got resolved, in that they simply disappeared.

That shouldn't be hard for us to imagine. We change a topic and forget what we were talking about a minute ago. That is also a disappearance. In this case we have forgotten what it was we were all arguing about.



There are no more attachments that prevent me from carrying out my duties when the time arrives. I could get up out of this setting tomorrow, if need be, and leave it behind.

But back to peace. Saul tells us our nature is peace.

"Your true nature is perfect peacefulness, the 'peace that passeth all understanding,' and you are returning to an eternal awareness, an infinitely powerful knowing – far greater than experience – of your own magnificence." (2)

The Arcturian Group calls it our birthright.

"Peace is the birthright of every person because it is the reality - globally and individually." (3)

Peace is the reality. War is not the reality. War has to be financed and soldiered and

supplied and relieved. It takes a lot to conduct a war. Once you run out of money, the default is peace.

It takes nothing to maintain peace. Peace maintains itself. Peace is the way things are, but not for us humans. In fact, war has seemed like the default for humanity. As an historian, I assert that our history has been a history of war, conquest, domination.

Peace is nature's beginning and ending. When nothing disturbs it, peace reigns. War greatly disturbs it. But when the guns falls silent, nature retakes the battlefield.

Michael asks:

"What is the meaning of peace? Yes, there are various explanations ... but in fact most of it relates to the cessation or the absence of war.

"Now I am certainly not saying that that is not significant. It is, but it is not the level of peace - or it is not the fullness of the mission of peace that I am entrusted with - with all of you, and with many galaxies far beyond in the name and on behalf of the Mother and Father." (4)

No, that superficial understanding of peace is not the foundation for Michael's work. This peace that I was experiencing recently and have experienced at other times in my life, such as the experience of seeing a peaceful man on a train platform led to a year or so ago - this peace is it. And much, much deeper than this.

I'm quite sure that the level of peace he's talking about is far deeper than anything I've known. But what I've known are all waystations on the road that leads there.

The point is to get that, as long as we remained in Third-Dimensional awareness, we wouldn't have had the experience of the peace that awaits us in the Fifth Dimension.

He adds:

"Some of you have never had a moment of peace, in body, in form, in existence of this incarnation that you are currently occupying. But most of you have had that [inner] knowing of peace." (5)



Not a moment of outer peace but an inner knowing. That's as good as it got.

I feel sad thinking that some folks have never known a moment of peace. As a person who worked with refugee law, I can imagine that that is so in our world. Child brides, trafficked children, battered wives, female genital mutilation, etc.

The inner knowing he points to comes from having experienced peace in other lifetimes, I suspect. I find it difficult to describe that inner knowing. It's like a felt certainty about the fact that peace exists, even if we're not feeling it in the moment (or ever). You just know peace exists.

Your faith in peace is rock-solid. You feel 100% stable.

You've forsworn violence. You've forsworn corruption, control, domination, etc. You know the ground you're standing on. And your experience of your physical stand is firm, in a way it never was before.

What is not as generally known is that that space is attainable. They give me previews because they know I'll write about them.

Finally Archangel Michael suggests:

"When there is not only the acceptance of the knowing of the truth [but also] the anchoring of that, then, what happens, there is an up-welling, a surge, not quite a tsunami - because peace is peaceful - but there is a surge of simply knowing that everything is as it should be. And even when there is apparent chaos in the outer, there is a knowing by holding that peace that the outer reality, the outer world will fall into alignment." (6)

I can't say I've reached the depth of peace that would have me see that everything is alright as it is. Not there yet.

I've felt that everything *within me* was as it should be.

I look forward to going deeper and deeper into the space of peace for the realizations and transformations that peace makes possible. I said a while ago that a still or quiet mind was a launch pad. Peace is a divine quality rather than just the absence of thought and feeling. But it's also a launch pad.

Peace is very pleasurable. But mostly it's so reassuring. What is reassuring about it is that one feels rock-solid in, of, and with oneself. As long as one remains peaceful, and as long as the experience of this level of peace lasts ... I don't know how to say it. One enters into the world from a position of knowing, of clarity, of purpose. You're now squeaky clean, in my estimation. Peacefulness is squeaky clean.

For me this is like following David Attenborough down into the blue depths. This is a deep dive for me.

### **Footnotes**

(1) Arcturian Group, June 25, 2017.

(2) Saul, August 28, 2013.

(3) Arcturian Group, June 25, 2017.

(4) Archangel Michael in "Transcript ~ Archangel Michael: Peace is Love, May 11, 2017," Channeled by Linda Dillon, at <http://goldenageofgaia.com/2017/05/21/transcript-archangel-michael-peace-is-love-may-11-2017/>

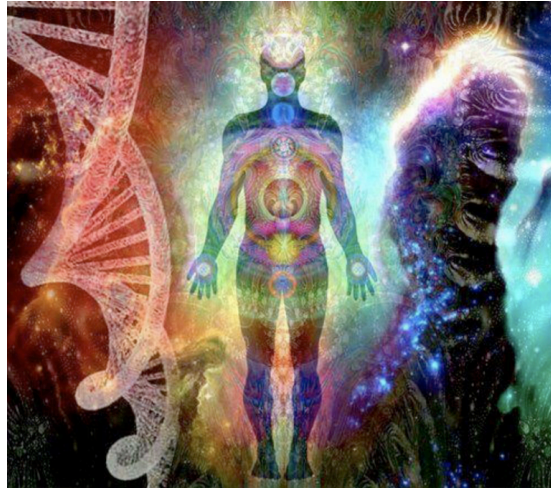
(5) Loc. cit.

(6) Loc. cit.

# “Introduction” to Ascension and the Golden Age

April 2, 2022

<https://goldenageofgaia.com/?p=334425>



*As I was putting up the “Introduction” to this very book, I entered the following spiritual experience:*

I’ve been putting together *Ascension and the Golden Age* and bliss showed up.

Until now I’ve been treating it as a very pleasant feeling. But today I tried to enter it as what Werner Erhard called a "context."

The difference between the two would be like the difference between me visiting a town as a tourist vs. me moving into a house. The one experience is brief and superficial and the other is lasting and deep. Or the difference between borrowing and owning. Same type of thing.

When I entered bliss as a context, I now experienced it not simply in my heart area, but in my whole being. Bliss became my field of experience for however long it remains.

Now I'm in bliss, rather than bliss being in me. And that's the definition of a divine state, is it not? (1)

Until I did this, I did not know that it'd be possible to enter bliss as a state of being in this manner. It's like finding a secret passage to the castle.

I'm now able to open my eyes without losing bliss. This is the first time I've been able to do this without losing an intimate connection to bliss.

All of this in the course of providing an introduction to *Ascension and the Golden Age*.

### **Footnotes**

(1) A feeling is experienced as in us. A divine state is experienced as something we're immersed in.