

# Grandeur Beyond Grandeur: Toward a Cross-Cultural Spirituality

## Vol. 3: The Trinity



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This book incorporates and supersedes:

*Back to the Basics: Introductory Essays to a Cross-Cultural Spirituality*

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# Volume 3

## ⌘ The Heavenly Father ⌘



# A World Where Only God Exists

March 3, 2020

<https://goldenageofgaia.com/2020/03/03/a-world-where-only-god-exists/>



One thing all spiritual paths share is that they all lead to awareness - awareness of who we are - Self-Realization, Self-Knowledge, Self-Recognition, etc.

It's no secret. I can say it: Who we are is God.

But, as far as we're concerned, that may remain an idea, something intellectually known. As such it doesn't ring the bell. It doesn't fuel a bonfire of Self-Recognition.

We have to at least feel something before it moves us to act, never mind realize.

When we realize who we are, in that moment of recognition, in that stillness of mind and openness of heart, God meets God.

If God did not desire to meet Itself, in a world where only It exists and fills every illusory and created Being, none of this would be here. Collectively, as the multiverse, we're the holodeck on which a particular voyage and drama of Self-Realization is being enacted. (1)

The various paths call this enlightenment, illumination, salvation, buddhahood, Ascension. It's a basic act of realizing who and what we are, the Truth of our existence.

Love may be the means, but the drama of life culminates in a moment of ecstatic Self-Realization ("O Thou I!") ... in a world where, it becomes clear, only God exists. (2)

I imagine that, when I realize I don't exist, I'll break out in laughter. But who then laughs?

### **Footnotes**

(1) See *The Purpose of Life is Enlightenment*, at <http://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.

# Reducing the One through Comparison

September 23, 2021

<https://goldenageofgaia.com/2021/09/23/reducing-the-one-through-comparison/>



*From God to God*

Any metaphor a writer uses for the One runs the risk of the reader reducing the One to the object of the comparison.

If I say the One is lawless, you may immediately see a Western movie dark-hat gunslinger.

How useful is that to the "knower" of the unknowable? It might trigger a realization if we're lucky. But it'll be hit and miss.

It isn't the same as waiting at the bus stop for the bus, to use a metaphor.

I say the One is lawless because no law can bind the Maker of the law.

And Sri Ramakrishna reminds us: "He who has made the law can also change it." (1) That is, the Father is above the law. Although he is its Source, she creates, preserves, and transforms it. (2) The Father is untouched by it.

That's why she's "the Voice of One crying in the wilderness." He's the wilderness in which her voice - Aum/Amen - reverberates, calling all creation into being through patterned movement and sound. (3) He is wild and lawless - *in a manner of speaking*.

We tend to project our dualistic ideas onto the Father. That's why Sri Ramakrishna might say:

"The world consists of the illusory duality of knowledge and ignorance. It contains knowledge and devotion, and also attachment to [lust and greed]; righteousness and unrighteousness; good and evil. But Brahman [Father God] is unattached to these.

"Good and evil apply to the jiva, the individual soul, as do righteousness and unrighteousness, but Brahman is not at all affected by them." (4)

If one knew the love that exists on the higher planes, how it could be that Brahman ignores duality would be instantly seen.

Something much greater - something always-already universal and unconditional - has taken away all memory of separation and division.

Meanwhile we persist in trying to fit the One into the hopelessly-confining aspects of our Third-Dimensional mental world. However educational it may be generally, for the aspiring knower of God, who's drilling down through the layers of illusion, it seldom seems to work.

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For the aspiring knower of God, and I'm speculating, it's as St. John of the Cross says: We have to approach without foothold, without benefit of the familiar.

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. (5)

In seeking God out, we're saying that we want to see and know and accept God on God's own terms. The two operations - reduction and "knowledge" - are different.

One is "like this" and the other is "as is." The one involves actively finding a comparison. The other involves passively emptying and stilling the mind.

In the course of it, we abandon, not our possessions, but our attachment to them. Whatever "possesses" us besides God we must let go of internally for now.

God, we're told, is a jealous lover. We must love God with all our hearts, all our minds, all our souls.

It has to be complete, I'd imagine, to move Heaven and Earth. It has to be total for there to be a transition from existence with individuation to ... existence.

But again, I speculate. Thank you for allowing it.

### **Footnotes**

(1) Sri Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 817.

(2) We do not want anything capitalized. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 12, 2016.) I treat "the One" as a proper name.

Steve: I didn't know if I was being too familiar.

AAM: You know what? We want you to be familiar. (Ibid., Jan. 3, 2017.)

(3) Akar - creation, rajas; Ukar - preservation, sattwa; Makar - transformation, thamas.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 152.

(5) St. John of the Cross in Willis Barnstone, trans., *The Poems of Saint John of the Cross*. New York: New Directions, 1972; c1968, 87.

**⌘ The Divine Mother**  
**- Shakti, Holy Spirit, Aum ⌘**

## Introducing the Divine Mother – Part 1/2

July 24, 2016

<http://goldenageofgaia.com/2016/07/24/introducing-divine-mother-part-12/>



*The Divine Mother incarnated as Mary, Mother of Jesus*

Evidently, there's been a large increase in readership since 2012.

It suggests to me that it's probably time to walk through the basics ... of what this site is about, to be sure, but also of what's happening outside us that's by no means the usual, normal, etc.

No, not the manipulated news in the mainstream press, but the version of events put out by the Company of Heaven and Earth's own saints and sages.

For me personally, there's no other place I'd rather start than with the Divine Mother. What motivates me to give first place to the Divine Mother?

I start with the Divine Mother because she's the active and necessary cause (the Father is the inactive and sufficient cause) of all that we see around us, all that we are, and all that we do to realize our potential.

If we want to ascend, if we want to know God, we have to work with or go through the Mother, as Swami Sivananda makes clear:

"It behooves ... the aspirant [to] approach the Mother first, so that She may introduce Her spiritual child to the Father for its illumination or Self-realization." (1)

That's a very general statement. Plumbing its depths reveals the Divine Plan for life (spiritual evolution), the nature of material reality, and the nature of the One. (2)

A vision I had in 1987 (3) showed me the purpose of life and the relationships among the Trinity. It identified who the three members of the Trinity were, without religious baggage, without even words.

The flood of bliss I felt at the time "brought all things to remembrance" - allowed me to know without thought or words what I was seeing. Observing the exponential increase in the ability to know that bliss brings was not an inconsequential feature of the vision.

Tomorrow, we'll look at what the vision showed me and what value lies in knowing/realizing the Divine Mother.

(Concluded in Part 2, below.)

## Footnotes

(1) Swami Sivananda in Swami Sivananda Radha, *Kundalini Yoga for the West*. Spokane: Timeless Books, 1978, 25.

(2) Which are examined here: "Spiritual Essays" at <http://goldenageofgaia.com/spiritual-essays/>

(3) Described here: "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/>



## Introducing the Divine Mother – Part 2/2

July 25, 2016

<http://goldenageofgaia.com/2016/07/25/introducing-divine-mother-part-22/>



(Concluded from Part 1.)

The vision I had on Feb. 13, 1987 showed me the purpose of life and the relationship that prevailed among the Trinity of Divine Beings. I'd never have arrived at that knowledge without its help.

Let me summarize what I learned.

It showed me that God is all there is - omnipresent, omnipotent, omniscient, etc.

If there were no physical reality - which takes in all twelve dimensions - no differentiation into individual beings, no appearance of another to the One, then we'd just speak of "God" and there'd be no Trinity.

But, apparently, the formless, all-present God wanted to know itself, not an easy task when one is all there is, filling every nook and cranny of existence. You can't step back from the camera and have your picture taken when you fill up the whole universe and beyond.



So God resolved to create a *leela* or divine play to accomplish that task. He decided to create the world, us, laws that govern both, a material dimension in which fragments of itself could grow and learn their true identity, resulting in enlightenment.

Twentieth Century Christian mystic Beinsa Douno explains why: “Why did God desire to create the world? So that He might be made manifest.” (1)

And why did God desire to be made manifest? Says Sufi Sage Ibn Arabi: “I was a hidden treasure and I loved to be known, and I created the creation so that I be known.” (2)

And why does God want to be known? Explains Paramahansa Ramakrishna: “The Godhead ... has become these two [God and the devotee] in order to enjoy Its own bliss.” (3)

All the time, it's only God who plays all roles. Said Franklin Merrell-Woolf: “This space I produce that My Glory shall be revealed yet I alone Realize that Revelation.” (4)

To achieve its plan to become known and enjoy its own bliss, God began by dividing itself in two - which ancients came to call the Father and the Mother.

The Father is the Transcendental Void, silent and motionless, empty of all things material, the Source of everything that is and is not. (5) The Mother is the breath of God (*spiritus sancti*), the primal force, the universal creative vibration called Aum, Creator, Preserver, and Transformer of all individuated beings and material environments (universes).

Hindus illustrate this  
Shiva. She's active; he  
The Mother is the active

recumbent body of  
passive face.



*The active*

*her (Shiva)*

Because the Mother is  
Mother) that we can

two (Father and

She leads us to the Father

To leave the dream world we inhabit, we have to do three things: (A) Know and realize ourselves as what Jesus called the Christ and Hindus the Atman; (B) Know and realize the Mother, the Dream Weaver of this realm of divine illusion, of instructive smoke and mirrors designed to show us who we are; and (C) Know and realize the Father, the transcendental, love-filled void from which all material things arise.

The relationships that prevail among the Trinity, as seen from the standpoint of the individual, are illustrated in Hildegard of Bingen's vision, below.

In that depiction, the Son/Christ, is inside the Mother's creation (brown, ringed area), but connected to the Father (grey, ringed area), which, as the conditioned or personal God, is shown located within the unconditioned God or Godhead (blue). That for me is an accurate representation of the relationship that prevails among the figures of the Trinity.

The one thing represented in Hildegard's vision that I neglected to take note of in mine was the Godhead, denoted by the blue in her depiction and denoted by the black sky, the background for everything that was happening, in my vision. I simply took it for granted.

Let me offer an example of a sage realizing the Mother. Ramakrishna's non-dual guru, Totapuri, only accepted the existence of the formless Transcendental God (or Brahman). However, one day, the Divine Mother announced herself to him and altered his life.

"Suddenly, in one dazzling moment, [Totapuri, saw] on all sides the presence of the Divine Mother. She is in everything; She is everything. She is in the water; She is on land. She is the body; She is the mind. She is pain; She is comfort. She is life; She is death. She is everything that one sees, hears, or imagines. She turns 'yea' into 'nay,' and 'nay' into 'yea.'

"Without Her grace no embodied being can go beyond Her realm. Man has no free will. He is not even free to die. Yet, again, beyond the body and mind She resides in Her Transcendental, Absolute aspect. She is the Brahman [Father, God] that Totapuri had been worshipping all his life." (6)

When we know the Mother, we've achieved cosmic consciousness or what Hindus call savikalpa samadhi, trance state with form remaining.

The next step for us is to have transcendental consciousness or what Hindus call Brahmajnana (God-Realization) or nirvikalpa samadhi, trance state in which form yields to formlessness and realization of the Father. Then we've had our first taste of transcendental knowledge. It will not be our last.

Each time an individual mounts another step of enlightenment in the stairway to reunion with the Divine, God meets God. For that purpose was all of life created.

Because the Father is silent and still and only the Mother speaks and moves, you'll be hearing the archangels, ascended masters, and galactics say that they "report" to the Mother, serve her, carry out her Plan, etc.

The Mother is known to all religions. Why do all seek to know her? As Totapuri showed us and King Solomon testifies: "She is more precious than rubies; and all things thou canst desire are not to be compared with her." (7)

Swami Nikhilananda sums up all we know about her:

"She projects the world and again withdraws it. She spins it as the spider spins its web. She is the Mother of the Universe, identical with the Brahman of Vedanta, and with the Atman of Yoga. As eternal Lawgiver, She makes and unmakes laws; it is by Her imperious will that karma yields its fruit. She ensnares men with illusion and again releases them from bondage with a look of Her benign eyes. She is the Supreme Mistress of the cosmic play, and all objects, animate and inanimate, dance by Her will. Even those who realize the Absolute in nirvikalpa samadhi are under Her jurisdiction as long as they live on the relative plane." (8)

This article is intended as a contribution to a cross-cultural spirituality, which itself is a contribution to building Nova Earth.

## Footnotes

(1) Beinsa Douno, "Life is the Musical Manifestation of God," *The Wellspring of Good*. Downloaded from <http://www.beinsadouno.org/lib/sg.htm>, accessed 21 Feb. 2005. , n.p.

(2) Muhyideen Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d., 3.

(3) Swami Chetananda, *They Lived with God. Life Stories of Some Devotees of Sri Ramakrishna*. St. Louis: Vedanta Society of St. Louis, 1989, 126.

(4) Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 18.

(5) The term "Father" is often used to refer to both the conditioned and the unconditioned God, God with form and the formless Godhead, the personal and impersonal God, *Siva* and *Mahasiva*. The Divine Masculine is associated with stillness and silence.

(6) Notice the implication by an avatar (Sri Ramakrishna) that even at the highest levels of reality, bliss continues to be sought after. That persuades me again that we don't transcend these states but go deeper and deeper into them.

(7) "It behooves ... the aspirant [to] approach the Mother first, so that She may introduce Her spiritual child to the Father for its illumination or Self-realization." (Swami Sivananda in Swami Sivananda Radha, *Kundalini Yoga for the West*. Spokane: Timeless Books, 1978, 25.)

(8) Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 31. [Hereafter GSR.]

(9) Proverbs 3:13 and 15.

(10) GSR, 30.

## On the Divine Mother at Navaratri – Part 1/2

March 19, 2018,

<http://goldenageofgaia.com/2018/03/19/on-the-divine-mother-at-navaratri-part-1-2/>

*Jai Ma!*

Narendra has asked me to write about the nature of the Divine Mother on Navaratri. The Mother is worshipped on the Hindu New Year.

I always love to write about the Mother. I'm afraid there'll be no holding me back.

This might go on for a couple of nights!

I'm going to go farther than just talk about the Mother. I'm going to talk about the whole Trinity.

In the course of it, I hope to show that Christianity and Hinduism worship the same Trinity and that the Trimurthy is a subset of the Mother.

What Vedantists call Brahman, Atman, and Shakti (the Divine Mother), Christians call the Father, Son (Christ), and Holy Ghost. (1) What the two sets are pointing to is exactly the same.

Parabrahman is the One, the All, whom Christians call the Father and the Godhead.

Atman is the Son, the Christ, the buddha nature, the firebrand plucked from the burning. Called also the Self and the soul, the Atman is the second member of the Trinity.

The Divine Mother is the third. She accepts the divine spark into her womb of matter, *mater*, Mother, and raises it up until it's ready to know the Father.]

They are not entities, but levels of consciousness, known in corresponding levels of enlightenment.

As the story goes, Parabrahman, the Godhead, the Father wanted to know itself and had no way to do so, given that it was everything. How would you know yourself in that situation?

Knowing presupposes a subject knowing an object. Who is there to be an object when there is only one universal Subject?

Ibn Arabi explains what God chose to do: "I was a hidden treasure and I loved to be known, and I created the creation so that I be known." (2)

The first thing God did was to "create the creation" - to create an illusory, holographic dreamworld, run on God's laws.

The second thing was to create a version of Itself, a counterpart, to straddle the formless and form-filled worlds and operate this newly-created dream realm. We call the dream manager and operator the Divine Mother.

Into the Mother's womb of matter, God dispatched sparks of itself, with the same mission: All of them were to find out who they are.

Who were they? God. When one of them realized their true identity in a moment of enlightenment, God met God. You wondered how God would come to know Itself? Well, this is how the mission was accomplished.

The operator of the dreamworld, the Divine Mother, has come to be known by a thousand names: Procreatrix/Prakriti; Creator, Preserver, and Transformer; the Holy Spirit, Dharma, the Comforter Spirit, Aum/Amen, Sabda Brahman, etc.

She is the one who creates and operates the natural laws, against whom no word of disrespect should be spoken lest it rebound.

I've had the great privilege of speaking to the Mother through Linda Dillon on *An Hour with an Angel*.

She confirmed with me that she is One with the Father - that she *is* the One - that there is no essential difference between them other than the roles "they" have chosen.

Divine Mother: You may address me however you choose — Father/ Mother One, All — but certainly I come to you this day in what you would think, or feel, as the presence of the Mother. (3)

There is no true separation between the Father and me. There is delineation and definition, just as there is in your own roles and the choices that you have made time after time. (4)

We can only get sure confirmation from the Mother. Never did I suspect that I'd be talking to her and getting it.





*The Divine*

*Mother as*

*Mary, Mother of Jesus*

The only mysterious equation in the Trinity might be whether the Holy Spirit = Shakti or not. And the Divine Mother confirmed that for me as a reasonable statement to make:

Steve Beckow: Is it correct on my part to say that Shakti is equivalent to the Holy Spirit?

Divine Mother: Yes. That would be a very good statement of clarity. (5)

So we can see that, in our quest for a cross-cultural spirituality, we can equate certain foundational elements of both Hinduism and Christianity and from there branch out to find equivalences in many other religions.

(Concluded in Part 2, tomorrow.)

### **Footnotes**

(1) I believe Egyptians called them Osiris, Horus, and Isis. That's just a guess.

On Hinduism, Christianity, and the Trinity, see "Christianity and Hinduism are One" at <http://goldenageofgaia.com/spiritual-essays/cross-cultural-spirituality/christianity-and-hinduism-are-one/>

(2) Muhyideen Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d., 3.

(3) "The Divine Mother: The Role of Clarity," Oct. 8, 2013, at <http://goldenageofgaia.com/2013/10/08/the-divine-mother-the-role-of-clarity/>

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

(5) "The Divine Mother: Come to Me as I Come to You – Part 1/2," October 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>

(6) "The Divine Mother: Come to Me as I Come to You – Part 1/2," oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>

Sri Shankara also confirmed the equation in another edition of *An Hour with an Angel*:

Steve Beckow: What is the connection between what Hindus call Brahma, Vishnu and Shiva, and the gunas or the cosmic forces of rajas, sattwa and tamas?

Sri Shankara: I can answer this very quickly. There are no differences.

These are cultural understandings. Now, you know, particularly to answer your first question, that in India there is a very lengthy, rich and proud tradition of belief. And I do not say this in any way to diminish, because, as I have said to you, the theme is unification. ...

But yes, your understandings and your efforts to bring unification of terms — because that is what it is; it is simply language; it is different words for the same energies — [are welcome.] Now, do I ask you to stop using these words? Of course not.

But is there inherent in your growing understanding a cross-cultural, as you have put it, spiritual underpinning? Because we are not speaking religion. We are speaking spirituality. We are speaking faith. We are speaking the core of your life.

You do not have to change your language or your reference points, because they all end at the same place [Brahman or God]. They all begin, travel and end at the same place. ("Sri Shankara: Everywhere You Look Will be a Monsoon of Love," June 26, 2013, at <http://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>.)

## On the Divine Mother at Navaratri – Part 2/2

March 20, 2018

<http://goldenageofgaia.com/2018/03/20/on-the-divine-mother-at-navaratri-part-2-2/>



*The active Mother (Shakti) stands on the inactive Father (Shiva)*

(Concluded from Part 1, yesterday.)

She also confirmed the following important equation with me. It may be somewhat troublesome for some people and I regret any upset it may cause.

Brahma, Vishnu, Shiva = Creator, Preserver, Transformer = Rajas, Sattwa, Thamas

The first three terms are the Trimurthy; the second three are functional descriptions; and the third are the cosmic forces or gunas. The Mother confirmed that they are all the same.

Since the Mother herself is the Creator, Prerserver and Trtansformer of the worlds, it's safe to say that the gunas are a subset of the Mother.

Here's a discussion of that, which may not interest people unfamiliar with the gunas:

Steve Beckow: I have a question for you from our Hindu readers. They want to know if the gunas, the cosmic forces which are called rajas, sattwa, and thamas, are the same as the Trimurthy [Triad] of Brahma, Vishnu and Shiva.

Divine Mother: Yes. We are the same as that triad.

SB: And the Trimurthy of Brahma, Vishnu and Shiva is a subset of the Universal Creative Vibration that you are at your essence. Is that correct?

DM: That is correct. [The Trimurthy] is much the same as we have been speaking of. It is a way in which my beloved children can come to know me and to have that experience.

It is formless, and yet it is form. It is a way of connection, and it is a way of understanding and entering into a higher vibration of being. So it helps the emergence into my energy.

SB: Sort of like stair steps?

DM: That is correct. (1)

"We are the same." She's confirmed that the gunas are a subset of her; specifically, of her energy as the universal creative vibration which we know as Aum or Amen. Aum is not coterminous with the Mother; nothing that is or isn't is. The Mother *uses* the Aum vibration to create worlds.

But look again, in our hunt for identities. Let's take our quest further. Let's divide the sine wave that Aum is into its components: A-U-M = Akar, Ukar, and Makar. And what are they? We find they are the forces of creation, preservation, and transformation again.

At the risk of blowing everyone's circuits with complexity, we now have the following, extended but very useful statement of equality:

Brahma, Vishnu, Shiva (Trimurthy) = Creator, Preserver, Transformer =  
Rajas, Sattwa, Thamas (Gunas) = Akar, Ukar, Makar (AUM) = all a subset  
of the Mother.

The two equations suggested here strike me as basic identities in a cross-cultural spirituality.



"The macrocosm and the microcosm rest in the Mother's womb; now do you see how vast it is?" Sri Ramakrishna asked us. (2) Indeed, we do.

The Mother herself has confirmed with me that she's much "larger" than our version of "Shakti."

Divine Mother: When I have spoken about ... Shakti, I have spoken about a part of me. As I have said, I am the bridge. I am the clasp between the Father and the universe and your world. And Shakti has been experienced — yes, inter-dimensionally for eons, as you well know - but she is not the totality of my being. My being is bigger than you can fathom, dear one.

So I do not simply mean that she is an aspect manifesting. But it is simply larger than any of you can imagine, particularly at this point. (3)

The Mother encompasses everything with form and beyond, everything material and beyond, and, as it turns out, everything knowable and beyond.

The Father cannot be known. We cannot approach the Father without knowledge of the Christ or Atman first; then knowledge of the Mother second; and at last we enter the unknowingness of the transcendental Father.

These are another form of stairsteps - because Ascension is beyond even these three sublime levels of existence. (4)

It turns out that these three entities are levels of consciousness. Or levels of love. Or levels of bliss. All roads lead Home, to the higher dimensions beyond the seven-chakra system.

So for the benefit of all devotees of the Mother on Navaratri, this is the most up-to-date account I can give you on the nature of the Mother and the Trinity and their relation to our Ascension.

Happy Navaratri!

Happy New Year!

Jai Ma!

### Footnotes

(1) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 106.

(3) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>

(4) Which enlightenment experiences happen at the fourth, sixth, and seventh chakras. This ends our relationship with the Third-Dimensional seven-chakra system. Ascension occurs beyond the seven-chakra system.

The opening of the seventh chakra or Sahasrara leads to Brahmajnana or God-Realization, a transcendental experience. But it's still only halfway up the mountain.

Beyond it is Sahaja Samadhi, which is the culmination of our Ascension. Sahaja is a full and permanent heart opening and is known as mukti or moksha, liberation from the wheel of Third-Dimensional birth and death, release to the Fifth Dimension where there is no birth and death.

# Mother, Who am I Speaking to?

Oct 17, 2012

<https://goldenageofgaia.com/2021/06/19/mother-who-am-i-speaking-to/>



*The Trimurthy is a subset of the Mother*

*In this edition of An Hour with an Angel, the Divine Mother confirmed for me some of the most basic principles and phenomena of existence. I was beside myself with joy.*

*Who am I speaking to, Mother? Who are you?*

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From "The Divine Mother: Come to Me as I Come to You – Part 1/2," through Linda Dillon, Oct 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.



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Steve Beckow: [Mother,] many of our listeners don't know who it is I'm speaking to — not really. They may sense that you exist, but they know nothing of your nature. And by saying that we have a Divine Mother they probably suspect that I'm implying that we have a Heavenly Father as well. But they don't know what makes you different, even though of course you're also the same.

Of you, Lao Tzu said, "Nameless indeed is the source of creation. But things have a mother, and she has a name." Could you help us by saying what unites and separates you from the Father, please?

Divine Mother: What unites and separates us from what you think of as the Father and Mother is simply energy and love. It is a differentiation that we have decided upon — well, chosen, created — long, long ago, outside of time, outside of what you even conceive of as creation. It is the ability to move in and out of form. It is the ability to create and to co-create. It is the ability to be silent and to be of sound, of vibration, of movement, of sweetness.

If you were to think of the Father in terms of what you will come to understand, you would think of the Father as complete stillness, still point. And in fact so often when we urge you to go to that place it is that union that you are seeking with the Heavenly Father, with that complete sense of simply being.

I am the creative force throughout this universe, throughout the multiverse, the omniverse, but we source each other. We source each other's energies and we move as one and yet separate and distinct.

And you say, "Well, Mother, how can this be?" And I would say back to you, "How can this not be?" For it is that perfect balance. It is the way in which we bring forth plans, discoveries, creations, universes, galaxies, humans. It is the way in which you come to know and to have an experience of One, and with me and through me, of the One as well.

So that is the explanation I offer you.

SB: Thank you, Mother. You've anticipated some of my questions.

The Father is the stillness, and you are movement. I think Jesus once said that to his disciples. (1) And the Father does not speak, if I am correct. But you are the

Voice in the Silence, the Voice of one crying in the wilderness, as the Father is metaphorically represented as being. Is that correct?

DM: It is correct in your understanding and at this time. Now, that does not mean that differences cannot be experienced and created, and ways in which for you to experience the Heavenly Father be brought forward. But yes, your assumption and your understanding are correct.

SB: Is it also correct to say that you're as close to the Father as one could get in terms of realization without losing consciousness of the world?

DM: I exist, and I only use that word because it is a word that you understand. I exist in and of and beyond your world or any world. And you can think of it as existing in different realms or realities. So, am I unified? What you call as close to the Father as can be? Yes, I am.

SB: All right.

DM: But I am also with you as well. So I literally bridge the realities.

SB: And if were to add to you and the Father the Father's light embedded in the body that you created, then we would have the Third member of the Trinity, would we not, the child of God?

DM: Yes. That is correct.

SB: So that is the Trinity. Now, you're known to all religions, and I know that you've said something else about this which I'll get to in a moment. You're known to all religions as the Holy Spirit, Shakti, Prakriti/Procreatrix, Aum/Amen, the Universal Creative Vibration.

You once said to me that Shakti, the Holy Spirit, was only a small part of you. Can you explain what you meant by that? Is Shakti only limited to a certain dimension, universe or realm?

DM: No. No. When I have spoken about this with Shakti, I have spoken about a part of me. As I have said, I am the bridge, I am the clasp between the Father and the universe and your world. And Shakti has been experienced — yes, inter-dimensionally for eons as you well know. But she is not the totality of my being. My being is bigger than you can fathom, dear one. So I do not simply mean that she is an aspect manifesting. But it is simply larger than any of you can imagine, particularly at this point.

SB: All right. Thank you.

DM: And as you shift, that understanding is also expanding. As you ascend that understanding and your capacity to have greater experience with and of me, and even of the Father, of the Trinity, of the One, will also expand.

So, is that not something to anticipate and to look forward to?

SB: Oh, yes. Is it correct on my part to say that Shakti is equivalent to the Holy Spirit?

DM: Yes. That would be a very good statement of clarity.

SB: All right. Thank you. So, with Ascension we will have a much more expanded experience of you and of the Father. Is that correct?

DM: Yes. That is correct. Now, it is hard — and I wish to make this straightforward, understandable, and yet I do not wish to simplify that which is unknowable - but as you go through this Ascension, as you go through this Shift, as you go through this portal, your capacity for understanding and experiences, and experience which is different than experiences, also grows. So your understanding, your state of beingness expands.

Now, each of you have been expanding enormously, oh, for years, but certainly at a very rapid rate within the last year. So yes, your reference points right now for your experience of me, and for that matter of the Father as well, and even of the Company of Heaven, is limited to some of your reference points in the Third dimension. And it is hard for you to transfer those into other realms because your touchstone, your experience of being in form, has been primarily — and I say *primarily*, not exclusively - in the Third realm, in the Third dimension, even within those twelve planes. (2)

So, understand this. The greatest gift not only to you but to us, to all of us, is that our connection, our unified being will be more closely aligned. Now, you have done a wonderful job. And when I say that I say that with full understanding that there is still much debris upon your planet to be cleansed. But I say this to you who are listening this night. My beloved ones, children of my heart, of my being, you have done a wondrous job of letting go of the old Third-dimensional paradigm.

You have cleansed at levels that have been unknown in thousands and thousands and thousands of years. And often you will turn to me and you say, “Mother, this is not happening fast enough.” And I look at you, I observe you, I smile. And I think,

and I say unto thee, “You have done work of thousands of years in a very brief period of time.”

So, are you anxious to move forward? Yes. But do not underestimate what you have already accomplished.

SB: Thank you, Mother. I have two questions that are a little bit difficult, but if there are any difficulties I’ll explain them to readers on the 2012 Scenario site. The first is so far we’ve been talking about the Formless Transcendental Father, and yet the term *Father* is also used to refer to not only the Formless Father but the Father in Form.

It’s very difficult to make this clear, I know, but oftentimes we’ve had Father Yahweh on *Heavenly Blessings*. Can you explain to us the difference between Father Yahweh and the Formless Father, the Transcendental?

DM: When I have said to you that I am a bridge, that there is a part of me, a portion of me that is unknowable, that you still have no idea of, so it is with what you call the Heavenly Father.

Now, Yahweh is an expression that is available for the human beings to have a knowing and to have the clarification of some of this energy. Can we say the energy that you can experience? Because, dear heart, we do not give you the totality of our being because, well, you would fall over dead.

SB: [laugh] And fry the circuits of this network.

DM: That is correct! And so Yahweh comes so that there is a voice and an energy and a way in which the human collective can know that portion of the energy of the Father that is available to them at this time. So it is the highest vibration of that Father in form, as you would call it, although it is really without form, but the form that you can give it within your hearts, your minds, your energy fields. Does this explain?

SB: Yes, it does. I found that very helpful.

I have a question for you from our Hindu readers. They want to know if the *gunas*, the cosmic forces which are called *rajas*, *sattwa*, and *tamas*, are the same as the Trimurthy [Triad] of Brahma, Vishnu and Shiva.

DM: Yes. We are the same as that triad.

SB: All right. And the Trimurthy of Brahma, Vishnu and Shiva is a subset of the Universal Creative Vibration that you are at your essence. Is that correct?

DM: That is correct. It [the Trimurthy] is much the same as we have been speaking of. It is a way in which my beloved children can come to know me and to have that experience. It is formless, and yet it is form. It is a way of connection, and it is a way of understanding and entering into a higher vibration of being. So it helps the emergence into my energy.

SB: Sort of like stair steps?

DM: That is correct.

SB: Okay.

DM: And you have all been climbing!

SB: [laugh] Thank you, Mother. Now, here's the last difficult question. I promise I'll make all these terms clear to the readers and listeners.

DM: I know you will, dear heart.

SB: Thank you, Mother.

DM: For you have the gift of clarity, and very often the gift to make the translation into understandable terms for my beloved ones.

SB: Thank you, Mother. The last question is 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?

DM: Yes, it is beyond what you think of with your seven chakras. It is beyond, because what you are doing with the chakra system, even with the thirteen, 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.

SB: Sorry, I am overwhelmed to hear you say that. It's wonderful to have that confirmed. Thank you very much, Mother.

DM: It is wonderful for us as well, you know!

SB: Is it? How so, Mother?

DM: As we move beyond what you think of in your realm as emotion, that does not mean that the pervasive love and joy is not felt as we participate, witness, move and assist and beckon you forward.

SB: Thank you for that. Now, you said that the experience, the enlightenment experience is beyond the 13 chakras, but you didn't actually say yes or no to my question of whether this experience corresponds to *sahaja samadhi*.

DM: Yes.

SB: It does?

DM: That is correct.

SB: Oh, eureka! Thank you, Mother! I'm so happy to have that confirmed.

DM: Now, you understand that most people - and yes, you will do a good job of explaining - have no conception of what this really means.

SB: Well, you know that I have a website that discusses *sahaja samadhi* at length. If I — and that's from Sri Ramana Maharshi, more or less — if I take that material and present it to readers, would that be adequate?

DM: That will help.

# The Mother's Pattern is Reflected Throughout Creation

Aug. 31, 2022

<https://goldenageofgaia.com/2022/08/31/the-mothers-pattern-is-reflected-throughout-creation/>



*Aum - A reflection of the Mother's Pattern*

I'm finding myself at the moment feeling the desire to go deeper within and look at some more spiritual matters.

In particular, I'm becoming more and more aware of how the Mother's Pattern of creation, preservation, and deconstruction can be seen beneath all material creation and its processes. (1)

We're either adding something to the space, preserving it, or eliminating it. Natural processes - but natural only to this dimension - see us be born, mature, and age. This isn't the case on any higher dimension.

The process of ageing is an example of deconstruction that humbles. As one by one the faculties wane, one loses pride, adventurousness, skill, and so on. That either opens the heart or else, one way or another, brings one low.

In my view, this world exists only as a teaching tool to provide us with situations that help us remember who we are. (2) This is a school for the learning of identity. As Mike Quinsey put it the just other day, "Earth ... is really a school of learning." (3)

We always were, are, and for a very long time yet will be, asking ourselves who we are before we come upon the answer.

The way the Mother teaches is, I think, by using the three universal processes to open the hearts of her divine-spark children until the love flows. The love that then flows takes us back, in stair steps, to the Mother/Father One. This is the Pattern of the Mother at its highest level, in my opinion.

I asked the Mother if I was correct in the connections I was making among the phenomena, all of which simply reflect her Pattern:

Steve: [I'd like to] know if the gunas, the cosmic forces which are called rajas, sattwa, and tamas, are the same as the Trimurthy [Triad] of Brahma, Vishnu and Shiva.

Divine Mother: Yes. We are the same as that triad.

SB: All right. And the Trimurthy of Brahma, Vishnu and Shiva is a subset of the Universal Creative Vibration [Akar Ukar Makar or AUM] that you are at your essence. Is that correct?

DM: That is correct. It [the Trimurthy] is much the same as we have been speaking of. It is a way in which my beloved children can come to know me and to have that experience. It is formless, and yet it is form. It is a way of connection, and it is a way of understanding and entering into a higher vibration of being. So it helps the emergence into my energy.

SB: Sort of like stair steps?

DM: That is correct. (4)

All of these entities, with different names and conceptualizations, are the same divine power of love, creating, preserving, and deconstructing. So here we see different names used for the same divine powers.

Again and again the opportunities arise to open our hearts because of the nature of the Mother's pattern and, on one of these opportunities, we take the chance. The heart opens (as it will) and we follow the issuing river of love, in stairsteps, (5)



back to the Mother/Father One. At this moment, that's the way I see our homeward journey.

From God we came; to God we return. And in the moment of enlightenment that marks our return, God meets God. Mission accomplished, nursed along and helped up stairsteps by the forces born of the Mother's Pattern.

### Footnotes

(1) The Mother's Pattern is creation, preservation, and deconstruction. It = love building, love preserving, love dissolving = inbreath, pause, outbreath = rajas, sattwa, thamas (gunas) = Akar, Ukar, Makar (Aum) = Brahma, Vishnu, Shiva (Trimurthy). Reality at all levels except the One is so organized.

(2) On this subject see *The Purpose of Life is Enlightenment* at <https://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf> and *Grandeur Beyond Grandeur: Toward a Cross-Cultural, Intergalactic, and Multidimensional Spirituality* at <https://goldenageofgaia.com/wp-content/uploads/2022/03/Grandeur-Beyond-Grandeur-R5.pdf>.

(3) "Mike Quinsey's Higher Self Message, Aug. 26, 2022," at <https://goldenageofgaia.com/2022/08/26/mike-quinseys-higher-self-message-aug-26-2022/>.

(4) "The Divine Mother: Come to Me as I Come to You – Part ½," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

After I added to the equation, I asked Michael as well for confirmation:

Steve: I've read part of this quote to the Divine Mother. She's verified it but I've added things to it. So I'd like to read it to you again and ask if it is correct.

Creation, preservation, transformation = rajas, sattwa, and thamas = Brahma, Vishnu and Shiva = Akar, Ukar & Makar of AUM [= inbreath, pause, outbreath].

Archangel Michael: That is quite the expression, Sweet One, and, in that tradition and in that understanding, the answer is correct.

Steve: It is not even discussed in other traditions.

AAM: No, it is not. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 2, 2020.)

(5) Michael discusses why here:

Archangel Michael: In terms of human comprehension in this moment we need to feed or allow the opening of the understandings to the human Collective – we’re talking about the broad Collective now – to be in ‘bites’ that they can chew, swallow and integrate. (Archangel Michael in a personal reading with Andrew Eardley through Linda Dillon on April 15, 2016.)

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 <http://goldenageofgaia.com/2017/03/21/aam-on-truncated-experiences/>.)

One could also see the stages of enlightenment as being stairsteps: Stream-entering (fourth-chakra enlightenment); Cosmic Consciousness/Savikalpa Samadhi (sixth chakra); God-Realization/Brahmajnana (seventh chakra); Ascension (Sahaja Samadhi, Vijnana, buddhahood, liberation, full and complete heart opening beyond the seven-chakra system); etc.

# Intro to It's All a Journey of Love

November 21, 2021

<https://goldenageofgaia.com/2021/11/21/intro-to-its-all-a-journey-of-love/>



*The Divine Mother as Mary, the Mother of Jesus*

*I've drawn all the messages from the Divine Mother through Linda Dillon that I could find and compiled them into one book.*

Download your copy here: <https://goldenageofgaia.com/wp-content/uploads/2021/11/Its-All-a-Journey-of-Love-3.pdf>

*Clicking on the URL will automatically download it.*

*The "Introduction" follows.*

## **Introduction**

Who is the Divine Mother?

In her eternal form, the Divine Mother is not an ascended master. She is not an archangel or seraph. She is not a god among gods.

She is the active face of God.

As long as the One remains passive, ancient sages and the Mother herself have called that divine state of consciousness God the Father.

When the One stirs and brings objects into creation, preserves them for a time, and transforms them, the ancients called that state of consciousness God the Mother. Sri Ramakrishna explains:

“When I think of the Supreme Being as inactive -- neither creating nor preserving nor destroying — I call Him Brahman or Purusha, the Impersonal God. When I think of Him as active — creating, preserving, and destroying — I call him [the Mother,] Sakti or Maya or Prakriti, the Personal God.

“But the distinction between them does not mean a difference. The Personal and the Impersonal are the same thing, like milk and its whiteness, the diamond and its lustre, the snake and its wriggling motion. It is impossible to conceive of the one without the other. The Divine Mother and Brahman are one.” (1)

The Mother *is* the Father, as Sri Ramakrishna emphasizes:

“O Mother, Thou art verily Brahman, and Thou art verily Sakti. Thou art Purusha [Divine Person, Father] and Thou art Prakriti [Creator, Mother]. ...

“Thou art the Absolute, and Thou dost manifest Thyself as the Relative.” (2)

The Mother herself uses this naming convention:

"Consider with me for a moment what the Mother Energy is. There are reasons why you have this paradigm, this archetype.

"It is the Mother Nurturer. It is the Mother Disciplinarian. It is the Mother who ‘course corrects’ you as you grow. It is the Mother who sees you grow into the truth of fulfillment, the evolution of your maturity on every level.” (3)

She differentiates herself from the Father by identifying herself, as Sri Ramakrishna said, with movement:

Divine Mother: I am known as ... dynamic action, as movement, as constant change, as fulfillment. Sometimes you tend to think of me as the Holy Spirit, but there is more to me than that. ... I am known by the movement

within you and the movement within your Earth, within all things, within all universes. (4)

Here go more of my theories into the wastebasket. The Mother is much more than the Holy Spirit. Note to self: Update the file.

When she says “It is the Mother who sees you grow into the truth of fulfillment, the evolution of your maturity on every level,” she's just acknowledged a hugely significant fact for me. I have to back up a moment to get to it.

From a vision I had in 1987, (5) I know that the individual soul journeys from God to God. I know that the purpose of that journey is for God to meet God in a moment of our enlightenment.

For that purpose, the One stirs itself to create a world of matter, *mater*, Mother.

This created world of matter is a school in which we Children of God, the third member of the Trinity, learn our true identity as God. Solving that puzzle is what the Mother has created all of this for.

And here, the Mother has just acknowledged this interpretation. One theory down and one theory up.

She has acknowledged that it is she who raises the divine Child to full awareness of its true identity as God. She then, metaphorically speaking, conducts the Child to the Father. We are hearing reality affirmed at the very highest levels.

Meanwhile, the One is unknowable. The One does not speak. The One does not stir - in material terms. Love flows in the One, I'm sure. But material things do not.

The Mother is all of God we'll ever know - for two reasons. One, God exists beyond knowledge. Thus we cannot “know” the One. Two, if we fully “knew” the One, we'd have merged with it, at which point “we” would cease to exist. Who then would be there to “know” the One?



The Mother is known to all religions - as the Holy Spirit and the Word of God to Christians, Wisdom to Solomon, Shakti and Kali to Hindus, Aum/Amen, Procreatrix/Prakriti - the list of her names goes on and on.

No matter what form of God we worship, we're really worshipping her.

She tells us that she is much bigger than Shakti, so big that we could not imagine it.

Divine Mother: When I have spoken about ... Shakti, I have spoken about a part of me. ... She is not the totality of my being. My being is bigger than you can fathom, dear one. ... I do not simply mean that she is an aspect manifesting. But it is simply larger than any of you can imagine, particularly at this point. (6)

Ancient sages would have fasted forty days and forty nights in the desert to catch even a whisper from the Divine Mother, the sight of her hem as she passed by, or a taste of her bliss.

Today, Linda has presented us with several hundred pages of the Mother's teachings. I don't know about you but I'm going to be poring over these pages. The number of spiritual verities she's confirmed or clarified for me is like the California gold rush was to miners. (7)

This generation has been incredibly fortunate to have this unfettered access to the Divine Mother and I hope it continues.

Linda's channelings are the clearest I've heard. I have no illusions about the challenges of channeling the Mother. I was told that Linda meditates hours before channeling her. And frequently she says that the Mother converses with her during the night.

I see in this book that Linda has been channeling the Mother for more than twenty years. My hat's off to her for valor and determination. It's been a pleasure working with her on InLight Radio and in personal readings.

May we all ascend together and find in our new vibratory home fulfillment of all we've been seeking. May the Mother's talks here smooth our path. And may she and the archangels be there to welcome us and introduce us to that answer to everything awaiting us there - the inner tsunami of endless love.

## Footnotes

(1) Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 123.

(2) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012 at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.

(3) "Transcript ~ The Divine Mother: New Year's Message 2017," December 29, 2016, through Linda Dillon, at <http://goldenageofgaia.com/2016/12/31/new-years-message-2017/>.

(4) "The Divine Mother: Come to Me," *ibid*.

Surprised at her informality? Consider this:

Archangel Michael: We do not want anything capitalized. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 12, 2016. Hereafter AAM.)

Steve: I didn't know if I was being too familiar.

Archangel Michael: You know what? We want you to be familiar. (AAM, Jan. 3, 2017.)

(5) I had a vision of the entire life journey of an individual soul from God to God. A description of it appears here: "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) "The Divine Mother: Come to Me," *ibid*.

(7) For example, the Mother has confirmed for me, in full or in part, the following spiritual connections. To a student of cross-cultural spirituality, these are like my foundational principles:

God the Father, God the Child, and God the Mother = Brahman, Atman, and Shakti = Father, Son, and Holy Ghost;

Creation, preservation, and transformation = The three Gunas (Rajas, Sattwa, and Thamas) = The Trimurthy (Brahma, Vishnu, and Shiva) = AUM (Akar, Ukar, and Makar) = a subset of the Divine Mother.

Sahaja Nirvikalpa Samadhi, Vijnana = Nirvana, Buddhahood = Salvation, Redemption, and Rapture = mukti, moksha, liberation = Ascension, Fifth Dimensionality.

Where else could I get this level of confirmation? I could not. The Mother is the last word.

Download here: <https://goldenageofgaia.com/wp-content/uploads/2021/11/Its-All-a-Journey-of-Love-3.pdf>

Clicking on the URL will automatically download your book.



## **I am Love, Change and Constancy**

April 20, 2013

<http://goldenageofgaia.com/spiritual-essays/the-nature-of-the-divine-mother/i-am-love-change-and-constancy/>



I'm listening to the Universal Mother's channeled message through Linda Dillon on April 20, 2013 (1) and some of the things she says beg comment.

She begins by calling herself 'Mother of love, Mother of change and Mother of constancy.' How can she be things which seem contradictory?

The Universal Mother (she is not a "she") is the Transcendent Father (he is not a "he") having entered into the world of the dream, of form, of impermanence. She is the universal, primordial creative energy known to us as Aum/Amen, the Word of God, Shakti, the Holy Spirit that moves upon the waters, etc. (2)

She calls all things into being, holds them in form for a while, and then releases them back into the formless "emptiness" that the Father is.

Oh, my gosh, I hear some people saying. He's talking about the three gunas or cosmic forces (rajas, sattwa, and thamas or creation, balance, and transformation). Well, yes, I am. The three gunas are a subset of the Mother. Aum is a sine wave and creation (a-kar), preservation (u-kar), and transformation (m-akar) are its constituents (A-U-M). They correspond to the gunas.

Oh my gosh, someone else says. He's talking about Brahma, Vishnu and Shiva. Well, yes, the Divine Mother has actually told me on *An Hour with an Angel*, Brahma, Vishnu and Shiva are just personifications of the three cosmic forces that the gunas are. (3) And she is the source of the gunas.

Love is the attractive force (rajas) that draws all matter together. So the Mother is certainly the Mother of love.

And constancy is the balancing and preservative force (sattwa). So the Mother is certainly constancy.

And change is the transformative force (thamas). So the Mother is certainly change. These are three phases of her energetic beingness.

It's the Mother who takes the Father's intentions and makes them manifest in the dream. It's the Mother who creates this school of learning that the world is and raises the Child of God from ignorance to knowledge.

It's the Mother who accepts the Child as a seed from the Father, nurtures it in her womb of matter (*mater*, Mother), teaches it once it has awakened, and brings it back to be reintroduced to the Father when it's ready. The story of birth and life simply repeats the universal, timeless drama, as it was undoubtedly meant to do.

The Mother is all we can "know." The Father cannot be known. You cannot touch or see the Father. But you can touch and feel the Mother. The Father cannot talk or be heard. The Mother is the Voice in the Silence, the Voice of one crying in the wilderness. The Father cannot be seen. Anything you see is the Mother. (4)

The Father can only be known in unknowingness, when the Christ (or Child of God) has subdued all desires for the world, bends its knee to the Father, and surrenders its very Self to Him, that things may be all in all.

Then it is seen that the Child is the Father, the Mother is the Father, and the Father has become everything.

These ways of speaking are conventional. They will likely change in the new culture that will arise. I have not had the wit to figure out new ways of speaking but I invite others to do it.

They reflect the usage patterns of sages of old, but admittedly they are gender-biased. Nonetheless the realities they point to are not gender-biased. The realities, as far as I'm aware, are true, critical for all of us to know, and the object towards which we all journey. When known, the object disappears and we are left only with the Subject and journey's end.

### **Footnotes**

(1) "The Divine Mother Speaks of Change and the Constancy of Her Love for Us," at <http://goldenageofgaia.com/2013/04/the-divine-mother-speaks-of-change-and-the-constancy-of-her-love-for-us/>

(2) See "The Nature of the Divine Mother" at <http://goldenageofgaia.com/spiritual-essays/the-nature-of-the-divine-mother/>

(3) "The Divine Mother: Come to Me as I Come to You – Part 1/2," at <http://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>

(4) I am talking about the formless God, the Transcendental, the Void, not the personal God or God-in-form. The difference is between what Matthew Ward calls the Source and what he calls God. Or what sages call Godhead and God.

**⌘ The Child of God  
- Christ, Atman, Self ⌘**

# **I am the Light of the World**

Dec. 25, 2010

<http://goldenageofgaia.com/spirituality/cross-cultural-spirituality/i-am-the-light-of-the-world/>



Merry Christmas (2010) to everyone as we celebrate the birth of one who was, in more than one sense, the Light of the World.

The main respect in which this could be said of Jesus is that he incarnated the Light of the world. When he said, “I am the Light of the world,” (1) he was referring to the Light of the immortal Self, known to Hindus as the Atman, to Buddhists as our original face. Hindus referred to the Light as Brahman-within-the-individual, God-within-the-person. Christians referred to it as the only-begotten Son.

It is the Prince of Peace, the Messiah, the Savior of humanity and all life.

Jesus talked about this mystical Light throughout his ministry, calling it the Pearl of great price, the Treasure buried in a field, the mustard seed that grows into a great tree, the measure of meal that leavens the whole loaf.

His parables were discussions of how, once we saw the Son of God in meditation, we would sell all other desires, meditate on it, and buy the whole field. That is, when we concentrated on it alone, the Christ Light became the Light of the Father, transcending all of creation and bestowing on us eternal life.

To the spiritual seeker, it would prove to be the Good Shepherd, the only door to the Kingdom of Heaven, the eye of the needle.



Jesus embodied it. He was it while others only saw it. But even merely seeing it changed one's whole life, as Jan Ruusbroec, the 14th-century mystic, tells us:

“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." (2)

Ruusbroec sells all that he has - all his other desires - and retains only the desire to contemplate this Light, until it becomes for him the Light of the Father, as he reveals here:

“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.” (3)

Richard Rolle, Ruusbroec's contemporary, depicts the fate of the mystic who has become “perfectly converted to Christ”; i.e., has followed the Light of the Christ to the Light of the Father.

“When a man is perfectly converted to Christ, he will hold in contempt all things that are transient, but keep a tight hold on his longing for his Maker – as far as is given to mortals, who have to allow for the corruption of the flesh. And then, not surprisingly because of this vigorous effort, he sees with the inward eye heaven open, as it were, and all the inhabitants there.

"Then it is that he feels that warmth most sweet, burning like a fire. He is filled with wonderful sweetness, and glories in jubilant song. Here indeed is charity perfected, and no one can know what it is like unless he lays hold of it; and he who does never loses it. But lives in sweetness and dies in safety.” (4)

The sixth-century mystic Pseudo-Dionysius also knew this consummation and described it in similarly glowing terms.

“In time to come, when we are incorruptible and immortal, when we have come at last to the blessed inheritance of being like Christ, then,

as scripture says, 'we shall always be with the Lord.' In most holy contemplation we shall be ever filled with the sight of God shining gloriously around us as once it shone for the disciples at the divine transfiguration.

"And there we shall be, our minds away from passion and from earth, and we shall have a conceptual gift of light from him and, somehow, in a way we cannot know, we shall be united with him and, our understanding carried away, blessedly happy, we shall be struck by his blazing light. Marvellously, our minds will be like those in the heavens above. We shall be 'equal to angels and sons of God, being sons of the resurrection.'" (5)

To guide us to this blessed consummation is the reason why Jesus chose to be born.

The Light of the Christ is the Light of the world, the Light of the Son, one with the Light of the Father. This is what Jesus meant when he said "I and the Father are one." (6)

The Light of the Father is greater than the Light of the Son, as Jesus said: "My Father is greater than I." (7) The Light of the Father resides in our heart and we reside in the Father since God is everything, which is what Jesus was pointing to when he said: "The Father is in me, and I in him." (8)

Jesus also said: "I am the way, the truth, and the life." (9) Meditating on the Light is the way to God. The Light of the Father is the truth of life. And knowing that truth deeply, in the experience of sahaja nirvikalpa samadhi (10) – that is the state of enlightenment that is sahaja or natural. It frees us from the need to be born into physical matter again, the sense in which it bestows "eternal life." (11) Thus the Light of the world is the way, the truth, and the life,



Jesus knew that the masses would not understand him or his disciples and, misinterpreting what they said, might turn on them and rend them. Therefore he advised his disciples not to cast their pearls before swine.

He himself could not find among the elders of Israel people who understood the mystical truths he taught, asking Nicodemus, "Art thou a master of Israel, and knowest not these things?" (12)

On another occasion, he spoke a parable to his disciples, who thought they knew what he said, but they showed by their response that they did not.

"I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father.

"His disciples said unto him, Lo, now speakest thou plainly, and speakest no proverb." (13)

But Jesus has spoken a proverb, which had several layers of meaning, as all his proverbs did. Besides the obvious one which the disciples apprehend is another in which Jesus is declaring that he is an Incarnation of God, a descender to Earth and not an ascender like the disciples.

A third level of meaning is that all life comes from the Father into the world and then leaves it, upon final enlightenment, and returns to and merges with the Father again. This is not at all the plain speaking the disciples thought it was.

That he incarnated the Christ Light is not the only level of meaning in which Jesus could be said to be the Light of the world. His incredibly-profound, epigrammatic teachings made him the Light of the world in a pedagogical sense too.

His parables were designed to last for centuries, providing nugget-like texts which enlightened masters could use to introduce their longer explanations of mystical secrets to initiated students. They were not designed for the masses who had ears but could not hear.

So many who hear his teachings retain a lasting impression. I remember reading of a Zen master who, upon being told a few of the teachings of Jesus, said, ah, this man is not far from satori.

He commands the respect of earthly sages - and of galactics. When SaLuSa wants to explain what will occur for us in 2012, he uses Jesus as his example.

“You are soon to be released from your temporary quarantine on Earth, and allowed to experience the freedom of the Cosmos. By then you will have achieved a level of Christ consciousness, and will be expressing yourselves through Unconditional Love.

“This is the reason the Christed Ones such as Jesus came to Earth, to show you what could be achieved by living in Love and Light. The Earth is a great testing ground for those who aspire to reach such levels.” (14)

When he wishes to reassure us that the galactics will be joined by the Masters, he again uses Jesus as his example.

“The Masters ... wait in readiness to return to Earth. You might say that the big guns are waiting to appear to you and that is correct, as the truth will sound be more acceptable when it comes from those who are familiar to you.

“Jesus and many Angelic Beings such as Archangel Michael will address you and the words will carry a powerful energy, that will

leave you in no doubt that they come to you with Love and Light.”  
(15)

And when he wants to lay out what the galactics are here to teach us, he once more uses Jesus as his example.

“Jesus came not to start a religion, but show by his example the way Man should live. He was the perfect example of One who lived his word, and when he preached love that is exactly what he was - Love Incarnate.

“There is nothing else in your lives that is of such importance, and it starts by loving Self and then others. Since you are All One, why would you treat another part of yourself any differently from anyone else?

“Your principal lesson is to be able to express Unconditional Love, and when you can do so you can claim to have found the Way. We know that it is not easy to suddenly view life quite differently to what you have been used to, but if you are to progress you will need to change your beliefs.” (16)

I'm not convinced that SaLuSa used Jesus as an example simply because SaLuSa may have been sent to speak primarily to westerners, the vast majority of whom are Christians. I think he, like so many other spiritual figures of whom I'm aware, is genuinely inclined to be reverential toward Jesus because Jesus calls out that level of respect from so many who hear his teachings.

Thus, Jesus was the Light of the world in many profound respects. He incarnated the Christ Light at its most expansive. His life was a standard of perfection in its outworking and his teachings so perfect in their truthfulness

and aptness that all who hear him, to the best of my knowledge, pay him deference.

The universal regard in which Jesus is held is testimony to the truth of his statement that he was in a deeply-meaningful way the Light of the world.

### **Footnotes**

(1) John 8: 12

(2) John Ruusbroec in James A. Wiseman, *John Ruusbroec. The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985., 147.  
(Hereafter JR.)

(3) Ibid., 74.

(4) Richard Rolle, *The Fire of Love*, trans. Clifton Wolters. Harmondsworth: Penguin, 1981; c1972, 106-7.

(5) Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysius, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 52-3.

(6) John 10: 30.

(7) John 14: 28.

(8) John 10:38.

(9) John 14: 6.

(10) To learn about this level of enlightenment, go to this webpage and search on “sahaja”: <http://www.angelfire.com/space2/light11/fdl/e1.html>

(11) We are eternal no matter at what stage of enlightenment we may be at. But we also need to be reborn into matter until such time as we achieve sahaja and liberation. Achieving liberation is what is meant by Jesus's special use of the term "eternal life."

(12) John 3: 10.

(13) John 16:28-9.

(14) SaLuSa, Feb, 1, 2010, 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)

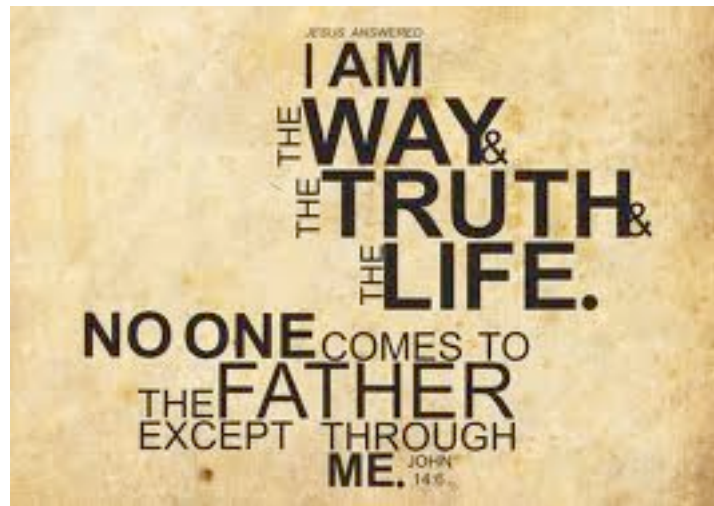
(15) SaLuSa, March 22, 2010.

(16) SaLuSa, Apr. 5, 2010.

## Speaking as the Self, I Am the Way

July 12, 2013

<http://goldenageofgaia.com/2013/07/12/speaking-as-the-self-i-am-the-way/>



Speaking as the Self - which Christians call the Christ, Hindus the Atman, and Buddhists the Buddha Nature - and not as Steve, I can say "I am the truth, the way and the life. No one comes to the Father except through me."

If you were speaking as the Self, you too could say, "I am the truth, the way and the life. No one comes to the Father except through me."

When I asked him what he meant by saying I am the truth, the way and the life, Jesus responded that he was talking as the "I am." He was "aligning with All, with Source, with Father/Mother One. That is the alignment. And if you, Steve, or listeners, say, 'I am the truth, [the way, and the life]' then you have aligned with that, and you have become that." (1)

In a sense my twin flame, and your twin flame, and the twin flame of us all as the Self could be said to be the Divine Mother. In this world, which is like angel food cake, there are two ingredients mixed together: matter and consciousness.

Matter is the Mother, who encompasses all matter though she is only pure consciousness, and the consciousness that is embedded in matter is the Self, which, at our essence, is you and me.

Matter is an illusion but consciousness is the Reality.

Matter and consciousness are mixed together to form the world and consciousness is given the task of knowing itself beyond matter, of disentangling itself from the mix and seeing through the illusion.

I am given the task of knowing myself as pure consciousness, a consciousness which is in fact everything. That pure consciousness is formless, transcendental, imminent in everything. It is in fact the Father.

That is my mandate, my assignment, my task in life. And it's also yours. To seek, find and return to the Father.

Ascension is achieved in a level of enlightenment called sahaja nirvikalpa samadhi, (2) in which I know myself permanently as the Father (pure consciousness which has become everything).

My knowing myself as the Father becomes my natural state and I know that forever, without the knowledge ever leaving me. My heart is opened permanently and there is no more separation between my heart and the Heart of all, that the Father is.

That is the end of duality. That is also the point of liberation from ever needing to be born again into the world of duality.

There are levels of enlightenment beyond that. Ascension to the Fifth Dimension is just the first step, away from duality or separation from God. But there are many steps beyond that on the return journey to God.

Twin flames are reminders of the original division into matter and consciousness. They remind us that the world is a mixture of the two and that we must know ourselves as One. The fusion of the twin flames is said by some to be a precursor to Ascension, but of that I know nothing. It may turn out to be so and it may not. I don't know.

But I will know myself as pure consciousness. Of that I have no doubt.

It's my conjecture that pure consciousness, known as being everything, is realized in stillness and silence. Pure consciousness itself, compared with our material reality, is ultimate emptiness, (3) ultimate stillness, and ultimate silence.

Ordinarily I'd expect pure consciousness to be known in passive meditation. But we're lightworkers and we're here to serve. Though passive meditation can and will benefit us, I still don't think that we as lightworkers will be asked to know Reality through passive meditation, but through the active meditation that service is.

But whether that's true or not, remains to be seen.

## **Footnotes**

(1) "Transcript of Interview with Jesus on Biblical Mysteries, Dec. 19, 2011," Dec. 21, 2011, at <http://goldenageofgaia.com/2011/12/transcript-of-interview-with-jesus-on-biblical-mysteries-dec-1-2011/>.



(2) Steve Beckow: 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? ...

DM: Yes.

SB: It does?

DM: That is correct.

SB: Oh, eureka! Thank you, Mother! I'm so happy to have that confirmed. ("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/>.)

(3) “Touch ultimate emptiness.” (Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 68.)

## This “Me” Does Not Exist. But “I” Do

June 19, 2022

<https://goldenageofgaia.com/2022/06/19/this-me-does-not-exist-but-i-do/>



*Who are you? Really*

I've just had the clearest example of someone on the other side sending me an urgent bulletin. Both the bulletin and the sending are interesting.

I was wrestling with what caused inner turmoil and turned my attention to the "personality."

And then came a moment of clear, heightened seeing when I said to myself: I don't know how to describe what the personality is....

And I distinctly heard the words form in my mind, with a tinge of emphasis: "Because it doesn't exist."

That was not me. .... Hmmm.....

I followed that line of commentary however: I said to myself, perhaps I *don't* exist and I got my usual signal of agreement from Michael when I've said something accurate. I took that as confirmation.

I don't know which to discuss - the process or the message.

This is the clearest example I've had of a communication which I well know did not come from me. I put a bookmark here.

Now the message: I don't exist.

I'm just letting that sink in.

The "I" of personality does not exist. What does exist? Thoughts, feelings, and actions. Not a "person" as we understand the term.

I suspect that everything about these thoughts, feelings, and actions varies from dimension to dimension.

On this dimension, "I" am not to be found - or on any dimension above it. "I" lie beyond all dimensions, physical and transcendental. (1)

The "I" that actually and penultimately exists (2) is not an "I" that I can even know. I have to be silent before it. I'll disappear before that "I" is "known."

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I work on the illusion day and night, convincing myself that I exist by amassing possessions, socializing, keeping records. This is me. This is who I am.

It'd be like wanting people to believe - really believe - that my Hallowe'en costume is actually me. It's not.

It makes all numbers I have to make me look good look foolish. I do not exist.

Never mind having no clothes. The emperor does not exist.

Something does exist, however, and I am that. It has no qualities. I know it only as the ever-present observer.

I knew it in the Ocean of Love as a point of light and awareness. (3) And I knew it at Xenia in the seat of the soul as a luminous Light. (4)

Like the Father, this observer allows me total free will and sees everything. It's said of the Father that it experiences life through me. I am a projection of that same Father into this dimension. As are you. This Light, this Christ, this Atman is the projection I am. (5)

So, after all is said and done, this "me," this object built of thoughts that I make of myself and adorn with possessions, does not exist. But "I" do.

### **Footnotes**

(1) I now conceive of there being three levels to reality: Physical, Trascendental, and Absolute.

(2) It too disaappears in the One.

(3) See "Love is the Way, the Truth, and the Life," May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>; "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," May 17, 2015, at <https://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-22/>.

(4) 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.)

Archangel Michael: We have unplugged you and, yes, it took some time and shall we say, a few shocks and jolts [watching *Frazzeldrip*]. But what you have done, is you have journeyed to the depths of your soul, to the depths of your core.

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

(5) The door into the higher dimensions for this everyday consciousness is the door of the heart, or hridayam, to be found in the center, the balance point, the present moment.

# What is "I AM" in Simple Language?

Jan. 5, 2013

<http://goldenageofgaia.com/2013/01/05/what-is-i-am-in-simple-language/>



*"I AM that I AM. Tell them I AM has sent me unto thee."*

A member of the Golden Age of Gaia discussion group asked for an explanation of "I AM" in simple language.

The difficulty in putting "I AM" in everyday language is that what's being referred to is a mystery so elevated that there probably isn't any language at all that can convey it, simple or complex.

Language itself is based on an act of freely and arbitrarily bestowing meaning upon a word-symbol. I see before me this organism which has roots, a trunk, branches and leaves and I say I'm going to call this a "tree." But the next person says "Non, non, c'est un arbre."

Tree? Arbre? Who says one is correct and the other is not? The naming is free and arbitrary. One word wins acceptance among a group; another may not. That's all that determines why one continues to be used and another may fall into disuse.

But there already has to be an organism with roots, a trunk, etc., before me before I create a word for it. And all description of it proceeds in a metaphorical way.

That is, it takes something existing and unknown and uses something existing and known to know the unknown. But God, the I AM, cannot be said to be existing in the way we understand "existing." And it can never be known in the way we understand "knowing."

For example, take "the Light of God is brighter than a thousand suns." We imagine what a thousand suns look like and then say we know what the Light of God looks like. But of course our knowing is very approximate and may not, in the end, be adequate at all. It's just often the only avenue open to us if we want to communicate.

In the case of "I AM," someone has felt the need to point to that which precedes everything created. That which is being pointed to has no form. It's in no ordinary way sensible. It cannot be "known" under any conventional circumstances or in any conventional way. It is the greatest mystery that will ever confront us (if there even is an "us").

And they've chosen a symbol for it: "I AM." Others might call it God, or Father/Mother One, or the Source.

The thing being pointed at (which is not a thing) is not known by repeating the symbol attached to it: I AM.

The symbol used to represent it does not yield its meaning by dissecting the symbol itself.

The whole business of discussing it, which is something only beings of a certain level of consciousness can do in the first place - beings who use symbols - does not in and of itself yield knowledge of it.

So everything connected with knowing what the "I AM" is in simple language comes crashing up against all these difficulties.

However, as long as you allow for them, then in the simplest language I can find, the "I AM" is the one subject of all experience, the One who plays all parts, the One who created all this, allows it to persist for a time, and then plunges it back into formlessness again, whence it came.

The "I AM" is the One before which there is no other, no second. There is only the One playing all parts, inhabiting all forms, providing the substance of all forms, etc.

The "I AM" is the essence of everything, that which observes all thoughts and deeds and experiences all experiences, and that which all life tends towards in its evolution and returns to in its absolute end.

That is the very simplest way I can convey the matter. The effort to convey it, to capture it, is doomed to failure. The most we can hope for is to fail better each time we attempt the task, to inspire ourselves and others more with each failure, because it always remains our task, failure after failure, to continue on towards the realization of That.

That goal of realizing It remains our purpose or mission, lifetime after lifetime - in matter and beyond. It never ceases to be the goal of our lives, even though we're doomed to fail in it (almost) every time.



# Points of Awareness in a Sea of Love

October 31, 2020

<https://goldenageofgaia.com/2020/10/31/points-of-awareness-in-a-sea-of-love/>



Some statements are so right on, they stop you in your tracks. The Arcturian Group said recently:

"Compassion, service, and a growing awareness of the problems of others are the beginning steps that eventually lead every individual to a state of consciousness in which no one is left out, a consciousness that understands that no one can be left out of ONE." (1)

"A state of consciousness in which no one is left out." What a terrific description of the higher dimensions. There's no difference between a world in which no one is left out and a world that works for everyone, I'm willing to bet.

"A state of consciousness that understands that no one can be left out of ONE."

That particular phrase awakened a stirring memory in me.

If I'm to describe it, I'd have to take a few steps back.

We live our lives in bodies that are separate from each other and from the environment. Bodily integrity is taken for granted but absolutely imperative to physical life.

I'll bet very few people could imagine being in something that takes in everything. If it took in everything, it would take in us. And that would violate our notions of physical integrity. Anyone who thinks that such a world exists or that it's a good thing is crazy, right?

But I've been in a circumstance in which that which is everything took in what I thought to be me.

On Feb. 13, 2015, my heart opened and I found myself in the midst of an inner tsunami of love. That tsunami filled first the room I was in and then burst its boundaries and became everything, an Ocean of Love.

Everywhere you looked was love. What I, who was looking, was was of no concern to me. The quality of the love I was experiencing wiped such a thought from my mind.

Was I a physical body? Was I a point of awareness? I simply accepted that "I" was "I." All care and concern for myself was swept clean by the tsunami.

In this Ocean of Love, which Michael tells me was Seventh-Dimensional, (2) the Oversoul, Christ Consciousness, I could say:

"Compassion, service, and a growing awareness of the problems of others are the beginning steps that eventually lead every individual to a state of consciousness in which no one is left out, a consciousness that understands that no one can be left out of ONE."

Service-to-others is the beginning step to a state of consciousness in which no one is left out, a world that works for everyone, which understands that all of us are points of awareness in a Sea of Love. (3)

### **Footnotes**

(1) Arcturian Group, Sept. 20, 2020.

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

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

Patricia Diane Cota Robles called it "the Divine Mother's Transfigurative Love."

(3) Clearly it has not become everything because here am I looking out on things. So there is more to go before all is One and only One. But the relation between the "I" that looks out on the Ocean of Love and the Ocean itself will, some day, I think be shown to be the same as that between Father God and Mother God. The same is true for all of us. These are just my speculations.

# **This is the Christ**

Dec. 2, 2012

<http://goldenageofgaia.com/2012/12/02/this-is-the-son-of-god/>



Jesus called himself the Christ and he spent much of his time teaching about the Christ. What is the Christ?

Jesus calling himself the Christ, for me, means Jesus acknowledging his possession of Christ consciousness. But, whereas strictly speaking, Christ consciousness is associated with the level of enlightenment we'll achieve at Ascension, I'd imagine Jesus's own consciousness embraced levels very much higher than Fifth Dimensionality, possibly higher than the human realm of twelve dimensions.

His attainment would have been less than that attained by Sananda Kumara, who overlit Jesus in his ministry and for whom Jesus is regularly mistaken (they actually are separate individuals. Otherwise, it seems to me, there would be no sense in Sananda overlighting him). (1)

Jesus called the Christ by many names: the savior, the messiah, the Son of God, the Prince of peace, the pearl of great price, the treasure buried in the field, the measure of meal that leavened the whole loaf, the mustard seed that grew into a great tree.

In most of his tales of the son of the landlord, the son is the Christ, the landlord the Father. When he talked about “I and my Father” being one, but the Son being less than the Father, and the Father being in him and he being in the Father, he was also talking about the Christ.

We often think that to discuss Jesus at all is to proselytize and descend, down the ladder of certainty, into belief, which is lower on the ladder than the natural knowledge that comes from enlightenment. Belief doesn't have very much experience, truth or reality in it. It's thought-based rather than experientially-based.



But the Christ, the Son, the treasure buried in the field *is* Reality. It isn't a matter of belief. And belief in it, while it draws one to it by the Law of Attraction perhaps, does not substitute for knowledge of it. Only knowledge of it enlightens; belief does not.

Many sages have experienced the Christ and come to know that they too are the Christ. We always are the Christ but we simply aren't aware of it. The Christ is our soul, our Higher Self. It *is* who we are, were and always will be.

Other religions know the Christ by different names. Hindus call it the Atman or Self. Buddhists call it the Buddha nature or our original face. It doesn't matter what name is used. The Christ or Self is known to all religions.

So what is the Christ? The Christ is, metaphorically speaking, a Light of the Father's Light, a fragment of the Father, a flame in the heart, a firebrand plucked from the burning. It's a Light brighter than a thousand suns.

John Ruusbroec saw it and exclaimed: "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 contemplate eternal life." (2)

This Son of God will lead one to the Father, he 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." (3)

In *An Hour with an Angel* in January 2012, I read John Ruusbroec's quote to Jesus and asked:

Steve Beckow: Is that light indeed the Christ in its essential form?

Jesus: It is the Christed light, yes, you are correct. In its fullest form.

SB: All right, now, can you – It'd be such an important thing for me if you could discuss your relationship to that light. Were you embodying it in the fullest manner? Was that your role or mission? Or what was your relationship to the Christ?

J: That has always been the fullness of my mission, in whatever form I have taken. I am the light that burst forth. I am the light that came from the heart of One, from the heart of God. And my purpose in all this relationship was to simply ignite not only what has been referred to as Heaven and Earth, but far beyond.

If you look to my essence, dear friend, all you will see is light. That is all there is. And it can assume relationship, and after relationship it can assume various form. But it's light was beyond the Christ light. Can you think of it as a tiering? It was an implosion, explosion of light, and it has never changed. And it will never change.

SB: And when you say, "I am the light," who is "I am"? Are you speaking as Jesus, or are you speaking as the Christ, as the light?

J: No, I am speaking as the light. (4)

The Son is the Father and the Father is the Son: they are not different. No one can enter the Kingdom of the Father save through the Son. No one can know the Supreme Self unless they first know the individuated Self.

The Light of the Christ, when meditated upon, finally becomes the Light of the Father so it is through the Christ that we "see" the Father. That is how the Christ is the gateway, the door to the Kingdom, the good shepherd, etc. That is also what is meant when it is said that the Christ brings all his flock to the Father.

Once they see the light of the Self (or find the treasure buried in the field of the body), if they settle down into meditation on that Light, leaving all other desires behind than to know its greater identity (sell all they have), they will penetrate into that Light until it becomes the Light of the Father (they will have bought the field).

The Christ or Atman, according to Shankara, "is infinite wisdom," (5) "unending, unalloyed bliss." (6) It is often called the witness and the motivator of every action, as Sri Krishna does here.

"The supreme Brahman [God] in this body [i.e., the Atman or Self] is also known as the Witness. It makes all our actions possible, and, as it were, sanctions them, experiencing all our experiences." (7)

It is, as Jesus said, "the light of the world: he that followeth me [i.e., the Christ] shall not walk in darkness, but shall have the light of life." (8)

And he shall have the light of life when the discrete Light of the Son becomes the transcendent Light of the Father, as Ruusbroec predicted it would.

Lin-Chi, or Rinzai, knew it and called it "The clean pure light in a moment of your mind -- that is the Essence-body of the Buddha lodged in you." (9) Zoroaster knew it and said of it:

"Happy is the man to whom you come mightily, O Fire, Son of Ahuramazda ["Wise Lord"], friendlier than the friendliest, more adorable than the most adorable! Through Thy Fire, O Lord, we draw near to Thee and Thee alone!" (10)

It is birthless and deathless, beginningless and eternal, as Moses acknowledged: "The fire [the Christ] shall ever be burning upon the altar [of the heart]; it shall never go out." (11) And Jesus: "The Son abideth ever." (12) And also Shankara:

"The Atman is birthless and deathless. It neither grows nor decays. It is unchangeable, eternal. It does not dissolve when the body dissolves. Does the ether cease to exist when the jar that enclosed it is broken?"  
(13)

So this Light is who Jesus embodied and the subject on which he expounded from the day he began his ministry until the day he surrendered it again to the Father.

And it is consciousness of this Christ that we shall attain on our Ascension. We shall become like Christ and we very well may do greater than he did in the world, so to speak. But we shall not *be* greater than he. We'll have only taken one step on the path that he trod to completion. The rest of the journey awaits us.

## Footnotes

(1) The question of whether Jesus and Sananda are separate beings is not a settled matter. I plan to do more research on the subject soon.

(2) John Ruusbroec in James A. Wiseman, *John Ruusbroec. The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985., 22.

(3) Ibid., 74.

(4) "Transcript of an Hour with an Angel, with Jesus, Jan. 16, 2012," at <http://goldenageofgaia.com/the-2012-scenario/the-masters-return/transcript-of-an-hour-with-an-angel-with-jesus-jan-16-2012/>

(5) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 48. [Hereafter CJD.]

(6) Ibid., 56.



(7) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 103.

(8) John 8:12.

(9) Lin-Chi in Burton Watson, trans. *The Zen Teachings of Master Lin-Chi [Rinzai]. A Translation of the Lin-Chi Lu*. Boston and London: Shambala, 1993, 24.

(10) Zarathustra in Duncan Greenlees, trans. *The Gospel of Zarathushtra*. Adyar: Theosophical Publishing House, 1978, 49.

(11) Leviticus 6:13.

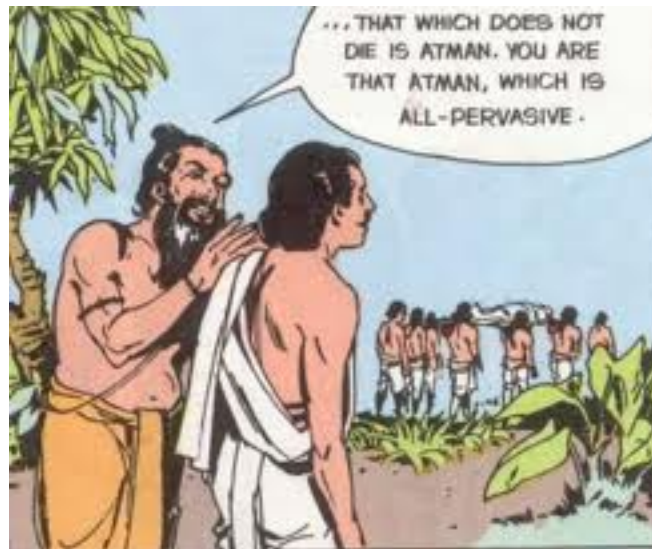
(12) Jesus in John 8:35.

(13) Shankara in CJD, 53.

## A Note to Hindu Readers on "the Christ"

September 14, 2010

<http://goldenageofgaia.com/2010/09/14/a-note-to-hindu-readers-on-the-christ/>



I was reading Lisa Renee's latest column for the third time (deep, deep column) and noticed its use of Biblical references and it occurred to me that some (not many) Hindu readers might be puzzled by the continual use of the words "in the service of the Christ" or "Christ Consciousness."

Most older people probably know what I'm about to say here but younger readers may not.

They may wish that the celestial, galactic, or spirit sources were speaking in their own terminology, instead of a Christian terminology.

In fact there's an easy way to make the translation, if you'll permit me to say so.

In a nutshell, where you see "in the service of the Christ," read "in the service of the Atman." Where you see "Christ Consciousness," read "Atmic Consciousness." Consider the Hindu version of the Trinity. In my view, it's

not the Trimurthy of Brahma, Vishnu and Shiva. (1) The Trimurthy has no equivalent in Western religions that I'm aware of. They do not appear to recognize the cosmic forces being referred to.

I assert that Brahma, Vishnu and Shiva are really a personification of the gunas - rajas, sattwa, and thamas. Consider that both Brahma and rajas are creative in action; both Vishnu and sattwa are preservative; both Shiva and thamas are transformative.

Since the gunas are a subset of Shakti, by extension so is the Trimurthy. And that seems to coincide with the famous Vedic story of the gods being unable to lift a straw which Brahman caused to be immovable, does it not? Brahman is superior to the gods. So is Shakti and the Atman.

I think the Christian Trinity of Father, Son (or Christ) and Holy Ghost is equivalent to the Hindu Trinity of Brahman, Atman, and Shakti. (For more on that see, <http://goldenageofgaia.com/spiritual-essays/christianity-and-hinduism-are-one/>>Christianity and Hinduism are One"</a> at <http://goldenageofgaia.com/spiritual-essays/christianity-and-hinduism-are-one/>.)

If I may paraphrase Jesus for a moment, he said that he (speaking as the Christ Intelligence) was one with the Father though the Father is greater than he. The same could be said of the Atman, could it not?

He said that he was the way, the truth, and the life, the doorway through which the sheep would enter. I believe the same could be said for the Atman.

He said he came from the Father, into the world, and now leaves the world and returns to the Father. Same could be said for the Atman. Admittedly it could also be said for the individual being and the Avatar. It could be said of all things, which came from the Father and return to It again.

Everything of a like nature that Jesus said, speaking as the Christ, could be said of the Atman. It is the treasure buried in a field, the Pearl of great price, the mustard seed that grew into a great tree, the measure of meal that leavened the whole loaf.

Emerson once published a poem in which he called God "Brahm." When his critics protested, he suggested they substitute "Jehovah" for "Brahm" and their difficulty would go away.

Similarly here: substitute "Atman" for "Christ" and any perceived difficulty will probably vanish.

### **Footnotes**

(1) Not Mahashiva or Mahavishnu, which is really a way of referring to Brahman.

# The Christ and Ascension

June 4, 2013

<http://goldenageofgaia.com/spirituality/cross-cultural-spirituality/the-christ-and-ascension/>



A reader asked the following questions:

(1) Of late, I seem to be coming across a lot of info about the Christ energy and light. In your articles on the return of the masters, one quote stood out for me: Jesus only had one harbinger, but the Christ of the New Age is going to have several million harbingers. Did this mean one harbinger vs. the millions who would welcome Jesus now? Or does this mean that instead of one body, Jesus, the Christ light would be in millions?

(2) Does Ascension mean accepting the Christ in us all? Unification with God, completely?

(3) Will we all then be "Christ" or "Christed"? What are the characteristics of Christ consciousness? Total embodiment of blessings/virtues? Surrender to connection/oneness with God? Light quotient?

Let me walk through your questions one at a time. One of the difficulties in answering them is that terms like "Christed," "Christ Consciousness," and even "the Christ in all of us" are used differently by different sages or else interpreted differently by different religious spokespeople.

If I were to ask another sage for a definitive answer, I might receive what amounts to another interpretation to add to what already exists. And since I haven't experienced Christ consciousness myself, I have no firsthand knowledge to fall back on.

Keep in mind that Jesus himself told us during *An Hour with an Angel* interview that, when he said "I am the way," etc., he was aligning with the Father, the All in all.

“When I have used the term ‘I am,’ I was aligning with All, with Source, with Father/Mother One. That is the alignment. And if you, Steve, or listeners, say, ‘I am the truth,’ then you have aligned with that, and you have become that.” (1)

First of all, the Christ is the soul, what Hindus call the Atman or Self. It's a fragment of the Father. It's one with the Father, while the Father is greater than it. It's in the Father (who is everything) and the Father is in it (that is, in the human body, as the divine spark or soul in the heart).

Second, there are indeed levels of enlightenment but which one is Christ consciousness is not agreed upon by all sages so I don't use the expression very much myself.

I've heard people describe the enlightenment that occurs when the kundalini reaches the fourth chakra as Christ consciousness; when it reaches the sixth chakra; and when it reaches the seventh chakra.

None of these levels of enlightenment corresponds to that which we attain upon being firmly anchored in the Fifth Dimension (see below for a discussion of it).

That level sees the kundalini double back on the spiritual heart-aperture or hridayam, after which the heart opens permanently. It's a higher level of enlightenment than the others I've named. Shankara may be describing it here:

"[The Self] is realized within one's own heart as existence, knowledge and bliss absolute. Realize this Atman within the shrine of your own heart." (2)



*Paradigms of separation have led to mutual suspicion*

I don't know what the qualities associated with Christ consciousness are because I've never been able to nail down the level of enlightenment it is. For the same reason, I cannot say what light quotient "Christ consciousness" corresponds to.

The harbinger of Jesus was John the Baptist. But all returning ascended masters and us newly-ascending masters are the harbingers of the Christ, no doubt.

Does Ascension mean accepting the Christ in us all? That depends what you mean by "the Christ." Accepting Jesus? No. But I don't think you mean that. Taking "the Christ" as one's savior? Not if that were meant in any kind of religious way.

Accepting the existence of the soul? Yes. Without that, one simply considers oneself the body and that would not allow the expansion or assimilation of truth needed for enlightenment.

The Christ light is not only in millions of bodies. It's in every body. The light of the soul shines out from us all. Seeing it is enlightenment (one stage of it, that is). Witness these sages of all religions:

**Bodhidharma:**

"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." (3)

"If, as in a dream, you see a light brighter than the sun, your remaining attachments will suddenly come to an end, and the nature of reality will be revealed. Such an occurrence serves as the basis for enlightenment." (4)



**Meister Eckhart:**

"When God touches the soul with truth, its light floods the soul's agents and that man knows more than anyone could ever teach him." (5)

**Jacob Boehme:**

"A wonderful light arose within my soul. In it I recognized the nature of God and man." (6)

**Hilarion:**

"When you have found the beginning of the way, the star of your soul will show its light." (7)

**Krishnamurti:**

"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, 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  
happy,  
Nothing

supremely  
for I had seen.  
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." (8)

Here is mystic John Ruusbroec identifying the Christ with that light:

"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." (9)

"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." (10)

So, as long as we stay away from narrow religious interpretations, I have no problem with the statement that the Christ light shines out from us all.

Notice the many ways that Jesus described the Christ: as a treasure buried in a field (the field is the body); a pearl of great price; a great fish among fish; a mustard seed (the Son) that grew into a great tree (the Father); the Prince of peace, the savior, and so on.

All of these descriptions describe something about the divine spark, the fire always burning on the altar of the heart, the firebrand plucked from the burning.

You've asked what level of enlightenment Ascension is.

The ascended level of enlightenment is called sahaja nirvikalpa samadhi and constitutes liberation from the need to be reborn into the dualism of the Third Dimension. I confirmed that assertion with Archangel Michael:

Steve Beckow: What level of enlightenment does Ascension correspond to? I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called Sahaja Samadhi. Am I correct?

Archangel: Michael: Yes, it is. (11)

And I also confirmed it with the Divine Mother:

Steve Beckow: 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. It is beyond, because what you are doing with the chakra system, even with the thirteen, 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.

SB: It's wonderful to have that confirmed. Thank you very much, Mother.

DM: It is wonderful for us as well, you know! ... Now, you understand that most people – and yes, you will do a good job of explaining – have no conception of what this really means.

SB: Well, you know that I have a website that discusses Sahaja Samadhi at length. ... If I take that material and present it to readers, would that be adequate?

DM: That will help. (12)

Sri Ramana Maharshi describes sahaja as "the state in which awareness is firm and one-pointed, even when objects are sensed." (13) He associates it with the state in which "the screen [of awareness is] permanently exposed. This is Self-realization, Mukti, or Sahaja Samadhi, the natural, effortless state." (14) He continues:

"When the waveless ocean of the external and the steady flame of the internal Nirvikalpa are realized as identical, the ultimate goal, the Sahaja Nirvikalpa Samadhi is said to have been reached." (15)

"Remaining permanently in the primal state without effort is Sahaja." (16)

Granted that sources like Saul speak of "full consciousness" and "unification with God," what they're referring to is in fact neither "full" consciousness nor "unification" with God, but definitely a stage toward it.

But I'd imagine it's probably easiest and wisest for them not to make so fine a distinction when they're addressing a world audience, many of whom are just awakening.

So the Christ is very much an intimate and essential part of Ascension but not in the way many people think. It's the soul or Christ or Atman, which is our essence, and our expanding awareness of it is what Ascension is all about, whether Ascension to the Fifth Dimension or Ascension to every dimension beyond that.

## Footnotes

(1) "Transcript of Interview with Jesus on Biblical Mysteries, Dec. 20, 2011," at <http://goldenageofgaia.com/world-disclosure-day/the-masters-speak/transcript-of-interview-with-jesus-on-biblical-mysteries-dec-20-2011/> . I assume Jesus meant that, if I were to say I was the truth, and know that to be true absolutely, then I too would be speaking as "the Christ."

(2) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 68.

(3) Bodhidharma in Red Pine, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987 , 16.

(4) Loc. cit. I.e., it serves as the basis for the higher levels of enlightenment.

(5) Meister Eckhart in R.B. Blakney, trans., *Meister Eckhart. A Modern Translation*. New York, etc.: Harper & Row, 1941, 105.

(6) Jacob Boehme in Maurice Bucke, *Cosmic Consciousness. A Study in the Evolution of the Human Mind*. New York: Dutton, 1969; c1901 , 183.

(7) Ascended Master Hilarion, channelling through Mabel Collins, *Light on the Path and an Essay on Karma*. Wheaton, IL: Theosophical Publishing House, 1974, 15.

(8) Krishnamurti in Lutyens, Mary. *Krishnamurti: The Years of Awakening*. New York: Avon, 1975, 171-2.

(9) John Ruusbroec in James A. Wiseman, *John Ruusbroec. The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985., 147.

(10) Ibid., 74.

(11) “Archangel Michael: Detailed Instructions for Dec. 21, 2012 and After,” at <http://goldenageofgaia.com/2012/12/archangel-michael-detailed-instructions-for-dec-21-2012-and-after/>

(12) “The Divine Mother: Come to Me as I Come to You – Part ½,” Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/> . The website is *From Darkness Unto Light* and the particular page on which this information can be found is <http://www.angelfire.com/space2/light11/fdl/e1.html> .

(13) Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*. Tiruvannamalai: Sri Ramanashramam, 1977, 27

(14) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 82-3.

(15) Ibid., 88.

(16) Ibid., 89.

## ⌘ The Divine Qualities ⌘



## My Heart Belongs to ... the Divine States

May 15, 2017

<https://goldenageofgaia.com/2017/05/15/my-heart-belongs-to-the-divine-states/>



Having experienced this space of peace for a while now, I'm becoming aware that this space has always been there.

I recognize it. I think we'd all recognize it. It's existed in the background, just not recognized, until I had a much deeper experience of it. Then it ... unfolded, is the best word for it.

Again I attribute the deeper experience to the Porlana C and Tsunami of Love energies, being ramped up prior to the Reval and Disclosure. We're simmering in the pot.

It's hard for me to write because I have to leave the space of peace long enough to write the next note down and then hope I can go back into it. When I'm in it, not a thought stirs in the mind.

So far I've been able to regain it.

If we were discussing the overburden - the constructed self, vasanas, conditioned behavior, etc. - we'd be talking about digging down into them, having the thought in the back of our minds that eventually we'd reach the bottom and be free of them.

I have the attitude that doing this is work, necessary but not enjoyable,

But when I think about going deeper and deeper into a divine state like love, bliss, or peace, I'm again digging, but this digging, in my mind, will guide and bring us Home at last. I smile at the thought of sinking deeper into these states, which I hardly think of as "work."

The feelings I have in approaching both are entirely different.

A rush of thoughts is coming up so I'm leaving the experience of peace and just writing. But again I feel it in the background and I sense that I could recapture it again if I wanted to.

Does this dichotomy between drudgery and the divine not illustrate the maxim that the basic spiritual movement is to "Turn from the world to God"? Detach from worldly things like the overburden and attach to godly things like the divine states?

Krishna said that I am all that a man may desire without violating the law of his nature. God is all that we may desire without inviting karma. God and all things divine, including the God in everyone. These desires for God and the divine will not invite karma. (1)

Hanker after any of the sensual pleasures and objects and we crank up the mind and lose our peace. It isn't bad or wrong. It just doesn't bring peace.

Buckminster Fuller used to say that we can never deal with the opposition by eliminating it. We need to build new structures that will make it obsolete. Similarly here, the opposition to the mergence of the Natural Self is the constructed self we put in its place and the ego that directs the show.

We can't escape from it by trying to eliminate it; that just makes it stronger. We have to make it obsolete by coming out of our psychic shells altogether. Transparency deconstructs the constructed self.

Archangel Michael keeps offering us a standard by which to judge the wisdom of behavior we're about to engage in: "Is it of love?" I'm beginning to get the depth of his suggestion. I find myself more and more these days stopping from saying this and doing that because I see that they're not of love, but simply self-serving.

I don't have anything to put in their place and I feel embarrassed catching and exposing myself and leaving myself with nothing to say. But I'm starting to see how much that I say and do is actually *not* of love. I'm willing to pay the price in awkwardness to make the shift in allegiance.

I'm shifting it from one who wanted to feel self-important to one whose heart belongs to the divine states.

The next step will be to actually put love in place of the unloving, self-serving things I spent my time doing ... OK, perfecting ... earlier.

### **Footnotes**

(1) They actually do invite karma, but Ramana Maharshi thinks of it as non-binding; it doesn't stand in the way of our unfoldment.

*"Vasanas* which do not obstruct Self-Realization remain [after Self-Realization]. 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*." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 89.)

## We Seek the Best Feeling We Know of – Part 1/2

April 29, 2020

<https://goldenageofgaia.com/2020/04/29/we-seek-the-best-feeling-we-know-of-part-1-2/>



I've said a few times that that our lives seem to be spent seeking the best feeling state we know of.

What we spend our money on, our time, trips abroad, plans, worries - is tending to how we feel, how we want to feel, what circumstances will have us feel the way we want to feel.

Everything revolves around feeling the way we want to feel - happy, blissful, loving, caring, etc.

We really do seek pleasure and avoid pain.

So, instead of spending \$6,000 on a trip to Hawaii looking for a "magic moment," during which we might feel these ways, why not cut to the chase and go directly to and for the feeling?

Where is the feeling to be found? Where everything good is found - in the heart.  
(1)

The heart is like a doorway. When the door is opened, we walk into another realm - a higher realm in the sense of more finely vibrating.

All the more subtle feelings vibrate more finely. If we're rough and ready, we don't feel them. We have to slow down and soften up to feel them.

We walk into a higher realm of love initially. Later it becomes bliss. But in the beginning it's a tsunami and then an ocean of love.

OK, cut, cut, cut. Back to us in our everyday lives. I think that whatever we're seeking turns out to be the best feeling we know of - whether it is, love, bliss, peace, abundance, mastery, joy, etc.

For me it's bliss. You substitute whatever it is for you, but let me use bliss as my example of the difficulty of discussing the very states that we all seek.

My heart was opened in 2015 and so I know that bliss resides in it. Michael would say bliss is actually everywhere but the heart is as good a place as any to seek and find it. OK, OK. I'm just a newbie.

For me it's bliss that I seek and I found it in my heart. The minute I mention the subject, I'm drenched in bliss.

I can also draw it up on the in-breath and breath it out to the world on the out-breath. That's how I fill myself up with it when I wish.

My door is open a crack compared to what it was five years ago. But that's still enough to be able to contact and feel bliss.

(To be concluded tomorrow, in Part 2.)

## **Footnotes**

(1) Not the heart chakra. The spiritual heart, two digits right of the breastbone. The heart is perennially closed; the heart aperture (hridayam) remains shut. It opens when the kundalini reaches the fourth chakra and then closes again after a time. It opens permanently when the seven-chakra system has been transcended and one experiences sahaja nirvikalpa samadhi or buddhahood; i.e., Ascension. Ascension is therefore a permanent heart opening.

## We Seek the Best Feeling We Know of – Part 2/2

April 30, 2020

<https://goldenageofgaia.com/2020/04/30/we-seek-the-best-feeling-we-know-of-part-2-2/>



(Concluded from Part 1, yesterday.)

But if you asked me what bliss is? Or what bliss itself feels like? I'd have to say I can't find words for it.

Can you tell me what water tastes like? Probably not, eh? In the same way I haven't been able to say a word about how bliss itself feels. Only its effects on me.

In terms of its effect, my whole mood is lifted way up, away from being touched by any internal discordant note.

It dissolves all worry, fear, hope, plans, all thought. It brings me into the present, without a care in the world. And I feel as if I'm going to burst with satisfaction, joy, and fulfillment.

But there's something more.

It has me fall in love with myself to such a deep extent that I see nothing more to do than to rest here in this love. After all, I am here and the one I love is here. What's left to do?

That's why the Mother truncated my experience of Self in 2018:

"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!’” (1)

Precisely true. Bliss leaves one with nothing more to do than to simply sit in it. Nothing more is wanted or needed. Time does not exist. Only the present moment of supreme joy and fulfilling self-love exists.

I've never found a word in the English language to describe any of the divine states unto themselves. Without comparing them to something else, that is.

And I refuse to reduce the higher-dimensional to lower-dimensional terms. Philosophers call that reductionism. I'm not going there.

My attention is fixed on the higher-dimensional states themselves. As Sri Ramakrishna once said, I didn't come to the mango grove to count mangoes; I came here to eat them.

Bliss therefore is the best feeling state I know of and I see in my life that all my efforts are bent on having more of it.

No, I'm not buying a Lamborghini or traveling to the Taj Mahal to enjoy a moment of bliss. I'm going right to the source - my heart - where it flows freely. Right here, right now.

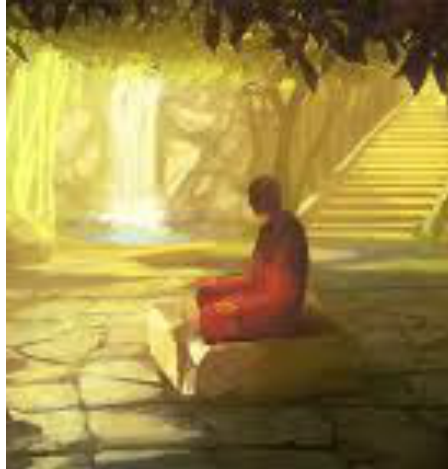
## **Footnotes**

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

# The Overall Significance of Mastering the Divine Qualities

January 21, 2013

<https://goldenageofgaia.com/2013/01/21/the-overall-significance-of-mastering-the-divine-qualities/>



We have a phrase “dawning awareness,” which directs itself to explaining how knowledge unfolds. Dawning awareness may refer to the process of inspiration from our guides, remembrance of knowledge blocked by the encumbrance that the physical body is, or simply the progressive growth of understanding as one thing is seen after another.

I'm watching the process of “dawning awareness” happen with me in relation to my understanding of the significance of the divine qualities in the total life journey from God to God. The divine qualities include such things as truth, love, peace, equanimity, courage, determination, persistence, humility, compassion, etc. They are the qualities that God is or has.

I began by seeing the significance in relation to ascending that the practice of reflecting the divine qualities in our lives has. Then it became clear that the divine qualities were the new paradigm itself. Then it became clear that replicating the divine qualities in our lives was indispensable to building Nova Earth.

But now I'm seeing that living more and more closely to the divine qualities is much more significant than simply as an approach to Ascension or even building Nova Earth. It's the practice that describes how all souls continue to evolve throughout the whole of their journey from God to God.



The increased purity that results from living the divine qualities more deeply and expansively is what distinguishes a more evolved being from a less evolved being no matter where they're placed on Jacob's ladder of consciousness, whether we're talking about a human or an angel, a bodhisattva (1) or an elohim, (2) a planetary logos (3) or a solar logos. (4)

Far from being central to ascending or building Nova Earth, I'd imagine that living the divine qualities more and more closely is the practice that distinguishes us from the dawning of self-awareness itself until mergence with God through total Self-Realization at the end of existence.

Climbing the ladder of dimensionality not just from the Third to the Fifth, but from any dimension to the next more expansive is I think determined by the extent to which we've mastered the divine qualities.

Thus when we first make the choice for ourselves that our lives will see us master the divine qualities ever closer, we've taken, I believe, perhaps the most important step we'll ever take in our evolutionary development.

It isn't a step which simply places us on the Ascension path or that will see us eventually build a world that works for everyone. It's a step that will see us eventually return to and merge with God, which is the object of all our lives.

And saying this for myself is perhaps the most important thing I can say to myself of anything I've said so far. This understanding is the most revolutionary of the understandings that have gradually dawned for me, as they dawn for us all.

While up till now I may have been unconsciously working on mastering the divine qualities, from this moment on, I suspect that that learning will no longer be haphazard but self-conscious and firm. This learning shows up for me as as important as Ascension itself or the accomplishment of building a world that works for everyone because, once one has realized the importance of mastering the divine qualities, the rest follows and simply requires more time - or whatever the higher-dimensional equivalent of "time" may be.

I feel an immense satisfaction at this moment from having seen this matter, a peacefulness and resolution of issues, questions, and search.

A tremendously-important and urgent question has just been answered for me and, unlike on so many occasions on which it yields to a flurry of other questions, no other question arises to take its place.

## **Footnotes**

- (1) Buddhist term for a being who has elected not to go into Nirvana before all beings go into Nirvana.
- (2) A exalted being who creates worlds.
- (3) The being who is charged with the administration of a planet.
- (4) The being who is charged with the administration of a solar system.

# What is the Relationship Between the Divine Qualities and Nova Earth?

Jan. 18, 2013

<http://goldenageofgaia.com/2013/01/18/what-is-the-relationship-between-the-divine-qualities-and-nova-earth/>



*Edited version*

What is the relationship between the divine qualities and Nova Earth? To answer that question we have to look at what we mean by the two terms.

And before we do that, we need also to establish why the subject is important in the first place.

So let's begin, as we so often do, by discussing the purpose of life because the importance of the divine qualities arises as a facet of realizing and accomplishing the purpose of life.

I maintain, and you're welcome to disagree with me, that life is a journey from God to God. Its purpose for us is to realize our identity as God, after which we merge again with the Divine. Its purpose for God is to afford God the opportunity to meet and experience him/her/itself (God has no gender) in a moment of our enlightenment.

God is singular, the universal subject, one without a second. Because God is all there is, God must be us and we must be God. Our sources acknowledge this; for instance, the Arcturian Group:

"There is only one omnipresent, omnipotent, omniscient Consciousness.... Everything embodied within this Divine Consciousness is manifested outwardly in forms consistent to the state of consciousness of the individual.

"God manifests as Divine life individually manifesting Itself. That is the truth of oneness, all are alive with the one and only Life there is. ... God, Source, Divine Consciousness, is all there is, and is embodied within and as you. You are its manifested expression, animals also express this life as do all living things, for It is the only life there is.  
" (1)

The only way the One can meet itself is through a moment of our enlightenment. Every time one of us realizes who we are, God meets God.

We created beings journey up Jacob's ladder of consciousness. Prodigal children, we've enjoyed the world and eventually return to the Father/Mother One free of worldly possessions and attachments. Our return to God concludes a journey that took us from unconscious awareness of our identity as fragments of the divine to conscious awareness of it.

"In the eternal life of the soul," Matthew Ward tells us, "Ascension [in general] is spiritual growth, soul evolvment, and each soul experiences this in many places in the universe while 'Ascending' into the Oneness of All—a return to our Beginning." (2) Right now we focus on the stage of that long journey that takes us from the Third Dimension to the Fourth and finally to the Fifth.

Matthew describes our Ascension as "actual movement from one energy placement into a 'higher,' or lighter, placement." (3) What causes us to shift to a higher placement is a rise in our vibrational frequencies.

Matthew explains how this upward shift in frequencies comes about: "The glories of the Golden Age will be available only to the souls who absorb the light that will enable physical survival along Earth's ascension journey into the high frequencies of fifth density." (4)

SaLuSa agrees with Matthew that the future of all “is bound by the degree of Light that you have drawn to yourself, and whether it is sufficiently high enough to enable you to ascend.” (5)

What happens when we assimilate light? Matthew tells us that "it is the light within a body that transforms its carbon-based cellular structure into the crystalline form that enables the body to live in the high vibrations of energy planes beyond third density." (6) "That is why persons who choose to live in the light can ascend with Earth and those who choose to cling to their dark ways cannot." (7)

Nova Earth refers to Gaia and her inhabitants in the Fifth Dimension. According to Matthew, for us to "go along with Earth [to the Fifth], you need a 'travel ticket.' Getting it is as easy as choosing to live in godly ways." (8) What Matthew calls "godly ways," we call the divine qualities. By that term we mean the actual attributes of God.

One of the tasks before us is to discover what these divine qualities are. We can probably agree that some of them are love, truth, peace, compassion, generosity, freedom, equality, tolerance, impartiality, equanimity, and so on.

The more godlike we are, the more refined our vibrations are. If we want to raise our vibrations so that we shift our point of perception from the Third Dimension to the Fourth and thence to the Fifth, then we must align our thoughts and actions with these divine qualities or “godly ways.”

We have to leave behind the crude and coarse behavior of the Third Dimension. We have to leave behind dualistic or "dark" ways such as self-servingness, competition, greed, hoarding, and the like, trading them for unitive or godly ways like compassion, cooperation, generosity, sharing, etc.

Our divine nature is not something we acquire. We always already have it. It's simply concealed by the overburden of lies, perpetrations, self-interest, and other behavior tolerated in Third Dimensionality but uncondusive to life in the Fifth.

In fact if we act in Fifth Dimensionality as we did in Third, we'd probably feel unable to tolerate the more refined atmosphere and need to retreat from it in short order, were we to win entrance to it by some temporary but superhuman spiritual effort.

Anyone who's had a spiritual experience after a moment of telling the truth deeply only to lose it the very first time they told a lie will know what I'm talking about. We may reach Fifth-Dimensional heights on occasion but we cannot stay there unless we tell the truth, love others, keep the peace, and generally live in godly ways.

So the relationship between the divine qualities and Nova Earth is that living as the divine qualities refines our energy levels, helps convert our bodies from carbon-based to crystalline, and is our passport to Nova Earth. Living as the divine qualities is our assurance that we can remain on the Fifth Dimension once we succeed in shifting our point of perception from Third-Dimensionality to Fourth and thence to Fifth.

That makes mastering the divine qualities, as far as I can see, the first order of business for me and the most vital subject for us to explore and understand.

### **Footnotes**

(1) The Arcturian Group, Oct. 7, 2012, at <http://www.onenessofall.com/>

(2) Matthew's Message, May 23, 2006, at <http://www.matthewbooks.com/mattsmmessage.htm>

(3) Matthew's Message, Oct. 22, 2008.

(4) SaLuSa, October 20, 2008, 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)

(5) Loc. cit.

(6) Matthew's Message, Jan. 4, 2012.

(7) Ibid., Aug. 13, 2010.

(8) Ibid., Dec. 21, 2008.

# The Exploration of the Divine States

October 7, 2019

<https://goldenageofgaia.com/2019/10/07/the-exploration-of-the-divine-states/>



I'd like to continue the discussion we've been having about the divine states.

We may find that we have to rewrite, relearn, and reprogram the way we "be with" them.

In my experience, they need to be recognized to be fully experienced.

It'd be as if bliss, love, peace, mastery, abundance, etc., were people passing by and, until we call out their name, they don't turn and interact with us. They keep on going without us feeling a thing.

That's exactly the way I encountered peace - as if it was a face I saw from a passing train. When I recognized it, it transmitted its experience of peace to me.

Bliss the same. I saw it as if it were a person standing perhaps ten feet away from me at a gathering like a party. It was passing me by but when I recognized it - it was almost as if I had said telepathically, "Oh, you're Bliss" - it came into me and filled the inner space with itself.

Now where in a textbook could I read about this? Someone help me out please?

There's no ongoing, serious discussion today of how to "be with" something like bliss or love or peace.

Perhaps until now we've had no ideas about how to access them.

Perhaps we think we need to meditate for years before we "realize" this state.

Perhaps we think this state is only for high yogis and ascended masters.

I predict that the time will come when we'll have everyday discussions of subjects like bliss as more and more people experience them.

If we recognize a divine state and merge with it (not as hard as we've thought), we've just secured our future better than any insurance plan could.

We will have found - it turns out - precisely what we've always been looking for. We just didn't know what it was. But now we do.

It turns out that the divine states are what we've always been looking for, the real treasure in life. Any one of them affords a lifetime of delight.

Once found, once recognized, we'll have found the switch and turned it on. After that, the divine state will be found to flow by itself, in and from the heart.

Now someone prove me right or prove me wrong - I don't care which. But let's get the exploration of these subjects underway.



# Nurturing the Divine Qualities

May 27, 2022

<https://goldenageofgaia.com/2022/05/27/nurturing-the-divine-qualities/>



*The divine qualities are a cornucopia of heavenly delights*

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Download here: *The Nature and Significance of the Divine Qualities* at <https://goldenageofgaia.com/wp-content/uploads/2022/05/Nature-and-Significance-of-the-Divine-Qualities-2.pdf>.

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Some people are shopping in organic supermarkets. Some in health-food stores. Some in farmers' markets.

I shop at the divine qualities supermarket. I'm rapidly falling in love with it.

Never mind a dash of cinnamon on my ice cream. I'd like a wisp of bliss with....

Somehow I never get by the "with...."

I've become enthralled with exploring the divine qualities. This is a reformed troll under the bridge speaking. Until recently, I had no use for any of these, except if you got way deep down, under my defenses, and I confessed to really caring.

But open enjoyment of the divine qualities? That would ruin my grumpy old f@rt image.

But now, given you sheltering me from the compromises of the modern office, amid which my writing would not survive, I can explore the divine qualities and help find paths.



I know this - the divine qualities - is it. This is paydirt, Shangri-La, the Promised Land.

We're not migrants to this land. We're original inhabitants.

The divine qualities are a way of talking about our original nature. We ARE originally innocent, pure, peaceful, joyful, blissful, compassionate, and all the other virtues. They describe how our deepest Being, our Soul, relates to ourselves and our environment.

But the divine qualities are not a place to get to. They're a place to come from, which is muffled by the overburden of vasanas or core issues we carry around with us.

We already have peace, joy, and love. Now we need to enter into interaction, from them. That will be a great leap for some. It is for me.

Best to take baby steps, whatever that looks like for you. To spur you on, however, I'm here to say you can be a troll under the bridge and still end up experiencing the divine states. And it takes work.

Every minute of every day, I have to choose love rather than being right, winning, or putting someone down. Every time I do, I hail it as a victory, given where I want to go and what I need to prepare for.

The first ten years of this blog for me were about clearing vasanas. The next ten years will be about reconnecting with our original divine qualities and nurturing them.

Download here: *The Nature and Significance of the Divine Qualities* at <https://goldenageofgaia.com/wp-content/uploads/2022/05/Nature-and-Significance-of-the-Divine-Qualities-2.pdf>.

# Water It with Stillness and Feed It with Silence

June 10, 2022

<https://goldenageofgaia.com/2022/06/10/water-it-with-stillness-and-feed-it-with-silence/>



This is an entry in my Ascension ethnography.

Jesus said:

"Where you have need to turn, my brothers and sisters, is inward, deep to the core of your being. I do not speak of the personality that is present in this lifetime but rather of the soul essence, the full design that has been activated within you." (1)

I need encouragement because going inward in a time of external chaos and mayhem feels counter-intuitive.

And yet we're here to anchor the light, are we not? And anchoring the light involves internal operations, rather than external.

I can't speak to "anchoring the light." That's a matter for a spiritual teacher and I'm a writer, not a spiritual teacher.

I value solitude. I value silence. I value going inward. Spiritual teachers address crowds and talk to people day in and day out. That's definitely not me.

Going inward can be just for a moment. One slow and deep breath. But it seldom is.

I notice that, having valued silence and solitude for so long, I now definitely seek it out and continually return to it. Others like to play loud music. Some have to have a radio on. To each his own with love and tolerance.

But I watch myself every day, doing everything I can to make my space silent and still.

I've now committed to the divine qualities and still refuse to fully embrace the fact that I'm by temperament a monk. If I'm committed to the divine qualities, they tend towards stillness and silence anyways, among other qualities (joy, bliss, love, etc.).

It can't be an accident that one week I commit to the qualities and a week or two later I am magnetically attracted towards stillness and silence. SaLuSa tells us:

"There are no accidents or coincidences. Every occurrence and every opportunity that you experience during Earth life has been prepared or allowed for before you incarnated." (2)

Why pretend that I'm sociable when I no longer am? I used to come to office parties, stay for ten minutes, and then sneak out the back door. I just wanted to get home and be back in quietude.

All the bliss that others get from social interaction, I get directly from my heart when I water it with stillness and feed it with silence.

The longing for liberation is strong. (3)

I am not sociable. And I'm progressively getting less so. To turn my back on it would be like injuring myself. Just as I committed to the divine qualities, I now commit to the quiet life.

Granted that "full" enlightenment would nullify my soul contract, and so is not an option I choose any more than my guides do, I'm still driven to push my edge as far as is allowable. Give me as much as my contract permits, for the highest good of all.

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Now a new puzzle, a new paradox arises. Previously I was fully committed to my publishing. But the minute I start to allow myself to move further toward a life of meditation and stillness, I say to myself that I'll have to take a break from publishing so many books.

The Mother was right. (4) I tend to let go of my service contract when I go more deeply into meditation and other solitary pursuits. Hmmm....

Ahhh, but here is where my study comes to my aid: Through study I know that there are no accidents. Nothing is by luck or fortune. All is brought to us except our response.

If that's so, then me feeling drawn to stillness and silence can't be an accident either.

I surmise that, as a lightworker and a journalist, I'm being asked to live a life that's as much into unfoldment as possible while still staying alert and alive to the outside world. I'll be that's what I'm supposed to be doing.

I suppose I'll stay in the middle therefore on this as well as most other things: As much unfoldment as my service contract allows and the rest full out on getting the message out there.

### Footnotes

(1) "Jesus Sananda on Unconditional Love," March 28, 2015 (2003), at <http://goldenageofgaia.com/2015/03/28/jesus-sananda-on-unconditional-love/>.

(2) Saul, July 22, 2009, at <http://johnsmallman.wordpress.com>.

(3) "[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

(4) Divine Mother: Let me be very clear.... If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

We don't mean die but you would have departed the life that you have designed -

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

## Next Divine State

July 3, 2021

<https://goldenageofgaia.com/2021/07/03/next-divine-state/>



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*Download a copy of our new booklet, Extraordinary Love, here: <https://goldenageofgaia.com/wp-content/uploads/2021/07/Extraordinary-Love-R4.pdf>.*

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Why do I live in anticipation of something rather than in appreciation of what is?

Just try on those two spaces. I actually don't want to experience anticipation again before I finish experiencing appreciation because I'm enjoying the latter so much.

I notice that experiencing appreciation makes me an open channel, through which love can flow. My heart is still open a crack and the love that arises is nourishing.

I feel like a child for saying this. It must be obvious to everyone else, but expressing appreciation allows me to love another in a socially-acceptable way. Any way of expressing love is welcome. Love must flow and I experience it as it passes through me on its way to the world. So having a way to express it has more value to me than you might guess.



OK, let me switch to anticipation. Oh gawd, right away I feel depressed. I'm in the middle of World Wait III. Or is it Word War III? Switching into anticipation mode has me feel depressed, sad, powerless. Eeeek! I'm going to throw a Sooooooon grenade at you! Your intel guru sucks. How long have we been at this?

We are the generation who has specialized in waiting and yet has still carried on in whatever felt like service.

Wow. Let me ditch anticipation.

But when I switch to appreciation ... oh my heavens, it's an altogether different picture. Immediately the love begins to rise in my heart.

As an aside, this is a good example of how we ordinarily make so little karmic progress in any one lifetime. Seventy-four years of age and I'm only now appreciating appreciation? What? Have I been dawdling? Where have I been?

Well, as you well know, I've been hanging out on the negative side of life, wondering how I could revenge myself on my erstwhile-violent father. I've only been on the positive side of the ledger for maybe the last two years.

So, yes, I'm only now taking baby steps in areas like trust, forgiveness, togetherness, agreement, etc. So, yep, I haven't really tried on appreciation and given it a test run until this very moment.

It offers me a way to express love, I see. And that is incredibly valuable and welcome. I like this. I'll take it.

Next divine state.

## Run into the Lake. Jump into the Lake. Just Get into the Lake of the Divine Qualities – Part 1/2

September 1, 2021

<https://goldenageofgaia.com/2021/09/01/run-into-the-lake-jump-into-the-lake-just-get-into-the-lake-of-the-divine-qualities-part-1-2/>



This article answers the question: How will I, as a lightworker, manage a large project? How will I host a radio show? How will I paint a large mural?

I had a remarkable development happen around ten minutes ago. Yes, I raced for my laptop. Around 8:15 am, Aug. 31, 2021. And here I am in the midst of the experience.

You remember I said that so much depends on whether we recognize something? If bliss arises and it's unrecognized, it leaves. If bliss arises and it's recognized as bliss, it immediately expands and takes up the whole space, as if to say "Yes!" The genie is out of the bottle. We find ourselves immersed in it.

Well, a few minutes ago I just experienced such a life-changing event. An immersion. A baptism.

Ten minutes ago, I was getting ready to go to Costco. I have a number of things I need to do today and so I was planning things out. I'd now gotten everything arranged and felt quite satisfied.

I looked at my emotional field, my mental field. All was satisfaction, except....

Imagine that my whole field of emotions was lemon-yellow flowers. There was one strand among all that yellow which was a different color. It stood out from all the rest.

I had to feel into it to know what it was, it was so foreign.

When I did, I recognized it as something I haven't known since my very earliest years - confidence.

It immediately expanded and took up the whole space. I'm immersed in it now. I never considered whether confidence was a divine quality. Just as I never considered that abundance or mastery were divine qualities. But they all are.

Remember I'm an Ascension ethnographer by self-decree so I'm connecting dots here, some sociological, some spiritual.

This experience, happening right now, is an event in understanding (what sociologists call *verstehen*), verifiable only by me. Consequently you either accept my version or not but no further proof is forthcoming. (1)

This experience allows me to confirm my distinction between a feeling and a divine state. A feeling arises in and is associated with a part of me - my heart, my stomach, my throat, my head. But a divine state is like jumping into a lake. It completely surrounds you. You're immersed in it.

Run into the lake, jump into the lake. Just get into the lake, Sri Ramakrishna said. (2)

We're not really immersed. The feeling is more like a blotting paper soaking up water. I am "full" of confidence at this moment, so to speak.

What's happened, I think, is that we've triggered a remembrance of a state of being that is ours naturally but which we've covered over with persisting defensive measures like *vasanas* (core issues), behavior patterns, and other counterproductive creations. It's the overburden that needs to go, with nothing put in its place.

Usually something catastrophic happens in the course of which we either see or realize our original pure and innocent state in the form of a particular divine quality (for me in this case, confidence)

But it doesn't have to be that way if we'd only watch for those subtle appearances of the divine state among everything else happening in our emotional field. Once we see it, we try it on to find out what it is and bingo! It expands. Game over.

Yes, it subsides. All experiences short of sahaja samadhi or Ascension do subside, at least somewhat, over time. But we're left with a residue.

This is a clever plan on the part of the Company of Heaven because it gives us the evidence and encouragement that things are happening (in my case a burst of confidence). But it leaves us in a state of reduced experience of the divine state, where we can still manage to interact with the world. (As lightworkers rather than lightholders, we need to remain able to navigate in this world.)

So it accomplishes both indisputable encouragement and increased capacity for the job. I say this is how the Company of Heaven is going to make leaders and managers of us.

(Continued in Part 2, below.)

### **Footnotes**

(1) I will not debate my findings with empirical materialists, I'm afraid, or submit them for academic approval. The academic paradigm of empirical materialism is too small for me to achieve the understanding and results I want, such as enlightenment.

I cite St. Bernadette:

"Each of you is truly facing this dilemma: Where is the proof? This is one of the reasons why this Council of Love has asked you to focus on the Blessings and Virtues, because the proofs, the landmarks, the markers have become internal rather than external.

"This is something new for you to learn; this is a quality of Nova Being. You are learning a new way of measuring proof and it is from within." (St. Bernadette on Prudence in Linda Dillon, *The New You: Emerging into then Brilliance of Humanity's Heart Consciousness*. Port St. Lucie: 2013, 189.)

(2) "You see, the thing is somehow or other to get into the Lake of the Nectar of Immortality. Suppose one person gets into It by propitiating the Deity with hymns and worship, and you are pushed into It. The result will be the same. Both of you will certainly become immortal." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 217.)

Immortality = No necessity to die and be reborn. Sri Ramakrishna is discussing Ascension.



## Run into the Lake. Jump into the Lake. Just Get into the Lake of the Divine Qualities – Part 2/2

September 1, 2021

<https://goldenageofgaia.com/2021/09/01/run-into-the-lake-jump-into-the-lake-just-get-into-the-lake-of-the-divine-qualities-part-2-2/>



(Concluded from Part 1, above.)

So my job now is to describe confidence as clearly as I can, in just a few words.

Well, until now, I've been using bravado, image-management, other-direction (character formation in response to what others say), etc., etc., to navigate my world.

There's always been a tinny ring to it. Something wasn't quite right. And I never knew what.

I think of the Tinman in *The Wizard of Oz*. I always had a tinman quality to me.

My brother had things right. But I never knew what it was about him that that was. Well, I now see it was confidence.

How is confidence different from the bravado I see I've used until now? For one thing, there's no effort involved in being confident.

But in bravado, there's a heck of a lot of stage and prop management, management of our lines and looks, watching the way we walk and talk, on and on it goes. All of that goes out the window now. It isn't needed.

In confidence, all of that falls away with nothing needed to replace it. I repeat: *With nothing needed to replace it*. Confidence itself ... and here again I search for words ... is felt as a substantial addition to oneself which allows ... not quite fuels ... us to walk through life without the very questions and urgencies that not having confidence gave rise to.

"Substantial addition"? It lends substance to our words. It adds weight to our opinions. We seem confident in ourselves, in the outcome, etc. Use it for negative purposes and I guarantee that it'll disappear and we'll be back to image and stage management by bravado, which other people recognize at some level.

"Without the questions"? The very questions bravado addressed have disappeared along with the situations in which bravado was called for. "How am I going to do this? What will I say?" All the rehearsals and soul-searching are gone with nothing but confidence to replace them. And confidence is more than enough to have one stride forth positively.

Confidence is not a Third-Dimensional feeling. It's wrap-around. It's enveloping. Soon I'll lose awareness of it but, while I'm in it, it's ubiquitous, all-embracing.

That's why we need to put nothing in its place to replace bravado.

That's why Da Free John could say his space was the space of no dilemma. Yes, I see it now. There are no dilemmas in confidence, only steps to take; no problems, only situations.

That's why Lao Tzu could say do nothing. In the space of confidence, I do nothing to address what I would have been addressing in the other space by doing a great deal, constantly.

Remember I said I now know how we're going to manage the large projects expected of us later on? The Mother or her legions would bestow on us as much light as we need to wake up our hidden capabilities.

I'm describing one instance of it as it happens.

I look at myself. There's no cold chill running up my spine. There's no feeling of dismay such as in "How am I going to do this?"

There is just a warm nowness in which whatever shows up is fine.

A very thorny problem just came to mind and the solution was instantaneous. I get to see that it wasn't that I had no solutions; the solution was right there in front of me. It's that I lacked the confidence to just put forward the obvious and take the consequences.

Not courage, but then my courage always came married to bravado. I haven't tested my confidence out in a situation calling for courage so I don't know what's so right now.

This space could last minutes, hours, days. A residue of it will, I'm sure, stay with me. But for however long it lasts, I love it. Divine states like this make life worth living.

Who cares for a Lamborghini, compared with a wonderful, nurturing space like confidence? Doesn't a person buy a Lamborghini because he wants a space as satisfying as this? Does it work?

Notice: I did not get this space from another. We might want to stop seeking love, peace, bliss, and now confidence outside ourselves altogether. We have them already. Just let go of the overburden of vasanas, behavior patterns, etc. Or recognize the wisps of confidence and bliss as they pass through our emotional field.

Run into the lake. Jump into the lake. Just get into the lake of the divine qualities.



# Contacting the Divine Qualities through the Heart

July 6, 2022

<https://goldenageofgaia.com/?p=336499>



*Imaginative representation of the heart as a portal to the higher dimensions -  
which it is*

If the heart door (or hridayam) is a portal to the higher dimensions, as I believe it to be, then it follows that through that door we should be able to contact the divine qualities.

For most of us the hridayam remains closed. But soon we'll experience a mass heart opening and access will thereafter be possible.

Access to what? The divine qualities.

Here's an example. I'm sick and I was surfing Youtube. I hit upon westerns I used to watch as a kid. And I asked myself what it was that I liked so much about them.

And it was that the hero always won. There was always hope. There was always courage in defence of the right and just. On and on my conditioning went.

I felt strong when I watched the western heroes triumph. But looking at things from a more advanced age, I now see that the very quality I'm looking for - strength, in this case - exists within the higher-dimensional realm of the open heart.

In other words, I can summon that quality up from my heart. If I'm ever going to experience it, this is where it's going to come from.

The heart itself, Michael once told me, is multidimensional, but it can be considered to be seventh-dimensional. (1) Just being in the heart is to temporarily experience these higher levels.

Once our hearts open permanently and fully, we'll have ascended. we'll be in our sahaja or natural state - Moksha, mukti, liberation from birth and death.

At that time, we'll have unimpeded access to all the divine qualities. For now we have to draw them up from our heart.

But doing so, I believe, is priming the pump and inviting our archangels to give us the experience we're seeking. Since we're lightworkers, that probably won't be an experience so deep that we forget our soul contract.

Each of these experiences, Michael said, is a step up. We don't go from kindergarten to Ph.D. in one week. Management has everything under control, if I can jest, and is proceeding according to Plan.

### **Footnotes**

(1) Steve: Returning to the heart, it doesn't exist on the physical, obviously. What dimension does the heart exist at or is it multidimensional?

Archangel Michael: It is multidimensional but if you want to find a home for it, it would be in the seventh. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 5, 2018.)

# Like Learning to Walk Again

May 10, 2021

<https://goldenageofgaia.com/2021/05/10/like-learning-to-walk-again/>



I'm amazed to find myself saying that, in the midst of so much chaos and upheaval, I can feel any of the divine states.

I mentioned some time back the two miracles that happened that still have me woken up. (1)

Going on in the background to that is just a generally-increased feeling of wellness and well-being which, I find, I can make become any divine state I focus on.

Divine states have to be recognized in us, in the fragmentary or wisp-like forms in which they initially appear to us, for them to blossom and fill us up.

Why that is, I have no idea. That's just been my experience with bliss and peace. Recognize who they are and they burst forth and fill the space. Don't recognize them and they go on their way. Not their time.

The reason we ... excuse me, I ... don't make a transition from one divine state to another is that the thought never occurred to me to try.

This afternoon, when I was feeling a wave of bliss, I decided to see if I could make a transition to peace and I was able to. The experience of peace then became my focus, but was that because spiritual physics made it so? Or my own beliefs and

programming? Does it have to be one way or another? So many questions crossed my mind afterwards.

Going on in the background of my mind was a quotation from Michael that fuels this inquiry: He once raised the possibility with me of holding all the divine qualities at once:

"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." (2)

At the time it was all I could do to imagine what it'd be like to feel any one of the divine qualities. But, as the vibrations rise in intensity, I'm beginning to see how he's only really describing the ascended state.

The questions remain: If we feel bliss, must we keep the dial fixed on bliss? Or can we afford to change it to love or peace or abundance or mastery without losing the space altogether?

And, if yes, can we then turn the dial back again? How much control have we over our enjoyment of the divine states when we experience them? How much choice have we, above saying yes or no?

It's like learning to walk again.

## **Footnotes**

(1) "A Tale of Two Miracles," April 20, 2021, at <https://goldenageofgaia.com/?p=319885>.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 4, 2019.

# Spiritual Maturity and the Divine Qualities

May 30, 2013

<https://goldenageofgaia.com/2013/05/30/spiritual-maturity-and-the-divine-qualities/>



In observing that I believe spiritual maturity will be the next planet-wide baseline of social behavior, I'm expressing a wish more than an observation. I'm "putting it out there" as something to be achieved, as much as saying that I think it will be forthcoming.

What is the relationship between spiritual maturity and the divine qualities?

In my view, the person who's successful in following the divine qualities in their life is a spiritually-mature person. The two are synonymous.

The divine qualities include such godly ways of being as love, compassion, courage, integrity, impartiality, unity, harmony, and so on. They're the qualities that we think God has. I'm not sure we can *know*. We're always faced with talking in estimates.

I'd imagine that our knowledge of what qualities God actually has just grows and grows so anything I or perhaps anyone else says on the matter is definitely subject to being revised and even discarded either soon or eventually.

Anything said about God has to be by successive approximations. In fact anything said about God may have the shortest shelf life of any statements made about anything. So do know that I know that. I can't think of another area in life where there are guaranteed to be no "experts" but this must be one of them.

But at the same time, I believe there's no more fruitful area for contemplation than what the divine qualities are or may be. How can one lose from focusing one's attention on a subject like that? I cannot conceive of how.

Spiritual maturity could be said to be the commitment to live life according to the divine qualities. How far we get in our contemplation may depend on how successful we've been in clearing out our leftover vasanas (habit and reaction patterns) and exiting the constructed self. The constructed self is the persona we create in reaction to the trauma we've suffered in life to see that we don't suffer that trauma again.

As we emerge from our "old business" in life, we stand a better chance of being able to (1) live by the divine qualities and (2) act in a manner that can be described as spiritually mature.

I don't particularly hold myself up as a person who behaves spiritually mature. I'm an aspirant in that area along with everyone else, I think. I could point to any number of lapses and failings. But I do aspire.

A further baseline might be enlightened behavior. As soon as we contemplate that as a baseline, we'd have to be specific about the degree or level of enlightenment we're talking about. There are many levels. I just mention it now as a possible further baseline.

The baseline of spiritual maturity is a lesser baseline than that of enlightenment. What I'd like to see is an entire planet in which the population aims at living lives that are at least spiritually mature. That for me would be a world that works for everyone - or would soon lead to it.

To see that arise, I'm willing to speculate on what would need to happen, but not as a show stopper; instead as a show opener. I fully expect what I say here overtaken in a very short time.



*Nelson Mandela*

The first achievement that would bring us closer to that goal would be that we're no longer subject to being swept away by our emotional reactions to things. Not me, there!

The second achievement would be that we've left aside judging others. Hmmmm.... That's an admirable goal.

The third achievement would be that we reliably commit ourselves to behavior on our part that reflects the divine qualities and to avoid behavior that does not.

The fourth achievement would be that we're able to place our caring for others alongside or even ahead of our caring for self, except in those areas where caring for self represents a wise, necessary, or advisable matter. So standing aside from greed, looking out for Number One, complacency about the lot of others.

There are undoubtedly other achievements that would be desirable but let me stop here and allow others to add to that list or argue for the exclusion of any from that list that turn out to be ill advised. This is not a matter that can be settled once and for all. This is a subject for deeper and deeper contemplation.

# Moods and Divine Qualities

May 22, 2020

<https://goldenageofgaia.com/2020/05/22/310011/>



The equivalent of our moods in a dualistic dimension (3rd, 4th) are the divine qualities in a higher dimension (5th-12th).

I used to think of the divine qualities as being like things you could put in a pigeon hole, the hotel boards that featured dozens of little cubby holes in which you put a message?

In this cubby hole was peace. In that one bliss. Here, joy. There, love. They were all separate and distinct.

But now I see them as similar to our moods. One minute we're blissful; the next minute we're joyful; the next.... and so on.

I used to think that some people "possessed" the one divine quality of peacefulness; others were characterized by the one quality of joy. Someone once taught me that people could achieve only one of the divine qualities in a lifetime. And I believed them.

But, no. Higher-dimensional people are each "possessed" of all the qualities; they have access to them. Whether or not they spend time in them is a different matter,



but they could if they wanted to. I saw this when I lived in love for six months in 2015.

The opportunity before us now is to ascend Jacob's Ladder to higher consciousness, to a unitive dimension (5th and higher) at which point we'll have access to all the divine qualities.

After the six months in love, I spent a further 3-4 months in bliss. When in love or in bliss, I wanted nothing else. Just more love or bliss. I'm not sure I ever moved from love when I was in it or from bliss when I was in it. There was nowhere to go to, no reason to go anywhere.

Bathed in a tsunami of love and later drowned in an ocean of love, one lacks for nothing.

There is a state that Franklin Merrell-Wolff called the "High Satisfaction." I was not in such a high state. (1) But I like his term; in this lower-dimensional version, I was still highly satisfied. There was nothing more I wanted - except to share it.

So, no, I don't believe that saints - or aspirants - for instance, can only develop one divine quality in this particular lifetime. We know it gets easier and easier to achieve enlightenment as the energies rise.

In my opinion, Ascension, now or later, will bring all of the divine qualities to us.

### **Footnotes**

(1) Steve: A question about Franklin Merrell-Wolff  
. What level of Enlightenment or dimension did he achieve?

AAM: He primarily operates in the 7th to the 11th

Steve: Okay because he speaks about the transcendental and I don't know if he's pointing to Brahmajnana [3rd Dimension], which is the first taste of the transcendental, or beyond the 12th Dimension [i.e., THE Transcendental]?

AAM: No, he did not travel beyond. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.)

I was not operating from the 7th dimension during the 9-10 months I was in love and bliss. So I came nowhere near even the starting point of Merrell-Wolff's journey. I did have one truncated experience of the 7th at a meditation retreat years

earlier, an experience of what the Arcturians and Michael called the 7th-Dimensional Oversoul. I had only one word for the way I felt then: Regal.

# Experiencing Many Divine States at Once

May 11, 2022

<https://goldenageofgaia.com/2022/05/11/experiencing-many-divine-states-at-once/>



Everything I've ever said about the divine energy of love, I'd like to copy and paste here about the divine state of peace.

It's as high above our everyday sense of peace as the divine energy of love is our everyday sense of love.

Entering into it doesn't come with trumpets blaring or searchlights sweeping the night sky. I first know it has come because my stance is suddenly solid, as if I have magick glue on my soles.

It's magick because when I lift my foot up it gives way and, when I take my next step, it asserts itself again.

I feel stable. The bulk of this effect is undoubtedly due to the rising love vibrations on planet Earth.

In addition to that, I saw that this stability was also here because I have increasing certainty about who I am and the other pressing questions in my life. I know the purpose of life. I know who I am as an entity and have had glimpses of many different vibrational levels. I've settled down spiritually on some scores.

The chief source of increasing interest in the divine qualities comes from something Michael mentioned in 2020. In an aside, he said:

"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." (1)

I had always held the belief that it was enough for a human to master one divine quality to be enlightened. The possibility of manifesting all of them at once had never occurred to me. But the thought always rattled around in the background of memory since Archangel Michael spoke.

Now, I asked myself how the other divine states looked from within the state of peace. What had peace to tell me about the other qualities I've known?

I began to experience them, one by one - love, bliss, ecstasy, innocence, purity, abundance, and mastery. (2)

Each has a unique feel to it and leads in its own direction. When I began to add the experience of one to the other - which I thought of as connecting the dots - I found that the result was (A) a synthesis, a melding together of the states themselves, (B) increasing confidence in myself, and (C) increasing relaxation all around. This felt like a gigantic "let go."

Remember Michael saying we'd "awaken" our angelic capability "when you choose to acknowledge it"? (3) Here too it's taken me joining all the divine states together and experiencing each of their unique qualities - which I offer as "acknowledging them" - before a much wider sense of myself emerged.

This wider sense was patient, relaxed, and detached.

Just saying those words is like declaring the end of a long, long journey for me because I was anything but these things when I was young.

I notice all my old familiar patterns - even ruts - continue to exist. It'll take vigilance and self-control for me to resist their siren calls, wanting to be invoked as familiar responses. I'll need to keep voting for the divine states instead, without fail, if I want to remain in the vibration they resonate with.

It took experiencing these divine states all at once, which we'll all be doing in the months and years ahead, before this new space of self-confidence opened up.

This is so remarkable for me because, as I look back, I see that my self-confidence was what was damaged most in my early upbringing. So *this* is what it feels like....

## Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 4, 2019.

(2) I don't include exaltation because it was too brief. I don't retain a vivid memory of the experience but apparently I did make notes.

See "Love and Exaltation," August 16, 2016, at <https://goldenageofgaia.com/2016/08/16/280142/>.

"Spending Time in Exaltation," January 13, 2016, at <https://goldenageofgaia.com/2016/01/13/spending-time-exaltation/>.

"Back in the Treasure Chest," December 21, 2015, at <https://goldenageofgaia.com/2015/12/21/back-in-the-treasure-chest/>.

(3) The entire discussion follows:

Archangel Michael: So right now, the full presence, let us put it that way, the full presence of your angelic form both recent and original is anchored fully present within and around your human form.

Steve: What does that mean, "is anchored," Lord?

AAM: It means that the awareness, *when you choose to acknowledge it*, and the, shall we call it, the angelic abilities, are present in the human race, in the individual human form at this time so that the leap into Nova Being is in fact not as great as it might have been in other ages.

Steve: OK. Is there anything we should be doing to take advantage of this situation in the service of the Mother's Plan?

AAM: Yes. To become familiarized and, listen to what I say, yes, there is a great deal that could be done in terms of assisting the conclusion/next chapter/opening of the Mother's Plan by familiarizing oneself with their angelic self, with merging and acknowledging that there is no separation between your angelic self and your human self.

Now, what I say – and I need to emphasize this – I’ve used the word “familiarize,” not “be mesmerized by.” (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2020.)

# Holding All the Divine Qualities at Once

February 22, 2019

<https://goldenageofgaia.com/2019/02/22/holding-all-the-divine-qualities-at-once/>



I remain fascinated with something Archangel Michael said recently. We were discussing the origin of wanting to forgive and yet feeling the need to protect.

I wanted to know if improvement in this area was dependent on the attainment of higher dimensionality (or less density). He discussed some of the factors and then added:

"It's also a function of those human beings, particularly those in the higher vibrations, learning to hold all the divine qualities and to be operating from all the divine qualities at once." (1)

I spent ten years reading only the works of enlightened authors - from 1987 to 1997. (2) Never, in my reading, did I come across an enlightened master advising their students to hold all the divine qualities and be operating from them all, at once.

Always it's been about choosing one of the "virtues" and mastering it. After enlightenment, one is considered a master of that virtue - or divine state - balance, equanimity, peacefulness, etc.

Additionally, very few enlightened sages discuss what we'd call "Ascension." The *New Testament* uses the term. Hindus call this stage of enlightenment - that is, ascension from the Third to the Fifth Dimension - Sahaja Samadhi. Here Sri Ramana describes it:

“[The] 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 pin-point [hridayam], 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.” (3)

Sahaja is a full and permanent heart opening. It is also liberation (or moksha) from life and death - that is, from the Third-Dimensional need to be born and die. (4) There is no birth and death on the Fifth Dimension, as far as I know.

The Third Dimension is what we're being liberated from. Therefore Sri Ramana is describing Ascension.

We also talk interdimensionality and, if a sage did, it'd be a pretty-truncated version couched in a specialized terminology. We say, for instance, that this stage of enlightenment anchors a person in the Fifth or higher dimension. That kind of language was more or less not to be found in our enlightenment literature, as far as my studies went.

Back to Archangel Michael's bold assertion:

"... 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."

Why would he make such a statement that's so far outside our enlightenment traditions? He'd probably say we're ready for it. (5)

What does it mean to be ready for it?

It means by a combination of events we have ears to hear and the motivation to listen.



It means that the energies striking the planet have relieved us of some of the tensions and pressures of density we feel so that we're lighter and more aware; i.e., more evolved, ascended.

And how advanced? Advanced enough that we can entertain such a thought as "learning to hold all the divine qualities and to be operating from all the divine qualities at once."

I struggle with the thought. But it's been implanted in my mind, now. I probably won't be able to put it down.

Under what conditions might we hold all the divine qualities and be operating from them at once?

### Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 4, 2019.

(2) The database, *From Darkness Unto Light*, is the result. ([https://goldengaiadb.com/index.php?title=From\\_Darkness\\_to\\_Light](https://goldengaiadb.com/index.php?title=From_Darkness_to_Light))

(3) Ramana Maharshi in Cohen, S.S., *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(4) Here are some from the other side sharing their thinking in this area:

Lao Tzu: "We have not spoken of this before because it was not yet time." ("Transcript: Lao Tzu on Humility on Heavenly Blessings," April 26, 2013, at <https://goldenageofgaia.com/2013/04/transcript-lao-tzu-on-humility-on-heavenly-blessings/>)

"In terms of human comprehension in this moment we need to feed or allow the opening of the understandings to the human Collective – we're talking about the broad Collective now – to be in 'bites' that they can chew, swallow and integrate." (Archangel Michael in a personal reading with Andrew Eardsley through Linda Dillon on April 15, 2016.)

"We are at the point where we can have this broader, deeper conversation on the meaning of the journey." ("Transcript: Sanat Kumara: The Only Litmus Test is Love," at <https://goldenageofgaia.com/2015/04/10/sanat-kumara-the-only-litmus-test-is-love/>)

"My beloved friends, you are spiritually evolving and mature, so we can have a much broader conversation at this time." ("Transcript ~ Archangel Michael: Understand the Divine Gift of Will, AHWAA, September 22, 2016," at <https://goldenageofgaia.com/2016/09/30/transcript-archangel-michael-understand-divine-gift-will-ahwaa-september-22-2016/>.)

(4) Those who do discuss Sahaja don't make the links among the others who do, so one is obliged to piece the puzzle of different names for the same thing together.

Most discuss Brahmajnana, or seventh-chakra enlightenment.

⌘ Love ⌘

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

May 6, 2014

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



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

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

I was lying down reading when I suddenly found myself in a blue setting, the Mother's blue, and just as suddenly the blue wall burst. It was like a chocolate that had caramel inside. It flowed everywhere.

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

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

Let me pick up where I began making notes:

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At this moment, I'm seeing love everywhere.

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

And I am a part of that everything and so I must be love.

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

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

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

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

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

# Submerged in Love

March 14, 2015

<https://goldenageofgaia.com/2015/03/14/submerged-in-love/>



*This article requires a little explaining. This morning (Friday, Mar. 13, 2015, at 7:00 a.m.) I had a spiritual experience, which still continues with me late into Friday evening.*

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

*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.*

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

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 (now 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 new mobility while in a spiritual experience also may be an indication 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/revenge 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-interest.

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.

*[It lasted from March 13, 2015 until Sept. 28, 2015, at which time it became bliss.]*

## **Footnotes**

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

(2) It was surrender or drown.

(3) Archangel Michael later described it as a "heart opening." 2021: In fact my hridayam exploded and I was flooded by an inner tsunami of love. I seem to have shied away from using the word or description here. Or else two hours into the experience I'd forgotten the initial explosion, such would have been the impact of existing in a tsunami of love.



- (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.

# Love and Unity Arise in the Same Space

June 10, 2020

<https://goldenageofgaia.com/2020/06/10/love-and-unity-arise-in-the-same-space/>



I'm moving out from my beachhead of understanding now. (1)

My beachhead is that I realize, from current events, that polarization does not work. I'm now open to human unity. I now foray out from that point seeking an understanding, experience, and realization of unity.

This foray into examining love and unity is based on my feeling a rise of the higher form of love and noticing how it induced in me the feeling that I was one with everyone and everything.

I saw at that moment that love and unity co-exist in the same space.

I know it may be hard to see that. We have pre-existing beliefs attached to both of these words. "Love" looks a certain way. "Unity" works a certain way.

But when we're in higher-dimensional love, we're offering ourselves as a channel for this higher love to flow out to all universally. And as it flows, our boundaries fall away - and, it's my prediction - we become one with everything.

I've been in that kind of love and felt that oneness. I don't mean I've realized it. Becoming one with everything in enlightenment terms equates to Brahmajnana or seventh-chakra enlightenment. I cannot claim to have had that experience. (2)

I mean that there is an experience of higher love, whatever dimension we may be on, where love and the experience of spiritual union with all other people arise and occur simultaneously.

You can probably imagine it. Imagine you love everyone - that you are sending love up from your heart and out to everyone. If you reach a high enough place with it, you'll feel one with everyone. The two - love and unity - become one at a certain, more heart-open level of existence.

OK, I see now. The light of understanding has gone on.

Until now, I've been perceiving "unity" as an amorphous kind of thing. It's connection but it's also a mass and it's also.... I've had no clear idea what unity is.

But now I see it. Unity - like abundance and mastery - is a space. I've been looking for it in all the wrong places. My beliefs have veiled it and sent me down the wrong track.

Unity is an experience, a feeling (but more). It's a space and when one enters it one finds love there as well.

Unto itself, unity leads to higher and higher dimensions, known by higher and higher spaces or states. I can follow unity as far as exaltation. I can't get back to the Father on it yet, as the small golden star did in my 1987 vision. (3)

Unity is a space I can live in. While in this space, I feel no fear. Fear is absent. If I were to feel fear, I imagine I'd have vacated this space.

I must sound like an astronaut on the Moon making her first observations. "The ground is grey. There are little rocks."

There's no holding in the musculature of my body that I'm aware of. Deep breathing is easy. Oh, here is bliss as well. Feeling the bliss exerts an upward pull; needing to write exerts a downward pull. I'm right where I need to be to fulfill my mission.

OK, that's a foray out from my beachhead of understanding into the further understanding, experience, and realization of unity and its co-existence with love.

## Footnotes

(1) See "How Paradigmatic Breakthrough Works," June 7, 2020, at <https://goldenageofgaia.com/2020/06/07/how-paradigmatic-breakthrough-works/>

(2) I had a truncated experience of it. But that would be like comparing a movie to real life.

Steve: [Emptiness of mind] was followed next by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

AAM: Yes. ...

Steve: Hmm, interesting! Ordinarily you would experience Brahmajnana at that point but I felt that it had been muted, toned down.

AAM: When you use the term “dramatic enlightenment experiences”[as I did earlier], you are talking about Nirvana. You are talking about the unity of all with One.

It is not to say that you will not experience that, but you cannot (well, you can if you wish; it is a choice to) simply remain in that state of unity, of One, or be fully conscious, in service, in action....

So, it is a toning down, if anything. It really is the middle ground. ...

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. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 14, 2012.)

(3) See the progress of the small golden star in “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/>

## To Love All and be Peaceful Throughout

December 18, 2019

<https://goldenageofgaia.com/2019/12/18/to-love-all-and-be-peaceful-throughout/>



*Odysseus listens to the sirens' song, his compatriots having sealed their ears with bees wax*

I've been on my own journey, trying to understand what Archangel Michael has asked of us.

At times I've felt like Odysseus (Ulysses) lashed to the mast, that he might listen to the siren song (the song of his own desires) without going mad and throwing himself overboard.

The dissonance was high and I didn't see how I could carry on. What was the way through?

One reader wrote in that she didn't want to read a bland blog. Neither did I want to manage one.

The breakthrough came for me when I read two quotes. One was from Saul through John Smallman:

“If everyone on Earth who is in an environment of violence, hate, and oppression, refused to engage and instead moved away, then the violence would wind down quite rapidly as those willing to fight, or looking for a fight, would find themselves seriously short of opponents.” (1)

And the second was from Hilarion:

“It requires a dedication from those who stand for change, to desire to stand in peace while making a statement and it has become important for these people to not be in reaction to those elements who try to make the whole gathering look violent. It requires awareness and discernment on the part of the peaceful protesters. It requires huge self control of every member of the peaceful gathering.” (2)

What I took away from these two quotes was that we're not being called upon to shy away from calling out violent, hate-filled, and oppressive behavior. What we're being asked to do is to observe the divine qualities in doing so.

Chief among these is peace. “It requires a dedication from those who stand for change, to desire to stand in peace.” This is the key to the road that lies ahead. Peace itself can only come from universal love. This then is the challenge: To oppose oppression while remaining loving to all and being peaceful throughout.

Universal love and unbroken peace. Was this not what Gandhi taught? Was this not what all saints have taught? Once I saw this, the dissonance that I was in up till then subsided; my stress fell away; my resistance melted. I found myself at peace again.

Michael asked us, if we want to participate in accountability, let it be personal accountability, personal responsibility. And, yes, that's the most enduring contribution we can make. That's the contribution which promises no residue. It's the trackless path.

So I'm now through my inner conflict and on the other side. I now know what's being asked of me and the blog and all of us, really.

To oppose rape and murder and war, but to do it from a position of love and peace.

I listened to the siren song of my own desires, which was to fight, fight, fight. And that siren's song has now faded away and I'm left in peace and love.

## Footnotes

- (1) Saul through John Smallman, December 17, 2014, at <http://johnsmallman.wordpress.com>.
- (2) Hilarion, March 16, 2014, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>

## Activating the Wellspring – Part 1/2

March 14, 2015

<https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>



*Reading with Archangel Michael and Steve Beckow through Linda Dillon, March 13, 2015, the same day as my heart opening.*

AAM: Greetings, I am Michael.

S: 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!

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## **Footnotes**

(1) "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/2015/03/15/activating-the-wellspring-part-2-2/>



(Continued from yesterday)

Later in the same reading of Feb. 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, is that 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: 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), is that 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.

AAM: That is the programming.

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

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

AAM: None.

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

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

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

AAM: That is correct!

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

AAM: It is our platform!

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

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

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

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

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

For this I thank you.

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

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

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



“On Friday I felt this loving energy expanding out from my chest. I felt secure and I knew this was the time to give birth to the new, to grow and do my part. I have been waiting for this all my life.

“Sometimes I had this experience only for a short time. If now as Archangel Michael said, it's going to be permanent we literally have the sacred fuel that we need to do what we came here to do.

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

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## 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 are 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.

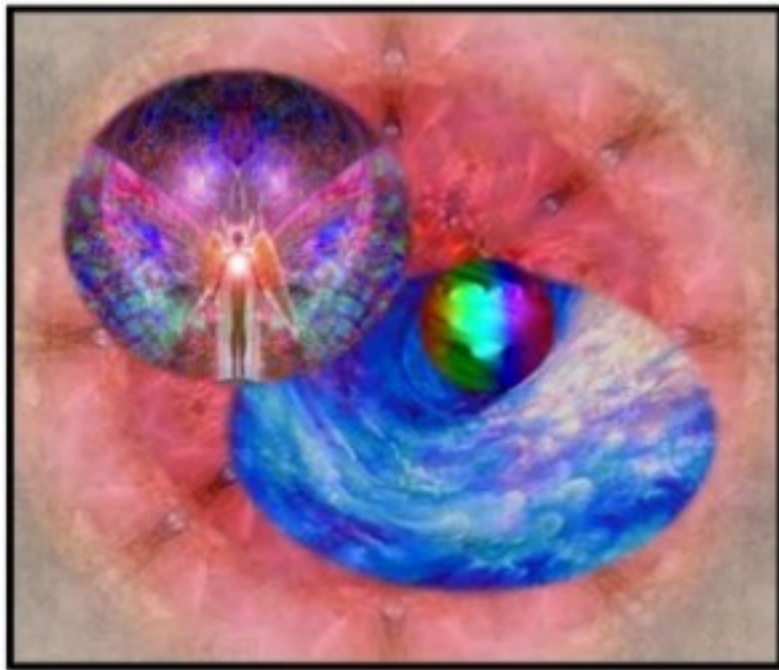
(3) So I don't need to be drawing love up from the heart. Love is the very air we breathe.

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

# If Love is All There is

June 17, 2016

<https://goldenageofgaia.com/2016/06/17/if-love-is-all-there-is/>



If love is all there is, why would any problem arise?

If you are love and I am love, how could there be a problem between us?

And yet problems do arise.

The Third-Dimensional world in which love was all there was and there were no problems probably only existed before sentient life was introduced.

Sentient life being created, it was given free will to choose what to do and what not to do.

It was tasked with exploring the new dimension called "life" and arriving at knowledge; specifically, knowledge of its true identity, as God.

So to existence was added knowledge. It wasn't enough that sentient life was love; it had to *realize it* for it to be able to enjoy a life without problems, a Fifth-Dimensional life.

As we know, it isn't enough to know it as an idea, as intellectual knowledge. It isn't enough to know it as a feeling, as experiential knowledge. The truth of who we are has to be realized, has to be realized knowledge, for things to shift.

So love is all that is, but that being so doesn't alleviate our problems. However, when we *realize* that love is all there is, then our problems lift.

⌘ Bliss ⌘

# 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.

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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.

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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>

## On the Nature of Bliss

June 1, 2022

<https://goldenageofgaia.com/2022/06/01/on-the-nature-of-bliss/>



Craziness reigns in the world but I remain focused on the inner world.

Since bliss will be our lot at some future time, hopefully not too far away, I'd like to look at what our sources have said about the nature and experience of bliss.

And this time, rather than looking at higher-dimensional celestials and galactics, I'd like to look at Earth's own sages.

Nonetheless, most of the people consulted here turn out to be either avatars or else ascended beings.

Sri Ramakrishna and the Buddha are examples of the former; Sri Ramana Maharshi may be an example of the latter. We don't know his background except that he experienced sahaja nirvikalpa samadhi, which is Ascension, spontaneously as a young man.

The Buddha tells us that “[the] Highest Reality is an exalted state of bliss.” (1) I must take his word for it. But certainly bliss of a less exalted kind is still unimaginably delightful.



Others agree with him. Sri Ramakrishna, for example:

“The bliss of worship and communion with God is the true wine, the wine of ecstatic love.” (2)

He adds:

“If a man enjoys the Bliss of God, he doesn't enjoy the world. Having tasted divine bliss, he finds the world insipid. ... Can worldly pleasures and sex pleasures be compared to the bliss of God? If a man once tastes that bliss, he runs after it ever afterwards. It matters very little to him then whether the world remains or disappears.” (3)

I can certainly vouch for that. Here I am running after it ever afterwards. And my taste for worldly things just keeps falling away. Most of my taste/desire for food, drinks, etc., for instance has subsided a great deal.

Having tasted bliss, the pleasures of the world pale. I'm running after the former, caring little, really, whether the outside world persists or disappears.

“Sex pleasures” are seen to be about the pursuit of bliss anyways. Orgasm is bliss. I go more often for the experience directly, in the heart, now that I'm aware of it.

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Bliss arises when external desire ceases. Most of the time we experience bliss when we attain an object of desire. We think attaining the object has caused the bliss, but bliss is known when desire stops, as it does for a short time when we obtain the object we desire. Sri Ramana explains:

“When the object of desire is obtained, the intellect becomes steady for a moment and turns inward. Then the bliss of the Self is reflected on it and this gives rise to a delusion that there was bliss in the object. But when other objects are desired the bliss vanishes.” (4)

So it isn't desire or possession of the object of desire that allows the bliss to emerge, but the cessation of desire.

No matter how much bliss we get by this process of obtaining objects, it's still small compared to what we get from going within, says Mata Amritanandamayee:

“The happiness that we get from worldly objects is only an infinitesimal fraction of the bliss that we get from within.” (5)

By “within,” she means the opened heart. It opens when the kundalini reaches the fourth chakra.

Paramahansa Yogananda demonstrates the truth of something that Archangel Michael shared with me. First Yogananda:

“When the divine joy comes, immediately my breath is still and I am lifted into the Spirit. I feel the bliss of a thousand sleeps rolled into one, *and yet I don't lose my ordinary awareness*. This is universally the experience of those who go into the superconscious state.

“I feel the bliss of a thousand sleeps rolled into one, and yet I don't lose my ordinary awareness.” (6) [My emphasis.]

As if in agreement, Michael has said:

Archangel Michael: Let me really shock you tonight and say to you that *you can be in form, in your human form* - as you think of your enlightenment journey - *and still be connected, consciously, in that place of full connection to the heart of One*.

SB: Oh, that is a shocker! (7) [My emphasis.]

I'd never have suspected that we'd retain ordinary consciousness and experience this much bliss. But I'm certainly open.

Franklin Merrell-Wolff also warns us of a state where we're so intoxicated with bliss in the 8th-9th Dimension that we forget to go on to real mastery in the 11th:

“Conceive of the intensity of the bliss raised beyond all relative imagination, and far beyond the power of any physiological organism to endure, and then regard it as not lasting merely for a moment or a brief period, but extending with unbroken continuity indefinitely; then something of the Bliss-aspect of Nirvana may be apprehended. Is it so surprising that many become 'God-intoxicated' and fail to go to the winning of real Mastery?” (8)

Bliss lies at a lower dimension than mastery (9th vs 11th).

Let me stop there and pick up in another article.

## Footnotes

- (1) The Buddha in Dwight Goddard, *A Buddhist Bible*. Boston: Beacon Press, 1966; c1938, 287.
- (2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 94. [Hereafter GSR.]
- (3) Paramahansa Ramakrishna, GSR, 756-7.
- (4) Sri Ramana Maharshi, *Jewel Garland of Enquiry (Vichara Mani Malai)*. Tiruvannamalai: Sri Ramanasramam, 1996; c1977, 9.
- (5) Mata Amritanandamayi, *Awaken, Children!* Vallicakavu, India: Mata Amritanandamayi Mission Trust 1, 8.
- (6) Paramahansa Yogananda, *Man's Eternal Quest and Other Talks*. Los Angeles: Self-Realization Fellowship, 1976, 161.
- (7) Archangel Michael, *An Hour with an Angel*, March 26, 2012, at <http://the2012scenario.com/2012/03/archangels-michael-and-gabriel-on-the-angelic-realm-hour-with-an-angel-transcript-march-26-2012/> .
- (8) Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 29-3 .

Mastery is the 11th Dimension; bliss is between 8th and 9th, as Michael explains:

Steve: What dimension is bliss?

AAM: It is between Eight and Nine. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.)

I'm relying on a brief experience of mastery I had in, I believe, 2015, which Michael confirmed in a passing comment later:

“When I have said ‘spiritual currency,’ you’ve had a glimpse of this in the knowing of mastery and abundance and so you know it isn’t about money. It is about spiritual currency. And I say to you, ‘congratulations.’” (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2015.)

## A Touch of Bliss has One Forget Everything

April 13, 2021

<https://goldenageofgaia.com/2021/04/13/319693/>



*Too small....*

We wouldn't try to drain spaghetti through a tea strainer. The tea strainer is too small. The spaghetti would fall over the side. The strainer could not hold it.

By the same token, when we look at divine states like peace, love, and bliss, I don't think we can appreciate, understand, or know them when looking at them from this Third/Fourth Dimensional mind.

Our 3/4D mind is simply not big enough, expansive enough to allow us to encounter these states as they are.

The energies will be rising high enough to have us begin to experience them at some point in the future. Then the cat'll be out of the bag.

We may see that we've had momentary glimpses of them. We may find that we experience wisps of them but then dismiss them as the result of momentary thoughts - rather than a divine state coming calling.

"No, I'm not ready yet to surf that wisp into a sea of bliss. Such a thing is not in my memory banks or spiritual inbox." And away bliss goes, to come again another day.

In the time of my writing this article, bliss has come calling. And, knowing what it is and what can happen, I welcome it and invite it to stay.

In response, it expands and I say I am "uplifted" by it. Immediately I drop everything and simply rest in it.

But that's the problem. Resting in bliss, one doesn't want to do anything.

It's more than not wanting. All thought of doing anything simply vanishes from a mind filled with bliss.

How does the world look from this angle? I couldn't say. I have no thoughts of the world, no room for it. Bliss has filled me up and pushed out of my awareness bubble all other thoughts and feelings.

Thus are the Mother's and Michael's fears illustrated. The Mother once confided that if I had seen the Self as it is at Xenia - brighter than a million, billion suns -

"...you would have departed the life that you have designed - yes, with us, for yourself, for the service you are providing - you would have departed and simply said, 'I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!'" (1)

There's no denying the truth of that statement. A touch of bliss has one forget everything.

After Abundance and Ascension, resting in bliss will no longer be a problem. Everyone will have the freedom to choose how they'll live their lives and living in the experience of total peace and upliftment will be seen as a hugely positive thing.

In my young adulthood, if one meditated overly much, one could be told to get a job. Werner Erhard appeared right: The world at the time of the Vietnam War seemed hostile to transformation. (2)

But that won't be the case after Ascension. Every individual is on a return journey to God. In a post-Ascension world, people who concentrate their efforts on Self-Realization will undoubtedly receive *encouragement*, rather than *discouragement*.

## **Footnotes**

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

(2) We didn't talk about the Deep State then. It was the military-industrial complex and secret societies.

## All Dilemma Vanishes

February 24, 2022

<https://goldenageofgaia.com/2022/02/24/all-dilemma-vanishes/>



At a time like this one gets to see one's attachments. If I stand to lose them, I try out how that might be.

I find that I'm not attached to money. Not attached to my apartment, books ... my archive of work over the years? Yes, somewhat. But when I look deeper, I see .... naw, I'm not even attached to that.

Remember what the basic spiritual movement, in my estimation, is: To turn from the world to God. (1)

Well, in this imaginary check-in, I see that I've turned from the world to a greater or lesser degree.

The second part is to turn to God. How am I doing there?

I've most definitely turned towards the divine states, which are our way of experiencing God at this level of reality. No need to take a vote. Hands down.

I'm turned towards every state I've (usually briefly) experienced: love, bliss, ecstasy, peace, etc. Each one of them is vote-changing - and different.

Whenever I experience a divine state, I'm usually amazed at what I find. (2) I can truly say I had no idea of what any of them would be like - none whatsoever - before I found myself in them.

And I studied enlightenment for 20 years so you'd think I'd have taken in something about the divine states. But, no, I did not. I was always focused on the little golden star (the Christ, the Atman, me and you) in my vision. (3)

Above Top Secret: Pssst! Follow the yellow brick road - follow the divine states. I think they lead back to God. Deeper and deeper into your favorite divine state.... What's not to like?

God in my life is my family and friends. God is love and generosity. God is resting in bliss.

I hope some day God absorbs "Steve" or permanently fills me up. I think they'd call that Ascension.

I'm more and more turned towards the divine vs the mundane with each passing day. That seems consistent with the continually-rising energies hitting Gaia and our slow and gradual Ascension. (4)

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After I wrote "Take Me First," I was given my reward. I saw that my ability to drop into a meditative state once I started had greatly increased. My ability to tap into love and bliss has also expanded.

This development addresses requests I had of Michael that I'd have what I needed (like memory, for instance) when the time came to take on the bigger role he was requesting of me at the time. I see what just happened as an instance of how the Company of Heaven gives us what we need to play our parts.

I haven't tested my memory. I'm too drenched in transformative love at this moment to care to do so. Or anything else than write.



Anyone wondering how "I" can make a difference, little shrimp that I am [\*\*\*not\*\*\*], this is "how." Acting from this higher-dimensional love is what will have your life work and the lives work of everyone on this planet who can survive in the more refined vibrations.

The love that I'm experiencing right now flows out in all directions. Love is by its nature unconditional..... It's we that are conditional, not love.

In this love, you can move mental, emotional, and spiritual mountains. Correction: There are no mountains in this love.

When we all experience what I'm experiencing, all questions, all dilemma, all concerns will vanish.

And so it is.

### **Footnotes**

(1) On this fundamental topic, see "The Basic Spiritual Movement," June 12, 2009, at <https://goldenageofgaia.com/spirituality/back-to-the-basics-2/the-basic-spiritual-movement/>

"The Basic Spiritual Movement x 2," February 20, 2014, at <https://goldenageofgaia.com/2014/02/20/the-basic-spiritual-movement-x-2/>

"Discrimination, Detachment, and Devotion – Part 1," July 28, 2021, at <https://goldenageofgaia.com/2021/07/28/discrimination-detachment-and-devotion-part-1/>

"Clarity, Purity, and Love: The Basic Spiritual Movement Restated," Dec. 5, 2013, at <http://goldenageofgaia.com/spiritual-essays/the-divine-plan-for-life/clarity-purity-and-love-the-basic-spiritual-movement-restated/>.

Also download *Back to the Basics: Introductory Essays to a Cross-Cultural Spirituality* at <https://goldenageofgaia.com/wp-content/uploads/2021/01/Back-to-the-Basics-R2-Cross-Cultural-Spirituality.pages.pdf>

(2) Because it doesn't fit my pictures. Peace being like granite? Love being as ... the word "satisfying" seems weak ... as it is. Bliss, like every sense meeting its "forever favorite" and never tiring of it. Don't get me started.

(3) 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/>

(4) Might they be melting glaciers as well?

# The Impact of Bliss on Knowing

December 18, 2015

<https://goldenageofgaia.com/2015/12/18/impact-bliss-knowing/>



I'm swaying to the music at my neighborhood coffee shop, which is like an office for me.

The bliss returned at 1:30 this afternoon. Now at 2:30 I'm blissful enough not to hide my enjoyment of my music without caring who sees me. I'm gradually coming out of my shell, my hidey-hole, around bliss.

But what I wanted to record here is that bliss has a remarkable effect on a person's ability to know. I've had my profoundest realizations under its impact.

For instance, the 1987 vision of the total journey of a soul from God to God established for me that "Enlightenment is the purpose of life." (1) That whole experience was steeped in bliss. In it, the realizations were coming fast and steady and I knew that bliss was the reason.

It was bliss that allowed me to look upon the figures in that wordless movie and say to myself, "That's the Father, Brahman." "That's the Christ, Atman." "That's the Holy Spirit, Shakti."

Of course longtime readers will recognize those statements as the seed concept that allows for the integration of the spiritual teachings of many religions - creating a

cross-cultural view of spirituality. The fact that Father, Son and Holy Ghost = Brahman, Atman and Shakti is the Rosetta Stone of religions for me.

Aldous Huxley called the cross-cultural fundamentals of spirituality the "perennial philosophy." Others called it the "ancient wisdom." It's the truth underlying all religions, what their originators were really pointing at before their followers had a go at their teachings.

Today the perennial philosophy is freely available to us from channeled sources and a plethora of ancient texts now sold at bookstores throughout the world or available on the Internet. But this availability is a recent phenomenon, consistent with the rising energies in this Sat Yuga or Golden Age.

On two other occasions, bliss spurred realization. Both were about the nature of Light. In the first, in 1986, which I called the Flame in the Heart, I broke through to the transformed space of bliss. What caused the breakthrough was recognizing that love and light both came from my heart.

And I also saw that I'd been seeing the advent of Light in a certain way all these years. Breaking through to this space, I expected to see a brilliant and discrete Light, the Light of the Self, the Christ or Atman. But instead all I saw was ... well, just what I saw, but ever so much more vividly and distinctly.

And then I realized that what I saw *was* Light. Light did not have to be brilliant. To think otherwise is to limit Light.

As a follower of the path of awareness or consciousness, I realized I might never see a brilliant Light (although others will). I aim to deepen my awareness of exactly what's before me - we might add nowadays, on whatever dimension I'm operating on at the moment. We get what we expect to see.

It isn't a question of one viewpoint (Light as brilliance and Light as what we see) being right and the other wrong. Both are right, depending on the person, their path, and their expectations.

But it isn't that insight that I want to draw attention to, as interesting as it was, but the accompaniment of bliss, which made the knowing possible. If I had not been experiencing bliss, I daresay I would not have realized what I did about the Light. Bliss heightens everything - whether the senses of the seer or the sight of the seen. Bliss unfolds our capabilities so that we have a wider net, a finer discerning instrument, and contact with higher inspiration.

On a third occasion, in around 1990, my wife and I were ... well, let me be discrete ... but at the exact moment when I was feeling love, I was also aware of Light and I instantaneously tracked both love and light again (as in the Flame in the Heart) back to my heart. (2)

At that moment, I experienced another explosion of bliss that left me unable to remember my own name but knowing with certainty that I was God.

I called that experience the Silver Bullet. It certainly anaesthetized my lower self for the duration (about an hour).

Again bliss was what I found myself in and then, under its influence, I realized that I was God. (3) I knew that with the same certainty that I know I have a hand. Bliss was the midwife and catalyst of that experience as well.

Add to the earlier discussions, then, this research note that bliss, to paraphrase the Bible, brings all things to remembrance. As a result of these experiences, my working hypothesis has become that bliss brings about the unfoldment of our innate capabilities.

### **Footnotes**

(1) For a description of the vision, 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/>.

(2) Yes, I did realize way back then what transformative love was but the realization did not remain with me for long, I'm afraid. If you'd have asked me then, I'd have said that I experience perhaps minutes of transformative love a year - perhaps less.

(3) No, I don't consider this enlightenment. It was a transformational or peak experience and only lasted perhaps an hour.

## ⌘ Other Divine Qualities ⌘

# Freedom as a Divine Quality

July 1, 2022

<https://goldenageofgaia.com/2022/07/01/freedom-as-a-divine-quality/>



For me to take steps to realize the magnitude of our planetary project, I first have to resolve all situations for me that remain unresolved. I need to be complete.

Otherwise I don't have a solid foundation from which to venture forth.

Taking a look, the first thing I see is that all of my book publishing is to prove to my Dad that I'm not a lazy, no-good good-for-nothing.

I think I can move on from that vasana (or core issue) now.

Other vasanas just keep coming up. Committing to the divine qualities is raising them, like squeezing water out of a sponge.

Let me complete with what I've done so far.

I've written over the years on automation, racism, vasanas, cross-cultural spirituality, refugee matters, etc. What is the theme that unites them all?

Freedom. Freedom from persecution. Freedom to be.

Freedom from being displaced and dumped economically. Freedom from being discriminated against. Freedom from our own knots in consciousness.

This desire reflects how life was for a boy who listened to his Dad sock his Mother and was later dissociated for the next fifty years when his Dad shouted at him from inches in front of his face, all at age seven. (1) I used to think of myself as the Humpty Dumpty Man

We all have our story.

Of all the fields I've gone in and out of to recover myself, what's produced the best results for me personally is spirituality. I've been deeply privileged to have one spiritual experience seemingly after another. Each one is deeply satisfying. And each one is like a finger, beckoning me on. I'm a fish on the line. Permanently.

I'm married to the divine qualities; primarily, love and bliss.

This path is not at all austere. When the love arises from my heart to fill my field of awareness, I'm blessed beyond belief.

That love having filled me up, nothing more is wanted. Soon enough we'll all be in the experience.

Where it looks austere is that we lose our taste for external pleasures. That's because nothing external can compete with what arises from our very own hearts.

I can't say it often enough: The love we experience then turns out to be all that we were ever seeking.

No, we don't get love from Ralph or Mary, not in copious amounts anyways. We get it from our very own hearts in an endless flow. Go directly to source.

So the thread that runs through my writings is freedom from what holds us back, freedom to emerge, freedom to blossom - and most of all freedom to love.

To take the next step (whatever it is), I'd first have to see, experience, and get this unifying thread and underlying theme. I'd first have to get freedom as a divine quality.

## **Footnotes**

(1) For me the pinnacle of the ability to protect another person's freedom was to act as a refugee adjudicator, with the power to grant a person refugee status or not. In



this field, one is a human-rights decision-maker. The theme again is protecting freedom.

With my abused Mother in mind, I specialized in gender issues.

# **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 (core issues) 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 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 state.

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 of really horrible things being done to a child, allegedly taken from Anthony Wiener's laptop. [Frazzledrip.]

(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.

# The Beauty of Stillness and Silence

March 8, 2018

<http://goldenageofgaia.com/2018/03/08/the-beauty-of-stillness-and-silence/>



Remaining aware of everything means remaining as the witness.

The witness is usually, in spiritual circles, a synonym for the Self. The Self merely observes and is unchanged. Remaining as the witness, therefore, is remaining as the Self.

Only Mother/Father God - whom the Divine Mother acknowledged in *An Hour with an Angel* on Jan. 4, 2018, was the Godhead or Parabrahman - is beyond the Self. (1)

Please remember that, while we remain neutral in our awareness, awareness itself is not neutral. It is dissolutive. (2) If we "paint" an unwanted condition with our awareness, so to speak, and let our awareness simply rest on it, the condition will dissolve. Hopefully leaving no residue.

In light of these two considerations, I consider remaining as the witness - also known as remaining self-aware - to be an evolved spiritual practice.

Kathleen approaches the same goal of knowing the Self by contextualizing it as achieving balance. By forgiving everything and other practices, she has achieved balance, in my very biased opinion.

I'm approaching it from the vantage point of self-awareness. It's just because I resonate to that path. Zen, Vipassana, enlightenment intensives, encounter groups - all share the same focus on self-awareness. (3)

Awareness is like a perpetual, cleansing waterfall. The longer the time I'm able to maintain awareness of myself, the greater the cleansing and healing effect.

As my awareness rests on me, I come to a time when I don't think of myself as being restricted to a form or body named Steve.

The "I" that I remain aware of begins to loosen up, shift, and change. It becomes more like a cloud or space.

When I became the witness earlier today, I noticed less drama and more spaces. The space of love. The space of bliss.

I also was aware that the duration of my experiencing had grown from the last time I felt in touch with myself. When love and bliss came, after I breathed them up from my heart, they stayed a little longer.

Occasional solitude is such a valuable gift. I fear it'll become a very scarce commodity in the times ahead. Let me never forget the beauty of stillness and silence.

## **Footnotes**

(1) Beyond God is the Godhead. So, for other students of cross-cultural spirituality, here is the relationship between the Self and the One, stated in the language of several spiritual traditions: Christ ---> God (the Father) ---> Godhead; Self ---> All-Self ---> One; Atman ---> Brahman ---> Parabrahman.

(2) I'm led to believe the word is not in the dictionary. I may have made it up. For me, it means "dissolves something, a solvent."

(3) There are so many synonyms for it. Staying with the "Now" or the "moment"" is one. Remaining with one's self/the self/the Self. "Being with" oneself. Knowing the ways of the self. Self-Knowledge. "Getting in touch with" one's self. On and on go the ways of describing self-awareness and its aims and ends.

# Peace and Stillness

June 22, 2021

<https://goldenageofgaia.com/2021/06/22/peace-and-stillness/>



*Credit: Kathleen Mary Willis*

When one feels desireless, it's like an empty theater when the curtain rises and the audience falls silent.

There's space in the hall. You can hear someone cough, a handbag snap shut.

Then whatever arises arises.

The really subtle feelings now can be felt. Peace is like a big barge that pushes everything else out from in front of it. I've said - and Michael has as well - peace is like granite:

Steve Beckow: (Laughter). I had an experience of deep peace some years ago. I think it was about 2015. And I was surprised to find that peace was so substantial. It felt to me as if I were standing on a granite rock and I remember saying that to myself. And then I remember a couple of years later you actually used that word, [saying] that peace was like granite. ...

Archangel Michael: There are so many divine qualities that do feel amorphous, light, airy, like a spring day. And yet *peace* (you have this



expression), you can take it to the bank. It *feels like ballast. It feels like granite* because it is solid. And dare I say immutable. That is why I continue to keep emphasizing that that peace [is] within, that rock-solid granite [lies] within. [My emphasis.] (1)

Here again, with desirelessness, we find the mind inactive. Gosh, that's not quite accurate. The mind is quiet but it can become active at will. There's just no background noise, no chatter or constant comment.

It's as if peace were waiting for me to quiet the mind before making its appearance on the stage of my attention.

I realize there are degrees of stillness. I be as still as possible....

Now the experience of peace expands. I'm now sitting in a very solid state of meditation (which I leave to make notes and then return to again - that I can return, in itself, is noteworthy).

Peace is like a strong foundation. I'm too enamored of the experience of peace itself to want to build on it yet. I resolve to remain in this peaceful space and see what develops.

## Footnotes

- (1) "Transcript: Archangel Michael – Peace is Breaking Out Upon Your Planet, May 3, 2018," May 15, 2018, at <http://goldenageofgaia.com/2018/05/15/transcript-archangel-michael-peace-is-breaking-out-upon-your-planet-may-3-2018/>.)

"While lying down, I had an experience of watching my thoughts and feelings flow by me. Later, Archangel Michael, in a personal reading, told me that I was “interdimensionally travelling.”

"I felt as if I were on a train, watching it slowly leave the station and looking at the faces as they passed by. I suddenly saw a red-headed man who had a remarkable composure to him. I was struck by it on a spiritual level and took a mental snapshot.

"As soon as the man was recognized, it was as if he shot out an energetic dart at me. A bond was made. And I said to myself: “I know this depth of peace that this man has shown me. It’s the Natural Self.”

"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-passeth-understanding/>).

Here Michael calls peace granite again:

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/>.) [My emphasis.]

# In What Better Space?

August 6, 2020

<https://goldenageofgaia.com/2020/08/06/311973/>



*Credit: Tomorrowland*

*AAM: Your job is to participate and to lead in a worldwide peaceful revolution. For peace, the time is now. ...*

*And we do not mean an absence of war. We mean the presence of peace as you have been describing it. (1)*

The presence of peace as I have been describing it? Yes, it's true. I have experienced peace as a state of being and described it. (2)

Not just experienced it as a feeling. And let me state the difference between the two. A feeling happens, and is perceived as happening, inside me, inside the body.

A state of being happens, and is perceived as happening within a wider area than just inside my body. It's as if I'm contained within it, enveloped by it, or immersed in it.

Bliss fills me up. I drown in love. I've been carried away by waves of ecstasy. I am immersed in it rather than it being localized in my body.

On this occasion, I was immersed in peace.

I was meditating and watching my thoughts go by as if I were a passenger on a train. And I saw my thoughts as if they were faces. Then I caught sight of one particular face - a red-headed man (St. Germaine?) - whose visage was so peaceful that it was as if an electric spark travelled between him and I. I was enveloped in that peace.

As with bliss in an earlier experience, the minute I recognized what the state was, I was filled with it. For a brief time, I became one with the state.

Now here I was immersed in peace and the only word to describe it was that peace was like granite. I felt so solid and stable, I felt like a transformer or the Hulk.

I found my sense of peace to be paradoxical. Peace was supposed to be as light as a feather. But years later Archangel Michael confirmed my sense of it:

Archangel Michael: There are so many divine qualities that do feel amorphous, light, airy, like a spring day. And yet peace (you have this expression), you can take it to the bank. It feels like ballast. It feels like granite because it is solid. And dare I say immutable. That is why I continue to keep emphasizing that that peace [is] within, that rock-solid granite [lies] within. (3)

How coincidental. Or did he know I'd had that thought myself?

Being in this divine state of peace did feel like being immutable, immoveable. But when we're not in that divine state, a simple cessation of war, as Michael said earlier, is all we seem able to do. It is not the same thing.

Peace is a higher-dimensional state that we enter into that sees us be at rest, at stillpoint, at balance point with our world and everything in it. As long as we're in that state, nothing on Earth or anywhere else could induce us to harm another.

Like love, this state of being cannot be reduced to Third-Dimensional, empirical-materialist language. It cannot be reduced to any kind of language and retain its character.

By dealing with our vasanas or core issues, we inch our way back to this state of peace. (4) Purification precedes pacification - of ourselves, not of others.

The Buddha is said to have taught: Do only wholesome actions; refrain from unwholesome actions; and purify the mind.

Releasing our vasanas is purifying the mind. (5) And purifying the mind prepares the ground for the experience of the state of peace that Michael is pointing to. The bestowing of that experience lies in the hands of the Mother and the archangels (6) *so do ask them!*

The nature of the peaceful revolution that he wants, in my estimation, would see all of us existing in a higher-dimensional state of peace.

Is that not another name for Ascension? I think it is. Any divine state is higher-dimensional. Anything higher-dimensional lowers the floodgates and releases a tsunami of love and peace.

In what better space could we be for building Nova Earth?

### Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.

(2) See "The Peace that Passeth Understanding," July 18, 2017, at <http://goldenageofgaia.com/2017/07/18/the-peace-that-passth-understanding/>.

(3) See "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/> and *Preparing For Ascension by Clearing Old Issues* at

(4) "Transcript: Archangel Michael – Peace is Breaking Out Upon Your Planet, May 3, 2018," May 15, 2018, at <http://goldenageofgaia.com/2018/05/15/transcript-archangel-michael-peace-is-breaking-out-upon-your-planet-may-3-2018/>.

On an earlier occasion, he said:

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/>.)

(5) Vipassana meditation is also a way of purifying the mind. There are probably dozens of ways of purifying the mind. But, uniformly and commonly, what is cleared are our own mental obstructions, which I call vasanas.

"Only one who is free from all the latent tendencies (vasanas) is a Sage." (Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974, Chapter 2, Question 26.)

(6) Ascended masters and other angelics may also have the power to bestow enlightenment and peak experiences. I don't know.

## A Realization-Rich Space

January 15, 2016

<https://goldenageofgaia.com/2016/01/15/a-realization-rich-space/>



Our weekly InLight Radio call today was enough to blast me back into the transformative love I'd been feeling, and, for a short while, bliss.

Following it, I had a meeting about the Michaelangelo Fund. I noticed that business went better with bliss. So many things became manageable. Distinctions appeared in the moment to me. I rolled with events, without a scrap of resistance.

There were times when I could have resisted or postured or pretended. But now I knew that doing so would cost me this space. And I didn't. I declared my completeness instead.

Everything goes better with bliss. Everything is more enjoyable. I can now see how business will be conducted a ways down the line. Knowing bliss means knowing how we'll proceed.

The realizations that come are not the robust and overwhelming kind that I imagine lead to enlightenment. But the less robust and intense kind that result in an "Aha!" but are at the same time equally as rich as the space deepens in ability to commit.

Let me call this the "normal" realized space, the space that's available short of Ascension. It sees a degree of realization arise which sheds light on something but doesn't result in a deep, permanent and generalized unfoldment of consciousness. The latter would be supernormal, superconscious, to use Paul Ferrini's term. (1)

When I'm in the space of transformative love, realization is dynamic, an ongoing process. The flow incorporates realization. It's flavored with realization.

I can't believe I'm writing this. And I could only do it with your support and encouragement.

Each article I write seems to go a little farther than the last - or at least that's the sense for me. It's an unfoldment, to be sure. But believe me, in my own mind, I'm walking the skinny branches.

Transformative love is a realization-rich space. I can no longer detect the difference between myself and the normal-realized state. I act from that space and don't need to give a second thought to the process. Nice while I'm in that space. Very often I'm not. (But getting back there *is* getting easier.)

I saw today that transformative love and completion arise together. Completion brings peace and equanimity. In that calm space, transformative love arises.

I had the image in mind of a person flying through the air next to a glass building. They can see their reflection in the glass and the reflection flies along with them. In the same way, transformative love and completion fly together. Or perhaps flow together. In exact harmony and synchronicity.

And when one leaves, the other leaves as well.

I worked with completion today in one of the meetings. I found myself in circumstances that I could have become irritated with. I now reminded myself that if I chose to get irritated I'd lose the space of completion. And I declared myself complete again, from within the space of transformative love - so, from a normal realized space - and did not become irritated.

If I keep working with completion, I'll create a new neural pathway and a more constructive behavior pattern. I'll reprogram myself in a way of my conscious choosing and for a definite, useful purpose. And when I need to alter that program, I will.

## Footnotes



(1) "The third stage is Super-Conscious Knowledge. It is the state of total surrender of all intellectual solutions, all need to control or plan. It is characterized by conscious unknowing. It is the state of the divine person, or co-creator. You are living at a time when stage two is coming to closure and stage three is being born." (Paul Ferrini, *Silence of the Heart*. South Deerfield, MA: Heartways Press, 1996, 23-4.)

# The Consciousness State of Ecstasy

August 15, 2021



*I've gathered together recent explorations of ecstasy into one place (below).*

*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.*

*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>.*

## 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.

# Experience Receding

August 11, 2021

<https://goldenageofgaia.com/2021/08/11/experience-receding/>

*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.

## 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. 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/>.

## ⌘ The Basic Spiritual Movement ⌘

# The Basic Spiritual Movement

June 12, 2009

<https://goldenageofgaia.com/spirituality/back-to-the-basics-2/the-basic-spiritual-movement/>



I was reading a back issue of SaLuSa the other day and he provided me with a statement that startled me and caused the melding of two bodies of literature in my mind:

“What the next few years will do is to offer you the opportunity to lift up your sights, and set them upon the most lighted expression you can achieve. After all, the object of working your way to Ascension is to move into a state of enlightenment, and continue to evolve.” (1)

Until I heard SaLuSa say that, I had puzzled over the matter and kept the literature of ascension and the literature of enlightenment separate in my mind.

But now I felt released from that. I felt as if a dam had broken. It was now time to meld the teachings of the spiritual sages with those of the masters, celestials and galactics that we have been so earnestly listening to.

As a result of these events, I struggled today to carry on my daily affairs because words kept pouring through my mind. I realized that it was time, for me at least, to begin to focus on the spiritual fundamentals as my way of preparing for what looms ahead in our lives – the reality of announcements (2) and all that follow.

From my studies of enlightenment, and I am not myself an enlightened man but only a seeker, the basic spiritual movement, the fundamental spiritual act, could generically be phrased as “turning from the world to God.”

To my way of thinking, all of life is a huge spiral in which the soul leaves God and begins a journey outwards, towards realizing itself as God, only to merge again with God when that realization is complete.

Jesus described it when he said, lo, I came from the Father out into the world and now I leave the world and return to the Father. That’s a precise description of what I just referred to.

And the halfway point, and this is only my way of seeing things, occurs when the individual soul turns its attention from the world and focuses it on God.

Now those words “the world” and “God” can mean many different things to different people and all would be partly sound and correct. I could say “turn from worldly desire to desire for God alone.” I could say “turn from my appetites to my longing for God.” I could say “turn from pleasure to yearning.” I could substitute for the word “God,” the One, the Self, the Tao, the Formless, it really doesn’t matter what word I use.

However one wants to talk about it, there comes a time in one life or another where one feels the irresistible call to put aside what St. Paul called “childish things” – one more movie, one more bottle of wine, one more trip to Marrakesh – and cry out for God.

Sri Ramakrishna had many parables about the child playing with its toys. So long as it did so, the mother continued cooking rice over the fire. But the minute the child tired of its toys and cried out for its mother, she would take the rice pot down from the fire and hurry to her child.

The child has turned from the world to God and God has hurried to the child.

Or Jesus, when asked what the first commandment was, said “Love the Lord your God with all your heart and all your mind and all your soul.” A person who does this has turned from the world to God.

For me, this basic spiritual movement is the first noteworthy, conscious step an individual takes on the spiritual path and the one who does it has covered perhaps more than half the “distance” between Origin and Destination in the overall journey of life.

For me as well, delving into what it means to turn from the world to God (please substitute any other word you'd like if this word does not work for you) is an ongoing practice.

It's been quite a while since a movie no longer satisfied me. I have my wardrobe down to ... well, I may as well wear a uniform. The only uses I have for money are so basic that I could leave home without it some days and not notice.

When I look, I see that the consequence of turning from the world to God is that, after a while, it remains no longer a conscious action. I do not need to *turn* from the world at this time. I am drawn from the world, drawn inward, irresistibly.

I am almost incapable at this moment of doing much more than simply communicating about this. As a useful member of society, I am at this time a complete waste, a nincompoop. I don't even care to make excuses for myself.

I have no idea how I shall be tomorrow, but if there were a predictable direction to this, I quite seriously think I will be what spiritual writers call "abstracted" – not good for anything other than to simply contemplate God.

And not even to contemplate. Just to be bliss.

With the last ounce of focus I have, before surrendering even that, I say again what I wanted so desperately to say, as if it were a message in a bottle, a deep dark secret passed between best friends .... shhhhh (is anybody looking?) ... the basic spiritual movement is to turn from the world to God.

## Footnotes

(1) SaLuSa of Sirius, April 6, 2009, through Mike Quinsey, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(2)"Announcements" refers to the expected announcements disclosing the reality of extraterrestrial life and UFOs and the announcement of the abundance program called NESARA.

## What's Basic Here?

Sept. 20, 2011

<https://goldenageofgaia.com/2012/05/13/whats-basic-here-repost/>



*The Storm*

We were told by SaLuSa on Sept. 12 that “once we can get started, you will find yourselves on a bit of a roller-coaster ride.” (1) We seem to be already on that roller-coaster ride.

Spaceships are circling the planet. Economies are falling. A new economy is waiting to be born. Conflict is breaking out around the world. Nations and armies are standing up to their erstwhile masters. Arrests are said to be occurring. No one knows if an attack these days is the elite attacking or being attacked.

In every area of light work, new initiatives are beginning, new coalitions forming, new knowledge coming to light. All is a whirlwind of activity.

At times like this, to ground my being, I ask myself: What's basic here? What never changes? What is this all about?

While Ascension itself is basic, any one Ascension is not. There are always more Ascensions. When I asked AA Michael what my next assignment was, on the private part of the tape I made with him, he told me of another Ascension, a higher

Ascension, happening after this one. On another occasion he had this to say about an even grander Ascension than that:

“There are many levels and stages of Ascension. ...

“Ultimately, we will experience the universal Ascension process together. This phase of Ascension will take place in the far-distant future; however, we in the higher realms of existence have had glimpses of this prodigious cosmic event and, we assure you, it is so magnificently complex and awe-inspiring that it is beyond your present comprehension.” (2)

Ascension is basic because it is one mechanism of a return to God and a return to God is basic. Regarding ever more enlightenments, each more basic, Franklin Merrell-Woolf once testified.

“A certain Sage..., speaking of unfolded Consciousness above the level of the highest human Adepts, said: ‘We attain glimpses of Consciousness so Transcendent, rising level upon level, that the senses fairly reel before the awe-inspiring Grandeur.’”

“Here, certainly, is space for evolution far beyond the highest possibility of man as man.” (3)

"Truly, within the Infinite there are Mysteries within Mysteries, Deeps beyond Deeps, Grandeurs beyond Grandeurs. ...

"Mystery of Mysteries, reaching inward and outward, but ever Beyond! And from that Beyond ever there come new whisperings of other imponderable Glories. Ah! How little is this world at the beginning of the Trail, barely a point in a Space of unlimited dimensions!" (4)

When Alfred Lord Tennyson was enlightened by a Seraph on the shores of Africa, Tennyson fell on his face and the angel picked him up. What the angel said is instructive.

“With ministering hand [the seraph] rais'd me up:  
Then with a mournful and ineffable smile,  
Which but to look on for a moment fill'd  
My eyes with irresistible sweet tears...

""There is no mightier Spirit than I to sway  
The heart of man: and teach him to attain  
By shadowing forth the Unattainable...."" (5)

“Shadowing forth the Unattainable.” We can’t know God. “We” disappear at the end and God remains eternally unknowable.

Nevertheless, God and the knowing of God are basic. The rest of this, as grand and exciting as it may be, is just a passing show, whether it be war or peace, loss or salvation, the pit of despair or the heights of elation.

We are here to know the One. We are here to know ourselves. We and the One are the same. And all of this show is simply here to reveal to us our own true nature.

When things get as busy as they are now, because people are awakening, rising up, refusing and embracing, I remind myself that, as glorious as it is, it serves only my own personal awakening, and your own personal awakening, and the awakening of us all. Not an awakening to our shift, not even an awakening to only one particular Ascension, as if it were the end-all and be-all, but a full and complete awakening to our own true Self. There is nothing else that's happening here but a sleep and an awakening.

So don't be swept away by the busy-ness of the moment. Don't lose your grip on things. The rush and roar is not what's happening here. It's as much a passing show as a storm of a half-day's duration. There's something more basic happening here, and that's our own deepest awakening. Hold fast to that.

See that as what's happening. Sink down deeply into that. Let all of this, as chaotic and insane as it may seem, and serve that.

## **Footnotes**

(1) SaLuSa, Sept. 12, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(2) Archangel Michael, “Passport to Ascension,” May 2009, through Ronna Herman, at <http://www.ronnastar.com/latest.html>

(3) Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 5.

(4) *Ibid.*, 115.

(5) Alfred Lord Tennyson in Marghanita Laski, *Ecstasy in Secular and Religious Experiences*. Los Angeles: Tarcher, 1961, 401-2.



# Clarity, Purity, and Love: The Basic Spiritual Movement Restated

Dec. 5, 2013

<https://goldenageofgaia.com/2013/12/05/clarity-purity-and-love-the-basic-spiritual-movement-restated/>



It is truly a privilege to speak to the Divine Mother, who treats one with kid gloves (usually!!!) and is easing the curtain aside more and more to reveal some of the mysteries of life to us.

I also know that when I ask her a question that would be considered at all complex or mystical, she expects me to explain what I'm driving at on the blog. And I did ask her one of those on the show today. So let me explain here.

The Mother has revealed that she is sending us three more or less consecutive waves of energy. The first is the baptism of clarity. The second is a double helping of clarity plus a baptism of purity. And the third is a baptism of love.

I expect that the third wave will turn out to be what others are calling "the Event," but that's just a guess on my part.

But there is something very familiar about the order in which this is happening and even about the double helping of clarity. Let me explain.

Hindus like Shankara, Sri Ramakrishna and many modern Hindu masters will tell you that there is a basic movement to spirituality. (1) The way I put the three steps is: Discriminate between the Real and unreal; detach from the unreal; and attach or devote yourself to the Real.

Hindu masters don't say it exactly that way. Let me give the example of Sri Ramakrishna to show how it's contained in what he says, but said a mite differently. In my own version, I've extrapolated from what he says.

“One may enter the world after attaining discrimination and dispassion [i.e., detachment]. In the ocean of the world there are six alligators: lust, anger, and so forth. But you need not fear the alligators if you smear your body with turmeric.

“Discrimination is the knowledge of what is real and what is unreal. It is the realization that God alone is the real and eternal Substance, and that all else is unreal, transitory, impermanent.

“And you must cultivate intense zeal for God [i.e., devotion]. You must feel love for Him and be attracted to Him. ... Yearning is all you need in order to realize Him.” (2)

Now why a second helping of discrimination? Well, first of all, yes, enlightenment is the purpose of life. But the acquisition of discrimination is the purpose of physical life; i.e, the purpose of incarnating in a physical body. Sri Krishna says: "Lose discrimination, and you miss life's only purpose." (3)

And: "I regard discrimination between Field [physical body] and Knower [soul, Atman or Christ] as the highest kind of knowledge." (4)

Discrimination playing such a central role in life and being the foundation upon which all else rests in achieving the purpose of life, I can appreciate why an extra helping of it is in order.

Let's now look perhaps at what the Divine Mother is doing, as far as I can see. She's sending us three waves of energy: clarity, purity, and love. Is this not accomplishing the basic spiritual movement of life? Is clarity not discrimination between the Real and the unreal? Is purity not detachment from the unreal? Is love not attachment or devotion to the Real?

I asked her if I was offbase in this appraisal and she replied:

“No, dear angel, you are not offbase in the slightest. ... You are on track. There are many different pathways which has been part of the richness of the discovery and the Hindu path of this understanding is very insightful and accurate.”

Well, that statement for me represents a very significant contribution from the Mother to the cross-cultural understanding of what life is all about and every time the Mother validates a piece of that particular puzzle, I personally feel ecstatic ... and need to sing about it.

On “the Event,” she said:

“The Event is a tsunami of love, but it is not a singular event. This has been in preparation and this preparation did not simply begin with my gift of clarity.”

That said, I'd expect the wave of purity to come next and the wave of love to come after it, which is to say, “the Event” will come after this current wave of purity. Not like I'd be willing to venture a date. I don't understand or read eternal time, so to speak, I'm afraid.

Lastly, I'm not sure if you noticed how slowly the Divine Mother was speaking. I interpret that to mean that she is letting more and more of her essence through as we mature in our ability to hear and understand her. I tremble to think what she'll be telling us a year or two from now as we expand further in understanding and soul growth.

And just before I go chop wood and draw water, let me answer a question from a reader who says that they didn't feel any difference after the wave of clarity.

Actually, the soul does not traffic in "feelings." What impacts the soul does not necessarily show up for us as something we feel.

I do experience a terrific difference myself, even at the feeling level. I feel much greater amounts of love compared to what I felt previously. Of course this is helped quite a bit by a new spiritual partnership.

But even without that, I experience my clarity having increased. But again clarity cannot be directly or easily detected at a feeling level.

We're accustomed to using our largely Third-Dimensional senses and other 3D criteria to assess what's happening and it isn't happening from or at a Third-Dimensional level. That makes matters difficult and can be frustrating.

I get that it's hard for many people to find how to assess or feel what we're going through. It's hard for me too. I'm actually not sure what to say about how to detect the difference because I'm not that knowledgeable in these matters myself. Hopefully I will be soon, but then so will you be!!! In the sense that we'll all emerge into our mastership, all of us commentators have, in a way, our "best before" date!

But patience remains important as we pass through these processes which largely don't succumb to our understanding or allow detection by our physical senses.

### Footnotes

(1) See for instance the quotes under "Discriminate between the Unreal and the Real, Detach from the Unreal, and Devote Yourself to the Real - Three Prerequisites for knowing God" at [http://goldengaiadb.com/D#Discriminate\\_between\\_the\\_Unreal\\_and\\_the\\_Real.2C\\_Detach\\_from\\_the\\_Unreal.2C\\_and\\_Devote\\_Yourself\\_to\\_the\\_Real\\_-\\_Three\\_Prerequisites\\_for\\_knowing\\_God](http://goldengaiadb.com/D#Discriminate_between_the_Unreal_and_the_Real.2C_Detach_from_the_Unreal.2C_and_Devote_Yourself_to_the_Real_-_Three_Prerequisites_for_knowing_God).

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 140.

(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, 42. [Hereafter BG.]

(4) Ibid., 100. The whole passage is instructive:

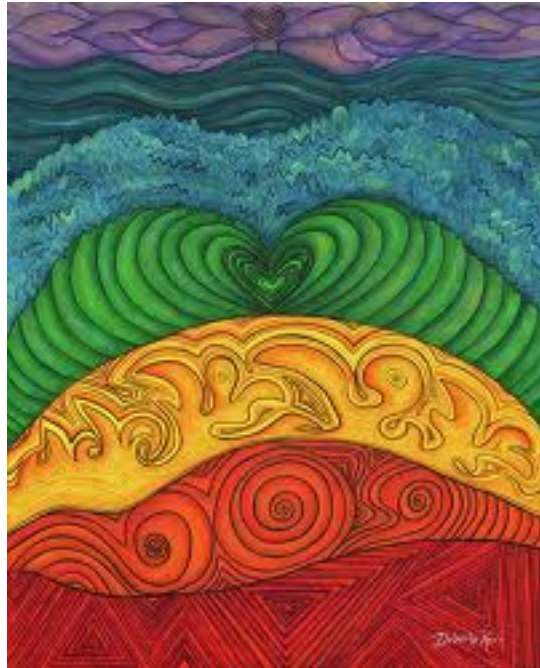
"Thinking about sense-objects  
Will attach you to sense-objects;  
Grow attached, and you become addicted;  
Thwart your addiction, it turns to anger;  
Be angry, and you confuse the mind;  
Confuse your mind, you forget the lesson of experience;  
Forget experience, you lose discrimination;  
Lose discrimination, and you miss life's only purpose." (Sri Krishna in BG, 42.)



# What is There to Let Go of?

February 23, 2013

<http://goldenageofgaia.com/2013/02/23/what-is-there-to-let-go-of/>



God created this whole illusory world for Her own pleasure. She created a game of life.

God sent “bits” of Herself out into the world to know Herself. God is Indivisible so this too is a loose manner of speaking. Anything said about God is equally loose. But we are obliged to communicate so we must deal with each other in words, as loose as they may be.

Since God is all there is, knowing Herself is a challenge. Many of us know ourselves as a result of interaction. But there’s no one for God to interact with

and so She created us finger puppets. We interact with each other. And each time one of us realizes who we really are (God), God meets God.



God made up certain rules for this game of life called “natural” or “universal laws.” They governed what could be done and what could not.

God made certain statements that reveal that She has made a world and made up the rules of how to participate in that world. Here is one from the *Bhagavad-Gita*, the Song of God:

“This entire universe is pervaded by me, in that eternal form of mine which is not manifest to the senses. Although I am not within any creature, all creatures exist within me. I do not mean that they exist within me physically. That is my divine mystery. You must try to understand its nature. My Being sustains all creatures and brings them to birth, but has no physical contact with them.” (1)

She allowed us the limited ability to create. She gave us freewill to do as we like. She created a graduated world in which, the more we learned of our own true nature, the more we advanced through these layers or dimensions. The “higher” the dimension, the more wonderful they become as we approach “nearer” and “nearer” to God. (All these are loose ways of speaking.)



As we learned more, we created more. But sometimes what we created was “not-Divine.” (How can anything be “not Divine” in a world in which only the Divine is? Again more loose speaking and more paradox.)

That which increased our separation from God could be said to be “not-divine.” Ignorance, hatred, vengefulness, coldness – all of these increase the (apparent) “gulf” between us and God and can be said to be “not-divine.”

God gave us hints on how to return home. For instance, Krishna, an Incarnation of God, gave us this clue:

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

If one asked what could be safely embraced as being Divine, then Krishna has answered that question: “I,” that is God, am all that can be desired, sought, or embraced without invoking a compensating and correcting natural law.





The Divine Itself and everything that is qualitatively like the divine is all that we can desire, seek and embrace without incurring karma or corrective action. In this game of blind man's bluff, it is as if God were saying: "Not that. Not that. I am over here."

The world that God created is full of paradoxes. For instance it is equally true to say that "I am not within any creature. ... My Being sustains all creatures and brings them to birth, but has no physical contact with them" and to say that God exists in the heart as the Self, Christ, or Atman.

The mind reels at that statement and says how can God not exist within any creature and exist within every creature as the flame in the heart? God is too big to enter the heart. God is indivisible. Etc. One answer is that that flame does not exist as any physical entity. Another answer is that God does not "exist" within anyone. Still another answer is that a small "particle" of God,

and not God Herself, exists within anyone, as far as the Indivisible can be said to have or make fragments of itself or particles.

The answer is that the mind cannot figure out this puzzle. It never could and never will be able to.

So what there is to be let go of is equally a paradox. Because what there is to be let go of is anything that is not divine. But given that everything is divine, what could be “not divine”? Again that is left for us to discover. And it cannot be discovered by the mind, although it can be discovered by the heart.

Anything that “separates” us from God could be said to be “not divine.” Anything that obscures God in Her native state could be said to be “not divine.” Anything that harms another, disadvantages another, blocks us or another from knowing ourselves as divine could be said to be “not divine.”

And the list goes on.

So what there is to be let go of, speaking in common and simple language, though inviting paradox, is everything that is not divine. It is left to us, in the course of many lives, to find out what is not divine, to find out what it means to “let go” of it, and to discover what results.

## **Footnotes**

(1) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c194, 80.

(2) Ibid., 71.

# The New Sacred. The Everyday Sacred

July 21, 2015

<https://goldenageofgaia.com/2015/07/21/the-new-sacred-the-everyday-sacred/>



*Anandamoyi Ma: The embodiment of the sacred Credit: Marco Mazzella*

The subject of the "sacred" has been pressing itself upon my consciousness.. We tend to think of the sacred as being associated with people dressed in miters and robes, swinging censers full of incense or people singing bhajans (hymns), playing the tabla (drum) and harmonium.

For me, there's nothing inherently sacred about these practices. It isn't that they're anti-sacred. They're not. They're just not inherently sacred.

Therefore I'm willing to guess that perhaps 90% of what we consider to be sacred is not.

For me, what determines whether something is sacred or not is whether it raises our consciousness. For me, a lot of what passes as sacred actually lowers my consciousness.

Having to sit on a pew, listening to a preacher teach obedience to the church, singing hymns that mean nothing to me actually lowers my consciousness. I may feel bored or irritated or disagreeable.

What inspires me, what uplifts my consciousness, what leaves me in love, joy and bliss, that to me is sacred.

And sacred is for me a relative matter, a relationship. So for instance, transformative love and conscious awareness compared to ordinary love and unconscious awareness are sacred. The divine qualities, generally, compared to the mundane qualities, generally, are sacred.

Generosity, enthusiasm, and helpfulness when compared with stinginess, dullness, and a refusal to help are sacred.

Anandamoyi Ma used to break into dance while in trance. That was viewed as a sacred moment. The bishop walking down the aisle in full regalia does not raise within me the sacred (it may in some people).

I consider another state of being to be identical or almost identical to sacred and that is "regal." I've experienced a Seventh-Dimensional state some years ago that I would call "regal," which was also "sacred." I have a friend who walks regally and is regal. It's a joy to watch her and everything she does has an air of being sacred.

When I was in that state, nothing bothered me and I felt no need to move a muscle. Everything that happened was occurring through telepathy. I acted without acting, did without doing. (1)

If one has a reaction to a religious term like "sacred," I'd suggest walking through the 'regal' door. It's often easier and more acceptable in our skeptical society than sacred. I think one would end up in the same space.

Like sacred, regal has its realm of non-applicability. A monarch who's behaving badly, though regal, is not regal in the sense I mean it. I mean that they have a natural nobility which shines through and expresses to all around them universal love, compassion, and the divine qualities.

This is the most trying period of life I've ever been through. Financial pressures are forcing one team member after another to leave. We're shrinking in size. We're all of us under tremendous pressure. Some disagreements rise based solely on lack.

And when I look for relief and for a way to be, I'm being internally pushed more and more towards the sacred or regal. It's as if the tube is being squeezed so hard that whatever was in there, way at the bottom of it, is being forced up to the surface.

And way at the bottom of all my feelings, thoughts, intentions, and desires is the desire for the peace, bliss, and joy that comes with the sacred. The sacredness of higher dimensionality. The new sacred. The everyday sacred.

### **Footnotes**

(1) 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.)

The Arcturians through Sue Lie: Seventh [Dimension] is your Oversoul.  
(Arcturians in a personal reading with Steve Beckow through Sue Lie, March 17, 2013.)

# Embrace Love, Truth, and Peace

July 7, 2022

<https://goldenageofgaia.com/?p=336646>



*The Mother incarnated as Mary, Maré, the Ocean of Love*

I quoted the Mother recently:

"This is my clarion call to all of humanity to embrace love, to embrace truth, to embrace peace." (1)

Why love, truth, and peace?

Because these are important elements - our shields and our bucklers - in completing the journey Home.

Each of them describes the whole from a certain angle. Each is therefore a context, something that holds everything. Everything is love. Love is a context for all of life ... and I suppose beyond. Truth and peace can hold everything. Each is a context.

Hatred cannot be said to *be* everything or *include* or *hold* everything in its scope or meaning. It's not a context, but a condition of life.

More relevant to us here, love is an attractive force and when we love something we draw it nearer to us by the law of attraction.

To complete our journey Home, what is there to love? (2)

The truth. Is that not what this journey is all about? To discover the truth of who we are? By loving the truth, we draw it to us.

Why be doing that? Because when one of us realizes the truth of who we are, God meets God. For that mystical meeting was this whole world of illusion built. (3)

Me telling you the truth won't do a thing. You are God. There. How do you feel?

The truth has to be experienced and realized before it has its wonderful effect.

To what end?

When we know the truth, we enter into undisturbable peace, the peace that passeth understanding, in which all the other divine qualities have free play. The One is perfect peace.

"This is my clarion call to all of humanity to embrace love, to embrace truth, to embrace peace."

In my opinion, this is a simple, all-weather, all-round formula for completing the journey Home.

## Footnotes

(1) "The Mother's Clarion Call to All of Humanity! April 20, 2020, through Linda Dillon," at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.

(2) If we're really talking about higher-dimensional love and not earthly attachment and dependence, then does it matter what we love as long as we do?

Love must flow. We experience it as it arises from our hearts and passes through us but it has to go from us to somewhere else.

In fact it flows universally and where needed.

But what is there to love if we want to complete the journey Home?

(3) For more on the subject, see *What is the Purpose of Life?* at <https://goldenageofgaia.com/wp-content/uploads/2022/07/Purpose-of-Life-R5.pdf>

For background, download *The Purpose of Life is Enlightenment* at <https://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>



# Creative Balance

July 12, 2022

<https://goldenageofgaia.com/2022/07/12/creative-balance/>



*Are the animals ahead of us?*

I began my career as a historian examining how late-Victorian authors in English Canada represented the process of growth. (1)

They believed in something contemporary historians came to call "creative repression": We grow by denying ourselves.

The body was seen as a fixed energy system. If we wasted our energy physically, we'd pay for it emotionally or psychologically, etc. There would be a snapback, a boomerang effect.

Women who give too much vent to emotions come to suffer from neurasthenia or nervous exhaustion. Men who bleed off their sexual energy through masturbation go mad.

Or so the theory went.

My generation, which was looking at the late Victorians, viewed its own philosophy as being "creative expression": We believed we grew by expressing ourselves. Let it all hang out. Cool, man, cool. We tried everything, explored every path, visited every sacred place.

I've covered what happened to the flower children elsewhere. They were destroyed by the same forces that now want to rule the Earth. It was easy for them; they had a secret weapon called "automation." (2)

But let's leave that and fast forward to the present.

Now we stand on the brink of monumental breakthroughs for civilization. Not only are we in a consciousness shift, but going alongside of it is the opportunity to meet the many star civilizations which have always stood as our protectors.

They're bound by universal law to allow us our freewill so they stay in the background, but they keep us from becoming totally overwhelmed by evil forces roaming the universe.

We're their descendants. They're our ancestors. For many from the star systems concerned, this is a reunion.



When we consider meeting a more-highly-developed star being, letting it all hang out won't cut it. Hiding our light under a bushel won't make it either. We're called upon to offer them a spiritually-mature adult (don't think I don't find this challenging; I do).

This is not the lifetime to repress ourselves or make ourselves objectionable by being overly exuberant. It's a time to consider how these other civilizations operate and how we can accommodate them. Having read their messages on how challenging it is for them to meet with us and how Ashtar, for instance, refuses to come below the Fifth, I feel humble.

If we can raise our vibrations and moderate our exuberance enough to meet with them, I imagine they already know about it and will welcome our partnership at the appropriate time.

The place we need to come from if we're to meet them at something of a level field

I've called before our balancepoint, middle, center, heart, soul, or Self.

What can we call a philosophy that espouses coming from that place? Keeping with the naming convention, why don't we call it "creative balance": We grow by balancing ourselves.

And the methodology itself? The context or paradigm? Why don't we call that dynamic balance or flow.

I assert that this is the paradigm or context that will be called out of us by contact with higher-dimensional civilizations. If we want to prepare for First Contact, I suggest we look at mastering dynamic balance or flow.

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We need not only be balanced sitting here in meditation, but remain balanced when we get up off our cushion and recover everyday reality.

It's easy to flow in a body as light as the down at the base of a feather, such as our astral bodies. Flowing is then natural.

It's here in these dense 3D physical bodies that it's a distinct chore, if we even get up to thinking it might work. Many of us - perhaps even most of us - are sunk in what Hindus call the guna of thamas or lethargy - deep sleep.

At least that's how we may appear to higher-dimensional beings, when compared to their own extraordinary lightness of being.

Meanwhile the more balanced we are, the more easily we can absorb and assimilate the higher energies being sent to us for our gradual Ascension. Nothing impedes their entry into us when we're in the stillness and quiet that comes with balance.

Therefore neither creative repression nor creative expression is particularly useful to this generation. From a number of perspectives, however, creative, dynamic balance or flow would definitely be.

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As we get more and more balanced, we're less under attack by our own strong emotions. We feel lighter and happier, more joyful and satisfied, more loving and blissful.

If we look, we find that we're located in the middle, in the center, in the heart, the soul, the Self. All is quiet here and still, materially. But here the immaterial divine qualities flow freely.

Let me draw a line under that: There is no material movement here, but there is a flow of the immaterial divine qualities. This immaterial flow has been largely overlooked in the classical view of enlightenment.

The mind is quiet. The heart is full of love. The knowing here is from a deeper place than the mind.

I'm convinced that the heart is the portal for us to all the higher dimensions. I once described us as a balloon that was twisted into two. One part is "us." The other part is the higher dimensions.

To untwist the balloon is to experience the full and permanent heart opening that is Ascension. Now the balloon is untwisted and ... it's found to contain the same air (love) as the rest of the balloon. Heavens. It was all One. This false partition prevented us seeing that.

That's about the way it is.

As we journey further and further into this mystery, meeting our galactic forebears along the way, all depends on balancing out more and more appetites, desires, wishes, wants, and anything else that attracts us "away from" God (as if that were possible). The basic spiritual movement is from the world to God. The goal is mergence with the One again. (3)

When we're in balance with our earthly desires - neither craving nor avoiding - the longing for liberation can assert itself and draw us Home. (4)

## Footnotes

(1) *The Bad Tobacco of the Mind: Cultural-Historical Aspects of the Fiction Question, 1867-1897*. Ph.D. Dissertation, University of Toronto, 1976. *Not accepted: "not historical."* *Cultural history was not an accepted field at the time.*

(2) On these themes see "Basic Third-Dimensional Illusion: Separate Selves Struggling for Survival amid Seeming Scarcity," May 17, 2020, at <https://goldenageofgaia.com/2020/05/17/basic-third-dimensional-illusion-separate-selves-struggling-for-survival-amid-seeming-scarcity-2/>

"Killing for Market Share: The Old Paradigm in Business – Part 1/2," April 16,

2018, at <https://goldenageofgaia.com/2018/04/16/killing-for-market-share-the-old-paradigm-in-business-part-1-2/>

“Killing for Market Share: The Old Paradigm in Business – Part 2/2,” July 15, 2015, at <https://goldenageofgaia.com/2015/07/15/killing-for-market-share-the-old-paradigm-in-business-part-22/>

(3) Seng T'san describes the state of equilibrium or balance:

"The Great Way isn't difficult  
for those who are unattached to their preferences.  
Let go of longing and aversion,  
and everything will be perfectly clear.  
When you cling to a hairbreadth of distinction,  
heaven and earth are set apart.  
If you want to realize the truth,  
don't be for or against."

(Seng T'san, *The Mind of Absolute Trust*  
[*The Book of Nothing*].  
from a literal translation  
by Robert F. Olson  
<https://selfdiscoveryportal.com/cmSengTsan.htm>.)

(4) "[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysus, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)