

On Transformative Awareness



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Introduction to Transformative Awareness



Jesus: You have to realize that consciousness is something very powerful. It is much more than a passive registering of an emotion - consciousness is an intense creative force. ...

Consciousness is not something static; things do not remain as they are. You will notice that if you do not nourish the energy of the emotion or of your judgment about it, they will gradually dissipate. ...

Awareness transforms – it is the major instrument for change. (1)

Awareness cannot be described in terms of something else. It's *sui generis* - a phenomenon unto itself; irreducible - and it's also everything that is and is not.

The facet of it that probably interests us is its capacity to know. It intrudes itself into different dimensions of being by inhabiting a body capable of operating in that dimension.

Currently I inhabit many bodies, culminating in the spirit-with-many-bodies inhabiting a physical one. My spirit is "inside" this physical body, looking out through its eyes, smelling through its nose, eating through its mouth, and so on.

I, the observer, the eternal point of awareness in all that transpires, receive all the information generated by my actions in this physical body. I make all decisions after receiving it.

I then watch and feel what results and amend my action plan if necessary. In this fashion I go through life, experiencing and learning.

To what end? Good question. Because there is an end, an aim, an object to life.

I was shown that object in a vision I had on Feb. 13, 1987. I saw the entire life journey of a single soul, from God to God. I was left with the words in my ear: "The purpose of life is enlightenment." (2)

The purpose of life is that God should meet God in a moment of our enlightenment and for that purpose was all of this made.

The major contribution we make to God meeting God, in my opinion, is purification. Cleansing ourselves of our core issues, old baggage, unfinished business is what reveals our pure and innocent Self underneath.

And the way to do that that I follow is the path of awareness, in which the truth of what we feel, think, and do is raised to consciousness, the truth being relied on to set us free from the issue.

In all my forty plus years following the awareness path, I have only two theorems to offer:

(1) The truth will set you free.

Not only from cosmic ignorance, but also from daily upsets. We can therefore use the fact of whether we're feeling increasing relief or increasing frustration as a guide to whether we're uncovering the truth or not.

(2) Awareness varies inversely with muscular tension in the body.

When tension goes up, awareness goes down. When tension goes down, awareness

goes up. That puts an increased importance on relaxation and a stress-free environment. But, like everything else, not when taken to extremes.

The one agreement I'm aware of on the awareness path is to remain aware of ourselves. Whatever we do, we have one particle of attention on what we're doing, how we're doing it, what other thoughts we have, what feelings arise, etc.

After the heart opens and love courses through us, we remember to share that love with ourselves, to paint our field of awareness with it, and then to send it on out to the world.

Now what we get to observe is a being filled with love and life takes a great leap upwards and onwards.

The Truth of who we are will set us free from our felt separation from God.

The truth of what we face in everyday life will set us free from all the knots and tangles we get ourselves in on a daily basis.

I am peace.

I am love.

I am awareness of the truth.

If I were to start the whole journey over, I would again choose the path of awareness as the simplest and quickest path through the jungle to love and peace.

Awareness transforms.

Experiencing love and peace transforms awareness.

Footnotes

(1) "Jeshua: The Third Way" at <http://goldenageofgaia.com/2014/01/jeshua-the-third-way/>.

(2) 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/>

⌘ What is Transformative Awareness? ⌘

Why Transformative Awareness?

November 12, 2022

<https://goldenageofgaia.com/?p=339941>



I'm in the course of updating, expanding, and polishing *Transformative Awareness* when I came across a reference to "going above the line."

I made a footnote in the text and the footnote rapidly became an article. Let me explain the term and, in the course of doing so, also explain the wider term, transformative awareness.

“Above the line” is an est term for moving internally from a state of unconscious awareness to a state of conscious awareness. We go above an imaginary line separating unconscious awareness from conscious awareness and so we say we are "above the line." We now use the term "awakening" to do the same work.

It can happen as a result of an "Aha!" or realization or it can happen as the result of telling the truth at a very deep level, taking a stand, declaring oneself, making an important promise, etc.

Somewhere I have a list of ways to presence the Self or go above the line. I'll enter it in the footnote. (1)

It's really what we mean when we say we "woke up." We use that term nowadays to relate to awakening on a single issue whereas it originally meant awakening from one state of consciousness to another.

This movement from unconscious to conscious awareness Werner called transformation and it's an event in awareness; hence my use of the term "Transformative Awareness."

OK, having said that, let me now hook it up to the purpose of life and I'll let it be at that.

The purpose of all life is that God should meet God in a moment of our enlightenment. "O thou I," said Bayazid in the moment of realization. Was it Bayzid speaking or was it God?

What is that an event in? Awareness. We distinguish out the Real from the not real. We discriminate. Discriminating is an event in consciousness. Another name for consciousness is awareness.

It's our awareness that will carry us across the bridge of separation. It's our awareness that will unlock love and everything else in its train.

We don't have to be Olympic athletes or Einsteins (forgive me, Albert). All of us are, were, and always will be aware. We just need to sharpen it and use it wisely and without judgment. The design of life will take care of the rest. (2)

Footnotes

(1) Ways to Presence the Self

The short form

1. Love

To Emerge, Unfold

1. Share yourself; tell the truth; say what's so.
2. Share a withhold; expose yourself.
3. Wake up; be with someone; get present.
4. Take a stand; declare and commit yourself; recommit to your commitment.
5. Serve; make a difference; do something that really matters.

To Return to Wholeness, Integrity

1. Be with it; sit with it like a brick in your lap; fully experience it; complete a barrier or an experience.
2. Be responsible for something you're disowning.
3. Clean up a perpetration; apologize; come clean; make amends
4. Stop avoiding something you're avoiding.
5. Get it, get off it, and get on with it; recreate it and get past it.
6. Forgive a perpetration.
7. Come from love.

(2) "At a certain point, when we have done all we can [to bring about an abiding union with the divine], the divine steps in and takes over." (Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.)

"Your efforts can extend only thus far. Then the Beyond will take care of itself. You are helpless there. No effort can reach it." (Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi*, Question 197. Downloaded from <https://www.ramana-maharshi.org/books.html>, 31 August 2005.)

Awareness and Consciousness

March 11, 2014

<https://goldenageofgaia.com/2014/03/11/awareness-and-consciousness/>



A word is a symbol upon which we humans freely and arbitrarily bestow meaning.

The meaning of a word is not necessarily inherent in the word itself. Its meaning may be established by its usage.

If a community of usage arises around that meaning, then it may become established within its bounds. If no community arises, then the meaning of the word may not catch on and it may join other discarded meanings.

There are also contexts in which the meaning of a word may change. A word's meaning can change over time or vary from subgroup to subgroup. Fads and fashions may arise that change the meaning of a word.

I'd like to use the words "awareness" and "consciousness" in special ways. Until now the two words have been more or less synonymous.

But I'd like to reserve "awareness" for that form of knowledge that comes to us through an observer focusing attention. And I'd like to reserve "consciousness" for

knowledge that comes to us from an internal sensing, intuiting, inspiration, or similar unfocused or diffusely-focused attention.

I make this distinction for the conceptual fertility it may lead to, what used to be called its "heuristic" value (a word that has more or less lost its community of usage). If no value arises from the distinction, then it'll simply fade away over time and be forgotten.

It could be said that awareness involves an active process of bringing one's attention to whatever can be made an object of, whether internal or external, whereas consciousness is a passive process of relaxing focused attention and receiving information from sources known or unknown.

I observe myself (I am aware) of my using both processes in my writing. I observe, notice and make note of whatever I focus my attention on. I observe patterns in its structure or process. I observe changes over time. I observe patterns in its relationship, connection to or separation from other things.

At the same time, I open myself to and receive information from (am conscious of) thoughts that arise, feelings, hunches, urges, desires, etc. I may open myself to a flow of thought. I may receive thoughts one at a time and develop each thought before receiving the next.

As an actor or as an observer, I may switch from process to process - awareness to consciousness - depending on which seems to promise to take me the next few yards.

If I wish to raise my awareness, I may increase the number, range or magnification of things I focus my attention on. If I wish to raise my consciousness of things, I may relax myself, open myself more fully to subtle events or diffuse my attention.

If I'm engaged in work with others or work of an important nature, I may seek to raise my level of awareness of things or events around me or within me. If I'm engaged in raising my vibration or opening to the love and joy that we increasingly feel these days, I may wish to raise my level of consciousness.

I think this distinction may help us in the times ahead to choose how we wish to relate to projects associated with building Nova Earth vs. how we wish to relate to

the expansion in our state of being associated with the tsunami of love and, later, Ascension. The more distinctions we create that make a difference, the clearer the road ahead becomes.

Awareness of Higher Dimensions

March 28, 2022

<https://goldenageofgaia.com/2022/03/28/awareness-of-higher-dimensions/>



I was triggered by something Archangel Michael said that I partially quoted yesterday. The full quote is:

Archangel Michael: I remind you that you are a pillar, that you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective. ... A very large quotient, shall we say, of you is living ... in the higher-dimensional realm.

Then there is a part of you that is in the morass of the chaos [of] the lower-dimensional realm because that's where the work is. (1)

I don't believe I'm alone in straddling dimensions. The Divine Mother implies as much here:

"Your Ascension is assured. And each of you are already well within that process. And whether you are acknowledging the shift in realities or not, you are upon a planet, my sentient Gaia, who has anchored herself in the 5th.

“Therefore, whether you are choosing to acknowledge it or not, your being and the ability to access and to expand into that beingness is already primarily anchored in a different dimensional reality.” (2)

That was a general statement made on *An Hour with an Angel*.

I'm just starting to get a glimmer of the part that is "living ... in the higher-dimensional realm."

Let me use a picture to illustrate how it feels:



Abyss Water Man: Extraterrestrial communication

The graphic shows an intelligent water column, used by extraterrestrials to announce their presence in a non-threatening way to the terrestrials aboard an underwater research station.

Like the water man or like a Slinky, the front part of me is aware and participating in the Third/Fourth Dimension but the back part of me extends, apparently, into higher dimensions. I feel the latter part as a background of a much higher mood level than what I'm feeling in this front part of my being, the part I present to the world, my everyday consciousness.



Slinky

Except for a very slight degree of background awareness, I've been almost totally unaware of the back part.

But now that I *am* aware of it, I can breathe into it, which usually excites a divine state, if this is what I'm feeling. Yes, it does draw bliss to me.

Oh, this is pleasant. ... The bliss continues. I rest in it.

How tricky this now becomes.

"Our desire is not to separate you from the collective." (3)

"I remind you that ... you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective." (4)

To bliss out, to go too much further into it would be to venture too far. There's a working level of bliss which merely ameliorates everything without seducing the person. I remember working with that between Sept. 28, 2015 and mid-January 2016. (5) That's what I'll aim for.

In this divine state, experienced at a "working level," everything is all right. The circumstances are what they are, but the internal experience is quite OK.

To paraphrase Mike Quinsey, everything I'm experiencing is open to you as a lightworker, liberated in other lifetimes, to experience. I hope that sharing my notes assists you to locate the same regions and faculties in yourself. That's what they're meant to do.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020. See "A Longing for Bliss," March 28, 2022, at <https://goldenageofgaia.com/?p=334225>, fn 3.

(2) The Divine Mother on *An Hour with an Angel*, February 4, 2013, at <http://goldenageofgaia.com/2013/02/the-divine-mother-your-ascension-is-underway-part-12/>

(3) AAM, *ibid.*, Nov. 11, 2015.

(4) *Ibid.*, Jan. 18, 2020.

(5) Archangel Michael explained what was occurring, probably for all of us:

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

But every time, you have had this experience it has edged you up a level. So that now you say to me, "Michael, I feel like I have a new baseline. I have a new foundation of happiness."

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

So you are seeing what is the residual for humanity to collectively take that, not only that progressive step, but the snap [Sahaja Samadhi, Ascension itself].

Think of how every time you especially enter the transformative love, that is a snap. It is not the full dramatic snap but it is a snap. Each time you are progressing up what you can think of as a level.

Think of [entering] your love as flying back and forth through the portal. Now sometimes you're aware and sometimes you're asleep. ("Archangel Michael on

Snaps, Expansion, and Ascension,” June 6, 2017, at [https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/.](https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/))

Hands on the Dials of Enlightenment

April 15, 2020

<https://goldenageofgaia.com/2020/04/15/hands-on-the-dials-of-enlightenment/>



What I write is every bit as much guidance and inspiration for me as it may be for anyone else. I seldom know what "I" am going to write next.

To begin with, what is your spiritual path?

My spiritual path, as most readers probably know, is the awareness path. The fundamental agreement is to remain aware of myself in all my phases and activities. (1)

In choosing it, I had to take into account my preference that my path be portable. So no rituals that would require me to cart around a lot of baggage. Nothing that'd be dependent on location or time. I needed to be able to engage in it wherever I was, whenever I wanted to.

It also had to be something that promised to lead to enlightenment.

Have people, in fact, attained enlightenment by the awareness path?

Many, many sages.

The Buddha attained enlightenment by Vipassana meditation, which focuses awareness on sensations on the body. The aim is to reach a point where awareness has dissolved all the sensations and the mind is quiet. This was enough to carry the Buddha from Brahmajhana (seventh-chakra enlightenment) to what he called Nirvana (what we call Ascension).

Awareness worked for Bodhidharma, who emptied his mind by staring at a blank wall and remaining aware of what arose. Zen masters used awareness to achieve enlightenment. Awareness is at the heart of Taoism.

Ramana Maharshi's Self-Enquiry and the Growth Movement of the 1970s were all about self-awareness.

What's the difference between "awareness" and "presence"?

For me, "awareness" and "presence" are the same thing. One cannot be present and not aware. One cannot be aware and not present.

It's an educated guess on my part that one must be here now (be present or aware) to trigger enlightenment.

That having been said, it's also my considered opinion that awareness is not the only thing going on around our enlightenment.

Another factor is that the Mother and our team of guides play a very large role in everything to do with our experiences of enlightenment. This is not something that's widely taught, but it follows from my own history.

How many times have I heard the Mother and Michael say that they toned down an enlightenment experience so that I wouldn't leave the path of service? Fourth-chakra, seventh-chakra and even seventh-dimensional experiences were all toned down. (2) This proves that they manage our enlightenment experiences.

I define as enlightenment any experience triggered when the Kundalini reaches at least the fourth chakra. It's the Mother and our guides who moderate it, like technicians operating a hydroelectric dam." Increase the flow." "Cut back now." Hands on the dials of enlightenment.

I further define enlightenment as realization plus bliss. In a truncated experience, the bliss is usually missing. Being aware of that, one sees that it's the bliss that lends realization its potency.

Bliss lifts us up to a vibrational level where the realization is ... orgasmic, really; where it can work its full effect, sink in the deepest, and touch us most profoundly.

Without bliss, realization is more or less like watching a movie. It lacks potency, the force to have us fully reap the benefit of it.

Where is all this headed?

The whole game of life that the Mother and the archangels are assisting us with is about awareness. To see why this is so obliges us to remember the purpose of life.

The purpose of life is for us to become *aware* of our true identity. (I'll say why in a moment.)

Sure, I can *tell* you what that is. But intellectual knowledge is not very powerful. The answer is: Your true identity is God. Now did hearing that split the atom for you? Not unless you blissfully realized it, rather than just reading it.

Why does it matter that I learn my true identity?

Because every time a person realizes that they're God, God meets God in that moment. God has the experience of Itself when we realize our true identity. For the purpose of this meeting was everything created - for us to get who we truly are and for God to have an experience of Itself.

Discovering our true essence is an exercise in *awareness* which results in *certain knowledge*. And it's knowledge that is the end of the road, the goal of all experience. (3)

I personally think that every experience including and past the fourth chakra is one of these moments in which God has an experience of at least an aspect of Itself.

It might be a vision experience. It might be a heart opening. It might be an experience of Light. Whatever it is, we realize an aspect of God - probably a "bite-sized piece" - so that we're not overwhelmed. (3) Even the overall process of

enlightenment itself - in which each isolated experience is sudden - can as a whole be seen as gradual.

To summarize, my path takes as its object the event and process that takes us to the very heart of existence - awareness. It sets its sights on becoming aware of who we truly are, in service to the God we meet in that moment.

Footnotes

(1) The mainstream media mocked us as the "Me Generation," as if self-awareness leads to selfishness. In fact it leads to increasing freedom from core issues, greater openness of heart, and increased compassion for others.

(2) Fourth-Chakra Intervention

Steve: The [fourth-chakra sight of the Self] 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.)

Seventh-Chakra Intervention

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. Now it is part of the reset button. Think of it in this way. If you are installing, say, a new program, or you had an old program that kept stalling out three quarters of the way full and you were frustrated as all get out with it. And you are asking for the fullness of the program to come online so you turn off your computer and you restart it.

That is what you did.

Steve: Hmm, interesting! Ordinarily you would experience Brahmajnana at that point but I felt that it had been muted, toned down.

AAM: 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, and 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. Hereafter AAM.)

Seventh-Dimensional Intervention

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. (AAM, Sept. 13, 2011.)

The Arcturians through Sue Lie: Seventh is your Oversoul. (Arcturians, March 17, 2013.)

On Truncation in General/Reason Why Ascension is Gradual

Steve: Now, when an experience is truncated how am I to look upon it? That you wish me to write about it as far as I have experienced it? That we're illustrating things in bite-size chunks so as not to overload people? That you don't want us to be fully ascended because we'll stop fulfilling this service contract if we are?

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. ("Archangel Michael on Truncated Experiences," March 21, 2017, at <http://goldenageofgaia.com/2017/03/21/aam-on-truncated-experiences/>.)

What Michael has just said, I assert, holds true for all our Ascensions. We're being given small servings of energy to digest and manifest. They know we cannot jump from Grade 3 to a Ph.D. in a single bound. This is why Ascension is for the most part gradual, with some sudden "energy bumps."

(3) Which is why discrimination is so important. But that's a separate conversation.

(4) To repeat: "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." ("Archangel Michael on Truncated Experiences," *ibid.*)

Transformative Awareness: What's Not to Love?

March 22, 2022

<https://goldenageofgaia.com/?p=334074>



How many things do we call "everything that is."

God, love, consciousness....

Three things cannot be everything that is all at once and be mutually exclusive, can they? It can't be love and not consciousness or consciousness and not love.

So it'd be fair to say that God = love = consciousness, would you agree?

"God," "love," and "consciousness" are just words pointing at the same thing.

How am I going to realize that? What tools do I have at my disposal?

The one I prefer is awareness - simple, bare awareness. Awareness (or consciousness) of what is, not what I'd like to see. The plain, clear truth of the moment. What's here now? How am I feeling?

The sharper my awareness, the closer I come to realizing that ... well, awareness is all there is. Consciousness or awareness is all there is on a number of scores.

One, awareness is the form and substance of all that is and is not.

Two, this is all a dream existence, real only in the dream. Beyond the dream is the dreamer and that is, again, consciousness or awareness.

I've experienced myself as a point of awareness in an Ocean of Love. (1) Without body or possessions, I never felt freer. All there was was love in all directions and this dot on the endless sea, which was the point of awareness I am.

I've practiced awareness since 1975, when I first attended a consciousness-raising encounter group. It's automatic with me now to know how I'm feeling and what I'm thinking, as much as I can know.

Over the years I changed my view of awareness from it being neutral to it being dissolutive (my word apparently). Paint your thoughts and feelings with bare awareness and they lift and disappear. For that reason I'm calling it "transformative awareness."

Resist your thoughts and feelings and they persist.

Using simple awareness, I've gone back through many (not all, by any means) of my vasanas or core issues and released the knot that held them in place. I now listen to my laugh and it has a clarity it did not have years ago. I marvel at it.

There's a slight self-servingness to saying this. In reality any changes in me are very likely due to the rising love energies. But of course I'd see them as the result of my own efforts.

I no longer behave irritably ... well, a great deal of the time, that is. Interrupt me when I'm writing and I growl.

Awareness I can do at any time, in any place.

And, when I become aware of a wisp of love or bliss, I recognize it and it then unfolds and possesses me.

What's not to love about awareness?

Footnotes

(1) "Point of Awareness in an Ocean of Love – Part 1/2," November 20, 2020, at <https://goldenageofgaia.com/2020/11/20/point-of-awareness-in-an-ocean-of-love/>

"Point of Awareness in an Ocean of Love – Part 2/2," November 21, 2020, at <https://goldenageofgaia.com/2020/11/21/315066/>

Transformational Transparency

April 26, 2015

<https://goldenageofgaia.com/2015/04/26/transformational-transparency/>



The Path of Awareness; or, The Awareness Game

The decision to go through Ascension publicly flows from association with the growth movement, consciousness raising, the awareness game, etc.

I was an unemployed workshop junkie and I needed a job so I created one. I'll go through Ascension publicly, Lord, if you take care of the rest.

If I'm maintaining awareness of myself as my bottom-line commitment, I don't want to be living in fear every day. I need you to take care of the details, Lord, and I'll take care of the transformational transparency.

Self-Awareness Isn't Narcissism

So what am I doing of a day? Honestly? Consistently maintaining unbroken awareness of myself, as much as humanly possible. That's the bare truth, garnered from watching myself over many years.

Doing so isn't a frivolous exercise. It isn't narcissism. In the past century, critics called us the "Me Generation" and the path of self-awareness, a path of self-absorption, selfishness, navel-gazing, etc. It was no such thing.

Maintaining unbroken self-awareness doesn't preclude being aware of others. The situation isn't either/or. It gives rise to compassion by expanding our horizons, showing us our strengths and weaknesses, and opening our hearts. It leads to selflessness and selfless service.

Beyond all our temporary bodies, who we really are is this awareness. Awareness *is* the Self. Awareness *is* God. And the purpose of life is to become fully aware of our essential identity as God - or Godsparks if you like, firebrands plucked from the burning.

Remaining aware of ourselves is perhaps the most valuable thing one can do, short of removing the obstacles to awareness (core issues and false grids). However we find that bestowing our awareness on these issues and grids turns out to be the very way to eliminate them.

Self-Awareness is a Path to Enlightenment

Self-awareness gives rise to bliss. After all, the closer we get to Self, the closer we get to God. Similarly, I'm told, the more aware we are, the closer we get to God.

However to say "I am awareness" is for me only intellectual knowledge. For it to be actualized, it has to be up to realized knowledge. Intellectual knowledge is like eating cardboard and expecting to be nourished. Cardboard is, after all, made from plant matter.

Unbroken self-awareness is a path to enlightenment. I hear the sages saying:

Al-Ghazzali: "Knowledge of self is the key to knowledge of God, according to the saying: 'He who knows himself knows God.'" (1)

Ibn Arabi: "To know God is not an easy matter, until one becomes a knower of one's self." (2)

Change Raises Things to Awareness

Self-awareness leads to one discovery after another. One thing I discovered recently is almost too unbearably embarrassing to share. But the secrets we'd die hiding? In the awareness game, sharing these "withholds" produces the greatest benefit. Our personal power is tied up maintaining our deepest, darkest secrets.

What we find, when we share them, is that the bands of tension supporting our emotional holding patterns loosen and our awareness and personal power are freed up again.

My discovery was that, until now, I've thought of myself as a person who likes peace and doesn't want a lot of change. Please keep it stable around me. I need to know where my toothbrush is.

And now I see that that's an inaccurate appraisal of me. The truth is I love change.

Look at it: A relationship ends, all my core issues are raised, a heart opening occurs, a boulder of an aspect arrives on my doorstep wanting in - and these are just the major events.

Toss in financial uncertainty, medical matters, running a blog, designing a global gender-equality project and creating a foundation to endow it - all that must be enough to put a man six feet under from stress. (And it's only going to get busier, the Boss says.)

But, even though that's so, the times at which I'm really at loose ends are the times when nothing is happening.

That *is* telling.

Change provides a backdrop against which the ways of the self become visible and can be known. It's when they get disturbed that we can see them backlit, as it were, and watch ourselves respond to them or use them over and over again.

Out of the hubbub of adapting to change, we come to see what was impeding our awareness and our love. Once we see them, once we raise them to awareness, the solvent that awareness is begins to loosen and eliminate them.

Introvert

Unbroken awareness of the self is in and of itself a meditation - an active or dynamic meditation.

It's the favored practice of introverts like me. What I regard as events are internal. I'm not very much interested in interacting with large numbers of people in the external world. I don't want to attend parties or hang out in a bar or watch the game together.

Archangel Michael has assured me that I don't have to address large crowds, offer workshops, or administer projects. He assures me that I can remain a writer, which is where my joy lies.

Stephen Bassett offered an excellent example of an admirable extrovert in action, at Disclosure Vancouver, but that's not a path I'd choose. I want the focus to stay on the self.

I predict I'll design and start a lot of things but I won't end up running them.

Administration is an extrovert's art. After an hour or two of meetings, I feel insane if I don't have a period of quiet reflection.

I Have a Ringside Seat at My Ascension; You, at Yours

Ascension is happening in here and I have a ringside seat - and the only seat, well, save for my guides, the Boss and the Mother. And the General and seven other robust gents. It's actually quite crowded in here, come to think of it. At least, they're silent partners ... so far.

I love the bliss that results from maintaining awareness of the self. Everything else I'd throw overboard, but not awareness of the self. In fact it's the one thing that I can't throw overboard. It's always with me, even in death.

It's the one friend who never leaves. After all the guests have departed, there's my self-awareness waiting at the door, ready to welcome the next thing together.

Let's see. Bliss attaching to an awareness that never leaves. Bliss-Awareness-Being Absolute. Sat-Chit-Ananda. Is that not a characterization of God?

I leave off typing, put my head back and fall into unbroken stillness. I love this path.

Footnotes

(1) Al-Ghazzali, *The Alchemy of Happiness*. trans. Claud Field. Lahore: ASHRAF, 1971; c1964, 19.

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

"To attain enlightenment without seeing your nature is impossible." (Bodhidharma in Red Pine, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 9.)

"My Me is God, nor do I recognize any other Me except my God Himself." (St Catherine of Genoa in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 11.)

"Without first knowing yourself, how can you know that which is true? Illusion is inevitable without self-knowledge." (J. Krishnamurti, *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974, 20.)

Four Phases of Awareness: Not by the Clock

December 18, 2021

<https://goldenageofgaia.com/2021/12/18/four-phases-of-awareness-not-by-the-clock/>



The clock of awareness

If I can indulge myself in a fantasy for a moment amid all the hubbub at this time of year, on top of the lockdowns, child rescue, sexual harassment, climate change, and the fall of the cabal.... I forgot Evergrande? Chinese dams breaking? Weather-warfare hurricanes?

Excuse me.

On top of all that, if I can fantasize for a moment, being in lockdown and on Pause, with almost nowhere to go from my cocoon....

I see the typical person going through a number of stages of awareness. The first is when we're born until socialization kicks in. We just be. We may not even be aware of ourselves, although the children being born today probably are.

The second is when socialization kicks in. Then we're taught to be nice, polite, and helpful; in other words, a benefit to the setting and not a cost.

The third kicks in when it does and it's a desire to be the best human we can be. It may be an impulse from within a corporate structure. On the bench. In politics. In medicine, in education. Whatever.

The fourth is rarely considered and almost never followed. When we see someone following it, we stand in awe. This stage is when we determine to be godlike, to live the divine qualities.

We know that the purpose of life is for us to know who we are. And we're committed to doing that. We already know the intellectual answer - we're God. God is everything so how could we not be God? Now we have to realize it.

And one way to do that is to become like God in every way. That is the challenge. It means stepping outside the herd. I don't think I'd advertise it if I did. But we're committed to pushing our edge.

Another way to do that is to emulate and desire to experience the divine qualities - forever - like love, bliss, and ecstasy. Again, stepping outside the herd. (1)

There are undoubtedly infinite ways in which we might become godlike. I'm looking from this opening perspective and only see a few. (Even speaking about the subject has me feel nervousness at stepping outside the herd.)

However, if you don't mind being out on the skinny branches, all alone, then try being godlike. Quietly. Humbly. Like Jesus.

Invoke the universal laws. Use affirmations. Whatever works for you to reparent yourself (cleanse, purify yourself) and bring yourself to Self-Realization, which is the goal.

These stages, as far as I can see, happen when they do. Like all of spiritual evolution, (2) they don't conform to a clock. All of this conforms to internal conditions and events. The external are simply the pre-planned triggers.

All of this is about how we feel, what we experience, and how we translate that into information that will help us to realize ourselves.

And then, when we're ready, our Higher Self, our guides, and our archangels pull the cord.

And this, by the way, will be going on all over the planet, when we're ready - not by the clock.

Footnotes

(1) Psychologist and workshop leader John Enright used to say there are two ways of getting to "Hero" from here. One is to go through "Villain" (as all anti-vaxxers are doing) and the other is to go through "Saint" (as being godlike entails). Anti-vaxxers seem to be both saint and villain.

(2) "Spiritual Evolution: The Divine Plan for Life (Reposted)," Dec. 4, 2014, at <http://goldenageofgaia.com/2014/12/04/spiritual-evolution-the-divine-plan-for-life-reposted/>

Two Phases of Consciousness

September 14, 2013

<https://goldenageofgaia.com/2013/09/14/two-phases-of-consciousness/>



Something that has eluded me for years is becoming clearer.

I notice that my consciousness has two phases and that each of these phases is its ultimate decision maker in the area of its own functional competence.

It's probable that it's the same for others but I wouldn't know that. I can only speak for myself.

The first phase is an observer whose decisions are ultimate in the field of principles and values.

The second is an actor whose decisions are ultimate in the field of operations and procedures.

I went for a long walk today (Friday) and just reviewed things from the standpoint of what I wanted and intended to see, etc. I noticed myself in an observer mode and noticed that I switched to an altogether different mode from time to time - an actor mode - whenever I bumped into people, needed to purchase something, or needed to recognize or interact with someone for other reasons.

The actor or operational mode generally followed the principles and values that the observer established, but not always. If it needed to extemporize or frame a response according to a different principle or value, it had the authority to do so while it was in charge of me.

Authority was divided. The need for the two to work together was clear. I didn't want this to become the Humpty Dumpty situation that I lived in for much of my life where a surface and a deeper consciousness existed and the two had never met and didn't know that each other existed.

I didn't want to be dissociated, but to have the two phases of consciousness work together. And I saw that it took some agreement between the two before they did.

The observer phase required solitude, a minimum of input from the outer or external world. It was most aware of the inner or internal world. It became crabby if it didn't have sufficient time to indulge itself.

It was not happy in an environment of almost-constant outer stimulation. It preferred stillness, It needed time to reflect, meditate, and think.

The actor phase arose whenever it was imperative to interact with the external world and had to give up its focus on the internal world. I observed myself learning how to walk down a street, navigate my way through the people, show respect to all, and yet keep to my own inner space if I wanted to.

And then I noticed as well how I behaved when the need to take others into account presented itself in a way that couldn't be ignored. I watched the two phases of consciousness interact.

I've long favored the observer phase, but I realize that no one can just be in one phase and neglect the other totally. I've agreed to certain roles in life and must attend to the actor phase if I'm to satisfy these roles. I'm not as adept in the actor phase - not by a long shot. Hence the tendency to regard myself as "an intellectual."

The observer phase had a mission and the actor phase had certain agreed-upon roles.

The mission of the observer was to delve deeper and deeper into consciousness itself, to find out more and more about what consciousness was and the ways consciousness operated.

The roles of the actor were elements of my soul contract that I had agreed to: blog writer, various types of wayshower, (1) future roles, etc. The two of them did not necessarily go in the same direction all the time. The pulls of the one could be very different than the pulls of the other.

I'll have more to say in a future article. But for now I wanted simply to acknowledge that I see the two phases operating.

Footnotes

(1) "Wayshower" is not a claim to expertise or knowledge but a statement of willingness to lead, explore and report what is found.

Awareness as a Path

June 5, 2018

<https://goldenageofgaia.com/2018/06/05/294345/>



I'd like to look here at my own love of the awareness path.

My twin flame, Annastara, said:

"One of the things that you do and which you will be doing is looking in the nooks and crannies, into the corners of your being because as you do that you also allow others to.

"There is a curiosity inside of you to examine those quarters that have really gone unexplored, not really because of fear but simply because it wasn't time."

(1)

She hit the nail on the head.

Since 1975, when I went on a three-month resident fellowship at Cold Mountain Institute, I've followed the awareness path - "looking in the nooks and crannies."

The nearest Hindu equivalent would be Jnana Yoga. While both aim at Self-Realization, the awareness path tends to be more experientially-based.

This path emphasizes maintaining awareness of one's self at all times. But not just awareness of our thoughts; awareness of our feelings as well.

It sees as the panacea for all emotional troubles simple, bare awareness.

One of the tenets of the awareness path is that, as Jesus said, the truth will set us free. Knowing the full truth of who we are - as we all will - will cause us to ascend to the next dimension.

That is, the truth of who we are will set us free from the round of birth and death that transpires in the Third/Fourth Dimension ("physical" and astral planes).

By the same token, the truth of an upset will set us free of the upset. That circumstance is what spurs us on in listening.

We listen until the truth is spoken. We know the truth when we hear it because it sets the person free from the upset. (2)

The litmus test of whether we're going in the right direction is whether we're experiencing increasing release. If not, we need to back up and go another route.

The awareness path is about the truth and about freedom from issues and upsets.

Followers of this path tend to enjoy communicating above most other things. They share what's happening with themselves. They compare notes with others.

If you listen to their conversations, they have an easy intimacy to them, deep sincerity, and love of inquiry about them. I never enjoyed myself as much as when I was in them. My ear pricks up when I hear someone say "I feel...." (3)

Everyone's share is born equal. Your feeling has no more nor no less weight than my feeling. "I feel...." = "I feel...."

I practiced Zen for two years and Zen is also an awareness path. The Zen way of life is very sparing so as not to cloud or distract the awareness. I love stillness. I love a meditative walk.

But it has consequences. I'm lost to procedures. I have no interest in rituals or adornments or affirmations or anything extra.

I'm simply interested in who I am in the moment. When I'm in awareness, I love each breath, each view of nature, each vivid color.

What SaLuSa called "soul love" flows freely when I'm in the moment, barely and simply aware. (4)

When love flows, I care for nothing the world has to offer.

I think all paths aim to deepen our experience of love, do they not? Devotion (Bhakti)? Service (Karma)? Meditation?

All paths lead to love. All we need to decide is how we want to travel to that sole/soul destination.

I'm returning by constantly and regularly burrowing as deeply into myself in the moment - in awareness - as I can. What am I aware of in this moment? This moment?

That to me is what a three-mile hike is to some people. Or water-skiing. Or deep-sea diving.

Footnotes

(1) Anastara, my twin flame, in a personal reading with Steve Beckow through Linda Dillon, Dec. 9, 2010.

(2) Which provides a useful tool for us. If the speaker is moving in the direction of increasing release, we are going in the right direction. If they are feeling more bound, we're going in the wrong direction.

(3) What am I saying? I'm fortunate to have these kinds of conversations whenever I want them with my friend Len.

(4) "With your upliftment, what you are discovering is that there is a distinct difference between physical love and soul love. One is for the satisfaction of the physical senses, whilst the other is Universal Love for all life everywhere. On Earth you tend to be led by physical attraction and often take up partnerships without really knowing the person." (SaLuSa, Nov. 14, 2012, at <https://>

[www.treeofthegoldenlight.com/First_Contact/
Channeled_Messages_by_Mike_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

The Awareness Path: A Nice Place to Come Home to – Part 1/2

August 8, 2015

<https://goldenageofgaia.com/2015/08/08/awareness-path-nice-place-come-home-part-12/>



Credit: blog.udemy.com

Excerpt

This may be the last bit of quiet that many of us will have for many years so I'm not complaining. These are the last few days or weeks when we'll be able to simply sit and rest with ourselves, meditate, contemplate. Once the main events occur, there may be no such thing as quiet for us lightworkers.

Unless we can do the work that Jesus talked about in his gripping discussion of core issues (1) and be free of them, and returned to our original innocence, our natural state (sahaja).

And unless we can lay down for ourselves a path so crystal clear that we don't lose ourselves and stop following it, no matter how rushed and noisy it gets outside.

Any genuine path should be capable of guiding us like that in the times ahead. I prefer the path of awareness myself but I also enjoy the path of service.

Let's leave the latter aside for the moment and just look at the former.

Why do I choose to follow the path of awareness and why will I make it my tool in the tumultuous times that lie ahead of us?

Well, for several reasons.

One is that it allows me to maintain the most intensive, most uninterrupted access to myself of all the paths I'm aware of. I loved learning about it at Cold Mountain Institute in 1976. It was user friendly before the term was invented.

The awareness path is all about maintaining unbroken awareness of ourselves. That's all. Just simple, bare awareness.

But what that produces! It would take a book to discuss all aspects of it.

Why should "I" be enjoyed so much as the subject of my ongoing attention? I have to relate that to the purpose of life.

The purpose of life for the One is that God should meet God in a moment of our enlightenment, in a moment of our awareness.

You see, we are God. (Oh, yes, we are.) And when we realize that truth in a moment of enlightenment, the God that we are meets ... the God that we are. The two become One again. For a moment.

That God might have the pleasure of meeting Itself is why all of this was created. When many sages get that, they laugh. That's it? That's the simple reason why all of life was created? Yes.

Ha!

So of course "I," the God that I am, is the proper subject of study for me. My proper field of study is not you. It's me. I'm not going to reach Self-Knowledge by studying you.

Seek the truth within. Seek for God in the heart. We've been told to go inward so many times to find God. That's inward into ourselves. One cannot become a knower of God until one becomes a knower of oneself.

This isn't the "Me" Generation, as so many accused the awareness movement of being. This is Self-Knowledge, the goal of life.

God so designed life that the more we delve into who we are, our true nature, the more rewards come our way. Bliss, love, peace - need I say more? What more could be desired?

When I follow the awareness path, I share my noticeings with you, you share yours with me, and we compare notes. Both of us sink deeper and deeper into awareness of ourselves, not minding anyone else's business, and we reap the rewards thereof. Two people following the awareness path together is one of the most beautiful things I've ever watched, as I did often at Cold Mountain. So loving, so intimate, so open.

It's not only fun, but it's also the most meaningful thing a person can do - maintain awareness of themselves. If we do, in a moment of our awareness, we're liable to see ourselves, to see who we really are, our true nature.

I know of nothing more desirable than the bliss that comes from meeting ourselves at a very deep place, in a moment of realized knowledge. That moment always repays years and years of endeavor.

Oh, yes, and share what you discover. Life then becomes a learning experience, a lifelong workshop. We act and watch and report on the results of what we do, think and feel. What I discover about me and what you discover about you. It's very simple.

Hopefully by following the path of awareness every day, I'll be able to maintain the maximum contact possible with myself when the going gets busy.

But even if I succumb to the busy-ness and stress of it all, the attachment to the awareness path will eventually reawaken me and call me back.

What a nice place to come home to - aware adults, committed people, consciously-aware individuals. Ever more subtle, ever more gentle, ever more loving.

(Concluded tomorrow.)

Footnotes

(1) "Yeshua on Core Issues and Global Conversation," Aug. 5, 2015, at <https://goldenageofgaia.com/?p=263104>

The Awareness Path: A Nice Place to Come Home to – Part 2/2

August 9, 2015

<https://goldenageofgaia.com/2015/08/09/the-awareness-path-a-nice-place-to-come-home-to-part-22/>



Credit: www.nonprofitmarketingguide.com

(Concluded from yesterday)

As lightworkers who are destined to become busier simply by the direction and flow of events, it can be useful to contemplate our path of development or spirituality before the rush starts.

One of the reasons I do so is that the more I have matters like that laid out for myself, the more confident my actions will be when it's busy. I'll know what ground I stand on, what the principles are based upon which which I take action, the filter is through which I see things.

Let me take up where I left off with the perceived benefits of the awareness path.

First of all, it's useful to know that awareness heals. There isn't a lot of action often needed once we become aware of something. The working out of the issue seems

to follow if we simply remain aware of it and ourselves: what Archangel Michael calls to "stand back and observe."

Secondly, once we become aware of something, it's almost impossible to stop that awareness from having an impact on us. If we're being rough, we find it difficult to be rough from a point of awareness. If we're being melodramatic, that gets tougher too. We often break out laughing at ourselves when we see what we're doing and how silly we look. At least I have.

Let me give an example of an event on the awareness path.

It's 11:00 a.m. and I just felt myself relax for a minute and contemplate doing something I actually wanted to do. I could have been utterly unaware of it. I could have glanced at it and moved on. But on the awareness path, we notice it and remain open to the impact of our awareness of it.

Up till now in the day, I've been attending to other people's requests or matters that I "should" do for one reason or another.

But at this moment, I contemplated doing something I liked.

I looked more closely and observed myself being stressed over all the "shoulds" I had to do. Then I became perfectly relaxed and even felt joyful when thinking of doing a "like." Seeing that had an impact on me. I left the solution of it to the future but simply made a note of it: I do more "shoulds" than I want to. Note to self.

Next I saw that I create a goodly amount of drama in my life and then other people add their mite to it. And all this drama brings tension and sore necks and an obliterated awareness. I wasn't aware how much drama I create. I also noticed that the drama was related to stress. My penchant for drama rises as my stress level rises.

Going back to my original focus on the benefits of the awareness path, that discipline offers me an "out" from all this. For anything to happen anywhere, at any time, we must first be aware of it. And our simple awareness of it is often enough to bring us to take action on the matter - we may join Greenpeace or write for a blog!

The more we can increase our awareness, the more we can raise our consciousness, the better life is from all perspectives.

How do we raise our awareness?

- We raise it each time we move up the ladder of knowledge from belief to thought, from thought to feeling, from feeling to action. As we move up the ladder, we feel more confident in our speaking and decisions and our awareness unpacks.
- We raise our awareness each time we do anything that relaxes us, gives us pleasure, brings us joy.
- We raise our awareness every time we listen more closely, observe more completely, or acknowledge to ourselves what the truth of something is.
- We raise our awareness when we contemplate, meditate, and express.

There's a difference between awareness and information. Awareness is a whole-body, whole-being affair. It may involve sensing, intuiting, feeling by a sentient being (me). Information is simply something factual as contained in and conveyed by a non-sentient medium (paper, TV, radio). Information is dead compared to awareness. Awareness leads to aliveness.

I remember how I stopped reading at Cold Mountain Institute because anything that was happening while I was observing awareness as a path was much more inviting, engaging and informative than anything I could possibly read or watch on TV.

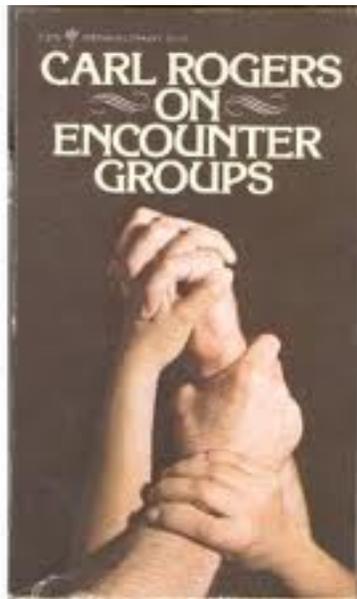
The more aware I was, the more I sensed and felt and intuited. The greater the space I could extend my awareness to - whether seeing, hearing or inner sensing - the more fully "me" did I feel. It was as if I was expanding into myself.

And indeed I believe that is what occurs. We emerge from our shell of hiding and ignorance. We leave behind the old ways. We walk out into the sunlight of openness and transparency. We let the light of awareness in and we let the light out.

The Path of Awareness – Part 1

April 22, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-path-of-awareness-part-1/>



Encounter Groups were an early means of consciousness raising

Until recently, I haven't shared much on my own path of awareness because I believed that it was shared by most people. Sharing about it seemed unnecessary. But events of the recent past have suggested to me that that appraisal may not be the case. In fact, it may have been shared by most people many years ago, but perhaps not now.

It may be that the intervening years, which I thought saw the path survive and grow, may not have seen it prosper. Certainly the cabal did everything it could after the decades of the Sixties and Seventies to defeat lightwork. So maybe our knowledge of the path of awareness did not blossom in quite the way I thought.

I'm going to take the chance that it may not have and begin to communicate about it.

The path of awareness is something that draws on the spiritual insights of people like Ramana Maharshi and the Zen masters, but extends them into everyday life in a way that they had not previously been extended. Another name for the path of awareness is consciousness raising or the growth movement.

The earliest and the single biggest motivator for consciousness raising was the civil rights movement and its leading proponent was Dr. Martin Luther King. The motivation was thereafter taken up by the feminist movement, which took consciousness raising to a whole new level.

Unfortunately the violence that attended the anti-Vietnam War movement, in my eyes, lost us some of the widespread social support we had. We were consciousness raising, no doubt, but sometimes did it by razing banks, etc.

The end of the Seventies saw a time of recession arise and the beginning of the many corporatist "bubble" economies that began with junk bonds and may have ended most recently with the mortgage and derivatives bubbles, the bail-out and the fall of cabalistic capitalism.

The end of capitalism as a viable economic system (well, it was probably never viable and never intended to be) saw economic survival become the order of the day. People seemed to put aside an emphasis on human growth and concentrate on making a living. I recall reading articles on what happened to the hippies in later life and many of them donned suits and ties, probably out of necessity. After this time I lost sight of what happened to the growth movement.

Its most basic tenet was to expand and increase the purview of our awareness. Perhaps the key statement of the path of awareness or of consciousness raising was "I'm aware of."

It's a basic aspect of being human to notice that one can bestow consciousness on things. We can be aware of all aspects of life, and we can be aware that we're aware of it. We can make of ourselves an object of awareness. Of others. Of things remote in time and space. We can even make of God an object of awareness.

Awareness is a divine attribute, is it not? God is aware of everything. If the purpose of life is to know ourselves as God, so that God can meet God in a moment of our enlightenment, then the continual expansion of our awareness can be seen as a path to God, is that not true? And in fact it turns out, as far as I and many other practitioners of the path of awareness are concerned, to be true.

And, when we do bestow awareness on something, if we observe closely, touching each thing with our awareness results in something. And that is perhaps a corollary of the tenet of awareness.

Bestowing awareness on something without attempting to change it causes that something to move or release. Resisting it causes that something to persist. Werner Erhard used to say what we resist persists. If we want something to shift or release, be aware of it and let it be.

So, for instance, if I was upset, if I simply bestowed my awareness on my upset and observed it, rather than acting it out, projecting it onto another, gunnysacking it, or doing the myriad things which our society does, all of which cause "drama" or ritualized activity perpetuating upset, then the upset would lift about as fast as it was ever going to.

So perhaps I can end this first instalment on the path of awareness by establishing this basic insight, that becoming more and more aware of every aspect of our lives turned out to be a good thing and produced good effects, and that simply being aware of our upsets and unwanted conditions, without trying to change them or fix them, caused them to work themselves out and be released.

The Path of Awareness – Part 2

April 22, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-path-of-awareness-part-2/>



Werner Erhard in the 1970s

The second most basic tenet of the path of awareness was to remain with one's self. And it was this emphasis on remaining with one's self that earned the awareness movement the nickname "the Me Generation."

The term was used to deride it by suggesting that it was selfish and narcissistic. But it was in no way that.

Remaining with one's self was a reminder to not focus on another person's input into a situation, not judge or analyze them, but to remain with our own input. It was an encouragement toward an important value in the awareness movement, which was personal responsibility.

In the earliest days of the growth movement, people attended encounter groups or workshops, many of them led by accomplished men and women we called "circuit riders." These were the equivalent of the preachers of our day. It was what religion had become by then and people had their favorites.

Among the very best of independent circuit riders, in my opinion, was psychologist John Enright and workshops was the est Training, founded by Werner Erhard. I may be drawing on their insights a fair amount here. John Enright had a wonderful sense of humor and so he would express the notion of personal responsibility in ways like these:

"Due to circumstances beyond my control, I am master of my fate and captain of my soul." (1)

"Responsibility is acknowledging that my input is crucial and accepting its consequences." (2)

"You may not be responsible for an event but you're responsible for the meaning you give the event." (3)

"Dealing with another's part in things is blaming or trying to appear blameless. As such it is reducible to image management. Dealing with one's own part in things is taking responsibility and seeking improvement and real change." (4)

I remember how John would encourage us to take any event in our lives and see how we were personally responsible for it. He had a long process he would engage us in and somewhere in it we would see what we did to cause the event. And when we saw it, we had a very powerful "Aha!" moment.

I chose an occasion in 1970 when I was stabbed and left with a knife in my back trying to help an old man. He showed me that, at one point in the event, I saw a policeman nearby and refused to call him because I wanted to be a hero. Instead I nearly wound up dead.

When I saw that moment and the fact that I declined to summon the policeman, all the feelings of victimization connected to the event and all the regrettable consequences from the event that went on for months and even years, melted away.

That was the benefit of participating in the growth movement. Workshops with John or Werner were so liberating because so much drama and so many stories were demolished as a result of them.

John described his courses as "hard-nosed permission giving" and I remember having many of the most profound insights of my life either in his courses or in the est Training, which was very much like his courses. Both John Enright and Werner Erhard shared a common circumstance: they were both, in my eyes, enlightened.

As John said, personal responsibility meant seeing my input in the events of my life as being crucial and accepting that I am the source and the one responsible for its consequences.

He used to joke about a person seeing an avalanche coming down on himself as one who took the ultimate in personal responsibility: "When the avalanche is coming down on you, you can say, 'Oh my God! It's going to hit me!' or you can say, 'Far out! What a way to go!'" (5) I can only surmise that John exited his own life that way.

The growth movement encouraged people to take as much responsibility as they could for as much of life as they could. Psychologist Bob Larzelere shows what that would look like in real life in the area of our beliefs.

"Your environment is a reflection of your beliefs. Your beliefs come first, then they are materialized in the illusion-reality. You are the source of your beliefs, your environment is not. The only place you can effectively take responsibility for your reality is in looking at, and taking responsibility for, your beliefs. How do you do that? By doing it. Responsibility is a generating context. There is no technique for it. It is a choice you make." (6)

Werner Erhard, the founder of the est Training, conveyed the sense that existed then of wanting to raise the bar higher and higher and higher around taking responsibility for our lives and coming from integrity:

"We are finding out what we need to know right here. We are creating this together. I want to work with people who are willing to participate at a very high level of responsibility and integrity. We need to be willing to work through the difficulties and frustrations that accompany a creative process. We need to transcend our personal interests, our own agendas, and search for what is wanted and needed to create community.

"We will have to give up that last-ditch reaction to our frustration of not being able to get it done: 'All right, I'll do it myself.' That won't work any more. We need to learn to produce results by empowering each other." (7)

I probably can't convey the thrill I used to feel each time I attended one of John Enright's or Werner Erhard's courses and heard the bar being raised again - the end of hunger by 2000, world peace by a similar year, on and on we went extending our responsibility to our world, culminating in the vision of a world that worked for everyone, again another idea whose time would come, contributed by Werner.

Footnotes

(1) Awareness, Responsibility and Communication Course, Cold Mountain Institute, April 15, 1976. [Hereafter CMI]

(2) N.d.

(3) Awareness, Responsibility, and Communication Course, Vancouver, January 20, 1979. [Hereafter ARC, Vancouver.]

(4) CMI, April 8, 1976.

(5) ARC, Vancouver, January 20, 1979.

(6) Bob Larzalere, *The Harmony of Love*. Context Publications, 1982, 71.

(7) Werner Erhard quoted in Joan Bordow, "Inventing the Community Workshop," *The Review*, May/June 1982, 5 and 7.

The Path of Awareness – Part 3

April 22, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-path-of-awareness-part-3/>



Advanced trainings in those days could include rappeling or zip lines - which again might bring transformational experiences or breakthrough

A third tenet of the growth movement was that we are not a thing, but the space in which things arise. Werner Erhard described it well. He used the word "context" to denote a space or wholeness, as opposed to "content," which was what arose in a context and was organized by it.

"Contexts are created by the Self, out of nothing. When you stop identifying yourself as a thing, as a position, and start experiencing your Self as the context, as the space, for your life – when you start experiencing that you are the context in which the content of your life occurs – you will automatically and necessarily experience responsibility for all the content in your space. You will experience that you are whole and complete and that you are aligned with other Selves, with the Self.

"When you experience your Self as space, you create contexts from which you can come into the world. One such context is the end of hunger and starvation on our planet within two decades." (1)

Much of what Werner taught about ourselves became translated into huge, mind-expanding projects, which it appears may not have happened by the year 2000 but are undoubtedly destined to happen. In my view, he was way ahead of his time.

We often consider the biggest obstacle to being responsible for our lives to be our own ego. What we won't be responsible for, we cannot experience fully and completely. What we won't be responsible for, we cannot know as space. Werner found that he came to peace with his own ego when he could let it be.

"I saw that I had to take responsibility for my own ego, so that my transformation would not turn into just another ego trip. I had destroyed my previous [1963] experience by holding it incorrectly – by believing it and being righteous about it. I was concerned that I might do that again.

"What resolved this worry was realizing that it is ultimate ego to suppose that you can function without ego. I saw that I could let my ego be, and that when I did so, it would let me be. It would not longer impede me.

"Instead of my ego's running the show, I could run the show. It was a matter of my being willing to be at cause with my own ego, to hold it as something that belonged to me – not to resist it or try to get rid of it, not to prove that I didn't have one, not fall into it, submit to it, or let it run me." (2)

It makes no difference to say that we are space or to say that the Absolute God is a transcendental Void, a primal Nothingness. What characterized the growth movement of the Sixties and Seventies was that it took notions that were as old as the Perennial Philosophy and gave them a peculiarly Western spin and vocabulary. It now became fashionable to think of ourselves as space.

Another way of saying that, used in the est Training, was to say that we were everything/nothing. "Space" and "everything/nothing" were est codewords, as far as I'm concerned, for God, just as Krishnamurti's codeword seemed to be "passive awareness." Said est Trainer Rod Browning:

"Most people feel that who they are is what they (1) have, (2) do, and (3) are. They might get a better handle on things if they started the other way around. But, in actuality, who you are is not what

you have, do, or are, or what you are, do, or have. It's nothing, nowhere, or everything, everywhere. It's the space in which things happen." (3)

As I've said on other occasions, the truth will set you free. When Rod Browning acted out this statement that who we are is not the automatic robot we thought of as having, doing and being, but the space in which all of that arose, I, in the terms of the training, "got it," or had a transformational experience of the truth of that remark. The truth, realized, had indeed set me free.

And then I lost it. Because it was equally true that life was in fact, as we said in those days, getting it and losing it, getting it and losing it. But what an exciting journey living life as a transformational experience was.

According to est, the source of our problems lay in misidentifying ourselves as the content of our lives rather than as the context. In the words of est Trainer Hal Isen:

"The source of the problem is misidentifying yourself as a thing or a point of view. You identify yourself as your body sensations, your point of view, your story, your considerations. Get the price you pay for that in terms of your aliveness, of your ability to enjoy life." (4)

"You're stuck with yourself as a conclusion, an assumption, a thing. The truth is, who you are is everything/nothing, the context for it all. You know what happens when you misidentify yourself with a concept? You resist. And it gets heavier. [That's] the story of [your] life." (5)

It was perhaps the est Training more than anything else that had me get, in the words of Trainer Ron Bynum, that: "*You* are that which will get your life to work. The point is that you need to trust yourself intimately." (6)

The momentum of the awareness movement of these years, which began with the encounter groups of the Sixties and culminated for me in the est Training of the Seventies, was exactly this: to trust the Self intimately and implicitly; to know that the answers lay within; to seek with awareness and express with responsibility what was found therein; and to build on what I saw and learned day by day - or perhaps not to build, but, as we might have said then, to "disappear," day by day.

The more we observed; the more we saw and accepted; the more disappeared. The growth movement peeled off layers and layers of withholding, character armoring, lies and manipulation. It peeled off into spirituality and often provided the proof in our daily lives of much of much of what the masters of the East had said.

Disappearing more and more of our upsets and other unwanted conditions, letting go of ideas of ourselves as the content rather than the context, space, or everything/nothing, only bore out in our everyday experience what Lao Tzu taught thousands of years before:

"The Way is gained by daily loss,
Loss upon loss
Until at last comes rest." (7)

Footnotes

(1) Werner Erhard, *The End of Starvation: Creating an Idea Whose Time has Come*. San Francisco: The Hunger Project, n.d., 18.

(2) Werner Erhard in W.W. Bartley, III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978, 169.

(3) est Trainer Ron Browning in the est Training, November 1979.

(4) est 6-Day Trainer Hal Isen, 15 Nov. 1980.

(5) Loc. cit.

(6) est 6-Day Trainer Ron Bynum, 17 Nov. 1980.

(7) Lao-Tzu, *The Way of Life*. The Tao Te Ching. trans. R.B. Blakney. New York, etc.: Avon, 1975, 101.

The Path of Awareness – Part 4

April 22, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-path-of-awareness-part-4/>



Any shift in the way we were holding life led to increased aliveness

Another basic tenet of the path of awareness is the existence and importance of choice. Choosing and experiencing our choice was stressed in encounter groups, awareness workshops, and the est Training. A lot of what didn't work in society seemed to stem from victimization, false attribution of cause and manipulation.

If we are the space of everything/nothing or context, then we'd choose by simply choosing, for no reason. But getting to the place of seeing that often took work and meant going down through layers of resistance and denial. So few people in our society seemed willing to just choose and then be responsible for having chosen.

John Enright listed some of the pitfalls in making choices: choosing by default, choosing as an escape hatch, killing off the alternatives till only one "choice" remained, putting off choosing until we had "sufficient information" (we never did, according to John), and needing always to have equal and opposite choices from among which to choose. (1)

The est training would distinguish between a life lived at cause and a life lived at effect. Living at effect meant always attributing our choices to an outside factor or, internally, to our reasons, sensations, fears, hopes, worries, or various other elements of stimulus-response, which represented mis-identifications. These est called "false cause."

I'd often be chided for taking notes. I'd end up, the trainers would say, with an enlightened notebook. But it's that notebook I'm relying on now to recreate the lessons learned. Without being transmitted, any knowledge can be lost.

est would use a benevolent abrasiveness to get our attention and make us think. According to them, living our lives "at effect" meant that we were robots, machines, automatons, what Communication Workshop leader Jed Naylor called "an expanded rock, a high-powered dog."

"You have a high power to rationalize, and you call it choice. You say what you say to me, and then you explain it. You have a large number of strings, and when you pull them or someone else pulls them you call it choice." (2)

The Training would use pithy and catchy examples to drive the point home; for instance, on being at effect:

Angelo d'Amelio: "You are absolutely at effect. If you want to leave here today, use the door. You can't be any more at effect than that. If you have choice, fly." (3)

Ron Bynum: "You guys look at the clock in the morning to see how many hours sleep you got to see how you're going to feel that day." (4)

Hearing these examples, most people would chuckle because they were usually right on the mark. There was no doubt that John Enright and the est Training were high comedy and a great way to learn.

est saw human beings as "reasonable." They made their choices and then they adduced a hundred reasons for them, instead of simply glorying in their Self-bestowed right to choose for no reason at all. Jed would say: "There is no end to the number of reasons you can have for things. You can tip the reasons scale either way – for doing something or for not doing something." (5)

I certainly found that that was true.

"Your choice is not a result of your reasons. Your choice is a result of your choice. I do this because I do this, and for no reason at all. But you don't

choose; you decide. 'Deciding' has the same root as suicide, homicide, fratricide, infanticide.

"When you decide, you murder the alternatives. Then you have to supply yourself with reasons to prove your decision is right and the alternative is wrong. That's why you get self-righteous about your decision, and won't get off it even when everything else screams at you that your decision is not serving you." (6)

According to Jed, we cannot stop having reasons but we need not make them the cause or basis of our choice.

"Have your reasons. But don't make them responsible for your being here. Make yourself responsible because you said you'd be here, because you gave your word. Experience yourself being here self-determinedly, out of choice, out of your having put yourself here." (7)

What shifts us from being at effect to being at cause, from deciding to choosing was what est called "transformation." I'll be speaking about transformation at much more length later, but here I simply want to say that transformation occurs when we contextualize, or perhaps recontextualize, our situation.

"Transformation occurs as a recontextualization – from a context where you are at the effect of 'things' to a context where you are the source ('at cause') of things. The heart of transformation is going from being at effect to being at cause." (8)

"Knowing that you can choose, that you have the power to transform the quality of your life – at every moment, and in all circumstances – is what the *est* training is about. And that transformation can happen in an instant." (9)

Perhaps the most difficult notion about being at cause, or choosing, was causing myself to be at effect or choosing to be at effect. According to Angelo d'Amelio, "when I cause myself to be at effect, I have choice; I allow it to be; I've contextualized it; I've accepted it." (10)

Nothing needed to be a problem if we didn't let it run us or determine our choices. Angelo would say. "Run your problems; don't let your problems run you. Run your life; don't let your life run you. Run your body; don't let your body run you. Be at cause with your life, rather than at effect." (11)

Every program or movement I've been involved in seems to use testimonials - opinions shared by people who have done the workshop and attest to its value. One person who attested to the usefulness of est was "Froggie," a convict who really made the insights of the Training his own.

A statement attributed to Froggie seemed to typify the shift in one's nature when one moved from being at the effect of everything to being at cause. Froggie said: "I used to serve time. Now time serves me." (12)

Extended in any direction, that about summed up the basic value in the growth movement of moving from decision to choice, at effect to at cause, or victimization to responsibility.

Footnotes

(1) Awareness, Responsibility and Communication Course, Cold Mountain Institute, April 15, 1976.

(2) est Communications Workshop Leader Jed Naylor, Oct. 1980

(3) est Trainer Angelo d'Amelio, Nov. 1979.

(4) est 6-Day Trainer Ron Bynum, 16 Nov. 1980.

(5) Jed Naylor, Oct. 1980.

(6) Loc. cit.

(7) Loc. cit.

(8) *Questions people ask about the est Training*. est, 1977, n.p.

(9) Loc. cit.

(10) est Trainer Angelo d'Amelio, Nov. 1979.

(11) Loc. cit.

(12) Convict named Froggie, in an est movie, 14 Jan. 1980.

The Path of Awareness – Part 5

April 23, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-path-of-awareness-part-5/>



Working out in the early days of the est Training

What I'd like to look at here is the manner in which one form of the awareness path - the est Training - approached enlightenment - or what they came to call "transformation."

[Please be aware that I'm discussing elements of the est Training and not of Landmark, its successor.]

If the purpose of life is enlightenment, then what makes a path a path is that it has led some to enlightenment and realistically promises to lead others there as well. Of all the forms that consciousness-raising took, the est Training held for me the most promise as an awareness path of any that I personally took part in.

In the end, the path I followed was a composite of the data of the est Training and the form of enlightenment intensives (EIs). est offered the explanation of the path and EIs offered the space in which to apply that data.

I'll confine myself to developing est's notions of enlightenment. But there was much more to its information than only what it said about enlightenment.

Werner Erhard pointed to two states of mind in which life was lived. One he called “unconscious awareness” and the other “conscious awareness.” The aim of the est Training was to assist an individual to move from the one to the other.

He would draw the two sets of words on the black board, the first below the second, and then draw a line between the two. He would then talk about the differences between life lived below the line and life lived above it.

Below the line was unconscious awareness and unexperienced experience, and above the line was conscious awareness and experienced experience. (1) Below the line was distance; above the line was space. Below the line was stimulus-response and analysis; above the line was cause and description.

Communication below the line was based on attention, sympathy, and the exchange of agreed-upon symbols; above the line, it was based on harmonious and intentional experiencing and recreation of another's experience. (2) Below the line what one did with things and experiences was changing their form; above the line one transformed them or changed their substance.

Everything about the awareness path is descriptive. Werner described what he called the dimensions of certainty, which related to the levels of experiencing from the least certain to the most. Climbing the ladder that these experiential states represented brought one from below the line to above the line. The dimensions went from being unconscious of something, to being at mystery about it, believing about it, perceiving it, thinking about it, doing something about it, and feeling it.

At this point one encountered the line between unconscious and conscious awareness. Above the line lay the states of observing or witnessing, not knowing, and natural knowing. (3) Natural knowing was the transformed state. It was enlivening, satisfying, spontaneous, and fully self-expressing. Unconscious awareness was none of these.

Most of us live our lives in unconscious awareness. As a matter of fact, life lived in conscious awareness for the majority of us may only be measured in minutes in a year; for some, mere seconds.

est Trainer Angelo d'Amelio explained the difference between change and transformation:

“There is a difference between change and transform. 'Change' means an alteration in form; 'transform' an alteration in substance. When you change something, you pass something through something; when you transform it,

you pass something through nothing. 'Nothing' means you add nothing to the experience – no judgments, no expectations, nothing. That way you experience it and it disappears.” (4)

I've simply developed est's notions of unconscious and conscious awareness here, but the various programs of the est Network were rich and varied and applied the core teachings to a number of aspects of life - communications, relationships, work, etc.

Moreover, the main work of the est Training was to recreate the structure and process of the mind. Recreated, the mind falls silent and leaves one in a transformed space. But to discuss that aspect of est's information, which I acknowledge is important, would extend this series much farther than I intend.

The est Training itself was based on Werner Erhard's two experiences of enlightenment, one of which happened in 1963, which he lost, and the other in 1971, which he did not. He considered the 1963 event a peak experience and the 1971 event, according to his biographers, “a shift of the context in which he held all content and all process, including experience.” (5)

Werner described the 1971 experience in these words:

“What happened has no form. It was timeless, unbounded, ineffable, beyond language. There are no words attached to it, no emotions or feelings, no attitudes, no bodily sensations. What came from it, of course, formed itself into feelings and emotions and words, and finally into an altered process of life itself. But that is like saying that the hole in the sand looks like the stick that you made the hole with.

“Part of it was the realization that I knew nothing. I was aghast at that. For I had spent most of my life trying to learn things. I was sure that there was some one thing that I didn't know, and that if I could find it out, I would be all right. I was sure that there was a secret, and I was determined to find it.

“Then this happened – and I realized that I knew nothing. I realized that everything I knew was skewed toward some end. I saw that the fundamental skew to all knowledge, and to unenlightened mind, is survival, or, as I put it then, success. All my knowledge up to then had been skewed toward success, toward making it, toward self-realization, toward all the goals, from material to mystic.

“In the next instant – after I realized that I knew nothing – I realized that I knew everything. All the things that I had ever heard, and read, and all those hours of practice, suddenly fell into place. It was so stupidly, blindingly simple that I could not believe it. I saw that there were no hidden meanings, that everything was just that way that it is, and that I was already all right. All that knowledge that I had amassed just obscured the simplicity, the truth, the suchness, the thusness of it all.” (6)

As a result of this experience, Werner saw several things.

“I saw that everything was going to be all right. It *was* all right; it always had been all right; it always would be all right – no matter what happened. I didn’t just think this: suddenly I *knew* it. Not only was I no longer concerned about success; I was no longer concerned about *achieving* satisfaction. *I was satisfied*. I was no longer concerned with my reputation; I was concerned only with the truth.

“I realized that I was not my emotions or thoughts. I was not my ideas, my intellect, my perceptions, my beliefs. I was not what I did or accomplished or achieved. Or hadn’t achieved. I was not what I had done right – or what I had done wrong. I was not what I had been labeled – by myself or others. All these identifications cut me off from experience, from living. I was none of these.

“I was simply the space, the creator, the source of all that stuff. I experienced Self *as* Self in a direct and unmediated way. I didn’t just experience Self; *I became Self*. Suddenly I held all the information, the content, in my life in a new way, from a new mode, a new context. I knew it from my experience and not from having learned it. It was an unmistakable recognition that I was, am, and always will be the source of my experience.

“Experience ... is simply evidence that I am here. It is not who I am. I am who *I am*. It is as if the Self is the projector, and everything else is the movie. Before transformation, I could only recognize myself by seeing the movie, Now I saw that I am prior to or transcendent to all that.

“I no longer thought of myself as the person named Werner Erhard, the person who did all that stuff. I was no longer the person who had all the experiences I had as a child. I was not identified by my ‘false identity’ any more than by my ‘true identity.’ All identities were false.

“I suddenly saw myself on a level that had nothing to do with either Jack Rosenberg [his original name] or Werner Erhard [a name he adopted]. I saw that everything is just the way it is – and the way it isn’t. There was no longer any need to try to be Werner Erhard and try not to be Jack Rosenberg. Werner Erhard was a concept – just like Jack Rosenberg.

“Nor was I my Mind, patterned unconsciously, as it was, on identities taken over from my mother and father. I was whole and complete as I was, and I now could accept the whole truth about myself. For I was its source. I found enlightenment, truth, and true self all at once.

“I had reached the end. It was all over for Werner Erhard.” (7)

Werner created the est Training to communicate the experience he had had that day and recreate it for another.

According to Werner:

“Transformation occurs as a recontextualization – from a context where you are at the effect of 'things' to a context where you are the source ('at cause') of things. The heart of transformation is going from being at effect to being at cause.” (8)

He continued:

“You and I possess within ourselves, at every moment of our lives, under all circumstances, the power to transform the quality of our lives.” (9)

“Knowing that you can choose, that you have the power to transform the quality of your life – at every moment, and in all circumstances – is what the *est* training is about. And that transformation can happen in an instant.” (10)

I personally have never seen a better or more complete description of the process of enlightenment or transformation than I have in the writings of Werner Erhard. Transformation was indeed a recontextualization of things, a movement from being at effect to being at cause, and a shift in being from unexperienced experience and unconscious awareness to experienced experience and conscious awareness.

As a roadmap to conscious awareness, his descriptions of the way awareness worked were for me, and probably remain, one of the clearest formulations I've come across and one of the most useful to western audiences. Whatever one may think about est or Werner, the man was a genius, in my view, and went on

afterwards to work for the cause of peace in the world and do amazing things. I personally owe him more than I can repay and, no matter how many times I say that, I return to saying it again.

(Concluded next instalment.)

Footnotes

(1) est Communications Workshop Leader Jed Naylor discussing a model of awareness, Oct. 1980.

(2) Loc. cit.

(3) Loc. cit.

(4) est Trainer Angelo d'Amelio, Nov. 1979.

(5) W.W. Bartley, III, *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978, 168.

(6) Ibid., 166-7.

(7) Ibid., 167-8.

(8) *Questions people ask about the est Training*. est, 1977, n.p.

(9) Loc. cit.

(10) Loc. cit.

The Path of Awareness – Part 6

April 27, 2012

<https://goldenageofgaia.com/2012/04/27/114571/>



Raven meeting hall at Cold Mountain Institute, where I had many breakthroughs and a few transformational experiences

What was the difference between life lived on the awareness path and life not so lived? In some respects, that was indicated by what it was like to meet one of the path's adherents when one did not follow the path.

I think the most startling thing one noticed when one met one for the first time was that they called themselves on their own manipulations and deceit.

To actually call oneself on one's own behavior was regarded as a contribution to the awareness enterprise - one's "ante" in the game. It was viewed as a lesser contribution to allow others to call you. To not cop to what one was being called on was accepted among new arrivals but not admired or brooked much in one who had been there a while.

If one persisted in resisting the insights that were generated, if one refused to try them on and test them out, then one wasn't seen as taking advantage of what was happening and being offered. People who continued to refuse to "take a look" usually left the group before too long. Those who remained were seen as having accomplished something simply by sticking it out.

I wouldn't want you to get the impression that all of us wandered around endlessly saying "I'm aware of." That was one road in to the awareness game but quickly

multiplied into "What I notice about myself," "what I see as true for me," "I tell myself," "I watch myself thinking," etc. This reflective communicational practice was another reason why we were called "the Me Generation," but again that was a superficial understanding of what we were up to.

Admittedly some people at a gathering or a party would very intentionally say "I'm aware of" and look each other in the eye. That was often a signal that that person wanted to meet others into the awareness game and would inevitably lead to a group hiving itself from the larger setting and getting into an animated conversation.



The co-ed sleeping quarters, CMI

I remember first arriving at Cold Mountain Institute for a three-month resident fellowship, which amounted to three months of encounter groups and therapeutic workshops. I had set aside a substantial sum of money to take it. It was held at a rural retreat on Vancouver Island in Canada's western province of British Columbia. The retreat center was built on a spectacular bluff overlooking the ocean.

On the first day, I was sitting having lunch with other residents and listening to their conversation. Knowing who was a newbie and who was not seemed to be characterized by who was "calling himself" on his own games and how seamless and devoid of ego the person was who was doing so.

The opposite of such a conversation would be to sit there and hear one person blaming another. A slightly more proficient level would be to call one's self but to be too eager and enthusiastic in doing so.

The people whom we admired would be, from time to time, transparent about some pretty difficult things or call themselves on their own stuff in a very proficient but low-key and seamless manner. It was an eye-opener and a joy to watch and hear. The more difficult it was to call or reveal, the more impressive. But it was also balanced off by the appropriateness of it and how it was done.

Another indicator of proficiency lay in how one called another. If it was done in a blaming manner, again low marks - and that usually brought an intervention from someone.



Werner making a point - I almost said "working the crowd"

If it was done in a blameless but too eager and enthusiastic manner, again low marks. That usually just brought silence from everyone else. It was obvious that one had dropped a brick.

But if it was done in a low-key, seamless and almost invisible and harmless manner, very high marks.

We were all breaking ground not only on how far we could extend our awareness and how harmless we could be with another, but also on how far we could go in our awareness without launching ourselves into some new dysfunctionality. It was a very subtle and empowering practice that we were engaged in when it was done well. The very best practitioners were wonderful to watch and listen to.

One of the most proficient and impactful demonstrations I ever watched was from a friend on my three-month fellowship who stood up for what may have been five minutes at lunch and simply said "I feel" and filled in the blanks. It's probably hard

to recreate what he did. It won't sound like anything in print. But he matched his disclosure to the change in his emotions so that he was transparent to us all as one feeling shaded into another.

He began with saying something such as that he felt happy, which he would repeat until it shaded off into feeling something else. His sensitivity to the changes in his mood and his willingness to stand there transparently allowing his emotions to be expressed as he chronicled them was marvellous to watch. It was a huge inspiration to the rest of us. It was the closest thing to being in his skin that I could imagine and it had many of us in tears.

To be willing and able to call oneself separated the men from the boys or the women from the girls in awareness circles. Many people think that encounter groups were all about calling others on their stuff. Well, I suppose they were in the beginning of a workshop and especially with one who was unwilling to be honest or forthcoming.

But very soon an encounter group became about calling oneself on one's own bullsh*t. And the more one was willing to call oneself, the deeper the sharing would go. By the end of the group, there was no need for encounter. People were sharing deeply without the need to be "called." And that's where encounter groups led – to their own demise within a single session as an "encounter" group and their rise as a "sharing" and "consciousness-raising" group.

The "awareness game," as we called it, was in the beginning very much a solitary enterprise. One of the innovations of the est Training was that it became by contrast a shared enterprise. There was very much a leading edge to awareness and much was made of "pushing our edge." Sharing the enterprise meant that the leading edge of awareness was pushed forward a lot more rapidly and extensively than with the awareness game up to that point.

Nowhere was this more visible than watching a series of lectures one day by two of the "gurus" of the growth movement, two instructors from my own three-month resident fellowship in fact, and the best of the bunch in my opinion, speaking alongside a woman, a singer famous in her day, who had taken the est Training. The instructors seemed almost morose compared to the enthusiasm and spontaneity of the latter. I was amazed to see the difference in the heights of grounded expression they could reach. And it definitely resonated with me.

There will be some who will say that est was hype and conformity and so on. Many people who felt that way were usually not people who really explored what

it had to offer. In defending est, I'm quite aware that I open myself to possible derision.

Those who didn't like what est was about would portray est practitioners as wide-eyed and self-deluded. Some may have been but not a lot, as far as I was aware. Those who really benefited from it came to understand their own behavior, their own aims and ways of being at a far deeper level than those who did not, whatever the price paid in being a part of a large movement.

I left est because I could no longer stand what they called "the guest game," the enrollment practices that existed at the time. But I was always amazed at what I learned from it and from growth practitioners like John Enright who hoed the same rows as est. It has served me to this day. In fact, whenever I express a point of view on something that really rings true for me, I'm amazed at how often I'm repeating something I learned from John or Werner.

Awareness as a solvent of dysfunctionality was excellent and ever after I found myself attracted to those who wanted to be aware of their own dysfunctional and successful ways of being. You could spot such people anywhere by just listening to the way they spoke.

Admittedly today, I haven't heard such conversation very much around me. We seem to have lost our inheritance from those times and I have no clue how to re-ignite the inquiry, although I think it will re-ignite itself at some point. But I do remember how my ears would perk up the moment I heard someone say "I'm aware of." I would leave one conversation and gravitate to the other whenever I heard that phrase.

I have to acknowledge that I've fallen quite a bit from the practices of these times and writing this series was in part designed to remind myself of what my own path is all about before I really need to rely on it. In that it's been very useful.

Some of you oldie yogis have written me and said how much you enjoyed this series. You were either in consciousness-raising groups, the encounter movement, est, or some other wing of the awareness movement. I personally have little time these days for membership in groups, I'm afraid, but I'll support anyone who wishes to reintroduce awareness practices into the Ascension movement in any way I can.

Others have written and said how much they enjoy the fact that I write transparently. When you do so, you're not acknowledging me. You're acknowledging the awareness movement. The past four years, I've been writing

from the standpoint of raising awareness or consciousness. I'll be happy when I see more veterans of the path of awareness join in and shift the way we speak today from whatever it is at the moment to a point of mutual transparency, personal responsibility, and self-awareness.

I Choose to Remain Aware – Part 1/2

February 23, 2018

<https://goldenageofgaia.com/2018/02/23/i-choose-to-remain-aware/>



Periodically I like to restate my impressions of what the awareness path is, incorporating what I've learned since the last time I attempted it. Please allow me to restate it here.

First of all, I see no difference between "awareness" and "consciousness." I use the two terms interchangeably.

Whenever we speak of a path, what we imply is that we've taken the full spectrum of events and limited our attention to one aspect of it - for the sake of focusing our attention. From that we develop a discipline, practice, or "path."

Some might say they follow the "bhakti" path, the path of loving devotion to God or a form of God.

They withhold their attention from other aspects or facets of life such as, say, "jnana," the path of wisdom.

When we follow a path, we hold some things constant and allow other things to flow, to learn and expand ourselves by digging deeply. In my case I chose to allow

awareness to flow, while holding other things more or less constant, as far as I'm able.

My basic agreement on this path is to remain aware of myself.

Keeping that agreement has repercussions. Other people might forget what they do that lacks integrity, but I've chosen to remain aware of the good, the bad, and the ugly.

And I've agreed not to project my issues and upsets onto other people. These are examples of obligations I impose on myself as a result of walking the awareness path.

In the heyday of the growth movement, everyone was practicing awareness.

In my practice of it, I remain aware of my feelings, most importantly. I remain aware of my strategies and routines. I remain aware of what I'm avoiding, the excuses I make, the impression I'm wanting to give off, my self-serving story of how well I did.

I go as deeply into my awareness as is consistent with my responsibilities. At the same time, I don't talk about everything I see. I use discernment to see what has value to share. But I love to write.

I remain aware of the love and bliss that arise - every time I take a deep breath into it - from my heart.

When I'm aware of that, nothing else matters.... What were we talking about? Does it matter?

(Concluded below.)x

I Choose to Remain Aware – Part 2/2

February 23, 2018

<https://goldenageofgaia.com/2018/02/23/i-choose-to-remain-aware-part-2-2/>



Credit: Dream Dictionary

(Concluded from above.)

Awareness is like a searchlight in a black night. Only, the minute something unseen comes into the light of awareness, something inexplicable happens.

I think it was Archangel Michael who said that, if we transitioned before our assignments were done, we'd have a sudden explosion of awareness on the other side that we had not kept our agreements.

Where does that explosion come from? Nobody knows.

By the same token, when something unseen becomes seen in the light of our awareness, the truth is known and we are freed - or more like released - from whatever unwelcome circumstance we're in.

A troubled mind. Anxiety. Fear. They all disappear when we allow the searchlight of our awareness to fall on all that's right there in front of us, without our censoring - at least to ourselves! Where does that sense of freedom or release come from? Nobody knows.

The more aware we are, the more we experience progressive release. In fact, in our processing, we can use the presence or absence of progressive release to tell us if our inquiry is going in the right direction.

Either the truth sets us free instantaneously and explosively or bare awareness dissolves the issues and upsets gently. Either way, the truth that we become aware of has set us free.

Another aspect of awareness. My wife used to say you can't fool the man in the mirror. So true. The awareness path banks on us not even trying to fool ourselves.

We're one who shouldn't "buy our own BS." We'd benefit from practicing "calling ourselves" on our own self-serving bias. It was great fun when we used to practice it in encounter groups and I miss it.

It's antithetical to this path to hide, unless necessary, fool people, manipulate, fake it, etc. We're trying to deconstruct the constructed self, not build a bigger, better one.

Last point. I used to think that awareness was neutral. I no longer see things that way.

It's wise to be neutral when we're being aware. But awareness itself is anything but neutral. It is - and, apparently, I invented this word - "dissolutive." It dissolves unwanted conditions

Bring a situation to mind in which you felt ashamed. Now feel ashamed. Be with it. Remain aware of it. Allow it to be in bare and open awareness, blue-sky awareness.

If we sit with an unwanted condition like shame, in simple awareness, the feelings we have about it will slowly dissolve.

If we actually get the original traumatic circumstance that bothers us, the whole issue will disappear in an instant, not just our immediate feelings.

Rather than energizing the issue with our anger or hatred, we've just dissolved it for the first time. With continued practice, it'll lose its grip and we'll become more balanced.



Being balanced and aware is the object of the awareness path. In that space of balance and awareness are all good things to be found, like peace, bliss, and love.

We'll be able to hold that space if we've trained ourselves in focusing our awareness. Buddhists and Hindus call this state of a concentrated heart and mind, *samadhi*.

The good things found in a balanced and aware state aren't often found at the extremes of life, or found there only if that's what has been arranged to awaken the individual - a serious illness or a near-death experience, for instance.

Otherwise they're to be found more often in the balance point, the center, the heart.

And we find that place - always - with our awareness. OK, you can say you "feel it." That's fine. Intuit. Imagine. Matters not. Whatever way you make contact with that place where good things are found - that treasure box - is fine.

Who do we think we are if not a point of awareness? Or a point of feeling or sensing or intuiting?

I choose to remain aware. That's the only agreement around spiritual disciplines that I have. And I've never for a moment regretted my choice of awareness as a path.

Awareness Only One Tool for Lightworkers

June 13, 2017

<https://goldenageofgaia.com/2017/06/13/awareness-only-one-tool-for-lightworkers/>



Looking back on my life, now, (1) I wondered again and again to myself, as I mentioned the other day, "Is this all? Are you kidding me? There has to be more."

I said goodbye to wealth, many years ago. And again as recently as about a year ago. I have no real use or desire for wealth. Which could make handling it easier.

How much sex do you need before you've had enough? Sex without love is no big deal. (2) This couldn't *be* what life is about.

Power over others? Had I not had enough of someone holding power over me? Indeed I had, enough to flush those vasantas out of my mind rather than pass them on.

And flushing them out liberated more personal power, built on rock rather than the sand that power over others would have brought.

I'm a follower of the awareness path, but awareness is only one of the tools I used in this decades-long journey.

I used it because awareness is dissolutive. If I were to compare it to a detergent, I'd say it's fast-acting, gobbles up negative emotions, and even lifts hard, baked-on negative thoughts.

Yes, we need to use awareness *with* neutrality, but awareness itself is anything but neutral.

If we maintain awareness of ourselves, watching each negative thought or emotion, in my view, we're doing what Plotinus called "polishing the statue." (3)

Awareness is a wonderful tool. It's my first tool of choice.

But if we want to uproot a vasana, we need to draw on more of our innate capabilities than just passive awareness. (4)

In uprooting a vasana, a few active steps are also needed before we return to the use of awareness again.

The will needs to be involved, to stop the mind from simply responding in a knee-jerk fashion (5) and blaming people around us for how we feel ("You made me mad"). (6)

We need to restrain ourselves out of courtesy but also because the nature of vasanas is such that the cause of our upset is usually not the person standing in front of us. So we're never going to get to the bottom of the matter arguing with present company.

The mind as emotional register needs to be involved, to name the feeling.

The files in our memory are arranged according to feelings. Once we've identified the feeling, we need to involve the mind as memory, to cast up a picture of the original incident. Who is the upset really associated with?

Once we have this information, which we can only get when the vasana has become active (has erupted), we have what we need to process the vasana.

Now, we as the witness need to experience the original incident through to completion, without reactivity, deflection, turning aside, self-serving minimization, etc.

We need to remain neutral and balanced in the face of what we see, hear, and feel during this phase.

This is the return to awareness. We've come full circle. Now that we've used our other capabilities to get at the heart of the matter, we use our awareness to dissolve it.

We simply rest again in bare, dissolutive awareness, which will ultimately dissolve trigger, issue, sorrow, and the rest.

Their confidence in awareness' power to dissolve is why I think some sages say, "This too shall pass."

There's nothing hid that shall not be known, Jesus said. It seems to me that anything that impedes our easy Ascension passage is being raised to our awareness to be "known."

We can do the job now, before the energies oblige us to, by regularly sweeping our field with our awareness and looking for any remaining triggers. If we find any, we process them. If not, we move on.

At first I took up this practice because I felt I had to. But now I love it. Maybe almost as much as writing.

Footnotes

(1) Why anyone in their right mind would want to do that, I don't know. Only to complete.

(2) Sex *with* love is a very big deal.

(3) Our character was the statue that Plotinus polished.

(4) If we were seeking enlightenment, passive awareness would be an ample tool unto itself. But lightworkers, as I see the picture, are (1) already enlightened, ascended masters (embodied), mostly angels, and (2) are mostly here to serve Gaia

and her people; much fewer of them are here to seek enlightenment. Some among us are meant to serve in the area of enlightenment. But I believe most lightworkers are meant to follow the pattern of the bodhisattva, who put aside the idea of enlightenment to serve.

(5) Conditioned behavior. On this, see “A Script is Triggered and Where Does It Lead?” March 24, 2022, at <https://goldenageofgaia.com/?p=334151>

(6) No one makes us mad but ourselves. The means by which we do that is our vasanas or core issues, with their triggers and booby traps. They result in conditioned behavior, designed to keep us safe from a traumatizing recurrence.

Moreover, to say that someone else caused us to feel the way we do is to take a victim position and is not inherently powerful because it isn't inherently true. Taking personal responsibility for one's upsets is both powerful and true.

Why is Awareness so Important?

September 26, 2020

<https://goldenageofgaia.com/2020/09/26/why-is-awareness-so-important/>



Why is awareness so important? Why not love? Why not good works?

Well, of course those are also very important.

But awareness - which is also called discernment and discrimination in some religions - is of ultimate importance. Why?

By now I should be able to ask "What is the purpose of life?" and a hundred hands go up.

The purpose of life, the reason God created life, as I saw in a vision in 1987, (1) was that God should meet God in a moment of our enlightenment.

When one of us knows who we truly are, when one of us realizes our true identity, our essential nature, we know "I am God." At that moment of realization, the only one God meets itself in our realization. (2)

If you were the only One in the universe - and beyond - how would you ... meet anyone? How would you know yourself?

Look around you. This is how the One did it. Create an illusory world of temporary beings who don't know who they are and awaken them to their God-identity.

In the moment when the bubble of illusion bursts, the temporary being realizes. It's like fireworks going off and the always, already God meets itself in the newly-realized God before It.

This is all done through awareness, discernment, discrimination (not this, not this).

I've said on a number of occasions, that for bliss or peace or love to fill us up, we have to recognize it. Oh, this wisp that I feel is bliss. Oh, this feeling is love. Wow, this is peace. And the divine state responds by filling us up. (3)

By the same token, enlightenment happens through realization. Bliss lifts us up to a higher level where we see things more clearly and we have a realization that releases a torrent of the divine states.

And then subsides, short of Ascension.

Realization is an act of awareness. Though it can be triggered by any of the divine states, what a realization is is a dawning awareness, usually of a higher order, but concerning anything - our present life, our origins, our future.

So increasing our awareness, our concentration, and our calmness promotes realization. They create fertile ground for it. They maximize our chances of, say, a random insight deepening or rising to realization.

Ascension itself is not like a Christmas gift. A Christmas gift is put under the tree and you have to wait till Christmas Day to open it. Once Christmas Day arrives, you open your gift and that's it.

No, with Ascension, we get gifts along the way, and they keep getting better and better. My articles on this blog have been a day-to-day recounting of my own experiences, (4) which have just gotten better and better. (5)

Footnotes

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

(2) Like an un-self-conscious baby we grow up to the adolescence of self-consciousness; then the adulthood of Self-Consciousness; and then the golden years of No-Self-Consciousness as the Self re-immerses itself in the One.

(3) Yes, the divine states are intelligent or intelligently-directed (I don't know which). Love, peace, bliss, etc., will all flee if we ignore them or debase them with our thoughts. And, when we're really and truly open, they recognize that openness and find any crack to enter.

(4) If I hadn't written these experiences down, as they happened or close to when they happened, I would never remember them. The written record of them is far better than my ability to recollect them, except as a capsule description.

(5) Remember that I've volunteered to be a guinea pig so I probably have more experiences or "visits" than the next person.

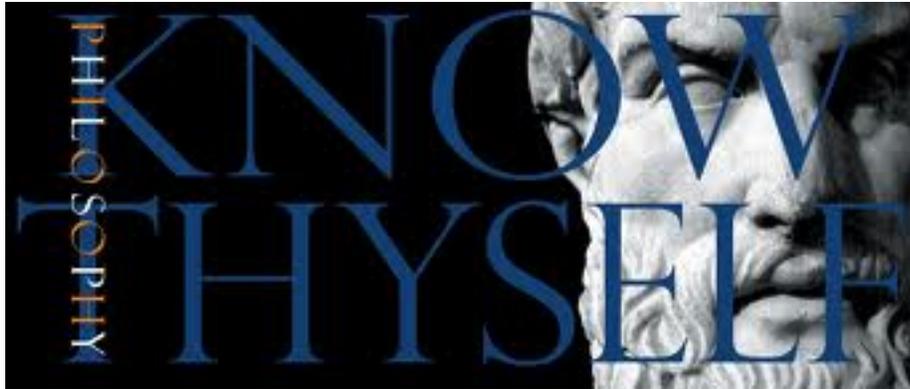
Moreover, I'm a pillar, here till the end, and a communicator. My senior partners tell me they don't want me to go off to a cave to seek to "finish the job" and they don't want me to lose touch with my readers because I'm floating around in the ethers. So my experiences are usually truncated. Perhaps they might feature no bliss, which is what lifts us up to a higher vibrational realm and realization.

If this is a race, it's a race we're all running together with the commitment being that we all get across the finish line.

Know Thyself: The Spiritual Basis of the Path of Awareness

May 3, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/know-thyself-the-spiritual-basis-of-the-path-of-self-awareness/>



In my view, the Creator designed and built us like a Babushka doll. Inside the physical body is another body, and then another, and then another. And by the same token, more essential than the I as ego (“ego” in Latin means “I”), is another deeper I, and then another, and then another.

I believe that it was intended that we reach God by knowing successively higher forms of our "I" or Self.

The masters of enlightenment agree. Sri Yukteswar Giri said that “the highest aim of religion is ... Self-knowledge.” (1) We speak of enlightenment as Self-Realization, the attainment of the Supreme Self.

The masters say that one cannot know God until one knows one's self. Ibn Arabi for instance: “To know God is not an easy matter, until one becomes a knower of one's self.” (2)

Or Al-Ghazzali: “Knowledge of self is the key to knowledge of God, according to the saying: 'He who knows himself knows God.'” (3)

Or Krishnamurti: “Without first knowing yourself, how can you know that which is true? Illusion is inevitable without self-knowledge.” (4)

In fact our deepest, truest Self is God. How could it be otherwise? If all is God, how could we ourselves not also be God? St. Catherine of Genoa went so far as to say: "My Me is God, nor do I recognize any other Me except my God Himself." (5)

Sri Rajneesh tells us to "begin with yourself. Do not ask whether God exists; ask whether you exist." (6)

As incredible as it may sound, even the Divine Mother (Prakriti) may disappear, but the Self does not disappear (at least not yet), as Sri Ramana Maharshi reminds us.

"It is the experience of everyone that even in the states of deep sleep, fainting, etc., when the entire universe, moving and stationary, beginning with earth and ending with the unmanifested (Prakriti), disappear, he does not disappear.

"Therefore the state of pure being which is common to all and which is always experienced directly by everybody is one's true nature." (7)

To know our true nature, our true Self, it turns out, is the purpose of life. When we know ourself deeply, we solve the puzzle of life and fulfill the purpose of life – that God should meet God.

"To attain enlightenment," the Buddha reminds us, "without seeing your nature is impossible." (8) And, upon knowing the true Self or our true nature, all that we could wish for is attained, as Sri Ramana reminds us: "When one's true nature is known, then there is Being without beginning and end; It is unbroken Awareness-Bliss." (9)

I think that, when Jesus said "I am the way, the truth, and the life: no man cometh unto the Father, but by me," (10) he was pointing not to Jesus but to the Self, the I, or the "I am." Certainly no one comes to the Father, or the Supreme Self, except by first knowing the individuated Self at progressively deeper levels.

All of Jesus's parables of the treasure in the field, the pearl of great price, the great fish, and the mustard seed are about how knowledge of the Self becomes knowledge of the All-Self. Here is one parable:

"Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field." (11)

Put in other words, what Jesus is describing is how the aspirant sees a discrete light - the Self - in a moment of awareness called "spiritual awakening" by Hindus and "stream-entering" by Buddhists. This is what is meant by finding the treasure in the field, the field being the body. This occurs when the kundalini reaches the fourth chakra.

If the aspirant then meditates on that light, giving up all desires but to realize it fully ("selling all he hath"), then eventually that light becomes the light of the All-Self transcending all creation (the aspirant has "bought the field"). This occurs when the kundalini passes the seventh chakra and returns again to the spiritual heart or Hridayam. It is called sahaja samadhi. It is a permanent heart opening and brings all gifts.

Vedantic masters say that "you must realize absolutely that the Atman [the Self] is Brahman [the All-Self]." (12) Here is that moment described in the Upanishads: "I am that Self! I am life immortal! I overcome the world -- I who am endowed with golden effulgence! Those who know me achieve Reality." (13)

And here is Jan Ruusbroec referring to that same process in the Christian tradition:

"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." (14)

"It is Christ [the Son, the Self, the Atman], 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 [the All-Self, Brahman], without which there is no light in heaven or on earth." (15)

And where is this Self to be found? Within, which is why Jesus would say: "The kingdom of Heaven is within you." (16) The searchlight of awareness is to be gradually turned within, deeper and deeper and deeper.

These processes are what is being referred to when one says that one must know the Self first before he can know God. Meditation directed inward is an intensive spiritual practice. The path of self-awareness might be seen as what the meditator does when he or she rises up off their cushion and re-enters everyday life. It is an everyday practice of self-observation, responsibility, and acceptance.

So therefore it's not narcissism or egocentricity to want to know the Self. It isn't a trivial activity to observe the self and its ways. It isn't frivolous. God has set up the round of life so that we can and must know our selves; doing so fulfills the purpose

of life. There can be nothing more momentous, mystical, and miraculous than absolutely knowing one's Self.

It is not service to self to know the Self. It is the most profound contribution to life because all of life is arranged, designed, set up to lead to this culmination of knowing the one Self, at which time God meets God, satisfying the commandment at the basis of all life.

So “Know Thyself” is the soundest of advice and the most sacred of duties. The path of self-awareness is specifically designed to allow us to know ourselves in this mystical and yet most practical way.

Footnotes

(1) Sri Yukteswar Giri, *The Holy Science*. Los Angeles: Self-Realization Fellowship, 1984, 6.

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

(3) Al-Ghazzali, *The Alchemy of Happiness*. trans. Claud Field. Lahore: ASHRAF, 1971; c1964 19.

(4) J. Krishnamurti, *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974, 1, 20.

(5) St Catherine of Genoa in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 11.

(6) Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 80.

(7) Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974, Chapter 4, Question 18.

(8) Bodhidharma in Pine, Red, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 9.

(9) Ramana Maharshi in Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990, 24-5.

(10) John 14:6.

(11) Matthew 13:44

(12) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 69.

(13) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 59.

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

(15) John Ruusbroec in JR, 74.

(16) John 8: 32.

Next Stage

June 19, 2019

<https://goldenageofgaia.com/2019/06/19/next-stage/>



Remaining aware of my issues, patterns, and interests, with my adult in the driver's seat and me, the observer, in overall command, I *seem* able, if I wish, to remain fairly balanced, fairly "normal."

Part of the Arcturians' challenge may have been met. (1)

I may even soon be ready to offer my natural, innocent, and pure child a role.

All of this is overlooking the impact of the energies being beamed to us. What's occurring may be entirely due to them. I don't know.

All I can work with is what I see and feel in myself.

Besides, how many sources have recommended to us that we let go of the external world and concentrate on the internal?

That is certainly what I'm doing.

What paths might we follow?

I'm not qualified to make recommendations. I can only say what I'm doing.

And that is to follow the awareness path. In this instance, I breathe bliss up on the inbreath and breathe it out to the world on the outbreath.

I dive deep into my heart with my awareness. And I endeavor as much as possible to bring whatever I gain internally into the outside world, contributing it in an appropriate way.

If this balance lasts, what it'd mean is that the automatic side of myself, created in trauma and distress, would to some unknown extent have been released.

Would that be the end of it?

I actually don't think we get rid of our vasanas completely until after Sahaja Samadhi. Or at least that's the verdict of Ramana Maharshi. (2) They remain like mosquitoes on our camping trip, buzzing around us.

I do know that there's a next stage however. That would be to take what has been learned from my internal reparenting and to introduce it into my relationships with others.

That would be to shift my behavior with others from being a dejected, altogether unpleasant character (OK, an old grump) or an ungrounded exuberant character (the dissociation of Humpty Dumpty again) to being a balanced and welcomed citizen of the world.

A lot of that may involve re-learning the skills that the natural, pure and innocent child knows.

I have no idea what else it'd require, but I'd bring the same tools of the awareness path to it.

I've lived very few lives on Earth, apparently, compared to many of my colleagues. A friend recently said he didn't think I knew how to live an Earth life.

That may be true and it may be why I'm needing to go through the reconstruction of my constructed self one step at a time.

Footnotes

(1) "Original Challenge from the Arcturians," June 2, 2019, at <https://goldenageofgaia.com/2019/06/02/original-challenge-from-the-arcturians/>

(2) Bhagwan Sri Ramana: In Kevala Nirvikalpa Samadhi [Brahmajnana, seventh-chakra enlightenment] one is not free from vasanas and does not, therefore, attain mukti.

Only after the samskaras have been destroyed can one attain salvation.

Devotee: When can one practice Sahaja Samadhi?

B: Even from the beginning. Even though one practices Kevala Nirvikalpa Samadhi for years together, if one has not rooted out the vasanas, he will not attain salvation. (Sri Ramana Maharshi in Ramananda Swarnagiri, *Crumbs from His Table*. <https://www.ramana-maharshi.org>. Downloaded 10 September 2005, n.p.)

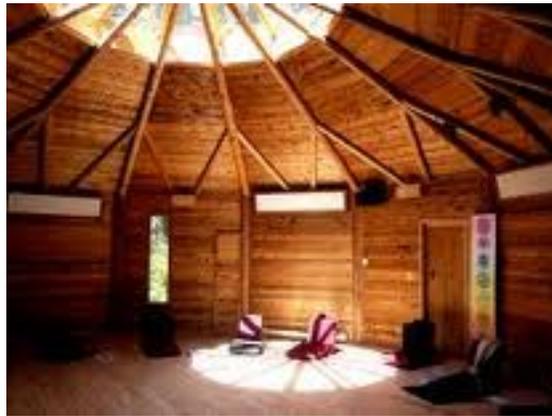
"*Vasanas* which do not obstruct Self-Realization remain [after Self-Realization]. In Yoga Vasistha two classes of *vasanas* are distinguished: those of enjoyment and those of bondage. The former remain even after *Mukti [Sahaja]* is attained, but the latter are destroyed by it. Attachment is the cause 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.)

⌘ To Be With and Observe ⌘

To Be With and Observe

Nov. 17, 2016

<https://goldenageofgaia.com/2016/11/17/to-be-with-and-observe/>



Raven meeting room at Cold Mountain Institute

From 2011.

To my way of thinking, we may be out of time to “do” something about our unfinished business. We may have no time left for Zen retreats, enlightenment intensives, or human-development trainings.

We may have no time left to read and digest Eckhart Tolle, Adyashanti, and Sri Ramana Maharshi.

We may have no time left to figure out how to be with a galactic or a spiritual hierarch.

What we need now is one foundational practice, one way to be with whatever comes our way, a way that's easily remembered and that'll meet all unpredictable circumstances we predictably might face.

I don't know what you see when you look at that question. I know what I see.

The one foundational practice that I can see that sums up the teachings of a major bloc of psychologists, spiritual teachers, and galactics is: Be with the truth of the moment and observe what arises. I think of this as the awareness path.

- “Be with”: To abide as open awareness of, remain neutral to. Be with what?
- “The truth”: That which is so, accurate, actually and always existing. Of what?
- “Of the moment”: Of now, this actual instant, this portal to another world. And do what?
- “And observe”: See, notice, raise to conscious awareness without acting upon. What?
- “What arises”: What enters into one’s field of conscious awareness as a result of being with the truth of the moment, whatever that is.

Then begin again.

Archangel Michael is referring to this practice, I think, when he advises us to stand back and observe. (1)

This one practice is appropriate to being with one’s self in a quiet moment, to being with our friends and colleagues in social or work situations, and to being with spirits and galactics in unfamiliar settings and exchanges.

To be with the truth of the moment and observe what arises is to be fully present. One cannot exist in this state and have harmful intent. I simply notice harmful intent if a thought of it occurs and allow it to continue on its way, with no foothold or grip.

If a challenge to our conventions or attitudes arises from without, I be with that and see what emerges in me. We're either being with or noticing, experiencing or observing.

Doing this practice is doing what the processing of unfinished business requires of us in any case.

Moreover we position ourselves to maximally move through our future fears, just as we have our past issues - solely relying on and resorting to awareness. Simple, bare awareness.

Someone will quickly say, “No, we must accomplish things by our own effort. We can't just sit back and be passive.”

Being with and noticing what arises - awareness - is not passive. It's action of the highest order: It's dissolutive, transformative.

The transformative power of awareness was what Chuang Tzu was pointing at when he said: “You have only to rest in inaction and things will transform themselves.” (2)

What we resist persists. But what we remain in simple awareness of passes ... transforms itself into nothingness. Nothing sticks to the teflon of awareness.

- Being with and observing is the best means of taking in the greatest amount of novelty in a totally-novel situation.
- It causes the dropping of leftover grievances and the dissolving of future fears.
- It purifies the mind and brings it to stillness. Once we've stilled and purified the mind, we've done all we can. The rest is up to God.

No practice can carry us more than a part of the way. In my view, enlightenment is by grace alone: It remains the gift of God.

As Ramana Maharshi noted:

“Your efforts can extend only thus far. Then the Beyond will take care of itself. You are helpless there. No effort can reach it.” (3)

Bernadette Roberts says the same:

“At a certain point, when we have done all we can [to bring about an abiding union with the divine], the divine steps in and takes over.” (4)

Yes, I'm aware that these words were spoken to students with time for things like meditation, who'd reached the end of their best efforts.

But they apply equally well, with appropriate changes, to active lightworkers who've reached the end of a cycle, must soon navigate Ascension, and must help others to do the same.

The practice best suited to the end of disciplines and the end of times, in my opinion, is to be with the truth of the moment and observe what arises.

So that's my take on a basic foundational practice.

I don't think there's any more time for processing. There's only time now to be with and observe.

Footnotes

(1) Archangel Michael to Steve Beckow in a personal reading through Linda Dillon, Dec. 11, 2013.

(2) Chuang Tzu in Burton Watson, trans. *The Complete Works of Chuang Tzu*. New York and London: Columbia University Press, 1968, 122.

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

(4) Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991.

Be the Observer

March 17, 2012

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/be-the-observer/>



As our light work goes forward, as we come together, and as we expand, AAM's advice to me has usually been to assume and come from the place of the observer more and more.

"Stand back. Be the observer. See the unfoldment as it occurs." (1)

Now a small part of this, I believe, comes from the fact that he knows that I follow the path of awareness because we discussed various paths in this hour we spent conversing.

If I were a devotee, he might be asking me to step back into a place of loving. Or an artist, a place of painting from the heart. But I am a student of awareness and he suggested observation.

Any path, as far as I'm concerned, takes a set of actions or behaviors that humans already do and emphasizes within it that part of it that's divine. If we consider the path of awareness, which is itself a divine quality, then it can be said without fear of contradiction that the Divine observes, can it not?

God is said to be the only observer of every experience. In my view, Krishnamurti's name for God was passive awareness. The witness is said to be another name for the Self.

I feel as if I've been given permission to refashion my life along lines I'd most like to anyways.

I could honestly spend all day in a place of observation. As I said in an earlier article, (2) that which I enjoy observing most are the internal events that transpire in the life of me as an individual – the rise, persistence and passing away of feelings, the flow of thoughts, the persistence of an unwanted condition, the sudden rise of a vasana.

If you think of the macrocosm, whenever a cosmic event of tremendous significance happens, like an asteroid colliding with a planet for example, there is a tremendous explosion and a residual condition of whatever kind and eventually all recedes back into a primordial peace or calm. Peace is the default of everything because peace is an attribute of God.

Passive awareness, peace, love, bliss are all defaults and residuals because they are what God is. At least as far as I'm aware.

I say that with a wee bit of certainty because I've had moments in my life when I have known that I, like you, am God.

They've passed after a short while, but I believe them to be genuine awarenesses nonetheless. And at those times, I could see that who I was was awareness, love, bliss, and so on.

So here I've been tasked for the rest of my life, from this point on, to be the observer. I've been asked to reconstruct my life so that the manner in which I enter into it is the manner of the observer. And I'm deeply thrilled by the suggestion.

There's no telling how successful I'll be. I may forget the advice tomorrow as I have many other things. But it resonates deeply with my being.

Meet through observation. Know through observation. Follow life moment by moment. Witness what arises, persists, and falls away. Remain as that which

persists after the changeable subsides. Be that which does not fall away. Notice who observes and observe that. The mere thought of it causes me to drift away.

Somehow timelessness and observation seem to exist in the same dimension: They meet at stillpoint. Peace and observation. Love and observation. Somehow whatever I am knows the importance of passive awareness or observation.

My mind quiets. The words cease to flow and I fall back into the observer role and everything driving and driven about me ceases. All the hubbub, all the heightened need dissipates, sensitivity falls away, and in its stead comes peace.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 11, 2013.

(2) "Ushering in the New Age," March 14, 2012, at <https://goldenageofgaia.com/2012/03/ushering-in-the-new-age/>

Passive Awareness is an Irreplaceable Tool in Our Toolbox

Dec. 17, 2010

<https://goldenageofgaia.com/2010/12/17/passive-awareness-an-irreplaceable-tool-in-our-toolbox/>



I awoke this morning with the thought that what I had earlier said Adyashanti called "seeing," which is identical with what I have called "being with and observing," was also in fact identical with what Krishnamurti had famously called "passive awareness" or "choiceless awareness."

I'm actually convinced that Krishnamurti's term "passive awareness" was his codename for what we call "God."

So let me add a word about Krishnamurti and "passive awareness."

The significance of this topic is that greeting life with "seeing" or "passive awareness" is the way to unlock blocked situations and restore flow in one's life. Of course if we approach the task with the idea that we are intending to unlock blocked situations, we will not be passively aware, as Krishnamurti discusses below.

Passive awareness is also the way to realize oneself, although, since I haven't done that myself, I'm guessing when I say that.

This may not seem like public issue number one at the moment, but as soon as life speeds up and we are greeted with an avalanche of novelty, being able to meet life with passive awareness will very soon grow in importance, even though we cannot strategize and remain passively aware.

The quintessential statement of what Krishnamurti meant by "passive awareness" and what its significance was for him is this one:

"Wisdom is the understanding of what is from moment to moment, without the accumulation of experience and knowledge. What is accumulated does not give freedom to understand, and without freedom there is no discovery; and it is this endless discovery that makes for wisdom. Wisdom is ever new, ever fresh, and there is no means of gathering it. The means destroys the freshness, the newness, the spontaneous discovery." (1)

If you can just ponder those words until his meaning breaks for you, I think you will have added immeasurably to your toolbox.

"Wisdom is the understanding of what is from moment to moment." We allow what is, to be, without judgment, strategy, plan and observe. Sound easy? It takes presence of mind.

Have we not heard that from Saul day after day? Release judgment. Let go of deciding how it needs to be. Accept what is on its own terms. And once we begin meeting star nations from distant galaxies, will that not be so necessary? And will we not be hoping against hope that they meet us with the same acceptance?

"Without the accumulation of experience and knowledge." How will our accumulated experience and knowledge serve us when novelty increases, when strangeness is the order of the day? It won't. We'll have to fall back on something else.

This something else is passive, choiceless awareness. When the penny drops, and you say "THIS is the passive awareness that Krishnamurti, Adyashanti, and Saul were talking about," I assure you it will be a great day for you. Now you have the key for sailing through these strange waters.

"What is accumulated does not give freedom to understand." No, it just gives more of the same. The past is used to understand the present. There is never the experience of the new. Everything is fitted into what we already know. But that won't possibly work in the years ahead. We'll be lost and confused and perennially fall short.

"Without freedom there is no discovery." There is existence, getting by, flatness, but no discovery. "It is this endless discovery that makes for wisdom." The key lies in what Krishnamurti means by "discovery." The ability to meet something on its own terms allows us to walk into a new setting and conduct ourselves civilly and without conflict but it also allows us to learn the meaning of the new. And learning the meaning of the new, in its own terms, is what he means by discovering. Without discovery, there is no appropriate response, or wisdom.

"Wisdom is ever new, ever fresh, and there is no means of gathering it. The means destroys the freshness, the newness, the spontaneous discovery." Wisdom is not born of scrapbooks and collections and stuffed experiences. Wisdom is a function of presence in this moment, of meeting, accepting, and knowing something in its own terms. Can you not see the value of that for terrestrials who are about to meet the family?

Krishnamurti goes on.

"Choiceless awareness of the manner of your approach will bring right relationship with the problem. The problem is self-created, so there must be self-knowledge. You and the problem are one, not two separate processes. You are the problem." (2)

The way we be with things is the problem. The problem exists in our minds and the manner in which our minds work. But that is very difficult to see, perhaps impossible to see until we begin to be passively aware.

"To be extensively aware, there must be no condemnation or justification of the problem; awareness must be choiceless. To be so aware demands wide patience and sensitivity; it requires eagerness and sustained attention so that the whole process of thinking can be observed and understood." (3)

Judge the situation, condemn, become partial and your awareness closes down as an organic instrument, as what Krishnamurti means by the term "awareness." We remain aware, to be sure. But not in the umbrageous manner Krishnamurti is referring to. And, yes, it does require "eagerness and sustained attention," which I think will become easier as the energies continue to rise.

"The truth of experience does not depend on personal idiosyncrasies and fancies; the truth of it is perceived only when there is awareness without condemnation, justification, or any form of identification." (4)

This is hard advice because we tend to think of ourselves as our idiosyncracies: "Oh, that's just the way I am." But in fact it is our universal attributes, our God-given capacities that Krishnamurti is talking about here and these can only be unpacked, I think, if we let go of seeing ourselves as our idiosyncracies.

Finally:

"Simplicity is the alert, passive awareness in which the experiencer is not recording the experience. Self-analysis prevents this negative awareness; in analysis there is always a motive – to be free, to understand, to gain – and this desire only emphasizes self-consciousness. Likewise, introspective conclusions arrest self-knowledge." (5)

He is describing here the entire way in which most of us operate. We record the experience, analyze our own behavior, and reach conclusions about the way we acted, how others acted, the outcome, etc. Eventually we need to see that this is robot-like behavior and does not lead to the knowledge of who we really are, the knowing of which provides the reason for our total existence.

We are here to know who we are. We are here to provide God with the pleasure of knowing Himself (Herself, Itself) in a moment of enlightenment - our enlightenment. Galactics, angels, spirits are all here to help us with that result. Ascension, shift, transformation are all words to describe that experience at one level. Later, we'll ascend again and again and again. We'll have more moments of enlightenment, more umbrageous moments, moments of a deeper and deeper knowing.

Passive awareness is an irreplaceable tool in the toolbox for that process. I venture to say that any image you have of any saint or sage will feature a sense of them being passively aware. God is passively aware. We are passively aware. When we are being passively aware, in everyday life or in meditation, we are being as similar as it is possible to be to God.

Footnotes

(1) Krishnamurti, J. *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974, 96. On Krishnamurti, see [Selections from the Teachings of Jiddu Krishnamurti](https://www.angelfire.com/space2/light11/diction/krishna.html) at <https://www.angelfire.com/space2/light11/diction/krishna.html>

(2) *Ibid.*, 99.

(3) *Ibid.*, 115-6.

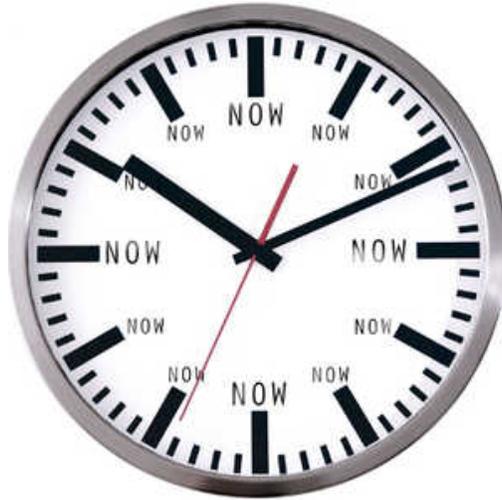
(4) *Ibid.*, 93-4.

(5) *Ibid.*, 80.

Loving the Present Moment

June 1, 2019

<https://goldenageofgaia.com/2019/06/01/loving-the-present-moment/>



I have two radically-different sides of myself.

One side lives always looking to the next moment for pleasure and excitement. It never sinks into the experience itself but always looks for what's next.

First I'll walk around the park; then I'll go shopping; then I'll research; then I'll write an article. I feel happy at the thought of some tasks and satisfied at the thought of others.

But life is always lived for the excitement of the next time and the next and the next. Nothing is deeply experienced in the here and now.

I remind myself of the two people in a restaurant both looking at their cellphones. Never this; always something else.

The other side of myself loves the present moment. Tired of looking to the next experience and the next and the next, I opted instead to fall in love with this moment, this present moment.

And I found the present moment to be a portal opening into the timeless now.

Transformation came with my getting in touch with the present moment and I accomplished getting in touch with it by loving it - by drawing up love from my heart and sending it to whatever the " present moment" signifies.

Immediately I felt deeply touched and moved, I know not why.

It isn't true for me to say that transformational love only lives in the present moment. Love is everything so love is never absent or not dead in anything.

But the love that flows in the higher dimensions turns out to be of a quality unimaginably more satisfying, decisive, and transformative than anything we may have previously known.

It lives but is muted when we're "in our heads," operating strictly on an intellectual level. It lives and is enjoyable in our experience when we live from the experiential level, in the here and now. When realized, however, we enter a portal to another space of consciousness and are introduced to love in an entirely-new way. It "comes alive" in the timeless now. It's as if a bubble were burst and we find ourselves beside a mountain lake.

In the face of how pleasantly affected I am, I vowed to spend more time in the present moment.

I love it. Bliss arises when I express my love for the present moment and, behind it, the timeless stillness.

Managing Our Own Space

June 11, 2019

<https://goldenageofgaia.com/2019/06/11/managing-our-own-space/>



The "I" of Awareness

If we were really honest and looked very closely, I think we'd find that a great deal of our time is spent managing our own space, our space bubble, our field of experience.

We're either annoyed with it or motivated by it. We're either seeing to its demands or contemplating it. But we're constantly paying attention to it, in the background or foreground of our awareness, responding to how we feel even though, if asked, most people probably couldn't name how they feel. (1)

The dance we do with our feelings doesn't require us to know which feeling it is. The pilot doesn't ask of the wind whether it's a west or a north wind. He or she just flies, responding to it.

I've been sitting next to a man in a Starbucks who spoke very loudly and rapidly in another language on his cellphone for maybe twenty minutes before he left. I had all manner of hateful thoughts towards him by the time he went.

If the Mother hadn't reminded us not to say it if it wasn't of love, I'd have been my usual straightforward, self-righteous self.

But now here I was left, agitated, hate-filled. I watched how that feeling state colored everything. In all of it I constructed events so that I was assured of coming out looking right and good.

I'd probably spend hours afterwards going over those events and laundering my account of them.

Our society has gotten up to honoring what's right. But I don't think we've gotten up yet to honoring what is of love. I could be wrong. But I think that's out ahead of us.

So I sat there, feeling triggered, a monster in waiting, until the next thought and feeling shanghaied me again.

And that's pretty well a typical description of how my day goes when I'm out and about in society. In and out of self-righteousness when things don't go my way.

The only thing I have going for me, that saves me from being just another old grump, is that I'm aware of all this. I watch myself. I see what I do. I don't wait for someone to call me. I call myself.

I make note of each noticing. Some result in realizations; some in new experiences; some in upset.

But I learn from them all.

Footnotes

(1) At least that's been my experience. As a society, I think we're largely out of touch with the way we feel.

Gone Fishing? No, Gone Being

December 27, 2017

<https://goldenageofgaia.com/2017/12/27/291566/>



I have two sides to my personality. One is the public communicator, the side you know, centering around the mission I serve for the Divine Mother.

This is my onstage personality. It's a very active and productive side.

But anyone who knows me well will tell you that I have a second, offstage personality that's intensely private and quiet, indrawn and very, very ordinary.

That offstage personality is all about awareness and beingness. It'd probably seem to most people unproductive and inactive.

My temperament is private while my work is public. This active/inactive split appears in everything I do.

As a student of awareness and beingness by temperament, how can I make my mission of public commentary work when I'm of two such different natures?

Simple. I must combine the two: I must write or communicate about awareness and beingness.

What are we aware of as we make this transition in consciousness called "Ascension"?

What's it like to be a human being, right now? What does bliss feel like? Ecstasy?

What does it feel like to be knocked flat by a vasana of hate, fear, or dread? How do we get out of such a triggered state without causing significant collateral damage?

If I'm to communicate publicly and find myself in the public eye, then it may as well be for what I love to do anyways: Remain aware and be as openly expansive and deep as I can be in the experience of self and life.

God shows up for the devotee in the way the devotee wants, said Sri Ramakrishna. I've always looked for God to show up as a state of consciousness, and God has.

Not as a visible form. Not as a Light. Not even as a Void. I experience God as states of being, events in consciousness - love, bliss, ecstasy, and exaltation.

We're all here on a specific mission, demonstrating some specific truth. My truth is about beingness, awareness, and love.

My outer mission is active and productive. But in the inner stillness and silence, I experience bliss.

Notice that I, a student of awareness, experience bliss, a state of consciousness. This seems to be the "career path" of a student of awareness.

On the awareness path, perhaps don't expect to see God. Perhaps expect to experience states of being or consciousness like bliss, at deeper and deeper levels.

Awareness is highly dissolutive. It isn't neutral at all. Paint any barrier with simple, bare awareness and the barrier will lift.

What's revealed to the released individual are the divine states like love and bliss. These prove to be reward enough for all that has led up to their revelation.

I gravitate towards simple awareness and simple beingness, the still pond in which the Light of the Moon can be seen. (The Self is the Moon, reflecting the One or the Sun.)

This fits with the sense I have that I'm to demonstrate the stillness side of the Divine Masculine this tour of duty (1) as opposed to the creative side of the Divine Feminine.

Few of us have simply one mission. We usually have more than one. My love of beingness fits perfectly with another role I have, as a supporting character in the emergence of the Divine Feminine at this time. I'm not to be a star in this unfoldment, but rather a supporting actor.

From a position of being suppressed and subjugated to a position of being respected and welcomed to the councils of the world, women are to take the lead this time and assist us through the mess created largely by men.

I have a vested interest (a mother who was domestically beaten and sexually humiliated) in wanting to see gender equality established on this planet.

How to accomplish that is a big enough high-quality problem to keep me happily engaged over the next two weeks, wouldn't you say? I'm off on vacation. Not going fishing or anywhere else. Just being!

Footnotes

(1) I cannot say "this lifetime," since we never die.

⌘ The “I” of Awareness ⌘

The I of Awareness

November 20, 2018

<https://goldenageofgaia.com/2018/11/20/296962/>



Several hypotheses and postulates are becoming clearer to me:

- (1) Thoughts cause feelings.
- (2) Feelings are the prime motivator of human behavior.
- (2) Each of us has freewill, which the higher dimensionals respect.
- (3) Each of us is 100% responsible for our actions.
- (4) That means ...

Well, that's what I wanted to look into today. What are the implications of being 100% responsible for my actions?

It suggests that I need to play a more active role in choosing the mood I want to be in.

I'm not sure if I'm the last person on Earth who knows this or whether what I'm saying is unabashedly new. But I've stumbled on the fact that the "I of awareness" plays no role in my everyday life.

My everyday life goes on without any encouragement from me, any guidance, any love. I am not playing an active supporting role in my own life.

And I want to change that. I want to play an important, supporting role in my own life from now on. I want to encourage myself. I want to be my own cheerleader. I want to reparent myself, encourage myself, acknowledge my progress and look at my detours. I want to play an active role in my own life.

That part of me that feels this way I'm going to call, after Len Satov, the Watcher, the "I/eye of awareness." It's the one who always remains as the "I," no matter what happens outside.

It wants to come out of the shadows and participate.

It's no accident that this resolve arises a day after writing:

"I'm not a house divided against itself any longer. Given that till age 58 I was, all discoveries in this area are like recovered ground on the road to wholeness." (1)

Footnotes

(1) "It's I that Needs to be Universal, Not Love," November 18, 2018, at <https://goldenageofgaia.com/?p=296959>.

Responsible for My Own Face

October 10, 2013

<https://goldenageofgaia.com/2013/10/10/responsible-for-our-own-face/>



Seriousness personified: Steve at the Immigration and Refugee Board

What makes vasanas (reaction patterns) so insidious and hard to see is the self-serving belief that if I do something (or you or any of us), it must be right.

And if I do it, there must be a reason for it.

If we saw others behave the way we do when reactivated, we'd call them crazy, a jerk, and worse, but, when we do it, we're right and reasonable.

And then we go a step further and make our vasanas the foundation of our character and, in fact, build a constructed self out of them.

And with each step, I (or we) go more and more out of awareness of what we're doing, what the damage is, what the cost is, and so on. After all, it's just us. And if it's just us, it must be ... right and reasonable.

Maybe forty years ago, I wrote in my first book (still in a drawer somewhere) that I'm invisible only to myself. The face I built for myself is not invisible. But, unless I look in the mirror, I don't see that face. Everyone else does and I'm not invisible to them.

Douglas Harding, he who had no head, (1) used to say that my face is your problem. Yes, I don't see it at all. No problem for me.

A local journalist once said that by age 40 everyone is responsible for his or her own face. I get that.

Because of the events of my life, I built a very serious and even severe face. I capped that off with eight years on the refugee bench listening to many stories that were pure fabrications. And being responsible for determining which was which.

The prize of gaining citizenship was so high that even many authentic refugees fabricated and such was the justice of the law that we were not allowed to refuse entry if even a credible remainder of evidence stood up to questioning and grounded the claim.

I'm not saying I disagree with that aspect of the law. I applaud it. But it showed that simply lying in some instances was no reason unto itself to disqualify a person and that was a very new concept to me at the time.

But listening to so much fabrication was an invitation to create a very serious, even severe, definitely sober-sided face.

I often saw people react to me as if I was severe when I didn't feel severe at all and then I remembered my face. That severe expression was plastered on me. I had created my own face and was now responsible for it.

So our vasanas become our character and our face becomes our calling card. And now here we are being asked to back out of it all. We're being asked to know when we're trapped in a vasana and to think about what the impact is of having the face we wear.

The rising energies are helping, no doubt. But it's a daunting task to deconstruct a vasana-based character, a reactive constructed self. Nonetheless, that IS the assignment.

I actually feel humble when I think about all that has to be taken down and taken apart if I'm to recover my original innocence and enter the kingdom of heaven, so to speak.

Another day, another vasana. Another vasana sourced and one more plank taken off this glaring signboard I call a “face.” If we source our vasanas, instead of projecting them onto others, we take one more step out of the constructed self.

Small steps, Ellie. Small steps. Another step taken on the road back to my original Self.

Footnotes

(1) Douglas Harding, *On Having No Head — Zen and the Rediscovery of the Obvious*. On just getting presence, without the mind.

It's Always the "I"

July 19, 2019

<https://goldenageofgaia.com/2019/07/19/301690/>



Just as God apparently enjoys the world through the senses of every one of us, so do I - who, like you, am that very God - enjoy the world through anything I become aware of.

When I identify with the mind, I use it to create through. When I identify and operate as the ego, I use that to create through. The imagination, the feelings, etc.

No function works except I operate through it, energizing and directing it.

Usually I remain quiet and just observe, allowing the faculty I created to make recommendations or the form I created to carry out an action.

But what is common to everything that happens in my life - whether I say it was my mind or ego or heart that did it - is that "I" am around, observing and directing the show. "I" am reaching the conclusions and making the decisions.

When I say "No," we call it me having a bad mood or being down, etc. No, that is the "I" directing the show.

Or, another classic, we say "You made me angry." No, "you" didn't. It's always the "I."

When I utter a decision in a fit of anger, we say that it's my vasana (or the bottle) talking. No, it's the "I" talking, having identified with and seeing the world through the filter of that vasana.

Whatever filter it chooses to look at the world through, it's still the "I" that reaches a conclusion and decides to act. (1)

We tend to remove the "I" from the equation in favor of the body-mind complex. The latter may carry out the wishes of the "I," but that doesn't change things.

It always has been, always is, and always will be "I" who decides to act, whoever or whatever form carries out the action. Upon this fact do I base personal responsibility.

If what I've said is the truth, all other things being equal, we should experience a feeling of relief and release upon reading it. (2) If what I've said is not the truth or takes us further from it, we should experience either no release or further confusion and frustration.

Footnotes

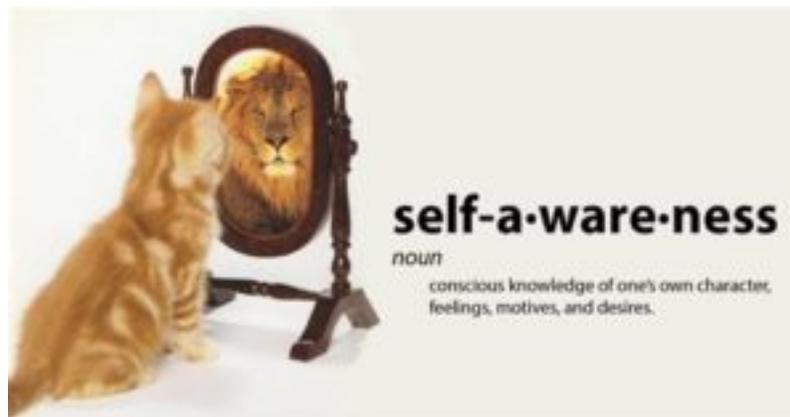
(1) The "I" could also dismiss the vasana but it chooses not to.

(2) Because the truth will set us free.

The Last Veil Called “I”

November 24, 2020

<https://goldenageofgaia.com/2020/11/24/the-last-veil-called-i/>



Credit: carpentersmith.com

What to do during lockdown, quarantine, social isolation, etc.?

I'd highly recommend meditation. But I have no depth of background in meditation so I can't speak to it. I do plan to meditate more myself, given the isolating conditions.

But what about during the time when we're not meditating? How to "make best use of the time," as meditation master S.N. Goenka would say?

I recommend self-awareness. And I do feel I have a background here.

What's so special about self-awareness, self-consciousness, self-knowledge, self-realization?

Longtime readers will know that it relates to the purpose of life. (1)

The purpose of life for us, as I was shown in a 1987 vision, is to realize our true identity. (2) Our true identity is God.

Each time one of us realizes her or himself, God meets God. For this meeting God created this whole world of form, this reincarnational school of spiritual evolution and Self-Realization.

Pursuing the path of self-awareness, we make ourselves the laboratory, the experiment, the experimental subject, and so on.

We make hypotheses about our own behavior and test them out. What happens when you smile at people? What happens when you ask people something warmly? Nicely?

The theory behind raising our awareness of ourselves is, first of all, the truth will set us free from our upsets, from bondage to the Third Dimension, and finally from individuality/separation itself.

Second of all, the theory is that when certain troublesome behavior patterns, like my anger through most of my early-adult ... alright, alright ... most of my life are raised to awareness, it becomes impossible to "run them" thereafter.

It's comparable to a centipede who becomes aware of its 100 feet. Thereafter, being aware of them, it can no longer synchronize them and ends up in a ball.

When I'm aware of one of my trips, numbers, rackets, and so on, and I presume to run it, I sometimes burst out laughing watching myself. I now know what I'm doing. That alone has a self-correcting effect.

For me, there's only the natural, innocent Self and all the insincerities, projected self-images, acts, looks, and other human constructions that we pile on top of it. If I want to get back to my natural, innocent Self, I need to raise these constructions to awareness and let them go.

And it becomes fun. I've watched myself be gruff for the last few days, for instance. I observe myself run my number whenever challenged about something to do with Covid.

At the same time I also notice I like wearing a mask. It increases my anonymity, which means more time for thinking and self-observing when I walk. Suddenly everyone's become a hermit, just like me. I'm left alone to contemplate and reflect.

The agreement to remain aware of oneself is the basic agreement of the awareness path. But self-observation is not all there is to it.

There's also sharing - comparing notes, sharing our experiences, how we feel, what racket we ran on whom today, etc.

I've shared before that the three-month encounter group I did in 1976 reached a point towards the end where no one had anything more to share and we just sat together in silence or in quiet pairs, brimming with love.



The awareness game can not only be fun but can quickly become a preferred way of life. And of course it's the preferred instrument of many spiritual paths.

I often quote one of Jesus's articles called "The Third Way." The third way is awareness. One of the things he said in that article was:

"You have to realize that consciousness is something very powerful. It is much more than a passive registering of an emotion - consciousness is an intense creative force." (3)

Awareness or thought on the higher dimensions is creative.

I would go a step farther and point at the dissolutive power (my word) of love as well. Become aware of how you're feeling and rest in that awareness and the feeling should lift or disappear.

Simple, bare awareness was Lao-Tzu's "watercourse way." The Buddha used awareness, which lies at the heart of Vipassana meditation, to ascend. And I could go on to point to Sufis, Ch'an/Zen masters, western growth movement, enlightenment intensives, etc.

Awareness precedes and leads to realization. Realization of Self/All Self is the purpose of life.

It's been my experience that, when I'm aligned with the purpose of life, I feel happier than otherwise. And I know when I'm sweeping my field of experience with my inner vision, taking myself into account, being aware of myself, feeling my feelings, I know I'm directly on purpose with life's design.

If you ever wondered if an activity was in fact divinely inspired, awareness is such an activity. God wants us to find her. She hides in plain sight. Allow God to meet God in a moment of your enlightenment and you fulfill the reason for which you were created.

For me awareness is the path I follow to that consummation, where the last blindfold is removed, the last veil called "I."

Footnotes

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

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

(3) "Jeshua: The Third Way," by Pamela Kribbe, July 4, 2012, at <http://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/jeshua-the-third-way/>.

Letting Go of the Local Self

Feb. 23, 2013

<https://goldenageofgaia.com/2013/02/23/letting-go-of-the-local-self/>



Wisdom hath built her temple with the seven pillars. The temple is the body; the seven pillars are probably the seven chakras; and housed within the temple is the Self.

The Ark of the Covenant contains the laws. The Ark is the body; the laws are the Self.

The fire is always burning on the altar. The altar is the body and the fire is the Self.

The body is the illusion and the Self is the Reality within the illusion. The purpose of life is to see through the illusion to the Reality.

The Self is the flame in the heart, the treasure buried in a field, and the Pearl of great price. It's the big fish among fish, the mustard seed that grew into a great tree, and the firebrand plucked from the burning. The Self is the Mystery of mysteries.

Life itself is like a hall of mirrors, each reflection in a mirror being a false self, a separate self, a local self. Only the one Self is real; all the other selves are reflections of it, illusory, non-existent.



It seems to me that life is a process of letting go of one false, separate and illusory self after another, one local self after another, until all that's left is a generalized Self with no particular claim to any “me” but a claim to being all of us - and more; in fact everything, though unto itself it is no thing.

We leapfrog from Self to No-Self to Self to No-Self at higher and higher dimensions of life, always heading towards the one and only Self/No-Self whose discovery is the end and the beginning of Life.

But always at the center of our journey is a letting go of any local self, anything that appears as a center in favor of a deeper center, which then must be let go of in turn. That which we are cannot be let go of. Therefore anything that can be let go of would be wisely jettisoned.

Life itself is an endless series of invitations to let go of the local self. There's no need to embrace the universal Self, for That we always already are. That Self is the residuum, the default, both the end and origin of life. It can never be let go of. It never leaves us. It *is* us, all of us.

Let go, let go, let go. That could be said to be all there is to do in life if what we want from life is to be and know who we are.

Original Innocence

September 21, 2018

<https://goldenageofgaia.com/2018/09/21/original-innocence-2/>



The Lodge at Xenia Retreat Centre

First of all thank you to MB for having so generously treated me to a vacation. I very much needed it and it was wonderful.

On the last day ... the last morning ... a few hours before leaving Xenia Retreat Centre on Bowen Island near Vancouver, I had the breakthrough I'd been hoping for.

Let me include the notes I made as the experience was happening.

This account is a fairly light, top-drawer one. It's true as far as it goes.

For instance, it doesn't mention that the dismay came from watching portions of Frazzeldrip the night before. It doesn't mention the process I followed or the actual sight of the Self that left me feeling innocent and pure.

It's a stream of consciousness account of how I was feeling at the moment of writing.

One of the "problems" I was having was around a peculiar and chronic feeling which I've mentioned a few times.

On most occasions I'd wake up with a feeling of dismay. On other occasions, when I thought unfriendly thoughts, I again had the same feeling of dismay.

At last I found the key to it. It came to me this morning (Sept. 18, 2018) at 5:55 AM. (1) I followed the dismay as deeply as I could and I ended up in my natural self. I was angelic - gentle, kind, loving.

Since most of us *are* angels, it stands to reason that, at a very deep level, we know that we're pure and innocent. It's that deep level that responds to my irritable moods with dismay. Whenever I even contemplate some form of nastiness, my insides respond as if to say, "You know better, Steve. You can do better." (2)

When I got in touch with that deeper level of me, I felt completely blissful. And not blissful as in a feeling rising and falling but a steady and constant bliss. I'm in it now.

I notice that there's no resistance or blockage in my breathing when I'm in this space. It's a little like having a full breath release in rebirthing. Not quite as deep but certainly deeper than my normal breathing.

I heard myself say, "This is who I know myself to be." And I sell this self out continually when I consent to be judgmental or grumpy.

The bliss continues to deepen. The deeper I breathe, the more it deepens as well.

This is me, not the irritability. No wonder I'm annoyed with myself and dismayed. I sell this one out in settling for ... whatever it is I seek ... probably control; also approval and acceptability.

I know that I push people around with my irritability - without anyone being able to put their finger on why they're so scared of me. It can be just a look or a vocal tone. But THIS is what I'm missing out on.

Be still and know that I am God.

Yes, refrain from acting on my irritability ... and know that I am God.

Choose to go with my native innocence ... and know that I am God.

Breathe deeply into the bliss ... and know that I am God.

It isn't a question of "getting to myself" but of not abandoning myself.

I'm already there. I already am who I am. I simply haven't been *being* who I am. I've been ignoring or misinterpreting the inner promptings of my higher self.

From now on, no resistance to who I am.

No choosing to go with who I'm not.

I feel clean. I feel innocent. I feel pure. And the only thing that has me think I'm not is where I go when I get irritable or unfriendly.

I'm not going to abandon it any longer.

Pope Innocent III is credited with saying, "In our obsession with original sin, we too often forget original innocence."

I've been forgetting original innocence.

Footnotes

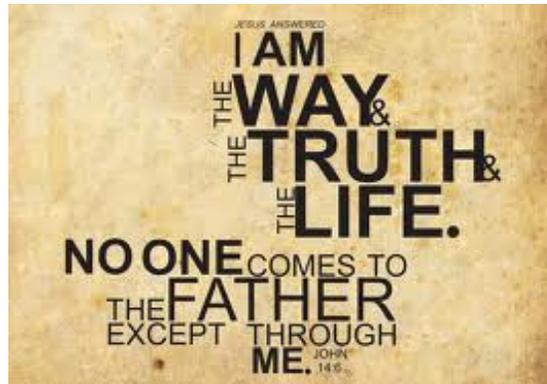
(1) Sept. 18, 2018 = $9 + 9 + 11 + 9 = 11$

(2) That was something my Mother used to say. One comment like that from her was enough to have me stop and change course.

Speaking as the Self, I am the Way

July 12, 2013

<https://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 do not 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.)

I am a Point of Love, Light, and Awareness

Dec. 25, 2021

<https://goldenageofgaia.com/2021/12/25/i-am-a-point-of-love-light-and-awareness/>



Merry Christmas, everyone!

I recall reading about a Zen master who, after looking at a copy of the sermon on the mount, said of Jesus, "This man is not far from enlightenment."

Sri Ramakrishna held that Jesus was an avatar. (1)

This Christmastime I'd like to take a passage from Jesus that is germane to the times and expand it.

The passage is his statement on accountability, which is a subject that many of us are concerned with this year:

"You live in tumultuous times and you live in a time of fulfilment. ...

"You are leaving compassion and latitude for correction and understanding.

"You are bringing to light what needs to be revealed so it doesn't destroy the fiber of your society. ...

"When you see the shadow, it defines the light." (2)

The times *are* tumultuous.

We're promised a time of fulfilment and, since I've actually already tasted it, I can certify that it's totally fulfilling. (3)

We take the tool we have in our hand (compassion) and set it aside and pick up another tool (justice) to save society.

And then, in service to the Mother, I am/we are "bringing to light what needs to be revealed so it doesn't destroy the fiber of your society."

This describes the period we're in now very well and what our actions aim at.



But Jesus also adds one of his wise and multi-level aphorisms; it's so basic, so fundamental that it's like a door that opens for us.

"When you see the shadow, it defines the light." Who cares about *the light*? Who cares about *defining* the light? Why is that worth the price of living with the shadow instead of ridding ourselves of it?

Because, as Jesus is pointing out, caring about the light serves the purpose of life.

The purpose of life is to know our true identity and that just turns out to be ... well, how true do we wish to get? Ultimately it's the One. Stepped down from that, it's a seemingly-separated point of light - and love and awareness.

Remember what Krishnamurti said? (Sorry for the gender bias.)

"The really important thing is ... the knowledge of God's plan for men. For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful." (4)

"He cannot help working for it." Yes, if we see the Divine Plan once, we cannot help but work for it.

I know the purpose of life and I cannot help but work for it. (5) Why? Because doing so brings so much love, bliss, and ecstasy.

Isn't that what it's all about - that you and I experience love, bliss, and ecstasy? The first one there help the others?

The Mother says: "My essence is love." (6) If her essence is love, how can mine not be? Is there a second to God? I think not. If my essence is love, I should be able to experience it continuously.

All that stands in my way are my worldly likes and dislikes (7) - that keep me turned to the world - and my ignorance of my true identity. Those out of the way, my hypothesis goes, I'd experience love continuously.

I'm more and more clearly coming to see that I'm a point of love, light, and awareness. All the bodies I wear are to allow me to experience the different realms. I am not any of my bodies. They're strictly optional. I am the love, light and awareness that operates them all.

The shadow having defined the light, the next thing is to realize it. Time to get to work! Realizing that Light is another way of describing what life is all about.

Merry Christmas, everyone, and a happy, united New Year! May we all realize the Light that we are this year!

Footnotes

(1) Shivanath Shastri told Sri Ramakrishna: "Sir, one of my Christian friends has come to see you. Having heard of you from me, he was very eager to meet you."

On hearing this Sri Ramakrishna bowed his head to the ground and said: "I bow again and again at the feet of Jesus Christ."

Surprised at such utterance, Rev. Sannyal said: "How is it, sir, that you bow at the feet of Christ? What do you think of Him?"

Sri Ramakrishna: "Why, I look upon him as an Avatara."

Rev. Sannyal: "Incarnation of God! Will you kindly explain what you mean by it? Is he one like Krishna and the others?"

Sri Ramakrishna: “Yes, exactly like that. An incarnation like our Rama and Krishna. Don’t you know there is a passage in the Bhagavata where it is said that the incarnations of Vishnu or the Supreme Being are innumerable?”

Rev. Sannyal: “Please explain further. I do not understand it quite.”

Sri Ramakrishna: “Just take the case of the ocean. It is a wide and almost infinite expanse of water. But owing to special causes, in special parts of this wide sea, the water becomes congealed into ice. When reduced to ice it can be easily manipulated and applied to special uses. An incarnation is something like that. Like that infinite expanse of water, there is the Infinite Power, immanent in matter and mind, but for some special purposes, in special regions, a portion of that Infinite Power, as it were, assumes a tangible shape in history, that is what you call a great man. But he is, properly speaking, a local manifestation of the all-pervading Divine Power; in other words, an incarnation of God. The greatness of great men is essentially the manifestation of Divine Energy.” (Prabhavananda, Swami. *First Meetings with Sri Ramakrishna*. Madras: Sri Ramakrishna Math, 1987, 106-7.)

And Jesus acknowledged to me personally that he was an avatar, as I discuss above: "Jesus: “There was an Infilling of the Holy Spirit at a Very Early Age,” December 25, 2021, at <https://goldenageofgaia.com/?p=330081>.

What is an avatar? See "Avatars (Incarnations of God, Embodiments of the Divine, God-men/God-women)" and the sections that follow, at https://goldengaiadb.com/index.php?title=A#Avatars_.28Incarnations_of_God.2C_Embodiments_of_the_Divine.2C_God-men.2FGod-women.29

(2) Jesus through Linda Dillon, Heart Call, Sept. 19, 2020.

(3) Love is 5th-7th Dimension; bliss, 9th-10th Dimension; ecstasy 12th Dimension - each experience totally satisfying, only surpassed by its higher version.

(4) J. Krishnamurti, *At the Feet of the Master*. Adyar: Theosophical Publishing House, 1974; c1910, 17. Everyone who sees a representation of the purpose or design of life probably sees something unique.

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

(6) “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/>.

(7) Which the Buddha called craving and aversion.

Point of Awareness in an Ocean of Love - 1

November 20, 2020

<https://goldenageofgaia.com/2020/11/20/point-of-awareness-in-an-ocean-of-love/>



Credit: pfcleadership.org

2022: I no longer believe that our individuality disappears after we go Home to Mother/Father One. (1)

My job, when people come here (and I speak as an individual editor), is to lay out the details of what's happening right now and speed you on your way.

As a pillar, I stay till the end of the journey and refrain from enlightenment if it complicates my duties as a lightworker.

I'm a waiter at the banquet of Ascension and look forward to eating my meal later.

Complicates my duties? What duties? To tell you everything I know about what's going on spiritually (someone else will have to handle politically, financially, etc.). Taken from the best spiritual sources we can find. And to document my journey.

No, I'm not a spiritual teacher. Spiritual teachers address individuals and small groups of people. Lightworkers address the whole world, the human race, the planetary situation.

Spiritual teachers aim for the enlightenment of the student or the group of followers. Lightworkers serve the Ascension of everyone on the planet capable of holding the higher-dimensional energy.

Both teach and practice oneness. What's that? How are we one?

Let me spend some time looking at how it is that we're one.

The culmination of the heart opening I had on March 13, 2015 was the inner tsunami of love flooding the room I was in, knocking down the walls, and becoming everything. I - no more than a point of awareness - was totally immersed in an Ocean of Love.

Please note: There was an Ocean of Love and there was me. I was therefore *not* one with the Ocean of Love, but its inherent oneness was not lost on me, blissed out as I was. (I am not in that space now.)

The fact that I was not one with the Ocean of Love means that I cannot say things like "I am/we are love." I don't know that. So just file that away for later.

I was a point of awareness in a Sea of Love.

Drawing back from that now, I have to ask you to provisionally accept something spiritual. I ask you to accept that the One has created the illusion that Awareness can separate a piece of itself from itself.

It'd be as if we twisted a small part of a balloon and called that small part "separate." But untwist it and the air in it rejoins the air in the balloon. So it wasn't really ever separate; it just seemed so.

My vision in 1987 was about the journey of a soul from God to God, through the illusion of separation to the knowledge of unity. (2)

In that wordless vision, I saw the "Father" as a large golden Sun and the "Child" (Self, Son, Atman) as a small golden star. The Mother was a hazy cloud in which other golden stars were going through lifetimes in matter (*mater*, Mother).

Ultimately I saw the small golden star glimpse the Father from the domain of the Mother and speed off to reunite with it. They were in every respect One.

If we switch back to classical enlightenment studies, we're told that the individual observer, this persistent "I," eventually disappears leaving the One all in all. That

stage of enlightenment is well beyond my purview. But that event nevertheless was what was depicted in my vision.

May I cite a few sources to support what I just said? Let me do that tomorrow to limit the length of this piece.

(Concluded in Part 2.)

Footnotes

(1) Steve: Mother, you have just referred to you bringing them back. You've just referred to mergence have you not, or union? And you're saying that after they return in union, they go back out into the world. Is that correct?

Divine Mother: Yes. If they so choose, yes. Now, is it in the timeline that human beings tend to think of? No. But eventually there is re-emergence. ("The Divine Mother: Each and Every One of You Carries Divine Might, Part 1/2," June 17, 2013, at <http://goldenageofgaia.com/2013/06/the-divine-mother-each-and-every-one-of-you-carries-divine-might-part-12/>.)

Archangel Michael: And when you go home, and you can reunite in the Heart of of One, do not think that you go off on another tangent or another journey simply because you feel like it or because you are earning your way back to that linear path. You go back out into the universe as a brilliant spark of pure light!

So you come, you return, you gain not only understanding, wisdom, knowledge - what you can think of as spiritual regeneration - and then, in concert with many, including your guides and guardian angels and, many times, whoever you are going to be working with - for example, myself or Archangel Raphael - you emerge again. <http://the2012scenario.com/2012/03/archangels-michael-and-gabriel-on-the-angelic-realm-hour-with-an-angel-transcript-march-26-2012/>.)

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

Point of Awareness in an Ocean of Love - 2

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. Wishing days, that tsunami filled first the room I was in and then 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 domain of the Oversoul, the 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 transformational 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.

⌘ The Importance of How We Feel ⌘

The Emotional Truth

June 6, 2018

<https://goldenageofgaia.com/2018/06/06/the-emotional-truth/>



Who's the fool who told you not to cry? (Michael Jordan weeps upon being honored in 2009.)

So often when we're communicating, we're stating, not the actual or the whole truth, but what is for us the emotional truth - what we feel to be true.

The typical exchange that occurs then is that the listener may say, "That's not true."

No, it isn't the complete truth. It's the truth of how we feel.

If the listener holds out for the complete truth - which the speaker is often not aware of and which communication of the emotional truth is a step towards - he or she is missing a valuable piece of the puzzle.

We miss a bet in not accepting the emotional truth as an important step in seeing the other person's total message.

Moreover, any road in can be the spark that ignites the "Aha!" moment that listening so often results in.

When I listen to another's upset, I listen in stages - vertically and horizontally.

Vertically recognizes that most of us talk in chapter headings. Any one sentence, I find, can be unfolded profitably. What the listener does is keep in mind the totality of what's been said so far and weigh which chapter headings would best repay unpacking.

Horizontally means I listen in passes for aspects of the truth. The first aspect is for me to get the story. (1) After hearing the story from beginning to end, I then circle back, asking the speaker "How do you feel about all that?"

We then work our way through the emotional truth on the second pass.

The third pass may be to see what conclusions the speaker has reached and what decisions flow from that.

At any point in the listening, the speaker may have an "Aha!" moment. Once they've seen the picture that the puzzle was, I usually don't go further. To do so risks plunging the person back into the upset.

I know I'm repeating myself in what I'm about to say next. I'm doing so because the point is so important that I think it needs a bit of repetition to really impress itself on our minds and hearts.

In my considered opinion, what is most important to human beings - more important than anything else I can think of - is how we feel.

Some might say that money is more important, or having a house, or marrying and having kids.

But I think that everything we do is overshadowed and shaped by our desire to feel a certain way - loving, blissful, joyful, peaceful, etc.

My favorite example is the couple who pay \$6,000 for a vacation in Hawaii, all for that magic moment when they stand on the balcony and look out at the land and sea: "Ahhhhh."

For that "Ahhhhh!" has the \$6,000 been spent. (2)

I know that the divine qualities reside in my heart. As a result, I don't need to spend \$6,000 on setting the stage and hoping for the result.

The result would be me drawing bliss up from my heart anyways, \$6,000 or no \$6,000.

The other scenario is that we stand on the balcony in Hawaii after spending much of the \$6,000 and we *don't* feel bliss. We didn't draw it up from our hearts for whatever reason.

After all, that bliss does not reside in Hawaii, in the airlines, or in the restaurant we had our last supper at. It isn't a characteristic of the landscape or seascape. In the final analysis, it's what we bring to the party.

So the *emotional* truth just may in the end prove to be more important for us as listeners than the *actual* truth.

Unfortunately, as far as I know, we're not trained in school or anywhere else these days to get in touch with our feelings. Most people I've run across, when asked, do not know how they feel.

Or they say "I feel that..." That's not a feeling.

After the Reval, I'll be trying to kickstart the human-growth movement again for the purpose of allowing us opportunities to actually get to know how we feel.

Feelings are part of the experiential level of reality, which is juicier, more alive, and more rewarding than the intellectual level. In my view, we need to discover or recover the ability to know and contact that higher level of existence.

Next stop after that: The realizational level of existence.

Footnotes

(1) Many listeners often look down on the story, considering it a "head trip." I think that everything a person communicates in an upset is important to unlocking the meaning of the upset.

(2) And then we furiously snap photographs to remember this magic moment, even though the act of snapping the photographs interrupts the very feeling state we've worked so hard to stage.

Feeling Loving, Blissful, and Ecstatic is an Inside Job

November 3, 2021

<https://goldenageofgaia.com/2021/11/03/feeling-loving-blissful-and-ecstatic-is-an-inside-job/>



Thou shalt become like a child to enter the Kingdom of Heaven

If it's all about how we feel, as I believe it is for us humans, then what am I doing, in a take-charge manner, to see that I feel my best (as defined by me)?

No, I don't mean anything external. I'd like to keep our attention on the internal. It doesn't cost anything and promises the best results.

In my opinion, feeling loving, blissful, and ecstatic, which is our end goal, is an inside job.

Despite what we've been sold ... I mean, told ... feeling these ways happens on the inside of "us," and it happens because of events that happen on the inside of "us," whatever "we" are.

Let me put first things first: There is an "I" that's always around. It doesn't sleep when the body sleeps. As a matter of fact, even the lower bodies - lower than the "I" - don't sleep; only the physical body does.

That "I" witnesses and experiences what the other bodies experience. The purpose of those bodies is to give the "I" experience on the level the body is appropriate to - astral, mental, causal, buddhic, etc. (1)

We seek enjoyment from experience, but we also seek wisdom. All that is taken with us, when we leave the body for good, is the memory of the experience.

Experience, enjoyment, memory - all of these happen inside. With me so far?

Really, as far as I can see, we live in a bubble or field of awareness. We go through life experiencing, enjoying, and remembering. It's no stretch to then observe that my field of awareness is my responsibility to work with such that I maximize the love, bliss, and ecstasy that I feel. No one else can do it for me; no one else would want to do it for me, not even my guides.

Here am "I" in my field of awareness. My body comes and goes, but I carry this field of awareness with "me."

How do I work with it? Well, first of all, I need to take my thoughts seriously. I need to listen to myself, above all else, so that I can effectively do Step Two.

You'll recognize this as the basic agreement of the awareness path: To maintain awareness of ourselves.

Second, when I find a bad idea, I need to raise it to awareness as much as need be and then drop it. Just drop it. No need to fill it in with anything else.

We're heading, among other things, for stillpoint so no need to manufacture a new thought. Let all thoughts go if you can. (That doesn't mean to lose situational awareness. Be safe.)

Raising the idea to awareness in the first place, however, has three benefits.

(A) It means we'll recognize the ill-advised idea more easily next time it comes. We can then dodge it like a matador.

(B) Raising something to awareness and allowing it to be hastens its departure. Awareness is not neutral; it's dissolving. The flip side is that what we resist persists, Werner Erhard observed.

(C) Becoming aware of something ill-advised makes it more difficult to do a second time. We're now consciously watching ourselves do it whereas before we were unconscious of doing it.

Fourth and finally, I recommend we draw love, bliss, and ecstasy up from our hearts and experience it. Be with it. Meditate upon it. Our hearts are our portals to a higher dimension.

Let me stop here so as not to overtax your willing patience.

The start of every spiritual path is purification, cleansing of the vasanas or core issues. The cleansing of our field of awareness is that first step on the spiritual path.

That cleansing process begins with awareness.

Footnotes

(1) The purpose of experience is to help us to develop discrimination. What we ultimately need to discriminate between to fulfill the purpose of life is between the Real and the unreal. Realizing the Real is the purpose of life.

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

Feelings in the Driver's Seat

November 24, 2021

<https://goldenageofgaia.com/2021/11/24/feelings-in-the-drivers-seat/>



I'm watching the way I behave at the moment.

I felt a touch of despondency, I believe related to the feeling in the morning of beginning the ball game again.

Put on my uniform, step up to the plate....

The interesting thing was that I watched myself begin to respond to life from that despondency.

Not like I said, "Oh, hello. Welcome, guest. Come sit for a while."

No, I girded on my armor and went out to ... I don't know what. Complain about it being too early? Say I just want to be left alone? Go back to bed?

Despondency was in the driver's seat, even though there was no earthly reason for it.

But that's how our reactions to feelings work, don't they? We put our feelings in the driver's seat?

How many encounter groups have I been in where the participant got in touch with their feelings and the minute they did their belligerence turned to sorrow or pain? Until that moment, their feelings were driving the car.

Believe me, I appreciate feelings, as you know. I regard them as the prime motivator of behavior.

But I don't think they're set up to lead us. Divine states, yes. But they're higher dimensional states of consciousness rather than Third-Dimensional responses to things.

The key difference for me is that the divine states are transformative; feelings are not.

Higher-dimensional love transforms the situation; Third-Dimensional love yields to it.

If I'm in the experience of real love, negative feelings can't get near me. It's as if there's a force field - and indeed there is - that keeps them away.

Feelings are wonderful. They're the source of all richness as well as all grief. When we recount our favorite memories, watch how many consider their favorite memory to be when they felt their greatest - awe, joy, success! Or their lowest.

The difficulty arises if we have an angry thought while in 3D love. We often immediately drop love and take up anger.

In the higher dimensions, we're lifted entirely out of anything remotely negative. That's why you hear that galactics have trouble when we get emotionally upset. It's not a part of their lives and is unpleasant for them.

They're immersed in a sea of love, a love, as Mike Quinsey said, like we cannot imagine. Truly, it lies outside the world of our limited imaginations.

If we knew what it was like (and we soon will), we'd wonder how we'd continue functioning in it. But that thought only comes up in our deflated, Third-Dimensional condition, not in their fully-inflated, fully-fulfilled condition. To them this is just how life was meant to be and should be.

Just as our minds ripen into higher-dimensional wisdom, so our feelings ripen into the divine states.

Until then, I want to remind myself that my feelings are not an infallible guide. Letting it all hang out was fine for a generation in revolt against war.

But a generation about to meet higher-dimensional beings now needs to rein in and interject a moment of reflection between feeling and response.

I think the times call for it.

I Go Another Way

March 5, 2020

<https://goldenageofgaia.com/2020/03/05/i-go-another-way/>



Credit: fggam.org

Over and over I return to the sense I have that our responses to our feelings are the major drivers in our lives.

I watch myself move from one feeling to another - from happiness to irritation, from concern to relaxation - and what I notice about myself is my extreme reaction in the face of any one particular feeling.

If I'm irritated, I'm super-irritated. If I'm happy, I'm super-happy. I'm not at all balanced in my responses to feelings that arise.

These responses to my internal states are what others see. They determine the particular mask I might choose to wear with people. I'm either denying or embracing my exaggerated responses.

They determine my lines, costumes, gestures, etc. Collectively they contribute a great deal to what others perceive of as "my personality."

I'm like a stimulus/response machine reacting excessively to my feelings. Do I want to continue this way?

No, I don't. I'd like to break the stimulus/response pattern by inserting a moment of reflection between them: Stimulus/reflection/response.

By interposing the observer into the stimulus/response equation, I hope to break the momentum, apply the brakes, and limit the extreme, unbalanced response to any one feeling. Well, that's my hope, my intention.

Meanwhile, I'm simply treating the symptom. What's the root cause of the matter?

I look and see that it's simply a case of intergenerational transfer. I copied one of my Dad's patterns.

So no more stimulus/response to errant feelings. I'm not my feelings. I'm not run by my emotions, no matter how productive it is to know and experience them.

Responding to them unthinkingly hasn't proven productive for me. I repent. I "go another way."

I invoke Sanat Kumara and the Law of Elimination to take this unwanted habit pattern from me.

We Talk Little about What's Most Important to Us: How We Feel

October 28, 2021

<https://goldenageofgaia.com/2021/10/28/we-talk-little-about-whats-most-important-to-us-how-we-feel/>



How do you feel?

From a life of observation, as you know, I've reached the conclusion that how we feel is what's most important to human beings. Everything seems to get channeled through the filter of "how do we feel about it?"

We go to Hawaii and rent a room over Waikiki for that magic moment. What does that magic moment boil down to? How we feel.

Although we may not acknowledge it, everything about relationship seems to revolve around how we feel. Any decision from buying a car to conceiving a child is filtered through it.

I could argue that we're captive to our feelings. Although we're largely unconscious of it, they show up as who's steering the boat, who's deciding our choices, who are our friends and who our enemies, etc.

The ironic thing is that, though our feelings may rule us, we either don't have a language to discuss them with or else for one reason or another don't use the one we have.

Our emotional IQ, to borrow a phrase, doesn't seem to be very high these days. It was in the growth movement of the 1970s.

In part that devolution of consciousness was planned. Team Dark has in every way tried to dumb us down - chemtrails, vaccines, media programming, advertising, sports, glamor, automation, recessions, overseas outsourcing, jobless recoveries, unemployment, MacJobs, etc.

As we now begin to awaken to the deadliness of the vaccine and the plight we've put ourselves in, having been raised on deadening fare so far, we may be ill equipped to handle the emotional upset we're about to experience.

In particular, we haven't been educated on how to handle our low spots. If we feel low, we tend to feel low about feeling low.

We don't let it be and just observe it, remaining aware and watching it pass like a cloud overhead. Instead, we get inside the feeling, get behind the steering wheel, and drive it around. We project our anger and upset onto others, when it's just us that's been triggered, usually by something in our past.

I said earlier that we either don't have a language to discuss our feelings with or else for one reason or another we don't use the one we have.

As a result, I could arguably say that we talk little about the most important thing in our lives.

Ask a person how they feel and they likely will say "good" or "tired." And that's about as far as the discussion goes.

If a person is low, we listen for a short while and then say something which usually boils down to "you shouldn't feel that way. Cheer up."

As Gabor Mate's work is showing, we never learned how to be with an upset person or to handle our own upsets.

The wounds we received in early life - our early childhood trauma, to use Gabor's term - fashion our responses rather than our responses being spontaneous (if any of our responses ever truly are).

I fervently hope that all this changes in the future. I'm working to see that we relearn an emotional vocabulary and accord our feelings their rightful place among the determinants of our behavior.

And that we learn how to handle the down times.

But most of all that we take responsibility for the way we feel and then begin to do what has us feel at our best.

What has us feel at our best is a synonym, a code word for the divine qualities or divine states. Love, peace, bliss, happiness, joy, abundance, mastery, etc. - these are higher-dimensional states of consciousness, rather than feelings.

They transform the way we feel if they're the genuine article.

I hope that we begin to explore what has us feel best, share about it, and develop a culture after the deep state is gone that opts for emotional transparency and enjoyment of the divine states.

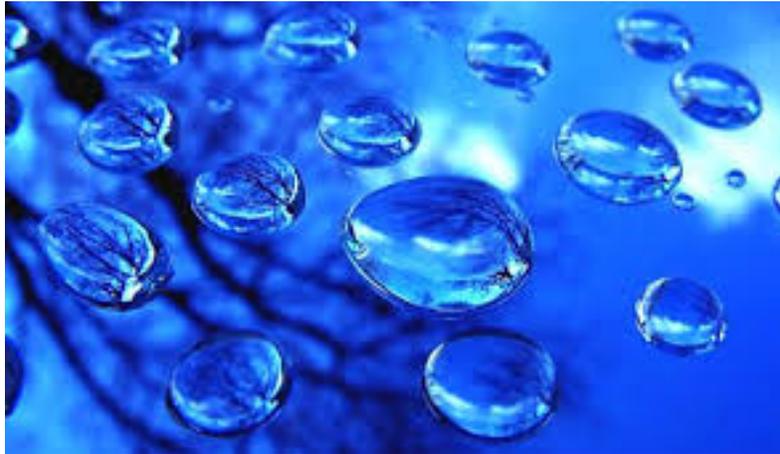
The divine states, I assert, represent the spectrum of states of consciousness in which we feel best.

⌘ What is Purification? ⌘

A Time of Purification?

August 5, 2020

<https://goldenageofgaia.com/2020/08/05/a-time-of-purification/>



Triggers just seem to keep going off. I have to be supervigilant not to launch into extreme thoughts and behavior.

And not to then swing out onto the other extreme and super-protect myself from them, until the guardian again becomes the guard. (1)

How to stay in the middle and yet be strong, resolute, determined? This is truly Giacomond's territory.



Part of my job is to give a running narrative, an ethnographic account of my passage through this territory and the others leading up to Ascension.

This stretch must be what Homer meant by picturing Odysseus strapped to the mast and letting him hear the siren's song.

We're all strapped to the mast and obliged to hear our siren's song in this stretch of the passage. If you're like me, our deeply-hidden issues and often-childish thinking are now arising to be seen and acknowledged.

Jesus tells us:

"There is nothing covered that shall not be revealed; and hid, that shall not be known." (2)

I think we're in the time of self-revelation he spoke of, a time of purification for us. The criminal shall be stopped (this seems to be happening) (3) and the seeker shall be purified.

This time isn't what St. John of the Cross meant by a "dark night of the soul." (4) But it's what we commonly mean by it - a really bad time, a time to hunker down and get through.

The desire to look good and sound right is a large part of what keeps a vasana in place. We have to be willing to look bad and sound wrong if we're to get through this one.

When I look at the vasana that I just went through - or rather am still going through - I can focus on how right I was or how far I take things.

I can be highly principled and yet not acknowledge that the real issue is how far I'm taking matters.

I justify my willingness to speak my mind anywhere as being fearlessness. It isn't. Except in my own mind. It's simply bad manners in the eyes of 99.99% of others.

This is me reparenting myself on the matter of my "straight-talking" (another justification). I find reparenting necessary to counter the habitual tendencies. Vigilance without paranoia.

I have this lingering sense that this is not the last core issue that I'll face. (5) I'm reminded of Isaiah:

3The voice of one crying in the wilderness:
“Prepare the way of the Lord;
Make straight in the desert
A highway for our God.
4Every valley shall be exalted
And every mountain and hill brought low;
The crooked places shall be made straight
And the rough places smooth;
5The glory of the Lord shall be revealed,
And all flesh shall see *it* together;
For the mouth of the Lord has spoken.” (6)

I think this is that very process. Increase the energies lifting us up and whatever wants to hold us back rises to protest. But every crooked place shall be made straight, whatever we say or don't say about it.

My words of comfort are of course that, relieved of the burden of our dark side, we'll feel radically better, as I did in 2015, basking in love.

This release of old baggage is en-lighten-ment. We're rising to a new level of vibration both by the effect of the rising energies and by our ability to drop our limiting burdens.

But first they must be exposed to at least our own gaze.

Footnotes

(1) See "Sitting on My Inner Child," Aug. 6, <https://goldenageofgaia.com/?p=312346>

(2) Jesus in Matthew 10:26.

(3) See *Trump & the Q Plan - From A to Z* in “A Look at What Trump and the Q Team have (Actually) Accomplished,” July 24, 2020, at <https://goldenageofgaia.com/2020/07/24/a-look-at-what-trump-and-the-q-team-have-actually-accomplished/> GAoG does not agree with all the views stated in the video but posts it to point to the series of meetings President Trump is alleged to have had in 2017 and their purported outcome.

(4) He meant a time in the seeker's life when all the senses go still, silent, unseeing, etc. One believes one has been abandoned by God. See Kieran Kavanaugh and

Otilio Rodriguez, trans. *Complete Works of St. John of the Cross*. Washington: Institute of Carmelite Studies, 1973.

Bernadette Roberts gives a good, succinct description of it:

"In experience, the onset of this process (of God-realization) is the descent of the cloud of unknowing, which, because his former light has gone out and left him in darkness, the contemplative initially interprets as the divine gone into hiding.

"In modern terms, the descent of the cloud is actually the falling away of the ego-center, which leaves us looking into a dark hole, a void or empty space in ourselves. Without the veil of the ego-center, we do not recognize the divine; it is not as we thought it should be. ...

"From here on we must feel our way in the dark, and the special eye that allows us to see in the dark opens up at this time." (Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.)

This stage being beyond Brahmajnana (seventh-chakra enlightenment), it has to be preliminary to Ascension.

However I don't think this generation will be obliged to make such a difficult passage. All the rules have changed and our gradual ascent may make the rigors that St. John and Bernadette went through unnecessary.

(5) I already feel the next core issue in line is about shame, embarrassment, humiliation. It's just waiting for me to be done with anger and fear.

(6) Isaiah 40:3-5.

What's the Significance and Effectiveness of Personal Cleansing?

August 31, 2020

<https://goldenageofgaia.com/2020/08/31/whats-the-significance-and-effectiveness-of-personal-cleansing/>



Example of Realization: Archimedes. Not that kind of cleansing though and don't run down the street naked

All this personal cleansing that I'm doing - and we're doing - what's its significance and how effective is it?

The significance of personal cleansing is that it removes the various obstacles to realization (enlightenment).

I've talked about the obstacles as vasanas (or core issues), habitual behavior patterns, and ... I now see ... the inner critic or Constant Comment.

There may be more obstacles that I'm not aware of. But, combined, they are what anger us, skew our behavior, result in violence, and increase our density. All of this is endarkenment. We need to turn around and go another way.

When the obstacles have lifted or departed, we're restored to a condition of natural purity and innocence. I experienced that natural innocence at Xenia Resort in 2018. It was way below the vasanas, which appeared to me, as I descended in an imaginary elevator, to be far above us, almost at "skin level," as I went deeper and deeper into the heart.

Restoring us to our natural Self is what spiritual practice is aimed to do. That process will go on long, long after we've ascended to a Fifth- or Seventh-Dimensional vibration. It'll never stop until we stop, back in the heart of Mother/Father One.

How effective it is can be seen by the recent departure of Constant Comment. My life before and after its departure is hard to compare. I denied myself so much pleasure and comfort, so many opportunities, so many new places to explore.

I denied myself relaxation, vacations, love, bliss. I denied myself all the more enjoyable things in life.

Now all those bonds are gone and I'm simply left with myself and my wishes. Nobody denies me the best that life has to offer any more. The world opens up before me and there's no longer anyone inside to deny me my turn with it.

I guess "liberating" is the word for it and I consider that a testament to its effectiveness.

Even swinging out to the extremes seems related to Constant Comment in a way that I can't yet explain. Did that somehow please the ego? Why? Because it produces drama and trauma, things that perpetuate the ego?

I no longer feel inclined to swing out to the extremes.

I haven't been guiding myself to the center. I seem to have drifted there outside of consciousness. I gravitated to it the way particles settle out of water: I sank to it.

My sensory desires aren't great. Bliss is just below the surface and peeks out from time to time.

I feel secure and safe and open to whatever comes. I don't mean that I'll suddenly become a tremendously-social person. I can't see that happening, especially given the work expected of me.

But within the arena I choose to play in, I feel a new confidence and lack of fear.

So this is how the Company of Heaven transforms us from being lacking in self-worth, self-confidence, and self-respect to being free of those conditions.

Our Deep Housecleaning

Sept. 22, 2014

<https://goldenageofgaia.com/2014/09/22/our-deep-housecleaning/>



Dad

Archangel Gabrielle said in a message Sept. 21:

"I remind you this day, [that you are clearing] your key motivator, your core issues, as you let the residue of the old Third go... Why do you do this? ...

"You are undergoing this magnificent transformation, demanding and commanding the truth of your path, of who you are because you are tired of suffering and you are tired of seeing the suffering of humanity. You're tired, you are sick and tired, child, of the illusion.

"The tsunami has awakened you like never before. ... You have cleansed and cleansed. You have dove deep. You have ridden the waves. So what is the problem? Dear hearts, there is no problem. It is just that the housekeeping for yourself and for humanity goes very deep.

"This cleansing is complete." (1)

Perhaps I can illustrate the depth of this cleansing from my own personal experience. In a reading I had with him on Aug. 22, Archangel Michael used words similar to what Archangel Gabrielle just said. He pointed out that I was doing "some very deep housecleaning." It came up here:

S: You heard me during this past week, moaning and groaning?

AAM: Yes, I have. Most of heaven has.

S: Oh, no. Really?

AAM: I'm teasing you. Yes, we are aware. But also know that what you are doing is some very deep housecleaning. (2)

I presume, based on what Gabrielle said, that the same applies to many people.

He also told me that I'd emerge "addicted to love." That hasn't happened quite yet!
(3)

Yes, the housecleaning was deep. It was as deep as I can possibly imagine going. Let me illustrate.

I awoke in the middle of the night last night and saw something that brought me to a complete standstill and humbled me.

Previously I had always placed my Dad over there and me over here. In the middle of the night, I awoke seeing my Dad a few feet away from me. At that moment, the words of Farmgirl came to me:

"Hear not the blaming word,
But listen far below it,
To the secret speaking
And the silent cry." (4)

I saw the tortured look on his face, that look of terrifying anger that I knew so well.

I felt emboldened by Farmgirl's words and entered into his body in my imagination. I was actually enabled to feel how he felt. I walked a mile in his shoes, so to speak.

I got how dismal and awful he felt. I actually experienced compassion towards my Dad, for the first time in my life.

I remembered all the abuse he'd suffered in his life - being roughly treated, kicked out of the house, rejected by his father, and later by his mother - what torture that must have been.

But the most important thing I got out of trying him on and testing it out is that I saw that, when I become super-frustrated, super-angry, or super-upset, I become my Dad.

I had never seen this before. I had heard it said on occasion, but it remained intellectual knowledge. But I now saw that I actually became my Dad on those occasions. I had an experience of it. It became experiential knowledge.

I got that I can be terrifying at those times. My smugness at holding my Dad over there and me over here disappeared.

In the growth movement, we'd have spoken about "calling oneself on our own numbers." When we have a realization like this, it works to call ourselves on the number (routine, act, pattern) we see. It makes it real by fixing it in the mind. And publicly declaring it makes it undeniable, nailing our foot to the floor. Not everyone would want to do this, but I do.

My number is that I become my Dad when I'm super-frustrated or super-angry. So it really isn't that Dad is out there and I am in here. Dad is in here too. I am my Dad.

I feel sobered and humbled by what I've seen. I'm not wanting to dramatize it. If anything I feel like meditating on it and really getting it, sucking the juice out of the realization. I feel a deep sense of release and relief spreading through my body, the indication that this is a true seeing.

I feel distinctly different at this moment. There's a tingling feeling happening and a flood of calm, a wave of peacefulness passing through me.

I'd like to think that the Company of Heaven is taking this whole way of being away from me, as they did in the "System Restore." (5) But I don't know that yet.

I'm humbled by this experience, which was brought on by the Tsunami of Love. I wouldn't wish to hide it from you. Without acknowledging things like these, we can never be free of them.

The other day when I said I was operating from ignorance in 1986, (5) people wrote in and asked me not to call myself ignorant. Others wrote in and said that, if I was not a fount of love, they despaired about themselves.

I'd like to go a little deeper with that, if you'd permit me. Until we look at the truth of our way of being, we cannot be free of it. It wouldn't work for you, it wouldn't work for me if I were to pretend to be in a place I'm not.

I see that I've become my Dad and seeing that is not awful for me or an abandonment of you. Seeing that is liberating. And acknowledging this to you is also liberating. It's emergence. It's freedom.

Footnotes

- (1) "Archangel Gabrielle Beckons Us: Come Fly with Me... You are Ready!," Council of Love, September 21, 2014, at <https://counciloflove.com/2014/09/archangel-gabrielle-beckons-us-come-fly-with-me-you-are-ready/>
- (2) Personal reading with Archangel Michael and Steve Beckow through Linda Dillon, Aug. 22, 2014. Also see "Addicted to Love and the Middle Way," Aug. 26, 2014 at <https://goldenageofgaia.com/2014/08/26/addicted-to-love-and-the-middle-way/>.
- (3) But on March 13, 2015, after my heart opening, I did emerge addicted to love!
- (4) "This Manitoba Farmgirl," Sept. 20, 2014, at <https://goldenageofgaia.com/2014/09/20/this-manitoba-farmgirl/>.
- (5) "System Restore," May 10, 2014, at <https://goldenageofgaia.com/2014/05/10/system-restore/>.
- (6) "So Why am I Not a Fount of Love?" Sept. 21, 2014, at <https://goldenageofgaia.com/2014/09/21/so-why-am-i-not-a-fount-of-love/>.

⌘ What is Realization? ⌘

What is Realization?

December 8, 2021

<https://goldenageofgaia.com/2021/12/08/what-is-realization/>



I'm profoundly interested in the subject of realization. And in this time of the Pause, I find myself reflecting on the subject.

As I'll discuss below, realization of our true identity is the purpose of life. It's also the most pleasurable experience I can think of.

But let me not get ahead of myself.

Realization is to the ordinary human being what a pole is to a pole vaulter. It enables us to transcend an obstacle and see life on the other side.

There are minor and major realizations. Not all realizations result in enlightenment. Some are no more than sudden insights or dawning awareness.

Realization itself, in my experience, is the result of the combination of two circumstances: bliss and cognitive dissonance.

If there is no cognitive dissonance, we simply tend to sit passively in bliss, there being few other higher experiences that we can probably think of. In other words, we've arrived.

In terms of realization, bliss lifts us up to a dimensional height from which the answer to our difficulty can be more easily seen. When we see it, we say we've had an "Aha!" moment, a "Eureka!" moment, an insight, or ... a realization.

Cognitive dissonance provides us with a subject of seeing in the space that bliss provides. This table in front of me works. It doesn't need fixing. Therefore it doesn't impinge on my awareness. Consequently when I'm in bliss I probably won't have a thought or realization about the table.

But let's let's pretend my relationship with my best friend is out and that's bothering me. I take that with me into the space of bliss and from the greater height - and of course the ease that bliss lends to everything in and of itself - I see the way through.

I couldn't see the way through before for any number of reasons, some self-serving, some informational, some energetic, etc. But all these dissipate in the higher space of bliss.

In bliss we drop roles like the complainer, the stick in the mud, and the victim - to borrow a few that I played as a kid. They no longer have relevance and are in fact now counter-productive if they ever were truly productive.

Someone once said that, in the space of bliss, what was a problem becomes just a situation. That's so true. We simply look for the way through and then take it and complete the needed tasks. No grumbling. No groaning.

Why? Because bliss leaves us feeling that we have everything we need and want. It's all about feeling wonderful, is it not?

No wonder people in bliss just sit and look. There's nothing more to do. We're there.



Why am I profoundly interested in the subject of realization? Long-time readers will guess.

The purpose of life, as can be read elsewhere, (1) is enlightenment. The purpose of life is that God should meet God in a moment of our enlightenment.

Enlightenment means the realization of the truth of our identity. When one of us realizes his or her true identity as God, God meets God.

I wonder if this is why sages used to emphasize yearning, a heart troubled for God, as indispensable to enlightenment. (2) The heart troubled for God provides the fuel, the cognitive dissonance. And the bliss that results causes the ignition and explosion of realization.

We realize our Self. Then we realize our Chosen Ideal. Then we realize the Transcendental. Finally, we dissolve in the One ... for a while. (3)

Footnotes

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

(2) "They make so many pilgrimages and repeat the name of God so much, but why do they not realize anything? It is because they have no longing for God. God reveals Himself to the devotee if only he calls upon Him with a longing heart." (Parahmahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 306.) [Hereafter PR in GSR.]

"One attains God when one feels yearning for Him. An intense restlessness is needed. Through it the whole mind goes to God." (PR in GSR, 337.)

"A man does not have to suffer any more if God, in His Grace, removes his doubts and reveals Himself to him. But this grace descends upon him only after he has prayed to God with intense yearning of heart and practised spiritual discipline." (PR in GSR, 116.)

(3) Archangel Michael: When you go home, ... you can reunite in the heart of One. Do not think that you go off on another tangent or another journey simply because

you feel like it or because you are earning your way back to that linear path. You go back out into the universe as a brilliant spark of pure light!

So you come, you return, you gain not only understanding, wisdom, knowledge [in the heart of One] - what you can think of as spiritual regeneration - and then, in concert with many, including your guides and guardian angels and, many times, whoever you are going to be working with - for example, myself or Archangel Raphael - you emerge again. (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/>.)

Realization is Simply Seeing from a Higher Level of Consciousness

February 25, 2022

<https://goldenageofgaia.com/2022/02/25/realization-is-simply-seeing-from-a-higher-level-of-consciousness/>



Realization, in my view, is simply seeing from a higher-dimensional place.

To say "I realize" is no different than saying that I am at the moment existing on a higher level of consciousness than I normally do.

But before I go further, I'd like to make two distinctions here. They may sound in conflict at first. Let me explain.

What boosts us up there is a breakthrough moment of love, bliss, peace, or one of the other divine states.

Wisps of these states, in my experience, are constantly with us. We just don't notice them. We can clamber aboard them and ride them to a fuller experience of whatever the divine state is.

Meanwhile, when love or bliss finds a crack in our armor, or even a little space, it may fill us up for a moment. And, because we disregard it or mis-identify it, it goes. It's always there in the background, largely outside our awareness.



It's the divine state - usually bliss in the case of realization - that boosts us up to the higher plane. If we have nothing in our minds - if our minds are quiet - we may simply rest there in peace.

But if we're wrestling with a problem, or trying to understand a distinction, or feeling cognitive dissonance, we may have a "Eureka!" lightbulb or breakthrough moment.

Which leads me to speculate that:

Distinction plus bliss [or other divine state] = realization.

The "distinction" - whatever intellectual or emotional problem we may be dealing with - plus the elevating power of bliss causes realization - a truth becomes apparent and is experienced; the way through a difficulty is seen; the way to reconcile two opposing matters becomes clear.

At these moments, if we're already grinding away at a problem or situation in our lives, we see things from a higher place. Cleansed of our core issues and investments for the moment, the way through becomes clear.

One of the ways bliss lifts us up is that it dissolves all problems. They simply become situations and we feel a sense of liberation and lightness. It's surprising what we add to the situation - which makes it fearful in the first place.



A distinction can be anything, but distinctions on less important matters (we, defining what is important and what not) probably result in less impactful realizations.

Here's a distinction between feeling states and divine states as an example.

Feeling states are experienced as happening inside of us. We may feel something in our heart, in our head, in our stomach, etc. The feelings are localized.

Divine states are experienced as being larger than us, including us, embracing, enfolding or overwhelming us. I am swept away by the inner tsunami of love. I am drowned in the Ocean of Love.

So we've made a distinction, based on experience, between feeling states and divine states, whereas before no distinction existed. Before there was a lack of understanding; hopefully the distinction has helped to bring in understanding, at a minimum.

If at the same time I was making the distinction, I was filled with bliss, whether beforehand or in the moment, then rather than the distinction perhaps piquing my interest, it might result in an expansive or even explosive dawning of awareness.

In the experience of bliss, all my senses and faculties would be activated. The doors to knowledge would be left open. My ability to know would be greatly expanded.

Moreover, each experience of the divine state of love or bliss, edges us up a level, as Michael makes clear:

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

But every time, you have had this experience it has edged you up a level.
(1)

It turns out that we are already living in part on the higher realms, as Michael further explains:

AAM: A very large quotient, shall we say, of you is living ... in the higher dimensional realm. ... Then there is a part of you that is in fact in the, shall we say, the morass of the chaos and the lower (for lack of a better term) dimensional realm because that is where the work is. (2)

Ascension itself will see the door of the heart permanently open, connecting us to the higher realms. Then what was realization to us before will now simply be the normal state of our mind.

Footnotes

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

(2) Archangel Michael in a personal reading wth Steve Beckow through Linda Dillon, Jan. 18, 2020.

Realization and Ascension

August 30, 2020

<https://goldenageofgaia.com/category/news/spirituality/awareness-as-a-path/page/4/>



Most people in the world do not know about Ascension. Most do not believe that we survive bodily death. Certainly most do not know that life has a purpose, a direction, a meaning. (1)

What we believe determines the world we live in - and the world we don't. Another way of saying that is to say that what we believe determines what dimension of consciousness we anchor our being in.

Matthew Ward described our situation a few years ago:

"Although Earth and all of her residents are in fourth density location-wise [now Fifth to Seventh], the majority of the populace still is within third density awareness-wise." (2)

Michael says that we're anchored in the Fifth but we don't realize it yet. So we've advanced since Matthew spoke in 2016 but we still haven't "caught up" to where we truly are. We're anchored in one dimension; but we think we're in another.

Steve: I know that Gaia is in 7D. Are we in 5D and we just don't realize it?

Archangel Michael: That is correct.

Now if you're thinking where you are anchored, ... Gaia and the kingdoms, etc., are very firmly anchored in the seventh dimension of love and have been for quite some time. ...

If you are to make a generalized statement [it would be] that collective humanity, these beautiful Gaians, are in fact more firmly anchored in the fifth than anywhere [else]. (3)



As I said earlier, realizing is the highest form of knowledge. (4) Do we give much time to thinking about it? I wouldn't imagine so. I'd like to take a moment to look at it.

All realization is seeing things from a higher-dimensional perspective. It's a brief Ascension to a dimension higher in vibration than our own. We then bring back what we saw to the lower, everyday dimension - *if we can*. (5)

So realization is a higher order of knowing. We have many minor realizations, to be sure - bright ideas, light-bulb moments, inspired solutions to old problems, etc.

But major realizations - that would qualify as enlightenment - are much rarer. The levels that interest us, because they're on our forward journey, are:

- fourth-chakra enlightenment, also called spiritual awakening and stream-entering, is usually the sight of the Self, but can also be a heart opening;
- sixth-chakra enlightenment, also called savikalpa samadhi; I'm no longer inclined to put a limit on the number of ways enlightenment can show up; classically we'd have said the Light seen in all creation or clouds of consciousness.
- seventh-chakra enlightenment, also called Brahmajnana, God-Realization, jnana, and kevalya nirvikalpa samadhi. Again I no longer want to put a limit on the ways enlightenment might show up; classically it's described as the seeing of a Light beyond creation. It's the first time we set foot in the Transcendental; and

- sahaja nirvikalpa samadhi or Ascension, moksha, mukti, liberation from the wheel of birth and death; a full and permanent heart opening; entry into the Fifth Dimension of consciousness up to the Seventh, depending on the strength of our experience.

I wish I knew what it takes to "get up to" realization, but I don't. Or am I thinking only of immediate ways?

Long-term ways are clear and include purification in one of many forms - forgiveness, blessing, prayer, cleansing of vasanas, service, etc. Purification is aimed at restoring us to our original, pure, and natural Self.

But whether purification takes us all the way... I don't know. What was it Bernadette Roberts said? She knows.

"At a certain point, when we have done all we can [through purification, to bring about an abiding union with the divine], the divine steps in and takes over." (6)

I favor the view that we take one step towards God and God races a mile towards us. I no longer believe we achieve enlightenment by our own efforts but by the grace of very real, higher beings (the Mother and the archangels). I think it helps to ask them for it. (Ask and ye shall receive.)

I imagine a lot depends on whether we're in service or not and what that service is. I know that, for some, becoming enlightened *is* service.

If one is in service which requires us to interact with everyday people, I'd expect experiences to be only enough to encourage us on but not enough to tear us away from our work.

A realization as advanced as Ascension to the Fifth Dimension of consciousness will have an impact on the body, as the Company of Heaven knows. Let me spend a moment on that because it's important.

Their concern for the survival of our bodies is what has us go slowly in our work-up to Ascension - that and the need to bring along billions of people who simply have no idea of what's going on.

Realizations less senior than Ascension have seen spiritual aspirants give up their bodies. There's a famous spiritual discussion to the effect that Brahmajnana or God-Realization, an event within the Third Dimension, leaves the ordinary person's body so shattered that they survive no more than 21 days.

I imagine that their intense desire for enlightenment, no matter what the cost, persuaded the Mother and the archangels to agree to something that would prove fatal.

I personally don't think that the Mother and our archangel would allow today's lightworkers and lightholders to ascend until they know that their bodies are capable of weathering the rarified atmosphere. (Among other considerations.)

T.E. Lawrence was talking about Ascension from the spirit side of life when he said:

"Should a man try to live in that rarified spiritual air [of a higher plane than Lawrence occupies] who carried still in his being the uncleansed stains of earth, his sufferings would be terrible, as intense as the joy of which he would be capable when he is cleansed of them. (7)

The Fifth Dimension Lawrence might call "the Mental Plane," but it's the same thing being talked about. Again Lawrence stresses purification, being "cleansed of them."

Not only do we have our work cut out for us in preparing our hearts, minds, and bodies for Ascension, but also in helping the vast majority of Earth's population, who have no idea what's happening, to endure the tremendous strains on the heart, mind, and body that Ascension could make.

We're going to be asked a lot of questions. Are we ready?

Footnotes

(1) On the purpose of life, see "What is the Purpose of Life?" February 24, 2020, at <https://goldenageofgaia.com/2020/02/24/306794/>

(2) Matthew's Message, October 19, 2014, at <http://www.matthewbooks.com/mattsmmessage.htm>.

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.

(4) "The Cat is Out of the Bag," August 25, 2020, at <https://goldenageofgaia.com/?p=312821>.

(5) I once saw Michael in a lucid dream. He was on board ship. After talking for a bit, he rose up in the air. He only had a body from the waist up. He came over top of me and breathed something into me, after which I woke up.

I later asked him what he'd breathed into me, and he said, "Love, so you'd remember the experience." So it took that extra ingredient to have me remember a nighttime excursion. Usually we don't remember.

(6) Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.

(7) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964, 86.

Paradigmatic Breakthrough as a Type of Spiritual Realization

October 11, 2020

<https://goldenageofgaia.com/2020/10/11/paradigmatic-breakthrough-as-a-type-of-spiritual-realization-2/>



Download a copy of *Paradigmatic Breakthrough: Essays in New-Age Philosophy* [here](#)

In this article I'm going to look at paradigmatic breakthrough from a number of angles.

A paradigmatic breakthrough is a discontinuous movement from one contextualizing understanding or point of view that has come to pinch and restrict to another more acceptable one.

If the resulting shift in understanding, attitudes, desires, and constraints is lasting, we say we've had a paradigm shift. If not, we say we had an interesting idea.

An example was my enthusiasm, as an historian, for the notion of a "cooperative commonwealth." For whatever reason, it never caused paradigmatic breakthrough whereas Werner Erhard's "a world that works for everyone" definitely did.

The latter resulted in a lasting paradigm shift for me. I realized on March 13, 2015 that the phrase was a simple description of life immersed in the love of the higher planes. There, the world works for everyone.

A build-up of cognitive dissonance is what causes paradigmatic breakthroughs. No dissonance; no need for a breakthrough. We're happy with our paradigm.

Only when it starts to pinch and restrict do we chafe and end up finding a new and larger contextual home.

A beautiful description of a version of this process comes from the afterlife journal of William James, which I read for *New Maps of Heaven*. (1)

He's leaving far more than just a paradigm. He's ascending from the Astral Plane (Fourth Dimension) to the Mental Plane (Fifth Dimension). But his description of the process is similar:

"I feel myself growing out of myself in a certain fashion. My adopted characteristics are becoming too small and cramped to contain my new growth and development, and I will move on most certainly to larger psychological quarters.

"It is not only the physical body we outlive, but the psychological house we have chosen. First after death we add new rooms and suites to accommodate our greater experience, but it is soon obvious that the entire structure has had its day. We must move out of it completely." (2)

Perfect. Make appropriate changes and you have a description of the process behind paradigmatic breakthrough.

It can happen explosively or quietly. One is either pushing oneself to break through an obstacle or letting go into release. In the latter case we may not even notice we've had a breakthrough, but we probably notice the resulting paradigm shift.

A paradigmatic breakthrough is an example of a spiritual realization. But not all spiritual realizations are or lead to paradigmatic breakthroughs.

Paradigm shifts are events in knowledge. Spiritual realizations may be events in knowledge but they usually involve every other part of our being as well.

Have we some examples of the points I've just made?

Yes. An example of a paradigm that proved “too small and cramped” for me was my Sociology Ph.D. at UBC. I'd finished my exams and was due to choose a dissertation topic. However at that moment, the 1987 vision happened and totally reoriented my life. (3)

But the University of BC at the time was gripped by the paradigm of empirical materialism. Only what could be seen, heard, touched, or tasted was real.

Enlightenment was at least not real unto itself and brought us into the discussion of other events that were not considered real (ascension of Jesus, Buddha's enlightenment, angelic intervention, etc.).

Two departments (Sociology and Religious Studies) refused me.

But what I saw in that vision was more important than anything the university could offer me, then or for a lifetime, and so I left.

“It is soon obvious that the entire structure has had its day. We must move out of it completely.”

Precisely.

An example of a quiet paradigmatic breakthrough would be when I realized the price I was paying for having an underlying hostile nature.

I changed my vote on or around Sept. 30, 2020, from being hostile to being harmonious. (4) It took the form of a stand, rather than a realization; it wasn't noisy or filled with lights. But it still led to a breakthrough and a paradigm shift regardless.

Have we an example of a blissful realization that did not result in a paradigmatic breakthrough?

Yes. On Sept. 28, 2015, I realized bliss (so, this was a realization) and the experience remained for several months. (5) It did not lead to a paradigmatic breakthrough. It resulted more in me wanting to sit quietly in the space and enjoy it.

Here's an example of a blissful experience that *did* lead to paradigmatic breakthrough.

Bliss made possible my understanding of the 1987 vision. It lifted my faculties up to a place where I readily understood what I was seeing.

It led to many paradigmatic breakthroughs over the years.

Without bliss, I doubt whether I'd have had insights powerful enough to have caused paradigmatic breakthrough. The bliss of the vision was exceptional; it was definitely strong enough.

Have we an example of a realization that is not preceded by cognitive dissonance?

Yes. I realized (so, again, realization) the nature of love during an explosive heart opening on March 13, 2015. (6) There was no cognitive dissonance beforehand. There was nothing immediate I was doing which could be interpreted as causing the opening or leading up to it.

In a reading I had with him that very same day, Michael revealed that he decided the timing, strength, etc. of the heart opening and discussed the factors involved. (7) So dissonance did not cause it; a celestial did.

Nonetheless, at the heart of every paradigmatic breakthrough is a realization.

Download a copy of *Paradigmatic Breakthrough: Essays in New-Age Philosophy* [here](#)

Footnotes

(1) *New Maps of Heaven* at http://goldengaiadb.com/index.php?title=New_Maps_of_Heaven

(2) William James through Jane Roberts, medium, *The Afterdeath Journal of an American Philosopher: The World View of William James*. Englewood Cliffs, NJ: Prentice-Hall, 1978, 159.

(3) I had an extended vision in 1987: 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) “From Hostility to Harmony,” October 2, 2020, at <https://goldenageofgaia.com/2020/10/02/from-hostility-to-harmony/>

(5) See “Submerged in Love,” March 14, 2015, at , “Activating the Wellspring – Part 1/2,” March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>, and “Activating the Wellspring – Part 2/2,” March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(6) I’m not surprised the experience happened that day. I’d have needed some explanation of what it was that just happened. The reading was like being given a handbook on the subject.

My cognitive dissonance had been around not being able to make sense of the literature on enlightenment I was reading.

The vision showed me the entire journey of an individual soul from God to God. It left me knowing for certain that the purpose of life was enlightenment.

That vision became my paradigm and will remain so until it begins to pinch and restrict.

(7) The passage is long but very germane. I'll italicize the steps he says were influential in the event happening:

Archangel Michael: 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.*

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. ...*

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.

[But] 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! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.)'

As an aside, this exchange proves that our spiritual experiences are overseen and modulated by the celestials.

More and More Still

April 9, 2021

<https://goldenageofgaia.com/2021/04/09/more-and-more-stilled/>



As a lightworker and a spiritual seeker, I see the benefits of cleansing, purifying, removing obstacles, processing vasanas, deconstructing the constructed self, reparenting myself, etc.

I know what's "down there." (1) And it's innocent and pure, loving and blissful.

I am in a sense uncovering it.

Or one could look at the matter in an entirely-different way and compare it to the sentient column of water in the movie *Abyss* (see graphic, above). When contact was over, it simply withdrew to the center of itself.

By the same token, we're withdrawing from our furthest intrusions into dense matter. The Third Dimension is about as dense as we'll ever have to go in physicality.

I am (and you are) gradually leaving behind the heavier layers and moods of life, just letting them go, knowing that we're being guided to a new realm and environment that will self-correct all ills and re-establish life as it was intended to be.

It doesn't require more than our longing to bring us to a higher version of life in these times. The Law of Attraction takes care of the rest. That's always been the case, but my understanding is that results are manifesting more quickly the deeper into the transition we go.

Or rather the higher into the love energies we go. I rejoice at the thought that what has been mainly an inner tsunami of love may gradually be becoming an outer tsunami of love.

Even though I know this to be so, I feel shy when thinking of bringing what is within without, of standing there vulnerably loving or exposing my bliss or my joy to public view. At the same time the amount of time I spend in bliss is noticeably increasing.

In private, my mind is more and more still.....

Footnotes

(1) "The Heart is 'the Seat of the Soul'," December 17, 2018, at <http://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/> and "Original Innocence," Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/>

⌘ Dawning Awareness ⌘

Dawning Awareness 1

March 26, 2013

<https://goldenageofgaia.com/2013/03/26/dawning-awareness/>



Followers of the path of awareness will probably recognize the process I call “dawning awareness.” In my view, it’s one of the chief means by which knowledge and understanding are gained on this path.

The knowledge that I value as a follower of this path is both body- and spirit-centered. That is, it shows up as changes in the manner in which the spirit and body function with each other. (1)

So for instance, when I speak the truth, I feel release from the patterns of stress and tension in the body. (2) Therefore I use the experience of release as my homing beacon to tell me whether I’ve told the truth or not. If I’ve told the truth, I experience release. If I haven’t, I experience more stress and tension. In this case, the body feeds back to the personality (the spiritual expression of the being at that level of dimensionality) what the truth is.

In the process of “dawning awareness,” I’m concerned with thoughts that arise in my mind which are both true and impactful. By “impactful” I mean thoughts that create release from stress and tension, thoughts that "set me free."

Where these thoughts come from, I’d imagine, varies. Some come from memory. If what I’m dealing with is a vasana, (3) then memory is where the original traumatic incident that’s the seed of the vasana is located. So it isn’t true that we should stay out of the past in all cases. In sourcing or completing a vasana, the past is valuable.

More thoughts arise in my mind, I think, from my guides, including my Higher Self. At this point in my evolution, when I’m speaking, I’m usually unable to know when a thought has come from these sources. However, when I’m writing, I can often see the difference in energy and know that I’m being guided.

The thoughts that arise in my mind often follow a patterned process, so to speak. A keynote thought will arise and then each thought that arises thereafter addresses an area of ignorance or resistance that itself arises in resistance or opposition to the keynote thought.

The sequence is much like “and then ... and then” or “what if ... what if.” It has a narrative, often sequential quality.

It’s as if I face a sage of whom I ask one question after another and the sage supplies one answer after another, until I have no more questions.

However, I’m usually not aware of the process at this level of detail. What I’m more aware of, if I’m writing, say, is the next sentence coming and the next and the next. I have to observe closely if I want to see the question that arises to which the next sentence is an answer.

What I *am* aware of is that, before I wrote that sentence, often I may not have had that knowledge. I’m aware that I’m learning as I go along in the process of dawning awareness.

That puts a special meaning on the saying that we write what we want to learn.

I’m getting more and more confident with this process. I sit down and address a subject and now have the confidence that the answer will come as I go along.

I know there's a group on the other side who channels through me. I know this because I've been told but also because there have been one or two days on which I haven't felt "inspired" and on those days I can't write a word. I think the guides did that just to show me their presence. And it worked. After that I was aware of them. Or rather of the building of inspiration and the felt need or pressure to write.

Everyone has a different signal for when it's time to work. Suzanne Lie feels a sensation like a knock on the head when the Arcturians want to speak. And I feel the upwelling of bliss when I know an article is coming through. (I think I prefer the upwelling of bliss!)

I believe I supply the words, the vocabulary or building blocks, but they supply the energy, the thought content, perhaps not in word form but in some other form that I'm not certain about yet. I haven't had experience of telepathy in this lifetime so it very well could be that and I just don't recognize it as such.

The process is a bit discombobulating at times. It's almost as if I get the chief answer first and then more and more detail as if I'm working backwards. It sometimes feels as if we're going farther and farther away from the main point, as if we're straying, but this is often how dawning awareness works.

We never sneak up on a subject. I get the last or final word first and then answers to the reservations in my mind or to my objections, until I have no more of either.

And all the while I speak or write the thoughts as if I've said them when I know I haven't.

There was a time when I felt like a fraud because I was not acknowledging that these thoughts were arising in my mind from what I knew to be another source. But even the avatar Sri Ramakrishna operated in this manner. The Divine Mother fed him a never-ending flow of images and thoughts and he simply relayed what she was telling him.

The more I get out of the way, the easier the process works and the better the flow. You remember I said that, when I was channeling "The Declaration of Human Freedom" from Archangel Michael, (4) I would periodically say to myself that I needed to take control of the process. At that point, I'd insert a word that I specifically wanted in the text.

However later, when I read the document, the places where my attention stopped because the word was not right were typically the places where I'd put a word in the document. I had to remove my contribution to that piece.

You see the implications of all this, do you not? We know how it's said that God plays all parts and speaks all lines. When one is aware of being used by higher dimensions, one begins to track back where the words may be coming from. And ultimately one arrives back at the Source who, I think, inspires all true and ennobling thoughts.

Our best contribution really seems to be, as my brother is fond of saying, to get out of the way. And I consider it a sign of growing spiritual maturity when the individual not only doesn't mind doing that but also actually wants to serve as a channel for a higher expression. I end up curious as to what "they" want to say today. I have very little desire to hear myself and a great deal of curiosity as to what desires to come through.

We wonder what the folks on the other side are doing these days. Well, don't forget to remember all the ones who are inspiring our writers, artists, politicians, sages, healers, etc.

Footnotes

(1) See "Living within a Lacrosse Ball" at <https://goldenageofgaia.com/2013/03/living-inside-a-lacrosse-ball/> on the resistance the body presents to the spirit.

(2) See "The Truth Shall Set You Free" at <https://goldenageofgaia.com/on-processing-vasanas/truth-set-free/>

(3) An archaic, troublesome and usually negative pattern of behavior created during an earlier traumatic incident in life.

(4) See "The Declaration of Human Freedom" at <https://goldenageofgaia.com/spiritual-essays/human-rights/declaration-human-freedom/> Also see "Archangel Michael: The Declaration of World Peace," at <https://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/world-peace/archangel-michael-the-declaration-of-world-peace/>, which was also channeled.

Dawning Awareness 2

October 4, 2018

<https://goldenageofgaia.com/2018/10/04/dawning-awareness-2/>



It's 4 am. I'm awake and I'm torn between going back to sleep and writing this down. Something tells me I should bite the bullet and write it down.

If I were to summarize how I feel after having briefly experienced the Self, I'd say I feel freer, freed up, released.

Freer in every respect. And that includes freer in certain capacities. The capacity to feel happiness is an example. I never had that capacity before. I was "headed off at the pass" by the vasanas (core issues).

Another example is calmness. I used to say, "I feel calm now." That implied that there was a state in which I felt calm and one where I did not and I went in and out of them.

But at this moment, I'm not going in and out of anything (knock on wood). Calmness has become, for the moment, a background condition, not even noticeable any more because it lacks differentiation. There is only calmness. I didn't notice that until just now.

Swami Brahmananda said something once that I didn't really understand at the time.

"The sins of many births are wiped out in a moment by one glance from the gracious eye of God." (1)

If I were to put that now in my own vocabulary, I'd say: Many vasanas, including some pretty persistent ones, seem to be released as the result of one brief encounter with the Self, "the eye of God." A more direct connection with the Self is created and many vasanas seem to lose their grip as a result.

I like these newly-encountered states of confidence, buoyancy, and hopefulness. But I also recall another thing Brahmananda said:

"When through japam [saying the name] and meditation a little awakening comes, do not imagine you have achieved the end. Light! More Light! Onward! Onward! Attain God! Gain his vision! Talk to him!" (2)

Yes, more Light! Don't stop here.

Now that you have my attention, now that I've test-driven the car, I like it. How can I buy it?

How do I "work" my process? I work it in two ways. The first way is by noticing. I maintain constant self-awareness as an important agreement with myself. I monitor my breath, bodily sensations, feelings, and thoughts as often and as continuously as I can.

When I get together with other people, my chief delight is in sharing our noticing and "comparing notes."

The second way I've called on other occasions "dawning awareness." Where the awareness comes from, I don't know. All I know is that answers arise in me if I remain quiet and get out of the way. I just allow them to come up as insights, "Aha!" moments, intuitive knowing, etc.

With my writing, after I choose the topic, I still don't know what I'll write before I write it. The process works by allowing writing to happen by itself.

Finally, I'm beginning to dimly discern where this process is going. Given how much of me became accessible after the heart opening and now this encounter with the Self, I can extrapolate into the future.

It doesn't become so difficult now to accept the statement that we are already masters who've consented to forget. More experiences like this - what the Mother called "jumps" (3) - and I can imagine that untapped areas of myself will become accessible and come into play again.

There. I did it. The work of seeing how this altered constitution works is on-going, even at night.

Now can I go back to sleep?

Footnotes

(1) Swami Brahmanananda in Swami Prabhavananda, *The Eternal Companion. Brahmananda*. Hollywood: Vedanta Press, 1970; c1944, 60-1.

(2) Ibid., 61. Going from the vision of God to talking with God represents further and further stages of enlightenment.

(3) Steve: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there. ("The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

The Process of Dawning Awareness

October 6, 2016

<https://goldenageofgaia.com/2016/10/06/process-dawning-awareness/>



Credit: upliftconnect.com

On Sept. 23, 2016, Archangel Michael and I had the following exchange in a reading through Linda Dillon:

Steve Beckow: Lord, what is the difference between consciousness and love? None right?

Archangel Michael: None. You are correct.

Steve: How are we going to get our heads around this Lord...hearts ... or anything else? How are we going to understand these things? They are so much higher than we can get our heads around.

AAM: It is not something ... there has been this slow dawning and that has been underway for some time. You've had this experience. There is this slow dawning so that expansion, expansion, expansion, expansion [occurs] and then you reach the point of that expansion - that's stretching - but then you [become] capable of having that "aha" moment. And that "aha" moment is what many have referred to as "turning on the switch."

Steve: Yes, realizational knowledge....

AAM: Yes.

Steve: Self-Realization is just a bigger, bigger, bigger, bigger realization but these "aha" moments are still realization.

AAM: That is correct.

Steve: Interesting, the whole thing is so interesting. (1)

Archangel Michael here describes the process of what I think of as "dawning awareness." If intense enough, it's been known to trigger enlightenment.

He chooses to focus on the expansion, expansion, expansion that occurs in the individual until, as he puts it, they are "capable of having that 'aha' moment." I call that "Aha!" moment "realization" and he calls it "turning on the switch." Same thing.

As far as I can see, the levels of knowledge we go through are (A) intellectual, (B) experiential, and (C) realizational. (2) Let me illustrate it. I can understand at an intellectual level that an "Aha!" moment is just as much a realization as, say, Self-Realization (i.e., Brahmajnana or God-Realization), if lesser in intensity. (3)

But as long as it resides as only intellectual knowledge, its impact on me is superficial; my grasp of it is not deep. There's little significance brought to my life by "knowing" it. It remains, as I said, "interesting."

If I can *feel* that an "Aha!" moment is every bit as much realization as Self-Realization, different only in intensity, that would be more memorable for me. I describe it elsewhere as being "juicier" than merely intellectual knowledge. The experiential level is the first at which I could say I've stopped eating the menu and I'm now eating the meal.

If I can realize the commonality of an "Aha!" moment and a moment of Self-Realization, it would likely have the power to knock me off my feet for a period of time and definitely totally reorient my life - as my 1987 vision of a soul's journey did.

Footnotes

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

(2) Folks familiar with Werner Erhard's levels of certainty (also called dimensions of knowing) from the est Training will recognize my debt to it. My levels of knowledge are the same as Werner's movement up the ladder of certainty from thoughts to feelings to natural knowing (realization).

(3) I use the term "Self-Realization" here to refer to Brahmajnana, God-Realization, Kevalya Nirvikalpa Samadhi, or seventh-chakra enlightenment. Ascension is Sahaja Nirvikalpa Samadhi, beyond the seven chakras.

⌘ Conscious Awareness ⌘

Above and Below the Line

April 26, 2012

<https://goldenageofgaia.com/2012/04/26/the-path-of-awareness-part-5/>



Working out in the early days of the est Training

What I'd like to look at here is the manner in which one form of the awareness path - the est Training - approached enlightenment - or what they came to call "transformation."

If the purpose of life is enlightenment, then what makes a path a path is that it has led some to enlightenment and realistically promises to lead others there as well. Of all the forms that consciousness-raising took, the est Training held for me the most promise as an awareness path of any that I personally took part in.

In the end, the path I followed was a composite of the data of the est Training and the form of enlightenment intensives (EIs). est offered the explanation of the path and EIs offered the space in which to apply that data.

I'll confine myself to developing est's notions of enlightenment. But there was much more to its information than only what it said about enlightenment.

Werner Erhard pointed to two states of mind in which life was lived. One he called “unconscious awareness” and the other “conscious awareness.” The aim of the est Training was to assist an individual to move from the one to the other. He would draw the two sets of words on the black board, the first below the second, and then draw a line between the two. He would then talk about the differences between life lived below the line and life lived above it.

Below the line was unconscious awareness and unexperienced experience, and above the line was conscious awareness and experienced experience. (1) Below the line was distance; above the line was space. Below the line was stimulus-response and analysis; above the line was cause and description.

Communication below the line was based on attention, sympathy, and the exchange of agreed-upon symbols; above the line, it was based on harmonious and intentional experiencing and recreation of another's experience. (2) Below the line what one did with things and experiences was changing their form; above the line one transformed them or changed their substance.

Everything about the awareness path is descriptive. Werner described what he called the dimensions of certainty, which related to the levels of experiencing from the least certain to the most. Climbing the ladder that these experiential states represented brought one from below the line to above the line. The dimensions went from being unconscious of something, to being at mystery about it, believing about it, perceiving it, thinking about it, doing something about it, and feeling it.

At this point one encountered the line between unconscious and conscious awareness. Above the line lay the states of observing or witnessing, not knowing, and natural knowing. (3) Natural knowing was the transformed state. It was enlivening, satisfying, spontaneous, and fully self-expressing. Unconscious awareness was none of these.

Most of us live our lives in unconscious awareness. As a matter of fact, life lived in conscious awareness for the majority of us may only be measured in minutes in a year; for some, mere seconds.

est Trainer Angelo d'Amelio explained the difference between change and transformation:

“There is a difference between change and transform. 'Change' means an alteration in form; 'transform' an alteration in substance. When you change something, you pass something through something; when you transform it, you pass something through nothing. 'Nothing' means you add nothing to the experience – no judgments, no expectations, nothing. That way you experience it and it disappears.” (4)

I've simply developed est's notions of unconscious and conscious awareness here, but the various programs of the est Network were rich and varied and applied the core teachings to a number of aspects of life - communications, relationships, work, etc.

The est Training itself was based on Werner Erhard's two experiences of enlightenment, one of which happened in 1963, which he lost, and the other in 1971, which he did not. He considered the 1963 event a peak experience and the 1971 event, according to his biographers, “a shift of the context in which he held all content and all process, including experience.” (5)

Werner described the 1971 experience in these words:

“What happened has no form. It was timeless, unbounded, ineffable, beyond language. There are no words attached to it, no emotions or feelings, no attitudes, no bodily sensations. What came from it, of course, formed itself into feelings and emotions and words, and finally into an altered process of life itself. But that is like saying that the hole in the sand looks like the stick that you made the hole with.

“Part of it was the realization that I knew nothing. I was aghast at that. For I had spent most of my life trying to learn things. I was sure that there was some one thing that I didn't know, and that if I could find it out, I would be all right. I was sure that there was a secret, and I was determined to find it.

“Then this happened – and I realized that I knew nothing. I realized that everything I knew was skewed toward some end. I saw that the fundamental skew to all knowledge, and to unenlightened mind, is survival, or, as I put it then, success. All my knowledge up to then had been skewed toward success, toward making it, toward self-realization, toward all the goals, from material to mystic.

“In the next instant – after I realized that I knew nothing – I realized that I knew everything. All the things that I had ever heard, and read, and all those hours of practice, suddenly fell into place. It was so stupidly, blindingly simple that I could not believe it. I saw that there were no hidden meanings, that everything was just that way that it is, and that I was already all right. All that knowledge that I had amassed just obscured the simplicity, the truth, the suchness, the thusness of it all.” (6)

As a result of this experience, Werner saw several things.

“I saw that everything was going to be all right. It *was* all right; it always had been all right; it always would be all right – no matter what happened. I didn’t just think this: suddenly I *knew* it. Not only was I no longer concerned about success; I was no longer concerned about *achieving* satisfaction. *I was satisfied*. I was no longer concerned with my reputation; I was concerned only with the truth.

“I realized that I was not my emotions or thoughts. I was not my ideas, my intellect, my perceptions, my beliefs. I was not what I did or accomplished or achieved. Or hadn’t achieved. I was not what I had done right – or what I had done wrong. I was not what I had been labeled – by myself or others. All these identifications cut me off from experience, from living. I was none of these.

“I was simply the space, the creator, the source of all that stuff. I experienced Self *as* Self in a direct and unmediated way. I didn’t just experience Self; *I became Self*. Suddenly I held all the information, the content, in my life in a new way, from a new mode, a new context. I knew it from my experience and not from having learned it. It was an unmistakable recognition that I was, am, and always will be the source of my experience.

“Experience ... is simply evidence that I am here. It is not who I am. I am who *I am*. It is as if the Self is the projector, and everything else is the movie. Before transformation, I could only recognize myself by seeing the movie, Now I saw that I am prior to or transcendent to all that.

“I no longer thought of myself as the person named Werner Erhard, the person who did all that stuff. I was no longer the person who had all the experiences I had as a child. I was not identified by my ‘false identity’ any more than by my ‘true identity.’ All identities were false.

“I suddenly saw myself on a level that had nothing to do with either Jack Rosenberg [his real name] or Werner Erhard [his name after a name change]. I saw that everything is just the way it is – and the way it isn’t. There was no longer any need to try to be Werner Erhard and try not to be Jack Rosenberg. Werner Erhard was a concept – just like Jack Rosenberg.

“Nor was I my Mind, patterned unconsciously, as it was, on identifies taken over from my mother and father. I was whole and complete as I was, and I now could accept the whole truth about myself. For I was its source. I found enlightenment, truth, and true self all at once.

“I had reached the end. It was all over for Werner Erhard.” (7)

Werner created the est Training to communicate the experience he had had that day and recreate it for another.

According to Werner:

“Transformation occurs as a recontextualization – from a context where you are at the effect of 'things' to a context where you are the source ('at cause') of things. The heart of transformation is going from being at effect to being at cause.” (8)

He continued:

“You and I possess within ourselves, at every moment of our lives, under all circumstances, the power to transform the quality of our lives.” (9)

“Knowing that you can choose, that you have the power to transform the quality of your life – at every moment, and in all circumstances – is what the *est* training is about. And that transformation can happen in an instant.” (10)

I personally have never seen a better or more complete description of the process of enlightenment or transformation than I have in the writings of Werner Erhard.

Transformation was indeed a recontextualization of things, a movement from being at effect to being at cause, and a shift in being from inexperienced experience and unconscious awareness to experienced experience and conscious awareness.

As a roadmap to conscious awareness, his descriptions of the way awareness worked were for me, and probably remain, one of the clearest formulations I've come across in spiritual literature and one of the most useful to western audiences. Whatever one may think about est or Werner, the man was a genius, in my view, and went on afterwards to work for the cause of peace in the world and do amazing things. I personally owe him more than I can repay and, no matter how many times I say that, I return to saying it again.

Footnotes

(1) est Communications Workshop Leader Jed Naylor discussing a model of awareness, Oct. 1980.

(2) Loc. cit.

(3) Loc. cit.

(4) est Trainer Angelo d'Amelio, Nov. 1979.

(5) W.W. Bartley, III, *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978, 168.

(6) Ibid., 166-7.

(7) Ibid., 167-8.

(8) *Questions people ask about the est Training*. est, 1977, n.p.

(9) Loc. cit.

(10) Loc. cit.

The Divine Steps In

May 3, 2013

<https://goldenageofgaia.com/2013/05/03/the-divine-steps-in/>



Werner Erhard called the state outside the chatter of the mind "conscious awareness." He also called it natural knowing and the transformed state.

Having a transformational experience was what the est Training offered. It was not enlightenment *per se* but it could precondition a person and lead to that ... maybe.

It's my own personal view that going above the line between unconscious and conscious awareness into that state of natural knowing is as much as we can do by our own efforts. Enlightenment is not within our power to "achieve." For me, it's a gift of God or more particularly a gift of the angels from God. It's the angels that enlighten humanity. Here are examples of that:

Moses: And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush: and he looked, and behold, the bush burned with fire, and the bush was not consumed. (1)

Isaiah: In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple ... and one

[seraphim] cried unto another, and said, Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory.

... Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts.

Then flew one of the seraphims unto me, having a live coal in his hand, which he had taken with the tongs from off the altar:

And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged." (2)

Caedmon: Caedmon was an illiterate herdsman, who did not even know the alphabet. One night he had a vision of an angel, and by that angel's grace his poetic faculty came to life. Caedmon composed extemporaneously and even recited his hymns and poems in public. (3)

Mohammed: I swear by all that you can see, and all that is hidden from your view, that this is the utterance of a noble messenger [Gabriel]. It is no poet's speech: scant is your faith! It is no soothsayer's divination: how little you reflect! It is a revelation from the Lord of all creatures. (4)

He does not speak out of his own fancy. This is an inspired revelation. He is taught by one who is powerful and mighty. (5)

We go above the line between unconscious and conscious awareness by truth-telling, by an act of will (standing forth as the Self), by sourcing our vasantas and getting the insight that lies at the heart of them, etc.

I personally don't consider beings strong enough to somehow "win" enlightenment for themselves. I suspect that hearing that may rankle some people. But I think we can at best only ever cover a fraction of the distance that we'd need to to enlighten ourselves and then God reaches out to us and pulls us in.

I think this is precisely what Bernadette Roberts was pointing to when she said: "At a certain point, when we have done all we can [to bring about an abiding union with the divine], the divine steps in and takes over." (6)

Moreover, I don't think we need to bother ourselves as to when we should be exerting effort and when not. I agree with Sri Nisargadatta:

"When effort is needed, effort will appear. When effortlessness becomes essential, it will assert itself. You need not push life about. Just flow with it and give yourself completely to the task of this present moment, which is to die now to the Now. For living is dying. Without death, life cannot be." (8)

In a sense all we can do, as far as I can see, is love, tell the truth, stand forth against injustice, and be like the offering that Gibran spoke of, the sacred bread being baked for God's sacred feast. But at the point when one leaves the chatter of the mind, life offers more that makes the journey bearable. Anxiety and worry are dropped and in their place is a feeling of deep satisfaction that makes the journey pleasant.

Footnotes

(1) Exodus 3:2.

(2) Isaiah 6:1 + 5-7.

(3) Swami Chetanananda, *They Lived with God. Life Stories of Some Devotees of Sri Ramakrishna*. St. Louis: Vedanta Society of St. Louis, 1989, 373.

(4) Koran, 61.

(5) Koran, 112.

(6) Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.

(7) Nisargadatta Maharaj in video *Awaken to the Eternal*.

That Knowing is to Break Through into Your Conscious Awareness

April 29, 2013

<https://goldenageofgaia.com/2013/04/29/that-knowing-is-to-break-through-into-conscious-awareness/>



Jesus through John Smallman recently spoke my thoughts entirely and I have to draw a line under what he said. Consider this passage:

"As I told you in 'A Course in Miracles,' and as you well know at the depths of your being: 'Heaven is here. There is nowhere else. Heaven is now. There is no other time.' That knowing is to break through into your conscious experiential awareness, changing your perception of one another and of the world around you, permanently." (1)

I know many people will say "I don't understand what he's talking about." No matter. I am certain you will. Just hang in there and the energies and the teachings will unravel this mystery to us in a way that's comprehensible - in time.

Jesus is describing life lived outside the mind, outside the constructed self. Consider that I called that space "conscious awareness" (following Werner Erhard, 2) and Jesus calls it "conscious experiential awareness." No difference. As long as we're inside our acts and numbers, we live in unconscious awareness. When we

leave our acts and numbers behind and exit the constructed self, we live in conscious awareness.

Before we enter conscious awareness fully and permanently, we have to step outside the world of the mind, the self that we built out of our resolutions and convictions and decisions and desires, the unreal self, the illusion.

All the thoughts we think about ourselves, think about others, everything that defines, directs or guides us. It doesn't matter how right it is. It's the silence outside the mind we seek.

Now hear the passage again please: "Heaven is here. There is nowhere else. Heaven is now. There is no other time.' That knowing is to break through into your conscious experiential awareness, changing your perception of one another and of the world around you, permanently."

Heaven is here and now. When we leave the world constructed by the mind, the world where we look over our own shoulder and say "I want this and I'll do that to get it," the world of desire and design, self-assessment and judgment, image and pose and every other product of the mind - when we step outside that whole world, we find that Heaven is where we are and Heaven is our own here and now. It is no other place and no other time. We don't get in a spaceship and fly to Heaven.

And if we want to be there permanently, we must step outside the chatter of the mind permanently. That for me is the first step.

The mind is like a spider's web, which is made of thin but strong silk and can imprison an insect larger than the spider. We're imprisoned in the web of the mind.

The mind ties us up with its constant comment on every facet of our lives, but its chatter is invisible to us. Only when we step beyond the din of its chatter can we see that Heaven, above the line between unconscious and conscious awareness, was always here now. After that presencing the Self becomes our new discipline.

Lin-Chi (Rinzai) is famous for metaphorically and literally describing the act of will that carries us out of the mind.

"Where the student is exerting all his strength, not a breath of air can pass, and the whole thing may be over as swiftly as a flash of lightning or a spark from a flint. If

the student so much as bats an eye, the whole relationship could be spoiled. Apply the mind and at once there's differentiation; rouse a thought and at once there's error. The person who can understand this never ceases to be right before my eyes." (3)

"Followers of the Way, if you want to be constantly in accord with the Dharma, you'll have to begin by learning to be first-rate fellows. Be weak-kneed and wishy-washy and you'll never get there." (4)

Weak-kneed fellows never get there.

In part this describes being 1,000 percent through and finished with our act. Jesus called it our eye being single. (5) We've made up our mind to drop our act and there's not the slightest holding back or disagreement with that resolve.

Not a contrary thought or any thought stirs in the mind as we step outside the web of the mind in an instant. Rinzai says it's all over in the space of a shout. That shout can be "No!" That was my experience.

Two years ago this March during a meditation retreat, I sat in an elevated space, which I now see was the formless, and I acted without acting, moved without moving.

Much of that experience was held back from me, probably so I wouldn't take the next train out of Dodge. There wasn't a feeling component to it, no bliss. It was in black and white rather than color. Just as well, I now see. I would've vamoosed the ranch.

Lao-Tzu describes that space:

"Accordingly, the Wise Man
Knows without going,
Sees without seeing,
Does without doing." (6)

In the *Bhagavad Gita*, Krishna called it "the action that is inaction." (7) Leaving the constructed self is done by moving without moving, acting without acting. It is done by an act of will but not a muscle of our body moves. And certainly our mind doesn't move. It's exactly what falls quiet.

The problem is that our mind is usually divided and the divided mind - the house that's divided - cannot stand. It quarrels with itself. It cannot generate the willpower to step outside the mind. It cannot effect the spiritual movement that I

call leaving the constructed self. Only the undivided mind can, the eye that is single.

The moment of release for me was like stamping my foot mentally. It was a standing forth, an emergence. I came forth at the sound of my "No!" from a mind that was truly sick of itself, dropped its act, and fell silent.

When we release ourselves from the mind, I expect us to march forward to level after level of conscious awareness, even reaching levels of reality where we are very much aware that we move without moving, act without acting. The whole ladder of consciousness that stretches out before us seems characterized by more and more moving without moving, acting without acting.

How exciting to hear Jesus describe it.

And the rest of what he says in that reading is so reassuring and exciting, I can hardly sit still.

"Much is happening worldwide that will amaze you when you hear of it. The field of divine Love works constantly and surreptitiously to enable and bring about the essential behavioral changes that will ensure that an end to grinding poverty, contagious diseases, and desecration of the planet is achieved smoothly and effectively.

"As that happens, planet-wide healing of the earth herself and of all the life forms she supports will accelerate as the constant damaging activities that have encouraged and maintained those wretched conditions cease. That cessation of widespread damaging activities will release enormous quantities of energy to assist in the necessary cleansing and renewal that needs to occur to return your planet to a state of tranquility in which her health, beauty, and abundance can thrive so that the needs of all who rely on her wellness for their own well-being can be fully met." (8)

Jesus has graciously described for us where to go next. Never mind circuit riders; these celestial riders have our situation in hand.

What a time to be alive! How can anyone remain asleep in the face of the energies and revelations of the masters, galactics and angels?

I must add that I don't consider "conscious awareness" enlightenment. It may turn out to be the farthest we can go before God takes over and steers the boat home. But not enlightenment itself. So I continue to be unenlightened as do any like me.

Out of my agreement to go through Ascension publicly as a journalist of awareness, I can say that as far as I can see, the masters are telling us exactly what we need to know to flow with the rising wave of consciousness and exactly what we ourselves are discovering. If they didn't tell us, we might still have our discoveries but overlook them, dismiss them, or sell ourselves short.

The masters are gently waking us through their energies and teachings to conscious awareness from unconscious awareness, to life outside the constructed self from life inside, to the world as it is from the world the mind thinks it to be.

Footnotes

(1) "Jesus: A Sea Change in the Way Information is Released into the Public Domain is Underway," As channeled by John Smallman, April 26, 2013, at <https://goldenageofgaia.com/2013/04/jesus-a-sea-change-in-the-way-information-is-released-into-the-public-domain-is-underway/>.

(2) "Above the line: conscious awareness" in "Above the Line between Conscious and Unconscious Awareness" in *Est Dictionary* at <https://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/est-dictionary/>.

(3) Lin Chi [Rinzai] in Burton Watson, trans., *The Zen Teachings of Master Lin-Chi [Rinzai]*. A Translation of the Lin-Chi Lu. Boston and London: Shambala, 1993, 58.

(4) *Ibid.*, 41.

(5) By our eye being single, Jesus was probably referring to the opening of the Third Eye, but his terms usually have many more meanings than just one. Here I interpret it to mean our "seeing" being single, our perceptions and thoughts being undivided, focused, determined.

(6) Lao Tzu, *The Way of life. The Tao Te Ching* translated by Raymond B. Blakney, 1955, at <https://terebeess.hu/english/tao/blakney.html>

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

(8) "Jesus: A Sea Change in the Way Information is Released into the Public Domain is Underway," *ibid.*

Above the Line in the Transformed Space

June 7, 2015

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



I've just spent around six hours in what Werner Erhard in the late Seventies would have called "a transformed space." During the experience, I was describing it to the person I was with as "my natural state."

As it happens, Jesus through John Smallman gave this insight just yesterday into our natural state:

"To be fully alive, fully aware, fully conscious, and infinitely loving is your natural state, the state in which you were created and which can never be changed or altered." (1)

Werner would draw the following distinction on a blackboard and then develop it:

Conscious Awareness

Unconscious Awareness

Above the line, in conscious awareness, is our natural state, the transformed space, experienced experience. In it is found spontaneity, authenticity, awareness, awakens, aliveness, full self-expression, full personal responsibility, completion and satisfaction.

Below the line is our constructed self, the image we project, the mask we wear, the dead residue of our unexperienced experience. I was "above the line."

I made as many notes as I could while going through the space. The strangest part about it is that it happened while I was having a conversation with a friend. I went up and up and finally blossomed forth in conscious awareness. My notes follow.

Sojourning in My Natural State

I've peeled away enough layers, primed the pump with love, had the help of many loving friends, and now here we are - where we wanted to be.

Bliss, as I see it at this moment and in this place where I am, whatever it is, has a special quality that I'm finding hard to put in words. It has mass like thick chocolate. It's that mass that I'm aware of.

It doesn't have that quality in the lower dimensions. There, it's diaphanous and elevating.

I haven't allowed this bliss inside me yet so I don't know what its character is when welcomed in, assimilated, and integrated.

I let the bliss in.

OK, I'd call this space I end up in gravitas, substantiality, weight. I associate this space with the General. (2)

I also recognize this space from the experience I had in the three-day Vipassana weekend two or three years ago. I could only call that space "regal" at the time. It was a dimension of doing without doing, acting without acting.

Almost any topic I choose for myself to explore at this moment shows up for me like distracting small talk. The mind will use anything to distract the Self from noticing or being with Itself.

I almost vomit at the thought of small talk. I want to run from it. ...

This whole event came out of the blue.

The interesting thing is it happened at a time when I should have been having a reading with AAM. But Linda called and asked for a postponement.

After the call, I asked a friend to go out for breakfast and this sequence of events - this sojourn in the native state - occurred as a result of a discussion I had with her in her car afterwards.

It occurred while she was there. How often does a spiritual experience happen while another is around?

It arose like a flower bud blossoming. I was only aware that something was happening, not what it was.

It's the sheer neutrality of it that I first noticed when returning my attention to it. Still water is neutral. A windless place is neutral.

Neutrality is peaceful, calm, relaxing. You can call that place "balance" or "groundedness" if you like. For me it shows up as neither up nor down, left nor right. Right in the center, the balance point, the zero point, if you like.

I'm sure it is the zero point when taken to its ultimate conclusion.

Sahaja is our native state. Sahaja must lie somewhere along this pathway I find myself on.

Perhaps deeper?

The Space is What's Important

All along, it's the space that's important, not what we do or don't do. We'd do best to forget about ourselves completely, which would then leave only the space; then, surrender everything to that space.

I'm truly not important to the experiencing of it, except to get out of the way.

The space is the default, what remains when everything I've put in the space is let go of.

We view things from our own vantage point in which case the space is out there and it's something we get to.

Viewed from the standpoint of the space itself, the space is always here. It's we who let go of that which impedes our awareness of it.

That's it. Six hours after finding myself in this place, it's beginning to gracefully and gradually subside. A very welcome, reassuring, and inviting glimpse of the path ahead.

Sosan: Trying to still the mind
inhibits the experience of oneness,
for the very action of trying
is the busy mind at work.
Live in the Great Way
where action is stillness and silence pervades. (3)

Footnotes

(1) Jesus through John Smallman, June 5, 2015. at <http://goldenageofgaia.com/2015/06/05/jesus-via-john-smallman-why-would-you-wish-to-change-anything-that-is-already-eternally-perfect/>.

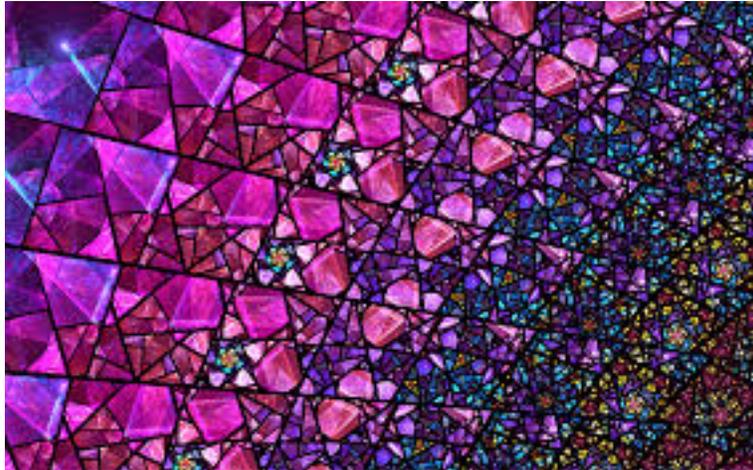
(2) The General is the pseudonym for a past life as a military commander.

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

... And Later

July 7, 2015

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



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

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

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

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

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

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

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

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

* * *

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

Some time ago, Archangel Michael said to Kathleen:

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

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

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

"I beg of you, do not assume that when you write of what you are calling 'the inner work,' that this does not have profound effect because the focus of the leadership movement, right now, is on the inner work." (2)

OK. Then full speed ahead.

* * *

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

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

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

That pretty well describes what's happening.

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

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

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

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

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

* * *

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

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

* * *

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

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

"The Great Way is effortless
For those who live in choiceless awareness,
To choose without preference
Is to be clear.

"Even the slightest personal preference
and your whole world becomes divided.
To perceive reality as it is is to live with an open mind." (5)

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

(5) Sosan, *Hsin Hsin Ming. The Book of Nothing*. Kansas City: Andrews, Andrews McMeel, 2002, 16. Lightworkers will appear to disagree on matters like these. Here is Tiara Kumara of Children of the Sun appearing to state a different principle than I'm stating:

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

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

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

First-Hand Glimpses

July 1, 2015

<https://goldenageofgaia.com/2015/07/01/first-hand-glimpses/>



I've now heard from so many of you that you too are in what I've termed the "transformed space." (1)

By that I mean being above the line that separates conscious from unconscious awareness and especially feeling the deep and transforming love that comes alive in that space.

I even had coffee today with one person who demonstrated that she knew that space by entering it right there in front of my eyes. I'm convinced: this is a more general happening than I at first realized. Undoubtedly it's a stage along the way to Ascension.

The unconditional love that I'm feeling right now makes no other demand than to be heard and allowed. To bottle up this love would be painful. But to share it in the outrageous way of acceptance and openness that it appears in is also confronting. This is woo-woo at its best. Or we get asked what we've been smoking.

I spent a few hours today in the presence (just by coincidence, if there are any coincidences) of two thirty-year-olds. The knowledge, drive and commitment of both amazed me.

One of them shared that she had felt alone, crazy and confused before finding the Internet community of lightworkers (OK, the blog) and felt tremendously relieved to find that she wasn't the only one experiencing psychic phenomena, interested in galactic beings and celestials, having such a struggle, etc.

I acknowledge all the thirty-year-olds who are house-sharing, couch-surfing, making ends meet in any way they can. I feel so powerless at this moment to do anything to relieve what so many of you are going through.

I also acknowledge that you have no recollection of things like benefits plans, pension plans, severance packages, a permanent full-time job and all the things which at least my generation has recollections of, even if they're no longer generally here. You've grown up in a world where you've had to fend for yourselves. The closest many of you have come to a job is as a consultant.

I also acknowledge the one-time existence of something we called the "social safety net," which term again meant nothing to one thirty-year-old I talked to. The social safety net was the variety of services that were available to people back in the Sixties and Seventies to see that they didn't fall through the cracks. I express my commitment to seeing that that social safety net is re-created and that no one else, after the Reval, falls through the cracks again.

That's part of a world that works. We need you, thirty-year-olds, to help us build that world. And I'm getting first-hand glimpses of just how capable you are.

Footnotes

(1) I was going to post some reader's personal experiences but I realized I don't have the time available to do it - to those I mentioned it to.

Conscious Awareness: The Need for a Quantum Language

July 21, 2021

<https://goldenageofgaia.com/2021/07/21/conscious-awareness-the-need-for-a-quantum-language/>



Credit: blog.sfgate.com

For me, to "be in the moment" and to "be aware" cover 95% of the same territory.

Michael wants me to be in the moment. We've discussed it on a number of occasions:

Archangel Michael: Think of it! You are part of the strategy that we are employing to change the face of humanity!

Steve: [Chuckling.] In what way, Lord?

AAM: Because you focus on the moment. You focus on what is directly in front of you and important, not on the list of various things that may or may not need your attention and your full regard. (See 1 for others.)

What better way to "be" in the moment, to remain in present time than to remain aware of every thought, every feeling, every sensation one has. The awareness path fits perfectly with what Michael requests.

Not surprisingly. (2)

I see the present moment as a portal between unconscious and conscious awareness. Gosh, how do I describe the difference between those two?

Again the difficulty arises of describing states beyond the reach of Third-Dimensional language. (Watch for the advent of a quantum language.)

Unconscious awareness is us being aware but at a dense level. Hindus call it thamas or lethargy.

We give very little thought to our actions and operate not very far above animals, but with a veneer of civilization; that is, a great deal of self-justifying rhetoric.

Conscious awareness is being aware and being aware one is aware. It's being responsible for one's participation in life and being responsible for being responsible. It's valuing love above all and valuing oneself for valuing love above all.

In conscious awareness, one is here. One is present. One is in the moment, whether still or in the flow.

The designation of unconscious/conscious awareness belongs to a 1979 map of enlightenment by Werner Erhard.

No dimension was given. It wasn't related at all to dimensional knowledge. Nor was anyone else in society discussing such a topic. It just wasn't part of the culture yet.

While we did discuss enlightenment, no notion of a chain of enlightenments was given. Few people in the west discussed the chakras. And if anyone discussed these subjects, they saw no further than seventh-chakra enlightenment, short of Ascension.

Except the Buddha, Jesus, Ramakrishna, and a few others. (3)

The model of unconscious awareness breaking through to conscious awareness is very useful and adaptable. It fits every stage of enlightenment, past our Ascension, past many other Ascensions, time out of mind.

That being said, breakthrough was only one avenue from unconscious to conscious awareness that Werner explored. Being with, truth-telling, challenging, making a commitment, etc. - he had a consciousness toolbox.

Final note: Flow is the paradigm of the Fifth Dimension: This is my hypothesis.

When we lift our sights from the merely intellectual (good/bad, right/wrong), to at least the experiential (how we feel, what feels right and good) and at best to the realizational (I see, I know), we leave behind a world that works for a few against the many. We soon find ourselves in a setting and environment that works for everyone. (4) Its characteristic is the never-ending flow of love in which we're embraced.

Message in a Bottle: Flow is an experiential paradigm. Love and bliss are the result. Desirelessness would make the process easier.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, June 17, 2020. Also:

AAM: An agreement that we have is that you have agreed and you are living very much in the moment. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.) [Hereafter AAM.]

AAM: I beg of you, do not assume that when you write of what you are calling "the inner work," that this does not have profound effect because the focus of the leadership movement, right now is on the inner work. (AAM, June 7, 2015.)

Compare with what the Arcturian Group has said:

"The next year is going to be one of turmoil but great awakening as much of the old begins to crumble. It is important to stay in the now moment, not projecting and worrying about what is now or what is to come. Trust that Earth's ascension is a Divine Plan and Divine Plans cannot be diverted or affected by resistance from human minds that are governed by ego and false information." (Arcturian Group, Sept. 20, 2020.)

(2) Sometimes I expect him to say: Here is the perfect thing I want you to be doing. What is that? Precisely what you're doing.

(3) Ramana Maharshi, Franklin Merrell-Wolff, Bernadette Roberts, etc.

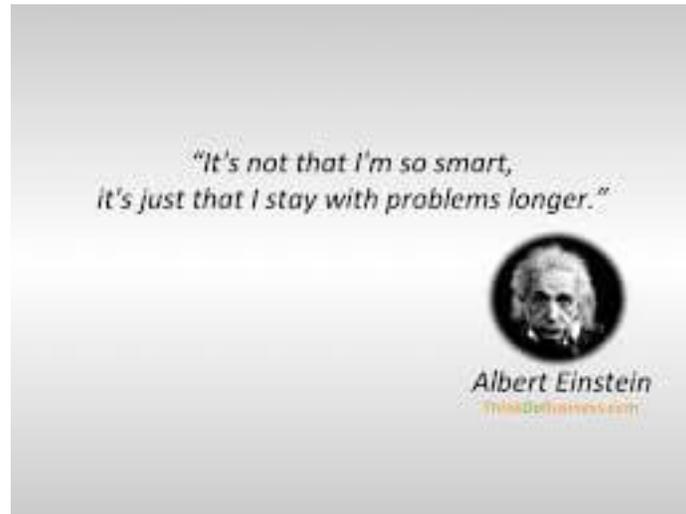
(4) Even life in the higher summerlands of the afterlife - our Fourth Dimension - works for everyone. But they're free of the encumbrance of the physical body, whose densifying influence lowers our light and makes us sluggish compared to them.

⌘ Consciousness Raising ⌘

Celestial Consciousness Raising

July 11, 2015

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



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

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

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

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

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

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

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

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

Nonetheless if you think about any one stint at work, the pattern becomes obvious. The amount of work I did at the National Museum of Man in 1973-4 was, looking back on it, amazing. Creating a collection that in one year became the largest at the museum, writing articles on Anglo-Saxon racism, culture, popular culture, artifact studies, etc., arguing for new approaches in several disciplines, designing exhibits, making slide-and-text kits, the list just goes on and on. People around me were typically astonished. I just considered it normal.

At the Immigration and Refugee Board, I sat on the full complement of claims, then took claims from other people (who were generally overworked), wrote numerous dictionaries on country conditions or points of refugee law, sat on committees, and outside of work wrote as "Brother Anonymous," creating a dictionary of enlightenment, any number of books and articles, again on and on. And I just considered it me doing what I liked to do. Others preferred golf.

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

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

He did it again when he talked to me about the stamina that I have. I keep going and going and going. Yes, I had noticed that. It was up to intellectual knowledge. I

mentioned to you earlier that someone said that I had enough energy to light up the State of Washington. I amaze myself with my stamina ... at times.

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

(2) "I am all that a man may desire

Without transgressing

The law of his nature."

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.)

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

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

Collective Consciousness-Raising

May 17, 2022

<https://goldenageofgaia.com/2022/05/17/collective-consciousness-raising-rippling-down-through-the-ages/>



Rippling down through the ages

We tend to think about consciousness by reducing it, which is itself unknowable, to something we *do* know.

Consciousness is like the sea and we are rendered as fish swimming in it.

Consciousness is like the air and we are birds flying through it.

Consciousness is like the screen and we are images projected onto it.

I've experienced myself as a point of consciousness in an Ocean of Love. That's as close as I came to knowing what consciousness is. (1)

That Ocean was everything but me. "I" was aware of "it." But I did not "know" it.

It was the object of my awareness. And so long as I was seeing objects, I was not Home free yet. Let me keep going until there is only the Subject. (2)

Perhaps then I'll know what consciousness is, if there remains a "me" and any memory of a desire for anything.

But what a marvellous sight, to see love everywhere, on some unknown dimension, some unnamed level.

Nonetheless, the truth of the matter is that, despite that experience, I still have no greater idea what consciousness is, nor do any other spiritual experiences I've had help me in this regard.

What is collective consciousness-raising? Through education and social activism, we raise the individual consciousness on various subjects like gender equality, child trafficking, the need for peace, etc.

We need to do much more of that on an ever-widening circle to introduce into the collective consciousness a strong push towards world peace and an end to New World Order domination.

When do we begin to consciously seed the collective consciousness with streamers of peace, love, and truth? Harmony, joy, and gratitude? That's what's wanted and needed.

Our sources do tell us that doing this makes a difference; Mike Quinsey, for instance.

"The more of you that send out thoughts of world peace the more you are speeding up its arrival and it cannot be ignored. You would be surprised at how much influence your thoughts can have on the population. Your only difficulty is getting sufficient people to project harmonious thoughts that have the power to bring about change." (4)

But we don't seem to value things like mass meditations.

Matthew Ward told us some time ago that our global transformation could be effected in an instant if the concept that it could do so was already in the collective consciousness.

"Your world could be transformed into the Golden Age in the twinkling of an eye IF that belief and vision were in the collective consciousness, but it is not and so all the changes will be a process." (5)

Ivo of Vega says that we don't recognize the power of the collective consciousness:

"The truth of the matter is, my love, that Earth is undergoing a process of raising the collective consciousness. So many on the planet do not even understand what that is, are not interested in it, and would scoff at it because this is a typical reaction of someone who feels they are being made to look foolish.

"They chest beat whenever they hear something that is true that they do not believe in themselves, in order to falsify the truth bringer. This is an extremely childish, and I might add reptilian, reaction to the truth." (6)

We first have to establish and have accepted the notion of a collective consciousness itself and then begin to impact it with mass meditations, films, videos, etc. We may have to do that in the face of the ridicule Ivo points to.

We'll find out what works and what doesn't to raise social awareness and increase the love we have for each other in our society, love that will bring peace in its train.

We do know that it only takes a change of vote by a very small margin of the population to shift a trend or point of view. The trend we want to shift is from war to peace, from hatred and division to love and unity.

Focusing on collective consciousness-raising today, in my view, is the gap to fill. I think that filling that gap is what will produce the transformation of our society. I think it's implicit in Mother saying, "this drawing together of people is how Nova Earth will be built and Ascension occur." (7) I hope we use the social media of the future to create coalitions of love and peace, to draw together in a statement that we want to see the end of war on Earth.

Speak to our audience, yes. But also speak to the future too. Because we're creating it right now. What we're doing will ripple down through the ages.

Footnotes

(1) See "Point of Awareness in an Ocean of Love - Part 1" in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2022/04/An-Ascension-Ethnography-4.pdf>

(2) If you wish to pursue this topic, see Franklin Merrell-Wolff, *The Philosophy of Consciousness without an Object*. New York: Julian Press, 1973.

For interest's sake: Merrell-Wolff was, according to Michael, ascended before he began to write. Along with Ramakrishna, Ramana Maharshi, and Yogananda, Franklin Merrell-Wolff is one of my favorites.

Steve: A question about Franklin Merrell-Wolff. What level of enlightenment or dimension did he achieve?

Archangel Michael: He primarily operates in the 7th [Christ Consciousness] to the 11th [Mastery].

Steve: Okay. Because he speaks about the transcendental and I don't know if he's pointing to Brahmajnana [7th-Chakra enlightenment, jnana], which is the first taste of the transcendental, or beyond the 12th dimension [to the Transcendental Realm]?

AAM: No, he did not travel beyond [the 11th].

Steve: So, when I read him, and it's such a rich book [in this case, *Pathways through to Space*], I don't know how to map the experiences that he talks about. The high indifference, what dimension was that?

AAM: When you think of high indifference, it is not a matter of not caring but it is a matter of the clarity of perspective and the clarity of perspective is a trait of mastery so that is the 11th dimension.

Steve: Isn't that interesting. When did he break away from the third dimension? Which of his experiences was that?

AAM: Actually, he broke away from the restriction, shall we say it that way, of the third dimension long before he ever started to truly practice or write.

Steve: So, he was always doing it as an ascended being?

AAM: That is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.) [Hereafter AAM.]

In the body! If that doesn't blow apart the belief that most people leave the body after simple Brahmajnana (3D, 7th-chakra enlightenment), I don't know what will. Our spiritual beliefs are falling by the wayside.

Merrell-Wolff implies that he has ascended (Liberation):

Franklin Merrell-Wolff: I cannot too strongly emphasize the fact that Liberation [what we call Ascension] is no more the end of life than is a college

commencement the end of the young man or woman who graduates. It is simply the end of one stage and the beginning of another. The really worthwhile Life begins after Liberation.

When this new Freedom is attained, a Man may return Home, as it were, and spend a long period enjoying the warmth and comfort of that Home. On the other hand, He may return and continue with his chosen profession on a larger field [as Merrell-Wolff did].

Some, who have been highly exhausted by their labors at college, may need a long rest, but obviously Those who are strong should occupy Themselves with the Activities of Real Life. (Franklin Merrell-Wolff, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973, 89.)

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

Archangel Michael: It is very simple: Visit; don't stay. (AAM, May 6, 2013.)

(4) "Mike Quinsey's Higher Self Message, April 29, 2022," April 30, 2022, at <https://goldenageofgaia.com/2022/04/30/mike-quinseys-higher-self-message-april-29-2022/>

(5) Matthew's Message, Oct. 22, 2008, at <https://www.matthewbooks.com>.

(6) "Ivo of Vega: The Hard Truth on the Truth," via Sharon Stewart, April 30, 2022, at <https://goldenageofgaia.com/2022/04/30/ivo-of-vega-the-hard-truth-on-the-truth/>.

(7) "Divine Mother and Archangel Michael: How the New Society and Ascension will be Achieved," November 17, 2013, at <https://goldenageofgaia.com/2013/11/17/how-the-new-society-and-ascension-will-be-achieved/>.

Raising Awareness

November 9, 2013

<https://goldenageofgaia.com/2013/11/09/raising-awareness/>



Everything about the experience I had recently was played out in the arena of awareness. Others might see spiritual forms or lights, etc., in their experiences. But I traced the whole of my experience through an awareness of love.

So perhaps let me look at awareness as a path. While most spiritual paths trace to the East, the mining of the path of awareness may be one of the West's contributions to spirituality.

Archangel Michael said on *An Hour with an Angel*, Nov. 7, 2013: “What we are asking you to do is to listen to your hearts.” Listening to our hearts is awareness.

Going within is awareness. Feeling the love is awareness. Being with the bliss is awareness.

These hands and legs with which I “do” are anchored to this life and this Dimension. They don't come with me past that point. When I am a formless being,

there are no hands and legs and therefore no “doing” in the ordinary sense of the word.

This mind with which I translate the thoughts that float by in the ether into my thoughts is also restricted to a dimension and does not persist. My emotions do not persist. None of these persist but awareness persists.

Awareness lasts. Awareness endures. It's that which persists to the last. *It is* the last, just as it was the beginning.

Any divine quality will carry us to God but awareness is particularly apt and useful as something that all of us always, already have, something that is invisible and can be used without notice, a powerful solvent to dissolve our upsets and help us locate within ourselves our love and our bliss.

It's time to raise our awareness of everything, but, most importantly, of our interior universe, the space within, the space of the heart and beyond that the space of everything.

To those who are schooled in awareness, it's time to bring back the skills we learned so long ago of consciousness-raising, of relieving the tension and the muscular holding patterns in our bodies, of perfecting our knowledge of ourselves.

Increasing Higher-Dimensional Awareness

June 9, 2019

<https://goldenageofgaia.com/2019/06/09/increasing-higher-dimensional-awareness/>



If you think about it for a moment, the work I'm doing reparenting myself can also be seen as increasing higher-dimensional awareness.

Think of it this way. The more I become in touch with Big Steve, my Adult, my Higher Self, the higher my vibration seems to become.

It seems to raise my vibration to increase the amount of time I spend in my Adult consciousness state rather than in my Wounded Child.

The process whereby I decline from my Adult state to my Child state is almost invisible to me in the daily rush of events. I notice I get triggered and, boom! I'm in my Wounded Child.

Each state has its "advantages" when viewed from its own confines. It's not like one is right and one is wrong. Each has its place.

I've always preferred the higher. I have a natural preference and deeply-conditioned bias towards the frontier, the beyond, the supernatural. I've never been able to remain within disciplinary boundaries and I don't intend to in the future.

The highest occult knowledge. The best enlightenment teachings. I'm very familiar with this side of myself.

And perhaps thank heavens I do prefer the highest. Otherwise what would provide the jet fuel to blast me out of the prison I built for myself out of resentment and vengefulness towards my overbearing Father?

Gosh, it's been a long road to recovery. And it isn't over yet. The Humpty Dumpty Man has only been around for less than two decades. In other words, I've only been a functioning human being for that amount of time. For the rest of my life I was simply coping.

I only found out what love was four years ago. Imagine, living a whole lifetime not knowing what real love is!

I'm learning as fast as I can but much of the ground I'm covering, I've never been on before. And no manual comes with being born human.

Reparenting myself. Adult Bird to Wounded Child, Big Steve to Little Steve, you're doing swell, bro.

Do I know what I'm doing? Yes. Errrr.... no. Flying by the seat of my pants as a matter of fact. Just what Michael asked me to do. (1)

Footnotes

(1) Steve: I know you want me to make the ultimate decision in matters of policy but apart from that, if I carve out a lifestyle kind and attentive to the needs of awareness writing, are you alright with that? That's really my first love.

Archangel Michael: I am over the moon with that! You can do the writing and I will do the art and the music! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2017.)

AAM: Truth is truth. It is stand-alone, infinite and eternal. Nevertheless, there is an expression on your planet that we find humorous that people use and it is, "The truth as I know it."

When you present it in that way, you are saying, "From my position, my experience, my understanding, my study, my core, this is what I perceive and what works for me and what I know to be true in my situation."

When you speak in that way, what you are doing, and I encourage you to do so, as a human being, you are sharing the experience and the expression of your divinity and that is absolutely a necessary part and parcel of Nova Earth. (Ibid., Jan. 20, 2016)

⌘ Ascension and Awareness ⌘

Expanding Awareness in a Gradual Ascension – Part 1/3

November 25, 2018

<https://goldenageofgaia.com/2018/11/25/expanding-awareness-in-a-gradual-ascension-part-1-3/>



Dr. Erving Goffman & SpringwaterParkcc.org

Erving Goffman

As a grad student in cultural history and sociology, I was always watching behavior.

In sociology, the more minutely you looked at behavior, the more of a reputation you acquired.

Erving Goffman is a good example. Look at *The Presentation of Self in Everyday Life* for instance. Goffman treated life as a theater in which people were performing. He described their performances with huge attention to detail - compared to everyone else in his day.

I had no trouble with the attention to detail. However, I did have trouble with something else. All sociologists and anthropologists of that time shared one thing in common: They were always looking at someone else's behavior.

Everything in academic studies when I was there was "objective," "out there." To look at one's self was "subjective" and not allowed. Except for a novelist or poet; in other words, for someone who'd "dropped out."

But for me looking at one's own behavior became a pressing need the deeper I went into the Human Growth Movement.

It brought personal growth and unfoldment. The farther into it I went, the farther away from academia I journeyed.

But I knew I had to travel this route.

Let me draw us back to the original purpose of life for you and me.

How do I know what it is? Because I was given a vision in 1987, of which most everyone around here may be tired of hearing about! (1)

It showed me the journey of an individual soul from God to God. That soul is known to others as the spark of God, the Self, Christ, Atman, Buddha nature. Jesus is talking about it in his parables as the pearl of great price, treasure buried in a field, and mustard seed that grew into a great tree.

The vision left me with just one sentence: "The purpose of life is enlightenment."

That's its purpose for you and me. For God, it's purpose is apparently that God can enjoy meeting Itself in a moment of our enlightenment. At that moment, God meets God. And for that meeting was all of this created.

Another name for "God meeting God" is "Self-Realization" or "Self-Knowledge." Self-Realization because, if God is everything, then you and I must also be God. If it were any other way, God would not be everything. So when we realize our Self fully, we must realize God.

(Continued tomorrow in Part 2.)

Footnotes

(1) I refer you to "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/>

Expanding Awareness in a Gradual Ascension – Part 2/3

November 26, 2018

<https://goldenageofgaia.com/2018/11/26/expanding-awareness-in-a-gradual-ascension-part-2-3/>



(Continued from Part 1, yesterday.)

One place we go off the rails is that we argue about such things as: Are we talking about "the self" or "the Self"? "The self is selfish and hence bad and the Self is selfless and hence good. We want to leave the one behind and embrace the other." The argument is needless.

The self is a Third-Dimensional construct in consciousness devised to guide the being through that layer of density. It was useful in its place.

It yields to the Self of higher dimensions, which again is useful in its place. Both yield when the Father is made One again and our very Self is shown to be merely another construction in the Consciousness that the Father is.

One thing is left out of both constructions in consciousness is something that is not a construction, perhaps the only thing that isn't.

It's the "I" of the observer/participant, the one I've agreed to remain aware of.

The "I" is always around. It observes the self and the Self and survives the No-Self merger with God. But it survives as God - or at least as an individual by choice that knows that it is God.

Both the self and Self must be known and then gone beyond.

When we see through all versions of the Self and beyond, we see ever more refined versions of our created being.

I once saw a version of me that appeared in the form of a knight in shining armor, seated on a horse with a silver lance. It was said to be my "Higher Self."

There are numerous other "me's" or "selves" - and "Selves" - in this and, I'm sure, in other universes, But there is and always will be only one "I."

This "I" of Self-Knowledge is the frontier I'm exploring. I'm led to believe that we'll know this "I" in Sahaja to a degree that completes our Ascension process. (Still, there will always be more to go.)



My working hypothesis is that we come upon the Self after a process of cleansing ourselves through becoming aware of the ways of the self.

I call it "clearing vasanas (major upsets)." Linda speaks of removing "core issues." Kathleen calls it "forgiving everyone and everything." We're all of us discussing a side of the overall operation of purification.

Classical enlightenment studies call this phases we're in a purification phase, leading up to Ascension.

Christians might see this as purgation. Hindus as fulfilling one's duties and leading a moral life. Buddhists as fulfilling one's dharma and observing shila or morality.

It's an early phase of the journey which will culminate in Sahaja Samadhi and Ascension. The next waystop is what Hindus call spiritual awakening, Buddhists stream-entering, and I will call fourth-chakra enlightenment. It can take the form of a heart opening or the sight of a Light or the Vision of one's ideal form of God.

Usually - and this is key - one proceeds by going farther and farther into the experience and realization of whatever one experienced - the Self, a Light, the Heart of hearts, Love, the Beloved, whatever it was.

As soon as the planet has a heart opening and the love flows freely, life will pick up amazingly. And that will only be the equivalent of a fourth-chakra awakening. At some point we'll experience Brahmajnana, which is a seventh-chakra awakening and life will be fantastic. And even that is not Ascension.

(Continued tomorrow in Part 3.)

Expanding Awareness in a Gradual Ascension – Part 3/3

November 27, 2018



(Continued from Part 2, yesterday.)

With Brahmajnana, we leave the Third-Dimensional, seven-chakra system behind.

Here's Da Free John describing his amazement at leaving watching his chakras fall away:

"For several nights I was awakened again and again with sharp lateral pains in my head. They felt like deep incisions in my skull and brain, as if I were undergoing an operation. During the day following the last of these experiences I realized a marvellous relief. I saw that what appeared as the sahasrar, the terminal chakra and primary lotus in the head, had been severed.

"The sahasrar had fallen off like a blossom. The Shakti [kundalini, Mother's energy], which previously had appeared as a polarized energy that moved up and down through the various chakras or centers producing various effects, now was released through the chakra form.

"There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies,

gross or subtle, had revealed itself to be as unnecessary and conditional as the bodies themselves.

"Previously, all the universes seemed built and dependent upon that prior structure of ascending and descending energy, so that values were determined by the level of chakra on which consciousness functioned, and planetary bodies as well as space itself were fixed in a spherical or curved form. But now I saw that reality or real consciousness was not in the least determined by any kind of form apart from itself.

"Consciousness had shown its radical freedom [form] and priority [over] the chakra form. It had shown itself to be senior to that whole structure, dissociated from every kind of separate energy or Shakti. There was simply consciousness itself, prior to all forms, all dilemmas, every kind of seeking and necessity." (1)

All forms were seen to be simple constructions in consciousness (or light or love). But it's the impermanence of the chakra system that I want to draw attention to.

On *An Hour with an Angel*, the Divine Mother confirmed that (1) Sahaja Samadhi is the culmination of our gradual-and-sudden Ascension and (2) it lies beyond the seven-chakra system.

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 [as] your seven chakras. ... We have emerged from the Third-Dimensional realm, which is [the] reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement. (2)

We enter the Fifth Dimension, I believe, upon seventh-chakra enlightenment. And we complete the Ascension process a few subplanes into 5D with Sahaja Samadhi.

However life will improve dramatically when even a planetary heart opening occurs. I know from personal experience that we don't have to wait for full Ascension before the cheering can begin.

I regard these as factual matters. I'm not saying that Ascension is years away. Sahaja may be years away. But our lives will improve immeasurably at just the next bend in the road. And it'll be accompanied by abundance, world peace, Disclosure, etc.

All we have to worry about is allowing the process we're already fully involved in to help us go deeper, unfold, and expand.

The versions of the self or Self that we pass through are simply constructions in consciousness, each of which yields when seen and known.

We're going deeper and deeper into who we are, passing through one layer after another - the self at many levels, the Self at many levels. We finally reach the No-Self, when the Self surrenders everything God gave it - last of all its own individuality - and merges with God to become One again.

That's the end of the journey for the individual soul as I saw it in my vision. It left the domain of the Mother (*mater*, matter); its light returned to it again; and it streaked back to the great golden Sun and merged with it.

End of story.

Well, not, apparently. After merging with the Father we come out again at the call of the Mother and launch ourselves on another round of service.

If you follow my path of becoming increasingly aware of the ways of the self, then you cause one layer after another to disappear simply by becoming aware of it. Later we find that there are also levels that the Self lives on - dimensions and depths of experience.

The self/Self/No Self is like a Babushka doll. Another self within another self within another self.

Again, the Self can be compared to a crab that moults its skin every year as it feels the need to expand.

We're constantly growing and expanding into a new version of self ... until an experience of the Self causes us to leap up a level and live from a new understanding of ourselves.

And from here we repeat the process again and again, expanding our awareness, until at some point we liberate the inner tsunami of love, and open to the next lesson and the next.

The "self" of self-awareness keeps disappearing from our attention once we become aware of it. We therefore drill down through layer after layer of self with our awareness until we reach the Self - through nothing else but remaining conscious of ourselves, minute by minute, day after day.

Self-Realization fulfills the purpose of life. There's no escaping reaching that destination, no matter what path you follow. It's written into your life's plan that you will eventually reach that Goal. Some will be fed in the morning, Sri Ramakrishna said; some in the afternoon; some in the evening, but all will be fed.

To call fulfilling life's design "narcissism" by "the Me Generation" is utterly to miss the point. Diving deeply into the self and keeping going forward, as Sri Ramakrishna urged, is fulfilling life's purpose.

It's right on target and yields glimpses of the higher planes and experiences that totally satisfy.

That's my view of the gradual approach to Ascension for one who follows the path of awareness.

Footnotes

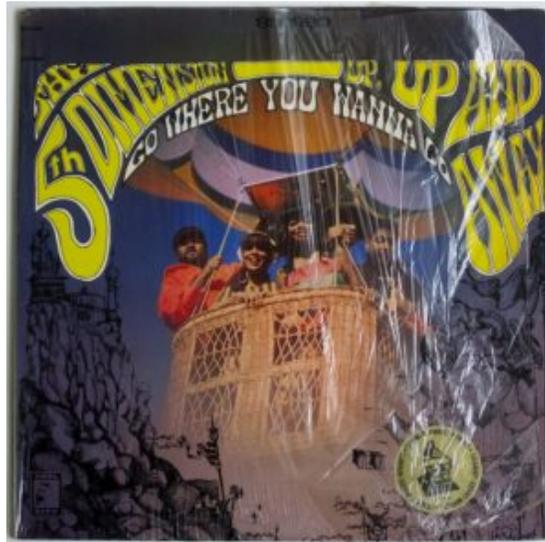
(1) Da Free John, *The Knee of Listening*. Original Edition. Clearlake, CA; Dawn Horse Press, 1984; c1973. , Original Edition, 116-9.

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

Ascension is like Changing the Channel

November 13, 2021

<https://goldenageofgaia.com/2021/11/13/ascension-is-like-changing-the-channel/>



Credit: The Fifth Dimension

I am a day closer to reunion with God.

By "Ascension," I don't mean to suggest we're going anywhere.

The nearest physical comparison is to say we'd be changing channels on the TV.

Just as all television signals are simultaneously in the room I'm sitting in, so are all dimensions. They co-exist in the same space, but at different "levels" or frequencies.

Therefore I actually don't get up and walk somewhere else. Or go there in my big balloon (with the Fifth Dimension [1967], bless their hearts). (1)

I simply become responsive to different, usually-higher frequencies.

In some cases we visit one dimension or another, such as in nighttime astral travel or brief accompanied trips to higher afterlife realms. (See 2)

But most of the time most of us stay with our favorite channels - the Third and Fourth Dimensions.



As I ponder Ascension, I realize that the "I" that will ascend is like a bubble or field of awareness.

More particularly, it's a mental/emotional/spiritual field of awareness, a bubble of memories and worries, hopes and fears.

I'd like to look at some of its properties.

I am it. When I move left, it moves left with me. When I go forward, it goes forward with me. I carry it with me, always, as I think we all do.

Put another way, the "me" that is more than a point of awareness but less than a physical body is like a bubble of felt space.

I'm not aware of it until it's brought to my attention in, say, feedback or someone "invades my space," getting too close to me. All of a sudden I become aware of it. I might then get uncomfortable or hostile.

I can't describe how far out it goes; I just *know* it has extent.

It's what goes on in that field of awareness that's of major interest to me in life. Spiritually, it's the only space I'm ultimately responsible for.

I know intellectually that we are ultimately One. But, interimly and daily, I identify with the bubble.

It defines the field of my inner experience. When I feel despondent or angry, hostile or repentent, I feel it as if it were happening throughout the bubble.

So when I change the channel to the Fifth Dimension and ascend, I believe that I'll take everything I really value with me in the sense that I'll take my bubble with me. In my opinion? Taking that with me is all that really matters in the end.

Just as, when I board a plane, I leave my possessions behind even though I still own them, so here I leave everything behind but my bubble while I change to Channel Five. But I still own all I did before. I'm not moving anywhere physically.

The plane (the timeline) I board does go somewhere and I along with it. I may for instance be on a timeline that's different from some people I used to know, who now seem to disappear or fade from memory. Of that I cannot speak. It sounds possible and I know some channels have said it's so. I just haven't gotten around to looking into that subject yet.

For me, all possessions and mementoes are just props to stimulate my memories of the past and desires of the future. I don't *need* them, even though I know they'll be awaiting me in a higher dimension if I actively *want* them. (3)

Finally, in my view, I'm karmically responsible for my bubble. You're karmically responsible for yours. The only changes that really matter to me are those that occur within mine: Am I more loving? Am I more forgiving? Am I more gentle? Or am I grumpier? Less tolerant? Less generous?

If I'm a tightfisted Scrooge, I'm responsible for that. You don't make me mad or sad or anything else. In my bubble I do all that without outside assistance. (4)

So I'm already a space traveller and I have my spacesuit and bubble helmet on. And I walk among similarly-space-suited astronauts.

All of us look outside ourselves for the major motivators and determinants of action, but I think, if we really looked, we'd find them inside ourselves, in that mental/emotional/spiritual bubble - primarily in the way we feel.

Footnotes

(1) The Fifth Dimension, *Up, Up and Away!* One of my favorites from 1967!

[video width="1920" height="1080" mp4="https://goldenageofgaia.com/wp-content/uploads/2021/11/The-5th-Dimension-Up-Up-and-Away-Official-Audio.mp4"][/video]

(2) On "Temporary Ascents or Visits to Higher Realms" than the Astral Planes, see here: http://goldengaiadb.com/index.php?title=The_Planes_of_Life#Temporary_Ascents_or_Visits_to_Higher_Realms

(3) By the Law of Attraction, my wanting will ultimately create them on that higher plane.

(4) I have a well-functioning Make Me Mad and Sad Department that does all that.

Gradual Awakening – Part 1/2

August 20, 2013

<https://goldenageofgaia.com/2013/08/20/gradual-awakening-part-12/>



Most lightworkers and lightholders are probably by now recognizing within themselves the signs of a gradual awakening. But for those who may not be, let's review what our sources have to say about the process of our gradual awakening.

Jesus through John Smallman reminds us that “at the center of your being you have always known that this was to be the lifetime in which your awakening would come to pass.” (1)

Most of us are starseeds, here to assist Gaia and her inhabitants with their Ascension. Our Ascension has already occurred, perhaps many times over. For the most part we're 7th-12th dimensional beings from star systems like Arcturus, the Pleiades, Sirius and Andromeda.

But part of our agreement has been to wear the blindfold and go through the awakening process along with everyone else. And so what the nature of our awakening is becomes of interest to us.

The master Hilarion explains that “awakening most often occurs when there is something revealed that was not known before which rocks the foundation that people based their lives upon.” (2)

“This shakes the template that has been in place around the Earth and around each inhabitant and opens up the contemplation of other possibilities that were not considered before.” (3)

What is awakening us is that the Source, through the Company of Heaven, is sending us light and love, as Archangel Gabriel speaking through Shelley Young describes for us.

“You have been exposed to an influx of light that has been unprecedented on your planet thus far. ...

“You have just shifted into a brand new AGE. Imagine how much that multiplies the effects when you are in the ending of an age that has lasted thousands and thousands of years and is transitioning into a brand new age that will also last as long!

“On top of that, you are learning with your bodies how to assimilate the light that is flooding your planet and how to work in the higher dimensional energies. So it has been a lot and we understand and honour you for that.” (4)

The Arcturian Group describes how this light works its miracle.

“With your intent and permission, energy change first flows into your energy field and begins to dissolve that which is old and untrue – the shadow energy that you carry with you in the form of any false beliefs regarding yourselves and others. The shadows are dissolved in the presence of the Light – higher frequency energies.

“Gradually, the individual then begins to experience change within his thinking patterns as well as within all facets of his life and this is often where the ‘problems’ start. He finds that he no longer resonates with people, places, or things as he used to and the evolving student may find himself with some difficult personal choices to make.

“These subtle changes usually unfold gradually and lead the initiate into the new as they are ready or able to handle the higher frequencies. This may appear to the student as though nothing is happening.

"Understand that as you allow and gradually begin to hold more Light, you are changing the energy of the whole planet." (5)

Our shadow selves subside under the impact of our dawning awareness of truth, they tell us.

“All there is to shadow energy is an unawareness of Self – some carry more, some carry less. As each new awareness of truth deepens within you, its Light becomes a part of your energy field.” (6)

The planetary logos, Sanat Kumara, gave us his description of how the light energy shifts us.

“There have been significant energetic shifts upon your planet in the last couple of weeks. And even within the last few days.

“Now when we say ‘energetic shifts,’ what do we mean? Because, as you know, part of this process — of shift, of awakening, of Ascension — has been the continuation and the penetration of your sacred beings, each and every one of you, directly from the heart of One, of Mother/Father/All Source, from we who serve you and who are in partnership with you.

“And that is particularly true as [Archangel] Gabriel and I penetrate each of you and the planet, sweet Gaia, with gold and pink light, and the energy of beauty, of peace, and what we would call enlightenment — and I do not use that phrase casually or lightly.” (7)

The process of penetration is not something that stops and starts, he explains.

“So each of these frequencies does not stop and start and stop and start. The way in which this transition, from my perspective as planetary logos, is being handled is there is an escalation.

“Now, this escalation in some situations has been gradual, over decades, as you know. And then there has been a turning-up of the gas jets in certain

situations, which is exactly what has happened in the past couple of weeks and in the last two to three days.” (8)

As we’re able to handle more, the energy is amped up.

“The energies and the frequencies are turned up, made stronger, more palatable quite literally, because you are able to handle more and more energy. And the purpose of this energy increase and frequency increase, vibrational increase — however you conceive of it — is not for you to be out of body, but to be able to manage, to hold and to integrate this into your body, so that your level of heart consciousness, of full awareness, is growing.” (9)

At some times, the experience may seem overwhelming, he tells us.

“Now you may feel as if you have your finger in a light socket. In some cases, many of you are actually feeling a little irritable, as if you have too much energy in your body, as if you can run 20 miles and then some.

“Allow it to, gently, simply, anchor within you — and yes, run if you must, or if you choose. But do not try and slow down or halt, in any way, shape or form, the increase in vibration that is coming into not only your field but being effected into your physicality.

“This is part of your ability to be fully anchored in the higher dimensions, or what you tend to term the higher dimensions.” (10)

Thus our gradual awakening is being brought about by higher beings flooding the planet with light and love. It’s gradual but increasing and, as our abilities to handle the light increase, so the amounts sent to us increase.

Tomorrow we’ll look at the incredible lightness of being we are more and more experiencing as we assimilate this light and shift into higher and higher dimensions.

(Continued in [Part 2](#). You’re welcome to read ahead.)

Footnotes

- (1) Jesus through John Smallman, July 12, 2013.
- (2) "Hilarion: Humanity is in the Process of Re-discovering its Own Greatness and Magnificence," channeled by Marlene Swetlishoff, August 4, 2013 at <https://www.therainbowscribe.com/hilarion2013.htm>.
- (3) Loc. cit.
- (4) "Archangel Gabriel: Expanding into a New Age," channeled by Shelley Young, June 21, 2013, at <https://trinityesoterics.com>.
- (5) Arcturian Group Message. Channeled by Marilyn Raffaele, June 2, 2013 at <https://www.onenessofall.com>.
- (6) Loc. cit.
- (7) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," May 28, 2013, <https://goldenageofgaia.com/2013/05/sanat-kumara-many-of-you-have-already-ascended-and-straddle-dimensions/>.
- (8) Loc. cit.
- (9) Loc. cit.
- (10) Loc. cit.

Gradual Awakening – Part 2/2

August 21, 2013

<https://goldenageofgaia.com/2013/08/21/gradual-awakening-part-22/>



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

Jesus reminds us that the Company of Heaven are watching our gradual awakening with joy:

“The spiritual realms – Heaven, Reality where all of creation is – is watching with joy as the cloud, the fog, the ephemeral mist in which those in the illusion have chosen to hide themselves from our Father and from Reality starts to dissolve.” (1)

The angels through Taryn Crimi watch as well, but remind us that more is to come:

“We are watching as many begin to stir from their self-induced slumber. You have regained the knowledge that you are in fact responsible for every experience in your lives; however you have not yet regained the knowledge of how to consciously direct all of your creative abilities.” (2)

“As you continue to remember your true nature, your true divinity,” they tell us, “you will also regain your ability to manifest all that you truly desire to experience.” (3)

As we lift up, the lower dimensions will hold less and less appeal for us, Sananda through Fran Zepeda predicts.

“As you lift and linger in those pockets of lighter energy and view everything from that perspective, you will find that the ‘pulls’ into the lower dimensions of needs and wants and ‘have-tos’ will begin to slip away more and more and become much less present and ‘charged’ for you.” (4)

What we’ll notice most is our increasing lightness of being, which Sananda asks us to embrace.

“Look for the ‘Lightness’ in everything, for that is where your creation is fueled, where your transformation is fueled, dear ones. It is ‘written in the stars,’ so to speak, that you shall inherit the earth, a New Earth, and you have achieved much already to that end.

“Go at your own pace, but stay with your intent to absorb as much Light as you can, and to allow it to build to a crescendo within to allow an explosion of color and purity to envelop everything. ...

“For all intents and purposes, much is changed and much has shifted. Move aside the veil of your lingering illusion and see your world clearly for the first time. It is your norm now. It just remains for you to embrace it, dear ones.” (5)

Hilarion predicts greater ease:

“As this continues, you will find yourselves feeling at greater ease and at some point that is individual for each one of you, the heavier and denser energies will one day be considerably lessened and this will be felt as a lightening of your spirit.” (6)

As our experience of lightness grows, the master Hilarion encourages us to meet the way ahead in joy and open-heartedness.

“The way forward and upward in your consciousness has now become more aligned with the joy and beauty that abides within your soul and this gives rise to feelings of expansion and infinite possibilities. Open yourselves to the vista of new beginnings and allow yourselves to receive the bounty of the Universe as it brings to you the fruition of your deepest and long held dreams.

“The way before you is being cleared and all that is required is the opening of your heart to allow it in. Let your imagination soar with joyous anticipation of the arrival of a new day, one that is a blank slate upon which can be written the life of your choosing, all that is required is your active participation.

“Follow the guidance of your heartfelt desires and dare to dream big. See the possibility that you can receive all the good that life has to offer. Many of you are ready to move beyond the old paradigms as you watch their disintegration taking place before your eyes. You are the catalysts for the changes that are now taking place.” (7)

However, not all matters that awaken us lead us towards greater joy and certainty. Some can raise doubt and leave us in discomfort.

The Ascended masters and Pleiadians through Wes Annac explain that some things arise not to broaden us immediately but to release the doubts that stand as obstacles to our further growth.

“Everything you experience currently is a necessary and ordained part of your process....

"You're growing toward the higher dimensions, rather than away from them. It's simply that many of you are experiencing facets of your Earthly growing and leaning that are necessary to be experienced before your ultimate ascension into the higher dimensions.” (8)

It may take time for some of the changes that are occurring in our world to manifest physically, SanJAsKa tells us.

“The accelerating awakening taking place in the minds and hearts of every single Earth soul is initiating massive positive effects in your physical reality, and like all good things, it’ll take a bit more of your physical concept of time for the bulk of the changes you the awakening humanity have largely helped to manifest, to become apparent.” (9)

So far we are having subtle upgrades, according to the Divine Mother, whose plan we’re following. But at a future time there will be Ascension itself, in what she calls “the blink of an eye.”

“You are already having these subtle upgrades. And you have been for some time. And now of course you are used to them, even though you do not understand the fullness of those upgrades and you are the anxious child that says ‘What’s next? What’s next!’ ...

“I do not chastise you for this question. But what I say is the subtle upgrades will continue and then there will be the ‘blink of an eye.’” (10)

But as each person around us awakens, the chain of influence grows until potentially every citizen of Earth has been touched.

“Go out and spread your Light. Each new one who awakens instantly becomes a carrier of the new frequencies. They, in turn, automatically influence each the others that they come in contact with – each of those moving on to perpetuate the energetic chain of influence.

“Think of the activation of another as being akin to flipping on a lightswitch, because in truth that is exactly what you are doing. So imagine this chain going on and on until every single soul on earth has been touched.

“This is the most simplistic explanation of how the awakening of the human collective shall occur. It is also the most understandable way we have by which to impress upon you the importance of why you must embrace your predestined role and become a part of it.” (11)

So we are now entering new phases of our agreement to assist in the awakening of Earth. We stand on the verge of the first of the abundance programs coming online.

We await another boost of energy in September. And we hear that Disclosure will be folded into these events, accelerating the process of our awakening by an order of magnitude. Our part in all this is to open to receive, ground the energies, and then further transmit them.

Footnotes

(1) Jesus through John Smallman, May 15, 2013, at <https://johnsmallman2.wordpress.com>.

(2) "Angelic Guides: Your Miraculous Transformation Continues," channeled through Taryn Crimi, July 1, 2013 at <https://angelicguides.wordpress.com>.

(3) Loc. cit.

(4) "Sananda: Feel and "See" Yourself Walking Always In The Golden Light and Consider It Your New Home," Channeled by Fran Zepeda, June 16, 2013 at: <https://franheal.wordpress.com>.

(5) Loc. cit.

(6) Hilarion, May 12, 2013 at [/hilarion2013.htmhttps://www.rainbowscribe.com/hilarion2013.htm](https://www.rainbowscribe.com/hilarion2013.htm).

(7) Hilarion, May 26, 2013.

(8) "The Ascended Masters and the Pleiadians: Ascension is Being Pioneered by Each of You," channeled by Wes Annac, August 2, 2013 at <https://aquariusparadigm.com>.

(9) "SanJAsKa: Become the Pioneers of the New Revolution," through Wes Annac, June 17, 2013.

(10) "Universal Mother: Your Family is the Legions of Light, June 18, 2013, Part 1/2," at <https://goldenageofgaia.com/2013/06/universal-mother-your-family-is-the-legions-of-light-june-18-2013-part-12/#more-182555>.

(11) "Pleiadian Message via Bella Capozzi: Angels In Human Form,' May 1, 2013,
at <https://cupcakesandangels.wordpress.com>[https://](https://cupcakesandangels.wordpress.com)
cupcakesandangels.wordpress.com.

Waking Up is Hard to Do

July 20, 2013

<https://goldenageofgaia.com/2013/07/20/waking-up-is-hard-to-do/>



Waking up to something, whether as small as a behavior pattern or as large as a role in life, can often be a difficult matter.

Psychologist John Enright used to say that “being wrong is to the ego what death is to the body: it is ego-death to be wrong.” (1) And waking up can often look as if it'll involve us in being or seeing ourselves as “wrong.”

We may find ourselves in the position of looking as if we've been wrong for a very long time, which no one likes, but the sooner we cough up the truth, the sooner we stop continuing to be and look wrong, so to speak.

Werner Erhard used to argue that even rats were smarter than we are. They learn not to keep going down a tunnel with no cheese. But we go down the same tunnel with no cheese forever. Hiding the truth about ourselves and acting as if it isn't so is going down a tunnel with no cheese.

Nothing can be scarier and look as if it promises more significant harm than to wake up to something embarrassing about ourselves and come clean on the matter. Ooooooh, how we'd rather run away.

But, in the end, it takes only an instant to cough up the truth and it ends the pain forever whereas, if we hide the truth, we feel the pain forever.

Prior to getting into the habit of calling myself on my own stuff and lies, primping and image management, I used to think I'd die from the experience of fessing up. But we don't die. And in fact, after a while, it isn't even very hard or painful to call ourselves.

I remember breaking through the barrier of waking up to my own ways in the three-month encounter group I did a Cold Mountain in 1975-6. I spent what seemed like endless weeks pfaffing around, avoiding the issue (whatever the issue was), and then suddenly I got the hang of it and began to reveal myself more and more.

And not only reveal myself but listen to others reveal the most intimate details about themselves or about me after our love-making or call me on stuff I hoped beyond hope was invisible. Nothing was invisible. All was grist for the mill.

And finally none of it mattered. If someone had told me I had a ... well, a [male appendage] for a nose, I wouldn't have blinked an eye.

The very first insight I came to in that process was that we were only invisible to ourselves. Everyone else saw us plainly, or so it was in the encounter group.

Once we've accustomed ourselves to telling the truth about ourselves, we find an unaccustomed freedom from bondage to the lie, the cover-up, the constraints of self. We emerge from the box I call the constructed self and find ourselves to be more supple than we could possibly imagine.

As I said in an earlier article, (3) I use the practice of testing something out and trying it on to gentle myself into the truth of the matter. That could be trying on what someone else says about me. Or it could be trying on a status or a role that Archangel Michael or the Arcturians are trying to wake me up to.

If I can grow into what they say, if the way is clear and insights come to me consistent with the role or status they talk about, then I provisionally accept their account. And by living from that space, I gradually awaken into it.

If I can expand into it, then that's a pretty good indication that what they say is probably true. If it doesn't fit, or I don't resonate with it or expand into it, then I put it aside. This is in line with my agreement with Michael:

Archangel Michael: Your view prevails, dear heart. ... You are the decision-maker. (4)

Waking up is hard to do. Seeing the truth of ourselves and then acting on what we see is difficult. But, in my view, it's where the real power in life lies.

Footnotes

(1) John Enright, Talk at Cold Mountain Institute, April 10, 1976.

(2) est Trainer Randy McNamara, est Training, 11 Jan. 1981.

(3) As discussed in "How to Work with the Novel and Strange," July 14, 2013, at <https://goldenageofgaia.com/2013/07/how-to-work-with-the-novel-and-strange/>

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

Glimpses of What Lies Ahead

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/glimpses-of-what-lies-ahead/>



Having newly discovered, or re-discovered perhaps, my balanced adult, (1) I'm now having fun with it.

I spilled a bottle of glue today while transferring it from one bottle to another.

I enjoyed watching myself clean up the mess, moderately. I knew full well (without a barrier of resistance appearing) that I could restore the situation and we could then carry on. I was acting from my balanced adult.

We know what I'm doing, don't we? I'm reparenting myself.

I'm walking myself through the critical-parent and wounded-child scripts and, with thanks for their service, retiring them. They no longer work for me. After celebrating the occasion, I'm moving forward.

In their place, well, quite frankly, I'm relying on what Michael has told me in preparing me for what's up ahead. I'm putting in place what he's taught me. That must be fairly obvious to anyone reading me.

He might as well be my (divine) psychotherapist. He's certainly my teacher. Look at how long it took me to get what he meant by "balance," even though he harks back to it repeatedly? Years. Just short of a decade. I'm supposed to be a fast learner.

Why so long? Because balance and peace, love and bliss are not Third-Dimensional spaces and I was looking for them in the Third Dimension. They are nowhere to be found, there.

There are no words to describe them because Third-Dimensional words have not been invented that capture a higher-dimensional space. I don't think it'll be possible to do so for a while, anyways. For example, I can think of no way of capturing higher-dimensional love, true love, in words. I wouldn't even try any more. (And yet I do, again and again.)

For most of us, when we see or in other ways experience these divine states, we get a glimpse of what lies ahead - encouragement for us to keep going, keep going, keep going.

These moments of discontinuous and expanded comprehension are what I mean by "realized knowledge." Realizations can be big or small. They don't last - until Ascension. But they produce certain knowledge and unforgettable experiences. And they're glimpses of what lies ahead.

Most of us don't recognize them for what they are. They seem to be just wonderful moments (magic moments even) when everything seemed different and we knew a lot. But we see no further significance to them. No big deal.

After Ascension, our hearts are permanently opened in Sahaja Samadhi. Then our vasanas are fried to a crisp. There are now no seeds of future action, no arrows of karma waiting to be launched.

We're released from our bondage to unproductive stimulus/response patterns. We experience this as moksha, mukti, liberation from bondage.

We'll live in a crystal-based (rather than our present carbon-based) body, which we're slowly adapting to now, which neither needs to die or be reborn. Thus we're released, as the Buddha might say, from bondage to the wheel of birth and death. He called it Nirvana. Names don't matter. It's same higher state of existence.

Our spiritual experiences are in the end encouragement to keep us moving forward through this slow and gradual time during which the body adapts to the greatly-

increased energies, the greater light of the higher dimensions which before long it will be living in.

Footnotes

(1) See “Up from Moan and Groan,” March 6, 2020, at <https://goldenageofgaia.com/?p=306851> and "The Adult State = The Balanced State," March 9, 2020, at <https://goldenageofgaia.com/?p=306854>

Our Future and Our Destiny: Are We There Yet?

March 19, 2020

<https://goldenageofgaia.com/2020/03/19/our-future-and-our-destiny-are-we-there-yet/>



It took me years and years to realize that what was making me mad was not the person standing in front of me but a person who stood in front of me decades and decades ago.

On that occasion years ago I reached a conclusion about life and a decision on how I would act in the future. This is how a vasana or core issue gets started.

It's taken me more years to realize that how we feel is the most important motivator in our lives. And more to realize that I have the power to change how I feel.

I'm not a victim of my feelings. Granted a thought may have generated the feeling, I don't have to remain depressed, dejected, disappointed, unless I want to. And I seldom want to.

It doesn't work to plaster a smile over a feeling. But, given that many feelings and moods change with things I do anyways, I can choose to do things that will alter my feelings.

Those they don't alter, I can process using the upset clearing process. (1)

It was accepted practice in the Growth Movement to stay with our feelings. But where I'll be going (and many others will as well), I won't have the time or luxury of going the long way around. I have to find another way forward.

If I feel dejected, I often choose to act in ways that are consistent with it. The same with many, not all, feelings. But I've been experimenting lately with ways of changing the way I feel. Listening to inspiring music is one; creating a new writing project is another; thinking of someone I love is a third.

Once the feeling changes, I marvel at what I was thinking of doing (or had done) by acting on that feeling.

These are only stop-gap measures. Once we shift, based on my visits to these realms, we'll be in love and bliss 24/7. Thus it's not a pipe dream to say we want to live in love permanently and fully. It's our future and our destiny.

Knowing this, does it not make sense that I'd be impatient to get there and trying every means to achieve that space? Once we would have said that I was denying reality and burying my head in the sand.

But is it denying reality to say that I want to be at our destination as soon as I can? Have we not been saying that since childhood? (Are we there yet?)

The love and bliss I'm talking about, as you know, is a world apart from what we think of as love and bliss. It'd be like Mom telling me orange Kool-Aid is freshly-squeezed orange juice. Not.

What awaits us is definitely more than 99.99% of the population may or will have experienced. OK, 99.98%. To say it's "out of this world" is an understatement. It's all this world desires.

Maybe knowing this is what has me no longer settle for feeling dejected or depressed. Whether it be that I listen to these feelings until they lift or change the tune, I want more of what I know is coming. I want the Light at the end of the tunnel. (2)

Are we there yet?

Footnotes

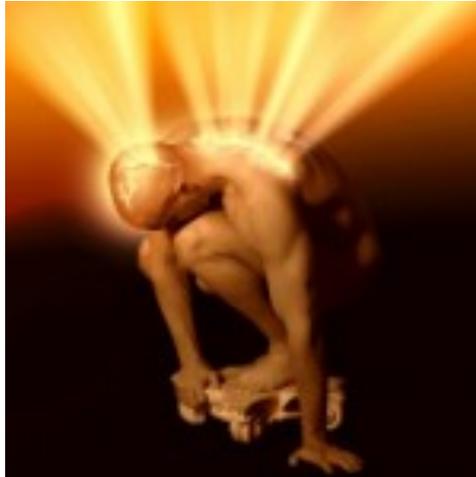
(1) "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

(2) The Light of the Self in the seat of the soul, the end of the tunnel of the heart.

I Want What the Higher Dimensions Have to Offer

March 15, 2020

<https://goldenageofgaia.com/2020/03/15/i-want-what-the-higher-dimensions-have-to-offer/>



I've literally found my voice. The voice I've found is my caring mind or balanced adult.

I was vacuuming and I did something "wrong." Immediately my wounded child felt dejected, collapsing a number of memories into simply giving up. Whoa! That was a quick mood switch! I was clearly triggered.

When I looked into it, I saw that at some point in my life I had given up on anything meaningful happening in my family, as long as it was dominated by Dad.

I gave up thinking that I had anything meaningful to contribute that anyone would be interested in or listen to. What's the use? It's in a constant state of uproar, seen from my vantage point.

And now this new faculty has been recently activated or triggered. I now hear the voice of a balanced adult saying "I care about you, wounded child." And I feel the compassion. This is very, very new to me.

A figment of my imagination? Of course it is. But, after all, I have to live in this inner environment. It's all a figment of my imagination, including you. And, as

long as I live in it, it isn't pleasant sharing the bed with a critical parent and a wounded child.

Previously I've done everything I could to keep them out of my awareness, simultaneously acting them out as scripts and records (vasanas, core issues) and thinking that nobody saw me. But now I see these states of mind and hear them clearly, as they compete for my attention. I see them. I need no outside verification now.

I've now found the part of me that can respond genuinely to their requests for my attention. Again this is like a first meeting.

This balanced adult in me feels compassionately for the suffering that both of my other ego states have been subject to.

But, acting as an independent adult, I can now release my attachment to them.

I no longer agree to lower my vibration to meet up with them. I say: Thank you for your service, but I no longer want to be responsible for your welfare. You'll have to raise your vibration now if you want us to talk.

Recently I experienced happiness for the first time in known memory. I realize now that happiness is what I want (the spiritual currency I want to be paid in). And love. And bliss.

I want what the higher dimensions have to offer. I'm going forward.