

Are We There Yet?

The Adult State = The Balanced State



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From Self-Loathing to Self-Pride



Self-acceptance, it seems to me, is the largest part of a healing process from childhood trauma.

Or so it has proven for me in my process - still underway.

A short while ago, I found myself feeling proud of myself for what I'd accomplished in this lifetime.

Feeling proud of myself is utterly foreign to me. Feeling self-acceptance in any form was strictly verboten, forbidden in this child's world as my memory recorded it.

I've been in self-loathing for most of my life, sentenced to it by myself because I was a father-hater. I haven't accepted this side of me up till now and now need to let it back into the family, so to speak.

Feeling self-pride, given my self-loathing, wasn't within my purview, my universe of possibilities.

But I see that I'm not in self-loathing any more.

It isn't what I feel proud of that's important. It's allowing myself to feel self-pride in the first place. That's the breakthrough, the shift that took place at some undetermined time. (1)

At this moment, I'm genuinely proud of myself, warts and all. And I guess I'm exploring it.

Yes, I was really lousy in some roles I tried to play. Yes, I did not know what love was. Yes, I struggle with my vasanas. All of that is true.

Yes, it was the same for my Father. He did his best under miserable circumstances, and his father the same.

I leave self-loathing behind. I leave father-hatred behind. I no longer need them. (2)

I accept that I can feel pride - feel proud of myself, feel proud of others, feel proud of us all.

I welcome the feeling of pride in myself back into my heart and conscious awareness.

Footnotes

(1) My sense of self-worth would have increased what Archangel Michael would call my "spiritual currency."

(2) I hope I demonstrate by this act that a person can leave objectionable behavior behind; this, in support of the maxim "object not to the person but to the behavior."

Up from Moan & Groan



Credit: lisaswritopia.com

Sometimes it seems to me that we have many selves. Maybe innumerable selves, I don't know.

Buddhists talk about hungry mind and grasping mind. The self or mind that I just noticed, and that I don't reside in often, I think of as caring mind.

I observed me caring for myself in the moment. Rather than staying in my "victim" mind, which would bemoan my situation - my normal practice - I actually rose up as a voice, a mind, a self and set about addressing things.

I actually took responsibility for taking care of myself. And noticed it. For the very first time. It felt very different than what I'm used to.

It wasn't something I do very often. More often I play the "victim" and moan and groan.

I'm really struck by this discovery. It's brought me to a standstill.

It seems to me that we can have as many selves as we have thoughts, points of view, heroes, etc. The mind seems unbounded in its reach and flexibility.

This mind - the caring mind - turns out to be so very important and yet it's been missing, dormant, silent until now.

It seems to follow that I must be ever looking for someone to take care of me. That's what moaners and groaners do, don't they? Match up with a caregiver?

I assume the responsibility for taking care of myself. I surrender my practice of complaining. I just let all that go without needing to put anything in its place.

Later.

I now recognize this caring mind as what Eric Berne would call the "adult ego state" or adult consciousness state.

It provides a channel through which the Higher Self can influence me.

Moving from bemoaning my situation to taking care of myself is a profound shift. It may bring about the very shift I've been wanting that would allow me to live up to and into what's expected of me.

Still later

I see I've been living out of my parent and child ego states. The one is the victimizer and the other is the victim.

And all the time I've been bemoaning the way I feel. Fancy that.

This is the first moment I've been conscious of an alternative. The adult consciousness state, the caring mind is an altogether different state of being to live from. Gone are the feelings of guilt and dismay. They simply aren't here. Without anything taking their place.

But the very emptiness I feel is a relief. I can breathe. I'm an open space.

In Search of the Balanced Adult



My work with the three consciousness states (parent, adult, child) is bringing one insight after another.

I see that my parent and child, locked in conflict, have created all the rubble and guilt that I carry around with me.

And they ... OK, I ... create more rubble and guilt every new day.

Only now the pain from perpetrating as a parent or child is nearly unbearable. And it's instantaneous. This declining ability to stand my own vasanas is what propels me in my search of the balanced adult, if I may coin a phrase.

I have to keep reminding myself: I know that the human being is pure and innocent in their original, created state (the soul, Christ, Atman). The balanced adult is a reflection of the pure and innocent Self. Why is it hard for me to imagine?

The critical parent and wounded child are not facets of the pure and innocent Self. They are misconstructions of the human mind. They can go. And the fact that they do go reveals them as not eternal and thus not of the Self.

After World War III between the critical parent and wounded child has ended, what is left standing is the balanced adult.

And WWIII doesn't even have to end. I just have to step outside it and observe it. Change the channel. Turn off the inner TV. Self-produced fake news.

The real news is with the balanced adult.

The Adult State = The Balanced State



When we venture into the unknown, balance is key. ... Well, important! Often it'll seem as if we're holding the rope. Credit: Giacomond by Quint Buchholz

Having been reminded yesterday of the mind's ability to divide itself into parts, sides, or voices, (1) I identified three persistent voices that were key in forming my everyday life experience.

I'll use Eric Berne's terms for them: a child, parent, and adult ego or consciousness state. Berne explains:

"That is your Parent' means: 'You are now in the same state of mind as one of your parents (or a parental substitute) used to be, and you are responding as he would, with the same posture, gestures, vocabulary, feelings, etc.'

"That is your Adult' means: 'You have just made an autonomous, objective appraisal of the situation and are stating these thought-processes, or the problems you perceive, or the conclusions you have come to, in a non-prejudicial manner.'

"That is your Child' means: 'The manner and intent of your reactions is the same as it would have been when you were a very little boy or girl.'" (2)

In this regard, the Arcturians have said two things in readings that relate to the formation of my sensitivity to criticism and blame:

"Because you were to work with Ascension, you were called upon to create a reality in which you went to the depths of the depths [with your Father] while you also experienced great love [from your Mother]." (3)

"You've been trained since childhood to hear the faintest whisper of darkness." (4)

This resonates with me. My child's discouragement and my critical parent are strong. I have both recordings. (5) I have to emerge from both.

This morning I awoke at 6:00 AM, telling myself that I should get up (parent ego state). I wanted to sleep more and so felt guilty and dismayed (child ego state).

But this was the first time I've ever woken up and seen the dynamic of a guilt-inducing parent state and a dismayed child. I watched myself actually walk through those steps. And the truth set me free from the upset.

My life has been about climbing out of playing these two roles: a critical inner voice (the parent) and a beaten-down inner voice (the child). I now see that the way out is to let go of both of these and to summon up a third and balanced inner voice (the adult).

That's what started this whole exploration. I noticed an adult voice that took command of a situation. I had never heard this voice before. I recognized it as an adult voice and that immediately threw into stark relief the two voices I'd been listening to. I now saw them as my parent and child ego states, arguing.

What Berne calls "adult" Sanat Kumara and Archangel Michael call "balanced."

Sanat Kumara said that achieving balance was what the universal laws are all about.

"The purpose of the law, the foundation of the law, is balance. It is to assist you, to guide you — and all beings — to the place of balance. That is the reason for Universal Law." (9)

I'm beginning to see why.

Michael defined "balance" here:

AAM: We ... want you to be balanced.

Steve: What does it mean to be balanced?

AAM: It means to be in your heart only and completely. It means to have your feet firmly planted in this dimension and Earth, because that is where the work is. And it means to refer to your head and not to be led, and certainly not to be influenced by fear or false reality. (5)

He stressed the importance of balance in building Nova Earth.

"Everything in balance. Everything in moderation. That is how one proceeds in creating Nova Earth and Nova Community.

"It is the paying attention to what is truly important and that is what you have been doing, by the way. There is not a distraction of bringing energy or the energy of judgment or criticism to that which is not vitally important." (6)

The balanced or adult voice does not judge, he says.

"[The balanced voice] does not judge. It does not condemn. It does not choose sides. It comes from a place of equality and openness." (7)

The Company of Heaven can play hardball when they need a certain outcome to come about. In 2018 Michael, for example, confessed to clearing the decks around me so that my ability to make balanced decisions as a pipeline would not in any way be compromised:

"One of the things we have done with your consent ... has been this clearing up of the space around you. ...

"We don't want you to feel or to be beholden – financially, emotionally or spiritually – to anybody. ...

"We are setting up ways in which this, can we almost say, removes you from those heartstrings so that there is wisdom and balance and an understanding of the higher good [in your decision-making]." (8)

Tough love. But it shows us that the Company of Heaven are serious about our post-Reval work. They want to see us balanced.

It's ironic that I should end up accepting Eric Berne's terms for this important work of emerging from childhood trauma into balance. Berne was the author who first set my feet on this path of personal growth and emergence from childhood patterns.

When I read *Games People Play*, I had a tremendous "Aha!" and knew that I had found my life's work. This was 1974.

By then I'd already completed a career as an historian and was looking for what was next. After reading Berne, I ended up on my final adventure as a budding academic, becoming a Sociology grad student, ever searching for the meaning of our patterns of behavior.

I now see that what Berne called "adult" and what Michael calls "balanced" are one and the same and the desirable state for a lightworker to be in.

Later

Now that I'm aware of this distinction and dynamic, I find myself going through the day identifying "child ego state," "parent ego state," "child," "parent," whenever they go off, and then letting go. Prior to this I wouldn't have known what was happening to me; only that I felt dismayed. Now I know.

My wounded-child consciousness seems always expecting to be put down. It despairs of things being different. This is its programming.

I'm discouraged - and dismayed. I then feel depressed over feeling dismayed and on and on the daisy chain of thoughts and emotions goes.

Rather than feeling depressed all these years, I can now observe the child or parent ego state arising, experience any part of it that needs experiencing, and let it go. I'm no longer it. I'm no longer in it. I'm outside of it. The almost-automatic identification of me with those feelings was doing me no earthly good.

However, unless I'd had an explanation, which Eric Berne provided, I'd have gone on forever in a cycle of dismay and depression. Now, having a reliable map (transactional analysis) to the terrain (vasanas, early childhood trauma), (10) I can traverse it much more easily and quickly.

Footnotes

(1) "Up from Moan and Groan," March 6, 2020, at <https://goldenageofgaia.com/?p=306851>

(2) Eric Berne, *Games People Play. The Psychology of Human Relationships*. Secaucus, NJ: Castle Books: 1971; c1964, 24.

(3) The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.

(4) Ibid., July 22, 2014.

(5) That may explain why people say underneath an angry man lies a frightened child. The way I see it is that we have both recordings in our mind's library: Our role and the angry parent's role.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.

(6) Ibid., Oct. 18, 2017.

(7) Ibid., March 3, 2011.

(8) Ibid., May 2, 2018.

(9) "Sanat Kumara: You're Ready to Build Societies in Adherence with the Law," April 23, 2013, at <http://goldenageofgaia.com/2013/04/sanat-kumara-youre-ready-to-build-societies-in-adherence-with-the-law/>.

(10) I realize I'm not doing Berne's original theories justice. The parent ego state is not uniformly negative; it can be nurturing and compassionate as well. And so with the child ego state.

I'm focusing mainly on the hurt and harm that people wrestle with as a result of early-childhood trauma and I'm very selectively borrowing from Eric Berne to provide a model for dealing with one aspect of it.

An example of another tool not linked to Transactional Analysis? Jesus provided one: He said that the truth shall make you free. That maxim provides a useful way of measuring if we're on the right track in what we see about a vasana. If what we see is true, we should be experiencing increasing freedom. If not, then we're barking up the wrong tree.

The spiritual basis of my work with vasanas lies in the writings of Sri Ramana Maharshi. See for instance Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990; Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974; and Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961.

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 and 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 or 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.

The Space of Abundance



There are a multitude of states of consciousness, I'm sure. Why would there not be? Everything is consciousness.

Abundance is a higher-dimensional state of consciousness just as mastery and bliss, love and peace are.

Abundance as a state, like love, cannot be discussed. It lives in another, higher dimension and our words don't capture that realm of experience.

Metaphorically speaking, they don't reach that far. They're insufficient to capture the essence of the experience.

I've never found words for higher-dimensional love, for instance. It's as far removed from my everyday experience as an airplane flying at 30,000 feet is from me.

So abundance too. But I can describe the space of abundance. When I feel abundant, I feel confident. I feel unworried, relaxed. There are no barriers to my experience of other states of consciousness like happiness or peace.

I move ahead with the discussion of things boldly and clearly and leave it to others to work out the details. I think this is what Archangel Michael means when he refers to money as being creative. I create with money as if painting and leave the details to those whose job that is. I do it when I feel abundant.

I imagine myself in a meeting discussing at a values level the ideal shape of the world - egalitarian, compassionate, responsible, etc.

From those values, the programs to implement them cascade and flow. Universal basic incomes, universal medicare, universal debt retirement, universal child care, universal seniors care, etc.

Planet-wide, culturally-sensitive, in support of the locally-desired outcome. But raising the standard of living worldwide, responsibly and wisely.

My saying this arises from years and years of studying what Michael has been telling me in my readings about being a funder, a flowthrough, a pipeline. I haven't spent a day on the job and yet already I'm thinking as if I had.

We reach a pinnacle of relatedness to a topic in the time when we study it. In the years that follow we rely on what we learned back then to decipher the present.

This last period for me has been spent studying and imagining the flows of immense amounts of wealth on a global scale. Michael remarked to me on one occasion:

Archangel Michael: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (1)

I am indeed just getting the first glimpses of it. And many others are in partnership with him or the other celestials as well.

Not like I knew what the result would be starting out in my study. In the beginning, I just wanted to know what my job was.

But the result is that I'm becoming able to think at a global level, as tentative as my first thoughts are. I'm restricted to the flow of money, but within that domain and acting as an envisioner I'm feeling more and more competent.

I'm not afraid to think from that vantage point any longer. Archangel Michael has given me enough reassurance to make the leap. Yes, I did require a lot of handholding.

This whole process comes from reading and rereading what he has to say about financial service or stewardship. One comes to see things from a much wider, broader level through assimilating his words.

I'm seeing things from an altogether different angle now. I experience abundance, not as a condition, but as a state of consciousness.

Heavens, how lucky I am.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018.

The State of Being Called Happiness



A few days ago, I found myself in the state of consciousness called abundance. I've just had another major breakthrough this evening.

I suddenly realized - out of nowhere, though probably guided - that I didn't allow myself to feel happy.

I swear I don't remember a time in my life when I've actually allowed myself to deeply feel that way.

I've perpetually kept a lid on it.

The very next moment after I realized this, I felt overwhelmingly happy.

And not just as a feeling. In the same way that I discovered that peace was like granite, solid and stable, (1) so for a brief moment was happiness the same - solid, strong, stable - much deeper than a simple feeling. But I'll continue to use the word "feeling" because I have no other word for this deep a consciousness state.

The feeling was totally novel to me. (2) I was flooded with memories of people inviting me to feel happy and me responding irritably. I swear I never knew why I responded that way, never even thought anything was amiss.

But some time ago, in the distant past, I must have felt so hurt, so traumatized that I distanced myself from happiness. I locked it away somewhere and led an essentially unhappy life.

As I reflect on this, I see me feeling happy upon entering the car for a trip; and Mom telling me to settle down. Dad would give me the back of his hand for acting silly.

Bad choices.

What have I done to myself? How could I never have seen this?

Or are we just getting deeper and deeper into our vasanās, our core issues as the energies rise?

But for now, and for as long as it lasts, (3) I feel happy. And look! Happiness leads back to love.

All roads seem to lead back to it.

In all the years I've been writing about love, I never connected it to happiness. Happiness was literally elbowed off the stage by dismay, sadness, regret, and hopelessness, all feelings that arose out of conflict with Dad.

I'm now at least in bliss, blending into ecstasy. Happiness is a door into all of these!

I notice that bliss and happiness are very compatible. They blend into each other.

Happiness is in the moment. Like love, happiness is a higher-dimensional or transformative space.

Like love, the minute I go into unawareness of it, it disappears. As with bliss, I really have to sit here, just enjoying it, to get the full effect.

I'm happy and I have no reason for being so. It's independent of the circumstances. I feel like Scrooge waking up on Christmas Day.

I don't know how long this experience will last. It came out of nowhere and may as likely disappear into it again.

But for however long it lasts, I'm going to savor it.

For the first time in my life that I can remember, I'm happy. (4)

Footnotes

(1) Here's an account of peace being like granite:

"Immediately I found myself sinking into a deep, deep sense of peace, way down deep. I ended up in a place that was absolutely solid. It was as if I were standing on a slab of granite.

"Later again, in *An Hour with an Angel*, Michael also described peace as being like stone and I remarked that that was my experience as well. I would have expected downy softness.

"The solidity of the ground under my feet probably reflected my own inner stability, which seems to be a gift of true peace when it becomes permanent.

"This peace passed understanding in the sense that the mind was so still I'd have to describe it as inactive, archived, taken offline. There was no such act as understanding going on because the mind was decommissioned.

"Of course the experience passed, as all do short of Ascension." ("The Peace that Passeth Understanding," July 18, 2017, at <http://goldenageofgaia.com/2017/07/18/the-peace-that-paseth-understanding/>.)

Archangel Michael: So, when you think of things that you should do, are supposed to do, might do, and it doesn't ignite that fire of excitement, and that granite of peace, then you are being given an important piece of information, which is 'look elsewhere.' Is that clear?" ("Transcript ~ Archangel Michael: You Have Chosen to Be the New Paradigm of Love, May 31, 2018," June 7, 2018 at <http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/>.)

(2) Here's what AAM had to say about the experience, a day after I'd had it:

Archangel Michael: You may have noticed, Sweet One, that happiness has a large role to play at this moment.

Steve: Well I'm just connecting with happiness myself. I don't think I've allowed myself to be happy in decades!

AAM: It has been a very long time. (Archangel Michael in a personal reading with Steve Beckow through Linda Diullon, Feb. 20, 2020.)

(2) I woke up the next morning and the experience had left me.

(3) A few days after writing this article, I read this passage from Saul, which I so agree with:

"Happiness is carefree, joyful, limitless, and inspiring. When you are happy you can do much more because you have boundless energy and enthusiasm for life, and that happiness, which is firmly established within you, uplifts and encourages those with whom you interact. You have all experienced the joy of watching small children bubbling over with happiness and have then been delightedly unable to suppress your own resultant good spirits. Learn from them then, embrace the moment, and have fun." (Saul, Aug. 10, 2014, at <http://johnsmallman.wordpress.com>.)

Drowning in an Ocean of Love



... inside the heart

Someone's "shouting" in my inner ear. Alright, alright! Where's my computer?

Love lies below everything.

Yes. Everything I've ever known.

If we think we've found something higher than love? We can be assured that it's but a waystation on the road to love. There *is* nothing higher than love. Or deeper. Not in my books.

We may have to dig through more debris. Or forgive ourselves and move on.

Here's my overall thesis: Love is One without a Second. Love is everything, a truth more obvious in the higher dimensions than ours. That's to me a fundamental truth.

From Love in Stillness came Love in Motion. And from the union of the two issued all else. This is a description of the Trinity - Father [Love in Stillness], Son [all else, life forms, creation], and Holy Ghost [Love in Movement] = Brahman, Atman, and Shakti. From the union of Father/Mother God came all else. The "all else" includes you, me, and all other life forms.

Imagine pouring molten gold into three statues. One is the God the Father [Stillness]. The other is God the Mother [Movement] and the third is us [a marriage of Stillness and Movement]. We are the "all else," a divine spark in a body made by the Mother. All three (Father, Mother, Child, if I may use that terminology) are made of the same gold - love.

I thy Lord am a jealous god. Yes, love flees the instant I take my attention off it. It disappears in the presence of an ill thought. It's a jealous god.

Be still and know that I am God. Yes, super-stillness would very likely lead to Self-Recognition. And drowning in an Ocean of Love. We would be still but love would flow through us.

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" and what I see as my "constructed self."

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. That would balance the two.

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.

Otherwise, 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.

A Basic Change of Opinion



I'd like to continue a thread. It's about the importance of how we feel.

I often feel like an anthropologist, studying customs in the North American culture to which I belong because all seems so new.

Apparently I've only been here eight times and, yes, it does feel new to me.

I have absolutely no awareness of any other culture but ours - on or off planet. But following the path of awareness is where in spirituality you'd expect to find a curious newbie and a wannabe anthropologist.

I notice things. I also know I'm being fed thoughts and have caught "them" in the act on one or two occasions. For instance, I have a very loud and high-pitched ringing in my ears right now, which tells me that Michael is here. (1)

And I'm always trying to take these noticeings and explain what sociologists call "the definition of the situation" and what I'll call "what's going on here?"

So I had a "what's going on here?" moment today, listening to music. I observed myself changing my mood based on a thought having changed. The music reminded me of someone and the minute I remembered her I was swept away by love. (2)

A minute before I'd been listening to different music and grumbling about daily issues. Oh my Gawd, it was so much more enjoyable to be swept away by love. But I saw that *I did it*. I caused the change in feeling by changing my thought.

I let go of the daily issues and began thinking about an angelic being whom I love. My mood changed like that!

And yet, if I were feeling an unpleasant way like humiliated or lonely, I'd be thinking to myself that I need to feel that way until it lifts. I need to stay with the experience. I need to be with it.

In actuality that isn't totally true.

If I change the focus of my attention, I actually can change my mood.

For years, I regarded this as dodging the issue. By staying with the experience, I was getting at the root of the matter. But I now feel the tug of weightier matters and I no longer have the time to go the long route, as useful as it is.

I'd like to leave that noticing for a moment, to show you how the process of consciousness works. The next thing to arise was a stray issue, triggered by noticing I no longer had time to process.

I now engaged with the issue that my time was no longer my own. I'm in service now. I feel regret, wistfulness, sorrow.

I've lost control ... or yielded control ... of my time. That goes along with - it's implicit in - service.

So let me count. I now have agreed to stay to the end, yielded expectations of enlightenment, and given over control of my time. Those are big sacrifices, what the Arcturians would call "big initiations."

It demonstrates that service will ask certain things of us. We're called upon to make sacrifices. And they're sometimes not small.

OK, that illustrates how one thought follows another - triggered or not - in a stream of consciousness. My private life is just moving from one thought and the mood it brings to the next. At least that's the way it is on Earth in 4D.

Returning now to my overall theme, I do have some control over my feelings. I can change a thought that has negative energy streamers attached to it to one that has positive.

I'm not arguing about the rights and wrongs of seeing things that way. I'm simply observing what shows up for me like fact. Changing our thoughts can change our feelings. (3) If we don't want to feel the way we do, then among the many strategies we can use, the quick one is to change our thoughts.

When I'm standing in front of a group of government officials and corporate officers and we're contemplating how to bring a universal basic income to Canada and I'm feeling grumpy, I'll remember this.

Footnotes

(1) Steve: How do I know when you are whispering in my ear?

Archangel Michael: Often it is prefaced by a high-pitched ring.

S: Oh, I hear that all the time.

AAM: Yes, I know.

S: [laughing] Are you here all the time?

AAM: Yes, I am. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.)

(2) Here's an example of mood-changing music. See if you can listen to Ennio Morricone's *Theme from the Mission* and not have your mood shifted.

[audio mp3="https://goldenageofgaia.com/wp-content/uploads/2020/02/Ennio-Morricone-The-Mission-Main-Theme-Morricone-Conducts-Morricone.mp3"][/audio]

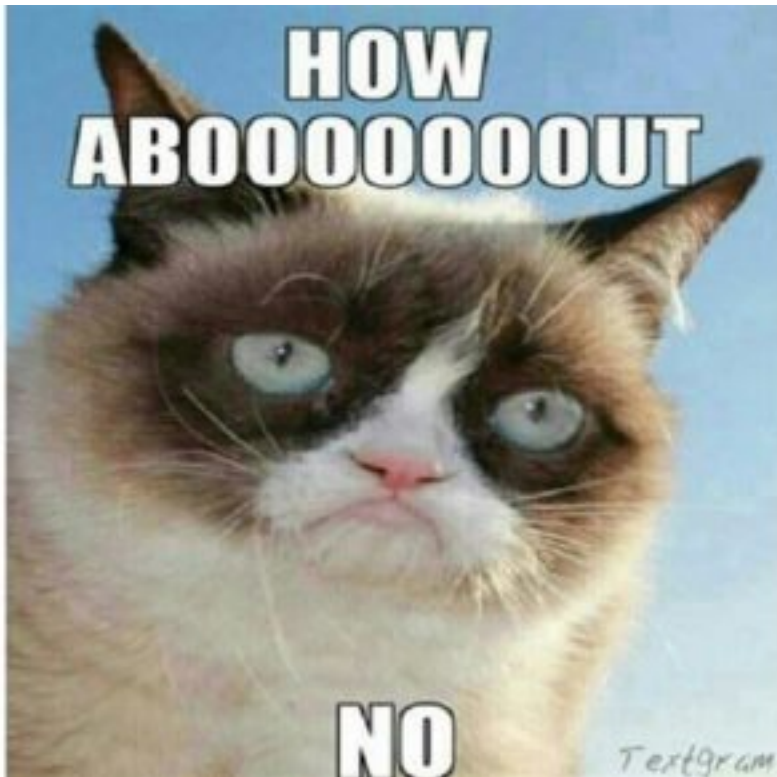
I have never watched *The Mission*, just so you know. I only know this piece of music from it.

(4) I acknowledge that certain vasanas or core issues may not yield to changing our thoughts. For those there is the upset clearing process at “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/>

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

How Aboooooout No?



Credit: Vitamin-ha.com

The number of demands on me in my life - if you add in everything that now flows from a Healthy Heart Program after my bypass - is unsustainable.

And, after the Reval, it'll only escalate. So sooner or later in my life I'm going to have to discover the secret to managing a huge workload.

It has to be a simple answer because the problem of overwork has probably been with us since the dawn of civilization and is independent of local circumstances; i.e., faced by all of humanity.

I'm pretty sure the answer lies in my relationship to the word "no."

We interrupt this broadcast.... I just received - and saw I received - a lightning-fast inner movie.

It traced the problem back from hating to say "no" in the present moment to feeling as if I had few friends in junior high school to seeing myself as a father-hater in earlier life.

I saw that the latter started when I was seven and my Dad slugged my Mother. It was like a line of emotional lineage going back in time.

OK, no need to spend years and thousands of dollars analyzing it. My mind is capable of showing me the right picture. I get the origin of hating to say "no."

So I see myself as a father-hater who does not deserve friends. Therefore I don't want to annoy the friends I have by saying "no" to them. This is the decision and conclusion I reached about myself. (I'm dissecting a vasana or core issue here.)

End of story. Finding out what's truly happening doesn't have to be long and drawn-out affair. The mind tells us instantly what's happening by throwing up an image - or a movie. It isn't rocket science.

How do I know I handled the upset - part of the issue - by recognizing and acknowledging what I saw?

Because the truth will set us free. Not only liberate us from the Third Dimension of life and death, but also free us from our upset.

If what I saw was the truth and I embraced it, the truth would set me free from the upset. The more of the truth I see, the more freed-up I am from the upset. If I feel more upset, then that which I saw was not the truth. Time to try again.

Feeling release, I don't see that there's any need to go further. In fact doing so risks stumbling back into the upset that I just emerged from.

That doesn't take care of the problem; it only takes care of the upset around the problem. The problem remains: I have too much to do and can't do it all.

But it does mean I can now face saying "no" without upset.

I Alone Do That for Myself



Credit: www.tweetspeakpoetry.com/

Leaving aside the numbers of guides around us and restricting our attention to our everyday consciousness, I maintain that each of us cannot escape feeling alone.

We take steps to multiply our effectiveness by cooperating with each other in common cause. But at the end of the day, when we lay our head upon the pillow (and our partner is asleep), we are again alone.

Well ... not quite.

If we were really honest, we'd acknowledge that our minds operate like a collection of voices.

Some therapists allude to this by talking about "constant comment" and "the critic on your shoulder." It can as well be the admirer on our shoulder. We have the ability to talk and listen to ourselves.

Not to mention our poor guides, trying to get a word in edgewise in this environment of "constant comment." There are lots of voices in there vying for the attention of us, the eternal observer.

So in that particular inner sense, we're never alone. The airwaves are never silent. The mind is never still.

Nevertheless we're "alone" in the external sense. We come to see our lives through this everyday filter. A sense of duality inevitably results.

As a separate-seeming being, I begin to feel abandoned and afraid, unnoticed and powerless.

All of this in most of us is going on below conscious awareness. As far as we're concerned, in our everyday, outer-oriented consciousness, we're just stumbling along and everything is fine.

But there's always this yawning inner fear of emptiness, nothingness, aloneness. And there's always this inner conversation about it.



Consciousness to the rescue.

We have the soul ability to fluidly operate our consciousness. One minute, I can be in my Parent consciousness state and the next in my Adult or Child. There's no need to change costumes or fly to another location.

And I don't have to restrict myself to these three. Consciousness is capable of infinitely inventing. The same rules that apply in the outer world of events do not apply in the inner world of consciousness.

Eric Berne assembled the many voices of the mind under three major headings: Parent, Adult, and Child.

Our culture channels our expression. In our culture the Parent and Child roles are well-established and honored. The Adult role is less well-defined or understood because it's not situationally-determined. (1)

Berne's categories become important as we begin to rebuild our deconstructed selves. I call this process "reparenting." I believe it happens after we've cleared away some of our vasantas or core issues and have a little space.

We get to choose - consciously now - how we want our lives to show up.

One afternoon I was lost in thought about this matter when, in the next second, an inner voice chimed in: "I will take care of you."

I recognized this as my Adult consciousness. Imagine circuits sizzling and lights popping and suddenly we're back online. That's what it was like.

The Adult proved immediately to be a very useful and helpful fellow. It's very opportune that it's come back online now, given what lies ahead. For years it's been in the closet, but its time has surely come.

I'm being told at this very moment that the trigger for the Adult coming back online is us taking personal responsibility for our lives. OK, that's probably by inspiration. Thank you, my guides.

So our Adult begins with us taking personal responsibility for our wellbeing. If we have an active imagination - and imagination is creative on the Fifth Dimension - we can think of ourselves as being many people and one of us takes the initiative to organize the rest, benevolently. This is our Adult.

The Adult is accountable, proactive, and self-generating. The Adult is mature, balanced, and generous.

We're taking back our power if, until now, we've vested it in someone outside ourselves. We're taking it back as part of reparenting ourselves.

So I (the eternal observer) now allow the Adult to take the lead and carve out for me a lifestyle that serves me, given that I seem to be alone. (2)

I could go on, but you get my drift.

I'm only alone on the lower dimensions of consciousness, away from the ocean of transformative love. In that ocean, one sees immediately that love is everything and that love connects us seemingly-separate beings.

As long as I appear to be alone, as long as I need to be in these lower dimensions, I will assume responsibility for my wellbeing. I will see to it that I have what I need. I will be accountable for it.

I'm no longer looking for a wonderful and kind parent to love me or for allies against a dangerous world. Assuming it's even needed, I alone do that for myself.

Footnotes

(1) My status as a Child or Parent is, in the first instance, situationally determined. My status as an Adult is much less so. The "Adult" I'm referring to is not determined by a legal age or status.

(2) Ever since an out-of-body-experience in 1977, I lost my fear of death. And some part of my fear of aloneness went as well.

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.

Glimpses of What Lies Ahead



In my 1987 vision, if I'd have looked into the past or into the future, down the tube the golden star was traversing (lifetimes in matter, mater, Mother), the view would have looked like the Nautilus shell, receding in time.

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 the 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>