

From Love to Bliss to Ecstasy - Part 2



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Slipping into the Natural State Again



Credit: healingeve.wordpress.com

June 16, 2015

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Frankly, I'm happy just feeling the peace.

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

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

Footnotes

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

(2) Loc. cit.

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

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

A Walk in My Original State



Credit: www.starbucks.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I'll Take It!



June 24, 2015

A number of you have written to say that you live in the transformed space. Thank you for that. Surely that's an indication of the rising vibrations that we're imbibing and our hard work clearing.

I'm sitting here in a park in Vancouver (left), simmering in transformative, universal, unconditional love. I'm watching myself and having insight after insight and then realizing that I'm not writing any of it down. These experiences have to be shared. The times demand it.

I picked up my computer when I realized that I was acting like an innocent child. I was laughing at something - a dog holding onto the ball he fetched, not wanting to let it go. And I was chuckling to myself in complete guilelessness. Now that was unusual for me which is why it came to my attention.

It used to be that I took a breath and drew up a wisp of love from my heart, which I then sent out to the world. Now it's as if an ocean wave of love comes up with each breath.

I let AAM guide my bike ride today and found myself led to a park just two blocks away, where I was guided to stop and sit on this bench. I think there's some energy transfer going on that he wishes to have happen. But for me, I was captured by a wave of love and haven't been able to get up since.

I'm beginning to meet people who'd be excellent for the projects that'll come after the Reval and meeting them is doing two things. It's dispelling the loneliness that I felt. And it awakened me to companionship love again, after the period of mourning I've been going through for the past five months.

I think that re-awakening has a lot to do with the fact that love now arises as a wave rather than a trickle.

When I breathe through my nostrils, I can feel the love going down my throat. I'm wafted back in memory to the best times of my life - devil's food cake, Disneyland, travels across the country, breakfast in Pondicherry. There's absolutely nothing wrong in this state.

So.....? What does that say?

It says I then leave this state. I trade it for something else. What do I trade it for? A resentment, a fear, a worry. Gradually the price'll become too high and, as AAM said in my last reading, I'll abandon those thoughts and this'll become a steady state.

I'd be entirely satisfied living completely and forever in this state. How much do you want for this place? I'll take it.

The Depths of Pain and the Heights of Bliss



June 23, 2015

It's been a few days since I was in transformative love and here I am back in it again.

At the same time a lightworker asked me: Is the pain ever going to end?: The processing? The issues?

Yes, it will. But for now, I replied, "we're having every bit of resistance, hatred, shittiness, manipulateness, and everything else that can't go with us wrung from us."

Relationships breaking up. Impossible situations arising. No finances. No wiggle room of any kind.

What is happening? Kahlil Gibran described the process:

"Even as [Love] ascends to your height and caresses your tenderest branches, so shall IT descend to your roots and shake them. Like sheaves of corn IT will gather you unto ITSelf. IT will thresh you and make you naked. IT will sift you free from all your confinements. IT will grind you to whiteness. IT will knead you until you are pliant; and then IT will assign

you to the sacred fire, so that you may become sacred bread for God's sacred feast." (1)

Love is kneading us until we're pliant to make us bread for God's sacred feast of Ascension.

The more we're kneaded, the more pliant we are, the more we experience the very love that's kneading us.

I spent a night effusing love with all and sundry. In this space, to parrot Werner Erhard, I do what works and everything I do works. I'm laughing with waitresses, having great exchanges with bus drivers, all is wonderful.

And then tomorrow another volcano erupts and I'm back in the river of lava again. And then transformative love makes its presence known and all cares fall away. And I breathe in bliss and thank God for being alive. It's a crazy rollercoaster life but it's getting more bearable every day.

So yes, there is an end to vasanas. But no, that end is not in sight. And yes, there are more and more moments of love and bliss.

To anyone who says I don't know the depth of their pain, oh, yes, I do. I know what pain feels like just as I know what love feels like.

For me at least the balance is shifting from endless pain to more and more bliss. It couldn't shift fast enough for my liking but the process cannot be rushed. I need to finish the wash cycle, then the rinse, and then the final spin. But I feel cleaner every day, more in love with life, and more in love with myself.

Footnotes

(1) Kahlil Gibran, *The Prophet* at http://members.tripod.com/modern_mystic/doc/Kahlil_Gibran.htm.

Bound Expressions of Love



June 25, 2015

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

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

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

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

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

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

I look deeper.

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Love Seeks Only Itself



Credit: fashionmodelingshow.blogspot.com

July 1, 2015

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

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

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

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

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

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

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

Now all my enjoyment centers on the inner realm.

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



Credit: www.freegreatpicture.com

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

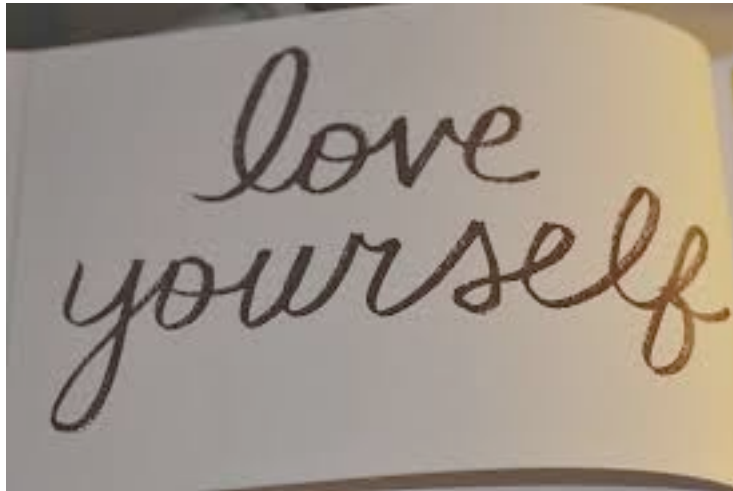
We're wanting to get back to the way things were, when people had disposable income, security and a bright future. They never knew these things.

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

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

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

So Obvious, So Profound



Credit: citizensofculture.com

July 5, 2015

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

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

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

One can see the point viewed from many perspectives.

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

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

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

I never saw the responsibility I had to love myself.

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

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

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

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

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

Whatever works to have you love yourself.

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

Footnotes

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

Taking Steps, Creating Visions



(Excerpt)

July 6, 2015

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

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

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

Conscious awareness as a more persistent state is an umbrageous awareness, as if your awareness takes in everything. And in that space of taking in everything, there's also a sense of certainty and confidence. As we do with all transformational

and enlightened spaces, we say "THIS is who I am." But there's always much more.

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

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

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

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

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

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

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

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

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

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

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

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

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

... And Later



July 7, 2015

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

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

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

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

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

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

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

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



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

Some time ago, Archangel Michael said to Kathleen:

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

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

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

"I beg of you, do not assume that when you write of what you are calling 'the inner work,' that this does not have profound effect because the focus of the leadership movement, right now, is on the inner work." (2)

OK. Then full speed ahead.

* * *

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

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

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

That pretty well describes what's happening.

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

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

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

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

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

* * *

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

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

* * *

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

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

"The Great Way is effortless
For those who live in choiceless awareness,
To choose without preference
Is to be clear.

"Even the slightest personal preference
and your whole world becomes divided.
To perceive reality as it is is to live with an open mind." (5)

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

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

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

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

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

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

Can Love Mitigate Aggression?



*A depiction of Arcturians
From Connecting with the Arcturians, p. 27.*

July 8, 2015

I was recently drawn to pick up a book, *Connecting with the Arcturians* by David K. Miller (1998). Unusual for me. I usually don't have time to read a book, watch a video, or listen to an audiotape. But something called me from this particular book.

My eyes grew saucer-wide when I read this passage and maybe this is why I was reading it:

"The question that is emerging from the Earth's experience can be simply put: how is a race that has the potential for the highest consciousness and for the highest ability to shift dimensionally going to resolve the aggression and dominance of the Orion energy [a negative energy/race known even in Biblical times]. Can that energy be mitigated by love?" (1)

Yes!

I can answer that. Our Arcturian friends, I know you're watching the Gaian experiment and you want our feedback. So let me feed back my experience on that one.

Readers of this blog will know that I have a very aggressive aspect to myself. All team members have seen it. Sometimes I huuuuuunger for a good tussle, a good fight, someone to come crashing up against and get my self in the process. I certainly have served that purpose for many in my life.

After being left with a knife in my back in 1970, I studied karate and thereafter loooovvveeddd fighting. (Last fight: age 65. I won.)

The circumstances didn't matter; the more hopeless, the better. People used to say that just my stare was unnerving. If there was a fight, I's your huckleberry. (2)

So, yes, I can speak authoritatively on this theme and say that aggression can be mitigated by love.

No, I can take the matter a step further, for our Arcturian friends who are watching the Gaian experiment.

Transformative love sweeps aggression away.

BUT here's the kicker, which I know you know. Transformative love only arises in the heart of one who has at least done part of the work of cleansing her or himself of the residue and debris of past aggression.

Too many vasanas and one doesn't even suspect the existence of transformative love, never mind find oneself in a position to claim and experience it. One is petrified, calcified, close-hearted and brain-dead.

Too many withholds or too many regrets, too much guilt and too much shame and it's like tying lead weights around the victim's legs and throwing him overboard.

I'm searching my mind to see if I can think of anything else but love that could mitigate aggression. From my earthly standpoint, I can only think of flavors of love - joy, compassion, bliss, empathy. There's the joy flavor of love and the compassion flavor of love. But it's love that's the basis of all of them. It's love that's the active ingredient. It's love that mitigates.

What else would mitigate aggression but love? Was this a trick question just to establish contact? To see who's awake down here?

I'll play this role. I'm at this moment in the space of transformative love and conscious awareness. I feel expanded, powerful, present. I throw off any remaining chains.

In a later moment, after writing this article, I "realized" (that is, brought up to realized knowledge) the fact that love mitigates aggression. I now know that I know that love mitigates aggression. I no longer have to ask anyone. I know it on my own authority.

Love is the balm that everyone seeks. Love is the restorative, the holy grail, the treasure buried in a field. Love is the reward for it all. A being having love, what do they lack, save others to share it with?

Have you any other questions of us who are walking through this experience and experiment on the Earth plane? This does not have to be two solitudes - experiments carried on with you there and us here. (3) We can communicate. A way can be found. And we could report to you our own findings on these matters.

Yes, this is an invitation. Never mind the politicians. There's no reason why active communication could not begin. As a sovereign citizen of Planet Earth and in fulfilment of the Divine Mother's Plan, I request it.

Footnotes

(1) David K. Miller, *Connecting with the Arcturians*. Pine, AZ: Planetary Heart Publications, 1998, 85.

(2) It's taken me decades to retreat from everything connected with this high-energy, aggressive space. I think I'm qualified to speak on the question of aggression and dominance.

The quote is from Doc Holiday in Tombstone. "I's yo' huckleberry." Gentlemen, let us not waste words. I will fight you. Let us begin.

(3) Back in 2007, I invited the hierarchy on the other side of life to join with us on this side, via mediums, to begin to map the heavens dimensionally. That offer still stands though someone else will have to shepherd it and steward it now. (I called it "cross-border co-operation" then: "New Maps of Heaven," at <http://goldenageofgaia.com/spiritual-essays/life-death/new-maps-of-heaven/>.)

Constant Expansion



July 9, 2015

I'm in a process of constant expansion.

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

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

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

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

Last reading the Divine Mother said to me:

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

Steve: Why do you say that, Mother?

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

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

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

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

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

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

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

Footnotes

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

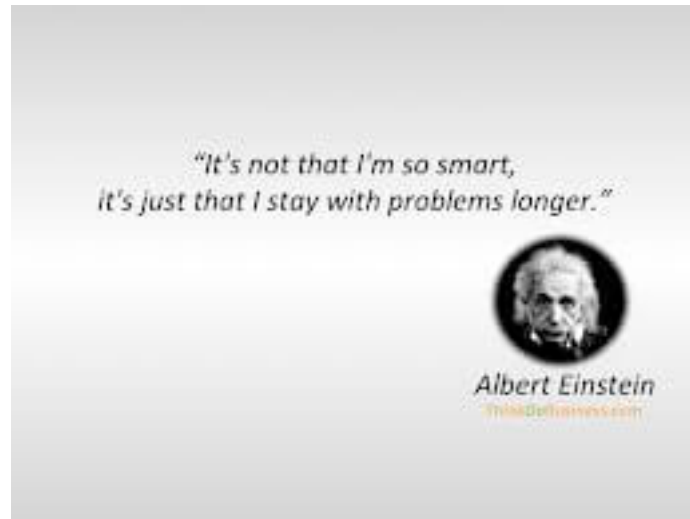
(2) Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015.

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

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

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

Celestial Consciousness Raising



July 10, 2015

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

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

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

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

There was an open invitation for people to say what they saw or thought they saw in us. The invitation on us was to try on what they said, test it out, and see if it fit. If it did, we acknowledged it and completed the feedback loop. That is a capsule description of the awareness game.

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

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

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

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

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

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

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

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

He did it again when he talked to me about the stamina that I have. I keep going and going and going. Yes, I had noticed that. It was up to intellectual knowledge. I

mentioned to you earlier that someone said that I had enough energy to light up the State of Washington. I amaze myself with my stamina ... at times.

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.)

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

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

Isn't Love Wonderful?



Aug. 6, 2015

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

Dipping My Bucket in the Wellspring of the Heart



Credit: christianity.about.com

Aug. 14, 2015

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

What to Focus On?



Sept. 8, 2015

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

I'm seeing that so clearly.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shifting Our Perspective from Being the Body to Being Consciousness



Credit: [http:// www.sciforums.com](http://www.sciforums.com)

There are so many shifts we seem called upon to make to prepare the way for the shift in perspective that Ascension will bring. I'd like to talk about one today.

I mentioned earlier that, while we're pure Consciousness wearing a body, it's hard for us to imagine what being pure Consciousness "looks like." Are we like a cloud? Are we a point of Light? Are we nothingness? And if so how does knowing occur?

Bliss and Knowing

Spiritual experiences we have give us clues to the answers to these questions.

One that I had in 1987 gave me an important clue. I had a vision experience, lasting perhaps eight seconds, (1) in which I saw the entire life journey of an individual soul from God out into the world and back to God again.

Never mind what I saw during that time. The bliss that I felt was huge. Before I say what the impact of that bliss was, let me say that the vision was wordless. There

was no one narrating it. There were no captions saying "God the Father," "God the Mother," etc.

There was no need to because the bliss I felt gave me the ability somehow to know intuitively who and what I was seeing. The vision opened with a large golden sun in the lefthand corner of my sight which I intuitively knew to be God the Father. Out from it shot a small golden star, which I intuitively knew to be God the Child. Then it disappeared into a cloud which I knew to be God the Mother.

The rest of the vision you can read in the source mentioned in footnote 1. The important things is that bliss brought with it a much deeper level of knowledge than I would ordinarily have had. It freed me from the density of this Third-Dimensional body. Jesus described its impact here:

"The Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." (2)

Now combine that with what Paramahansa Yogananda has said: "Aum the blissful comforter is heard in meditation and reveals to the devotee the ultimate truth." (3)

The Holy Ghost, the Divine Mother, is the primal creative vibration which we call "Aum." She is full of bliss and brings all things to remembrance. Therefore one of the ways we have of knowing in a higher-dimensional, more-expansive way is through the experience of bliss.

We usually think we enhance our knowledge through study, conversation, listening, etc., and here we find we enhance it through the spiritual, internal, ineffable experience of bliss. Does that not excite our curiosity about who we ultimately are? And does it not point in the direction of us being Consciousness rather than bodies and brains?

Experience and Knowing

When we hear someone like Archangel Michael or SaLuSa or Matthew Ward, is it not the gentleness with which they speak, the wisdom that comes through, and the love that their words convey what causes us to listen to them. Our experience of their words and what they convey is what causes us to feel we "know" them, is it not?

If a galactic being was standing in front of us, we might initially be afraid, but then, when they speak in soothing and loving tones, we'd relax, would we not? Our own experience of their vibrations and manner of conversing would awaken in us regard, attraction and love. That inner knowing that comes from experiencing them would assert itself and reassure us.

This is an example of our own inner knowing coming to the surface. There would be no substitute for this inner knowing. If they presented credentials from the Arcturian High Council or showed us their spaceship or did a jig before us, none of that would reassure us. But the love in their voices and their soothing tone would resonate with something deep inside of us and bring about an inner knowing. The fact that this inner knowing is what is ultimately persuasive points again to us being at essence Consciousness.

This effect is not only seen when meeting a stranger. When reading a spiritual master, the more that master - like Yogananda or Ramakrishna for instance - are able to access and talk about love, joy, and happiness - the more they're like a magnet to us. Something in what they say resonates with us. This too should demonstrate to us that knowingness increases with our experience of their divine qualities.

Depth and Knowing

When I profess my love to another and she to me, we go deeper and deeper in our sharing. We don't discuss what's happening in China or how we like crepes but don't like quiche (I'm making it up). No, we go deeper and deeper into professing our love for each other. And going deeper multiplies our love.

And the more love we feel, the more certain we are of various things; the easier it is to make large and important decisions; and the more love we have to give to others. The greater becomes our desire to serve as well. Going deeper also increases our knowingness.

Love is a property of Consciousness. The more we love, the more conscious we are. This again points one's attention to the fact that knowingness is to be found inwardly, which itself leads us to encounter the fact that we are at essence Consciousness.

* * *

These then are some ways in which we begin to experience or suspect that we are at essence Consciousness. Recognizing and acknowledging them allows us begin shifting our perspective from considering ourselves to be at essence this temporary wrapping we call a body, this means of experiencing physicality, to considering ourselves to be the bodiless, formless Consciousness that we truly are.

Footnotes

(1) Described here: "Ch. 13 Epilogue," at <http://goldenageofgaia.com/spiritual-essays/16244-2/the-purpose-of-life-is-enlightenment/ch-13-epilogue/>.

(2) John 14: 26.

(3) Paramahansa Yogananda, *Autobiography of a Yogi*. Bombay: Jaico, 1975, 144n.

First Wave of Ascension Predicted for Sept. 28, 2015



Sept. 12, 2015

If there's anything no one around here wants to talk about, it's dates.

Anyone who's ever given a date for any event - Ascension, Disclosure, the Reval, whatever - has only always been wrong. A perfect batting average.

Now we have a number of people coming forth and giving the date of Sept. 28, 2015, for the first wave of Ascension. I'm certainly game to play. I'll hold myself open to the possibility, but I also promise not to complain later if it doesn't happen.

Since such worthies as SaLuSa and Patricia Diane Cota-Robles are saying it, I feel it deserves some attention. Let's look at who are giving this date for the "Event," the "first wave," "Wave X," and Ascension.

First I have to acknowledge that Matt Kahn has been giving the date for some time. I remember him saying it years ago. Here's one of his discussions from March of this year:

"As far as ascension goes, it would be more accurate to no longer wonder when Earth is ascending, but to contemplate when your Earth will ascend. ...

"While the Universe gave me the date 9/27/15 as a marker in time, signifying when the first wave, or 1/3 of the planet would be aligned in 5D consciousness, many interpreted this through older ascension models and created literal meaning out of a metaphorical journey of expanding consciousness. Others assumed it to be a date when the world in view begins to become the heaven on Earth they yearn to discover. As a way of clarifying what I've been told, 9/27/15 signifies a moment in time when 1/3rd of the planet will be aligned in 5D consciousness. When you are aligned, it signifies your readiness for entry. This means, as of 9/27/15, 1/3rd of the planet will begin a rapid ascension into 5D consciousness. It won't be a dissolving into a different planet, but an emerging into a new spiritual paradigm of experience." (1)

Now SaLuSa, speaking yesterday, Sept. 11, said:

"You are now repeatedly being informed that September 28 is the high point of the month, as the day on which the photon energies peak. Not only that, but to a level that has not been previously experienced. If you ever had any doubts about the progress being made towards Ascension, they have surely now been removed. You will now begin to realise that so much has been happening "behind the scenes" that you were not aware of previously.

"As you have often been told, that has been in the interests of keeping our plan secret for as long as possible. Different civilisations have been involved in the action....

"No longer shall you be subject to those who carry the negative energies, or their actions that bring down the higher vibrations of the Light. Simply put, they cannot survive in the higher vibrations that are for souls who have moved past the need for further experience at that level.

"Wherever you are in the world, the new energies will change the old ones, and Ascension will give the same opportunities to all souls regardless of their background. It has been the same ever since your journey started eons of time ago. All souls have been assisted through their various lives, even if they have been unaware of the presence of their Guides. As the vibrations rise some souls will begin to have an awareness of them and ultimately are able to converse with them. ...

"We believe that many of you will begin to feel the benefits of the rise in vibrations, and it should bring a peace of mind and a happy feeling that at last you can fully enjoy the Light that is increasing all of the time. Life is to be full of purpose and uplifting, and the old days of chaos and uncertainty will fade into the background having served their purpose in helping you evolve." (2)

I've always held SaLuSa in the highest regard as a source, along with Matthew Ward, Hilarion, Jesus and Saul, and Archangel Michael.

I've also held Patricia Diane Cota-Robles in high regard and she predicts a consciousness shift on Sept. 28, 2015:

"The effects of that Activity of Light will build in momentum until September 27-28, 2015, when we will experience not only an incredibly powerful influx of Light from a total Full Moon Lunar Eclipse, but a life-transforming influx of Light from a Celestial Event referred to as WAVE X, or The Event Horizon. This is a Celestial opportunity that we have not been able to benefit from since our fall from Grace.

"On September 28, 2015, we will receive a crescendo of Gamma Ray Light from the Galactic Core. This is a rhythmic pulsation of Light that blesses our Solar System every 3,600 years with the Divine Intent of raising the consciousness of Sons and Daughters of God and accelerating the evolution of our Solar System. Even though this wondrous Gift of Light from On High has been available every 3,600 years, since our tragic fall from Grace the Earth and Humanity have been vibrating at a discordant frequency that was unable to receive or assimilate the benefits of these Gamma Rays. Now, however, EVERYTHING HAS CHANGED!" (3)

On that day, she says, we'll receive the full benefit of the gamma-ray build-up:

"On September 27-28, 2015, through every person's I AM Presence, Humanity en masse is going to receive the full power and might of the myriad Gamma Rays we have missed from this rhythmic 3,600 year Gift from On High, back to the initial impulse of the fall. This has never been done before and no one knows how it will manifest for each of us individually, but KNOW the results will ONLY enhance our lives and our Ascension process.

"The Mighty Elohim have assured us that the Earthly Bodies of ALL Humanity and the Bodies of Mother Earth are now vibrating at a frequency that is ready and able to withstand this influx of Gamma Rays and that this will occur in perfect Divine Order. This is a Cosmic Moment beyond anything that has ever occurred for the Sons and Daughters of God. Be at Peace and Be Here NOW!" (4)

Sandra Walter didn't actually come out and say the first wave of Ascension will be September 28, 2015, but her article on the subject comes very close to it and is jam-packed with useful advice on how to respond to the time most effectively. (5)

Some new channels as well come on the scene and make the same announcement. Michael Love, channeling Archangel Michael, says the energies will be at their highest on September 28:

"Many of you are aware of a great shift that has occurred inside of you which is now entering the phase where it will manifest outwardly as your perceived reality.

"Over the next 21 days the powerful wave of gamma light coming in from the Galactic Core (The Pleroma), will continue to impact Earth and its beings! The power of this incoming gamma light wave as measured by German and Russian scientists recently was discovered to have doubled over the last 2 weeks and is now increasing exponentially!

"This super wave of gamma photon light has the power of one hundred million nuclear reactors and had to be diffused using advanced satellite technology by a group of star beings known as the Earth Alliance to turn down the power level to be safer and easier to integrate by the Earth and its beings.

"Some of the after effects of this streaming down of Wave-X was seen in every country of the world as large blue/white column beams of plasma measuring up to one mile in diameter striking the ground.

"As we have now entered the densest area of the Photon belt, the power of Wave-X is increasing each hour and each day.

"This great point in humanity's evolution is known as 'THE EVENT HORIZON'." (6)

He then goes on to say that the energy will be the highest in modern history and describes three waves of ascenders:

"September 28th, 2015 is when this Super-Wave peaks and is the highest energetic frequency ever measured in the cosmos in modern history.

"The Schumann Resonance of the Earth and the entire cosmos has reached an astounding level of 33 Hertz now with no other explanation for the sudden leap other than you are pushing it higher and higher at an exponential rate by your internal vibration and divine intention. This is 12 Hertz above the 5D New Earth Level so Gaia is more than ready to receive the first wave of love beings at Tetrad 9282015.

"These ascension pioneers well deserve the first entrance into The Kingdom of 5D Heaven because of their sacrifice and their desire and dedication to this whole ascension project! Most of you reading this message will be included in this first wave of approx. 2.3 billion souls.

"There is a leveling off and adjustment period for a few months after 9/28 for everyone to fully integrate the new energies and to begin the detailed forming of their paradise called The New Earth! The ones who did not vibrate high enough to reach 21 hertz will come a few months after in spring 2016. The third wave (unconscious humanity) will reach the 21 hertz level last in mid-summer 2016." (7)

Rather than cite you perhaps four or five more sources saying the same thing, which would make this article much longer than it is already, I direct you to Dieter's site, where a collection of messages from different channels exists, with the same prediction: <https://prophecychief.wordpress.com/>.

I'm game. I'm open. Having a game to play makes life interesting. So I'm aligning "as if" September 28 is the day.

However I may not be going with you. I'm a pillar and that means I choose to remain till the last, shut the lights, and close the door.

Moreover, my assignment is to go up gradually with everyone else and write about it. That may require me to remain with the 5 or so billion who haven't ascended and keep working away. If that's the case, then bon voyage and happy Ascension to you. I'll join you later.

Footnotes

(1) Matt Kahn, "Energy Update March 2015 - Demystifying Ascension: Part 1," March 2015, at <http://www.truedivinenature.com/EnergyUpdateMarch2015.htm>.

(2) SaLuSa, Oct. 11, 2015.

(3) "Life-transforming Success and Much, Much More! – by Patricia Diane Cota Robles," September 8, 2015, at <http://www.eraofpeace.org/news/>

(4) Loc. cit.

(5) "The Final Equinox-Blood Moon Eclipse Gateway," by Sandra Walter, September 8, 2015, at <http://www.sandrawalter.com/the-final-equinox-blood-moon-eclipse-gateway/>

(6) "Archangel Michael: September Cosmic Wave Increasing Exponentially!", Channeled by Michael Love, September 7, 2015, <https://prophecychief.wordpress.com>

(7) Loc. cit.

Forget Everything Else



Sept. 14, 2015

I have mixed feelings about reading or writing multiple articles about Ascension (although I will).

There's no need for multiple articles. There's no need for complexity because the answer to the vast majority of questions is simple and can be expressed in one word: Love.

There's no more that needs to be said.

But because we humans love a good read, people say more. And read more. But you could profitably stop reading now and ... just love.

Love one another, as I have loved you, Jesus said, summing up his mission.

Love the Lord thy God with all your mind and heart and soul and love your neighbor as yourself. These are the greatest commandments.

Love is the glue and the solvent, the building block and the void into which everything returns. There's nothing in this universe and nothing outside it that isn't love.

We know all this, but why in heavens don't we act on it?

So now we reportedly come to the grand finale, Ascension, in three acts or waves. And we may ask ourselves, what should I do to ascend? Love.

What do I need to do to reach the highest dimension possible? Love.

How should I greet Ascension when it comes? In love.

The answers are so simple.

So you heard it here: Everything you need to know about Ascension is known by knowing love.

Knowing about love is intellectual knowledge, a vital first step. And that's what I do: I supply knowledge, which is an intellectual exercise, (1) I hope from a heart-conscious place.

Feeling love is a wonderful next step. That's where I've been since the March 13 heart opening and nothing could be finer.

Realizing love is the final step that constitutes part or all of Ascension, depending on the extent of the realization.

Forget everything. Just remember one thing.

In a word? Love.

In three words? Love, love, love.

Footnotes

(1) I.e., I traffic in ideas.

Archangel Michael on Sept. 28, the Ascension Portal, Pillars, and the New Domain



Sept. 19, 2015

I talked to Archangel Michael about September 28 as the date of the first wave of Ascension. He said that people have been ascending and returning for some time now so this is not the first wave. He said that some people like to mark occasion and feel the need for dates so this date was given. But people are ascending all the time now in this heightened energy.

He discusses the situation for pillars and the newness of the domain we're "going" to (I may need to cease using the metaphor of "going to" because we don't "go" anywhere).

My mission is to go up with everyone else and write about my experience of it as I go. I therefore usually share more than the next person. I do so in the interests of pushing the ball forward but also in alignment with the requirements of the awareness path for as much transparency as is prudent and possible. Thanks to Dana for our transcript.

* * *

Steve Beckow: Is September 28th the day of the first wave of Ascension?

Archangel Michael: You know that we do not talk about dates. Is the beginning of the "exhale" (1) already started? The answer is yes. So when people wish to choose dates, then this is a good date.

Steve: I am promoting it because so many other people have said it: Matt Kahn, Patricia Diane Cota Robles, SaLuSa. Was Michael Love's channeling of you credible?

AAM: Yes, it was.

Steve: Oh! Well, you gave a date there!

AAM: Let us say that there are people that are asking and dying for dates. That is not our preference, as you well know.

Steve: I do. I'm just trying to understand it.

AAM: It is the human obsession with, "tell us the date and time." They would be very happy if we could say 11:11 [p.m.]. It does not serve as well as it might. Let us put it that way.

But because many people will say, "On this day, I will feel better and am prepared to go through," then we will give a date. But there will be just as many who will be saying, "The date came and went and I don't feel anything". So it will be a 50-50 split

Steve: As a pillar, do I ascend in the early waves or do I ascend at the end?

AAM: Now let us say to you that you have been flying in and out of this Ascension Portal for some time. There have been various attunements and increases in your frequency and vibrations. This has been the transformative love that you have felt.
(2)

As to the pillar, you have an expression, "last man standing." That is it.

Steve: What does that mean, Lord?

AAM: It means that you wait until the last, until everyone has gone through and you turn out the lights, so to speak.

Steve: Some people are thinking that if a person ascends they don't come back. If they go to the Fifth, then they're in the Fifth. They're not in the Fourth so they don't have anything more to do. They're gone.

AAM: That is incorrect.

Steve: Maybe you could address that? I'm sure there are people who want to know about that.

AAM: First of all, many, many of you are already in the Fifth Dimension and have been for some time. Some of you are in the Seventh. Many of you are in the Sixth. You are in the process of shifting.

What you want it to be is a new room, a new closed door. But the reality is that you are flowing back and forth, that you are in movement because you have committed to assist all of humanity.

So are you in a different, what you would think of, as mindset, heart set? Existing in a different dimensional reality that allows clearer flow? Yes.

But it does not eliminate the other dimensions. That would be [restrictive]. And that is not the intention of the Mother's creation of this planet. It is that you do experience all of the dimensions.

You anchor with Gaia.

And many of you are already there. But it does not mean that you have forgotten or you choose never to visit the other realities. It does not mean that you are not aware of the beings of humanity that are still clinging to the old Third that has long since evaporated.

You are thinking of yourselves as unidimensional [rather than multidimensional]. And you are still thinking of it in terms of a hierarchy [rather than a circle]. That is incorrect.

Steve: So it is different environments like Beauty (Tenth Dimension) and Mastery (Eleventh Dimension) and Unity (Twelfth Dimension) ...

AAM: That is correct.

Steve: ... And different experiences.

AAM: ... Different experiences, certainly a broader realm of talents and capacities because the energy is not restricted. But it does not mean that you are stuck anywhere!

Steve: Well, on the other side [i.e., the afterlife], a person that resonates in the Astral Plane cannot go to the Buddhic Plane, for instance, without protection. You just don't walk onto the Causal Plane or the Mental Plane. Now isn't it the same case here that a Fourth-Dimensional person cannot just go to the Seventh Dimension and reside there for any length of time?

AAM: That is correct but what you are doing is preparing yourself, expanding your reality, expanding your transformative heart, expanding your understanding of unity, of joy, of bliss, to truly be able to hold and absorb and experience the energies of the other dimensions. So you are expanding and growing into it.

Steve: Is this new? Is the realm that we're building and taking our physical bodies with us to altogether new?

AAM: Yes, it is brand new.

Steve: ... Brand new, and the rules have changed?

AAM: That is correct.

Steve: Okay, we must have another discussion about that on another occasion. I wonder if it will be appropriate to talk to Sanat about that on *An Hour with an Angel*.

AAM: Yes, it will be very appropriate. ...

Let us confuse you a little more. You have already been [through the Ascension Portal]. You see everyone is looking to this wonderful September date as the first wave. It is not the first wave. ...

So you have already gone through the Ascension portal with the very first wave.

Steve: I will tell him that [thinking he was speaking of a friend, whose question he was answering].

AAM: You have.

Steve: Steve?

AAM: Steve, X, Y... You have all done it already.

And you did it about 16 months ago. (3)

Now you have come back holding that critical energy, that expanded awareness, each [of the three] in a different expression. But you know very clearly that you have much clearer, broader, deeper, more loving energy field than you did say a year and a half ago.

Steve: Yes.

AAM: So you have flown through, come back, anchored deeply as a pillar holding the energy for the back of the line so that you can move them, move them, move them along.

Then when you feel depleted, you fly back through the Ascension portal because it is wide open to you and then you come back and you anchor again, even more expanded as an anchor, a pillar again, and so on because that has been your soul agreement. That is the nature of your mission and purpose. ...

The old Steve does not exist [any more]. Is he in there somewhere? Yes. But have you experienced the add-on, add-on, add-on, add-on [of multidimensionality]...? Yes. (4)

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Footnotes

(1) I apologize that I was not quick enough to ask him what the "exhale" means. Obviously it's this phase of Ascension.

(2) The experience of transformative love became prominent after a heart opening on March 13, 2015. I assume that was one of the "various attunements and increases in your frequency and vibrations."

(3) After a rough bump in my life in Feb. 2015, I was in so much of a slump that Archangel Michael says he pulled me through the Ascension Portal for healing and restoration. It happened during my sleep so I have no recollection of it.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2015.

Completion of the Kundalini: A Day Later



Sept. 26, 2015

Yes, I do know that Pope Francis delivered a stunning message to the UN and kicked off Agenda 2030, the Sustainability Agenda.

I know that the Illuminati intended to use this agenda to create a world government, which they have no intention of living up to.

I also know that they won't succeed so I'm not worried. The chaos will continue but the Light has already won out.

I know that the meeting of Barack Obama and Pope Francis is fraught with significance and promise. Two leading lightworkers on the planet are strengthening their bond. John Boehner will resign, and on and on.

But it isn't my work right now to be following these events. It's my work to be following the course of the rising energies of the Tsunami of Love and describing everything I can about how they're resonating and rebounding with me.

So I'd like to repeat what I said yesterday that the awakening and balancing of the divine feminine and divine masculine within the individual is the work that needs doing to allow the kundalini to rise. Once these energies are balanced and the kundalini completes its course, we find ourselves alive and awake. Our sources have indicated as much:

"Are you aware that as one who wears a female body that you carry the energies of the divine masculine within?"

"Are you aware that it is through the 'marriage' of these two energies that you come into unity again, into wholeness? (1)

"To ascend one must ultimately balance male/female energies, as well as mastering the lower bodies (emotional, mental and physical) and mastering relationships in the real world, i.e., through daily living." (2)

Is working with the kundalini the only way to ascend? No, it isn't. Meditation, service, devotion - there are many pathways to Ascension and all are valid. Say the sages:

Sri Krishna: "Whatever path men travel is my path: No matter where they walk it leads to me." (3)

Sri Ramakrishna: "The mother cooks different dishes [creates different spiritual paths] to suit the stomachs of her different children. Suppose she has five children. If there is a fish to cook, she prepares different dishes from it -- pilau, pickled fish, fried fish, and so on -- to suit their different tastes and powers of digestion." (4)

Sri Ramakrishna: "I had to practise each religion for a time -- Hinduism, Islam, Christianity. Furthermore, I followed the paths of the Saktas, Vaishnavas, and Vedantists. I realized that there is only one God toward whom all are travelling; but the paths are different." (5)

My divine feminine was dormant and the clairsentient's exercise of having me feel her love, which she was sending me, awakened it. That had the kundalini leap to the sixth chakra.

Why leap? Well, I've had so many other experiences - of the Seventh-Dimensional Oversoul at the Vipassana meditation retreat, (6) Ascension, apparently, in May 2014, (7) numerous clearings such as the "System Restore," (8) a heart opening, (9) etc. You've been with me all the way. I've shared about all of them.

So it does make sense that the kundalini passage up the Sushumna Canal has been cleared and offers no resistance to the kundalini.

The sharing of feelings, back and forth, each of us asking "How do you feel?", caused those feelings to release, one by one, in the dissolving power of Awareness. I felt my vibrations elevate with each feeling that was cleared.

The deepening experience of love was also central. At first, love is just felt coming from the heart and out. Then, the love is felt in more and more parts of the body, filling one up, so to speak. When love filled me up, the kundalini jumped to the sixth or brow chakra.

Once I assimilated the clairsentient's love, it flowed to the seventh or crown chakra.

Many of us don't have access to a tutor as I did. Many of us aren't in a relationship either and, even if we were, our partners may have no interest in assisting us as I was assisted.

What to do?

The most important thing to do is to ask.

Ask and ye shall receive. Knock and the door shall be opened.

If you're a reader of this blog, then it should be apparent to you that the Company of Heaven are active players in our spiritual unfoldment. To those who don't have "another," ask of the Company of Heaven. Never has it been easier - because of the Tsunami energies and because of the role the CoH are currently playing - to ask for spiritual gifts and have them be given.

The experience was stable all through the day. I noticed that I was exuberant, out there, insightful, a good listener. I also noticed that people seemed to feel confronted at how awake and alive I was so I soon resolved to tone it down. Then in the early evening the mood began to subside.

No spiritual experience short of Sahaja Samadhi, (10) which happens deeper into the Fifth Dimension, is permanent so I didn't try to hold onto it.

I'm back today with the residuum of the experience, which is a quiet mind, quiet emotions, lesser levels of bliss, and a feeling of happiness and wellbeing.

Dear Mother, what's next?

Footnotes

(1) "The Sirians and Higher Self: A New Year – A New Self," channeled by Eliza Ayres [aka Tazjima Amariah Kumara], December 30, 2013 at <http://bluedragonjournal.com>.

(2) "The Council of Nine via Tazjima: Change as a Pathway to Growth," Feb. 19, 2013, at <http://goldenageofgaia.com/2013/02/the-council-of-nine-via-tazjima-change-as-a-pathway-to-growth/#more-165622>. Obviously I ascended in May 2014 without balancing the divine feminine and divine masculine energies so that part of this source's statement does not seem entirely accurate.

(3) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 51.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 81. [Hereafter GSR.]

(5) Paramahansa Ramakrishna in GSR, 129.

(6) "Move without Moving: Be the Stillpoint Flowing," at <http://goldenageofgaia.com/2013/07/27/move-without-moving-be-the-stillpoint-flowing/>.

(7) Steve: X thinks I have ascended. Have I?

Archangel Michael: Yes, you have.

S: I have ascended? (laughter) I must have fallen asleep at that moment.

AAM: You have fallen asleep. When we have been working ... this is about seven weeks ago ... and in one of your moments of despair, of deep questioning, you have said, Michael, take me, and you have gone through the portal to receive an infusion of the energy of what to look forward to. to bring you greater peace, serenity, tranquillity, knowing. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, July 11, 2014.)

(8) "System Restore," May 10, 2014, at <http://goldenageofgaia.com/2014/05/10/system-restore/>.

(9) "Activating the Wellspring - Part 1/2," March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/>; "Activating the Wellspring - Part 2/2," March 15, 2015, at <http://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-22/>; "Submerged in Love," March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/submerged-in-love/>; "Learning the Ropes," March 24, 2015, at <http://goldenageofgaia.com/2015/03/24/learning-the-ropes/>.

(10) After Brahmajnana or seventh-chakra enlightenment, the kundalini doubles back and reaches the spiritual heart aperture or hridayam, which it permanently opens. In olden times, this would be called moksha or liberation. But now we call it Ascension. It happens some subplanes after we enter the Fifth Dimension. This is the end of our vasanas or core issues.

The Shift Within a Shift



Sept. 27, 2015

The shift in consciousness that the peak energies of Sept. 27-28 facilitate will see, I think, many changes occur on the planet. I can certainly see the changes that are happening in me.

I sincerely hope that they'll facilitate what I regard as the most important change for this planet: the balancing of the female and male energies or the balancing within and without of the divine feminine and divine masculine.

The bedrock, the sine qua non or indispensable part of this shift within a shift is the ending of all forms of gender inequality and gender persecution on the planet.

The vibrational upgrade this X-wave, Event or Ascension energy brings may be what's needed to begin a pan-human response to this form of suffering.

That responsive movement eventually must and will encircle the globe, to end what I consider the most pernicious of hierarchical patterns: the presumptuous pattern of male superiority.

That pattern must and will end everywhere on the planet - down to the smallest village in South Asia whose panchayat sentences a woman to be judicially raped (do those two words ever belong together?) to the most isolated town that sentences a woman to death by stoning for alleged adultery.

Closer to home, the glass ceiling, the undervaluing of women's labor, the lack of aid to single mothers, and all other forms of institutional inequality as well as all forms of violence against women - domestic violence, abuse, rape, sexual harrassment, etc. - must and will end as well.

One of the most powerful tools that we have is to give a voice to those who've been abused and allow them to tell their story and be heard. It then takes incredible courage for the victims of abuse to come forward and actually share how it has been for them.



A stoning

Over the past three years, I've heard stories of incredible abuse. I don't know how people survived with their personalities intact after the horrors visited upon them. And I've heard stories of victims meeting their abusers with only love. You know that I met my father's physical abuse with only hatred, so I cannot claim the stuffing it must take to meet abuse with love. I wish I had it.

I'm committed to seeing the end of gender violence, gender inequality, and gender persecution on this planet by Jan. 1, 2018. (1) I say that on my own say-so as a sovereign citizen of planet Earth.

I'm in the planning stages of organizing a charitable foundation which I'll be calling the Michaelangelo Fund to distribute resources to women's groups around the world to work on all aspects of ending gender inequality and gender persecution.

No, I'm not asking for funds. I've been told that we'll have plenty. I'd recommend that you send your donations to the Hope Chest instead, for the relief of lightworkers.

But I do ask for your alignment. If you search your own character and find any traces of gender inequality or gender disrespect, please let that go now. Begin to sensitize yourself to how the message of gender inequality and violence is spread.

Begin to notice the "Beauty Trap" that we have women in. Notice how, whenever a woman is described, it's mandatory to use the word "beautiful." Start to see how we box women in, what tools we use to do that, and how we excuse ourselves for doing it. Womens Rights 32

See how we allot to women the role of being what one sociologist called the cynosure of gaze, (2) the "thing" of beauty, causing women to dress up, be abnormally concerned with appearance, etc., all to "make it" in society.

Then see how we turn around and reserve for women the menial tasks in life.

What does all this serve? And whom does it serve? Those are questions, I think, that need to be answered, without emotion and with accuracy and detail.

None of us like to be confined by roles. But women have been confined to roles that have excluded them from full (and sometimes any) participation in society and that circumstance now needs to end.

It can only end if we approach it from love. Anything else will leave residue and simply prolong the ordeal - for men and women. Love is the beginning and end of everything - social activism, relationships, building Nova Earth. It's the origin and destination, the alpha and omega of life in its entirety.

No matter what dimension you find yourself in, it's love that you can come back to to orient yourself and acclimatize. Love is beyond all dimensions.

We need to come together as lightworkers and as a planet in love and gratitude to pledge our commitment that we ourselves will no longer contribute to gender inequality and persecution and that we hold the space for them to end throughout the world. This needs to become a planet of equality, kindness, and respect again, as it was in the beginning.

Footnotes

"A World Free of Gender Inequality and Gender Persecution by Jan. 1, 2018," June 21, 2015, at <http://goldenageofgaia.com/2015/06/21/a-world-free-of-gender-inequality-and-gender-persecution-by-jan-1-2018/>

(2) Peter L. Berger and Thomas Luckmann, *The Social Construction of Reality: A Treatise in the Sociology of Knowledge*. Garden City, NY: Anchor Books, 1966.

This is What We Came to Do



Credit: pallushek.com

Nov. 10, 2015

I noticed, out of the blue, this morning that I was feeling the quality of trust. That was pretty new to me. Trust has never been my strong suit.

Trust actually comes with a feeling that's very endearing. I liked the way I felt. In the face of it I was peaceful and carefree. Long ago now, it seems, I used to be worried and careworn. This was marked by their absence.

I noticed that trust comes along with Fifth-Dimensionality. The reason it was so hard to trust in the Third Dimension may have been, after all, the Third Dimension itself. The vibrations are too dense. There isn't sufficient buoyancy, elevation, delicacy to allow the experience of the kind of trust I feel at this moment.

Trust resembles love and bliss. We have to work on all three of them as long as we're in the Third Dimension but not in the Fifth. They come with the territory.

As with all things, there are always riders. Prudence is still required for the foreseeable future.

But in the center of the circle rather than at its edges, trust is a safe and satisfying experience.

What a long journey it's been. My trust was damaged out of my reaction to a violent father. I couldn't trust at all that he wouldn't lash out without warning or break a promise whenever he felt like it. The breach of trust went very deep.

Over the years I was told I had a scared-wolf look, always on guard, always baring my teeth. My trust in something would evaporate at the first sign of irregularity. But very little of that was known to me, although others could see it plainly. (1) Of course I compensated in various ways but I don't think anyone was fooled.

Trust definitely bears some relationship to detachment. And it's closely related to love. What's that relationship? The less attached I am to worldly things and the more attached I am to love, the easier it is to trust.

The situation reminds me of the 3Ds: Discriminate between the Real and the unreal; detach from the unreal; and devote yourself to the Real. Here's validation of those principles. And they point the way to Fifth Dimensionality.

The relationships that characterized the old Third don't exist on the Fifth. I'm gradually finding myself in the dilemma that Sue Lie's Arcturians described recently, of not knowing what to hold onto and what to let go of:

"You were ... 'trying' to remain in your third-dimensional earth vessel. That 'trying' to remain in the third dimension was a great challenge for you because in order to remain in such a low frequency of reality, you had to 'choose to forget your innate, Multidimensional SELF.'

"Simultaneously, you were 'trying' to remember your higher dimensional expressions of SELF. Please take a moment to look back into your time to remember how you felt as though you were doing two opposing things at the same time.

"Your feelings were correct, as being in two worlds at once was exactly what you were called upon to do. You volunteered to enter into a third-dimensional state of consciousness in which there were constant conflicts and challenges. It was your mission to also remember that you were a

multidimensional being who volunteered for an 'away assignment' into a hostile reality that was on the verge of worldwide destruction." (2)

I don't think we realize how close we came to "worldwide destruction." Never mind World War III. The release of so much depleted uranium into the air from DU weaponry - in everything from tank shells to aerial bombs to rifle bullets - would have killed this planet if the galactics had not eliminated the DU from the atmosphere. (3) The potential impact of atmospheric depleted uranium on the planet has been described as "omnicidal." (4) And hardly anyone was aware of the danger.

But manmade planetary dangers like this one, which include nuclear warfare, pandemics, weather warfare, and other means of intentional population reduction and enslavement of the survivors, have now been countered by our star family.

Meanwhile, I'm gradually encountering and enjoying a new landscape. And it turns out, this is exactly what I signed up for.

By remembering our mission, we now gradually withdraw our attention from that lower density that we agreed to reside in until exactly this moment. And, all the while we're doing this, we're reminding ourselves that this extraction from lower densities IS our contribution. This IS what we came to do.

Footnotes

(1) "'We're only invisible to ourselves.'" Steve Beckow, *Quiet Nights at O'Doul's*. Vancouver: 1976.

(2) The Arcturians through Sue Lie, "The Next Octave of Service ~ Goddess Series Today & Gift," Nov. 4, 2015, by email.

(3) Here is a list of the dangers of depleted uranium:

- Depleted-uranium (DU) weapons, when fired, create a DU aerosol of ceramic nanoparticles.
- Ingestion of DU or contact with it debilitates or kills.
- Simple exposure to unfired DU weapons can contaminate.
- There is no safe exposure limit to DU.
- Protective gear does not protect.

- DU infects spouses/mothers through semen transfer and family members through contact with contaminated objects.
- DU leads to horrible birth defects in babies.
- Women and children are the most susceptible
- DU has a half life of 4.5 billion years.
- DU travels globally on the winds.
- DU cannot be cleaned up.

There is no known treatment for DU contamination.

(4) Internationally-renowned radiation expert Dr. Rosalie Bertell, quoted in judgement of Professor Ms Niloufer Bhagwat J, International Criminal Tribunal For Afghanistan at Tokyo, 13 March 2004, downloaded from http://www.traprockpeace.org/tokyo_trial_13march04.doc, 30 Aug. 2007.

Hammering on the Anvil is Not as Easy Any More



Same crisis actor involved in Paris shootings too?

Nov. 16, 2015

I'm having difficulty calling what happened in Paris last week the "Paris Attacks," rather than the "Paris Massacre."

"Attacks" is a word that cements in the idea of us being under assault. That's a point of view that the cabal would like us to take. They established the storyline that it was terrorists who did it, associated with Syria, including suicide bombers. Now we're expected to follow it.

We're under attack alright, but most likely from our own governments. In my eyes, the cabal massacred more than a hundred people. I consider this an act of state terrorism, a false flag, a black operation.

Such an act of extreme violence and outrageous inhumanity hurts. But we'll recover from that pain and life will go on. We know what Matthew Ward will say:

that the victims were received on the astral planes with all tenderness, were tended to, and will advance in consciousness with the rest of us when recovered from their trauma.

He'll add that it was in their soul contracts to go through this, for the purpose of showing up man's inhumanity to man. (Yes, I used the words intentionally.)

Some doubt has been cast on one element of my write-up of Wikipedia's article on the massacre. If the perpetrator of what I consider to be a non-credible article worked for VirginMedia Consumer Broadband UK, he may have written the article from Britain. (Then again he may have been stationed in Paris.) If Britain, that would suggest that the timing should fall back an hour for his writing.

Even if it did, this announcement of the President's decision to declare a state of emergency and close the borders would either not yet have been broadcast or else have just been broadcast. The depth of understanding and detail the writer offered, while assembling such an article in just one or two hours, is still at least questionable, most likely not credible.

However, why I'm writing is to say to you that, when the blog started, I could hammer on the anvil, (1) exposing the cabal's plans and actions. But I now find that I can no longer do it as easily as I did then. And I probably could only have this conversation with lightworkers. Only lightworkers would understand.

As I was saying to Joseph, when he wrote in: "I'm just not in a space any longer where the emotions that come up for me in doing these kinds of write-ups is tolerable. It feels as if I'm swimming in mud. And my insides are doing the equivalent of saying 'I don't want to do this anymore.'"

It took me years of intensive clearing, which you were a witness to since it was mostly done on the blog, to emerge from the anger and hostility that allowed me to do investigative journalism in the first place, in the early years of the blog. I drew on my anger towards my father and projected it onto the cabal and then went after them, as far as I did. Now we are here and it's genuinely time again to hammer on the anvil.

However, I've changed. That anger and hostility are no longer there. The heart opening I had on March 13, 2015 was the major development which appears to have closed that door for me. Having pacified myself, it now feels very difficult to go back and continue in that vein.

It was useful for me to enter these waters again and see that I can no longer write this line of commentary. I won't try to pretend that I'm somehow current with world affairs any more. My choices have led me away from that.

My job, and our job here, is to follow the channeled sources and help shift consciousness to the ascended state. In particular my job is to go up with everybody else and write about my experiences of Ascension. That plus managing the blog and the Michaelangelo Fund is about all I can personally manage.

The Illuminati are counting on us seeing it as an inhumane act to stop following such a tragedy. They want us to alter our course in the ways they wish us to. So often, those who've chosen the high road face difficult decisions because they refuse to follow the false agenda of a corrupted leadership.

But there are tasks which, if we don't do them, won't get done. It's up to us to keep moving toward goals like Abundance, Disclosure and Ascension. That's the way to end the reign of the Illuminati.

While we may be reproducing a few articles from other lightworker sources, I probably won't be closely following events in France. Kauila is covering them. Undoubtedly Alex Jones, Hobie at Rumor Mill News, Cobra, David Wilcock (at some point), and others.

I honor the work of those lightworkers in uncovering the Illuminati's misdeeds. But we'll be staying with the news of Abundance, Disclosure, and Ascension as conveyed through channeled messages.

I expect that Matthew Ward will come out soon with the complete story on what happened; Sheldan Nidle will give the broad outlines; Cosmic Awareness may give a detailed account. (The Company of Heaven is working on a new channel for SaLuSa.) Those are really the information sources that I'm waiting for. Their story there will be fuller and more reliable than any of us could produce on the ground.

Surely what happened in France only makes plain the importance of the work we do as lightworkers and lightholders. As I understand it, our anchoring light and love on the planet is out of all proportion to our numbers. If we're derailed from our work, then the Illuminati will truly have scored a victory. But we won't be derailed.

Linda by the way is not available at the moment so I cannot turn to her and ask Archangel Michael a question, in response to email requests that I do so. We're on our own at the moment, until Sheldan, Cosmic Awareness or Matthew checks in.

Footnotes

(1) In earlier days, an emergency might be announced by a man banging on the blacksmith's anvil.

Stream of Consciousness, Stream of Love - Part 1/3



Wearing regulation whites

Nov. 18, 2015

Believe it or not, I've just re-entered the transformed space again. I would not have expected it to happen, given the stress of Paris.

It's not the best timing. But I'm going to make the best possible use of it.

Never has the bliss been this strong or stable. Later in this post, you'll hear Archangel Michael describe it as our natural state of being, the way things were intended. I believe that.

I ramble a bit here. In a blissful state, I don't think I can do anything else. Consider this stream of consciousness, if you will. A spiritual stream of consciousness, a stream of love. And forgive me that the cares of the world melt away in this state.

I returned to the transformed state by using a technique that AAM taught me.

I hitched onto the energy of a pleasurable thought. AAM said that anything like that could be used as a doorway into the natural state of bliss and it proved to be an accurate statement.

I let its energy transport me to a broader experience of bliss. I could have allowed a memory to do the same.

The thought was like a little strand of bliss connecting my everyday consciousness to the transformed state, like a lifeline that I towed myself in on. Or I could compare it to a bubble that I rode to the surface on.

I don't think this would have been possible even a year ago. I am certain I would not be doing this.

The state does expand, as Archangel Michael says (below); it increases and becomes more stable.

The predominant feature of the transformed space, aside from bliss, is that all care instantly melts and disappears in it. Nothing else has happened in my life that could or would cause them to disappear or explain their disappearance but the onset of bliss. The causes for all those worries remain. My situation is unchanged. But I'm worry-free.

My heart swells. There can be no finer feeling in creation than a heart swelling with bliss. Nothing else is wanted, not food, not drink, not anything else. Complete satiation and satisfaction.

(Continued in Part 2.)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 21, 2015.

Stream of Consciousness, Stream of Love - Part 2/3



Nov. 18, 2015

(Continued from Part 1.)

This bliss, Archangel Michael said last May, is only to grow. And that surely applies to us all.

Here he is in a personal reading on May 21, 2015.

Steve Beckow: I'm feeling a lot of bliss these days. Is this also permanent?
Is this just going to grow?

Archangel Michael: It is to grow. What you are experiencing, sweet one, is the natural state of being. (1)

I have to interrupt here.

"The natural state of being." Remember that Sahaja means "the natural state of being." I'm not saying I've experienced Sahaja; I have not. (2) But what Archangel Michael is giving us is a new teaching here, which he's allowing us to elaborate.

Bliss is our natural state. Sahaja is our natural state. Sahaja is therefore probably all-consuming, overwhelming bliss.

I think that these mini-satoris, these blessed moments in the transformed space, are of the same nature as Sahaja, only different in degree. The bliss we experience now is the bliss we'll experience then, but ours now are like little shots in the dark and Sahaja is like a lightning bolt, a solar flare, a consuming flood.

Let's continue.

AAM: This is the way that it was intended.

Must stop again. The way it was intended.

Not something we have to earn, not something we get by winning approval. The way it was always intended to be: Blissful.

I need to get this down to my bones. I keep thinking bliss is to be earned, not mine by nature.

AAM: Yes, this sense of well-being, shall we say, of bliss, of sweetness.

Taste the nectar in your mouth, quite literally. Know that the expansion of this [bliss] has no borders. It has no limitation.

No borders. No limitations. The experience of bliss just grows and grows and grows.

Really getting it - getting it at at least the experiential level - opens us up to the possibility of the blissful experience. It brings it within our belief system, our normal, lived reality.

I'm sorry I'm going on like this. I'm again in the midst of a creative explosion, as you can see. It's either this or dance around the room wildly.

(Concluded in Part 3.)

Footnotes

(1) When I had my vision of an individual soul's journey, from God to God, on Friday the 13th, 1987, I remember that the bliss I felt was what allowed me to instinctively know who the entities were that I saw in it (the Father, the Mother and the Child) and what they were doing. The blissful comforter, the Spirit of Truth (the Holy Spirit, the Divine Mother) will bring all things to remembrance.

(2) Or have I?

Steve: X thinks I have ascended. Have I?

Archangel Michael: Yes, you have.

S: I have ascended? (laughter) I must have fallen asleep at that moment.

AAM: You have fallen asleep. When we have been working ... this is about seven weeks ago ... and in one of your moments of despair, of deep questioning, you have said, Michael, take me, and you have gone through the portal to receive an infusion of the energy of what to look forward to. to bring you greater peace, serenity, tranquillity, knowing. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, July 11, 2014.)

Undoubtedly it was a visit. I have no recollection of it.

Stream of Consciousness, Stream of Love - Part 3/3



Nov. 19, 2015

(Continued from Part 2.)

Grab any foothold on the bliss train and clamber aboard. Then keep stoking that furnace - the heart-furnace, the bliss-fire. We continue:

Steve: Is there anything I can do to facilitate the expansion of that?

AAM: The more that you embrace it, the more that you enjoy it, the more that you let whatever issue arises simply float away, that is a catalyst for the [blissful] expansion[, entry into the transformed space].

What you are saying is, “I allow nothing in other than the bliss,” and then you practice it. You take the time to allow the bliss to fill you.

It is a form of conversation. It is a form of communication. So you are speaking and addressing and engaging in a sacred union with your heart, with the bliss, with that sense of deepest connection.

Steve: What an adventure this is.

Notice the way Archangel Michael phrased it - a form of communication with the heart. Sacred union with our own heart. Is he not saying love ourselves?

This is him teaching heart consciousness and heartfelt communication and it's another new teaching we're receiving. He's expanding our spiritual understanding and using contemporary language and metaphors to do it.

I'm taking the time to allow the bliss to fill me. I'm enjoying it. Pardon me if my thoughts go in several directions.

Remember some time ago AAM said that love is in everything, including our thoughts. Grab on to your thoughts if they help you feel the bliss. Cater to ourselves occasionally if that brings us bliss. I'm not suggesting we become self-absorbed. I'm merely suggesting that to love ourselves is important.

Get into the bliss by any (dharmic) means you can. Remember what Sri Ramakrishna said? It didn't matter whether we ran into the lake, jumped into it, or fell into it. The whole thing was to get into the lake. The Ocean of Bliss. (1)

We need to break free. We need to get rid of disciplinary boundaries. Cleanse, purify, stand forth, declare yourself - or just jump in. Use any (dharmic) means you know to get into the lake of bliss. Saying this is the job of the pillar.

I act on what he says here and I can tell you I benefit from it.

I don't consider this transformational experience to be enlightenment. This is a peak experience, a mini-satori, a realization. For me, enlightenment is Sahaja Samadhi and nothing short of that will satisfy me.

Now I am banging on the anvil.

I must cut free and travel on the waves of bliss. One taste of it and one hungers for it ever after. I made myself bait for some great fish and some great fish has swallowed me.

I'm not sure I can keep up my normal workload under these conditions, just as AAM predicted.

I know I have my soul contract to attend to and of course I'll honor it. I won't go off and wander in flowered fields.

But I'll take at least a day off and just wander the streets, wide-eyed and blissful.

Unfortunately this will not last. How I wish it would. Nothing short of Sahaja lasts. How I long for the transformed space, conscious awareness, our natural state of love and bliss to be permanent.

Footnotes

(1) Lord Maitreya also said the same thing, I think, repeating what Sri Ramakrishna said:

“Wade in, dive in, get thrown in, if necessary — but jump in the lake!

“Get into the love!” (“Lord Maitreya: Get into the love...however you can!,” June 13, 2015, at <http://counciloflove.com/2015/06/lord-maitreya-get-into-the-love-however-you-can/>.)

Here are the means I've used that I can remember. Some have carried me to the transformed space. Some have only led to flashes of recognition of that space, in passing, so to speak. But all have contributed.

Laughing at myself
Remembering the beloved
Remembering bliss itself
Having a taste of universal love
Listening to music
Reading the life of a sage or saint
Reading about sacred geometry
Taking a stand
Stating the truth
Having a committed conversation
Making a promise
Declaring myself unequivocally
Protecting someone
Making a difference in someone's life
Taking a pleasurable thought or feeling and filling myself with the energy of it

Climbing Jacob's Ladder



Nov. 20, 2015

*This is a good time to review the differences between enlightenment and Ascension.
This is an article from 2014 on the subject.*

Enlightenment is the realization of our true nature.

Ascension is the adjustment of our energies to a higher frequency so that the dimension of existence we're currently aware of fades from our experience and we find ourselves experiencing on a new and higher plane.

Ascension happens within subplanes of a dimension as well as between dimensions. However, the word "Ascension" is usually reserved for ascension between dimensions. But we ascend within dimensions nonetheless. People are always ascending, except under exceptional circumstances.

What exceptional circumstances? Well, we chose this lifetime to descend, to come down from higher dimensions to assist our brothers and sisters on Earth to rise to a higher one. We're the leaven in the loaf. The work of starseeds and lightworkers raises the vibration of the whole planet.

Enlightenment is usually the mechanism that causes Ascension. In our case, if we chose to leave the body, we'd return to our native dimensions as a matter of course. The experience of enlightenment wouldn't be needed, apparently, for our return to our original estate as angels.

In the Third Dimension, enlightenment usually consists of the seeing of the Light of the One (or the Form of the One) in more and more refined ways. First it's a discrete and brilliant Light (the Child), then the Light in all creation (the Mother) and then the Light that transcends creation (the Father).

But it doesn't have to be the seeing of a Light. It could also be a vision of a form of God. Or it could be an experience in consciousness, without any kind of vision.

Since these three stages of enlightenment have been the most common throughout the ages, I'd like to look at each stage, if you'd permit me.

The first stage occurs when the kundalini reaches the fourth chakra. A bright, discrete Light is seen. Christians call this the Son of God and the Christ. Hindus call it the Atman and the Self. It is the Light of our true nature. Hindus call the experience spiritual awakening and Buddhists stream entering.

Jan Ruusbroec describes it here:

"In the abyss of this darkness in which the loving spirit has died to itself, God's revelation and eternal life have their origin, for in this darkness an incomprehensible light is born and shines forth; this is the Son of God, in whom a person becomes able to see and to contemplate eternal life." (1)

Why contemplate eternal life? Because meditating on the sight of the Light causes it to expand, as we'll see below. The end of its expansion is "eternal life" in the sense that we need not be reborn. That would be establishment in the Fifth Dimension. We always were alive and always will be but we needn't be reborn from now on.

Ruusbroec continues:

"It is Christ, the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father, without which there is no light in heaven or on earth. (2)

When we meditate on this discrete light we've seen, it expands and leads to the next stage of enlightenment.

The next stage occurs when the kundalini reaches the sixth chakra. That same Light expands to fill all of creation. Christians call it the vision of the Holy Spirit; Hindus, of Shakti, the Divine Mother. It's also called cosmic consciousness and savikalpa samadhi (or samadhi while seeing form).

Here's Wordsworth describing the experience of it.

"Such was the Boy -- but for the growing Youth
What soul was his, when, from the naked top
Of some bold headland, he beheld the sun
Rise up, and bathe the world in light!

"He looked --
Ocean and earth, the solid frame of earth
And ocean's liquid mass, in gladness lay
Beneath him:--
Far and wide the clouds were touched,
And in their silent faces could he read
Unutterable love.

"Sound needed none,
Nor any voice of joy; his spirit drank
The spectacle: sensation, soul, and form,
All melted into him; they swallowed up
His animal being; in them did he live,
And by them did he live; they were his life". (3)

Sri Ramakrishna describes the seeing of a divine form rather than a Light. He points out that we remain in the domain of dualism throughout the experience.

"Then comes the sixth plane, corresponding to the centre known as Ajna. This centre is located between the eyebrows and it has a lotus with two

petals. When the Kundalini reaches it, the aspirant sees the form of God. But still there remains a slight barrier between the devotee and God. It is like a light inside a lantern. You may think you have touched the light, but in reality you cannot because of the barrier of glass.” (4)

The next stage of enlightenment, when the kundalini reaches the seventh chakra, sees the Light transcend creation. We "see" the formless or the transcendental. It's the first transcendental vision of what Christians call the Father and what Hindus call Brahman. It sees us leave the domain of dualism and enter the domain of unitive consciousness; what used to be called the "nondual state."

Jan Ruusbroec describes it here:

“There follows a third kind of experience, namely, that we feel ourselves to be one with God, for by means of our transformation in God we feel ourselves to be swallowed up in the groundless abyss of our eternal blessedness, in which we can never discover any difference between ourselves and God. This is the highest of all our experiences and can be experienced in no other way than by our being immersed in love.” (5)

Sri Ramakrishna describes it here:

“Last of all is the seventh plane, which, according to Tantra, is the centre of the thousand-petalled lotus. When the Kundalini arrives there, the aspirant goes into samadhi. In that lotus dwells Satchidananda Siva, the Absolute. There Kundalini, the awakened Power, unites with Siva. This is known as the union of Siva and Sakti.” (6)

It is the first "seeing" of the formless God.

This is not the end of the journey. For most of us, Sahaja Samadhi is, when the kundalini reaches the heart. It involves a permanent heart opening and is liberation from birth and death. That happens, according to the Divine Mother, sometime after we enter the Fifth Dimension, not right away.

Now we see why the Trinity is so important: because we're set the task in life of realizing while still in the body the Light of the Child, the Mother and the Father, or of the Atman, Shakti and Brahman. The purpose of life is knowing our true nature and that true nature is God. We realize our true nature, in successive stairsteps, by realizing each level of the Trinity.

Interestingly, Jesus through John Smallman once called Ascension a "return once more to your natural state of Oneness with your Source." (7) That's a pretty good definition of Sahaja, in my view because Sahaja means our "natural state of being."

Sri Ramana Maharshi describes it here:

“[The] Heart is the seat of Jnanam [wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut. When the mind drops down in Kevalya Nirvikalpa [samadhi], it opens but shuts again after it. When sahaja [nirvikalpa samadhi] is attained it opens for good.” (7)

“The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths.” (8)

So this is the stairway to heaven. Why heaven? Because “heaven” is the Christian word for the Fifth Dimension. The Fifth Dimension is one step on Jacob’s Ladder of consciousness and we are the angels who've descended it and are mounting it again.

Of levels loftier than Sahaja, we know little.

Footnotes

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

(2) Ibid., 74.

(3) William Wordsworth in Marghanita Laski, *Ecstasy in Secular and Religious Experiences*. Los Angeles: Tarcher, 1961, 399.

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 499-500. [Hereafter GSR.]

(5) John Ruusbroec in JR, 176.

(6) GSR, 499.

(7) Ramana Maharshi, S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(8) Ibid., 88.

I Got It. This is It



Feel it

Sept. 30, 2015

I've understood Ascension all wrongly.

I've assumed that, ascending, I'll have gone elsewhere, to another world, to a higher-vibrational place that isn't here.

That isn't at all how I understand Ascension now.

Have I ascended? I would say "yes," based on my own experience, which is uniformly blissful, happy, joyful, easy, stable. Yards above my feeling state before. The elevator has gone up a few floors.

And I would base that assertion as well on a reading with Archangel Michael through Linda Dillon this morning, in which he confirmed it.

I have a friend who ascended along with me, 150 miles away after the reading. Our experiences match.

I asked Archangel Michael in the reading if he had muted that experience and he replied that he absolutely had because they wanted me to keep both feet on the ground.

Brahmajnana would have propelled me into transcendental samadhi and, yes, I'd definitely not have either foot on the ground.

Within an hour of the reading, my friend and I, 150 miles apart, simultaneously burst into bliss, joy, happiness, etc.

We called each other immediately and compared our experiences. And they matched.

Neither of us needed further confirmation that we had ascended.

And guess what? I see the same world as others do. But my state of being is entirely different than it was.

I walk down the street laughing. I feel buoyant and joyful. Meetings happen with an ease to them.

As Werner Erhard said, in this state, you do what works and what you do works. He probably was describing the Fifth Dimension.

There are no problems in this domain. The problems adhere to the Fourth and old Third. Einstein said we can't solve problems viewing them from the level at which they've been created. Aside from there not being enough insight to solve them, there also isn't enough juice.

Come up to the Fifth and we still don't solve them because they completely disappear.

When they reappear it's probably because we've gone down to the Fourth. I have no desire to go there anymore. I invite people to come up to the Fifth. I, the person sitting across from you at the table, in the same Starbucks as you but in a different vibrational state, invite you to come up to the Fifth ... and you won't go anywhere.

I'm a pillar so it's my job to invite, cajole, or shove the last stragglers through the Ascension Portal before I turn out the lights. But I turn out the lights on a vibrational state, not on a geographical location.

My baseline is a feeling of well-being. It isn't even confidence because this state transcends confidence. There's no issue to be confident about. There are no issues any longer.

If I try to see the Fifth Dimension from a Fourth-Dimensional perspective, it doesn't work. All the metaphors fall short. One has to see the Fifth from the perspective of the Fifth if one wants to understand it.

But there's no need any longer to understand anything, once one has snuggled into the Fifth. There's only a need to love it.

Meanwhile this state is its own reward. I'm not waiting for anything any more. Each moment is a revelation or a surprise or an opening.

So drop your core issues and come up to the Fifth. The water's warm and the living is easy.

Not to be Missed



A love match Credit: www.wdyl.com

Sept. 30, 2015

As we live through a month of greatly-increased divine energies, which reached its peak on Sept. 28, 2015, many of us are awakening to what love really is.

But there are still some to whom it may sound odd to hear this statement from Saul:

"Humanity is getting the message: Whatever the question, Love is the only answer." (1)

What is this love that Saul is always speaking of?

Some still have no idea of what it is. We watch the Super Bowl and consider drinking a beer and cheering the team on to be the height of satisfaction.

We experience lust, even lasciviousness, and think this is somehow connected to love. And it isn't, as enjoyable as orgasm is. Perhaps think of orgasm as God's way of guaranteeing the survival of the species. But it has nothing directly to do with love.

The Arcturian Group observes:

"Love is not sexual attraction, nor is it an emotional reaction (positive or negative) you may feel for another although that is often a facet of it, especially with those you have known well in other lifetimes. Love is not something that can be withheld or given according to a whim of the ego. LOVE IS – period." (2)

Love is beyond our emotional states. True love. Transformative love. The most we often feel for other people is fondness, compassion, attraction. But that is a pale reflection of what could truly be called love.



Credit: jenellbstewart.com

And, yes, love cannot be withheld or given at the ego's whim. It cannot be controlled. It cannot be denied. It cannot be stored away.

I hear some people speaking as if they know what love is like, and their behavior belies their knowledge. They judge, become belligerent, crack tasteless jokes.

Love elevates and sweeps a person away. When I'm feeling transformative love, I don't have a particle of attention on judging others (I apparently do at other times), being belligerent or cracking a tasteless joke. I'm swept away on so beguiling a wave that my attention is taken away completely from whatever it was I was doing.

No wonder Archangel Michael wants us to stop short of utter bliss. If a drop of transformative love can so take the attention away, utter bliss would hold me spellbound. I'd be unable to serve as a lightworker. A drop of love will do me fine, Lord. How often? Oh, how about hourly? In fact give me a cosmic IV. (3)

Sanat Kumara made us this promise in the last Hour with an Angel

"Every time, if you feel the fade effect coming in, come back to me. I would joyously – as Planetary Logos, this is my job, this is my joy, this is my mission – [have] all of you be in this state. ... So ... call on me if you feel the fade, if you feel that the mayhem is dragging you down, then call and come back to this very place. I am anchoring this knowing in your heart, in your cells, in your DNA. It is activated right now." (4)

What more could we ask? And, speaking of that - yes, there is one requirement: We must ask.

The Arcturian Group tells us that love can never be limited:

"LOVE IS, always has been and always will be, and can never be limited or changed regardless of how many false interpretations about it third dimensional minds may think up." (5)

They reveal that:

"Concepts of love are continually presented to the world by those believing themselves to be intellectual and spiritual authorities.

"That is fine at some level, but as spiritual students you have gone beyond needing others to tell you what is truth and what is not – you have achieved that state of consciousness where you can be taught from within." (6)

They practice a sublime subterfuge on us because what else would teach us from within but love?

Many men consider it sissy to be enraptured by love. Oh, my. What a cost to hold onto that Third-Dimensional belief! Do you really want to miss out on the release, the happiness, the joy of feeling transformative love? Are you so hypnotized by football statistics and the approval of your peers to overlook the treasure buried in the field of your own heart?

Time to let the false bliss of victory in competition, drugs, orgasm, and all the other avenues of getting high or escaping go. Happiness is knocking at your door. This is not to be missed.

Footnotes

(1) Saul via John Smallman, Dec. 7, 2014.

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

(3) Intravenous drip.

(4) "Transcript: Sanat Kumara ~ Ascension: Your New Tomorrow, Right Now ~ September 17, 2015," at <http://goldenageofgaia.com/2015/09/20/transcript-sanat-kumara-ascension-your-new-tomorrow-right-now-sept-17-2015/>.

(5) Loc. cit.

(6) Loc. cit.

From This Perspective



*Imaginative depiction of a portal.
Credit: www.ascensioneearth2012.org*

Oct. 2, 2015

Archangel Michael said we'd be flying back and forth through the Ascension Portal, experiencing the higher dimensions and then returning and anchoring the energies and then.... on and on.

Yesterday's breakthrough is followed by today's settling down and assimilating. The "fade effect," Sanat Kumara called it.

One of my missions is to go up through the phases of Ascension with everyone else and write about it. So here I go.

I say "phases of Ascension" because there really are phases to Ascension. One phase is the entry into Fifth Dimensionality, which is what happened for me yesterday (and thank you to everyone who wrote in and said that that has happened for you as well recently). My experience was like entering the vestibule of the house: it is and it isn't the house.

My entry may not be the same as the next person's because a lot of my experience has been muted or toned down by the Company of Heaven so I can remain at my keyboard. (1) Yours may be much more majestic than mine. And that's completely fine with me.

The next phase will be Brahmajnana or God-Realization in 2017, according to AAM:

Steve Beckow: Matthew [Ward] seemed to imply [Ascension] was going to happen in 2017. That is not the case, right?

Archangel Michael: That will be what you can think of as phase two, when the full awareness is anchored within everybody.

SB: So, now, the full awareness is Sahaja Samadhi.

AAM: Well, it won't be that extreme. But it will be a full... it will be what you think of as your Golden Age.

SB: Right. Is it an enlightenment?

AAM: Yes.

SB: So is it Brahmajnana?

AAM: Yes. (2)

I asked him when Sahaja would occur and he replied: "Shortly thereafter." Well, don't sell the farm. Who knows what "shortly thereafter" is to one who lives outside of time. But whenever it happens, it'll be phase three.

From this vantage point, however, I can see some of the places where we get into trouble and I want to mention one of them today: the area of will.

Our will in the Fourth Dimension, and the old Third, is often not operating in a very strong or focused manner. The will of the woman who lifts the car off her child is operating in a strong and concentrated fashion. When a person operates in that manner, the universe moves too, in response, so to speak.

In the Fifth Dimension, there isn't the perception of problems. Dilemma disappears.

There are fewer impediments. There's not the mind chatter that fractures our attention. A quiet mind can focus on whatever we desire to accomplish.

I listen to some people operating in Fourth Dimensionality and my heart goes out to them because I see them tied in knots by the Fourth-Dimensional perception of problems. It isn't that problems don't exist in 5D. It's that our buoyant state refuses to see anything as a problem. Just a situation to take care of in some way.

The difficulty especially hampers our ability to act from and into the divine qualities. It doesn't matter what divine quality one selects to "perfect." Perfecting it leads to all the others.

But will is especially important because it translates intention into action. Many people don't know their will: they haven't been "introduced" to it, in a manner of speaking. They don't know where to look for it or how to activate it.

We need to find our will and activate it. One way to do that is through making declarations, making promises, committing ourselves, making assertions, and in other ways calling forth the Self by exerting our will.

It has been said that once we pay even a small amount of attention to the law of karma, our life begins to straighten out and we start to make progress. Similarly once we pay even a small amount of attention to summoning, focusing and applying our will, we start to make remarkable progress.

Footnotes

(1) I asked Archangel Michael in my Sept. 30 reading if the kundalini experience was toned down and he said absolutely it was because they wanted me to keep my feet on the ground.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 28, 2014. Brahmajnana is God-Realization, the realization that "I am God." It's also called nirvikalpa samadhi, the first samadhi without the apprehension of form. It features a temporary heart opening. It leaves many vasanas weakened but intact. It's not moksha or liberation. Instead it's described as being halfway up the mountain.

(3) Loc. cit. Sahaja means "natural." Sahaja is our natural state. Sahaja brings the realization that "God has become everything." It results in a permanent heart opening and moksha or liberation. The vasanas are burned to a crisp at Sahaja.

I Love; Therefore, I am



Oct. 5, 2015

Descartes had it all wrong. It isn't "I think; therefore I am." It's "I love; therefore I am."

My muse is calling and I can't write fast enough the random thoughts that are popping into my mind so I'll simply jot them down as they come. I can't wait till Wednesday to post them.

* * *

We are love. The animals are love. The trees and plants are love. The void behind the air in the spaces between the trees is love. All, all is love.

Everything we see and don't see, feel and don't feel is composed of love, held together by love, and given leave to go by love. Love calls worlds into being, gives them life for a while, and then plunges them back into nothingness when their usefulness has ended.

* * *

Love is the answer to all our dilemmas, problems, and quandaries. That having been said, one can say to another that the answer to all dilemmas is love and it may not make a whit of difference to that person. It didn't make a whit of difference to me either so long as I was into resistance, resentment and revenge towards my father.

So long as I was I could not get something said like that as more than intellectual knowledge; later it was up to experiential knowledge; but only after I eliminated from my life the feelings of resistance, resentment and revenge could I feel unconditional love.

So subtle is the latter and so obedient to free will that my resistance to my Dad was sufficient to deny it access to me.

Now that those are gone, love arises automatically. Once the obstacle was removed, life took over. I couldn't have had love arise in me before for the life of me. I don't need to make love arise in me now; it arises effortlessly upon my calling it.

* * *

What I want is a quiet mind and a loving heart, a still mind and an open heart.

If I want there to be peace inside me, I need to quiet my mind.

If I want there to be peace in the world, I need to share my love out into that world.

A quiet mind and a loving heart can bring peace to the world.

* * *

A quiet mind is an unattached mind. To quiet the mind, detach from any and all emotions that will take you to the peripheries, the extremities.

Take out your garden shears and cut away all the vines of attachment that you can find anywhere around you. Take out Archangel Michael's blue sword of truth and

peace and make sure that no visible or invisible attachments remain. Use St. Germaine's violet flame to burn up all seeds of attachment. And blow away the dust.

Now, remain in the middle, the center, the heart, without attachments. Abide as that and decline to go again to the extremities.

And love.

* * *

The answer to depression is love. Imagine yourself as an elevator clerk, going up and down, picking people up.

Depression is a call to bring the elevator down. Jubilation, inspiration, love is a call to bring the elevator up.

The motive power for the elevator to go up is to breathe in love from the heart and then breathe it out to the world. Up you go, almost instantaneously. You get to feel the love as it goes by.

You can't hold onto love so you'll need to do this exercise ... well, with every breath. In my eyes, there's no exercise that's more important to do. In fact if I could choose but one exercise to do, I'd choose this one.

How many will do it? Perhaps not many.

But I will. Will you?

Love is My Very Being



Oct. 7, 2015

I find myself in a fourth expansion of consciousness.

How fortunate I am to have a day off in the midst of it.

I must continue to describe this space.

I'm beaming like a light bulb. Savoring the time off, I relax to a depth I haven't achieved before.

Down, down, down I go. I see I have (my undivided voice, my will has) great input into whether I go up or down.

Down, down, down I go into depths of peace and variety. Flowing, flowing, until I arrive at the bottom and a quiet mind.

I'm conscious of using my will in this "daydream."

I lift a covering from my heart and as I do so I become ever calmer.

I allow my uncovered heart to radiate love in every direction. And now the experience gains substantiality - form, shape, feel.

This is it. I know it is.

The transformative love I feel at this moment is what we're looking for. Never mind gold-backed U.S. Treasury notes. This is what Archangel Michael calls "spiritual currency" and constitutes our real wealth.

No, not wealth to be measured by its amassment. You can't amass love. But by the quality and quantity of its flow.

I forget all the troubles of the day. It isn't that they're resolved in any way. They simply vanish from the screen.

I allow myself to rest in the knowledge that I am love. Love is my very being.

[After a pause.]

I'm staying in my everyday consciousness so that I can write. But that limits the depth of my experience. However, I think it more important to get these descriptions down and out.

I am love. And when I say those words to myself, I get it ever deeper.

I get it at a feeling level.

Then I get it at a body level.

Then I lose consciousness.

[After another pause.]

At one point our awareness is positioned here; at another point, positioned there. But it's all like one big ocean of love and we're in the midst of it. That's as viewed from the Fifth Dimension. As viewed from the Fourth Dimension, the ocean goes away and we're isolated actors in separate situations.

Love colors all experiences in this space. Love glues it all together. Love is what gets transmitted, what flows.

And when I turn my attention to this love, it grows. What if I kept my attention on love all the time?

[Pause]

What contributes to this space? Personal resolution, determination, an undivided mind, the existence of a strong will.

A resolute determination is like an unpunctured tire that works. The divided and distracted mind is like the punctured tire that doesn't work.

Concentration on the perfection of a divine quality contributes. The quality I chose was love. Working on it day by day, expressing it, feeling it, sending it out to the world - all of that contributes.

And then relaxing into it. To climb a mountain we exert ourselves. But to ascend requires no effort. It requires a relaxing into the energies that are sweeping the planet right now. Just a cosmic letting go.

[Pause.]

I must familiarize myself with the Transcendental. I could be standing in it and not know.

It's the space between the spaces. It's behind everything. It's the universal substance, flow and residuum. It's the default of life, the origin and destination.

I can only sink down into the Transcendental. Since it's below everything and love is below everything, the Transcendental must be love.

It's time to drop the masks, the dramatizations, the script, roles and rackets.

And who is in a better position to do that than I am?

My readers will understand if I take time out to finish the job, when the time arrives, won't you?

I may take readers along on the journey, if I can.

But the Transcendental is the Mt. Everest I came to climb and I'm climbing it.

(Concluded in Part 3.)