

From Love to Bliss to Ecstasy - Part 1 R4



Steve Beckow
Editor-in-Chief
The Golden Age of Gaia

Vancouver: The Golden Age of Gaia, 2023; c2015

Copyright declined. Please copy freely

Table of Contents

Introduction	4
The Lure of Love	6
I Love; Therefore I am	8
Submerged in Love	11
Activating the Wellspring - Part 1/2	15
Activating the Wellspring - Part 2/2	22
All There is to Talk About	26
Self-Mastery, Personal Power, and Personal Responsibility	28
I Believe in Love	32
Transformative Love is an Inside Job	34
Never Enough Love	38
Learning the Ropes	40
A Heart-Opening Discipline	43
Our Original Sacred Partner	46
A World That Works for Everyone; or, When in Doubt, Love	49
Love is the Answer	52
Heart Openings and Ascension - Part 1/2	58
Heart Openings and Ascension - Part 2/2	62
Focussed on the Heart	66
The Mind Without a Heart - Part 1/2	69
The Mind Without a Heart - Part 2/2	71
Change Ripples Down	74
Nothing Matters But Love	78
Back to the Basics on the Path of Love	80
Know Thyself? Love Thyself	82
New Wave of Love	86

What is Heart Consciousness?	89
Everything but Love is a Distraction	94
Heart Consciousness is the New Reality	98
I Could Get Used to This	104
Immersed in an Ocean of Love - Part 1/2	109
Immersed in an Ocean of Love - Part 2/2	113
The Commotion of Love	117
Immersed in the Third Wave	119
We are the Source of Our Own Bliss	124
Can Love be “Sent”?	128
The More You Embrace It, the More It Grows	131
Slipping under the Waves	134
The Mind Thinks the Heart is Crazy	136
Above the Line in the Transformed Space - Part 1/2	139
Above the Line in the Transformed Space - Part 2/2	141
A Return to Eden - Part 1/3	144
A Return to Eden - Part 2/3	147
A Return to Eden - Part 3/3	151

Introduction



What a delight to have passed through the events discussed here and now to have had this chance to review them by compiling this book. Thank you for the opportunity that all this represents.

The approach here is ethnographic. In other words, it consists of firsthand descriptions of what actually occurred in “real” time and space, not analyses of structures and their processes through time. Bare, as-it-happens description.

The articles look at the leg of my Ascension journey from the heart opening of March 13, 2015 to the completion of what seemed to me to be an Ascension practice run or “preview” in early December 2015.

If I ever wanted tangible evidence that the events we hear so much about - which have involved soooooo much waiting - are real, these internal developments are the most confirming.

As I look back over the past eight months, I again find myself ascending to the transformed state of bliss. And bliss again wipes out any cares I may have.

I'm sure the Fifth Dimension will be redolent with bliss and ecstasy and, if it is, I won't care for very much for so many things that are oh so important now. Compassionately care, yes. Careworn anxiety, no.

I care that others share this rich bounty from the Divine Mother's treasure chest. And it's out of that caring that I share these articles freely.

This is a record of one person's journey through the stages of Ascension from no love to love, bliss, and ecstasy. I conceive of these as being steps on the crystal stairway to Heaven.

Since Heaven was the early Christian term for the Fifth Dimension, I think it's particularly apt to think that Heaven is where we're headed. And since we remain in our physical bodies in a physical setting that has never been in existence before, it is as if we're bringing Heaven to Earth.

Therefore, for Heaven's sake, enjoy yourself reading these as I enjoyed myself writing them. Spread these essays around. Borrow. Make these words your own. Just get them out. That's all I care about.

All I want is that others enjoy the blissful experience I've enjoyed in the last several months. It's definitely too good not to share. The past has been tense but the future will be perfect. Pluperfect.

And what we see before us, gradual or sudden, is the unfolding of this perfection before our eyes, all around and within us, emanating from our very own hearts.

Enjoy, enjoy as I have!

Steve Beckow
Golden Age of Gaia
Vancouver, Canada

The Lure of Love



Credit: magazine.good.is

April 20, 2015

"There is a love in me raging, Alegria
A joyous, magical feeling."

- Cirque de Soleil, *Alegria*

The Arcturian Group said recently: "You are ready to be taught from within. Trust this. It is why you came." (1)

Are we? What could possibly teach us from within? How would it teach us?

In a word? Love.

Love is the great teacher. It hides away from us when we neglect it. It flees to an unknown place when we resist it. No Earthly partner ever played hide-and-seek like love does.

We must attend to love and no amount of wishing it were otherwise, no amount of entitlement or complaining changes the situation a bit. Love is a demanding lover.

I've been stumbling and bumbling and then watching to see what happens to love ... and love disappears.

Getting this feedback from love is more valuable to me than ... well, there's no comparison. I'm wed to love. That's what it amounts to, the same love that gazillions of beings are also wed to. Very loose, if demanding, lover. Universal lover in fact. This divine being is with everybody.

Is there any other power I need answer to? If there is, stand in line. I'll get to you some day.

When we look inside and find love, the cat's out of the bag. We just bit on some big hook. We're caught now. There's no escaping the lure of love.

Footnotes

(1) The Arcturian Group. Channelled by Marilyn Raffaele. April 12, 2015. <http://www.onenessofall.com/newest.html>

I Love; Therefore I am



March 8, 2015

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

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

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

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

* * *

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

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

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

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

* * *

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

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

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

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

* * *

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

Take out your garden shears and cut away all the vines of attachment that you can find anywhere around you. Take out Archangel Michael's blue sword of truth and peace and make sure that no visible or invisible attachments remain. Use St.

Germaine's violet flame to burn up all seeds of attachment. And blow away the dust.

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

And love.

*** * ***

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

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

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

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

How many will do it? Perhaps not many.

But I will. Will you?

Submerged in Love

March 14, 2015



From *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>

The next two articles require a little explaining. This morning (Friday, Mar. 13, 2015), at 7:00 a.m. I had a spiritual experience, which still continues with me late into Friday evening. (Archangel Michael says the experience will be permanent.)

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later.

Two hours into the experience, I wrote the article that follows. It was written before I had my conversation with AAM, to record as much as I could discover about this remarkable space.

Archangel Michael called it a “heart opening,” and “the beginning” and “a part of” Ascension. Did I say I was ascended? No. But the space itself is part of Ascension.

It's exquisite, wonderful, and so I record it here.

I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (1) that began so subtly that I knew I had to make a record of it.

Imagine becoming drunk from drinking sake. Only you haven't drunk anything. I hadn't taken so much as an aspirin. The event was clearly inner-initiated. It had no "external" cause.

I became aware of something which I thought of as "an influence" creeping up my legs and torso, which put me in a mood of love and calmness. It couldn't have been the kundalini because that would have started with the root chakra.

After the mood came to my awareness, I acknowledged to myself that it seemed like the Divine wished to communicate. (2) So I surrendered to it. I allowed it to continue, unhindered.

And almost immediately thereafter, in an outward sweep of the experience, it exploded into a deep sense of love, joy and stability. (3)

It was as if a gigantic cork had blown out of my heart and love began to flow copiously.

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

I think that doing the exercise of breathing up love and sending it out through the Third Eye may have released this energy. (5)

Calmness predominated. It's what allowed the experience of all the other qualities. But calmness without love or joy would be like a dark night to the soul. We of this generation are spared that fate. We've been given the complete cleansing and purification treatment during the Mother's baptisms and tsunamis.

I'd like to think that this state I'm in right now is what awaits us. But I don't know.

What's different about this experience from others?

(1) It just crept up on me, from nowhere, for no reason. It wasn't an Aha! It wasn't even a dawning awareness. It was an influence that saturated me.

(2) It announced itself so subtly. I was reminded of the scene in *The Ten Commandments* where the Destroyer's green fog surrounds the Egyptians. That was about the feeling here as well – something almost creeping up on me. I had to become aware of it and then work my way through ideas to discover what it was or might be. I had never experienced it before.

(3) It wasn't just one thing; it was several. I felt love, bliss, stability, OKness, (6) a propensity to joy, and a stillness of the mind. Usually I only feel one – love or stillness or bliss.

(4) It lasted. Here I am approaching ten hours from when it began (7) and the experience of being submerged in love continues. Usually it begins to subside very soon after the experience and slips away. But this demonstrably remains. In fact some time ago, it increased. It's now stable. That's the opposite of an experience's usual progress.

(5) It can be maintained in action, which is a first for me. Usually with bliss, I can't move a muscle. This also may be a marker of our collective progress.

In this space, all is forgotten and forgiven. In it, there isn't the possibility of error.

It would take years to emerge from the loveless desert we inhabit by ordinary processing. The jump to a higher space accomplishes the task instantaneously.

This space doesn't care about allegations or legal arguments or even matters of principle. Why? Because human beings are known to drag principle into the service of their own self-interests.

It cares only about the presence and the primacy of love.

That's as far as I can take the reporting and analysis. I have no idea how long this will last. It's lasted far longer than I'd expected, as of right now. Is it permanent? I don't know that either. Is it wonderful? Superb.

Footnotes

- (1) The vision experience I had in February of 1987 also happened on Friday the 13th.
- (2) It was surrender or drown.
- (3) Archangel Michael later described it as a “heart opening.”
- (4) AAM actually described it later as “the beginning” and “a part” of Ascension.
- (5) AAM later confirmed that there was a connection.
- (6) Original innocence.
- (7) I wrote the article before the experience but was still editing it ten hours later.

Activating the Wellspring - Part 1/2



March 14, 2015

This part of my reading relates to the spiritual experience I had, which Archangel Michael here describes as a "heart opening."

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

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon,
March 13, 2015

AAM: Greetings, I am Michael.

S: Greetings Lord.

AAM: Welcome, welcome, welcome, to you, beloved friend, ally, anchor, communicator, bringer of news.

S: Thank you.

AAM: And yes, your heart is open. The opening is, and will, and shall continue.

S: You mean permanently, Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes!

S: Yes, I have. I definitely have said yes.

But you must give us details because I think other readers will want to know what just happened, and what the consequences are. Can you talk about it for a little bit for the sake of others?

AAM: Yes, we will talk about it.

As I, and we, have relayed, many are either at, or through, or back and forth through the Ascension portal. Now, we don't want to talk about this strictly in terms of Ascension.

Because what you are doing is anchoring the higher vibration of divinity, of the Mother, of the Love, of the One into your sacred being, into your consciousness, into every fiber and level of your being.

The feeling, the experience - because it is so much more than a feeling - the knowingness is actually very simple. It is love. In that, there are the elements of joy, of peace, of calm, of serenity...of simply being.

This occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence. (1) What we mean by this is simply, think of it in spatial reality, time and space reality: you have created the space for this [energy of love] to, not only pass by you like a passing breeze or a rain, but to anchor within you because there is a sense of this spaciousness within thee.

S: I understand.

AAM: When one is clinging to core issues, to fear, to lack, to limitation - you know the list - there is not that sense, not only of spaciousness, but of acceptance, allowance, readiness and even permission. Because as you know, we continually say that we will never override your free will.

So, if the will, either actively or subconsciously, is actually choosing to still engage in the issues or the drama, then although we are standing at readiness and still penetrating you, that open door is not there.

S: So, the open door was there with me?

AAM: That is correct.

S: Did the exercise of bringing love up from my heart and sending it out through my third eye to the world play a role at all in this?

AAM: Yes, it did.

S: Could you talk about that for just a bit, please?

AAM: One of the strongest or the ultimate expressions of love, of willingness to not only participate in love but to be the love, is in the sharing. To say that you are love, or are loved, or you love this, that, someone... but [then] you keep it within you, you hoard it - and we do not necessarily mean that in a negative way - sometimes the feeling is so blissful you do not wish to actually take the next step quite yet, in terms of sharing.

The ultimate experience is in this sharing. This is what we speak of when we speak of sacred union and partnership. How can you possibly be in any form of partnership with humanity, with the Star-beings, with us, with any being, if you are not sharing.

So what you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.

It is not that you empty out. It is that you discover that that wellspring is SO full and overflowing that it is a steady stream. That steady stream does not ever, ever (think of what I say!)... it never has to cease!

S: It is hard for a human being to get that, you know. We keep thinking, "Oh no, someone's going to turn the wheel and it's going to stop."

AAM: You tend to think of start-stop; of full-empty. But it is not the case. What you are doing is plugging into the ever present flow of the Mother's energy, of the love.

S: Remarkable, remarkable. We human beings want to know where this fits in the scheme of things, and what its relationship is to this over there. Is there a name for this kind of experience I just went through? And still am, actually... And will be.

AAM: Yes, and will be. This is what you call part of your Ascension process and it will simply grow and expand.

S: What growing and expanding means is exactly what happened this morning, right?

AAM: That is exactly correct.

Then it begins to expand in what you can think of, in every body - mental, emotional - because there is no separation. So the physical attributes that are one and the same with love begin to come forth as well.

S: Okay, can we just go back over that for a second? I'm trying to get my mind around that.

So this transcendental wave of love that is coming to us is impacting all our bodies in all dimensions, the mental, causal, all the other bodies?

AAM: That is correct.

S: They are going forward together. Now I think you suggested there is an impact on the physical body or our everyday awareness from this. Is that what you were saying?

AAM: Yes, because you cannot be in this intensity (and do not turn it down whatever you do!)....

S: No, gosh! Why would anyone want to do that?

AAM: Well, we are often surprised!

What happens is, then you begin to see with different eyes. Then you begin to see more clearly. Humans have a tendency to think, “Oh, now I am seeing with my third eye,” “Now I am seeing with my fourth eye,” “Now I am seeing with my fifth eye.” It is not like that.

There is the inner vision, the experience of the inner vision which allows you to truly see what is, but you also began to see that, energetically. You will see more with your eyes. You will see orbs, different colours, bigger fields, etc.

S: Telepathy may also expand?

AAM: Exactly. Telepathy, communication ability. So think of your physical communication, your writing, your oral you, your telepathic, your soul-to-soul communication, your communication above and below begins to expand, your cellular structure, because it is vibrating at a different rate.

Your cellular structure begins to regenerate because it is filled with what you think of as life force. It is a truly love force. So everything begins to shift. You begin to see that you can be the truth of inter-dimensionality.

S: Yes, a sense of certainty arises, a sense of stability and solidity.

AAM: And you realize that it's a solidity that is not solid at all!

S: No, I know! I was thinking of that even as I said it! Yes, absolutely.

AAM: It is a sense of knowingness. And, yes that stability means there is simply no space for the sense of doubt or uncertainty or even concern or fear.

S: Also, issues just disappear! There is no need for forgiveness because I can't remember what the issues were! In this wave of love, this submergence of love, and I really do mean submergence, like I am under sea.

AAM: You do not need to remember.

S: No, no need at all! I wonder why I felt the need! (Laughing)

AAM: It was part of what we would refer to as the old human traits.

S: It is all a question of deprogramming, is it not?

AAM: In many ways, yes. What you are doing, is what you think of as deprogramming, unwinding the old programming; hitting the literal delete button; not simply saving it somewhere where you can go back and pick at it later. Yes, it is the reprogramming, the rebooting of your entire system.

S: I think people may not adequately realize, (oh, how can I say it; is so hard to talk about these things, they are so new to me) that forgiveness itself is tied to memory. If there is no memory, there is no need for forgiveness of anything. There are other factors too. This love does something to me that has me not be interested in the drama and the other things.

AAM: Because it does not serve. When you are thinking about forgiveness, think of it as a step along the way.

So when you have done your forgiving; and the most important part is forgiveness of self, then you can create if you choose, situations where you wish to keep score. But the larger question is, why? Why would one even choose to do that?

So often we hear the humans (to myself, to Gabrielle, but mostly to Yeshua or to the Divine Mother) begging for forgiveness. Now, understand that forgiveness is always granted, because it is an act of mercy. It is an act of love. But does the Mother have need to forgive? Does she keep a tally sheet? No!

S: No, as competent as she is!

AAM: As competent as she is, it would be far too lengthy!

So, no, it is not a trait. It is a plea for help. And that plea, of course, is always heard.

S: There is another aspect I would like to talk to about for a minute, and that is that I think people hearing a discussion like this might say to themselves, “That’s all fine and dandy for you to say. You’re living in the experience of love.”

And, that’s true; it’s true that it was very hard to deprogram while not living in the experience of love and it is very easy to think, “I don’t even need to deprogram in this space.”

AAM: It is difficult to reach this place, only because the human program as you are calling it (and this is an excellent term) is one that thinks, or feels (but it is [the] mental/emotional [body] that thinks) that, “That [outcome] is above, or beyond”.

When we suggest that there is a need to create this sense of spaciousness, so often what we hear is a resistance that says, “Well, I have already done my clearing. I have already done my forgiveness. I have already asked for help.”

But if you are not in this sense [space] of the love and knowing full well, beyond any shadow of any doubt in any realm, this is what you desire, this is why you are here to create - this sense - then simply go a little further, my friends. You do not walk alone. And the journey is guaranteed!

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

S: Thank you!

Channeled material from Linda Dillon is copyright by the Council of Love, Inc., and is used with permission.

Footnotes

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

Activating the Wellspring - Part 2/2



March 15, 2015

(Continued from yesterday)

Later in the same reading of March 13, 2015, I returned to the topic of the spiritual experience that I was in the middle of (and still am) because I wanted further reassurance.

AAM gives a lot more information on this space or state of being, which he described earlier as a "heart opening" and the beginning stages of Ascension. Thanks again to Dana.

Steve Beckow: So, I need more reassurance. You are reassuring me that this space that I'm in right now will not suddenly disappear tomorrow. This is the baseline now, is that correct?

Archangel Michael: That is correct. Hold it, love it. Allow it to grow. Cherish it. Do not think for one moment, "Oh tomorrow I'll wake up tired, grumpy and wasted." Do not go there, dear heart.

S: It seems to be affected by breathing. Breathing helps. It seems to cause it to expand. Is that an accurate observation?

AAM: It is the letting go.

S: The letting go. So in breathing in, am I letting go of the tension? (1)

AAM: You are letting go and you are bringing in. It is as simple as that. But of course it is not.

Breathwork, as you well know, (2) has always been the most straightforward and one of the most powerful of tools. It is the essence of life. You cannot live without your breath.

But what people have not truly, fully understood (just like they have not understood the space between the letters of each word, not understood the space between each atom and cell of their body), the breath, the air, the oxygen, the compound that you are breathing in is the love force. (3)

Now what happens, (this is something for you to share) is that you are breathing love force, quite literally, from the Divine. Then what happens, or what has occurred, in what you think of as your past (now the key: do not go and live in the past), is that it has passed through what we would call the denial filter.

The denial filter is your filter that has been filled with the constructs of the old Third: fear, control, sense of lack of worth, sense of lack of love... It passes through that. You can even think of it as being like a filter that is in your sinus, the top, the back of your throat. And it passes through the denial filter, so when you bring it in, you are only getting a minimal part of what is being offered.

S: And that's our programming.

AAM: That is the programming.

It is like when someone says to you, even when I say to you, "I love you" and then you immediately put all these restrictions or limitations on it. So often among humans it is, "Oh, you love me because..." and it is not [so]. It is simply ... love.

S: Yes, yes, yes. And when one sees that, it's such an amazing thing to realize. That real and transformative love has no object except as we call it into service. But unto itself, it has no preference, no partiality.

AAM: None.

S: So, what is next? What do you want me to do next?

AAM: What is next is the anchoring, the allowing of this sense of unity to simply expand and anchor, expand and anchor. Go higher, go deeper, go broader and, celebrate, sweet angel.

S: The predominant way I go broader, etc., is by writing, right?

AAM: That is correct!

S: I share my space. I share what's happening...

AAM: It is our platform!

S: Okay. Very good. Thank you for that. Anything else I haven't touched upon that I should know about?

AAM: You are in your process of expansion, of allowing, of becoming, of accepting the sweetness of who you are.

Often you have said to me, "Oh Lord, I am a warrior." But beloved, you are so much more!

Allow every aspect of your being - the poet, the lover, the artist, the child, the adult, the elder - let it ALL be [expressed].

Let it all come to flower and share it all. Demonstrate and share and show what is possible. (4)

For this I thank you.

S: Thank you, Lord. Thank you ever so much.

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

Note: Already one reader has written in saying she had a similar experience:

"Dear Steve

"On Friday I felt this loving energy expanding out from my chest. I felt secure and I knew this was the time to give birth to the new, to grow and do my part. I have been waiting for this all my life. Sometimes I had this experience only for a short time. If now as Archangel Michael said, it's going to be permanent we literally have the sacred fuel that we need to do what we came here to do."

The experience may be permanent but its intensity or fulness does wane. It can be brought back to its fulness by breathing in love from the heart (or from the air) and breathing that same love out to the world, as AAM discusses in the reading.

Footnotes

(1) Muscular tension in the body is the cause of lowered awareness. Awareness varies inversely proportional to tension in the body. The Divine Mother said on last week's *Hour with an Angel*:

"Density of the human form is caused by unloving emotions."

The bands of muscular tension we create by our counterproductive programming are this density. ("Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/> .)

(2) I've done rebirthing, bioenergetics, vipassana, and probably several other practices with some relationship to breathwork. So, yes, I do know the power and importance of the breath. If I have the time after the Reval, I'd like to do some work reviving these almost-lost arts.

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

(4) Would you agree that this is about the clearest example of a mission being assigned that any of us may have ever seen. It is and was for me.

All There is to Talk About



March 18, 2015

In a very real sense, all there is to talk about is love and the barriers to love. Is that not so?

Is there anything important in life that's left out of the sweep of that statement?

Love is everything, including us. The full realization and embodiment of that love is the purpose of life, is it not? If we fully embodied that love, we'd know ourselves as God.

Since God is all there is and love is all there is, God must equal love.

If we are part of everything that is, then we must equal love as well.

I'd imagine that far more people will warm up to the idea of love than the idea of God. In terms of building a workable cross-cultural spirituality, I personally am more inclined to talk about love than God.

So all there is to talk about is love and the barriers to it. What barriers? All the obstacles we put in the way of being and feeling love. All the vasanas by which we introduce density into our bodies in the form of muscular tension or diseases which

our thoughts have created. All the blind programming we follow, the false grids that go into the building of our identity or constructed self.

Any barrier placed in the way of love is ultimately foolish. But we're allowed to do it and we do it.

All our contrived means of "getting by," of "passing" and "making do" are unnecessary in a world where love is known and felt. There love alone provides all the answers.

Take all of these obstacles and wrap them in shipping cellophane. And wrap them and wrap them again. And send them off to the Mother for incineration because none of it is needed.

I can't prove these statements to you. They're an article of faith for me. But now I see that I create with my thoughts. Therefore the reality that I don't need any of that stuff and that I can send it off to the Mother and be done with it is something I'm creating with my thought. Faith actually does work in a universe where thought is creative.

All there is to talk about is love and the barriers to it. Shhhhh.... Big secret....

Self-Mastery, Personal Power, and Personal Responsibility

March 18, 2015



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

Credit: wallpaperno.com

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

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

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

That something is me.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

SB Boy. Eat, drink and be merry!

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

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

I Believe in Love



March 19, 2015

I'm certain that love is the answer to all our problems. Love has to become better known to our world. We have to make friends with it instead of misunderstanding it and misusing it.

The heart of every person is a volcano of love. A Krakatoa in the beginning but then a Mauna Loa, sending forth a volcanic cloud that incinerates illusion.

Love is transformative. That's implied in saying that it dissolves all knots in consciousness. It's a solvent of illusion and ignorance. Just as awareness is.

I am myself the volcano. I am master and commander of my own volcanic heart. On my inbreath I take in streams of love from the centre of existence and on my outbreath I breathe that love out into the world in a flow that dissolves illusion and ignorance and makes space for ... more love.

If love were to dissolve all there is, all would return to love. Of love there is no end. Everything else is, in the end, impermanent.

I not only believe in love. I am love in love with itself.

All that is subjective in me directs all that is lingeringly objective in me to love love. Until nothing objective remains.

I'm certain that love is the answer to all our problems. Love has to become better known to our world. We have to make friends with it instead of misunderstanding it and misusing it.

The heart of every person is a volcano of love. A Krakatoa in the beginning but then a Mauna Loa, sending forth a volcanic cloud that incinerates illusion.

Love is transformative. That's implied in saying that it dissolves all knots in consciousness. It's a solvent of illusion and ignorance. Just as awareness is.

I am myself the volcano. I am master and commander of my own volcanic heart. On my inbreath I take in streams of love from the centre of existence and on my outbreath I breathe that love out into the world in a flow that dissolves illusion and ignorance and makes space for ... more love.

If love were to dissolve all there is, all would return to love. Of love there is no end. Everything else is, in the end, impermanent.

I not only believe in love. I am love in love with itself.

All that is subjective in me directs all that is lingeringly objective in me to love love. Until nothing objective remains.

Transformative Love is an Inside Job



March 20, 2015

Archangel Michael said the other day that forgiveness was a step along the path.
(1)

That was certainly something I noticed in the work I did when I was off. I set out to forgive everyone in my life. But simply talking about it did nothing.

So I ran an exercise (2) which involved imagining my resentments to be arrows that were thrust into me (I actually thrust them into myself).

When I removed all the resentments, something amazing happened. I couldn't remember anything unfortunate that had happened to me; all my issues were gone; and there was nothing and no one to forgive.

We go beyond the need to forgive when we drop all our issues and resentments.

Another example of an interim matter is an aspect of romantic love. That aspect too, I think, is a step on the path.

Of relationship love, Saul said recently: "You seek satisfaction in relationships with other humans, and while they can be deeply satisfying they are never

enough.” (3) They are never enough for two reasons. One is that the built-in longing for God (4) will not let us rest until we lose ourselves in love for God.

A second reason is that we primarily feel love, in my experience, by its welling up in our own hearts, what AAM called the wellspring or the volcano. (5)

Yes, it’s true that we experience the loving energy of someone capable of radiating it. But the experience of that is nothing in strength, potency or duration compared with experiencing the love that finds its way up from inside.

As long as we feel romantic, we’re generating love from within ourselves. But when that stops for any reason and we look to the other person for love, we run into this predicament. Transformative love is an inside job, not an outside job.

I use the word “transformative” to indicate how the love I’m describing here sweeps away elements of sleep, unconscious awareness, or old 3D thoughts and feelings, and leaves us for as long as it lasts in an elevated vibration.

There’s no substitute for experiencing this unconditional love. It cannot be conveyed to another. It cannot be wrapped up and delivered. We each have to find it and experience it for ourselves. The difference between it and any other kind of love is the difference between biting into a juicy apple and sipping a glass of heavily-watered-down apple juice.

Without that experience, we continue along the same groove of seeking love from parents, lovers, gurus, bosses, etc.

Interestingly, transformative love contains within it every feeling I associate with love for an intimate partner. It receives and conveys sexuality (it enhances it, actually), intimacy, fondness, the personal.

It contains within it everything else. But, interestingly, the realization of that goes out the window when the energy of love makes itself felt because all sophisticated considerations like “everything” fade away. I’m left with a happy, equanimous Cheshire-cat smile. (6)

I use anything to trigger this bliss effect. The photo of a loved one, drawing love up from my heart, simply deeply breathing since love is the very air we breathe. Once I establish contact with the love again, bliss almost always follows.

Love doesn't like to be ignored or neglected any more than an intimate partner might. It diminishes with neglect and increases with the loving attention we pay to it. Just writing about it right now is causing me to drift into bliss.

Once marry love and you'll never want for anything else. That's how it shows up for me.

I'm in love with love. I'm worse than bitten. I'm consumed. I've fallen head over heels in love with the very love I feel. Last night I rolled in ecstasy on my bed, loving the love.

I'm sure this is where we're headed, folks. The Company of Heaven seem to be rolling out their new Spring line. Heart openings, the emergence of transformative love, for some (I imagine) Ascension and even levels of enlightenment beyond that. (7)

This is one reality I have no difficulty creating. And all of a sudden, seen from this new vantage point, I no longer feel doubt about my creative abilities; I feel curious, optimistic and satisfied.

Notwithstanding that curiosity, all I wish to create is love.

Footnotes

(1) "When you are thinking about forgiveness, think of it as a step along the way." ("Activating the Wellspring – Part 1/2," at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/> .

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

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

(4) See "The Longing for Liberation" at http://goldengaiadb.com/L#Longing_for_Liberation and http://goldengaiadb.com/The_Nature_of_Life_1#The_Longing_for_Liberation .

(5) "What you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual

you may think of is the volcano.” (“Activating the Wellspring – Part 1/2,” at <http://goldenageofgaia.com/2015/03/14/activating-wellspring/> .)

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

(7) Ascension is Fifth-Dimensional consciousness (eventually, sahaja samadhi) but many will end up in higher dimensions.

Never Enough Love



March 21, 2015

When I see how often in a day I forget love, I'm dismayed. So powerful is the appeal of love, that I immediately send myself searching for ways to ensure that I forget love no longer.

I turn to reading books on bhakti, devotion, love. And then I realize that my paramguru, Sri Ramakrishna, was arguably the greatest devotee of love ever born on the planet. Off I go to read him.

How fortunate I am!

Look, the love bug bit me and now has me scampering in 100 different directions at once. Lady Love ran her scarf under my chin and here I am building a house for her. Powerless in the face of love.

I'm getting straight about what can and cannot be done with love. Love brooks no lies. It brooks no harshness or hostility. It cannot be hidden unless you want it to disappear.

I can only announce my love and announce it and announce it. And some will hear it; some will not.

See how bitten I am? Your turn next. Everyone's turn's coming - or so I'm told. This is definitely worth reaching out for, worth asking for, worth holding out for. Don't you wonder where my mind went, so to speak? So do I but I haven't the interest to find out. Love does that to you.

So to return: I feel the need to create new channels for the expression of love, to serve as reminders not to forget. Where's the incense? Where's my seiza bench? My meditation tapes?

I understand how Rumi could say that a man could go insane feeling separated from love. I don't intend to go there because I know the connection to love depends solely on me. If I disconnect, it's because I did it. So no excuses on not remaining connected to love. And no cop-outs.

Gone are all my intentions to create a cross-cultural spirituality or the return of the growth movement or much of anything else as long as I'm the unrequited, ever-yearning lover of love. I know full well my yearning will be fulfilled. Not a moment too soon.

There's never enough love. And I will never drink my fill.

Learning the Ropes



March 24, 2015

I'd like to share a few noticings about the heart opening I had on March 13, 2015.

First of all, I imagine most people think of any kind of opening as being followed by a flood. Open the sluice gates and the water pours through. Open the purse strings and the money flows, and so on.

A heart opening isn't like that. It allows for access but it doesn't necessarily result in a flow of love.

If I want love to flow, I have to breathe it up from inside of me and send it out to the world or do some other similar exercise that primes the pump, to use AAM's expression. My reward is that I experience the love as it's passing through me.

Secondly, a heart opening magnifies love when love does come up, but what we don't think of ahead of time (Who would? Why would we?) is that it also magnifies unwanted or unpleasant feelings.

I was feeling what would have been a mild heartache the other day, missing a former love. Ordinarily it would have been just a nagging sadness in the heart, but after the heart opening, it surfaced as crippling grief.

I had to more or less go into isolation because I could not factor the grief out of my experience when I spoke to people. I was toxic for the time being because my emotions were exaggerated. And none of it had anything to do with the outside world.

I was trying to describe to Graham Dewyea the other day how it felt at a time like this. Whenever something like grief or sadness arises, it feels like walking around in a body that's sometimes in emergency, sometimes in shock, sometimes at the end of its rope. Tough assignment. Not all wine and roses.

This morning, I was feeling more grief and sorrow than I thought I could manage. And then, in the course of simply allowing and observing it the past several days (OK, weeks), it lifted.

Here's a second example. A friend invited me to a Disney movie. Harmless, right? I nearly left the movie three times when the bad characters had their way. I was either outraged or ready to scream. When the good characters were coming together and winning ... in the final reel ... I couldn't stop crying. My friend may never take me to a movie again. I could neither stop the magnified experience of feeling nor could I hide it.

Many of us have probably heard of "enlightened" masters who still have their temper, greed, or lust. I can see how that could happen (until sahaja samadhi) (1) based on what I'm living through right now.

If I was unconscious of the unprocessed feelings that are still left (some of which could be for the collective) or if I denied or refused to acknowledge them, then I'd most likely be acting them out and projecting them onto others. Or at least speaking over top of them, a situation that makes me cardboard and fossilized over time.

Spiritual experiences like a heart opening don't come with a user's manual. How to manage them isn't taught in school or university. Our parents probably wouldn't even know what we're talking about if we described it to them.

We're more or less like a Connecticut Yankee in King Arthur's court in that we don't necessarily know how to deal with the situations that arise.

We have to learn how to adjust to and cope with some of the supremely-aching states of heart and mind we may have after an opening as well as the ecstatic states,

without freaking out, remaining balanced and calm. And that can be a huge challenge.

Footnotes

(1) Sahaja Samadhi is the stage of enlightenment that brings moksha or liberation from death. Once we experience sahaja, our harmful vasanas, including our appetites, are incinerated.

It's also called a full and permanent heart opening. My own heart opening is not sahaja. But it's a wonderful state of being nonetheless - until sorrow arises.

A Heart-Opening Discipline



March 26, 2015

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

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

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

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

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

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

(4) Forgive yourself for attaching.

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

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

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

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

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

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

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

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

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

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

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

I'm neither resisting matters by denying responsibility nor making excuses above and beyond stating the simple truth of the matter. I'm also neither judging the participants nor trying to fix blame or anyone's neuroses, including mine.

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

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

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

Footnotes

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

Our Original Sacred Partner



March 28, 2015

I'm still learning the ropes following a recent spiritual experience. (1)

Last week, I was on an emotional roller coaster. This week I wanted to smooth out my experience a little and recover some stability and predictability in my life.

So I returned to meditation again but more particularly meditating on the Divine Mother, who's my ideal. And at one point I invited the Mother, with quite a bit of emotion, to come and live in my heart.

The Divine Mother is our original sacred partner. Genders and sacred unions are both designed to remind us of the original partnership of Father and Mother God. (2)

But the mystery of mysteries is that we are that Father and so, the Mother is our original partner. (I just got goosebumps saying that.)

I invited the Mother to sit on the swing, what Hindus call the jhula, in my heart. I began to use my Mother mantra again after some years. Now my mantra has a life in it I haven't known before.

When I invited her into my heart, I felt elation. I have to tell you that I'm not constitutionally wired to use my imagination; I'm very factual. So doing things like inviting the Mother into my heart are not usual for me.

I'm more into tracking my internal space - feelings, thoughts, flows of energy. I suppose I'm a kind of empirical materialist in that I use my body, mind and senses, and now my heart, to know things.

But this use of the creative imagination worked. In the elation that I felt, I was totally carried away,

When I repeated the exercise some time later, I was filled with the most delicious love, tapering off into bliss. I wrote at the time:

"So here I am at this moment in bliss. I can only report. Everything hurtful, unwelcome, and unpleasant is forgotten. I'm as meek as a lamb. But I also feel the impact of thoughts just hovering in the background ready to catch up with me again.

"The deeper I draw in the in-breath, the deeper the experience of the Mother's love goes.

"I allow it, with every sense.

"Utter calmness. Utter peace. No desire to move.

"Total obliteration of care. No, it's deeper than that. Care does not arise in this place. In this space, the world would work for me no matter how it showed up. In this space, I am the change I want to see and my transformation is what has the world work out for me. Nothing external."

And not only bliss but the thoughts flowed as well. I'm sure they were being sent along to me. At one point, I got that it's my job, and yours and yours and yours, to show everyone who approaches us love and respect. I can't say I've done that much or overly well. That was a hugely challenging thought. Thank you, Mother.

It's probably as simple as this to make the world work: Love.

I cannot describe the way I feel at this moment, the feeling is so new to me. I've only felt this way when, say, I've won some really big prize in high school or something similar. "Aha. Life is working out."

Footnotes

(1) A heart opening on March 13, 2015.

(2) The correlate of the human female and male is God the Mother and God the Father. The sexual act mimics the divine creation of beings.

A World That Works for Everyone; or, When in Doubt, Love



March 29, 2015

When Werner Erhard first called for “a world that works for everyone” in around 1980, it was a radical concept.

I remember when I grappled with it, I couldn't imagine how such a world could come into being.

Now that question has been answered: A Fifth-Dimensional world is a world that works for everyone. Unconditional love and unitive consciousness will prevail. The combination of the two, affecting everyone and everything, will create a world that works.

Back then I was deeply mired in Third Dimensionality, as were we all and I couldn't see the solution to the problem. Werner could see it however because he was enlightened and was probably acting on what he saw as a result of his enlightenment - or its further unfolding. (1)

There are two ways in which a Fifth-Dimensional world works for everyone.

The first is our internal state and the second is the way in which we regard everyone else.

Just from the few tastes of love I've had in the last two weeks and multiplying that by factors of ten or a hundred, I can see that, if I were in Fifth-Dimensional

consciousness right now, I'd need little, desire little, probably own little, etc. I'd be content with love and bliss and joy.

So my internal state would be conducive to a world that works for everyone.

Moreover, the way in which I'd regard others, from a place of love, compassion and sympathetic joy, and the fact that all others would also be in the same place, would mean that any departure from happiness and pleasant conditions would be quickly remedied.

But then, there would be no such departures. They could not exist in the elevated vibrations of the Fifth Dimension.

So we could say that Ascension itself will naturally lead to a world that works for everyone.

The trick is, and this is where we lightworkers come in, to create that world now, while we're not in Fifth Dimensionality.

We can sit back and wait for it and it'll come but we have an excellent opportunity instead to develop our skills by working diligently now for that same world, without the advantages we'd have after Ascension.

Moreover, as lightworkers, we'd be fulfilling our mission to see that as many folks come with us as possible by laboring strenuously for that world that works (and there are those lightholders for whom the words "laboring strenuously" won't apply).

How do we act Fifth-Dimensionally when we're not yet Fifth Dimensional?

First of all, we can trust. Why trust? Well, if we don't know the way, we're going to have to hear about it from others. And we're going to need to trust the best accounts we can find if we want hints on how to get there sooner than the rest ... like now.

Trust who? Trust the most credible sources we're aware of, who are telling us what life is like ahead of us and urging us to love, be compassionate, be generous, etc.

Second of all, we can see and extend the trend. Have you not noticed that our emotional floors - the point below which we never go emotionally any more - has

risen? Can we not see that, as it rises, we feel more and more love, calmness, mental silence, etc.? Can we not distinguish that as a trend and, if we can, can we not extend it in any way we can now and into the future?

Thirdly, when in doubt, love. Love is what this whole thing is about anyways. . We're asked to realize our true identities and one way to say what that is is that our true identity is love. The mind is the barrier to love so let go of thoughts and just love, as Mary Magdalene said, with power and abandon.

All our efforts are maximally aided at this time. There's so much love washing our planet and so much help, as S.N. Goenka would have said, that we're bound to be successful, bound to be successful.

So we can understand what a world that works for everyone would look like and we're building it. No, we'd rather not wait to have it handed to us on a silver platter because we know that we can learn and grow from this work. So we're building Nova Earth now and the biggest step we'll ever take in that process is just to love.

Footnotes

(1) The est Training began as Werner's attempt to communicate the experience of enlightenment to others. See W.W. Bartley, III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978.

Love is the Answer



Love

March 30, 2015

Saul once said: “Once Love is recognized, ... Its loving embrace is utterly irresistible.” (1)

I can vouch for that. (2)

Saul isn't talking about romantic love, friendliness, or kindness, but about transformative, universal and unconditional love. How can I suggest the difference between them?

Romantic love affects us on an emotional level, but doesn't sweep away (or transform) unwanted conditions like loneliness, sorrow, and dismay; transformative love affects us on a deeper level than that and has the ability to sweep unwanted conditions away.

According to Saul: “Whatever the question, Love is the only answer.” (3)

The Company of Heaven returns to the point so often that we must hear their message one day. The Galactic Federation said to Blossom Goodchild. "Over and over again we to talk about it , because [love] is all there is."

"That is all there is to talk about. For there is nothing else in existence other than love...

"For if there were many that [saw this] they would not have the need to have answers to all these questions ... that in truth ... if we may be bold in saying ... do not matter!

"Nothing matters other than being love. If you really got that ... there simply would be no need to KNOW anything more." (4)

It's my sense that this message is being sent by the Company of Heaven more and more these days because we're ready for it. Sanat Kumara said last month:

"I am going to be very forthright in this discussion because you are at a level of maturity, spiritual and emotional, where you can truly engage in the discussion, not the soliloquy, but the discussion of 'what does this mean? How does this occur?'" (5)

In one of their discussions of love last summer, the Arcturian Group said: "Most were not ready for the deeper truths until now." (6)

I've wrestled with why I don't stop everything, lay down tools, and simply love. It'd take a huge commitment and the willingness to look simple and far out. I'd have to be willing to risk ridicule, a tool the Illuminati used with such success to keep us quiet on UFOs, etc. It'd take abandoning everything I've based my work on - research, building a case over time, etc.

Just as intellectual knowledge won't move us while realized knowledge will, so the stage of my growth and evolution is not strong or vivid enough to move me to be so radical and advanced. I stop short of going that far.

But that will change. Ask me again next year. Or maybe next month.

It's mainly our fear that led us to deny love, Saul says, and he describes what results.

“You allowed yourselves to fall into fear and remain there, convincing yourselves that fear must be overcome by the denial of Love, by judging and condemning those whose beliefs are not in agreement with your own, and then by demonizing and attempting to destroy them.” (7)

Those are the traps that society at large may have fallen into, but not every person in society. What results within ourselves when we allow ourselves to fall into fear?

“When you are driven and guided by fear your hearts are closed off, shut down, in a state of hibernation and unawareness, to enable you to use your fear as a tool that you think will provide you with the means to build impregnable defenses against your enemies.” (8)

Just as choosing fear shuts us down to love, Saul tells us, so re-choosing love proves to be the answer to emerging from fear. It's as if we put the car in reverse and back out of the place we've been in.

“Dismiss your fears by intentionally and very consciously opening to the divine field of Love which envelops you in every moment of your eternal existence, thus allowing your guides to help you see things more clearly and leading to the resolution of issues with which you have been concerned.” (9)

Given that we haven't chosen love up till now, the solutions our guides suggest to us now may seem novel and strange to us.

“It is likely that the solution that results will not be what you had expected, because frequently your expectations, your ideas of what needs to occur are not in alignment with Love's solution, the only viable solution.

“Let Love resolve your issues and problems by letting them go and handing them over to the divine Wisdom that will compassionately and gently show you the way forwards.” (10)

Saul explains why love is the answer to all social problems: “Love is the only means of resolution and It is completely effective because It embraces all unconditionally without judgment of any kind.” (11) Where things break down is where the mind kicks in and judges, makes wrong and tries to dominate.

“It is through love that you change it all,” the Galactic Federation emphasize. (12)
“Love is the key,” Jesus tells us. “Love is joyful, accepting, enthusiastic, comforting, and inspiring, as divinely intended.” (13)

Love may be the key and “the solution to every issue with which you have to deal,” he explains “but one of the major problems is that most of the time you do not believe it!”

I myself am in that position. I find it hard to fully accept that love is the key - at a deeper level than the mind. Jesus continues:

“And yet you can see clearly that anything that is in opposition to Love can never succeed in solving any of your multitudinous, and presently seemingly insoluble, problems.” (14)

Therefore, believing in the power of love to heal social situations is something that we may need to cultivate. I know I do. Relying on love exclusively is not something that comes automatically with me.

We as a civilization are slowly coming to recognize how love is the way out for us, Jesus suggests.

“Finally the Light, Love, which has always been with you and fully available, is being recognized as the only way out of your present cataclysmic dilemmas of perpetual wars – on terror, unjust political systems, evil corporations, the establishment, the anti-establishment, cancer, drugs, poverty . . . on and on interminably and therefore insolubly!” (15)

We cannot fail in this endeavor, he reminds us, because love is all there is. We can bank on awakening and eventually relying on love exclusively.

“So, I repeat, ‘Hold your Light on high, constantly’ as we offer you endless, abundant assistance in your intent to be courageous, to be seen, to be loving, to be accepting, and by so doing, to change, permanently, yourselves and the world.

“Failure is neither an option nor a possibility, because there is only LOVE. All else is illusory. You will awaken into the brilliant Light of God’s eternal day!” (16)

We're being asked to reshape our personal lives to base them only on love. We're also being asked to radically alter our social perceptions, calculations and approaches to base them on love as well.

We've let our fears and desires blind us to the power of love but now with the waves of love hitting us and causing us to rise together, the centrality of love is becoming obvious to us and in the world.

I imagine that our embracing of love will go on in the manner of wayshowers continually pushing their edges, first one, then another out into the frontier of love until love is accepted by us as a global society as the answer to all our personal and social questions and problems.

Footnotes

(1) Saul via John Smallman, Dec. 7, 2014, at <http://johnsmallman.wordpress.com/> .

(2) After the heart opening of March 13, 2015.

(3) Saul via John Smallman, Dec. 7, 2014, *ibid*.

(4) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

(5) “Transcript: Sanat Kumara – We Override Those who Want to Hurt by Anchoring Greater Peace Within – Part 2/2,” February 25, 2015, at <http://goldenageofgaia.com/2015/02/25/transcript-sanat-kumara-override-want-hurt-anchoring-greater-peace-within-part-22/> .

(6) Arcturian Group, Aug. 3, 2014, at <http://www.onenessforall.com/>

(7) Saul via John Smallman, May 27, 2013.

(8) *Loc. cit.*

(9) Saul, June 16, 2013.

(10) *Loc. cit.*

(11) Saul, August 28, 2013.

(12) The Galactic Federation of Light channeled by Blossom Goodchild: July 21, 2013, at <http://www.blossomgoodchild.com/index.html?page=BG185july21.html> .

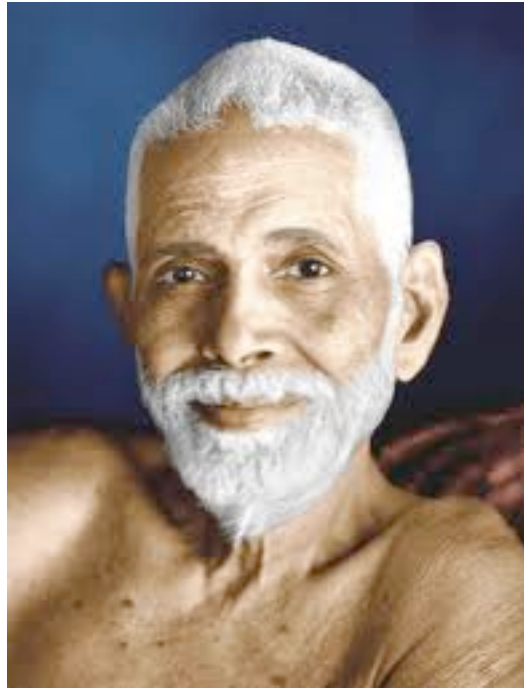
(13) Jesus via John Smallman, July 31, 2013.

(14) Jesus via John Smallman, April 27, 2014.

(15) Jesus through John Smallman, July 22, 2013.

(16) Loc. cit.

Heart Openings and Ascension - Part 1/2



Sri Ramana Maharshi

March 31, 2015

It intrigued me that Archangel Michael would characterize my heart opening as permanent:

AAM: And, yes, your heart is open. The opening is, and will, and shall continue.

S: You mean permanently Lord, really?

AAM: Yes

S: Oh my! Please!

AAM: Because, you have said yes! (1)

The only permanent heart opening I had been aware of until then was the enlightenment deep within the Fifth Dimension called “sahaja nirvikalpa samadhi.”

Achieving sahaja samadhi is the end of our unfolding Ascension process.

Let’s look at the differences between the very joyful experience that I had, which was not enlightenment, and sahaja, which comes a ways down the road and is the culmination of our present phase of evolution.

First of all, though a “permanent heart opening,” mine did not result in a realization of the Self, not even a glimpse. Bliss, yes, but not enlightenment. Sahaja is a stage of illumination. Mine was a stage preliminary to illumination.

Moreover, rather than leaving me in the permanent enjoyment of that love and bliss, it left me in a state of potential. I had access to the love that flows through the heart and in the breath, but I had to work for it.

So effort was involved and sahaja is known to be effortless. Sahaja means “natural.” Mine was not that.

So the only thing common to the two experiences is the fact that both are said to be heart openings and permanent.

Let’s look in more detail at what the sages - primarily Sri Ramana - have to say about sahaja.

Sage Dattatreya said millennia ago: “A man is said to be free even in this life when he is established in illumination.” (2)

So first of all, there must be illumination or enlightenment and secondly the individual must be “established” in it. “Established in it” implies permanence.

In a conversation, Ramana compared sahaja with the next level of enlightenment “below” it: seventh-chakra Brahmajñana, or God Realization, which Ramana calls kevalya nirvikalpa samadhi.

“Sahaja is also Nirvikalpa [trance with no movement in the mind]. You are probably meaning Kevala [sic] Nirvikalpa, which is temporary, while the Samadhi lasts. The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths.” (5)

Liberation from rebirths is Ascension.

Sri Ramana tells us that, unless enlightenment is permanent, effortless, and natural, we've only glimpsed, rather than realized, the Self.

“By repeated practice one can become accustomed to turning inwards and finding the Self. One must always and constantly make an effort, until one has permanently realized.

“Once the effort ceases, the state becomes natural and the Supreme takes possession of the person with an unbroken current. Until it has become permanently natural and your habitual state, know that you have not realized the Self, only glimpsed it.” (6)

Sage Dattatreya tells us what the reward of sahaja is: “[The seeker's] bliss is unending. He almost forgets this world of appearances. This highest Consciousness is identical with liberation.” (7)

We'd say that the individual with Sahaja would forget the Third Dimension, which is, comparatively speaking (since all that we know is illusion - Fifth, Sixth, and all dimensions), the world of appearances or illusion.

This is the stage called sahaja: being “established” in enlightenment. And this is liberation. (8)

Tomorrow we'll conclude our look at Sahaja as a permanent heart opening.

Footnotes

(1) Personal reading with Archangel Michael and Steve Beckow through Linda Dillon, March 13, 2015.

(2) Dattatreya in Swami Chetanananda, *Avadhuta Gita. The Song of the Ever-Free*. Calcutta: Advaita Ashram, 1988, 95. [Hereafter AG.]

(5) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 88.

(6) Ramana Maharshi in Paul Brunton and Munagala Venkataramaiah. *Conscious Immortality. Conversations with Sri Ramana Maharshi*. Rev. ed. 1996, n.p.

(7) Dattatreya, AG, 95.

(8) So many people consider Brahamjnana as the point at which liberation occurs and it's not. During the seventies we used to call Brahamjnana "full enlightenment." Not even Sahaja is that.

Heart Openings and Ascension - Part 2/2



Sri Ramakrishna in samadhi

April 1, 2015

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

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

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

Let's continue with our look at sahaja.

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

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

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

(1)

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

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

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

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

(2)

And what about the vasanas - the trauma-born reactions that snare us further and further into duality? When are they transcended?

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

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

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

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

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

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

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

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

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

Footnotes

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

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

(3) Ibid., GR, 89.

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

Focussed on the Heart



April 8, 2015

There's a war being fought inside of me. It's between the mind and the heart.

My heart may be open but nothing flows unless I invite it or in other ways cause it to.

And when love doesn't flow from the heart, I fall back into the default of the mind.

We usually talk about the world outside the mind. But we don't usually talk about the world outside the heart and inside the mind.

The mind has no idea that love (real, transformative love) exists. It can't see very far, has very little hope, and experiences very little satisfaction, happiness, or self-expression.

It focuses on its own survival and the survival of everything with which it identifies - spouse, children, job, house, car, etc. ("me and mine").

It ensures survival by making itself right and others wrong, judging and avoiding being judged, dominating and avoiding being dominated.

Where it sees itself wronged, it endlessly rehearses and feeds itself on the memories of its past woes and others' perpetrations.

When opposition is encountered, its rule is resist, resent, revenge. Resist others; resent their seeming misdeeds; and revenge itself upon them. It deals in fear. It operates by force. There's no aliveness there.

The heart dissolves woes and perpetrations, fear and force. It resists nothing, resents no one and never revenges. There's only aliveness there.

And then there's me, who forgets the importance of working with the heart, forgets to unpack its treasures and use them to raise me up beyond the reach of the mind.

Hour after hour goes by while I walk past what Krishna called the place in the heart where the Lord resides. (1)

The mind will never drop away or die. It just needs to be enlisted in the service of the heart once and for all.``````

It needs to know who's boss. The heart is boss. It's the kindest and most loving boss anyone will ever have.

The mind needs to be ushered into its new habitation. And thanked and loved and nurtured. Job well done. Thank you. Time to step down.

I haven't taken the time to do that. I allow the small cares of the day to endlessly postpone the final shift from fear to love.

New management coming soon! But soon is, oh, so slow to arrive!

When I was married in a Zen Center long ago, the monk conferred on my wife and me Zen names. Mine was Ancient Spring. Hers was Spring Rain.

The heart is that ancient spring. Love is that spring rain.

Hour by hour I must intend that my attention remain focused on the heart, the fount of all good things. Remind me if I forget?

There's nothing more important, now or ever, than heart consciousness - than remaining focused on the heart.

Footnotes

(1) "Fools pass blindly by the place of my dwelling
Here in the human form, and of my majesty
They know nothing at all,
Who am their Lord, their soul."

(Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans.,
Bhagavad-Gita. The Song of God. New York and Scarborough: New American
Library, 1972; c1944, 81.) [Hereafter BG.]

"The Lord lives in the heart of every creature." (Sri Krishna in BG, 129.)

"The devoted ... know Him always
There in the heart,
Where action is not." (Sri Krishna in BG, 59.)

The Mind Without a Heart - Part 1/2



Credit: www.lifehack.org

April 9, 2015

Krishnamurti said that liberation comes through understanding the ways of the self. Let me look at that self, ego, or mind.

The mind is a complex spiritual computer which:

- (1) Stores memories from the past of things and events significantly related to its owner's perceived interests and survival;
- (2) Watches out for those interests and survival in the present; and
- (3) Takes purposive action designed to enhance and protect them in the present and the future.

Considered from the standpoint of the soul, which is who we are (the big-S "Self"), the mind is the epitome of highly-advanced artificial intelligence. Truth be told, every one of our bodies is artificial intelligence. Everything about us is, except the Self (and some would argue that even that is).

The mind is capable of making an object of awareness of anything, including itself. It can think and even talk about things that are distant, invisible, and non-existent.

It can conceptualize and talk about things that, for most of us, have only a theoretical existence, like subatomic particles and numbers. Have you ever seen a number right there in front of you? I haven't. Does it bother you to talk about something that has no form? Probably not. Thank the mind for those extensions of consciousness.

The most significant thing the mind is lacking is that it lacks a heart. I've been unable to find a mind with a heart, save one that has been placed in the service of the heart. It simply lacks it and everything that goes with it - compassion, generosity, mercy. An individual who has those has activated their heart and gained some mastery in conditioning the mind to its direction.

I'm not seeking to turn the mind into a little, grey, squishy thing that we chase around the room. I'm just saying that I consider its usefulness to have limits. I see the need to bring the mind under the heart's direction. And I have the motivation to do it.

Mine is not yet under the heart's direction. I'm walking through that process as we speak. And it has to be done because the new call to leadership from Archangel Michael raises the bar again.

I used to ask myself how I could cross the line that separated me from not caring to caring about others. I couldn't see how it could be done. Not really.

I now see that I couldn't because my heart was closed and I was only looking from the mind.

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

(Concluded in Part 2.)

The Mind Without a Heart - Part 2/2



Credit: the heartandmindconnection.com

April 9, 2015

(Concluded from Part 1.)

The mind reacts to things with defensiveness, anger, fear, etc. I asked Archangel Michael in my last reading how I could get on top of my own aggressiveness, my edge. The answer was again to put my anger under the control of love, of my heart:

Archangel Michael: Come back to the love, my brother. This is the most radical treatment in the entire Omniverse.

Steve Beckow: I understand. After the heart opening, I do. I probably wouldn't have before.

AAM: Let it simply wash away this anger. When you feel that lightning strike, the match being struck, and you think, "here comes the anger," acknowledge it for what it is: fear.

I will give you a magic word that will extinguish it.

SB: What's that?

AAM: Michael.

SB: Undoubtedly!

AAM: If you say that, I will immediately be within you.

SB: Wow, radical intervention!

AAM: Yes. (1)

Now that is a friend.

I suspect that living from the mind only, without the mind knowing or serving the heart, is like being poverty-stricken. One is perpetually hungry, wanting, grasping and rejecting. Living from the mind has been described as eating the menu instead of the meal. There's no experience in it and hence only superficial learning. (2)

Because so many of us live from the mind, it's said that the progress we make in any one lifetime is not that great.

Living from the heart, and keeping the mind on a short leash, is like living beyond financial concern. The pleasure of the love that comes from the heart makes one forget about things and possessions. Hence financial concern goes out the window from a lack of desire.

Finally, there's no waiting with love. No lineups. No credit cards. No insiders, galactics and discussion groups. Love is available instantly at a fountain that never runs dry. It's a permanent feature of some locales, which you and I intend to visit. And maybe live in.

I'm almost sure that leaving the mind behind as a controlling and directing force in my life and looking to the heart for guidance is exactly what I'm looking for. I hear myself asking: "What does the heart say?" I know who planted that idea in my mind.

I'd never have seen any of this before. It wouldn't have done much good to even tell me about it. Probably many people tried and are happy that I finally got it. (3)

In this new era we live in, archangels can bestow spiritual gifts and by that means came my sudden windfall. It now allows me to see that Archangel Michael's heart consciousness is for me indeed the answer.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, April 3, 2015. Everything he says here I assert he says to you too.

(2) Knowledge has to move from being intellectual to being experiential, to being realized for there to be motivation to action and lasting benefit.

(3) We often worry a great deal about what others will think of us now that we finally see. Mostly, I think, they're just happy and relieved we finally got it.

Change Ripples Down



Credit: www.business2communtty.com

April 12, 2015

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

(2) Some examples are:

"Many of the structures you have -- and we're not suggesting that they have been not worthwhile; there are many worthwhile, many, many, many worthwhile things that the humans have constructed. But many more have been constructed on these false human paradigms that were not real. And they most certainly were not of this side. And they were not of love. They were of belief in the need to control, or to be greedy, or to be lustful -- to limit." ("Archangel Michael on NESARA, Opposing the Cabal, and Ascension - Oct. 1, 2011 - Part 2/3," at <http://the2012scenario.com/2011/10/archangel-michael-on-nesara-opposing-the-cabal-and-ascension-part-23/> .)

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

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

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

Nothing Matters But Love



April 15, 2015

"I am God's creature.
Of him I am part.
I feel his love
Awakening my heart."

- Donovan, Brother Sun, Sister Moon

When you combine a call to personal authority with an opening of the heart (keeping in mind that the latter magnifies all feelings), what you get is a person who loves himself and sets about organizing his life in a way that serves ... serves everything: the Divine Plan, his soul's contract, his beloved Boss's wishes. And serves himself.

You get a person who's no longer content to allow himself to flirt with depressive feelings.

You get a person who interjects a note of oversight into his life to get the mechanism going when it's unawaredly stalled.

You get a person who realizes the preciousness and importance of choice.

You get a person whose greatest joy is to maintain connection with himself - first. After that, everything else.

The key to the success of any and all of this work for the Divine Mother, it seems to me, the key to the success of this intense intentional life we're living, is love. My gosh, it's so obvious after the fact and so unutterably unfathomable before.

I didn't know I didn't know. I was unaware of being unaware. I would never have seen unless you intervened, Lord, and burst the dam.

There's so much in my life that's out, incomplete, mishandled, sticking out at the seams. But none of it matters when love flows. And all of it matters when it blocks love.

It doesn't matter that all the chips are up in the air. It doesn't matter that there's so much to do and so much of it is time sensitive.

When it flows, nothing matters but love.

Back to the Basics on the Path of Love



April 16, 2015

I'll walk through what are for me the basics of spiritual life as an approach to discerning how to make my behavior be "of love."

I'd have to say that for me the basic elements of a spiritual life are three.

The first basic element is the practice of discernment. If we're to know the truth of ourselves and fulfill the purpose of life, then we need to be able to distinguish between what's Real and what's not, what's of love and what's not.

Without being able to discern between the Real and the unreal, love and not love, we'll never know the truth of ourselves (because we are the Real, the love).

The second basic element is the practice of detachment. We detach from that which we know is unreal. Probably you're finding that you're less and less interested in food, clothes, movies, etc. The tsunami of love, now in its third phase, is raising us above superficial enjoyments. We're detaching from the unreal.

The third basic is the practice of devotion. Once detached from the unreal, the next step is to attach ourselves to the Real. That's usually called devotion but it's an

attachment, a lifeline if you will. The attachment to God and our love for the Divine is the only attachment that does not harm us, as Sri Krishna explains:

"I am all that a man may desire
Without transgressing
The law of his nature." (3)

Only God can be yearned for and loved and it won't bring karma.

Devotion to the Real, to love for God, becomes like a tow rope that's gradually drawing us Home. The greater our yearning, our love for the Real, the more successful the result. Apparently our love for God is not something God can resist.

That's the most generic, integrated, and direct interpretation of the basic elements of spiritual life that I think I can possibly give.

So that's where I wish to begin. Discern between the response of love and the response not of love. Detach from that which is not of love. Attach to or devote yourself to that which is of love.

Love is Real and the only thing that is. The new path for this age, I'm certain, is the Path of Love.

Footnotes

(1) See "Enlightenment - Enlightenment is the purpose of life," at <http://goldengaiadb.com/E#Enlightenment - Enlightenment is the purpose of life> . Knowing ourselves truly can also be stated as realizing God (whom we truly are), realizing the Self, reaching God, obtaining the vision of God, illumination, seeing the light, etc.

(2) Paramahansa Ramakrishna in Swami Chetanananda. *They Lived with God*. St. Louis: Vedanta Society of St. Louis, 1989, 126.

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

Know Thyself? Love Thyself



April 17, 2015

How could I have overlooked what the Company of Heaven has been saying for so long about loving ourselves? (1)

I'm at this point falling in love with myself.

I've been painting the insides of my body with love, the container so to speak, and the bliss I feel is revealing so much.



Credit: pathwaysofwisdom.wordpress.com

Why did I ever think that I'd get love from another? Why am I chasing someone to love me all the time? Can't I understand that loving me is my job?

Loving myself, I get a hundred times more love than I feel at the height of a loving exchange with another. And it leaves me with a huge surplus to share.

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



Credit: www.yogawithelissa.com

What a crescendo this is, loving one's self. A climax greater than anything sexual. I can see people getting lost in it.

I've seen people abandon their missions for bliss. I don't want to let that happen to me, but how enthralling and beguiling bliss is, the bliss that's born of self-love.

I can hear our critics call us the "Me Generation" again, as if this self-love has something to do with narcissism, arrogance, or the self-serving bias.

It doesn't. If anything, it releases one from self-servingness because all wants and desires dissolve in this love and are satisfied.

What a trip. No wonder they say the journey is as wonderful as the destination.

Footnotes

(1) "Love yourself. That is your assignment." (Personal reading with Archangel Michael, through Linda Dillon, Aug. 22, 2014.)

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

"When you unconditionally love yourself, then you can unconditionally love everyone. ...

"When you love yourself unconditionally, the molecules of unconditional love, which are the highest frequency of Light, move into the psychic scar tissue of your lower fourth-dimensional areas that are holding the scar of being stretched beyond that which it can contain." (The Arcturians through Suzanne Lie, March 16, 2013.)

"Listen very carefully to what I am saying to you. Love yourself. ...

"[What matters is] the care, the nurturing, the attendance to your sacred self. So, how do you weather this terrible storm? The perfect storm? The death of chaos? The death of illusion? You do it by loving yourself in small ways and big ways, and knowing, reinforcing, re-declaring, every hour if necessary, your divine right and your worthiness." ("St. Germaine on Allowing Love to Transform Us," channeled by Linda Dillon, January 16, 2014, at <http://goldenageofgaia.com/2014/01/st-germaine-on-allowing-love-to-transform-us>.)



Credit: www.expresssuccess.net

New Wave of Love

April 30, 2015



SaLuSa said recently:

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

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

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

Say what?

I have to tell you that for eight years I listened to stories and read country reports on such things as the violence in Mexico. The body parts, missing women of Juarez, ill treatment of the native population, bodies stuffed in oil drums, police officers killed by drug lords, government ministers growing marijuana for sale in the United States.

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

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

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

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

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

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

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

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

I've paid my dues.

I am one of those people, like garbage collectors, police, firefighters, immigration officials, soldiers, who rescue us, protect us, and clean up after us. We do the

scarey and dirty work that society doesn't want to do. Who wants to hear about rape, torture and mutilation? Step forward please.

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

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

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

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

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

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

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

Footnotes

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

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

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

What is Heart Consciousness?



Credit: consciouscoolchic.com

May 10, 2015

If we are love, if love is the answer to all our problems, if love is our origin and destination, it becomes important to know how the consciousness that resides in the heart works.

The heart is the same as the soul. It's the source of love in our being. Heart, soul, love, light, consciousness all refer to - or perhaps trace back to - the same thing.

In looking at the subject of heart consciousness, let's start from the beginning and work our way up through the various statements that the Company of Heaven (CoH) have made about it.

To begin with, the CoH tells us that what separates the human being from the animal is self-awareness.

Both animal and human radiate joyful connection and heart energy, but the human does it self-awaredly, according to the Earth Angels through Pamela Kribbe.

“What separates man from animal is the ability to be self-aware. Through this ability the human being is able to transform their emotional body and spread the energy of the heart consciously on Earth.

“Whereas the non-human realms of nature radiate the joy and connectedness of the angels unconsciously, it is humanity’s mission to transform it into a conscious energy.” (1)

Thus humans have the ability to generate love and send it out consciously to the world. Humans have the ability to harness their heart consciousness and use it for the highest good - to send love out to others.

The heart’s consciousness, Sanat Kumara reminds us, is the compass we’ve been given to navigate life: “Go into your heart consciousness. ... This is the compass that you have all been given.” (2) The CoH is constantly telling us to consult the heart and now he calls it our compass. It’s also been called the still, small voice, the Inner Voice, our guidance, our conscience.

That our heart is the same as our soul Sanat implies here: “Your beauty, your heart, your soul, however you conceive of that knowingness, is divinely intelligent.” (3) This is the source we’re urged to consult.

He tells us that the restoring of our heart consciousness is the Mother’s Plan for this age: “If you are talking about the full restoration of heart consciousness, of course this is the plan of the Divine Mother.” (4)

The Divine Mother acknowledges that she’s opening and expanding our heart consciousness in this Tsunami of Love that we’re all enjoying (and sometimes not).

“All of you have been in a period of dispensation, of containment, in the mildest way to assist you in the recognition of your divinity and the choice for love. You have been given [a heart activation].

“Each of you, and those of you who never heard my voice, each of you has been touched in the heart. The heart consciousness has been activated and awakened.” (5)

Our hearts have been stirred. In an increasing number of cases, the heart has been opened. And more lies ahead.

The divine qualities, universal laws and heart consciousness work together, Sanat tells us.

“When you are practicing certain [divine] qualities, they more naturally align with different laws, with different thoughts, with different expressions, shall we say, of God, of One. ... So working with the law is being in your heart consciousness.” (6)

We've been studying the first two subjects for years and now the CoH is bringing our attention to the subject of the heart consciousness.

Sanat illustrates how to use the heart consciousness as our guide. In this instance, he uses a question.

“It is a very simple question: Does this situation, does this action, does this feeling, does this behavior, does this situation, feel that it is in alignment with love and with One?

“Does it feel within me, within my heart knowingness, that it is in the balance and that it is not only slowly moving me along ... but does this jettison me, because you are in a time of rapid change - does this align [me] with the love that I know within me, that is my divine essence spark, does it align [me] with the love of the Mother, does it feel like love?” (7)

What could be clearer than that? Is it of love? AAM would say.

What is causing our hearts to open and all the other commotion is the light or love that's coming to us from various higher-dimensional sources, Archangel Michael tells us.

“The quotient of light, if I may use that term, ... that has been collected and gathered and brought to this time and space is acting like a beam, a catalyst, a transmission that is sending forth all over the world the radiation of love.

“This, my friends, is unity in action. This is heart consciousness.” (8)

He traces for us the path this light takes to reach us:

“From within the Sacred Heart Core of our Father/Mother God, these newly infused cosmic Rays, which contain the new Divine Blueprint for this Sub-Universe, are then radiated outward into each succeeding Galaxy.

“These powerful new Rays then pass through the Central Sun of each solar system, the sun of each planet, and eventually to humanity on planet Earth.” (9)

The third wave of the Tsunami of Love is turning the energies up, Sanat tells us, because we can take it.

“The energies and the frequencies are turned up, made stronger, more palatable quite literally, because you are able to handle more and more energy.

“And the purpose of this energy increase and frequency increase, vibrational increase — however you conceive of it — is not for you to be out of body, but to be able to manage, to hold and to integrate this into your body, so that your level of heart consciousness, of full awareness, is growing.” (10)

Thus, the Divine Plan for this age is to flood us with a tsunami of love designed to open our hearts fully and anchor us in our heart consciousness - a heart knowing, a conscious energy that will in time transform our world. The light that's causing this is coming from the Heart of the Mother/Father One down through the dimensions to our central Sun and then to our local Sun and thence to us.

Channeled material through Linda Dillon is copyright by the Council of Love, Inc., 2015, and is used with permission.

Footnotes

(1) "Earth: Angels on Earth - Part 2/2," channeled by Pamela Kribbe, May 14, 2011, at <http://goldenageofgaia.com/2011/05/14/earth-angels-on-earth-part-22/>

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

(3) Loc. cit.

(4) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," May 28, 2013, <http://goldenageofgaia.com/2013/05/sanat-kumara-many-of-you-have-already-ascended-and-straddle-dimensions/>.

(5) "The Divine Mother: Each and Every One of You Carries Divine Might, Part 2/2," June 17, 2013, at <http://goldenageofgaia.com/2013/06/the-divine-mother-each-and-every-one-of-you-carries-divine-might-part-22>.

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

(7) Loc. cit.

(8) Archangel Michael on An Hour with an Angel, Oct. 29, 2012, at <http://the2012scenario.com/0-the-sedona-conference/archangel-michael-on-the-first-sedona-conference-the-east-coast-storm-and-the-west-coast-earthquake/>.

(9) "Archangel Michael: Love is a Natural State of Being," channelled through Ronna Herman, September 29, 2013, at <http://www.ronnastar.com/messages-aam/latest.html>.

(10) "Sanat Kumara: Many of You Have Already Ascended and Straddle Dimensions," *ibid*.

Everything but Love is a Distraction



Credit: www.crosstothelight.com

May 11, 2015

The Divine Mother told us in late 2013 that falling in love, entering into sacred union with one another, and discovering what relationship truly is is not simply a part of the Divine Plan; it is the Plan. She said:

“As you ... receive the gifts, the energy, the love that we send you through divine movement, (1) that others send you from the various realms of existence, and the many realms and dimensions, you are able not only to join with yourself, but with us and with each other.

“You are recognizing the pattern of genuine relationship, and what that looks and feels like is this gift not only of heart consciousness and inter-dimensionality, but physicality as well.

"As you rise, you are more able to clearly grasp not only the idea or the concept, the construct of creation in its fullest sense, but you are able to join with us.

“Is this part of the plan? Dear hearts, it is the plan. There are many details, many aspects, many attunements, but the plan has always been one of union and reunion. And you have known this in your basic understanding of your spiritual journey, your spiritual journey back to us, back to One, back to Source, however you have defined it.” (2)

A relationship without heart consciousness is likely to lead to dissatisfaction on both parts and a "going through the motions" relationship.

If heart consciousness informs our relationships, they are more likely to lead to union, oneness or unitive consciousness. Jesus tells us that we don't have to understand the process. We just have to keep coming back to the love which informs our heart and surrender to it.

“In surrender is the trusting, the absolute trusting and knowing — yes, knowing — and wisdom of your heart, of your heart consciousness, of this massive expansion that you are undergoing right now and have been undergoing at least for the past year.

“So, yes, refer to your brilliant minds, but if you think that you are not understanding or following the entire conversation, let it go and come back to what is important. And that is, you are love. It is all you have ever been. Everything else — everything else, every other lifetime — it’s just a distraction.” (3)

The Divine Mother speaks of this surrender as “acceptance” of our totality. This acceptance extends to and includes our role as co-creators of Nova Being and Nova Earth.

“When we speak of this blessing and virtue of grace, it is the acceptance - the heart acceptance translated into heart consciousness - of your wholeness and totality. And your alignment with divine spirit as well.

"It is your acceptance that you are creator and co-creator and particularly during this time of Ascension that you are co-creator not only of your own Nova Being but of Nova Earth and Nova Gaia, Terra Gaia.” (4)

Archangel Michael characterizes the shift to heart consciousness we're making at this time to one of coming to the place of balance. The balance point is the center point and that's the heart.

“You can think of the love as the Occupy Movement. We want to occupy your heart. ... What you are doing right — and I speak to all of you, and to your star brothers and sisters as well, who are always listening in — you are shifting to the place of balance, where you are in your heart consciousness.

“You are not denying the brilliance of your mind. You are not ignoring your delightful personalities or egos. But you have shifted incredibly to your heart.” (5)

Some think that awareness of our heart consciousness would lead to inaction. Instead, St. Germaine tells us, it impels us to action: “As soon as you are the observer and the witness in that expanded awareness, that consciousness, that heart consciousness, then you must do something.” (6)

The Divine Mother tells us that it's with heart consciousness and love that we'll transform this planet: “It is with ... heart consciousness and love, not ego, [that] you are changing the planet. You just anchored more love and more beauty in the planet. And that creates the tipping point.” (7)

If the world tips, it'll be because we had some mighty beings standing on the teeter-totter with us. But our participation is nevertheless vital, apparently.

Heart consciousness doesn't replace the mind but augments it, refines it, and ennobles it. It brings us into relationship, then sacred union, and finally the Oneness of unitive consciousness, which is the consciousness of the Fifth Dimension and higher. This consummation is the outworking of the Divine Plan. And in it we lightworkers play a vital part.

Channeled material through Linda Dillon is copyright by the Council of Love, Inc., 2015, and is used with permission.

Footnotes

(1) The Divine Mother is divine movement; the Heavenly Father is stillness or rest. This statement is the same as saying we receive love through the Mother.

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

(3) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

(4) "Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013," at <http://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.

(5) "Archangel Michael: What Would Love Do?", channeled by Linda Dillon, May 1, 2014, at <http://goldenageofgaia.com/2014/05/06/archangel-michael-what-would-love-do/>.

(6) "Transcript: Heavenly Blessings - St. Germaine with an Update, Aired July 8, 2014," channeled by Linda Dillon, at <http://goldenageofgaia.com/2014/07/14/transcript-heavenly-blessings-st-germaine-with-an-update-july-8-2014/>.

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

Heart Consciousness is the New Reality



Credit: trendsetterent.blogspot.com

May 12, 2015

Let's continue to settle into the subject of heart consciousness.

As far as I can see, saying "settle into heart consciousness" is no different than saying "imagine communing with your Higher Self." The two - the heart and the seat of higher consciousness - are, as far as I can see, the same. Both are simply names for the fount of love that emanates from the Mother/Father One and resides in the spiritual heart. Jesus called it "the pearl of great price."

Archangel Michael defines Ascension as our vibrational shift to a higher realm of heart consciousness.

“Ascension ... is the elevation of your being into an entirely different, higher, expanded realm of heart consciousness. And with that, the attendant abilities to create, co-create and bring forth Nova Earth.” (1)

Heart consciousness is the new reality, he told us recently, in the course of discussing our role as lightworkers and loveholders:

“You are the embodiment and the physical anchors, activators, doers of creating Nova Earth. You are the anchors of Ascension, ... of the heart consciousness that is the new reality.” (2)

Nova Being, the Divine Mother says, is tied to our ability and willingness to love and our willingness to demonstrate our commitment to love in physicality. Those states of being result in the expansion of our heart consciousness:

“If the love is not present, if the commitment [to love, and] the demonstration of that commitment is not present in physicality, then how is it Nova Earth? How are you Nova Beings? How does that reflect the anchoring of heart consciousness?” (3)

Archangel Michael calls the “ignition” that triggers one phase of Ascension full heart consciousness.

“Ignition is the feeling, the awareness, the understanding — and many of you already have this — that you are love, that you are completely in your heart consciousness, that you are in the joy even when there appears to be a morass of chaos around you, and that your focus is completely on creation, the creation of the new.

“And it is the turning of a switch, of the collective.” (4)

One moment we're in our normal state of worry, hope and fear and the next moment, a switch is turned on ("ignition") and we're completely in the love of our heart consciousness. That's the phase of Ascension that we as lightworkers are facilitating and working towards. (Sahaja Samadhi, the culmination of Ascension, lies further down the road.)

The Divine Mother explains that we'll experience unity consciousness as an explosion of heart consciousness that will have us embrace our integrated divinity. I experienced a heart opening as an explosion so I can imagine further ones.

“When you enter into unity consciousness - think of it as the implosion and explosion of heart consciousness - it is you surrendering and at the same time assuming responsibility for the truth and the totality of who you are, all aspects, all parts – integrated divinity.” (5)

What I take from her remarks is that this balance point of surrendering to the truth of who we are while assuming responsibility for it is the portal to Ascension for us. (6) Or at least one phase of it. (Not Sahaja.)

She goes on to make a point about unity consciousness that I've also been making about love and a heart opening.

I said that, where there's no remembrance of past injuries, there's no need for forgiveness. And where there's no fear, there's no need for courage.

She says that, where there's unity consciousness, the fear of not being special disappears. She tells us:

“In unity consciousness, the fear of not being unique and special disappears because the knowing, the wisdom, the sublime bliss of being love is enough to let down your barriers and joyfully, ecstatically, without defenses - without what you would call vasanas - to join in genuine cooperation, admiration of each other, of the uniqueness of your gifts, of the unique expression you have chosen, and I have chosen for you.

“And so this sense that ‘if I conjoin, I lose something’ is gone.” (7)

Moreover, a feeling such as feeling special or self-importance has no place in the higher dimensions. It simply cannot find a foothold to exist in them.

I believe that's why Sri Ramakrishna used to counsel people to walk into the lake, jump in, dive in - it matters not. It only matters that people get themselves into the lake.

The lake - the higher dimensions - are of themselves sublime and do not support or allow our negative emotions or vasanas to exist. Once we're in that lake, these all disappear.

Archangel Michael tells us that sacred union is being emphasized at this time because it's a way to open us up to heart communication.

"What is happening with these sacred unions ... what is being opened, is the opportunity to renew and rediscover and raise the bar in terms of what is heart communication.

"So that all the dross is eliminated. And so that there truly is [an opportunity for the mind] to stand in partnership with the heart. ...

"And that is how you enter into the heart communication. ... There is no room for artifice. And there is no room for the subtext." (8)

The call is for authenticity and love. Throw out our rackets and numbers. Let down our guard but also commit. As the Mother said, we have the reward but we also have the responsibility.

Archangel Michael has been working on us in this area for quite a while. Here he is in 2013 cheering us on to be with and notice the subtle shifts and full opening of our hearts.

"Simply [allow] yourself to be with the fullness of who you are and [notice] not merely the subtle shifts, but the full opening of your heart, and how you are more in your heart consciousness than you ever have been before. ...

"You are allowing and exploring areas and things to occur that perhaps were a no-fly zone earlier." (9)

So the opening of our hearts and the full expansion of our heart consciousness is a vital part of our Ascension. We're ascending together and the development of heart communication and connection culminating in the rise of unitive consciousness is itself the Ascension plan.

Love unites. And whatever remains separate, love wants to unite with. That's the flow of life, to and beyond Ascension.

Channeled material through Linda Dillon is copyright by the Council of Love, Inc., 2015, and is used with permission.

Footnotes

(1) "Archangel Michael: Being, Knowing, and Sharing the Love," Oct. 27, 2013, at <http://goldenageofgaia.com/2013/10/archangel-michael-being-knowing-and-sharing-the-love/>. How reminiscent his words are of the Divine Mother's:

“When we speak of this blessing and virtue of grace, it is the acceptance – the heart acceptance translated into heart consciousness – of your wholeness and totality. And your alignment with divine spirit as well.

“It is your acceptance that you are creator and co-creator and particularly during this time of Ascension that you are co-creator not only of your own Nova Being but of Nova Earth and Nova Gaia, Terra Gaia.” (“Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013,” at <http://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.)

(2) “Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015,” at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>.

(3) "An Hour With An Angel – The Divine Mother: Welcome To ‘New Time,’” at <http://goldenageofgaia.com/2015/01/27/divine-mother-welcome-new-time/>.

(4) "Archangel Michael: Ignition is the Awareness that You Are Love," channeled by Linda Dillon, October 28, 2014, at <http://goo.gl/29ZGhf>.

(5) “Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being,” March 6, 2015, at <http://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.

(6) "Surrendering to the truth of who we are" could be seen as the enlightenment component. "Assuming responsibility for it" could be seen as what Adyashanti might call the embodiment component (i.s., bringing our enlightenment back down and being accountable for what use we make of it).

(7) Loc. cit.

(8) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 28, 2014.

(9) “Archangel Michael: Ascension is Not Distant But Very Current and Underway – Part 2/2,” March 12, 2013. at <http://goldenageofgaia.com/2013/03/12/archangel-michael-ascension-is-not-distant-but-very-current-and-underway-part-22/>.

I Could Get Used to This



What I never see when driving or bussing

May 16, 2015

When I look at you with eyes of love, I really do believe that love doesn't radiate from me to you.

I'm convinced that my look inspires the love to arise in you. You feel your own love when you look at me. You remember the love that you are.

I could be wrong. I challenge anyone to prove me so. (1)

I've been watching carefully and, except for spiritual experiences, which are happening more often now than at any time in my life, love arises from inside, from the heart. Consistently. I'd think that would be no surprise for most people.

I had a spiritual experience on the bus today. I asked this morning for an expansion in my ability to love and I sure got it. All day.

It wasn't simply and purely love. It felt for hours as if I were suspended in bliss. Every care I had in the world was completely gone. I had no desire but to just be there in the bliss.

Every time something like this happens I say: "That's my true nature." "Yes, now, that's my true nature." Everything good, everything noble, everything helpful is part of my (or our) true nature.

Spiritual experiences are still rare if more common than in past years. What has become more of a steady diet is love.



New Love Interest

Love is the simplest thing in the world. I get that we have to ask for it if we want our hearts to be opened to it.

Every blessing of any magnitude is the gift of God through the angels. (2) And we have to ask to receive their aid and blessings.

You remember, when I had my heart opening just before my March 13 reading with Archangel Michael, that the last thing he said when he explained why it had happened was that I had asked for it.

"Ask and ye shall receive." Loving respect for our freewill requires that we ask first.

You can be sure I've been a nagging kid in a candy store since then, asking for this and that.

Now that love arises freely (except in the trough times), life has become simpler.

I've never had the reception from service people that I do now. I use that as a standard of measurement. Imprecise but trend-revealing. I don't know if it's because of the love on my face or the impact of the rising energies on them or both.

After having a nice chat with one counter person, blissing out over everything, I asked for one serving of baby back ribs. She placed two servings in the container and charged me the price of one. I took that as feedback. (3)

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

I rode my bike through Vancouver, sometimes in residential neighborhoods; sometimes downtown; sometimes with the bike hitched to the bus.

And even though the man in the bike shop sold me the wrong rearview mirror, the bike fell over once, the groceries tumbled out, I struggled to discover how to use a bus bike rack, my glasses dropped to the ground after I got on the bike, and every other thing went wrong from moment to moment to moment, I merrily coursed along, completely happy, completely loving.



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

Having grocery-shopped, I am at this moment drifting through the rooms of my apartment in a mood of bliss. Unpacking the groceries, doing the dishes - every time I even think of the Divine Mother, never mind telling her I love her, I almost fall unconscious from the bliss.

Make the blender drink, butter the toast, pirouette from room to room. As I write this, I float higher and higher in increasing amounts of bliss, almost going under from time to time.

Now I know why Archangel Michael doesn't want lightworkers (lightholders, yes) getting enlightened to advanced states: we wouldn't want to do our service. We'd just sit there blissed out of our skulls.

All of this is getting ready to build Nova Earth. It's preparing the ground. It's learning the basic skills of a world that works. (4)

Just yesterday I wrote out the plan for a retreat for the members of one of the projects I'll be doing after the Reval. I planned for speakers on decision-making, credibility analysis, human growth through service (karma yoga), and so on. I'm combining a vacation with work. If work were even visible, that is. When love flows, life is a dance. It's all play. There is no work.

If this is Fifth Dimensionality, bring it on, baby. I could get used to this.

Footnotes

(1) OK, OK, so Matthew Ward did. In his May 23 message he says:

“Light—let’s call it love, because that’s what we’re really talking about here—passing from one person to another is no different in cause and effect [than love arising in us], but you may want to initiate it by focusing on someone.

“When you do, instantaneously the vibrations in your thoughts and feelings reach that person. The energy flows from you along your thought form of intent and intensity, and the same measure of love that you sent goes directly to the ‘energy address’ you want it to. There can be no ‘false addresses’ because the intent and feelings are totally clear. The receiver won’t consciously know this, of course, but the receiver’s soul is aware of the ‘delivery.’”

(2) "The Decision Rests with Our Angels," April 18, 2015, at <http://goldenageofgaia.com/2015/04/18/the-decision-rests-with-our-angels/> and "Angels Radiate God’s Influence to Humanity," Oct. 14, 2012, at <http://goldenageofgaia.com/2012/10/14/angels-radiate-gods-influence-to-man/>. See also "Angels - Angels enlighten, or participate in the enlightenment of, humans" at http://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans.

(3) It didn't occur to me at the time to insist on paying for two. When it did, I looked back on the gesture and considered it too sweet to ruin.

(4) Andrew Eardley yesterday took a walk around the perimeters of the City of London, releasing darkness. Walking for a world that works. None of us is waiting; we're too busy creating.

Immersed in an Ocean of Love - Part 1/2



May 17, 2015

A few days before I went through the experience of bliss described in "I Could Get Used to This," (1) I went through almost a full day immersed in an ocean of love.

It was an experiential and not a realized experience but it was still very pleasant. It was at a lower level of experience than the later one.

Nonetheless, my experience closely fit what Third Zen Patriarch Sosan describes here:

The Great Way is effortless
for those who live in choiceless awareness
To choose without preference
is to be clear.

Even the slightest personal preference
and your whole world becomes divided.
To perceive reality as it is
is to live with an open mind. (2)

What he says is so beautifully apt, but it's very difficult, before one experiences the state he's pointing at, to understand what he's saying and why he says it. But the minute you're in the space of love - that is, flooded with love because love is no miser - what he's saying becomes crystal clear.

I'll do my best to explain. One can remain in the center, in the balance point, in the heart and still choose. This is what he refers to as "choiceless awareness." One is simply present, but that doesn't preclude one's ability to say "yes" or "no" to something.

But one cannot remain in the center and have preferences. Preferences, by their very nature, take us out of the center and give us a leaning. To stay in the center, we must lean neither to the left nor to the right.

One could argue with life and say "That isn't fair. I should have the right to my preferences." And we do. But it still doesn't matter. We simply cannot experience the deeper states that depend on stillness of the mind - the windless place, the still water - if we insist on hankering for, being drawn to, and pursuing this or that in the material world.

Preference is an aspect of desire. Because we've enjoyed something, we desire to have it again. Preference is desire projected into the future.

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

The quieting down of preference came as a feature of a space that I was in from the moment I woke up till about 4 in the afternoon.

I keep saying this next thing over and over again. Yes, I'm repeating myself. It's because the distinction is so important, so connected to understanding what Sosan is saying.

It's the space that eliminates preferences. It's the space that immerses one in bliss. We tend to think that what we do and don't do is important for enlightenment. No, it's the space itself that needs to be recognized. Here I go again repeating Sri Ramakrishna's apt analogy: Walk into the lake. Run into the lake. Jump into the lake. The important thing is to get ourselves into the lake, the space.

Another word for space would be vibration, frequency. I suppose you could also say dimension and plane of existence.

We need to take our attention off the doer and notice the space. Gosh, I'm not sure if I put that clearly.

When we notice the space and the importance of it rather than of what we do or don't do, then we start to allow and surrender to the space. Hallelujah!

And when we find ourselves in bliss, we have no desires and so no preferences or issues or trauma and drama. But then, if, in the space, we generate a preference and attach to it, we're drawn back into the world of strong choices, which takes us away from our center, which takes us out of the space, out of the bliss, out of the love.

Yes, that's as clearly as I could possibly put it.

That doesn't mean I'm suggesting you stop personal development and just sit there regarding the space. No, go on about things as you've been doing. I'm simply asking for a change of one idea for another. Just one idea, out of billions.

Change your mind on which of these two is more important to enlightenment: (1) Our personal efforts; i.e., what we do or don't do, and (2) Our personal recognition of and surrender to the space.

I say it's the latter. Maybe that's why enlightened beings break out into laughter when they realize what it took to become enlightened: simple surrender to and recognition of the space of what we today would call "higher dimensionality."

I maintain that all of what I've just said is what Sosa is pointing to.

I'd like to circle back now and examine the space and more about what it taught me about preferences in a continuation of this article.

(Continued in Part 2.)

Footnotes

(1) "I Could Get Used to This," May 16, 2015, at <http://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>.

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

Immersed in an Ocean of Love - Part 2/2



The Vancouver end of An Hour with an Angel

May 17, 2015

(Continued from Part 1.)

I'd like to continue looking at the feeling-level experience of love that I was immersed in the other day.

The space of love and bliss that I was then in seemed unshakeable. I noticed that, while in it, I made choices, but had no preferences. I was in what Sosan and Krishnamurti called choiceless awareness. Just being here with nothing added.

Acting without acting. Remaining centered. Doing what worked and whatever I did worked.

I saw then, a little more strongly than I do now - since I'm not in that space any longer - that I'm entirely a form made by love from itself, immersed in a sea of love.

I was not in a transcendental sea of love, more a feeling sea. It was therefore not realized, but experiential, knowledge. But it was still very pleasant.

I saw all traces of "me and mine" and "I want" (ego and desire) disappear. All self-importance and strong desire left.

The fact that I had no preferences was very important. It isn't that preferences as preferences are bad. It's that preference is a form of strong and persistent desire that takes us away from the the center point, the stillpoint, the heart.

Away from the heart is another way of saying away from love. Going away from the heart is what Jesus called distraction: "Come back to what is important. And that is, you are love. It is all you have ever been. Everything else — everything else, every other lifetime — is just a distraction." (1)

We distract ourselves endlessly from the love that we are and that's present in our hearts. And then we wonder why we feel so low or down or awful.

Preferences end up being a distraction from love, from our natural state. The only reason there isn't a hue and cry raised and a global campaign started to restore love to all our lives is that so few of us have experienced transformational love. Hardly any of us know it exists. We know romantic love does but that's the merest shadow of the other.

I've experienced transformational love around two dozen times in spiritual experiences prior to this latest, extended round. But these earlier years covered mere minutes a year. And then the memory faded away and I was back to normal again.

And this would be after weeks, months and years of intense work in workshops and retreats. The real kicker is that each of these experiences repaid years of spiritual work.

I noticed the other day, as I flirted with my preferences, that I withdrew more and more from the space of love. I could have kept going with it but I probably would have found myself entirely out of the experience of love and back in lower vibrations again.

Preferences are part of the spectrum of desire. After them come strong desires and then attachments and then addictions. Our desire goes under different names the stronger it gets. But it's still the same longing, yearning, desire.

When we reach the stage of addiction, we're firmly attached to the lower vibrations and incapable of clear discrimination. Krishna described the process and its outcome here:

"Thinking about sense-objects
Will attach you to sense-objects;
Grow attached, and you become addicted;
Thwart your addiction, it turns to anger;
Be angry, and you confuse the mind;
Confuse your mind, you forget the lesson of experience;
Forget experience, you lose discrimination;
Lose discrimination, and you miss life's only purpose." (2)

The only purpose of physical (vs. spiritual) life is to assist us to build the power of discriminating between the Real and the unreal. Realization of the Real is the purpose of all life, all lives, lives in all dimensions, etc. Our discrimination is most acute when we're in our heart, our center. Preferences take us away from that center.

Why is that center important? Because it's still. Why is stillness important? Because the Transcendental is still and, to experience it, our minds must be still.

Cutting the cords of preferences doesn't mean I don't choose. I do. But there are no strong forces playing on me as I choose - well, except love. I'm going to modify what Krishna said and argue that love is all that a person can desire without transgressing the law of their nature. (3)

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

I've already been using Archangel Michael's blue sword of truth to cut away all attachments from the external part of my body each morning in meditation.

But preferences feel as if they're on the inside. I now use Michael's blue sword on the inside of my body too, to remove all preferences. And, yes, I really find it works.

Basically we have to eliminate every form of tie that keeps us in the lower vibrations - preferences, strong desires, attachments and addictions. We have to remain in our centers. Not like I'm so great at this. I'm not. But I'm getting better.

When we cut all preferences, we remain in the heart and exist in our natural, native state - which is love.

Sahaja samadhi, which this was not, is also our "natural state." I take it this time spent in bliss was just a nibble, a hint, a gift of the angels.

I remained in the loving state as I went about my errands in Vancouver. Everything was different. Every interaction worked. If the whole world felt this way and lived it, the world would instantly work.

Footnotes

(1) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

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

(3) "I am all that a man may desire
Without transgressing
The law of his nature." (Sri Krishna, *ibid.*, 71.)

The Commotion of Love



Credit: andreawilliams.com

May 19, 2015

I wish I could tell you how I feel today.

Love has become such an ordinary experience that I now get that love is who I am.

I'm so filled with love, and yet it's like no big deal. It's just the way it is. I am living love. I feel nothing but love.

And in this space there's nothing wrong. I have no thought of anything out, anything done to me, anything that needs addressing. And as a result I exist in the moment, there being nothing to draw me out.

Now all this reflects the space I'm in, the vibrations. It isn't because I meditated for forty days and forty nights. I think that, by grace of the Mother, we're all in this space and this is just the way I experience it. (I'd like to hear how you experience it, through "Contact Us.")

While all this love is going on, this great commotion, this disturbing of the waters, I remain in the experience of the General's massiveness. (1) Every cell of me

weighs a lot and yet it is easily carryable. So we have this loving triceratops, this happy hippopotamus, this enraptured rhinocerus.

Tutu is optional.

I experience myself as a loving military officer, a hard campaigner for peace. All the skills of military warfare are brought to bear on eradicating core issues and false grids.

Keen awareness, discipline, intention, commitment, perseverance to the end. It isn't a "male" skill. It's a soul skill. And the soul has no gender (as we know it). (2)

Today is for love. And just being and enjoying.

Footnotes

(1)"The General" is a pseudonym I use to refer to a past-life aspect as a military commander in ancient times. See "Reintegrating a Soul Aspect," May 3, 2015, at <http://goldenageofgaia.com/2015/05/03/reintegrating-a-soul-aspect/>.

(2) No generative organs. Souls still retain gendered bodies.

Immersed in the Third Wave



May 26, 2015

We're now immersed in the third wave of the Tsunami of Love.

Jesus tells us that we're being shielded from the full impact of it, which would destroy our physical forms if we were not: "You are shielded from the full force of the Tsunami of Love because your physical form could not be maintained without that protective shield."

Being shielded has its cost, he tells us: "That shield also blocks your awareness of who you truly are, and that is why doubts and anxieties about the awakening, about God's divine plan for humanity keep arising and unsettling you." (2)

I feel reassured hearing that. Until now I've felt that the doubts that keep niggling away at me were a sign of my own personal instability and weakness. But apparently not.

In the long run, Saul tells us, "the Tsunami of Love is unstoppable and totally irresistible, and it is sweeping away the energies of fear that have held you in the thrall of the dark ones." (3)

The Divine Mother tells us that the Tsunami "does not merely come to you through the front of your body."

"I also send [it] through the back of you, through the rear of you, yes, through every cell and fiber of your being, through every chakra, but particularly through this chakra of your umbilical so that you may eliminate, and let go, surrender; eliminate, what does not serve you, what is not of the truth, the grace, the purity, the clarity of who you are." (4)

The Mother beseeches us to "allow the wave of my Love, of my essence, to lift you up to new heights, what you think of as higher realms, higher dimensions, higher frequencies, higher states of being, because it is where you belong, it is where you have always belonged." (5)

This Third Wave gives us another generous portion of the gifts that began in October 2014:

"With this Tsunami I bring you, I give you, I gift you, I bless you with increased clarity, increased purity, increased love, increased grace.

"Why? In order for you to go forward, not merely to ride the wave, but as you arrive in the higher dimensions, as you arrive in the valleys, in the tree-tops, on the top of Mt. Everest, that you are prepared, fully equipped to take action, to step forth in the fulfillment of your mission, your purpose, your plan, yes, it is all within mine but I do not have the desire, nor will I interfere with your fulfillment." (6)

She asks us to "embrace this. This is my request and prayer." The Divine Mother praying for us? To whom? She surely is modelling desirable ways here.

"Allow, allow the Tsunami to carry you, to enter you. I am not done! And there is no turning back.

"So, come and ride this wave in outrageous, miraculous joy and the knowing of fulfillment. Come and leap into my arms. I am waiting and I am here, I am right here with you, my beloveds." (7)

Archangel Michael attributes such things as the integration of our past lives to this third wave.

‘You are feeling [the tsunami] internally and you are feeling it in two ways, and they are not necessarily step one, step two. It is a back and forth and a balancing until you come to the middle of your being. So what you are experiencing is further integration, deeper integration, not merely of past lives, of different aspects of your being, but a deeper integration, a deeper solidity, appreciation, understanding of who you are, who you really are." (8)

And with this greater opening and re-integration comes a further need for a deeper and deeper cleansing, as he points out:

"Now in that comes the clearing, and, yes, the channel and you have spoken of this core issues because much of what you can think of as the debris and the dross have been cleansed. And what you are left with are the deepest illusions of separation, of recrimination, of isolation, of worthiness – you may name it the twelve thousand things. It will all boil down to one." (9)

I believe the one is self-worth - a feeling that we're not good enough, don't measure up, etc. Again we're advised to simply observe it and allow the wonderful solvent that awareness is to dissolve it.

"This is bound to come up, and then the various dressings for this in terms of frustration and irritation and disappointment or disillusionment – you name it. And this will come up, and it will come up with your self and it will come up with others. The point is to simply observe it, participate where and how it's appropriate, let it go, and maintain not only your sense of humor, but your sense of balance." (10)

The Company of Heaven stress balance again and again. Here Archangel Michael says that "Balance is key." (11) Balance is remaining in the center, in the stillpoint, in the heart. Not only is it the point where the emotions are stilled and at rest but it's also the point from which love and bliss arise, and these are again solvents, just as awareness. Any touch of God - and God is love, bliss and awareness - is dissolutive.

We think of actions like remaining still as being parked or inactive. But in the spiritual realm, stillness of the mind is the *sine qua non* of cleansing and of realization. The Upanishads say:

"When all the senses are stilled, when the mind is at rest, when the intellect wavers not -- then, say the wise, is reached the highest state. This calm of the senses and the mind has been defined as yoga. He who attains it is freed from delusion." (12)

This is why Lao Tzu places the accent in the Tao Teh Ching on stillness:

"Indeed the Wise Man's office Is to work by being still." (13)

"Touch ultimate emptiness, Hold steady and still." (14)

The "ultimate emptiness" that Lao Tzu wants us to touch we'll touch in Ascension. Once deep inside the Fifth Dimension, we'll experience sahaja samadhi, the return to our natural state: this is the level of enlightenment Lao Tzu was pointing to because, for those who were deep in Third Dimensionality during his incarnation, the aim was to escape from the wheel of birth and death. That escape comes with entry into the Fifth Dimension.

So this generation will have the inestimable privilege of enjoying what sages like Lao Tzu and the Buddha talked about thousands of years ago: leaving the wheel of incarnation and enjoying what Jesus would have called "eternal life" - i.e., escape from the need to be reborn into Third Dimensionality.

And it didn't require, in our cases, long years meditating in a cave or relinquishing all material desires and possessions. In fact Archangel Michael keeps advising me to live life to the fullest, which, he says, is what the Earth was created for - the fullest possible experience of Third-Dimensional materiality that could be had in a beautiful water world.

Footnotes

(1) Jesus through John Smallman, January 29, 2015, at <https://johnsmallman2.wordpress.com/>

(2) Loc. cit.

(3) Saul through John Smallman, January 28, 2015, at <https://johnsmallman.wordpress.com/2015/01/28/the-power-of-your-loving-intentions-is-tremendous/>

(4) "The Divine Mother via Linda Dillon: Reaching New Heights," May 18, 2015, at <http://goldenageofgaia.com/2015/05/18/divine-mother-via-linda-dillon-reaching-new-heights/>.

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) "Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015," at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>.

(9) Loc.cit.

(10) Loc. cit.

(11) Loc. cit.

(12) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 24.

(13) Lao Tzu, *The Way of Life. The Tao Te Ching*. trans. R.B. Blakney. New York, etc.: Avon, 1975, 54.

(14) Ibid., 68.

We are the Source of Our Own Bliss



Credit: relaxatie.blogspot.com

May 27, 2015

If my nature is bliss, then many things flow from that.

One is that I am the source of my own bliss and, by extension, we are all the source of our own bliss.

That doesn't mean that bliss is not to be had from a myriad of circumstances seemingly "around" me, seemingly "external." Bliss undoubtedly is the sea of consciousness we're all swimming in.

It means that, in reality, there is no "external." Everything is happening inside me, inside you, inside us. In the final analysis, there is no me, no you, no us. At the ultimate level, this conversation would not take place: there'd be no need and no occasion for it.

In the final analysis, there's only the subjective, not the objective. That there's considered to be an "objective" is itself the crux of the matter, the root of the

illusion. There's nothing but God, and, since we're a part of everything that is, we must also be God.

At the highest levels of consciousness, there's no separation. And there's no one to see there's no separation.

As Rumi said:

“When I have sacrificed my angel soul,
I shall become what no mind e'er conceived.
Oh, let me not exist!
For Non-existence
Proclaims in organ tones,
'To Him we shall return.'” (1)

No mind has ever conceived of non-existence. No one has ever known non-existence. When someone knows non-existence, that someone ceases to be.

Sri Ramakrishna offers the example of the salt doll that wanted to measure the depth of the ocean:

"Once a salt doll went to measure the depth of the ocean. (All laugh.)

"It wanted to tell others how deep the water was. But this it could never do, for no sooner did it get into the water than it melted. Now who was there to report the ocean's depth?" (2)

SaLuSa described the ultimate in evolution just the other day: “Evolution is constantly taking place. The ultimate is to return to the Godhead but that is way ahead of you at present.” (3)

The “ultimate” is a “return” to the “Godhead.” But that is “way ahead of you” at present.

At the highest level of consciousness, at the “ultimate,” no other exists than the “Godhead.” The Godhead is a name for God at a level of consciousness beyond whatever thoughts we have about God at present.

It was originally intended to signify the Transcendental One beyond the Trinity of Heavenly Father, Divine Mother, and Child of God or Self. Hindus would recognise that Trinity as Brahman, Shakti, and Atman and the One as Parabrahman.

But I'm giving it a more flexible meaning here. I'm using it to refer to the ultimate and absolute level of consciousness, beyond anything we've plumbed in any of our human explorations.

Even if that highest level be a constantly-receding phenomenon, I'm using it to refer to what is beyond that. The Unqualified and Unqualifiable. The Unconditioned and Unconditionable.

But knowledge of that is "way ahead of you" at present. It's ahead of any being that exists in form or formlessness. In fact "knowledge of it" is impossible because the mere phraseology points to an objective observer and a phenomenon objective to the objective observer.

And, since there's no existence apart from God, there's also no possibility of the rise of an objective observer at the highest level of existence. ... Or non-existence.

All is subjective.

Franklin Merrell Woolf spoke of "consciousness without an object." (4) All traces of separation there disappear: a separate form, a separation in consciousness, any trace of an existence separate from God, any trace of a separate "me" - all disappear, back into Oneness.

If "I" disappear, well, then....

I cannot say that I'd find myself in yet another, more umbrageous "I" because the "I" that would find that out would not exist.

There would be no one for whom or in whom such a question would arise. There would be an "I." And that "I" would be All there is. Beyond That, there'd be nothing existent or non-existent.

Footnotes

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

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 102-3.

(3) SaLuSa, May 22, 2015, at <http://goldenageofgaia.com/2015/05/23/salusa-via-mike-quinsey-may-22-2015/>

(4) Franklin Merrell-Wolff, *Philosophy of Consciousness without an Object. Reflections on the Nature of Transcendental Consciousness*. New York: Julian Press, 1973.

Can Love be “Sent”?



Credit: www.yummy-wakame.com

May 28, 2015

I said in an earlier post that I didn't believe that I could send love to another or that love could be received from an "outside" source. (1)

Matthew Ward has educated me on the matter. He says that love can be sent from one person to the next, in his latest message of May 23, 2015:

"Light—let's call it love, because that's what we're really talking about here—passing from one person to another is no different in cause and effect [than love arising in us], but you may want to initiate it by focusing on someone.

"When you do, instantaneously the vibrations in your thoughts and feelings reach that person. The energy flows from you along your thought form of intent and intensity, and the same measure of love that you sent goes directly to the 'energy

address' you want it to. There can be no 'false addresses' because the intent and feelings are totally clear. The receiver won't consciously know this, of course, but the receiver's soul is aware of the 'delivery.'" (2)

Having once had a clear and incontrovertible statement of the case, I can now go back and look at the record of other less complete statements or statements that lacked a developed argument and fit them into the jigsaw puzzle.

Mother Mary, which is to say, the Divine Mother since the Divine Mother incarnated as Mary, tell us that we bandy love back and forth between each other.

"The love you receive and the love you give are now one and the same, dear ones. It is a constant bandying of energy back and forth and within you as you learn to live within this beautiful 'Net of Love,' taking everything and seeing everything from that standpoint, the standpoint of love and beauty and the sweet soft nurturing that love is offering you now. (3)

Now that I know what to look for, I see other references to the efficacy of sending love. Here's the Divine Mother again:

"Think of it in this way - if you are an energy healer, a healer of the Violet Flame, one of St. Germaine's best friends, you send the love from your heart, from your hands, and you flood the person with healing energy, and it is a flow of color and richness, seen and unseen.

"And what would St. Germaine say to you? You are sending the love. ...

"It is a transmission of love, whether it is from Gabrielle or Michael." (4)

Archangel Michael through Ronna Herman tells how love impacts us and what he says here is my experience as well. I've said on numerous occasions that I breathe love up from my heart and out into the world and I get to feel it as it passes through me. Archangel Michael says something very similar:

"When you turn inward and tap into that well-spring of Love within your Sacred Heart, it first permeates your Inner Being; the remainder then radiates out into the world. As a result, you will begin to see through eyes filtered by loving energy, which will change how you view the people in your life – it will also affect how you handle everyday challenges and opportunities – an overlay of loving energy creates miracles." (5)

So that answers the question for me. Love can indeed be transmitted from one person to the next, just as it is from the heart of the One to us.

Footnotes

(1) I said: "When I look at you with eyes of love, I really do believe that love doesn't radiate from me to you.

"I'm convinced that my look inspires the love to arise in you. You feel your own love when you look at me. You remember the love that you are.

"I could be wrong. I challenge anyone to prove me so." ("I Could Get Used to this," May 16, 2015, at <http://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>.

(2) Matthew's Message, May 23, 2015.

(3) "Mother Mary: You Are the 'Harbingers of Love and Light,'" channeled by Fran Zepeda, June 9, 2014 at <http://franheal.wordpress.com>.

(4) Loc. cit.

(5) "Archangel Michael: Love is a Natural State of Being, channelled through Ronna Herman, September 29, 2013, at <http://www.ronnastar.com/messages-aam/latest.html>.

The More You Embrace It, the More It Grows



June 4, 2015

Some of you are reporting heart openings, much bliss, etc. That's wonderful to hear. I wish it on everyone. May your heart burst open! May love flood your being!

I had a conversation with Archangel Michael in my last reading through Linda Dillon (May 21, 2015) on these topics. I asked him about the bliss I've been feeling and its relationship to heart openings and I reproduce that part of the reading for the benefit of those feeling an expansion of the heart these days.

Thanks to Dana for our transcript.

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

AAM: It is going to grow. What you are experiencing, sweet one, is the natural state of being. (1) This is the way that it was intended. And, yes, this sense of wellbeing, shall we say, of bliss, of sweetness [will grow]. Taste the nectar in your mouth, quite literally. And know that the expansion of this has no borders, no limitation.

S: Is there anything I can do to facilitate it?

AAM: The more that you embrace it, the more that you enjoy it. The more that you let whatever issue arises to simply float away, [the more] that will be a catalyst for the expansion.

So what you're saying is "I will not allow anything in other than the bliss." And then you practice it. You take the time to allow the bliss to fill you. It is a form of conversation. It is a form of communication. So you are speaking, you are engaging in a sacred union with your heart, with the bliss, with that sense of deepest connection.

S: I do get that. But I do because of the heart opening. People who haven't had a heart opening, I can get why they might not understand any of this. They'd be flailing around in the dark, so to speak.

AAM: No, not necessarily because most beings in one form or another have experienced - maybe it is tiny or minute but they have experienced - a heart opening. But even those who would say that I have never experienced a heart opening have the imprint of the yearning for that heart opening within them.

So through the yearning, they know what they are missing. That is why they are yearning so deeply.

S: Ok. Sometimes I feel really sensitive about talking about it because I say to myself, "Geez, you know, people will not know what you're talking about."

AAM: They may not know the experience. But they will know what you're talking about.

S: Ok. Thank you for that reassurance.

All channeled material herein reproduced is copyright by the Council of Love, Inc., 2015 and is used with permission.

Footnotes

(1) I'm sure Archangel Michael is wording it this way to intentionally excite my interest. Both the phrase "permanent heart opening" and "the natural state of being" are words that are properly associated with sahaja samadhi and I haven't experienced sahaja.

"Sahaja" means "natural" and it's a permanent heart opening whereas previous levels of enlightenment are only temporary heart openings.

Why is he using terms proper to sahaja to describe a level of unfoldment way, way below it?

I'm sure he knows his use of terms like these will set my mind churning and send me back into the study of enlightenment to solve the puzzle he's presenting me with. See http://goldengaiadb.com/E#Enlightenment_-_.284.29_Stages_beyond_God_Realization_.28Brahmajnana.29_-_.28Liberation_occurs_at_sahaja_nirvikalpa_samadhi and what follows.

Slipping under the Waves



Credit: www.last.fm

June 4, 3015

OK, now I'm captured by the bliss. I've slipped and fallen into the ocean of ightsy.

I'll do my best to describe it.

Archangel Michael called it a sense of well-being. (1) Yes, there's nothing wrong in this space. All is well. All is good.

This space is the combination of every peak moment I've had in my life - Christmases, birthdays, wedding anniversaries, first loves, baby births, vacations, all rolled into one and played endlessly, without any one minute being less than ecstatic, enjoyable and sweet.

When I was a kid and milk was delivered to our door in glass bottles, the cream would rise to the top. On summer days, I'd be up before Mom and sip the cream

from the bottle, with a big grin on my face. Bliss is like sipping the cream from the bottle.

When I feel bliss, there's nothing I want. I couldn't care less about any of the worries that we carry day to day.

Gone is all memory of anything untoward from any period of my life. Gone is my life. There's only this moment and this moment is sublime.

I'm happy. I'm grateful. I feel all the higher qualities because all of them are subsumed in bliss. Archangel Michael called it the deepest form of connection. Yes, I feel as close to God when I'm blissful as I could ever be and as close to everyone else, although I must say I'm not drawn to company.

I couldn't possibly make small talk right now. I'd run away from Skype. I couldn't stop being blissful if someone's relative died. I'd be judged as inappropriate, insensitive, and selfish. Maybe even locked up in olden times as the village fool.

Bliss has amazingly bad manners. It can be seen as hugely inappropriate. It lives by its own rules and codes and doesn't care a whit for our closest relative or the regime in power.

It's like being carried along on a tide of joy. Life could not better be.

I'm led to believe this is the case in the Fifth Dimension. This is what awaits us. And this is what our natural state of being is - not some state we need to attain - but the default, what remains when everything else that hides and blocks this state is gone.

We just need to give what needs to go a royal push.

Footnotes

(1) "The More You Embrace it, the More it Grows," at <http://goldenageofgaia.com/?p=259091>.

The Mind Thinks the Heart is Crazy



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

June 5, 2015

I'm going to take a second cut at a subject I broached a few days ago - the perils of gifting for the newly-wealthy (1) - because I think it's important.

I think seven out of ten people who benefit from the Reval will fall into this trap. It usually happens at the outset and loses us a lot of friends.

Back in the late 1970s, I was participating in what was called the Breakthrough Foundation and we often discussed and studied gifting because people would give to the Breakthrough Foundation. The act of gifting - and the blocks to it - was a topic of inquiry.

What we found was that, when someone is newly-wealthy, when they go to gift people from their wealth the first time, they enter a war zone between the mind and the heart.

The heart says it wants to gift and cites a figure and the mind goes crazy. The mind is afraid, gets angry if the heart starts gifting without its agreement, and puts up a fight.

The mind can think of a hundred reasons why the impulse of the heart should not be acted on. Finally the two settle on a measley figure and no one is happy.

The individual can go nuts from the dissociation and cognitive dissonance that takes place, especially if they're not aware of their feelings, good at expressing them, or know what may be going on in the first place.

The situation can be made worse if the individual reports on what's happening to those he (or she) wants to gift. The gifter says he is having second thoughts. Can he afford it? What happens if...

The gifter says he wants to gift; then he says he doesn't. He says he wants to gift large and then he reduces the figure. He says he's not sure if he did the right thing. He may have to think about it a little more. Can we wait?

The ostensible recipients go up and down like a rollercoaster until they don't want to have anything more to do with the person. They hurt so bad from repeated raised and dashed hopes that they dump the person from their affections by judging him as unstable, insensitive, and unreliable. So the gifter ends up with fewer friends, in worse shape than ever.

This is a known phenomenon and the reason I mention it is that I predict it'll happen to many people. Especially among those who only have a small amount of currency and become the "lacking" rich.

But as lightworkers, we're here to prime the pump, to begin the process of gifting. So it's important for us to get the act of gifting right, I think.

In my view, the answer is to vote with the heart. Listen to what the heart says and don't listen to the mind. Act on the heart's urging. Listen for the heart's vote. Decide the question immediately.

If it smells like fear, walk by it. If it incites you to anger or resentment, don't listen to it. Choose the heart's love and go with what the heart says.

If you give too much - honestly, truly - then true up the next time. Honor your promises without quibbling and learn from your mistakes. I think this practice builds a strong word and we're so much going to need a strong word to accomplish what we're setting out to accomplish. The task is not small and it may tax us.

As I see it, the mind is coming from lack and scarcity, inevitability and no solutions. The mind can only see shortfalls and disasters. It can only see death and destruction and how to avoid them.

It's not big enough to encompass what it's doing, what's happening, or what's possible. Only the heart can do that.

Only love can embrace the whole scene, see the whole picture. Only love can lift us up to where we feel truly able to express what our heart says and feel good about it.

It's a tug of war, and it's the cause of the more general tug of war between the mind and the heart that's playing itself out in our external world today.

Let the heart win and I think you'll be Ok. Listen to the mind and I'm willing to bet the farm that your life, with or without that newfound wealth, will be miserable.

I'm saying these things now because, after the Reval, the quality of our hearing will probably diminish significantly. (2)

Footnotes

(1) "Financial Wayshowers: Have Your Money Make a Difference," June 2, 2015, at <http://goldenageofgaia.com/?p=258955>.

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

Above the Line in the Transformed Space - Part 1/2



June 7, 2015

I've just spent around six hours in what Werner Erhard in the late Seventies would have called "a transformed space." During the experience, I was describing it to the person I was with as "my natural state."

As it happens, Jesus through John Smallman gave this insight just yesterday into our natural state:

"To be fully alive, fully aware, fully conscious, and infinitely loving is your natural state, the state in which you were created and which can never be changed or altered." (1)

Werner would draw the following distinction on a blackboard and then develop it:

Conscious Awareness

Unconscious Awareness (2)

Above the line, in conscious awareness, is our natural state, the transformed space, experienced experience. In it's found spontaneity, authenticity, awareness, awakeness, aliveness, full self-expression, full personal responsibility, completion and satisfaction.

Below the line is our constructed self, the image we project, the mask we wear, the dead residue of our unexperienced experience. I was "above the line."

I made as many notes as I could while going through the space. The strangest part about it is that it happened while I was having a conversation with a friend. I went up and up and finally blossomed forth in conscious awareness. Here are my notes.

Above the Line in the Transformed Space - Part 2/2



June 7, 2015

(Concluded from Part 1.)

Sojourning in My Natural State

I've peeled away enough layers, primed the pump with love, had the help of many loving friends, and now here we are - where we wanted to be.

Bliss, as I see it at this moment and in this place where I am, whatever it is, has a special quality that I'm finding hard to put in words. It has mass like thick chocolate. It's that mass that I'm aware of.

It doesn't have that quality in the lower dimensions. There, it's diaphanous and elevating.

I haven't allowed this bliss inside me yet so I don't know what its character is when welcomed in, assimilated, and integrated.

I let the bliss in.

OK, I'd call this space I end up in gravitas. I associate this space with the General.
(1) Bliss on whatever this dimension is is probably imbued with things I know not of. It becomes substantiality, weight, gravitas.

I also recognize this space from the experience I had in the three-day Vipassana weekend two or three years ago. I could only call that space "regal" at the time. It was a dimension of doing without doing, acting without acting.

Almost any topic I choose for myself to explore at this moment shows up for me like distracting small talk. The mind will use anything to distract the Self from noticing or being with Itself.

I almost vomit at the thought of small talk. I want to run from it. ...

This whole event came out of the blue.

The interesting thing is it happened at a time when I should have been having a reading with AAM. But Linda called and asked for a postponement. After the call, I asked a friend to go out for breakfast and this sequence of events - this sojourn in the native state - occurred as a result of a discussion I had with her in her car afterwards.

It occurred while she was there. How often does a spiritual experience happen while another is around?

It arose like a flower bud blossoming. I was only aware that something was happening, not what it was.

It's the sheer neutrality of it that I first noticed when returning my attention to it. Still water is neutral. A windless place is neutral.

Neutrality is peaceful, calm, relaxing. You can call that place "balance" or "groundedness" if you like. For me it shows up as neither up nor down, left nor right. Right in the center, the balance point, the zero point, if you like.

I'm sure it is the zero point when taken to its ultimate conclusion.

Sahaja is our native state. Sahaja must lie somewhere along this pathway I find myself on.

Perhaps deeper?

The Space is What's Important

All along, it's the space that's important, not what we do or don't do. We'd do best to forget about ourselves completely, which would then leave only the space; then, surrender everything to that space.

I'm truly not important to the experiencing of it, except to get out of the way.

The space is the default, what remains when everything I've put in the space is let go of.

We view things from our own vantage point in which case the space is out there and it's something we get to.

Viewed from the standpoint of the space itself, the space is always here. It's we who let go of that which impedes our awareness of it.

That's it. Six hours after finding myself in this place, it's beginning to gracefully and gradually subside. A very welcome, reassuring, and inviting glimpse of the path ahead.

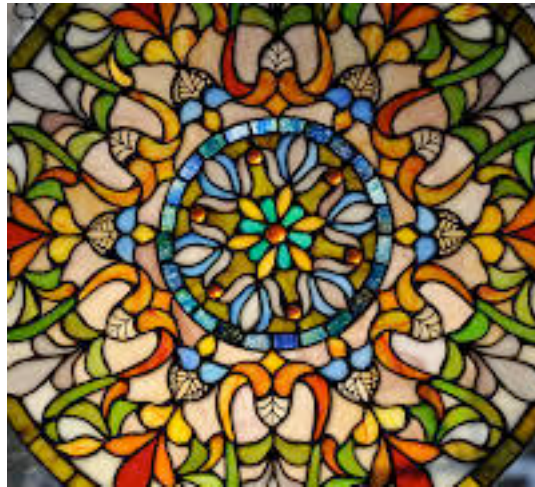
Trying to still the mind
inhibits the experience of oneness,
for the very action of trying
is the busy mind at work.
Live in the Great Way
where action is stillness and silence pervades. (Sosan) (2)

Footnotes

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

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

A Return to Eden - Part 1/3



June 9, 2015

One day after wanting to die from loneliness, I found myself returned to Eden, back in my natural state again. Like the previous time, it lasted for hours before I gradually emerged from it, much to my regret.

What a roller-coaster ride!

I'd just had a reading through Linda Dillon and who came in but the Divine Mother. I was deeply honored. While I've interviewed her, I've never spoken to her in a personal reading.

It was good timing because I was on my last legs by then. Perhaps that's why she came. In fact I'm certain it is. The financial worries, relationship concerns, and just pure loneliness of a lightworker's life were doing me in.

What I want to draw attention to here is that, after speaking to the Mother for perhaps fifteen minutes and then Archangel Michael for perhaps forty-five, and leaving the reading in a pretty good but everyday space, within a short time I realized that I was back in my natural state.

So powerful had the reading been and the healing that the Mother had imparted that I arose again as my original self, my true nature. You'd probably have to have been there to see how my interior space was transformed to appreciate the Mother's ability to alter consciousness, consistent with our ability to "be with" the changes.

The Mother had given me a clue that she'd do this. She said she was going to "lift you up - not to bring you Home, but to bring Home to you." (1) I think she just did.

Natural, native, normal. The natural state is me with nothing added or taken away. Sosan describes it here:

Returning to your true nature,
spontaneity and essence are found.
This is the space that always exists
and that holds all within. (2)

Here's how Archangel Michael described that state in the same reading that the Mother came in on:

Steve: The experience yesterday, what happened? I went up. I connected a lot of dots about the conscious-awareness space. Every time I connected a dot I seemed to expand or go up and then finally I broke through to my natural state. What was that experience?

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

S: I see. Now those experiences are intended to be just visits, with me, is that correct? (3)

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

That was reassuring. There was so much more to say about it. But I passed most of the time while in that space in conversation with my friend, who came right after the reading to hear about it, and so I couldn't write down what was happening.

But one thing that remains with me is that being in that state depended on me recognizing it.

I was already in the native state by the time I began to notice its influence and I didn't realize it. It wasn't until I began describing how I felt to my friend, as if the natural state was coming on, that I saw that the natural state was already there. I could describe myself feeling as if it were coming on because I was tapping into it as it already existed in that moment.

The minute I became aware of it, any sense of separation or division from it disappeared and I was back consciously in it. It was as if I slid into the driver's seat of a car that was already idling.

(Continued in Part 2 tomorrow.)

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

Footnotes

(1) The Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015. Thanks to Dana for our transcript.

(2) Sosan, *Hsin Hsin Ming (The Book of Nothing)*. Kansas City: 2002, 48.

(3) Steve: Can you help me make sense of returning to my interdimensionality while not becoming a guru figure.

AAM: It is very simple. Visit don't stay. So what you are doing, you are pulling into the 5th in what you think of as your reality the qualities of mastery without setting yourself apart from the masses. (Archangel Michael in a personal reading with Steve Beckow, through Linda Dillon, May 6, 2013.)

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

A Return to Eden - Part 2/3



June 10, 2015

(Continued from Part 1.)

Most confronting in the reading was the Divine Mother's request that I drop the idea of celibacy.

I'd been considering it as advisable if I were to work on a project of mostly women but the Mother disagreed. I should add that I'm a monk by tendencies. In one of my past lives, I founded a monastic order.

So the idea of celibacy is not shocking to me, but in many ways comfortable.

Relationship has been more of a puzzle to me than celibacy, which in many ways feels simpler and more natural.

As background to this conversation, perhaps keep in mind what the Divine Mother said about the Plan for Ascension in late 2013:

"You are recognizing the pattern of genuine relationship, and what that looks and feels like in this gift not only of heart consciousness and inter-dimensionality, but physicality as well. ...

"Is this part of the plan? Dear hearts, it is the plan. There are many details, many aspects, many attunements, but the plan has always been one of union and reunion." (1)

Keeping that in mind, here's the conversation between the Mother and me on celibacy.

Divine Mother: My beloved child, son of my heart, do you truly say to me as your Mother, who knows you, that you desire to be celibate?

Steve: Well, no, but I'll be leading a project of 50-100 women and, if I'm sexually active at that time, they'll all be watching my gaze. They'll be watching every word I use, every action. That's one of the reasons why I thought, "If I'm not in sacred partnership, then I should be celibate."

DM: Let me speak to you. Your intention and the purity of your heart is wondrous. Yes, in the old realm everybody would be watching the sexual innuendo, the sexual energy, the sexual charge because of the role that the dynamic male has played.

We are talking this day, this moment, this time of new times, of creating an entirely new paradigm of balance. It is not merely the balance of you, beloved one, but of the collective including, and particularly, those who become involved in the special projects.

[We are talking of] the maintaining of sacred respect and honouring, of balance - sexual, mental, emotional, physical, spiritual, within and without - the honoring of the feminine and the divine feminine, the masculine and the divine masculine.

I do not critique where the heart's desire [lies]. The truth is the desire for celibacy. But I do not urge it where there is yet a higher (yes, I use that word), clearer, purer, balanced way of creating interaction [where] your very project, your organization, your relationships become the new pattern.

So for you to say, "I will engage in this beautiful mission because abuse is abhorrent. I will engage in the gender-equality work but I can only do so by being celibate because my masculinity is so outrageous and aggressive that I must declare celibacy" is defeating the purpose. Do you understand what I say?

S: Yes, yes, I do.

DM: I do not want you to deny yourself or to be lonely in any way. You are too precious for that. (2)

Sexual energy is the hardest energy to manage. As far as I'm aware, orgasm is sought and valued by most people on Earth. It's one thing that all of us seem to be able to agree on as being enjoyable. (3)

At the same time, so many people's work has been up-ended because they yielded to and engaged in sexual misconduct. (4) I want to succeed in serving the Mother and I know how difficult it can be to walk the strait and narrow path in the area of sexuality, especially if one is a public figure, travelling a lot, and not at the time in a relationship.

I know I'll have lots and lots of opportunities to fail and fall. It's challenging to stay true in this area and celibacy would have been an easy way out. But 'twas not to be.

(Concluded in Part 3.)

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

Footnotes

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

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

(3) It's not lost on me that orgasm is available outside sexual relations.

(4) President Clinton, Dominique Strauss, Chogyam Trungpa Rinpoche, Bhagwan Rajneesh, Da Free John, etc.

A Return to Eden - Part 3/3



June 11, 2015

(Concluded from Part 2.)

Let me now go to one topic that I discussed with the Mother for its educational value to financial wayshowers.

A part of the Mother's discussion with me may explain a lot of things to many lightworkers who wonder why their lives have been spent in or close to poverty.

Before the Divine Mother left, I asked her for the spiritual reason that she had kept the Nova Earth team so close to the poverty line when it would have been easy to direct a prosperity package to us. Here's her response:

Divine Mother: The human collective has been in a place of what you may think, and in many ways feel, of spiritual, emotional, mental, physical, material poverty for a very long time, for thousands of years and even far beyond that.

The lightworkers, the loveholders are understanding in the depth, the core, the centre of their beingness, what genuine poverty feels like. We mean everything from illness, to despair, to brutality.

As you are creating and building the new, you have a very deep (your expression) "up close and personal" understanding of what the true meaning of poverty is in the same way you have come to know and understand the true meaning of your spiritual currency.

The other piece of this is, upon this planet, in such flux and transition, most of you (and I say this in the deepest reverence and admiration) have veered away, and through true guidance veered away, from what you have thought of as the mainstream of how in the old realm - which does not serve me - money, abundance, prosperity in the material reality has been earned, received, and achieved.

That has been through control, greed, and lust. (1) As that has been erased, disappearing and reconstructed, there has been this abyss. It has also brought you individually and collectively to the deepest meanings and the values of what you choose - of what is acceptable and what is not and what you are choosing and proceeding to create.

In many ways and in other lifetimes, this would have been considered the vow of poverty, the monastic life, the life of complete service. But it is not meant - let me be very clear - simply to be endured.

Now where you are: you are in a process of truly creating/co-creating individually and as community, but as humans. Do not think that it is simply us keeping the door closed. The door is open and you are proceeding.

I asked Mother again why a prosperity package could not have been sent our way. There still seemed to be a missing piece in the explanation.

DM: You have touched on this very issue [earlier] when you have said that various individuals, who have in fact been blessed in a variety of ways, are afraid. This fear factor which we cannot simply wave a magic wand [and dismiss] has need to be [addressed and erased] in sacred union.

So the fear and the concern, the worry of not surviving or being at the beck and call of inner malicious forces has need to be surrendered.

I repeated the fact that it didn't seem to make sense to have the ground crew endure so much impoverishment and indebtedness to stay afloat and at our posts. When she took up the topic again, she now revealed what was for me the missing piece.

DM: Because you have agreed that you are on, can we say, the receiving end.

S: So our being [poor] is used as a means to get people to open up [financially]?

DM: To express gratitude, generosity, and unity and to express what is valuable to them.

S: So that is what the spiritual meaning of this is: That we serve that purpose of igniting or inspiring people's generosity.

DM: That is correct. You are the catalysts.

S: That's what I needed to know. Thank you, Mother. (2)

Human beings always seem to want to know the "why" of things. Somehow that makes uncomfortable and unpleasant circumstances bearable. I know it did for me.

When I knew the reasons for how we were being dealt with, I felt pacified. The very same reasons for a very tough life may apply to you as well and you also may have agreed to serve as a focal point to inspire other people's generosity.

Archangel Michael offered me another important piece of reassurance. I told him that I had less and less time for researched articles and he said he didn't want them right now.

"I beg of you, do not assume that when you write of what you are calling 'the inner work,' that this does not have profound effect because the focus of the leadership movement right now is on the inner work." (3)

That was reassuring because the inner work is “heating up,” so to speak, and the researched work is getting harder and harder to carry out, what with the demands on my time. I hope one person’s journey, written down, can be helpful.

I should add here that numbers of you have written me and said that the financial pieces I've written lately have assisted you. I hear you. I'll be writing more, trying to get at the heart of the quality we call generosity and how to counter the fear that comes up once the Reval is concluded. (4)

The reason I bought currency in the first place was that I wanted to run my own experiments in generosity. I never thought I'd be the subject of one! But I'll learn either way.

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

Footnotes

(1) What others have called money, sex and power.

(2) The Divine Mother in a personal reading with Steve Beckow, through Linda Dillon, June 7, 2015. Thanks to Dana for our transcript.

(3) Archangel Michael, in *ibid*.

(4) See for instance, "St. Germaine: Service to All vs. Service to Self," June 10, 2015, at <http://goldenageofgaia.com/?p=259775>.

Continued in Part 2