

Love Like We Never Imagined It to Be



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Golden Age of Gaia

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Table of Contents

Introduction	12
⌘ The Divine Mother on Love ⌘	16
The Divine Mother, Aum, and Love	17
The Divine Mother: It is All a Journey of Love	22
The Divine Mother: Resurgence of the Tsunami of Love	26
The Divine Mother: Density is Unloving Emotion; Love is Lightness of Being	28
The Divine Mother: Allow Yourself to Float on My Love	33
Our Original Sacred Partner	36
⌘ Saints, Sages, and Archangels on Love ⌘	39
Jesus via John Smallman: Rejoice, Because There is Only Love (Repost)	40
Mary Magdalene via Fran Zepeda: You Are Pure Divine Love	44
Archangel Michael on Heart Openings	47
Archangel Michael: Made with Love	51
Archangel Michael on Love, Bliss, and Ecstasy	53
Sri Shankara: Everywhere You Look Will be a Monsoon of Love	56
Matt Kahn: Love	58
⌘ What is Love? ⌘	59
What is Love?	60
What Love Is	62
What Can We Say About Love?	66
Back to the Basics on the Path of Love	69
Love is All There Is	71
Julia Ames: Never Lose Hold of This	76
Meeting Jesus in the 7th-Dimensional Christ Sphere	80

Julia Ames: Never Lose Hold of This	85
Love is My Very Being	90
Love Has No Second	93
First Corollary: We Are Love	95
I Love; Therefore, I Am - 1	102
I Love; Therefore, I Am - 2	105
Love Respects Our Free Will	107
Love Wants In. Love Wants Out	110
Love and Unity Arise in the Same Space	113
Love and Levels of Reality	116
From the Space of Love – Part 1/2	120
From the Space of Love – Part 2/2	123
Learning About Love	128
What Is the Nature of Unconditional Love? - Part 1/2	131
What Is the Nature of Unconditional Love? – Part 2/2	136
What We’ve Always been Seeking and Never Acknowledged	141
Global Conversation? Based on What? Let’s Try Love	145
My Life Over Here and Love Over There	149
Life Must Hold More	152
Everything Goes Better with Love	155
Fully and Forever in This Wonderful Space of Higher-Dimensional Love	158
Nothing Greater Than Love	162
⌘ What is the Heart? ⌘	165
We Know Almost Nothing about the Mechanics of the Heart	166
The Heart is a Door to the Higher Dimensions	169
Sanat Kumara: The Heart is the Seat of the Soul	172
Attention, All Hands: Stop Seeking Love Externally	176
⌘ My Heart Opening ⌘	182
Submerged in Love	183

Activating the Wellspring - Part 1/2	188
Activating the Wellspring - Part 2/2	195
Dipping My Bucket in the Wellspring of the Heart	200
The Heart as a Portal	202
The Heart is “the Seat of the Soul”	205
I’ll Take It	209
⌘ In an Ocean of Love ⌘	211
Diving into the Ocean of Love	212
Drowning in an Ocean of Love	214
Immersed in an Ocean of Love - Part 1/2	216
Immersed in an Ocean of Love – Part 2/2	219
Point of Awareness in an Ocean of Love – Part 1/2	223
Point of Awareness in an Ocean of Love – Part 2/2	226
Love is the Way, the Truth, and the Life	231
A Fountain of Love	234
⌘ Other Experiences ⌘	237
Not to be Missed	238
Above the Line in the Transformed Space - Part 1/2	242
Above the Line in the Transformed Space - Part 2/2	244
Like a Hollow Bamboo	247
First Glimpse of the Natural Self (Repost)	250
Best Before Tomorrow	255
A Return to Eden - Part 1/2	257
A Return to Eden - Part 2/2	260
I Have It Now	263
Above Cosmic Clearance	267
⌘ Planetary Heart Opening ⌘	274
What Happens in a Heart Opening?	275
The Mother Promises a Massive Heart Opening - Part 1/2	280

The Mother Promises a Massive Heart Opening - Part 2/2	284
On Heart Openings	288
The Heart is the Center is the Stillpoint	292
The Fulfillment of Love	296
What is Heart Consciousness?	301
Heart Consciousness is the New Reality	306
⌘ Ascension and Love ⌘	312
Fully and Forever in This Wonderful Space of Higher-Dimensional Love	313
Heart Openings and Ascension - 1	316
Heart Openings and Ascension - 2	320
A Glimpse of Ascension - Part 1/2	324
A Glimpse of Ascension - Part 2/2	328
The Shortest Path to Ascension: Just Love	331
I Want Nothing Else	333
Love and Bliss? Nothing Else Matters	337
New Wave of Love	343
Slipping under the Waves	346
Stream of Consciousness, Stream of Love - Part 1/3	348
Stream of Consciousness, Stream of Love - Part 2/3	350
Stream of Consciousness, Stream of Love - Part 3/3	353
The Depths of Pain and the Heights of Bliss	356
The More You Embrace It, the More It Grows	358
God's Way of Saying "Yes!"	361
Total Release and Surrender	363
Time 11 in the Transformed Space	367
Elevating Energies	369
Who Will Accept the Invitation?	372
⌘ Never Enough Love ⌘	376
Never Enough Love	377

All There Is to Talk about	379
I Believe in Love	381
Transformative Love is an Inside Job	383
Learning the Ropes	387
Back to the Basics on the Path of Love	390
Know Thyself? Love Thyself	393
On Being Enough	396
The Lure of Love	399
Everything but Love is a Distraction	401
Money Can't Buy Me Love	405
I Could Get Used to This	408
The Commotion of Love	413
Immersed in the Third Wave	415
⌘ The Mystery of Love ⌘	420
Can Love be “Sent”?	421
Can Love Mitigate Aggression?	424
Reflected and Transformative Love	428
Soul Love and Shadow Love	431
Get It, Lose It, Get It, Lose It	435
⌘ The Magic of Love ⌘	438
The Treasure Within	439
All We’ve Ever Sought, Lifetime after Lifetime	442
Nothing Matters But Love	445
Love has Come Calling	447
Tender, Gentle, and Kind?	451
Just Love	453
The Heart is a Portal	458
This All-Satisfying, All-Fulfilling Love that Awaits Us	461
Bring It Back to the Love	464

Good/Bad, Right/Wrong, Like/Dislike, or Love	468
I Love; Therefore, I Am - 2	471
Love is the Answer	475
Love is My Safe Harbor	481
Love is Like a Factory Reset	483
The Real Reval	485
All the Way Home	487
⌘ The Methodology of Love ⌘	489
Love Must Flow	490
Love Must Flow: A Blessing and....	494
Kenneth Schmitt ~ Aligning with Life-Enhancing Energies	497
The Play of Conscious Awareness	500
What Awaits Us	503
Sending Love Out to the World	506
Breakthrough	508
The Process of Breakthrough and the Impediment of Fear	510
The Use and Importance of the Breath - Part 1/2	515
The Use and Importance of the Breath - Part 2/2	521
Until it Becomes Second Nature	528
Loving Heart, Neutral Intention	531
Realized Knowledge, Heart Consciousness, and Fairness	534
Drilling for Love: The Love Rig	538
This Is It	542
Spirituality and Growth	545
A Time of Emergence	547
Emerging from the Chrysalis of Ascension	553
The Process of Containment Explained	556
⌘ What is Not of Love? ⌘	562
The Mind Without a Heart - Part 1/2	563

The Mind Without a Heart - Part 2/2	565
The Mind Thinks the Heart is Crazy	568
Focussed on the Heart	571
Why Love Our Enemies?	574
To Give Someone Love, Even When They Despise You, is a Gift to Your Own Heart	578
Why Does Love Not “Sell”?	581
⌘ Building Nova Earth, a World that Works for Everyone ⌘	584
We Can Choose to Be Audacious....	585
A World that Works for Everyone is an Ascended World	589
A World That Works for Everyone; or, When in Doubt, Love	591
How Can a World Work for Everyone?	594
A World That Works. How? Through Love	599
A World That Works for Everyone? Why, That’s Simple!	603
From a World That Loves Comes a World That Works	608
A World so Loving	610
Building the New While the Old Falls	613
Love Builds: Transformed Consciousness and Building Nova Earth	618
⌘ Personal ⌘	621
I Want You to Know Me Deeply, Truly as I Am	622
A Person of Peace Radiating Love	624

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This edition incorporates and supersedes the following books:

Nothing Greater Than Love
The Lure of Love
Immersed in an Ocean of Love

It incorporates a portion of the following books:

From Love to Bliss to Ecstasy - Part 1/3
From Love to Bliss to Ecstasy - Part 2/3
From Love to Bliss to Ecstasy - Part 3/3

Introduction



On March 13, 2015, I had a spiritual experience which forever changed the way I viewed and experienced love.

I had what was later described to me as a “heart opening.”

It happened three hours before I was to have a personal reading with Archangel Michael through channel Linda Dillon. I was seated at my desk when suddenly I had the feeling that an energy was slowly moving up my leg.

At first I was alarmed. But since I’m a servant of the Divine Mother and Archangel Michael, I reasoned that they must be in charge of whatever was happening and I just relaxed.

What happened next was astonishing. When the energy hit my heart chakra, there was a terrific explosion as if a huge cork had been blown from a champagne bottle.

Immediately a torrent of love began to flow.

That torrent became a frequent experience from that day until Sept. 28, 2015, when love yielded to bliss. The experience of bliss remained for a further three months.

I called the love that I then felt “transformative love.” I did so for the following reasons.

First, ordinary love yields to negative feelings like anger or hatred. But transformative love does not yield to any feeling that I'm aware of. It transforms them.

Second, it transforms the space, raising our emotional floor and lifting us into a higher-dimensional consciousness which our lower-dimensional desires cannot reach.

Third, it transforms the individual from one concerned with ego survival to one who wants nothing more than to share the love that's coursing through him or her with others.

When you're basking in transformative love, all you want to do is to tell others about it, share it with all and sundry, and savor each breath.

Speaking of savouring each breath, one of the ways to "prime the pump," as Archangel Michael called it, is to do the following very simple breathing exercise.

On the inbreath, imagine you're drawing up love from your heart. On the outbreath, imagine you're sending that love out to the world. Repeat the breath as often as you like, but three times in one go seems to be the minimum to feel the effect.

Since this event happened on the day I was supposed to have a reading (surprise, surprise!), I was able to ask AAM what just happened. He said that my use of the breathing exercise and several years of clearing out core issues and the conditioned behavior they gave rise to had prepared the way for this experience.

The impact of seeing that transformative love comes up from the heart is that we realize at that moment that we've misunderstood the way love works for all these years.

I used to think that I got love from you. "She brings me love." "I want your love," "bring your love to me," etc., go popular love songs in the dozens.

I'm sure we do "get" love from others, but I don't think it holds a candle to the flood of love that's available from our own hearts.

Once we realize that the heart is the great treasure chest, we realize that we don't need to seek love elsewhere. We stop "looking for love" and simply enjoy the endless artesian well of it that we have at the center of our own being.



This book and most other books - from my pen at least - are on the consciousness shift that's taking place at the present time, that goes most commonly by the name of "Ascension."

As a result of Ascension, all of us are destined to be experiencing love, bliss, and joy. As a person who's volunteered to go visit the higher dimensions, so to speak, I can say that the future is distinctly friendly. The year 2015 was for me one of tasting heavenly delights like love and bliss and then writing about them. And this book is one report on what it all felt like and all the things that resulted from that experience.

This is not pie in the sky. The same events I write about are soon to be made available to you. To ready yourself for them, begin focusing on your heart. Begin breathing up your very own love.

Since love will not stand still (love must flow), after you paint your insides with it, send it to others - your friends, your family, your neighborhood, the world. You get to experience love as it passes through you, as Michael notes:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you." (1)

It must move through you. Share it to feel it.

A word on my sources. I follow the channeled messages of ascended masters, celestials, and star beings here to help with this consciousness shift.

Telepathic communication is the chosen way in which these sources discuss with us the nature of higher-dimensional reality and what awaits us in the future. I hope you enjoy their peerless wisdom and look forward to the day, not far off, when they walk among us.

May all beings know real, unconditional, transformative love.

I bow to the sacred Self in both of us,

Steve Beckow
Editor-in-Chief
Golden Age of Gaia

Footnotes

(1) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

⌘ The Divine Mother on Love ⌘

The Divine Mother, Aum, and Love

May 7, 2014

<https://goldenageofgaia.com/2014/05/07/the-divine-mother-aum-and-love/>



The spiritual experience I had yesterday [*Finding myself in the Ocean of Love on May 5, 2014*] had calmed down by the next morning. But the learnings it left remain.

I am love. You are love. At our essence and in our forms, everyone and everything is love. Love is the raw material of everything that is, the building block of creation, the glue of preservation, and the solvent of transformation - everything!

And what is the relationship between the Divine Mother and love?

Well, to get to that, I'm going to need to back up a little.

First let me establish that the Mother has been here since forever and will always be here.

Solomon called the Mother, Wisdom: “Doth not wisdom cry? and understanding put forth her voice?” (1) That voice is the music of the spheres, which we'll come to in a minute.

She rests with the Father as potential within the Void until called forth to begin her work of creation, preservation and transformation. This, for me, is the meaning of the statement: "The Lord possessed me in the beginning of his way, before his works of old." (2)

The Mother has no beginning or end, as she says here: "I was set up from everlasting, from the beginning, or ever the earth was." (3)

"When there were no depths, I was brought forth; when there were no fountains abounding with water. ...

"While as yet he had not made the earth, nor the fields, nor the highest part of the dust of the world. ...

"Then I was by him, as one brought up with him: and I was daily his delight, rejoicing always before him." (4)

Hindus know her as Prakriti and Romans as Procreatrix, Creator of the world. And how did she create the world? "In the beginning ... the Spirit of God moved upon the face of the waters." (5)

These "waters" I speculate are love. Whether you prefer to think of them in some intermediate form of matter such as ether or akasha, they are at their essence, I believe, after my experience last night, love.

Here is King David in Psalms talking about the work of creation. "The floods have lifted up, O Lord, the floods have lifted up their voice." That voice is the Mother's Aum. "The floods lift up their waves." Those waves are of love.

"The Lord on high is mightier than the noise of many waters." The "noise of many waters," also often called the "sound in the silence" or "the voice of one crying in the wilderness" is the Mother. The still and silent Father is That from which the active and sonic Mother comes. (6)

Now let's take the next stairstep and discover how the Mother builds a universe from love.

In one of her aspects, the Divine Mother is called Shakti or "energy." There are two ways of talking about her energy. As a stream in the body's energy system, it's called the kundalini. As a universal creative vibrations that brings worlds into existence it's called Aum or Amen.

Here is a description of the Mother's energy operating in the body, from Solomon:

“She standeth in the top of high places, by the way in the places of the paths.

“She crieth at the gates, at the entry of the city, at the coming in at the doors.” (7)

The Mother, as the kundalini energy, “crieth at the gates” or chakras, at the various entries or doors to the city like the eyes, the ears, the nose, the mouth. She travels up “the way” - that is, the sushumna canal - "in the places of the paths" - the Ida and Pingalla - to the “top of high places,” the crown chakra. When she reaches the crown chakra where Shiva resides, Shakti is said to merge with Shiva.

Now let's consider her sound or energy, called Aum, as the builder of worlds. Paramahansa Yogananda tells us:

“The intelligent holy vibration, or the first manifestation of God the Father, ... manifests as the cosmic sound of Aum, or Amen, which can be heard in meditation.” (8)

“Aum or the Holy Ghost, [is] the sole causative force that upholds the cosmos through vibration.” (9)

“The Cosmic Energy, or Vibration, ... has a voice of Cosmic Sound which is called Amen by Christians or Om by Hindus. This Amen is the faithful witness in the beginning of creation -- that is, all vibrating creation is accompanied by the Cosmic Sound of Amen or Om or the Word or Holy Ghost, which is the first vibrating manifestation of God.” (10)

Has anyone heard her cry? We all have. That high-pitched noise you're hearing in your ear right now? That's Aum. That's the music of the spheres. That's the creative vibration that brings all worlds, all universes into being.

The Mother, Holy Spirit, or Shakti (energy) is the energetic vibration that creates, preserves, and transforms the world, the first manifestation of the Heavenly Father. She is movement and sound; he is stillness and silence. The Mother as Aum moves upon the waters of love and makes the world.

In my experience, I saw love flow out in, yes, a tsunami that completely filled the world. The world it filled was this Three-Dimensional world in which I was, lying on my bed. I perceived it to be my essence and I intuited it to be the substance from which everything in this Third-Dimensional world had been created, including my body, mind, etc.

The Father has no direct contact with this world. It's the Mother who does. Krishna says:

“This entire universe is pervaded by me, in that eternal form of mine which is not manifest to the senses. Although I am not within any creature, all creatures exist within me. I do not mean that they exist within me physically. That is my divine mystery. You must try to understand its nature. My Being sustains all creatures and brings them to birth, but has no physical contact with them.” (11)

That “eternal form of mine,” I speculate, is love. Although the Father, who is everything, cannot be said to exist wholly within an individual, all individuals exist within the Father. (12)

The Father is not speaking of physical matters. His Being - which is love - sustains all creatures and brings them into form, but not in any physical sense.

His breath, his *spiritus sancti* is the Holy Breath or Holy Spirit, a part of the Mother. (13) She brings all into creation, holds them for a while, and then transforms them.

We are sparks of consciousness (the Father) existing in a world of love through the agency of the Divine Mother's creative vibration, Aum. It is she who makes the world from love and gives us life.

Footnotes

(1) Proverbs 8:1.

(2) Proverbs 8: 22.

(3) Proverbs 8:23.

(4) Proverbs 8: 24-27 and 30.

(5) Genesis 1:1-2.

(6) Psalm 93:3-4.

(7) Proverbs 8:2-3.

(8) Paramahansa Yogananda, *The Second Coming of Christ*. Three vols. Dallas: Amrita Foundation, 1979-86, 1, 17. [Hereafter SCC.]

(9) Paramahansa Yogananda, *Autobiography of a Yogi*. Bombay: Jaico, 1975, 487n.

(10) Paramahansa Yogananda, SCC, 2, 22.

(11) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 80.

(12) One could also say that the Father is in the individual as the soul. Hence Jesus: The Father is in me and I am in the Father. Nothing definite or limiting can be said about the Father.

(13) DM: Sometimes you tend to think of me as the Holy Spirit, but there is more to me than that, and there is a shade of the Father within there as well. ("The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012 at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

The Divine Mother: It is All a Journey of Love

April 30, 2019

<http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>



The Divine Mother incarnated as Mary, Mother of Jesus

Divine Mother: Greetings. I am Mary, Universal Mother, Divine Mother, Mother of your heart, Mother of your soul, Mother of your journey, Mother of One.

Welcome, Sweet One. And, yes, I come before your beloved ally and friend, ME KI AL (Archangel Michael), my son as well.

Steve: My heart overflows with love.

DM: Yes, it does. And, sweet one, while you gaze about, thinking about this or that, wondering about this or that, thinking about what to write about this or that... Go to your heart. Go to the love because this is the beginning, the middle, the end, the infinite eternal.

It has many names as do I. But it is all journey of love. It is the way of the humans and of this universe that I have created, that you have a tendency (correctly) to think in terms of beginning, middle, and end.

But you know, sweet one, that it is in and out of time, that it is infinite and eternal and that the illusion of this looking about is just that.

Now I am not saying I sent you, and all, to this planet, to this conception of journey to not feel that you are progressing because you are. But, beloved child, son of my heart, it is only about love, about the many expressions, about the many forms.

And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be when you continue to bring all adventures, all arguments, all explorations back to the love.

Then you are having the answers and, sweet child, you are sharing the answers that truly are the key to the return, to the re-amalgamation with All.

Never enter into doubt for all that that will do - and of course it is a choice - is to make you drift further from me. Yes, it is an act of free will, a gift and a quality that I have instilled within each of you, not only the humans but far beyond.

Doubt is a choice to create further distance, further separation. And in that sense of separation it is inevitable, quite literally, that what occurs is that constructs of illusion creep in.

You have chosen long, long ago with Me, with Annastara [my twin flame], with ME KI AL to be a communicator and an agent of change.

But you have chosen this because you've said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet in this great chaos in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose, to simply be the love. It can have an infinite, literally infinite, number of expressions.

But, sweet child, the expressions are only of One so I repeat what I have said so many times. If it is not of love, if it does not build the love, if it does not expose the love, if it does not communicate the love, then turn away.

Choose the path to me, beloved one. I am here, I am there, and I am everywhere and with you every which way. So turn to me.

Steve: Thank you, Mother. Could we please have an update on the planetary heart opening?

DM: It is well underway.

Steve: So it is gradual.

DM: Think of it in this way. Gradual can mean billions of years or an instant but I will not defuse your question. I will simply speak to it. In terms of the human race, the Gaians, my beloved angels in form as a collective, in your terminology you are thinking of it as "gradual" and I specifically say "thinking," rather than "feeling."

Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion.

And if you speak to these individuals, there's nothing gradual about it. It is the immediate knowing not only of love, not only of individual essence but of essence. Increasingly, the number of human beings upon your planet that are experiencing this is growing literally, expansively.

Yes, there are many that think they are having heart issues. It is no longer simply a labelling of ascension symptoms. So to put this instantaneous transmission of heart opening into ascension symptoms as a broad category, yes.

But can we say... You are always looking for events, Sweet One. You may look to these instantaneous openings as events, significant events. And the reason why I suggest to thee that it is an event is because of the numerical quality of the number of people on your sweet planet, my sweet daughter Gaia, who are experiencing these heart openings.

Now you say, "Mother, why have you diverted it into this discussion?" Well, I tell you why, Sweet One. Those that are experiencing these instantaneous transmissions of heart opening are acting as, not just a significant but a major catalyst for the collective heart opening.

Think of it as a virus, in your terminology, that one has and then is communicated like a virus. Love, Sweet One, and knowing are very viral. So what is happening is that this is contributing to the, what you are calling, gradual heart opening, a significant, major undertaking [that] has actually happened.

Are there are those that are still ironically refusing or distracting themselves from either the what you are calling gradual or even the instantaneous transmission? Yes, there are. But nevertheless, even in the most recalcitrant or disinterested, the energy is in the air so they are breathing the virus.

Make no mistake, Sweet One, Love will win because that has been my plan always. So your real question is, "How are we advancing?" And what I am saying is that individual ascension is and has been happening for some time in terms of the quantum collective leap.

In your terminology, you are almost there.

Footnotes

(1) For the many names of the Divine Mother see "On the Nature of the Divine Mother," May 12, 2019, at <http://goldenageofgaia.com/?p=300774>

The "Divine Mother" is the name given to God in its active phase. Other names are Shakti, Kali, Holy Ghost, Wisdom (Hagia Sophia), Aum/Amen, the Word, the Logos, etc.

God in its "inactive" phase is referred to as God the Father, Brahman, Buddha Nature, the Void, the One, etc.

The Divine Mother: Resurgence of the Tsunami of Love

May 2, 2017

<https://counciloflove.com/2017/05/universal-mother-mary-resurgence-of-the-tsunami-of-love/>



Linda Dillon: Channel for the Council of Love

Suzanne Maresca: Host, InLight Universal

Divine Mother: Greetings, I am Mary, I am Maré, Universal Mother, Mother of Hope, Mother of Change, Mother of Constancy, Mother of All, Mother of One – and Mother, sweet angels incarnate, of each and every one of you.

Thank you for inviting me, for allowing me, for welcoming me this day.

Suzi: It is our delight!

DM: Sweet angels of blue, have you ever simply thought of calling yourselves *The Blue Team*, because that is what you are? Yes, and I do include Steve in this team, this triad and this undertaking in our name and in the name of love, in the name of One and in the name of All. ...

Love in all its forms feeds love. Think about what I say. *Love feeds and grows love*. It is the essence of All, and the more it is fed and nurtured, the greater it grows. Hatred or greed or jealousy or power, abuse of power – that does not feed the love.

And because love is the essence of my universe, the entire multiverse, what it means is those essences that are of a lesser vibratory nature, sooner or later – and I suggest sooner – they simply starve, they starve to death. Whereupon that energy, whether it is in human form or simply in the ethers, is returned to me clarified and then sent back out, exploded back out into the universe, into the multiverse.

It is eternal and unchanging – and it is infinite, eternal and constantly changing. But when you break down those particles, whether it is an entire universe, a singular planet, a galaxy or your own skin – it is love. It seems so simple and yet, to many, incomprehensible. ...

Now I have one more thing to say: I am reinvigorating, I am reactivating and I am bringing forth my Tsunami of Love. It has been the beginning and it is the end. No, not the end of life or civilisation or existence, but think of it as an opening bracket and a closing bracket, and in between you have had, of course, many of my waves – it never stopped – of my Tsunami of Love, penetrating each and every particle of your being.

Then the masters and my archangels and all the legions have added their energy to you, and then your Star brothers and sisters have added their Porlana C to you. And now I am telling you I am reactivating the Tsunami of Love to wash away and complete what we have begun together – not to end anything, but it is a new chapter of existence! So think of it as the rinse-off, and I am rinsing you and immersing you and buoying you up with my love.

I have given you my most precious gifts: clarity and purity, grace, wonder and awe, and in that clarity, in that purity, in grace, you step forward in tangibility to bring forth the fulfilment of my dream.

So I declare: I am helping you. Yes, I have heard your cries, and I also know this is an element that needs to be added and it has always been the Plan. ...

The Divine Mother: Density is Unloving Emotion; Love is Lightness of Being

March 6, 2015

<http://goldenageofgaia.com/2015/03/06/transcript-divine-mother-unloving-emotion-density-love-lightness/>



Excerpt

Divine Mother: Let us make it very simple: You are the embodiment of love. You are the expression of this unified force that you think of as Father/Mother One, actively birthed in what you have framed as ‘creation.’ I tend to use birthed, but use these terms cautiously but interchangeably.

I am of such an infinite and eternal nature that I can have, beyond counting, beyond what you consider infinity – yes, your mathematics have a long way to go - but beyond that, as many expressions as I choose. Now, that does not, in any way diminish [your knowledge?] – in fact, if anything, why I speak of this is so that you will realize your spiritual DNA, the truth of who you are. ...

Let us be very basic. My essence is love. The Father and I are conjoined as One, our love. And it is from this union that all is born. This is part of what Sanat Kumara has been teaching you: The transmutation of that essence of my being can be a building block, can be a glue, can be a skin, can be a heart, can be a limb, can be a building, can be whatever is required. And what I do - and this is the heart of the discussion that we have this day - I give you again and again and again and again, my essence. I am part of you. Inseparable.

My essence is love. Now, in many cultures and civilizations, they call that love by many names. That does not matter because the knowing, the feeling, the experience, the energy does not change. I am a part of thee, each and every one of you - and this has been reinforced by my Tsunami of Love.

But, beloveds, you are also a part of me, of us, of One. And that is the piece that oftentimes is forgotten. And that is why I say there is no separation. ...

So the answer to your question - and I am pleased to address this - is that all of it is my love. And I can take a billion forms, and I have just begun. So do not take your time, my sweet beloveds, trying to count the number of angels on the head of a pin, because they are all expressions of love just like you. ...

There is not an aberrant action that is not a desperate gesture to get back to the love.

Now, this is going to be very hard for many of you to understand. There have been many instances in your history, which is lengthy, of even your universe, where such aberrations have taken place. Is it an aberration of the free will and the surrender? Yes. But when one acts in such in way, it is a pathetic, desperate plea for love.

Let us dig deeper. When one comes from a place of hatred - and let us take some of the worst examples. So when one is in a place of hatred, of cruelty, of control, and power as in the use of force, and one is exhibiting and exercising that hatred, that cruelty - the question that you as lightworkers, as love holders, as spiritually cognizant and aware ascended beings is, why? What could possibly be the reason, the rationale?

It is that individual's sight, and it appears that it is a sight of struggle and outright war to gain power and control. But why, why, why the urge for this power and control and the exercise of brutality?

Now, not all these people have been brutalized, not all these people have experienced hatred, so why? Because they have forgotten, or they are not experiencing any love within them. They know it's there, and they are a child acting out desperately, in the most desperate of ways. And that is the only reason. ...

Sweet Steve, you have said to me many times. How do we build this Nova Earth?

Steve: [laughing] Yes, Mother.

DM: And you build it, my beloved son, by claiming the love, by claiming the building blocks, the glue, the dissolving agent, and you use it as your creator self however you choose. And I support those choices because when we are in harmony, when I am permitted to be acknowledged and loved within you as you are within me, then the choices are always reflective of this forward movement of Ascension.

Steve: Thank you, Mother. I think a lot of us are also wondering if universal unconditional love and unitive consciousness are the same thing?

DM: I have talked about many expressions of the love and unitive consciousness. Unity, unity, unity is an expression of love. Now let us explain why. Your greatest fear - and this is so for every being upon the planet - is that you are not worthy, and that you are not loved and unique and not special, and that is a very curious human theme is it not?

Steve: Yes.

DM: And your greatest desire is to be in union - with us, with your guides, with your beloved sacred union partner, and with each other. 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.

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 (1) - 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.

And so is unity consciousness part of the Ascension, an expression of the higher-dimensional realm? Absolutely. And it is an expression of joy. It is the relinquishing of struggle. ...

Steve: Can you tell us how is it that density impedes love, light, and consciousness? We could take the example of our dense, Third-Dimensional bodies that we are leaving. What is the process whereby their density impedes love?

DM: Density is a term, and I will not go into physics, quantum or otherwise.

Steve: Yes. You'd lose me if you did.

DM: [laughing] Yes, we would have to have Albert [Einstein] interview me would we not?

Steve: Absolutely.

DM: Or perhaps Stephen Hawking. Yes. [laughing] But we are not asking to do that.

What is density? It is mass. It is what you think of as heavy matter. But it is not real. This is yet another one of the human illusions.

So you say, and I'm not suggesting you are not speaking truth, but truth as you've known it existing. And it is with great glee that I suggest this to you: Density of the human form is caused by unloving emotions. Now let me clarify one more time. It means emotions that are trying to ignore, forget, or shove out the love - unloving emotions, self-destructive emotions. Density equals destruction, self-destruction, collective destruction.

The only time that density - and we use this in a very different reality, and, yes, I will get into the physics then because it is a quantum formula whereby energy can assume form. The energy particles that make you up are not dense. They are as light as air. They are as sheer as clear water, as clean air.

So density is unloving emotion - petulant, self-destructive, heavy, hateful thoughts. And the most self-destructive, in terms of density, which then of course creates collective destruction, is the self-loathing, the self-hatred, because that is when you are trying to push me out.

And then what it does is it absorbs. It absorbs into the physical form so that you do not feel a lightness of body, you do not feel a lightness of intellect, and you do not feel a lightness of heart or emotion. And eventually what occurs is that you do not feel. And that is very sad. And that is what you are correcting in this Ascension process. So the density is dissolved.

Now here comes the multipurpose love. That density is dissolved by love. It is dissolved by choice. It is dissolved by decision. It is dissolved by joy.

When you are in joy, when you are in love, when you are in purity, even if you are in the proper application and holding of compassion, there is no density - there cannot be in that purity. Density is one of the creations of the humans to control - it is a complete illusion. And ... it will exhibit as disease and challenge, and institutions that are dense or nations that are dense, or practices that are dense.

So what do you do? I offer you a very simple solution. Just turn up the love. Turn to me. If you say, "Mother I am not sure if I know how to do that. I am not sure how to activate all these DNA bundles. I am not sure how to activate all my DNA markers. And I do not have twelve weeks with you to take this class.

"So what I say to you is simply, 'Mother turn up the gas.'"

Can that be simpler?

The Divine Mother: Allow Yourself to Float on My Love

May 21, 2017

[http://counciloflove.com/2017/05/allow-yourself-to-float-on-my-love/.](http://counciloflove.com/2017/05/allow-yourself-to-float-on-my-love/)



Greetings, I am Mary, Universal Mother, Mother of change, Mother of constancy, Mother of hope, Mother of love. Welcome, welcome my sweet angels, daughters and sons, earthkeepers and starseed, pillars and portals. I embrace you all and I gather you unto my heart, unto my soul, unto my being.

You are mine, you always have been, you always will be regardless of where you wander or how deep you swim, you are mine. But just as important, remember sweet ones...I am yours...infinitely and eternally, practically, and in your moment of now as well, I am with you.

And yes, I have activated the resurgence of this Tsunami of Love, of my Tsunami of Love. And what does this mean? Now understand, during the human experience and during the general human experience...because it is the general collective that

we are also addressing with this energy; whether they are aware of it or not, it matters not, I penetrate them.

But think of it as a rule of thumb that the percentage, the element, the experience of my love is but a small percentage or quotient of my essence. And I have done this and I do this because I have no desire to electrify, overwhelm, or electrocute any of you. My plan is not to wipe the planet clean of humanity. Quite the contrary...it is to awaken, revitalize, reconstitute, recalibrate.

Now, each of you, sweet angels, have had experiences where you have felt my love, where you have felt very clearly my presence...you who I speak to this day more than most...and you have had that sense of overwhelming love, overwhelming connection and the depth of our interweaving, our conjoining in sacred union, in partnership, that is truly the truth of our relationship.

I renew my Tsunami of Love so that more of the collective [can experience it]... those who are sitting on the fence, those who have said, "I'm not interested. I don't want to hear any of this spiritual garbage," those who are adamant in their rigid beliefs that there is only one way to experience divinity – which is absurd – I create millions of pathways; those who are recalcitrant, who literally fight me, the Father, All, in every breath. Now, I have increased their quotient of awareness, their quotient of awareness of love, with my ongoing tsunami and particularly the first wave, the second wave, the third wave. But they're not quite there yet.

If nothing else, I am not only constant in my attendance to all of you, diligent, I am very persistent. I have eternity to play with, as that is what we do, but in that eternity, and within the brackets of your time, there is also the unfoldment of my Plan. And so, once again I bring my tsunami to penetrate all...all of humanity, all of Gaia, all of the kingdoms, and all of you...every fiber, cell, molecule, sub-atomic particle of your being. But sweet angels, this does not need, I do not require or request that this be tumultuous for thee.

And that is why I have brought you, this day and every day, to the quiet cove, to the place of gentle wave action and ripples where you may simply bathe in my love and yes, feel again an increase, an expansion of my gifts of clarity and purity and grace, wonder and awe.

Now, it is true for that collective, they may feel – and many are already – that they are riding the rough seas. But regardless of that, they're also receiving greater clarity and purity and grace. The expansion, my beloveds, that you are capable of is infinite. You are of my breath. You are of my pattern. You are mine and that is all.

There are some of you whose soul mission and purpose is to go out of the placid cove and to go and lifesave some who believe they have been tipped over riding the waves, that they are drowning. They are not drowning; they are being reborn.

But for most of you, my request to thee is come into the gentleness. I do not wish to sweep you away but I do wish to wash you clean, to refresh you, to renew you. So, come to the water's edge, allow yourself to float on my love, to be, literally, a part of my nurturing, my comfort. I am the strongest and the gentlest; these are not polar opposites; they are one. Allow this deeper integration and simply know, sweet ones, I am with you. Farewell.

Our Original Sacred Partner

March 28, 2015

<https://goldenageofgaia.com/2015/03/28/our-original-sacred-partner/>



Written two weeks after my heart opened on March 13, 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 is 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.

**⌘ Saints, Sages, and
Archangels on Love ⌘**

Jesus via John Smallman: Rejoice, Because There is Only Love (Repost)

May 17, 2017

<https://johnsmallman2.wordpress.com/2017/05/17/rejoice-because-there-is-only-love/>



[Audio version.](#)

Humanity's awakening process is proceeding apace, more rapidly and effectively than we had thought possible. And this is because so many of you *are* setting the intent daily to be only loving and then following through on that intent in almost every situation that arises in your daily lives. You are all to be congratulated for your sterling efforts in making the awakening process work.

The chaos and conflict worldwide, not to mention the confusion that is arising, signify that the foundations underpinning the illusion are indeed collapsing and that there is no way that they can be rebuilt or repaired.

The illusion's days are coming to an end as more and more of you *choose* not to buy into the system of competitive and destructive game playing that it has constantly presented to humanity as the *only* sane way to live on Earth. Ever increasing numbers of you are seeing and realizing how insane are the systems and rules of the utterly deceitful game playing that have been ongoing and encouraged

within the illusion over the eons. Your awareness of this is nudging you most effectively toward awakening, because you are extremely tired of playing these games in which there are only *losers*.

Yes, it does seem, if you look solely at the material benefits that can be achieved by playing these games, that there are a few wealthy and powerful individual winners who run the world, leaving the majority of humanity suffering and impoverished. But the world of competitive materialism is unreal and lasts but an instant for the winners.

In the grand scheme of things a human life is lived for only an extremely short period of time, and then the body is laid to rest. What was seemingly achieved materially, often at great apparent cost, is lost instantly, and in that moment of human death it becomes very clear indeed that in fact *nothing* was achieved, and *nothing* was lost!

The honors that are often awarded to important or well-known humans after they have died are truly meaningless, whereas the honors that are awarded from the heavenly realms are eternal. And the vast majority of humans are most highly honored in the spiritual realms for choosing to incarnate on Earth at this moment, because they were all fully aware that it could and would be a very painful experience for much of the time.

Yes, there are moments of joy and happiness, but they are only brief because the issues of life as a human, presented by the illusory environment that most humans inhabit, demand enormous amounts of energy from each individual in order just to stay alive.

Deep within themselves each human *knows* that life should not be filled with pain and suffering, and that pain and suffering, that sense of separation and abandonment, leads quickly to rage or anger due to the fear that this human life is all that is available, and that it will be followed inevitably by death . . . where judgment, blame, and punishment may well be meted out! Not a very happy prospect, so rage that this might be the truth is totally understandable.

Rage and anger are separating devices, devices that encourage you to avoid close and intimate relationships. But it is *only* through close and intimate relationships that you will awaken and return Home. Home is God, is Source, is Love, and in that state there is no room for even the slightest amount of anything that is not in perfect alignment with Love. Anything that is at all unloving blocks Love from the heart, holds It off, refuses to allow It to enter. And Love only enters by invitation because It always honors the freedom and intent of the one on whom It is calling.

However, as the life aspects or attitudes of anger, rage, a sense of separation, and an intense sense of fear are completely unreal they *will dissolve*. But those who engage with them, mainly out of fear, along with the intense sense that they are unsafe unless they build powerful defenses behind which they can seek protection, can hold onto those “protective attitudes” for a very long time, even through many human lifetimes.

Eventually they will open to Love. It is impossible not to because each is One with It. You and God are One, and you cannot hide indefinitely from that most wondrous Self. And all exist at One with God. Therefore even those most intensely embedded within the illusion, and most enthusiastically playing the games of divide and conquer available there, *will* allow Love into their hearts eventually as the games and the illusion dissolve leaving them no other option. And what a glorious option that is!

Truly Life is a state of eternal joy, and the “little life” that you experience as humans is far removed from that. You are Real, Reality is where you have your eternal existence, enveloped and enfolded within the divine field of Love that is All That Exists. Hence the statement made in many enlightened holy books: “God Is.” Nothing else needs to be said.

Nevertheless, for humans that is just a rather puzzling and perhaps meaningless statement because as humans you are forever doing and worrying and preparing and planning, and to “just be” without activity of some kind makes no sense to you. It is a paradox that can only be understood by *knowing It*.

God Is and so are You, and when you return Home – although of course you have never left Home because there is nowhere that you could go – full knowing and understanding, full consciousness will awaken within you, returning you to that state of infinite and eternal joy which you temporarily hid from yourselves as you played your games of separation and fear.

That temporary moment of insanity is coming to an end as the Tsunami of Love – the ceaseless call to you all from Mother/Father/God/Source/Love – finally awakens you from your seemingly endless dreams and nightmares to be One once more with All That Is. That is your natural state, the *only* state possible, and all that has been distracting you for eons will fall away and dissolve as though it had never been because, of course, it never has.

God created You perfect, and that has never changed. An unreal thought occurred to you and you engaged with it, rather thoughtlessly, and so the illusion *appeared* to come into existence. You have been distracted from Reality by it for these

seeming eons of time while you engaged with it with your severely limited human abilities and convinced yourselves that it was reality.

A place where you had to struggle and fight for survival, while acknowledging that in the end the struggle was futile, because into your human bodies you had implanted an unalterable time switch or clock that started to run down immediately, leading to inevitable decay and death – the term you use frequently today in your material environment is *planned obsolescence!* That is why your fear arose, because, obviously, death is the end, the termination point – SEPARATION!

For One who is One with God to even dream of being separated is terrifying. Yet you engaged with that thought of the impossible so intently that it seemed to overwhelm you and place you in an environment that contained all that was *not* Love.

Rejoice, because there is *only* Love, and that is where you have your endless and eternal existence, forever at one with God, and that never has and never will change. You *will* awaken into Reality, and fear and all its many disguises and companions will be gone as though they had never existed, which, of course, they haven't. Complete and utter joy awaits your awakening. I *know* because that is where I am, and shortly you will all join with me there.

Your loving brother, Jesus.

Mary Magdalene via Fran Zepeda: You Are Pure Divine Love

Nov. 14, 2015

<https://goldenageofgaia.com/2015/11/14/mary-magdalene-via-fran-zepeda-pure-divine-love/>



Hello Beloveds,

It is I, Mary Magdalene, bringing you sweet tidings and abundant Love to all who tune in to my energy this day. I AM full of Love for you All. I AM deep within your hearts this Now Moment.

I wish to speak with you today about Love. About Abundant Love to which you have all fostered a deeper connection to and understanding of in these recent times. You understand it on a much deeper level now, do you not?

Do you understand deeply that YOU ARE LOVE? As you accept the perpetual divine energies pouring into you constantly now, you are no doubt establishing a much deeper understanding of that. As a part of Source, you are also the essence of Source: Love.

This, no doubt, is not new to you. But I want to explore this further and deeper with you.

Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening.

This requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love.

As your crystalline body comes more on-line, this is becoming more apparent to you. It is essential that you not separate yourselves now from your Crystalline Body, your Christ Consciousness and your Love Essence, in how you look at yourselves. It is no longer something to attain. It is what you are NOW.

The more you are aware of this in every Now Moment, the more you will be able to actualize your True Divine Essence, and thus so your every dream.

You can now construct your dreams with this Love that is pulsing in every particle of your Being. And in doing so, you are an example for others.

Love can be used to dissolve every negative aspect of yourself simply by your intention and your acknowledgement that every negative experience, aspect, emotion and thought is merely a construct waiting to be made whole and pure with your ministering of Love, Forgiveness and Compassion, for yourselves, and for every aspect of your Being, and every aspect of others' Being.

Do you realize that this tool of Love can be wielded with utter power and abandon, knowing that with every swipe of it, you become more whole, more entrenched in your divine nature — more whole within all your aspects, and more capable of absorbing and integrating all parts and aspects of you, multidimensionally, as well as with all aspects of Christ Consciousness/God Consciousness?

By absorbing and demonstrating the full vibrational nature of those divine aspects/ Cosmic Rays, you are fully in command of them, and more integrated in full divine expression. Divine Love, which is what we are speaking of today, is just one of

them. Divine Harmony, Grace, Divine Will, and Freedom are but a few more, which I will speak of another day.

So absorb fully this beautiful Divine Ray of Divine Love, more fully each moment, and wield it to raise the vibration of all, to create your dreams, and to sustain and raise the beautiful Unity Consciousness becoming prevalent and divinely entrenched in your world now.

Invite all your cells and every particle of them, invite all parts of your Being, to be drenched in Love and let Love glue together all parts of you in perfect Harmony as you walk, talk and live Love.

I have encoded in this message the infinitesimal Essence of Love. Allow it to vibrate within you and allow it to thus color everything you think of and do from this moment on. For this is your birthright. This is your nature. This is your essence. This is your purpose.

Magnify this dose of Divine Love I give you now and saturate your very Being with it, and then saturate all parts of you not in Love or Harmony and watch how you will feel more buoyant and in the Zone of Love — where it takes over all your thoughts and fuels your dreams, sculpts your dreams, and enables others to do the same.

Namaste.

I AM Mary Magdalene in Pure Divine Love.

"Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <https://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>

Archangel Michael on Heart Openings

April 27, 2018

<https://goldenageofgaia.com/2018/04/27/archangel-michael-on-heart-openings/>



In a personal reading I had with him on Nov. 5, 2016 through Linda Dillon, I asked Archangel Michael to discuss heart openings. The topic tends to be misunderstood.

In the course of the discussion, he tells us new things about the heart - that it has several apertures, not just the hridayam that Vedantists describe. That's entirely new to me.

He tells us that a heart opening is not determined by length of time meditating, but depth of meditation.

Steve Beckow: The precipitate, the big question that presents itself to me and I would hope to others - but I don't know about that - is how to open the heart. For me, when my heart opened some time ago, life completely changed. It was a total shift. I was, well, certainly in a higher state; I don't know if I was in a higher dimension.

And how can others open their hearts and how can it be discussed because people, when you talk about this they think "I'm close hearted. I'm not compassionate" and of course I'm not saying anything of the sort. So can you help me with that whole question? How does a person open their heart?

Archangel Michael: Yes, it is not a matter of being, in your current terminology, “close hearted.” What it is is heart opening and expansion into heart awareness, into the love. Let us make it very simple.

A heart opening is simply an expansion or a shift into the deeper, broader, higher connection with love. It is the connection, and the participation in that connection, to all.

Now, I wish - yes, I do wish - that I could give you the two-minute answer. Do A, B, C and D and you will be there. But it is not like that and one of the reasons...

And by the way you are in a higher state of consciousness, higher state of being in yes ... in a higher dimensionality as well. They are very interconnected, not completely aligned but interconnected.

But it doesn't matter because what happens is people become obsessed with both the mechanics, the layers (I am in the Fifth, I am in the Eighth...). It matters not.

Let us start with are you in, or out of, the love. Now what makes it a process and an undertaking, almost what you can think of as a sacred agreement for union, is the element of free will.

Human beings and many other species have this belief that they only exercise their free will when they do this or that, when they decide or choose this or that. But in fact, other than some autonomic pre-sets, every element of your existence brings free will into practice.

If you do not make the decision, the choice, the act of will, if you would, the choice to proceed and to be the love (and to use that almost as a constant litmus test) then there is a tendency to simply go on autopilot and unfortunately this is the case for much of the human race.

There is not the balance between the heart and soul, core existence desire for love and the mental emotional autopilot. We aren't even saying it is choice. It is simply as if you are driving on pre-set.

If you do not work, and by work I mean meditate, be still, receive as well as give the energies and welcome them and then work with them, implement the love, then that sense of expansion either becomes like a closed-door or a revolving door.

And sweet one, what you often have felt, is that it is been a revolving door that, “I'm in. I'm out. I'm in. I'm out.”

So, if we can use the word “heart,” the apertures of the heart have many openings. And you have recently even discussed and talked about some of this.

But very often what is happening is that again, it becomes a dimensionality wars. It becomes, “Am I using this portion of my aperture? Am I using that portion of my aperture?” And the point is, is that you are using all the activation points.

That is how you enter into the love and stay there. When you are in, and it can be, we can call it, meditation but we simply mean when you allow yourself to be in a state of beingness, of stillness, of oneness, that is the indicator - the flashing red light (or green light) to the entire universe that you are still, that you are ready to align, that you are open to receive and become a transmitter, a vessel of nothing but love.

And you have had those moments of full awareness awakening where you have begun, (because it is a beginning, not even a middle) to touch that sense of the all. That is the easiest, most proficient way.

Now I say this and I can hear many of you say, “But I meditate for 20 minutes a day, I meditate for an hour a day. It is not determined necessarily by what humans think of as a time span.

It is going deeper and higher for some and on some days you are able to reach this state of quietude. Yes, the channel’s term is “spaciousness.” You are able to reach this rather rapidly whereas other days it may take hours. It may take days.

But if you remain in it, it will happen.

But what happens for so many, and can you imagine saying this to the Father/Mother One, “Oh I have an appointment, I’ve got to get going, I don’t have time for you. I don’t have time to find the totality of why I’m here, the entire meaning of existence. I’ll have to get back it to you on that.”

So the decision that the autopilot of your life is more important than the love, the expectation that busywork is more important than connecting with all, defeats it.

So there has need to be a willingness, and dare I say, a discipline - a discipline practice of taking the time, the energy, the room to create with all your apertures that sense of connection.

Now you do not need to know, “Now I am connecting this... Now I am connecting that...” It is simply being and it is eliminating the mental chatter. How you know you’ve entered into that space is when the mental chatter ceases.

You say to me, “But, Michael, we all have our lives, our families, our duties to attend to.” And I agree and I understand but where is the priorities of what you are doing with your life?

That is the eternal patience of the Mother.

When you create a ritual and a practice, not only to enter into the love but your real question is to stay in the love.

And you have experienced this, my friend, my brother. When you emerge from that place of silence where everything is, you carry that then into your life and everything you do and say and hence experience is in alignment with the love.

Your acts of will, your acts of creation, your participation in joy, your giving of joy, your receiving of joy. It is all coming from the place of the love.

So there has need to be as an act of will, the decision and the practice, (a decision without implementation is meaningless) to truly pursue and to commit to being in the sacred space of love.

There are many who say, “Well I never feel it. I haven’t been there.” And what I am saying is to get rid of the mental/emotional debris and come back and sit with us. You will know it.

Is this clear? I know it is an abbreviated conversation sweet one, but is it clear?

Steve: Well, I thought it was a very rich conversation, which I will pore over in transcript form. I’m looking forward to it immensely. Thank you for all those leads in there. And I do get the importance of beingness, stillness. Thank you.

AAM: You’re welcome, my friend.

Archangel Michael: Made with Love

Sept. 28, 2020

<https://goldenageofgaia.com/2020/09/28/made-with-love/>



Archangel Michael seems to be preparing us for our new roles. Here he counsels us not to use tools or machines or procedures that do not feel as if they were made with love. He also asks us to be aware of but not swept up in the current disarray.

Archangel Michael: You are ... helping those who seek the peace, who seek the truth, who yearn for love.

For that is the definition of Nova Earth and Nova Being. It is not complex or complicated. In fact it is really quite straightforward.

There are many descriptors in the richness of your language and in fact, all languages. And I do not simply mean human languages.

The language of love is universal. Yes, the array of descriptions, the array of expressions is very close to infinite because those expressions and the ways in which one comes to the understanding of love continue to expand.

So often when the Mother has spoken of her infinite and ever-expanding universe - omniverse - there is a tendency, particularly in the human realm, to think of, shall we call it, the material [domain] where the concrete - a new planet or a new galaxy or a new tool or a new machine - was born, invented, anchored.

But in fact, the expansion primarily is the expansion of these sessions of love. And yes, the expression of love can be as simple as the perfect spatula, as the perfect tool, a screwdriver, a generator, a computer. Because it is created in love and it fits. But underneath that is the knowing, is the expression of “taking care of.”

So often in the human realm and by the way, as an aside, you can tell (and when I say “you” I mean anyone who chooses to stop for a moment and pay attention) you can always discern if a particular tool, an object, whether it is a screwdriver or a galaxy, is created in love. There is a sense, yes, not only in your mind but in your heart of a fit, of a comfort not merely of utility but that the love has been infused, that the care and the pride (not in terms of ego but pride in terms of honouring one’s work) is in there.

And, when it is not, that is also very apparent and in those areas where the love, the comfort utility, the joy is not felt, then our guidance is to simply steer clear. Do not use the tools. And in this I include words that do not convey or contain or emit love, peace, joy; all the various words, the lexicon for love.

And I say this to you because ... you take the, what I would call “critical time,” to ensure that which you are communicating through our platform is contributing to the love, to the collective sense of peace - yes, even in the midst of this chaos.

So often, and I do not say this in any kind of critique or critical manner. So often when humans are witnessing or even being caught in the upheaval and chaos, what becomes their reality is the chaos, is the upheaval.

So what you are doing is identifying, yes, this is chaos, this is upheaval, this has need to shift, this has need to be redefined, redirected. But uplifting them to look at the bigger picture of where they are headed that they, as a beautiful bright human collective and as individual souls, are not defined in any way shape or form by the disarray.

Archangel Michael on Love, Bliss, and Ecstasy

January 25, 2016

<https://goldenageofgaia.com/2016/01/25/archangel-michael-love-bliss-ecstasy/>



I had a personal reading with Archangel Michael through Linda Dillon on Jan. 20, 2016, in which one of the topics we discussed was bliss.

I share AAM's observations on it because we're all going to be entering this territory soon enough and it may work to have his guidance on it ahead of time. Thanks to Dana for our transcript.

Archangel Michael: There are many ways in which to get your attention, my friend.

Steve Beckow: Can you give me some examples?

AAM: The best example is when you are in the bliss. That is when you are truly in the union not only with my Sacred Self. It is with our Sacred Self.

It is the totality of all; where the, what you can think of as the, distinguishing outlines of individuation, of delineation disappear. That is truly the way existence is.

It does not eradicate the sense of individuality or uniqueness but it reduces it to what it really is, which is of very little importance.

Steve: I'm enjoying the bliss. You can send any amount of it you wish my way.

AAM: I'm sending it as an appetizer and sometimes as a full meal!

And you are anchoring into it bit by bit so that you are not overwhelmed and that you are able to communicate, write, share, and guide those who are following you so that they may know, not only what to look for but what to look forward to.

This has been one of the great difficulties, and, yes, we discussed it just a little yesterday [on *An Hour with an Angel*, Jan. 20, 2016]. But it is a great difficulty of the human race that they have forgotten or set aside or are so distracted that they don't know what they are looking forward to. Because they don't know what they are looking forward to, they are not pulling and anchoring it into the now.

Steve: They don't know what to anchor in the now?

AAM: They don't know what to anchor. It is like going into a grocery store when you are in a very distracted state, not having a shopping list, not knowing what you're hungry for, not knowing what is missing in your larder and really simply wandering around in a daze and walking out with a chocolate bar and a bag of potato chips. This will not sustain you!

[Later]

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

AAM: It is the Seventh Dimension.

Steve: Then what dimension is bliss?

AAM: It is between Eight and Nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

AAM: Then you have moved beyond.

Steve: What is beyond? How many dimensions are there Lord?

AAM: Twelve.

Steve: How come some people talk about the 21st and the 30th Planes...

AAM: They are misunderstanding the construct of human existence.

Also understand that within each dimension, there are 12 planes. Think of it as a 12-step program for each dimension.

Steve: So, in other words they are still in a Twelfth-Dimensional world and they are making a distinction of another type.

AAM: They also want to be higher or better. It is bit of an ego statement, is it not?

Steve: I don't know why I'm not surprised to hear you say that.

Sri Shankara: Everywhere You Look Will be a Monsoon of Love

April 26, 2018

<https://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>



This article is an excerpt from a larger one in which Sri Shankara describes a heart opening, in much the same terms I'd use.

One day, when I checked my cellphone, it opened to a page in Safari with the following words from Shankara. They are probably the best description of a heart opening and the consequent entry into a state of transformative love that I've read. Reading it brought me into a state of love again, at that moment:

"What happens in this seeing, even as you look at your beloved master [Krishna in this case], at your godhead, the opening begins to occur in your heart. It is similar to being flooded. So when you are being flooded, you do not simply say, 'Oh, my goodness! My toe is wet!' You look around, and the whole room is flooded.

"So you may think of it as a monsoon of love. And everywhere you walk there will be love, and you will be able to see, because that is how powerful it will be. There will be no capacity for denial of this." (1)

Yes, yes, yes. That's such an apt and vivid description of what I think of as a heart opening. The opening begins in the heart. All of a sudden, love flows mightily and the whole room is flooded. It's more than a river totally flooding its bank; it's a tsunami or monsoon, in that it floods everything - every nook and cranny. Love is everywhere and it pushes everything else - like anger and jealousy - aside, back, and away.

"This is how powerful it will be." Yes, it's powerful enough to transform the circumstances rather than being transformed (or suppressed) by them. It conquers all it meets in the sense that it does not flee from anyone or anything. We can however flee from it. In that circumstance, love will leave.

No there will be no possibility of denial. One cannot mistake being swept away in love. The idea of mistaking it is laughable when one knows the power of love, but a mystery when one doesn't.

Footnotes

(1) Sri Shankara: Everywhere You Look Will be a Monsoon of Love, June 26, 2013, at <http://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>.

Matt Kahn: Love

November 9, 2020

<https://goldenageofgaia.com/2020/11/09/matt-kahn-love/>



Love doesn't judge or oppose. It embraces itself in all -- whether as pain to be transformed or as radiance to be expanded. Love just loves.

It's not something the ego can do, especially when the ego is here to be loved, no matter how loving or unloving it seems to be.

At our own pace, we each make our way into this alignment with love. It is the only force through which life's atrocities may ever be resolved for the well-being of all.

No matter the viewpoints being embraced, may our alignment with Spirit ensure we are always voting for love.

May love always know itself as you.

All For Love,

Matt

⌘ What is Love? ⌘

What is Love?

May 8, 2021

<https://goldenageofgaia.com/2021/05/08/what-is-love/>



What is love?

Love is not a thing. It isn't one of many. Therefore there is no "what" dimension to love.

Love is. As far as I'm aware, it exists in a domain prior to things. It is the constituent of all things, the substratum, the essence.

I surmise that all divine qualities existed prior to things. Like them all, I think, love has no discernible qualities that I'm aware of. It's the way I feel when I feel higher-dimensional love which matters most to me.

And the way I feel when I'm experiencing it? To describe it, I'd have to dust off my superlatives. Because higher-dimensional love *is* superlative, beyond description, the reward for all pains and labors.

I know why people talk about bursting their bodies. If I were to allow myself to feel that love to its fullest, I'd probably burst mine. There'd be no more compelling reason to live in such a confined and restrictive space. I'd have no further need for what Adya calls this clown suit.

Love is different from bliss in that, when I experience love, I'm so connected to everyone else that I want to cry for the sheer exquisiteness of it. But bliss has me just sit there with a cheshire cat smile on my face, having everything I need and want.

There'll never be any Third-Dimensional words that will ever come close to describing love. If anything vital depends on finding them, we may as well close up shop.

I wonder if we'll fare better telepathically.

Is there anything that can be said about it? Love is active. It must flow. There is no such thing as "universal" love because love, by its very nature, is always-already universal.

Love is all-stimulating, all-renewing, all-satisfying. There's nowhere to go once we're immersed in the Ocean of Love. Or should I say, baptized in the River Jordan. We are home.

What Love Is

March 6, 2015

<https://goldenageofgaia.com/2015/03/06/what-love-is/>



**WHAT
IS 
LOVE?**

This article was written nine days before my heart opening on March 13, 2015.

As I personally clear away the core issues that remained hidden, deconstructing the constructed self that stubbornly persists, what arises in the space thus cleared is ... love.

That and many other reasons make “love” for me the most important topic to be looking at right now. We write about what we need to learn. And “love” is up for the learning.

Especially for a hard-charging male, love is like stepping off the plane in an exotic foreign land, without even knowing the language. So let me explore love, if you will, in the days ahead.

Jesus, in a manner reminiscent of Paul so many centuries ago, starts out by describing love as gentle and kind.

“Love is gentle, kind, compassionate, accepting, forgiving, and yet It is the most powerful energy, the most powerful Will because It is infinite, and there is nothing apart from It.

“It cannot be destroyed, defeated, weakened or avoided because all is contained within It.” (1)

It doesn't force itself on us. We can reject it if we wish - for a time.

“It does not impose or demand, but within the illusion you can pretend that It does not exist, and by doing so you shut out joy and happiness from your lives, replacing them with fear and anxiety which you either deny, attempt to conceal, or cower away from like helpless victims of some hideous monster.” (2)

But love awaits us opening our eyes.

“Love is endlessly patient, It will wait until you choose, as you eventually will, to accept It, whereupon boundless joy will be eternally yours. That, surely, is reason enough to give thanks?” (3)

In trying to avoid it, he says, we're like a baby who puts his hands over his eyes and says the world does not exist.

“Because Love is the Source from which all that exists flows, because It is That from which all is created, it makes absolutely no sense whatever to deny It, avoid It, or hide from It.

“To do so is to be like an infant that on putting its hands in front of its face believes that what it can no longer see is no longer there.

“Humanity has collectively chosen to remove its hands from in front of its face and once more see its Mother looking at it adoringly.

“You have played at hiding yourselves from Her for far too long, but She has never lost sight of you, She never will, and your awakening is divinely assured.” (4)

How can one describe something that is everything that is? To describe something, it must stand out from other things. There has to be comparison and contrast to provide material for the description. But with love there is neither comparison nor contrast.

The Arcturian Group tells us that “love is the energy of Oneness.” (5) Jesus says “It is the life force, the limitless field of infinite divine energy in which All That Is has Its eternal and utterly fulfilling existence.” (6)

Jesus tells us that “you cannot live without Love.”

“You are alive and therefore held closely in the warm embrace of the field of Love which supports you totally and provides abundantly for all your needs without you having to, as it were, lift a finger.” (7)

Saul calls it “the power, the energy field of infinite potential in which creation rests in constant alert awareness.”

“That potential is the creative idea that God unveiled at the moment of creation, and it is eternally present throughout Reality, available in every moment for his children to develop and expand.” (8)

SanJAskA explains that:

“Pure love creates and sustains your realities and when we use the term Love, we do not use it in the hollow sense many on the Earth have been accustomed to.

“Rather we speak of true, pure unconditional Love, which is sent out to every facet of our Creator’s inexplicably-large Creation.” (9)

“Every single Godspark on your dear Earth and far beyond can begin to unlock and understand the true, full and awesome power of the energy that is Love.” (10)

No matter how much deeper our knowledge of life grows, we’ll never see an energy or force in the universe beyond love, SanJAskA says.

“So many aspects of your current experience will fade away or be transmuted altogether as you grow into greater perceptions, but the energy that is Love will only come to be understood more and more as the ultimate, infallible energy that it is.” (11)

Footnotes

(1) Jesus via John Smallman, November 27, 2013.

(2) Loc. cit.

(3) Loc. cit.

(4) Loc. cit.

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

(6) Jesus via John Smallman, January 1, 2014.’

(7) Loc. cit.

(8) Saul, January 28, 2015.

(9) SanJAsKa and the Pleiadian High Council, "Pure Love Creates and Sustains your Realities", channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com> .

(10) Loc. cit.

(11) Loc. cit.

What Can We Say About Love?

November 12, 2020

<https://goldenageofgaia.com/2020/11/12/what-can-we-say-about-love/>



Speaking of knowing, what can we say we know?

I say I know on the basis of whether I've experienced something deeply or realized it. Both give me a sense of certainty (not a superficial close-mindedness) that is my indicator of knowledge.

Well, then, what do we know about love? If love is the alpha and omega of life, then what can we say about it?

And here I encounter a feature of higher dimensionality, as seen from the lower dimension.

I haven't actually heard anyone say anything about love itself, the nature of love. I've heard sages describe what love does (love is gentle; love is kind) and the effects of love on them.

I've heard many talk about its abilities, its importance, even its pre-eminence. But I haven't heard anyone actually say what love is.

That may be because of the limitations of my study. But it also may be because our third-dimensional language has no words for a higher-dimensional phenomenon.

It's the same with joy or bliss or peace. We describe what they do and the effects on us but no one can find words to describe these divine states in and of themselves.

I've experienced several of them - love, bliss, peace, mastery, and abundance. I cannot find words for them. Each of them is delightful. I know them enough to know that they all end in love.

Whether the divine states are fundamental to life or not, I don't know. But I orient towards them as if they are until proven otherwise because doing so produces insights and growth.



I may be confessing my failure to find words for higher-dimensional love, but I know what it feels like. And it's exquisite. I personally don't need words for love. I only need love itself. You can keep the rest.

Once we're well established in this love - that is, after we ascend - we'll all laugh. Oh, this is what the sages were talking about! THIS! How joyful to see that they were pointing at something of such value. And now we see - and feel - that something.

All pursuits, all passions, all strong desires are satisfied in the experience of transformative/transfigurative love. The desiring mind is finally quieted and we're at peace.

But most people are looking for it outside themselves when it awaits them inside.

Try this simple exercise. On your in-breath, draw up love from your heart. On your outbreath, send it out to the world. Repeat. This is how to enjoy our own love.

Love must flow. We get to experience it as it flows through us. We may or may not get love from other people. I don't know about that. But the real artesian well is in our hearts.

When the heart finally opens (1) and the inner tsunami of love flows, life begins.

Ideas go out the window. Experience leads to realization. Love has worked its intended effect.

This is the realm of real action. This is the realm of real significance.

Footnotes

(1) Ascension itself is a full and permanent heart opening, called Sahaja Nirvikalpa Samadhi. We're gradually working up to it.

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.

Love is All There Is

March 8, 2015

<https://goldenageofgaia.com/2015/03/08/love-is-all-there-is-2/>



Five days before I had a heart opening and learned what love is.

How easy is it to comprehend something that is all there is? And even if we did comprehend it, intellectual knowledge is not powerful enough to cleave the space and bring Light and Love. Only realized knowledge is.

Nonetheless intellectual knowledge is a first step. Here I want to listen to those of our sources who say that love is all there is.

Jesus through John Smallman suggests that “love is the key to spiritual awareness because all that is spiritual, all that exists rests in Love.” (1)

He continues: “Love is your nature, your Source.” (2)

“Love is the most powerful field of energy that exists. It is the only energy field that exists. Any other energy that you can conceive of or experience is of the illusion, and is an enormously diluted and weakened form of Love, which allowed you to think that you had power without the Presence of your Father.” (3)

Love, he says, “is the life force; you cannot live without It. You are, every one of you, essential parts or aspects of It.” (4)

“Love is all there is,” the Arcturian Group says, “because Divine Consciousness is all there is. Within this ONE every Divine Idea flows forth in infinite form and variety... but always in and of the One.” (5)

SaLuSa of Sirius agrees. He tells us that “in the final reckoning, Love is all there is.” (6) Love, he says, “is life itself and the most powerful force in the Universe that will enable you to continue rising up through the dimensions.” (7)

“The order you see in the Universe comes from all souls reaching a point when they come to the realization that, in the ultimate, there is nothing but Love and that all life revolves and has its being within it.

“Even now you are rising up and your awareness is such that you understand the amazing power of Love.” (8)

Several sources list some of the forces and substances that love becomes.

Sanat Kumara

“The fabric, the energy, the subatomic particles of this universe come from Love.” (9)

“Whether it is a love partner, a sacred union, a perfect family, or a gold coin, it is made of the essence of love.” (10)

Jesus

“The construct — the fibers, the molecules, the subatomic particles, all of it that we have spoken of time and time again — the building blocks are love.” (11)

The Arcturian Group

“It is the one energy, substance, and activity flowing in and through seemingly separate life forms, yet it is always the ONE because that is all there is – Omnipresence.” (12)

The Divine Mother

“Love . . . is the only essence; that is the only substance; that is the only fiber there is. So everything that takes form comes from Love, comes from my heart, and my essence.” (13)

“Child, love is all there is. It is the fuel, the fiber, the substance, the essence of All.” (14)

In a rather amusing metaphor, Mother Mary through Fran Zepeda represents us as bandying love back and forth between us, as it it was a tennis match.

“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.’

“Take everything and see everything from that standpoint, the standpoint of love and beauty and the sweet soft nurturing that love is offering you now.” (15)

One corollary of these axiomatic statements is that love is in no way limited or exclusive, as the Angelic Guides through Taryn Crimi make plain.

“From our perspective love is unlimited. It knows no boundaries. It knows no color, no race, no creed, no gender, and no species.” (16)

Another is that love can be used to create. The Divine Mother reveals that “everything is created from Love.” (17)

The masters know this and use the energy of love to create, Jesus tells us.

“Love, as you have been frequently informed, is the power, the energy, and the intelligence of creation itself. Everything that exists was created in Love, by Love for the infinite pleasure that it would then enjoy, basking in and forever savoring the divine embrace in which all is encompassed.

“So, when you want to achieve something, when you intend to achieve something, the way to do so is to engage with Love. You are all children of Love; Love is your eternal nature, and it is by engaging with It that all that

you could possibly desire not only becomes possible, but actually occurs.”
(18)

The notion that love is all there is is so unsettling to our everyday notions of life that, reading the words above, we may not know how to react.

I look around my room and I see walls, chairs, tables, etc. Nowhere do I see love. I feel love a lot more now than I did, say, a year ago. But even then, the fact of love’s omnipresence and omnipotence doesn’t enter into most of my everyday dealings.

Having it be up to experiential knowledge excites interest. But even the feeling of it is intermittent and certainly not overwhelming.

This great fact of life - that love is all there is - only comes alive when we realize it; that is, when it becomes realized knowledge.

Then, I suspect, love becomes universal, unconditional and constant.

Footnotes

(1) Jesus via John Smallman, November 27, 2013, at <http://johnsmallman2.wordpress.com> .

(2) Ibid., May 15, 2013.

(3) Ibid., June 13, 2013.

(4) Loc. cit.

(5) Arcturian Group, January 19, 2014, at <http://www.onenessofall.com/> .

(6) SaLuSa, Jan. 17, 2014, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm .

(7) SaLuSa, March 22, 2013.

(8) Loc. cit.

(9) Sanat Kumara through Linda Dillon, "The Universal Law of Unification & Unity," Oct. 8, 2010 at <http://counciloflove.com/2010/10/the-universal-law-of-unification-unity/> .

(10) Sanat Kumara through Linda Dillon "Sanat Kumara discusses the Universal Law of Attraction and Repulsion," June 16, 2013 at <http://counciloflove.com/2013/06/sanat-kumara-discusses-the-universal-law-of-attraction-and-repulsion/> .

(11) "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/> .

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

(13) "Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity on Heavenly Blessings, December 3, 2013," at <http://goldenageofgaia.com/2013/12/universal-mother-mary-discusses-the-law-of-completion-and-continuity-on-heavenly-blessings-december-3-2013-2/> .

(14) The Divine Mother in Union & ReUnion, Council of Love Annual Gathering, Oct. 3-5, 2014, Lake Tahoe, Calif., 2014, 7.

(15) "Mother Mary: You Are the 'Harbingers of Love and Light,'" channeled by Fran Zepeda, June 9, 2014 at <http://franheal.wordpress.com> .

(16) "Angelic Guides: Love Knows No Boundaries,' channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(17) "Transcript: Universal Mother Mary Discusses the Law of Completion and Continuity," ibid.

(18) Jesus through John Smallman, May 1, 2013, at <https://johnsmallman2.wordpress.com/>

Julia Ames: Never Lose Hold of This

December 18, 2023

<https://goldenageofgaia.com/2023/12/18/julia-ames-never-lose-hold-of-this-2/>



Julia Ames

I'd like to repost this account of the afterlife by journalist Julia Ames. Anyone who knows me knows I've emphasized that what is left out of most accounts of higher dimensions is the wonderful river, ocean, atmosphere of love that exists there.

It's water to the fish; air to the humans. It's omnipresent and perhaps that's why people don't notice it. They speak from it, but they speak naturally rather than incredulously, as we newcomers would.

But here is Julia Ames, radioing back to us from the afterlife in 1914, the only person I've read to date who fully acknowledges the river of love they exist in. Yay, Julia! This is what's missing from most accounts.

Julia Ames: Never Lose Hold of This

Jan. 10, 2016

(<https://goldenageofgaia.com/2016/01/10/julia-ames-never-lose-hold-of-this/>)

I continue today to be in the experience of transformative love and, when one is *in* love, one can only write about love.

So far we've been looking only at channeled messages from our sources in the Company of Heaven. But I was doing some work on the *New Maps of Heaven* wiki and came across some really wonderful words from Julia Ames. "Julia" was an American newspaperwoman who died just before the First World War and communicated back through British journalist and friend William T. Stead.

She's describing the Higher Summerlands of the Astral Plane. She begins with the blanket statement that "the ozone of our life here is love." (1) She adds: "Heaven differs from earth most of all in this. There is more love in it; and [if] ever love ... throbs in the human heart [it] makes Earth more like Heaven." (2)

She says that, unlike us, the residents of the Astral Plane are always conscious of love.

"The difference between what we feel here and on earth is that here the consciousness of love is everywhere. We see what we are and we often regret it and mourn ... our shortcomings. But we know that we live in the very love of God and that our stumblings tend upwards." (3)

Love is the secret of heaven, she tells us. Increasingly it's becoming the secret of the New Earth.

"I find it so difficult to explain how we live and how we spend our time. ... I think we can best teach you what we experience by asking you to remember those moments of exaltation when, in the light of the setting or rising sun, you look out, happy and content, upon the landscape over which the sun's rays have shed their magical beauty.

"There is peace; there is life; there is beauty; above all, there is love. Love, love is the secret of Heaven. God is love and when you are lost in love you are found in God." (4)

We don't find our existence in love as she does. Consequently we doubt that God exists. But of the Astral residents, she says: "We cannot doubt the love of God. We live in it. It is the greatest, the only real thing." (5)

She goes more into the differences between the physical and astral realities:

"There is nothing to which you can compare our constantly loving state in this world except the supreme beatitude of the lover who is perfectly satisfied with the one whom he loves.

"For the whole difference between this side and your side consists in this ... that we live in love, which is God, and you too often live in the misery which is the natural, necessary result of the absence of God, who is love." (6)

At one point she waxes philosophical and tells us:

"Love is God, God is love. The more you love, the more you are like God. It is only when we deeply, truly love [that] we find our true selves or that we see the Divine in the person loved. ... Love is the fulfilling of the law, love is the seeing of the face of God. ...

"If you wish to be with God - love! If you wish to be in heaven - love! For heaven differs chiefly from earth and from hell in that in heaven all love up to the full measure of their being and all growth in grace is growth in love. Love, love, love! That is the first word and the last word. There is none beside that, for God, who is love, is all in all, the Alpha and the Omega, the first and the last, world without end." (7)

At this moment, I'm feeling transformative love, which is the love she's referring to (not what passes for love on the Earth Plane), and it's yielding to bliss. The truth of her words brings on this mood.

Julia shrinks from considering that her words have done the desired job.

"I am ashamed of the poor, paltry, miserable words and metaphors with which I am trying to give you some idea of the abounding and overwhelming and all-encompassing sense which we have of the love of God. That, my friend, is Heaven; and when you have it Heaven is there. All is summed up in that: God is Love, Love is God, and Heaven is the perfect realization of that." (8)

She ends with an exhortation to us.

"Whatever else you may doubt, never lose hold of this: God is Love. The atmosphere of the universe is the realizing sense of the love of God and the more I live here the more impossible it seems to doubt it." (9)

I could as well go into [*From Darkness Unto Light*](#) and get a third view of love from terrestrial sages: that would make three sources, not all channeled: the Company of Heaven, afterlife communicators, and terrestrial sages. But I know what I'd find. Exactly the same words.

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Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914. 82.

(2) *Ibid.*, 83.

(3) *Ibid.*, 82.

(4) *Ibid.*, 46.

(5) *Loc. cit.*

(6) *Ibid.*, 52.

(7) *Ibid.*, 54.

(8) *Ibid.*, 71.

(9) *Ibid.*, 70.

Meeting Jesus in the 7th-Dimensional Christ Sphere

Dec. 24, 2018

<https://goldenageofgaia.com/2018/12/24/297573/>



Julia Ames

We hear hymns that talk about meeting Jesus in the clouds and being saved. Are they true?

Yes and no. We don't meet Jesus in the clouds above the Earth. But we can and do meet Jesus in etheric planes that have cloud-like ambiances.

Here afterlife commentator, formerly American journalist, Julia Ames describes being taken to see Jesus on a higher plane (probably the Christ sphere, on the Seventh Dimension) and realizing him.

Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914

I found myself free from my body. It was such a strange new feeling. I was standing close to the bedside on which my body was lying; I saw everything in the room just as before I closed my eyes. I did not feel any pain in "dying"; I felt only a great calm and peace.

Then I awoke and I was standing outside my old body in the room. There was no one there at first, just myself and my old body. At first I wondered [that] I was so strangely well. Then I saw that I had passed over. ...

Then I felt as though a great warm flood of light had come into the room and I saw an angel. She, for at first she seemed to be a female, came to me and said -

"I am sent to teach you the laws of the new life."

And, as I looked, she gently touched me and said: "We must go."

Then I left the room and my poor old body, and passed out. It was so strange; the streets were full of spirits. I could see them as we passed; they seemed to be just like ourselves. My angel had wings; they were beautiful. She was all robed in white. (1)

When we were journeying I spoke little. My thoughts were busy and yet I was not conscious of even thinking, only of feeling and seeing, drinking in at every point new impressions.

When we seemed to be arriving at a new world, I spoke. I asked my guide, "Where is this? Is it Heaven?" He replied, "Wait and see. You will find those there who will teach you what you want to know."

The place was very pleasant to behold. The air was sweet and there was a delicious fragrance of flowers in June. The world - for it was a world we were approaching - seemed not unlike our old world, but it was different - there was nothing to jar. The sense of restful peace and contented love was everywhere. The place had a placid smile of tranquil joy. (2)

I found myself in a great expanse of landscape where I had never been before. I was alone; that is, I saw no one. But you are never really alone. We are always living in the presence of God. But I saw no one.

Then I heard a voice. I only heard the words. "*Julia, He who saved thee would fain speak with thee.*" I listened, but no words other than these were spoken.

Then I said - "Who is it that speaks?" And, behold, a flaming fire - really like fire though in human shape. I was afraid. Then he spoke and said, "Be not afraid. It is I who am appointed to teach the secret things of God." Then I saw that the brightness as of fire was only the brightness that comes from the radiant love of the Immortals.

Then the flame-bright One said to me, "Julia, behold your Saviour!" And when I looked I saw Him. He was sitting on a seat close to me, and He said, "Beloved, in My Father's House are many mansions; here am I whom you have loved so long. I have prepared a place for you."

And I said, "Where, oh, my Lord?" He smiled and, in the brightness of that smile, I saw the whole landscape change as the Alps change in the sunset, which I saw so often from the windows of my hotel at Lucerne.

Then I saw that I was not alone, but all around and above were fair and loving forms, some of those whom I had known, others of whom I had heard, while some were strange. But all were friends and the air was full of love.

And in the midst of all was He, my Lord and Saviour. He was as a Man among men. He was full of the wonderful sweet mildness which you are acquainted with in some of the pictures that have been painted by the Italian Fra Angelico. He had an admirable look of warm affection, which was as the very breath of life to my soul. He is with us always.

This is Heaven - to be with Him. You cannot understand how the consciousness of His presence makes the atmosphere of this world so different from that with you. There are many things I wish I could write to you, but I cannot, nor could you understand them.

I can only tell you that He is more than we ever have imagined. He is the Source and Giver of all good gifts. All that we know of what is good and sweet and pure and noble and lovable are but faint reflections of the immensity of the glory that is His. And He loves us with such tender love!

Oh, Ellen, Ellen, you and I used to love each other with what seemed to us sometimes too deep and intense a love, but that at its very best was but the pale reflection of the love with which He loves us, which is marvelously and wonderfully great beyond all power of mind to describe. His name is Love; it is what He is - Love, Love, Love!

I cannot tell you everything; you could not understand it. But I am in a state of bliss such as we never imagined on earth. (3)

It was beautiful and glorious, exceeding all my powers of description. There was no expectation of the meeting nor was I even able to realize the fact that I had met Him until I saw the whole landscape flame and glow as with the radiance of opened Heaven when He spoke to me.

The cause for this difficulty was, I suppose, the extreme naturalness of all that I saw and heard. There is such a difficulty in realizing that today, as yesterday, is the same. When there is something of what we used to call the supernatural order occurring in the midst of what seems so very natural it is difficult to realize it.

But, oh, my friend, when it is realized, what a change occurs! The whole world was transfigured in the realization of the intensity and constancy of His love. And from that moment I have never been sad, save from my own shortcomings and my own lack of love. Oh, my dearest friend, if only we could live more in the realized sense of His love. (4)

When I had seen the splendour of the love-light that flooded the world, I was beside myself with joy. All the many loves which I had known on your side faded swathed me about as with a garment and enabled me to see what marvelous

possibilities, what undreamed-of powers were all the while in the heart of each of us. (5)

Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 77.

(2) Ibid., 41-2.

(3) Ibid., 43-5.

(4) Ibid., 87-8.

(5) Ibid.,89.

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<https://goldenageofgaia.com/2023/12/18/julia-ames-never-lose-hold-of-this-2/>.



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(2) *Ibid.*, 83.

(3) *Ibid.*, 82.

(4) *Ibid.*, 46.

(5) *Loc. cit.*

(6) *Ibid.*, 52.

(7) *Ibid.*, 54.

(8) *Ibid.*, 71.

(9) *Ibid.*, 70.

Love is My Very Being

Oct. 7, 2015

<https://goldenageofgaia.com/2015/10/07/love-is-my-very-being/>



I find myself in a fourth expansion of consciousness.

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

I must continue to describe this space.

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

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

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

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

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

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

This is it. I know it is.

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

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

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

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

[After a pause.]

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

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

I get it at a feeling level.

Then I get it at a body level.

Then I lose consciousness.

[After another pause.]

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

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

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

[Pause]

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

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

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

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

[Pause.]

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

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

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

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

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

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

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

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

Love Has No Second

May 27, 2014

<https://goldenageofgaia.com/2014/05/27/love-has-no-second/>



Having said yesterday that certain natural things are metaphors pointing to the Divine or to the process of realizing It, I now feel the need to say as well that certain Divine things seem to have no metaphors.

After weeks of testing it out, I feel fairly confident in saying that love cannot be captured by any metaphor. Love seems to have no second, no relative, not even a distant relative. It stands alone and can only be understood in terms of itself.

Scientists have a word for it: *sui generis*. Unique unto itself; born of itself. Something that can only be known of and through itself.

We can understand sugar, honey, many fruits, and artificial sweeteners as all being "sweet." We can understand many things as being "sour" or "salty." But I've been unable to describe love in terms of anything else. It's irreducible. It has no correlate but itself, nothing higher.

Just yesterday Jesus said in his message through John Smallman that:

"God, our Source, is infinitely loving because He is Love. Nothing exists that is not within God, the eternal and creative field of Love. Everything

that exists is therefore created from Love, and consequently its eternal nature is Love." (1)

That must say it all.

Love is the most wonderful, captivating sensation, feeling, or state of being. I never tire of experiencing it within myself or feeling it flow through me. I never tire of expressing it, or hearing it expressed.

Sometimes, I find myself saying "I love you" over and over again and I never feel the need to say anything else nor do those who hear me seem to tire of hearing it. What saying that or hearing that awakens in us seems ever-new.

My inability to find a higher cause or a metaphor for it has always puzzled me. Certainly I could describe many other things in terms of it. Compassion appears to be the experience of love allied to the felt need or desire to act in the aid of someone else. Parental care appears to be love directed at one's offsprings. And so on.

If I find a metaphor for love, I'll let you know. But it doesn't look as if I'll ever be successful.

Of course many metaphors are based on love. But love itself is one without a second, cannot be modified and cannot be captured by anything else.

Footnotes

(1) "Jesus: Your Choice is Greatly Honored and Appreciated by All in the Spiritual Realms," as channelled by John Smallman, May 25, 2014 – <https://wp.me/p1B8dY-ix>.

First Corollary: We Are Love

March 17, 2015

<https://goldenageofgaia.com/2015/03/17/first-corollary-we-are-love/>



The first axiom I want to offer after the heart opening is that love is everything. We looked at that axiom earlier. (1) The first corollary that arises from that axiom is that we ourselves are love.

In other words, if love is everything and we are part of everything, then we too must be love. By the same token, if God (another name for love) is everything and we are part of everything, then we must also be God.

One of the first new revelations about ourselves that the social science of love uncovers is that every one of us is nothing but love. There is nothing about us that is not constituted from love. Let's look at what some of our sources say on the matter.

Archangel Michael explained that “you are all now going through remembering. That is truly what a very significant part of the renewal and the Ascension process is about.”

What is it we're remembering? "It is remembering and re-embracing the fact that you are nothing more than love." (2)

Elsewhere he said that: "Love is a natural state of Being. Love is a life-sustaining, inborn condition." (3)

Mary Magdalene through Fran Zepeda asks us:

"Do you understand deeply that YOU ARE LOVE? As you accept the perpetual divine energies pouring into you constantly now, you are no



doubt establishing a much deeper understanding of that. As a part of Source, you are also the essence of Source: Love." (4)

She explores the matter more deeply with us.

"Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening." (5)

To fully actualize this state of affairs "requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love." (6)

As our crystalline bodies come online, she says, "it is essential that you not separate yourselves now from your Crystalline Body, your Christ Consciousness

and your Love Essence, in how you look at yourselves. ... The more you are aware of this in every Now Moment, the more you will be able to actualize your True Divine Essence, and thus your every dream.” (7)

St. Germaine tells us that “you are the love you give, receive, and experience in every form, every cell, every molecule, every expression, every look, every glance.”

“Your capacity to love is infinite and eternal, because that’s the essence of who you are. And it transcends form. It transcends every lifetime. It transcends everything that you can possibly conceive of.” (8)

You are the love you give because we experience our love as it passes up from our hearts and out to the world.

Saul calls us “Love incarnate” and tells us that it’s our divine destiny to fully know and experience this.

“You cannot and could not be anything other than That because It is the ground of your being, the Essence from which you were created, It is your real Identity as sons and daughters of God, One with Him always.

“You are each individual aspects of His divine Perfection. To know and experience this is your destiny, your inescapable destiny, and that alone is reason for you to spend your lives rejoicing.” (9)

He explains that “everyone wants to be loved, everyone yearns for Love, because Love is your nature, and without It you are totally bereft.” (10)

Jesus asks us:

“How could you possibly be unworthy of the substance of your being? You were created in Love, by Love, from Love – there is nothing else – which is just another word that signifies God, the Source of all that exists, and of which every sentient being is an essential and inseparable part.

“Separation from that Source is inconceivable, unachievable, utterly impossible. You are constantly and eternally one with God, period. No further discussion of this divine truth has any meaning.” (11)

He asks us to let go of “the illusion [that] would persuade you that Love comes from another, or from God, but, as is now finally breaking into your awareness,

God is Love and you are all aspects of God Consciousness created from Love, and therefore, *of yourselves*, you are Love incarnate.” (12)

“Your bodies, and their apparent unending needs have hidden the truth from you, but now you are no longer able to keep that truth at bay. You have chosen to awaken, and that choice has intensified the power of the Divine energy field in which you are securely and eternally enveloped, so that you can no longer deny or ignore it.” (13)

“To Love is to awaken, and to awaken is to Love,” he tells us.

“And that is what is happening on Earth at this moment. You are about to start rubbing your eyes and splashing water on your faces as the new day dawns – the eternal Day that the illusion hid from you and which is not new but is brilliant and unchanging, just as it was created.

“You are Love, you have always been Love, you always will be Love, and that truth is finally breaking into your collective awareness, leading to enormous changes all across the planet.” (14)

First we must go through chaos but it’s creative chaos and Jesus tells us what lies on the other side.

The Angelic Guides through Taryn Crimi also tell us “love is who we all are. It is what we are all made from.” (15)

Hilarion reminds us that we need to release the protective shield we have placed around our hearts to feel the love that we are.

“It is always beneficial to remind yourselves of your true nature and that of course is, that you are a Being of Love.

“Love is the bottom line in all things and in all situations; sometimes, however, it needs a deeper introspection within yourself to connect with your heart in order to feel it.

“Many of you, at one time or another have been hurt or wounded in some way in your interactions with others and this has caused you to put shields of protection around your heart which can keep you from experiencing all that is good in your life now. It is time to release these now, Dear Ones.” (16)

How do we know we're love? St. Germaine tells us that we know that by knowing the divine spark (the Self, the Christ, the Atman) placed within our hearts,

“So, how, in the realm of creation, could you know the Unknowable, the Unseeable, in many ways the Untouchable? Well, how you know is that spark, that essence that is implanted in your very core, your soul, your essence, your spiritual DNA, so that you are love, so that you will know love, so that you will be always, if you choose — but even if you don't choose, my friend, it is still there — so that you are always in that state of being, of knowing, of the wisdom of the sublime joy.” (17)

And how do we know this love? St. Germaine tells us that we know it through bringing ourselves into perfect balance through acceptance and surrender, with God's indispensable assistance. He explains:

“What is love? Love is the completeness, the integrated, unified self in perfect balance, in perfect balance with the All.

“Now, how can that perfect balance ever exist? Think of it. If you were to use the scales of justice — Sanat Kumara would lend them to us, I am quite sure — and if you place your essence, your spark of divinity on one side of the scales, and then you place the totality of the One on the other, well, it would not be in perfect balance. Or would it?

“How do you bring this into the place of balance? Surrender and acceptance. As you accept more love from Source, from the heart of One, the scales come into balance. It is arranged by the Divine. It is created infinitely and in divine perfection that it come into perfect balance because you allow yourself to be filled with the essence of all creation.” (18)

We usually think of balance in terms of weights. But I think of balance in terms of return to still point. The point of stillness of the mind is the point of balance that I'm speaking about in all my writings.

In summary, we've looked at the fact that, love being all there is in creation (and beyond), we must then ourselves be love. Love is our essence, our nature, our being and we come to know that fact by surrendering to and accepting love.

Footnotes

- (1) "Love is All There is" at <https://goldenageofgaia.com/2015/03/08/love-is-all-there-is-2/>. See also "What is Love?" at <https://goldenageofgaia.com/2015/03/06/what-love-is/>.
- (2) "Archangel Michael: You are God Having an Experience of You," channeled by Linda Dillon, June 26, 2014, at <https://goldenageofgaia.com/2014/06/27/archangel-michael-you-are-god-having-an-experience-of-you>.
- (3) "Archangel Michael: Love is a Natural State of Being, channelled through Ronna Herman, September 29, 2013, at <https://www.ronnastar.com/messages-aam/latest.html>.
- (4) "Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <httpss://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>
- (5) Loc. cit.
- (6) Loc.cit.
- (7) Loc.cit.
- (8) "St. Germaine on Allowing Love to Transform Us," channeled by Linda Dillon, January 16, 2014, at <https://goldenageofgaia.com/2014/01/st-germaine-on-allowing-love-to-transform-us/>.)
- (9) Saul through John Smallman, December 8, 2013, at <https://johnsmallman.wordpress.com>.
- (10) Saul, November 11, 2013.
- (11) Jesus through John Smallman, April 19, 2013, at <http://johnsmallman2.wordpress.com>.
- (12) Ibid., August 4, 2013.
- (13) Loc. cit.
- (14) Loc. cit.
- (15) "Angelic Guides: Love Knows No Boundaries,' channeled through Taryn Crimi, July 12, 2013 at <https://angelicguides.wordpress.com>.

(16) Hilarion through Marlene Swetilishoff, June 2, 2013.

(17) "St. Germaine on Allowing Love to Transform Us," *ibid.*

(18) *Loc. cit.*

I Love; Therefore, I Am - 1

March 8, 2015

<https://goldenageofgaia.com/2015/03/08/i-love-therefore-i-am/>



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 a lesson 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?

I Love; Therefore, I Am - 2

Oct. 5, 2015

<https://goldenageofgaia.com/2015/10/05/i-love-therefore-i-am-2/>



Credit: theeclecticminds.com

The cosmic energies presently hitting the Earth are coming first from the Father/Mother One, then through the Central Sun, then through the galactic center, aided and shaped by countless higher beings until it reaches us, its intended beneficiaries.

They're reshaping us, uplifting us, and opening us up.

They're taking us far beyond the ability to love of past generations. And so we're having to expand our paradigms to take in the newly-opening vistas.

One paradigm we must expand is that of Rene Descartes: I think; therefore, I am, he said. (1)

True as far as it goes. Descartes' assertion took the ball some yards down the field by putting a dent in empirical materialism.

That's the philosophy that only what can be seen, heard, touched and felt is real. Thought was not directly observable, certainly not in his time, so his statement let the first ray of sunlight into the closed space of the materialist view of the universe.

Now it's time to let more light in, to illuminate what is still largely a dark room.

It's time for a new paradigm. I assert that that new paradigm is: I love; therefore, I am.

Without love, there is no "me." A friend asked me if we were just illusions and I had to say, "Yes. Only God is real."

Withdraw God's love from the omniverse, and it all goes - you me, the galaxies, the universes, everything. All that remains is all that ever was: God. So yes, we are illusions living out a dream in the mind of the One.

I wonder if the Creator did not say in the beginning: "Let there be love. And there was love." There's nothing else here but love formed into imaginary shapes and romancing itself. Sometimes disputing; sometimes joining; sometimes separating.

Each day, as the energy has mounted, I watch myself let more and more of it fill up my body. I relaxed my conditioned need to remain aware, cautious, on guard, and let love fill every niche in me. Today it was my head. I let love into the area of my field of awareness associated with my head. And when I did, I felt the bliss of a completed energy circuit.

I'm not interested in playing with notions like enlightenment. I simply want to be here now and serve. But the bliss was wonderful and repaid me for days and days of hard work.

Left to another day: I am; therefore, I love.

But for now: I love; therefore, I am.

Whatever else you do or don't do, let love fill you up today.

Footnotes

(1) 1596-1650.

Love Respects Our Free Will

June 4, 2017

<https://goldenageofgaia.com/2017/06/04/love-respects-our-free-will/>



Just as the celestials and galactics will not violate our freewill, so love respects our mind's free will.

I could have said the heart respects the mind's free will. But it really is love itself.

If the mind chooses to erect walls of belief that prevent love from being recognized and known, love respects its right to do so and departs.

Every time sacred love has arisen in me, it's required me to recognize its presence after which, at lightning speed, I "become it." Or it fills me up.

It doesn't ask my leave or state its intentions. It doesn't tell me afterwards what it's done. I have to put words to it as best I can. I know that, for as long as it lasts, separation ends between me and love. I become love.

I think one of the difficulties we have with that statement is that you may think that I mean "me the body" when I say "I become love." No. I mean "I as a point of awareness" that we more often call "the witness."

The persona through which the witness is seeing the world - the filter - switches from whatever it was (bored, irritated, resentful) to a field suddenly flooded by a torrent or tsunami of transformative love. The tsunami submerges everything. It fills up every space - in, out, up, down.

The witness is unchanging. But the persona shifts from unloving, perhaps irritated, perhaps frustrated, definitely incomplete to extremely loving, happy, satisfied, and complete. And love floods my field of awareness.



Dissolving the walls of belief involves raising our beliefs to awareness. Fortunately that's all it takes. Awareness does the rest, dissolving the hold the belief has on us.

My most recent example of this is a wall of belief that suddenly dropped away from me.

In a moment of insight, I became aware that I was talking about my Higher Self (the Seventh-Dimensional Oversoul, "Big Steve") as if it was over there and I was over here. Just becoming aware of that was enough to cause some unnoticed barrier to collapse.

I had no idea there was a barrier there. I asked myself what it was. Everything seemed to go silent. Could it be the mind chatter? Yes. Could it also be described as the Constant Critic? Yes? The entire background commentary or thought bubble that we live in all day long? Yes.

I now saw that me and my Higher Self were not separate. We were like one long Slinky and he was one flight of stairs above me.

When I felt bliss was when I knew he was near me. Only a wall of my own making separated us.



Ramana Maharshi said something very significant (everything he says is, but):

“Sahaja is the original state so that sadhana amounts to the removal of obstacles for the realization of this abiding truth.” (1)

Sahaja is the level of enlightenment that marks the end of our Ascension journey. It's a permanent heart opening. It's beyond Brahmajnana or God-Realization (seventh-chakra enlightenment).

Hindus call it *mukti*, liberation from birth and death. And in fact, because we're liberated from the Third Dimension, there is no need any more to be reborn so this is *mukti*.

But the part that interests me more is that here is one of the few terrestrial sages who actually had experienced Sahaja (take away the avatars) and he says that all that is necessary is the removal of obstacles.

Let's get that down to our bones.

All that's necessary is the shedding of vasanas. All that's necessary is the letting go of conditioned behavior.

All that's necessary is, as Kathleen says, the letting go of judgment. All that's necessary is what Ajahn Sumedho said: Let go, let go, let go.

If we can just get that, then all seeking, all forward motion might stop.

It isn't about getting anywhere. It's about leaving our baggage at the station. It's about leaving everything unworkable, unhelpful, and unethical at the door and walking forward into the incredible lightness of being without it.

That much is within our power to do. All the rest - the awakening of our DNA, the formation of our crystalline bodies, abundance, etc. - is arranged for us.

Footnotes

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

Love Wants In. Love Wants Out

August 29, 2015

<https://goldenageofgaia.com/2015/08/29/love-wants-in-love-wants-out/>



Love does have qualities.

It flows. It seems unable to stand still.

It wants to flow up from the heart and out into the world.

It wants to be shared. There's no hoarding love. It just disappears in the face of possessiveness.

I'm sitting here experiencing so much transformative love at the moment that I can barely move. My bath took an hour because I couldn't get up the organizational skills to get up and out of it.

Paramahansa Yogananda once said that we gradually develop the ability to hold bliss and continue to live normal lives. But in the beginning it feels like bliss will totally incapacitate us, for anything but ... loving.

Mary Magdalene said:

"Love makes up every particle of your Being. It saturates the smallest particle of you, and all of you, to the extent that you allow it. You are a

walking, talking entity of Love, a carrier of Love, a perfect example of Love Manifest to all who are awakening.

"This requires you of course to not only demonstrate it to others, but to feel it deeply within your core – in every cell, and every smallest particle of every cell and energy system in your Being at all times. You are a floating, thriving, penetrating, pulsing vehicle of Love.

"As your crystalline body comes more on-line, this is becoming more apparent to you. ... [Love] is no longer something to attain. It is what you are NOW." (1)

Love unites. All the issues I have with people, all neatly organized in the Rolodex of my mind, completely evaporate when I feel this way. Everyone is my brother and sister at these moments.

Love is happy. Love is joyful. Love is satisfied.

Love is my new addiction, as Archangel Michael suggested on Aug. 22, 2014:

Steve Beckow: Where do you want me to go next?

Archangel Michael: I want you to come to Heaven. I want you to know what Heaven on Earth feels like. I want you to wake up in the morning and feel that sense of expansiveness in your chest as if it is bursting out, that you are so filled with such a sense of love and wellbeing and potential that you can hardly control it.

S: I'd love that.

AAM: This is your new addiction.

S: Addicted to love. I got it.

AAM: Yes. (2)

Lord, I do feel that way now. One year later, I *am* addicted to love. I do wake up in the morning and feel that sense of expansiveness as if my chest was bursting. Thank you, Lord. Thank you, Mother.

To my relative of long ago who said you can't live on love, oh yes, you can. Not only that, but I'd surmise that the deeply loving person never dies. Is that not another way of saying the essence of Jesus's teachings? Love deeply and never die?

Well, I love. I love you and you and you and you. I am not afraid to love. And all I ask of you is that you allow me to love you. That's all.

Suppressing this love would hurt. Been there, done that. Just say: "Thank you for loving me." That's all that's needed. No obligation. And allow me to pour my love out, here, there, and everywhere, on the street, in the cafe, on the bus.

Love wants in to our beings and out to the world. Love wants to flow and unite and please. Love wants to protect and gift and receive.

Footnotes

(1) "Mary Magdalene: You Are Pure Divine Love," channeled by Fran Zepeda, February 1, 2015, at <https://franheal.wordpress.com/2015/02/01/mary-magdalene-you-are-pure-divine-love-channeled-by-fran-zepeda/>

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 22, 2014.

Love and Unity Arise in the Same Space

June 10, 2020

<https://goldenageofgaia.com/2020/06/10/love-and-unity-arise-in-the-same-space/>



I'm moving out from my beachhead of understanding now. (1)

My beachhead is that I realize, from current events, that polarization does not work. I'm now open to human unity. I now foray out from that point seeking an understanding, experience, and realization of unity.

This foray into examining love and unity is based on my feeling a rise of the higher form of love and noticing how it induced in me the feeling that I was one with everyone and everything.

I saw at that moment that love and unity co-exist in the same space.

I know it may be hard to see that. We have pre-existing beliefs attached to both of these words. "Love" looks a certain way. "Unity" works a certain way.

But when we're in higher-dimensional love, we're offering ourselves as a channel for this higher love to flow out to all universally. And as it flows, our boundaries fall away - and, it's my prediction - we become one with everything.

I've been in that kind of love and felt that oneness. I don't mean I've realized it. Becoming one with everything in enlightenment terms equates to Brahmajnana or seventh-chakra enlightenment. I cannot claim to have had that experience. (2)

I mean that there is an experience of higher love, whatever dimension we may be on, where love and the experience of spiritual union with all other people arise and occur simultaneously.

You can probably imagine it. Imagine you love everyone - that you are sending love up from your heart and out to everyone. If you reach a high enough place with it, you'll feel one with everyone. The two - love and unity - become one at a certain, more heart-open level of existence.

OK, I see now. The light of understanding has gone on.

Until now, I've been perceiving "unity" as an amorphous kind of thing. It's connection but it's also a mass and it's also.... I've had no clear idea what unity is.

But now I see it. Unity - like abundance and mastery - is a space. I've been looking for it in all the wrong places. My beliefs have veiled it and sent me down the wrong track.

Unity is an experience, a feeling (but more). It's a space and when one enters it one finds love there as well.

Unto itself, unity leads to higher and higher dimensions, known by higher and higher spaces or states. I can follow unity as far as exaltation. I can't get back to the Father on it yet, as the small golden star did in my 1987 vision. (3)

Unity is a space I can live in. While in this space, I feel no fear. Fear is absent. If I were to feel fear, I imagine I'd have vacated this space.

I must sound like an astronaut on the Moon making her first observations. "The ground is grey. There are little rocks."

There's no holding in the musculature of my body that I'm aware of. Deep breathing is easy. Oh, here is bliss as well. Feeling the bliss exerts an upward pull; needing to write exerts a downward pull. I'm right where I need to be to fulfill my mission.

OK, that's a foray out from my beachhead of understanding into the further understanding, experience, and realization of unity and its co-existence with love.

Footnotes

(1) See "How Paradigmatic Breakthrough Works," June 7, 2020, at <https://goldenageofgaia.com/2020/06/07/how-paradigmatic-breakthrough-works/>

(2) I had a truncated experience of it. But that would be like comparing a movie to real life.

Steve: [Emptiness of mind] was followed next by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

AAM: Yes. ...

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

AAM: When you use the term “dramatic enlightenment experiences”[as I did earlier], you are talking about Nirvana. You are talking about the unity of all with One.

It is not to say that you will not experience that, but you cannot (well, you can if you wish; it is a choice to) simply remain in that state of unity, of One, or be fully conscious, in service, in action....

So, it is a toning down, if anything. It really is the middle ground. ...

You know that enlightenment is right there in front of you. It is yours to access. But if you are in service, you will not choose to live there. ...

You can think of it as keeping two feet firmly on the ground. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 14, 2012.)

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

Love and Levels of Reality

May 29, 2017

<https://goldenageofgaia.com/2017/05/29/love-and-levels-of-reality/>



Love is everything.

Hmmm, that doesn't seem to apply to the spoon I'm holding in my hands. It looks like stainless steel.

What's wrong with this picture? Why do the two statements seem worlds apart?

Well, perhaps because they are.

Most of our confusion around statements such as "love is everything" lies in our failing to distinguish the level of reality from which it's being seen and described.

That love is everything applies to all levels, but can only be seen from a higher level than ours (except in visions).

For instance, I'm sure that "love is everything" is very clearly seen from the Absolute level - where everything is clear.

It's not as clearly seen from the physical.

In the first place, we cannot begin to understand how love can be everything until, first, we let go of at least one inadequate paradigm - empirical-materialism - the paradigm that ruled science and religion for centuries and still holds true for many people today.

It held that only what could be sensed was real. Dust-to-dust fatalism was as high a perspective as it was capable of. You live, you die. Seize the moment.

Views into other dimensions and higher realities - even transcendent love - didn't exist for the followers of this paradigm.

If we use its tools to analyze how love can be everything, we get nowhere. We must approach the question from a spiritual perspective.

In the second place, we cannot collapse or reduce domains or we end up with nonsense.

There are twelve physical dimensions and the Transcendental, which I'm now beginning to suspect also has dimensions.

Above all is the Absolute. At the Absolute level, love is indeed everything, just as water makes up the ocean.

But Absolute Love would be impossible for me to know at the physical level. I'm sure my body wouldn't withstand the shock, if it were even possible. I'm led to believe that that's what's behind the Biblical stories of averting one's gaze from the Lord.

I cannot linguistically reduce the experience of love even one level up from us - in what the Mother has called sacred love - to terms that we can understand. It's too big for words.

I cannot even find terms to describe how sacred love fills up the whole space and doesn't allow negative emotions to approach. I can only speak metaphorically about it, as if it's a person, (2) and a guard or protector at that. That's the best I can do.

Love may be everything, but if our life is situated at this everyday level, then the everyday level is for most people as much as we know. (1)

In everyday life, our love falls on a polarized spectrum running from love to hate. It's impacted by every thought and feeling. It isn't a very deep form of love, compared to what we'll be experiencing as the energies rise.

Talking about Absolute Love using our everyday language would simply yield empty words. Our statements about it would be so small in context and scope that they'd undoubtedly say little or nothing about Absolute Love itself. Or simply be a caricature of it

We're in a standoff. We can neither reduce the Absolute to language nor expect our statements about it to say much that's meaningful.

What's the resolution?

The resolution is to accept both statements as true on their particular level of existence. (3) "Love is everything" is true and comprehensible when viewed from the Absolute level of consciousness. Material objects seems true and comprehensible when viewed from our everyday level of consciousness. Both circumstances are accurate reflections of their level of organization and comprehension.

We didn't solve the dilemma of how to discuss the indescribable, how to squeeze the limitless into a small conceptual can. Undoubtedly we never will.

But like Ramakrishna, we come to the mango grove to eat mangoes, not to learn how to grow them. I've come here to drink in love, to be love, to live love, not to find out how to talk about it.

Love is everything that is. This shows up for me as hearsay that I've heard from travellers from a distant land, whose testimony I nonetheless heartily accept.

Footnotes

(1) We face the same dilemma of not knowing as the empirical-materialist, but we know a little more. And that little more is on vitally-important matters.

(2) This is known as anthropomorphizing God; describing God as if God is a person.

(3) I realize that it's inaccurate to describe the Absolute as a "level of existence." That just shows the difficulty of discussing something like the Absolute from our level of reality.

From the Space of Love – Part 1/2

June 1, 2020

<https://goldenageofgaia.com/2020/06/01/from-the-space-of-love-part-1-2/>



I wanted to share more about love if I may. It isn't often that I'm in this space and notes are called for.

Why is it that, when love arises, a person wants to share?

Well, for one thing, love always flows. When I experience love, I always experience it as a flow AND I feel a push inside of me to kinda move in whatever direction it seems to be going.

I'm drawn almost gravitationally by love's flow and I'm drawn outward.

This is not like bliss. Love's bias is outward whereas bliss's bias is inward.

In the space of bliss, no thought arises of being anywhere else or doing anything. Orgasm is the closest thing to it.

In the space of love, I want to connect with others, share love in a figure eight, levitate to the ceiling together and then return to Earth.

Each has its special delights.

I feel abashed writing about love at a time when people are dying and agents provocateurs and corrupt police are rampaging.

There must be a reason why I'm being given this experience now. I can only hope these notes serve a purpose.



I only know love from its effects. You've seen a Disney cartoon in which the character floats along on a scented breeze. That's exactly the inner feeling I have when the flow of love enters my experience. It's as if it carries my spirit - not my body, which I lose sight of - on a breeze, if gentle; an inner tsunami, if more violent, even explosive, as my heart opening was. (1)

I recently became aware that I had passed up endless opportunities to swim in the Ocean of Love by not recognizing the little flashes of love and bliss that I often felt. They can be used to surf your way to the sea.

My life was so miserable growing up that I paid no attention to any of these softer feelings. I would have been as hard as a rock inside.

I knew absolutely nothing of or about love. Nor did I know I didn't know.

I was an asteroid, waiting for a collision.

I collided all right. But it resulted in a heart opening, not a heart closing.

Anyone who has run, fallen, or jumped into the Lake of Love will understand both my desire to share about it and my fear that I won't be able to communicate it.

Could a caveman describe an airplane? I don't think so. And neither can I find among the strange cuneiform squiggles we call the written English language, words to describe *that*. I'm the caveman here.

All I can do is to try to give an idea of how far above our everyday experience a Fifth-Dimensional's everyday experience is - a post-Ascension thumbnail sketch, as it were.

I'm tempted to say that the same differences that divide us from our Neanderthal ancestors divide a higher-dimensional galactic from us. I can only imagine the dramatic shift that happens within us with the full and permanent heart opening that Sahaja Samadhi or Ascension is.

I only know of Ramana Maharshi and Franklin Merrell Wolff - among sages, not avatars - having experienced it.

(Concluded in Part 2, below.)

Footnotes

(1) See “Submerged in Love,” March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/submerged-in-love/>

From the Space of Love – Part 2/2

June 1, 2020

<https://goldenageofgaia.com/2020/06/01/from-the-space-of-love-part-2-2/>



(Concluded from Part 1, above.)

The timing of anything that happens to us lies in the hands of the Mother and the celestials.

They decide when we'll get enlightened and whether they'll give us the full-meal deal or just a tantalizer.

I've demonstrated their participation in the timing and extent of my experiences in footnote 1. So it's they who set the agenda.

Remember that I'm a pillar and need to be here till the end. Not leaving early is an important consideration in this area.

In case you're thinking, "how can I cover the distance?" that happens in a split second without input from us. It's all laid on. Just buckle up for the ride.

Eventually we're all going to go through this very experience twice: Once at the beginning and once at the end of our journey.

We'll go through it once in our temporary, fourth-chakra heart opening and again in a full and permanent heart opening at Sahaja Samadhi or Ascension, beyond the Third-Dimensional chakra system.



We experience real love with our whole body, not just in the region of the heart, as normally. The entirety of us is involved in real love. There isn't a sense that's not fulfilled.

But you wouldn't study it. If you're in it, what need is there to study it? If I'm sitting on a thirty-foot-high pile of gold, what need is there for me to read a book on how to make money? (2)

Is love the antidote to all that's happening in the world? I think it is.



It's interesting. The thugs breaking windows have to do more and more and more. To keep up fear, they have to regularly give people fresh cause to fear. That takes work. Their efforts require constant maintenance and replenishment.

Love requires no maintenance or replenishment. It requires no work. There's nothing I need to do. There's something I wish to do and that is to find others to share this love with, since it needs to flow.

Thank heavens, I can share it here.

Love is the answer to all our problems because it provides us with *everything we really want*. We're totally satisfied once we find ourselves immersed in this form of love.

Can outer baptism in the River Jordan be symbolic of inner baptism in the River of Love?

This kind of love is our destiny and this kind of love is the answer to all the problems our societies face.

Footnotes

(1) I want you to see the role that the celestials and the Mother play in our enlightenment. The Mother acknowledges truncating a fourth-chakra enlightenment experience here:

Steve: The experience at Xenia, Mother, was that truncated?

Divine Mother: Slightly, yes.

... If you had seen the light as it actually is, yes, a million, billion suns... You would have simply departed. ...

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

Michael acknowledged that he played a role in it too:

Archangel Michael: We have unplugged you and, yes, it took some time and, shall we say, a few shocks and jolts. But what you have done is you have journeyed to the depths of your soul, to the depths of your core. ("Archangel Michael Explains What Happened at Xenia," September 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>)

I journeyed to the bottom of the heart, to the seat of the soul. And there I gazed upon the soul/Self. But without seeing it in its full splendor.

That was a truncated form of fourth-chakra enlightenment. Now here he discusses his intervention in a truncated experience of seventh-chakra enlightenment, also called Brahmajnana.

Steve: [Emptiness of mind] was followed next by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

AAM: Yes. Now it is part of the reset button. ... And you are asking for the fullness of the program to come online so you turn off your computer and you restart it. That is what you did.

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

AAM: When you use the term “dramatic enlightenment experiences” [as I did earlier], you are talking about Nirvana [Ascension, Sahaja Samadhi]. You are talking about the unity of all with One.

This is not to say that you will not experience that, but you cannot (well, you can if you wish; it is a choice to) simply remain in that state of unity, of One, or be fully conscious, in service, in action....

So, it is a toning down, if anything. It really is the middle ground. ...

You know that enlightenment is right there in front of you. It is yours to access. But if you are in service, you will not choose to live there. ...

You can think of it as keeping two feet firmly on the ground. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 14, 2012. Hereafter AAM.)

When I asked him if I could have early Ascension, he replied:

AAM: You're supposed to be here. ... Stay put, dear heart. (AAM, Sept. 13, 2011.)

AAM: If you fully enter into the bliss, into the One, you will not be interested in returning and serving. It will be a different experience, and it is not the experience that you have selected and chosen for yourself at this time. (AAM, Feb. 14, 2012.)

Here again he acknowledges his participation in enlightenment:

"You have been given bite-sized pieces of energy, of energy bumps, of input of what you can digest and handle and truly bring to fruition. If you are in the process of expansion, you don't go from Grade 3 to a PhD in a week." ("Archangel Michael on Truncated Experiences," March 21, 2017, at <http://goldenageofgaia.com/2017/03/21/aam-on-truncated-experiences/>.)

This is the reason why Ascension as a total process must be gradual.

I regard a spiritual teacher as one who has fully experienced advanced stages of enlightenment (at least Brahmajnana) and I've only done so in a partial, truncated manner.

I don't choose to live in a state that impairs my ability to do my work and advanced stages of enlightenment would. For that reason, among others, I don't choose to be a spiritual teacher.

(2) This point is made by Sri Ramakrishna here, not with gold but with water:

"When a flood comes from the ocean [i.e., enlightenment, heart opening], all the land is deep under water. Before the flood, the boat could have reached the ocean only by following the winding course of the river. But after the flood, one can row straight to the ocean.

"One need not take a roundabout course. After the harvest has been reaped [enlightenment], one need not take the roundabout course along the balk of the field. One can cross the field at any point." (Paramahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 320.)

And Krishna makes it here:

"When the whole country is flooded, the reservoir becomes superfluous. So, to the illumined seer, the Vedas are all superfluous." (Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 40.)

Learning About Love

June 2, 2017

<https://goldenageofgaia.com/2017/06/02/learning-about-love/>



I'm learning a lot about sacred love that I'd like to share. Some lessons are expansions; others, discoveries.

First of all, at my level of everyday consciousness, whatever it may be, sacred love comes and goes.

As much as I'd like it to stay, it decides when it wishes to appear, despite our wishes and will.

Archangel Michael actually explained to me once how he could say that (1) I've had a permanent heart opening and yet (2) sacred love should come and go.

Archangel Michael: You are in a time of individual and collective Ascension that has never occurred upon your planet or elsewhere. So many of the historic and accurate understandings with regard to heart openings have shifted, can we say, expanded.

You have had a heart opening. Think of it this way. It is a heart opening that is not 1000% and it is like a rubber stopper that opens, closes, opens, closes. So it is partially open.

So it is a permanent heart opening because you are most certainly not only in the truth and the love of your own being, but in THE love of the Mother, far more than you have ever been. That is permanent and irreversible. But it is not 1000%.

Steve: All right, so there is more to go....

AAM: There is more to go. You have moments of what we would call, transcendent knowing, and transcendent connection and then there are moments like you are experiencing right now, of human loneliness. (1)

My life is split, though not dissociated. But I imagine it's that way for all of us. We all have one foot in this level of consciousness and suddenly we're wafted aloft and in another.

A lot of the time I'm not in sacred love. When I'm not, I'm very, very ordinary. And when I am, I'm flowing with happiness.

Second, its coming, its arising from the heart is aided by thoughts of the beloved.

Just as a vasana needs a trigger, so the experience of sacred love also, at this stage of things, seems to need a trigger.

Remember all the old airplanes that needed a crank to get started? I think that's the case here as well. We need to "prime the pump" of the heart, as Archangel Michael once called it. (1)

I do that by breathing love up from my heart on the inbreath --- lllllloooooonnnngggg inbreath --- and breathing it out to the world on the outbreath.

Third, sacred love really is our refuge in time of trouble. It erases upsets and nourishes the person in a way we might have been unsuccessfully seeking from something or someone else.

We chase after love and chase after love and never seem to tire of the chase, despite the heartache. All of have the recollection of sacred love, which I think spurs us on.

All the time, the artesian well flows inside of us. But, admittedly, it takes removing the obstacles from the heart first and that the angels seem to do best.

Fourth, tasting sacred love puts off many things - our inner gyro, our heart valves (our heart keeps opening), our estimations, our discernment.

We can be in sacred love and still fall into conditioned behavior. We just awaken to it earlier.

We can be in sacred love and get into conflicts of interests. Then we have to lovingly and gracefully extricate ourselves.

Society's groundrules still exist. If anything we may trample on a few of society's sacred rules; a measure of humility becomes called for.

Fifth, sacred love seeks itself.

Love seems to want love. Love appears to want to flow and circulate. It wants to be received and appreciated and then sent on to others.

Having checked in with myself, having summoned sacred love up from my heart on the inbreath and filled myself with it, for however long it chooses to stay, I love everyone and all of life. That's why this is called "universal" love. (2) All of this I wrote above: This is what universal love feels like.

This is the environment our steps are leading us to. All of us who want to ride the Freedom Train.

Footnotes

(1) Michael said that three things had made the heart-opening desirable and possible: the romantic love I felt, my using the exercise of breathing love up from my heart, and my strong intention to experience love, which I had not experienced for most of my life. Again here we have an event that acts like a kind of propeller. The effort to transcend the lack of love in early life from Father propelled me in a certain direction.

(2) Students of S.N. Goenka might recognize this as what he called "real love." Or rather, in his endearing fashion, "d-r-r-r-r-real luhv, d-rr-r-real luhv, d-rr-r-real luhv."

What Is the Nature of Unconditional Love? - Part 1/2

March 4, 2015

<https://goldenageofgaia.com/2015/03/04/nature-unconditional-love-part-12/>



The true prize of all our clearing, cleansing, letting go, etc., is the achievement of unconditional love. That achievement has not been possible for any but a handful of advanced beings in the past, most of whom, like Jesus or Buddha, came here expressly to demonstrate it.

Nonetheless, “every sentient being is perfect unconditional love,” John Smallman’s Saul tells us. “However, in the illusion, the dream state in which humanity has chosen to hide itself, this is not apparent.” (1)

The illusion, the dream state of Third Dimensionality hides the nature of unconditional love from us almost completely and quite effectively, Diane of Sirius says.

“As you have often been informed, your ultimate aim is to live in Unconditional Love, and, if you can get anywhere near it whilst in duality, that will be quite a notable achievement.” (2)

Sue Lie’s Arcturians agree. Unconditional love is virtually not to be found on the Third Dimension, they explain.

“That feeling of unconditional love is something that does not arise from the physical plane at all. It is something that each and every one of our ascending ones must find within themselves; [they] must have that dedication to move up that ladder.” (3)

That's why, they say, galactic humans have been born into Earth life:

"Mostly the ones who are even able to feel the unconditional love that we send are ones who are of our Galactic Family in human costume and that is a large reason why they took on the human costume because the energy package of the 3rd dimension is so very very difficult to rise above." (4)

In view of what's coming, we'd best be prepared, they say.

“It is very vital that you raise your consciousness, which is happening for all of you, because the higher light is coming in, so ready or not your consciousness is rising.” (5)

The Arcturians explain that “unconditional love is the highest frequency of light.” It has an attractive and bonding force that is the key to creativity.

“It is the healing force of the Universe and the bonding force of the Universe so it is a Key of Creativity for it can take possible molecules, thought forms, actual physical molecules, whatever the substance or frequency of reality.

“Unconditional love can collect them into a malleable frequency much like clay made of light and within this malleable frequency many concepts, many innovative thoughts, many advancements can come into a format in which the one who has manipulated this energy field can understand it because you have been able to feel that sensation of unconditional love.” (6)

They explain that “unconditional love is always seeking. It's always looking to recreate itself in yet a new expression for it is the Creative Force of the Universe.” (7)

We think we can cultivate unconditional love and loving kindness. But Saul reminds us that loving kindness is “a state of being,” (8) and not something that can be cultivated per se.

"It is not doing good deeds, offering help, treating others with respect.

“Those are activities that flow naturally from that state, but they are also frequently undertaken for the benefit or honor that the person undertaking them hopes to receive.” (9)

He advises us that loving-kindness is the state “in which what you think, what you say, and what you do is directed by the energy of unconditional love that flows through every sentient being who allows it.”

“You are all unconditionally loved by our divine Father, but in the illusory reality in which you appear to have your existence it is very difficult for you to accept that infinite abundance of love.

“If you accept it, it flows through you without interruption and with tremendous vitality, washing away all grudges, resentment, judgment, unacceptability, and suffering, replacing them with peace, joy, and the inner knowing - not a belief - a true knowing that you are one with all sentient beings and with God.” (10)

He urges us to “relax, allow the abundance of God's unconditional love to flow through the conduit that you are, as you and He have always intended.”

“When you do so, miraculous things happen, just as they should. The power that suffuses your entire being and flows through you as you live in complete acceptance of and harmony with the divine Will is astounding.

“There is nothing to which it can be meaningfully compared as it is far more efficient, effective, and finely focused than anything your most brilliant scientists could possibly imagine.” (11)

What Unconditional Love is Not

Suzanne Lie's Arcturians tell us that there have been few people in Third Dimensionality who've approached unconditional love. Thus the difficulty for us

is that “there are not many models at all of unconditional love on that physical plane.”

“Through myriad incarnations on a third-dimensional reality based on the polarity of fear and conditional love without any representation whatsoever of unconditional love, the highest of the opposition to fear was human love which is immensely conditional.” (12)

We on the third dimension, the Arcturians say, “are used to having everything in life be extremely complicated. And the reality is, that it is all very simple. It is all based on unconditional love.”

“Therefore, each human must meditate within themselves and meditate and meditate and meditate. Until they can experience that feeling of unconditional love. And once that feeling of unconditional love comes into their conscious third-dimensional awareness, everything in their life begins to change. Because then they know how to unconditionally love every marker within their DNA.” (13)

Unconditional love, they tell us, “does not mean you must seek an emotional connection to everyone.”

“[It] means that in spite of any appearances to the contrary, you recognize everyone is the manifestation of the Divine even if they themselves do not know or care. This is Unconditional Love and the practice of it does not prevent you from saying what may need to be said to someone behaving in ways needing to be addressed.

“When words are spoken with an awareness of the other’s Divine nature they flow on an energy of Light, whereas those same words spoken in the energy of duality and separation carry a low resonance.” (14)

Tomorrow, let’s explore more of what universal love is.

Footnotes

(1) Saul, Feb. 3, 2010, at <http://johnsmallman.wordpress.com> .

(2) Diane of Sirius, Sept. 25, 2009, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm .

(3) “Suzanne Lie and the Arcturians on Heavenly Blessings,” July 2, 2013 at <http://goldenageofgaia.com/2013/07/suzanne-lie-and-the-arcturians-on-heavenly-blessings-july-2-2013-part-23/> .

(4) Kathleen Mary Willis's Reading with the Arcturians through Sue Lie, March 23, 2014.

(5) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(6) Kathleen's Reading with the Arcturians, *ibid.*

(7) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(8) Saul, Feb. 3, 2010.

(9) *Loc. cit.*

(10) *Loc. cit.*

(11) *Loc. cit.*

(12) “Suzanne Lie and the Arcturians on Heavenly Blessings,” *ibid.*

(13) *Loc. cit.*

(14) Arcturian Group, August 31, 2013, at <http://www.onenessofall.com/Welcome2.html> .

What Is the Nature of Unconditional Love? – Part 2/2

March 5, 2015

<https://goldenageofgaia.com/2015/03/05/what-is-the-nature-of-unconditional-love-part-22/>



What then is Unconditional Love?

What is unconditional love then? In the first place, the Angelic Guides through Taryn Crimi observe:

“True love is unconditional. It cannot be taken away, nor can true love be removed based on circumstances or situations.” (1)

Moreover, they hold that “unconditional love can be experienced between everyone.”

“We do not have ‘rules’ about who can experience love; a man and a woman, a man and a man, and a woman and a woman all can share love. Where there is love, there is compassion for another even if that other is seen as different.” (2)

The Arcturians suggest that we’re beginning to chafe at the restrictiveness of conditional love.

“Verbal words are becoming restrictive and you yearn to live in unconditional love and peace. There are many components of your apparently third-dimensional life that have already shifted into the fifth dimensional resonance. You recognize these areas of your life because they are filled with, and/or create the sensation of unconditional love.

“This unconditional love may not feel the same as the love that we, the Galactics and Celestials, can emanate from our Group Mind, but it is love that has no conditions. If you can remember to allow this unconditional love to guide you to surrender to all issues of life, you will be creating an aura of protection around you composed of that frequency of unconditional love.

“Whenever you surrender your life to your higher expressions of SELF without any conditions or limitations, you are creating an aura of unconditional love around you.” (3)

The Importance of Unconditional Love to Ascension

Archangel Gabrielle reminds us that “you cannot experience ascension or 5th dimensional consciousness if you are still dragging with you a conditional love belief system.”

“It simply cannot be done. It cannot. It must be released. How do you release it? By replacing it with the divine truth that unconditional love is your birthright. As you embrace new and deeper truths there is no real work required to release the old. You will simply shift into a new state of knowingness and BEingness. (4)

She tells us that “this is what you’re here to do.” We’re here to evolve “beyond the conditional love paradigm and embracing that of unconditional love.”

“This is deeply profound and this is the game changer, Dear Ones. Because as you start to practice unconditional love for yourself, it will flow through you and you will draw it to you.” (5)

We then become a beacon of love to everyone we come into contact with.

“You then start practicing unconditional love for your partners, for your children, for your family, for your friends, for your planet, for the animals,

for every living creature that you come across. By releasing the conditional love paradigm and embracing unconditional love as your divine birthright, you will also be releasing perfectionism, fear, judgment, separation, pain, worthlessness.”

"Do you see? By releasing the conditional love paradigm, you will naturally start to live your truth, which is that of unconditional love which, in turn, supports the very aspects that you wish to anchor in for your evolving planet. You will be supporting and creating the energies of acceptance, joy, ease, support, togetherness, unity.” (6)

She paints a glowing picture of what other changes flow from releasing the conditional-love paradigm.

“Can you see the healing that will occur from this massive shift of thinking and BEing? And it all begins with you. That is how powerful you are. Because as you release the conditional love paradigm, you will finally recognize that you are truly an integral part of the Source that you came from.

“From that knowingness, you will all become beautiful thriving aspects of Source, shimmering brightly in your truth, in your glory, creating a life and a world that will support you and evolve and expand in ways that you have barely dared dream of. It will create the amazing changes that each and every one of you are on the planet to help make possible.

“It is a sacred and joyous time. And as you start to think differently, as you start to recognize your truth and allow it to shine forward, only the most magnificent things can happen to you, and you will find yourselves finally, finally, living in the love and support that you have always craved and yearned for.” (7)

Archangel Metatron and the Buddha challenge us all to fall in unconditional love with Gaia, humanity, and ourselves.

“This time that you are now experiencing is also a period for profound and immense love from your being to shine, it is appropriate more than ever for your powerful love to shine soaking the Earth and all souls. You will see the change that you wish to see on the Earth through your love for the Earth and humanity.

“In truth we are asking you to fall in unconditional love with the Earth, to fall in unconditional love with humanity and to fall in unconditional love with yourself. Achieving this with conscious understanding and awareness will allow for the Earth to heal completely, for actions taken on the Earth to alter and align with love and for truth to prevail.” (8)

When this happens, the greatest shift will take place all around us.

“When humanity falls in love with each other, the Earth and their own soul, then we will see the greatest shift occur on the Earth where complete embodiment of the Creator manifests.

“With the transitions that lead to this major shift we will see humanity and the Earth becoming one in respect and honour for each other which in truth is one of the purposes of your existence on the Earth.” (9)

The challenge of being and transmitting universal love is probably the greatest we’ll ever face. Everything counter to it must be let go of for it to arise in the Heart/Self that we always already are. Once it takes hold on Earth, it’ll rapidly spread, uplifting all the inhabitants of the planet into the ascended state.

Footnotes

(1) "Angelic Guides: Love Knows No Boundaries," channeled through Taryn Crimi, July 12, 2013 at <http://angelicguides.wordpress.com> .

(2) Loc. cit.

(3) "The Arcturians - Living Your Highest Point of Perception," by Suzanne Lie, Dec. 31, 2012, at <http://suzanneliephd.blogspot.co.uk/> .

(4) "Archangel Gabriel: Evolving Beyond the Conditional Love Paradigm," channeled by shelley Young, January 26, 2014 at <http://trinityesoterics.com/> .

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) "Natalie Glasson: Archangel Metatron, Lord Buddha and the Celestial White Beings - 2013 and Beyond," channelled through Natalie Glasson, Dec. 30, 2012, at http://www.omna.org/Latest_Free_Weekly_Message.html .

(9) Loc. cit.

What We've Always been Seeking and Never Acknowledged

February 22, 2021

<https://goldenageofgaia.com/2021/02/22/what-weve-always-been-seeking-and-never-acknowledged/>



I'm wrestling with problems of global discourse. Why? I believe I'm being guided in that direction.

It arose because I was contemplating evil - pedophilia, adrenochrome, child sacrifice.... Nice things to be thinking about at 5 am.

To make a long story short, I came to see at a deeper and deeper level that I cannot know evil in another unless I also have it in myself.

Let me take an everyday example. If I were to call someone nasty, I'd have to know "nasty" to know what nasty was. Otherwise, literally, I wouldn't know what I'm talking about and the subject might not even arise to be talked about.

So let me look. Can I be nasty?

Yes, I found it.

I looked. I tried on what I found. I tested it out. And the shoe fit. So I own it: I can be nasty.

I can be emotionally nasty. I can be withholding. I can push people around with my anger, bully them. Yes, I see it. Have I become my father? (1) In some ways, yes.

I could not see nastiness in another unless I first had known nastiness myself.

OK, now let's take this notion and widen the scope of the microscope to Mega Maxi range.

One of the biggest difficulties we face as we draw together as a world, soon to be united by clean Internet services (I hope), is that so often we will *not* have had the experience that the other person on the other end of the line will have had.

That's almost a given no matter what new person may be on the other end of the line because I am not that person and have not had their experiences.

The impact that has on communication is (A) to place increased importance and emphasis on learning cultural universals and (B) to welcome, as much as possible and appropriate, new experiences, in order to widen our grasp of the lifestyles and life experiences of others.

The danger of it is that people can go into extreme people-pleasing, out of awkwardness at wanting to make a good first impression.

There'll be some acclimatization needed to successfully get used to global conversations, I think, without too many faux pas. There's room for courses from lightworkers on the subject.

HOWEVER (drum roll please) the higher-dimensional love that we soon may be feeling will take all the difficulty out of global communication. Why? Because we'll come into that communication already fully satisfied, needing nothing to gain, and seeking nothing for ourselves.

Our egos don't stand a chance against this form of love. We'll be fully able to cooperate or decline, without offending anyone. How can a person who is radiating transformative love offend? (That'd be us.)

I know it's hard to imagine that, but I've been there, (2) even though I'm not there now, and so it IS something I know.

I also know, from having journeyed into the heart to the seat of the soul, that the "layer" of human experience associated with things like nastiness and similar everyday responses is very thin compared to the overall depth of the heart. (3)

I remember going down in an "elevator" 100 floors in the heart and through its glass walls I could see the layer associated with our issues and upsets and it was very, very thin compared to where I travelled. I remember comparing it to a layer of skin.

What all of this means is that, as the love energies rise on the planet, global conversation will get easier. Knowing others will become effortless and always honest.

Everything opens up when we already have what we've always been seeking and never acknowledged - love.

Footnotes

(1) I actually got a very good education while I was young.

The Arcturians: Because you were to work with Ascension, you were called upon to create a reality in which you went to the depths of the depths [Father] while you also experienced great love [Mother]. (The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.)

You've been trained since childhood to hear the faintest whisper of darkness. (The Arcturians, *ibid.*, July 22, 2014.)

Archangel Michael: The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured. In the truth of Ascension, this is what you are doing: Healing and opening to a greater capacity of love consciousness. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.)

(2) See, for instance, "Submerged in Love," March 14, 2015, at <http://goldenageofgaia.com/2015/03/14/submerged-in-love/>, "Activating the Wellspring – Part 1/2," March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>, and "Activating the Wellspring – Part 2/2," March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(3) "At Xenia Retreat Center, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original incident and experience it through to completion. Instead I went way past the level of the vasanas and kept on going." ("The Heart is 'the Seat of the

Soul’,” December 17, 2018, at <http://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>.)

Global Conversation? Based on What? Let's Try Love

October 30, 2022

<https://goldenageofgaia.com/2022/10/30/global-conversation-based-on-what-lets-try-love/>



I remember how my world expanded when I got my first paper route. All of a sudden it wasn't just the block I lived on that I was aware of. Or the block beyond. Or the corner store.

It was a neighborhood.

Real people just like me - and not like me - lived all over the place.

A neighborhood became a city, a province, a nation, a Commonwealth of Nations, the United Nations.

Now it's time to make the jump to a world. And do I know how to do that?

I wouldn't know anything at all except as it applies to the human race. Not the other kingdoms or the planet. I have to leave that to someone else.

And of the former, all I know is one thing.

If the conversation is not rooted in love, it will not work and, if it does, it will not last. That much I know.

So let's make that an assertion.

First Principle. I assert that any global conversation, any conversation involving the world, will have to be rooted in love to work or last.

We on this planet have experimented with everything - wealth, extreme sports, sex, war - to win for ourselves what we wanted and none of it brought satisfaction. That's as it was designed to be. Only God and the divine qualities were meant to satisfy.

That accords with the purpose of life. The purpose of life is enlightenment. In the moment of our enlightenment, God meets God, and for that meeting was all of life created. (1)

The only thing we haven't tried - except for a few moments at ribbon-cutting ceremonies - is love.

No not a false-face love. Not Pollyanna. Not even romantic love. I'm pointing at real love. What did Michael say of it the other day? Will you allow me to repeat part of it, it was so well said?

"To have an experience of love, it [must move] through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions." (2)

My fingers are itching to look at what he says here in more detail. (I will in another article.) But I'll restrain myself.

This is what Linda Dillon's sources call a tsunami of love. It'll restore, nourish, and transform us immediately and instantaneously.

If we don't feel it, fine. Fully 99.99995 % of people on the planet don't (factcheck please).

But at least unleash your yearning for it. If you're not yearning for this kind of love, you're in a reality I know nothing about. All the known and unknown worlds yearn for true love, to the best of my knowledge.

So, I assert, on my own divine authority, that any global conversation to work and be lasting must be founded in, rooted in, based on love.

Until the folks upstairs enlighten me more on the matter, that's all I know.

Let's try love.

Footnotes

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

(2) The full quote is:

“Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions.” (Archangel Michael: Go with the Ebb and the Flow of Love,” channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.)

This may rank as my new favorite quote. I read it, love wells up in me, and I am satisfied. QED.

This sentence is key: "To have an experience of love, it [must move] through you." Yes. Not originate from you, but move through you, coming ultimately from the Mother and, after you experience it passing through you, continuing on its journey eternally, blessing everyone it touches, as Michael describes.

My Life Over Here and Love Over There

Jan. 3, 2024

<https://goldenageofgaia.com/2024/01/03/350834/>



Until I experienced higher-dimensional love on March 13, 2015, my life was about getting what I wanted and avoiding what I didn't want, feeling good and not feeling bad, experiencing pleasure and avoiding pain, etc., etc.

Once I'd experienced higher-dimensional love, I no longer found satisfaction with anything less.

Whether one is in it at the moment or not, one knows that there's more to life than what we 3D/4D folks settle for.

The situation is similar to me working hard for you and you paying me in poker chips. What's this? There's no satisfaction in being paid in poker chips. What are you trying to pull on me?

Now let me substitute.

What's this? There's no *real* satisfaction to be found in lower-dimensional feeling states once one knows what actual love is. I want real love for myself, which I'm responsible for, and it'd be nice to share it with you.

So now my life has become about making sure I serve my own best interests by drawing love up from my heart and swirling it around my field of awareness first. And once my gas tank is full, then sending that never-ending flow out into the world.

Win/win.

But look at this. I make a distinction between drawing love up and my life. I "take time out" from my life to do the practice of drawing love up. That's how I see it.

My life is about researching and writing, getting groceries, going to the bank, making dinner, etc.

So make that 95% "my life" and 5% "drawing love up."

What I'd most like to do is make it ... well, why not try out 50/50? Equal time for the one and the other. The mind can't mess with that.

I know that 5% "my life" and 95% "drawing love up" is not my mission. My mission is to go up with everyone else and write about it, which I do.

Michael has said not to go running ahead of the group or take by-roads that no one else is interested in following. Stay with the global, the universal (what could be more universal than love?). And enjoy the experiences offered by the Company of Heaven, on condition that you write about them. Which I've done.

So I think I'm riding the horse in the direction it's going. Taking stock as we set out in the New Year, I'm pleased with the way things have gone, especially since June 12th, when everything began to speed up. (1)

It's not that I feel ready. It's not that I don't feel ready. It's that I feel love and, in the face of that, I feel ready for anything.

Whether one other person follows my example or not, I'll continue drawing love up from my heart and sending it out to the world. No other practice I know of is so

simple and yet so effective in leaving me in the experience of what we'll find we're all seeking, always, everywhere - the nectar, the ambrosia of the gods - higher-dimensional love.

Footnotes

(1) See "Co-Creative Partners with the Company of Heaven," June 12, 2023, at <https://goldenageofgaia.com/2023/06/12/co-creative-partners-with-the-company-of-heaven/> and *The Rewards of Co-Creative Partnership with the Company of Heaven* at <https://goldenageofgaia.com/wp-content/uploads/2023/10/The-Rewards-of-Co-Creative-Partnership-with-the-Company-of-Heaven-3.pdf>

Life Must Hold More

May 28, 2017

<https://goldenageofgaia.com/2017/05/28/288091/>



I have an ongoing conversation with myself about seeking love from another.

Even though our sources have said that we can in fact get love from another (otherwise why would we be sending love out to the world?) and we can even get love from the air, I still regard my heart as the primary and adequate source of the love that I seek and need.

I seek it and predominantly get it from my own heart, my own artesian well, fountain of youth, divine source.

Love from another is a treat but not necessary. (OK, in some cases, more than just a treat. It calls forth a loving response from me.)

But it didn't used to be that way for me. I used to think that I predominantly got love from another.

When I had a good visit with family or friends, I was filled with love - which I thought came from them.

That allowed me to get through a few days of a relatively ordinary and depressing life, with some wonderful events, and then I needed another visit.

I didn't get, at that time, that the love I then felt had come from my own heart, inspired perhaps by my experience of another.

No, I thought it came from the visitor. But now I see that, though some comes from the other, the bulk of it's coming from me.

Approaching the matter that way is what allows me to go through day after day, isolated and banging away at this keyboard in service to the Mother.

I haven't got an elaborate social network of family and friends to "furnish me" with the love I need. If I wasn't being fed from my own oasis, I couldn't do this.

Mine is probably too small a network. Uriel described the situation we can find ourselves in when we create too big a network. We can then become fragmented:

"There has been this fractioning, this divisiveness in your life. So you have thought, 'Well, I have to take care of my kids. I have to tend to my marriage. I have to tend to myself. Oh, and I have to earn some money and I have to do this and this and this.' And it has been all fragmented." (1)

Not feeling very much love at all for most of my life, (2) I became tired of this fragmented way of life and certain that life must hold more.

Surprise for me. It does. The "more" it holds is love, love, love. I saw that after I experienced higher-dimensional love. Its various forms such as bliss, joy, satisfaction, courage, determination - all the so-called divine qualities - are themselves forms of love.

One good solid introduction was enough to have me change my point of view - and a lot else. It was liberating.

So we can seek love from others if we want to. All is freewill. But standing where I do now, that seems like swallowing the ocean to get a fish.

We could give ourselves a break by starting a relationship with our own heart.

Start by imagining love flowing from your heart. Imagine it as a space heater, which it is. Imagine it as a bucket loader, a flowing river, a spouting geyser. Don't stop until the moment love bursts forth.

Do that and whether your partner loves you in this moment or not ceases to be a matter of absorbing interest.

Now you have the freed-up space to really serve the Mother ... or paint on the beach in Fiji ... or love your kids like never before and kickstart their hearts flowing.

Footnotes

(1) "Transcript ~ Archangel Uriel On Divine Authority, May 16, 2017," Channeled by Linda Dillon, at <http://goldenageofgaia.com/2017/05/21/transcript-archangel-Uriel-on-divine-authority-heavenly-blessings-may-16-2017/>.

(2) I used to think I had a hole in my heart because I never felt love. Not much fun for the people I related to - no fun at all for those who were seeking love from me. I was Eckhart's beggar. See Eckhart Tolle, *The Power of Now*. Downloaded from http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm

Everything Goes Better with Love

June 3, 2017

<https://goldenageofgaia.com/2017/06/03/everything-goes-better-with-love/>



All sharing, in my opinion, begins with an experience of love.

No matter how small the item shared, if the experience of love does not precede it, the gifting becomes awkward.

How often have we been faced with asking for something and the other person agrees reluctantly and we don't know what to do?

The exchange of love, if we could part the curtains for a moment, would be seen as probably more important than the gift itself.

That's probably what lies behind the native custom of potlatch. It's the bonding that happens in a totally-loving exchange that motivates the gifting. Love wants to flow, to embrace, to pour itself onto and into the other. And gifting is one important way that love flows in a society.

Notice how disconnected we've become because we're all on our cellphones? Notice how we also seem to notice each other less, hold the door open less, pass each other things less.

This is not a sharing society. This is not a society that's building social capital.

Everything goes better with love. Certainly, everything social does. Everything occupational does. Everything familial does.

Just think for a second. Isn't what I'm saying love offers what "religion" says religion offers? Believe what we believe and everything in your life will improve?

Does it? But it does with love. Substitute for "religion" "love." Now our lives do seem to get better.

Tie all the other stuff up in one big bundle. It all exists at the intellectual level of life and you know that I consider intellectual knowledge dry oatmeal.

In the end, love is not an intellectual thing. If it is, then it's about as love-filled as dry leaves are. We have to do better than that.

Even if we move it up to love as an experienced thing, even if we simply feeeeeeeeeeel love, draw it up from our hearts and just feeeeeeeeeeel it, that will make the gift-giving of another kind than simply a reluctant, "OK, here you are."

At some point we have an "Aha!" moment and see something about love. For that moment, we're acting from a realized state (realizations do not have to be large, life-changing moments).

At that moment, there's the opportunity for love to really show its stuff and get the place really jumping. Realized, love can then flow through us like the raging Mississippi.

For most of us, experiencing the love, as it wells up from our hearts in a pleasant glow is how it manifests for us. It's not a raging Mississippi, though it someday will be.

It moves us to want to extend a helping hand. It inspires us to want to offer another some of our goods or disposable income. It persuades us to let down our barriers and extend the scope of our compassionate caring.

From long years of sorrow, I no longer make loans to anyone. If I have the money, I gift it. If I don't, I don't. I soured too many relationships trying to have loans repaid.

If I look back on the fifty odd years in which I lived life out of my promise to God, (1) I'd say things have worked out pretty well. There has always been money and I haven't needed to learn about RRSPs/501 k's. I haven't needed to worry about

retirement. And you know where I've ended up in terms of living spaces. Thank you, Michael and my guides.

You can ask people around me: I continue to gift and I will until ... well, forever. It's like push-ups to the heart. It's like consenting to be and consenting to being seen as being a person who values nobility of character.

Giftng is the action that points to an investment in love. What are you waiting for? It's spring. Time to be doing pushups in the area of love.

Time to be flowing love out to the world in all ways.

Footnotes

(1) When I was eighteen, I said to God, "I will do your work if you will take care of the finances."

Fully and Forever in This Wonderful Space of Higher-Dimensional Love

February 25, 2021

<https://goldenageofgaia.com/2021/02/25/fully-and-forever-in-this-wonderful-space-of-higher-dimensional-love/>



The Self exists in the deepest reach of the heart, called the seat of the soul. Credit: Ute Possega Rudel.

I'm pretending that I get one chance to communicate this. It's like: If the whole world were listening, what would you say - that kind of thing?

THE most important thing I can do with this marvelous opportunity is to try again to put into words what higher-dimensional love is and is like. There's nothing more important than love.

I try and I try and I try ... and I fail. I hope I fail gloriously. But higher-dimensional love will not fit into third-dimensional language. The lexicon itself isn't sensitive enough. There just aren't words for it. (1)

There are none for the sudden transformation in a person when the higher form of love hits. And how you feel when it fills you up and then goes on to fill up everywhere you look?

That description may not be helpful though. So let me put clothes on the invisible. I have to be impressionistic rather than precise.

I can tell you about love's impact, what it feels like, etc., but not what love is.



I experienced higher-dimensional love after a heart opening on March 13, 2015. When we realize that "*this is love; this is what they're all talking about,*" a feeling of exquisite ecstasy comes over us.

Archangel Michael told me in a reading that same day, that the experience was gifted to me because (A) I asked for it, (2) (B) I had been breathing love up from my heart and sending it out to the world, greasing the machine, and (C) because I was at the time passionately in love.

After a heart opening, one is hit by an inner tsunami of love. You wouldn't believe how fast your cares - Can we afford the rent? Should I take that job? - just blow off you and disappear in the face of it.

Let go of any thoughts of rushing water. That'd knock you over. This tsunami has no physical impact; its impact is spiritual. It flows through you but with no physical impact. However, your spirit soars and your cares are forgotten.

Oh, *this* is all right, you say. Now I know what the masters were talking about. (3)

Well, yes, this is a glimpse of Ascension. Love *is* the substance of the higher planes. This is the Ocean of Love we're all going diving in.

When I spent time in it after the heart opening, I was only aware of myself as a point of awareness. Everything else was love. As a point of awareness, I had no mass, no materiality. You could therefore say that love was everything.

The Father is simple and passive awareness; the Mother is dynamic and universal love. As a point of awareness, I was the Child of God in its simplest form, (4) in the womb of the Mother's endless love.

How did I feel? Aside from being filled with love? I was fully me. No question of authority. No fear of anything.

Deeply satisfied with all I saw, happy, elevated, blissful, I could not conceive of a better place. (5)

I've wracked my brain once again and still cannot find the right words to describe love's nature, only the ecstasy, the thrill, and the tremendous gratitude we'll all feel when all of us are fully and forever in this wonderful space of higher-dimensional love.

Footnotes

(1) And I've listened to love songs, read love poems, been in love. But our love is like sugar and water compared to the champagne of that love.

(2) Ask and ye shall receive; knock and the door shall be opened. By the Law of Freewill, we must ask if we want the experience.

(3) In fact the person who ascends "knows" more than most masters I'm aware of. Most masters experienced seventh-chakra enlightenment or Brahmajnana. Ascension is beyond that, beyond the seven-chakra system; it culminates in an enlightenment experience known as Sahaja Nirvikalpa Samadhi. Ramana Maharshi and Franklin Merrell-Wolff are examples of a masters who did ascend.

(4) The Child of God, which is what we all are, is called by different names in different religions: the soul, the Self, the Christ, the Atman, the Buddha nature, the mustard seed that grew into a great tree, the pearl of great price, the treasure buried in a field, etc.

Its simplest form is pure awareness. That spark of awareness is piled upon by several bodies and is talking through a physical body which is both dense and limited in its experiential range.

Having been outside my body, I can tell you that the physical body is a very limited conductor of refined emotions. No wonder we rarely feel this love.

(5) Until the experience of love yielded to bliss.

Nothing Greater Than Love

Aug. 21, 2013

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/nothing-greater-than-love/>



Back in 2010, Archangel Michael said:

“As this acceleration [towards Ascension] occurs, you will see more clearly that everything that you experience is Holographic in nature. It is energy and light and it has no ‘real’ substance. It is ‘dream’ made manifest for a while to be experienced by you so that you may experience, enjoy and grow!” (1)

I had an experiential proof of this statement yesterday.

I went about as far down as I ever go these days in the course of a conversation. It raised what Jesus would call my doubt and fear.

When I get down, I rehearse all kinds of scenarios. Hey, I’ve been doing this long enough. Time to do something new.

This is never going to happen. Do you really believe the sources?

Gawd, I can’t stand this any more! I want to go on vacation and leave everything behind for a while!

Even though I don't go very far down any more, the downest down I go is still as unpleasant as it gets. So I was in the New Age equivalent of a trough.

And so after wallowing for a while, dousing myself in mud, and feeling very sorry for myself, I began to dig myself out.

That for me is not an intellectual exercise. I don't reason myself out of my funks, although I do know people who do – quite successfully. Not putting any method down.

Instead I began “being with” my upset. But I also began being with it in a new way that's become available as the energy rises. I slowed the whole thing down and watched myself as I covered every inch of the ground of “experienced experience” or “conscious awareness.”

And I watched my own doubt and fear gradually ease and fall away. There was no thought process involved. I didn't tell myself anything. I simply painted my felt experience with awareness and watched it dissolve (the hologram? The illusion?).

What happened next has been discussed by so many sources that I hesitate to say it because it sounds so Pollyanna-ish. But it was true nonetheless.

I was left in love. The only thing that survived and remained was love. Now, because I observed this process minutely and because my awareness and depth of experience have expanded, finding myself in love AND finding that love was stable and enduring had a real effect on me.

I knew, at that level of recognition that is not illusory, that love was all that exists, the only thing real, lasting and stable. I knew that love was not a part of the hologram, the illusion.

And getting to love by this process was itself ... well, do you remember being in Grade Six and the chemistry professor mixed the copper and hydrosulphuric acid together in the vial and the water turned blue? And you said “Wow!”

Getting to love by this process was itself a “Wow!” It had an impact on me. It lifted me up. And love became bliss.

As Archangel Michael said, all of this is a hologram. It's superimposed on love. It hides love. It covers love. And all we have to do is to be aware of the hologram, experience its content to completion, and we uncover the Reality at the base of the illusion and that Reality is love.

There is nothing more to say on the subject. Love is the beginning and the end, the alpha and the omega and, if we had the eyes to see, everything in between. There is nothing greater than love.

I just am enamored of the illusion – of the thrill of the chase, of the temporary ecstasy of some things, of the ups and downs and ins and outs. But the only thing that satisfies completely and lasts forever is love.

Footnotes

(1) Archangel Michael, "Navigating the New Earth Fifth-Dimensional Hologram," February 2010, through Celia Fenn, at <http://www.starchildglobal.com/february2010.html> .

⌘ What is the Heart? ⌘

We Know Almost Nothing about the Mechanics of the Heart

January 16, 2023

<https://goldenageofgaia.com/2023/01/16/we-know-almost-nothing-about-the-mechanics-of-the-heart/>



Imaginative representation of the heart as a portal.

June Meek says:

"And then from the 4th, I moved into the 5th and this is when I 'forgot' everything that happened in the 3rd. The memories were erased." (1)

OK, stop the camera. How wonderful to have other people's narratives or ethnographies to compare notes with.

What has June done? She says she's moved from the 4th Dimension (the Astral Plane on the other side of life) into the 5th Dimension (or Mental Plane).

We call this Ascension. And what happened? "The memories were erased." I cannot vouch for June's experience being the same as mine but the erasure from memory of all worries and concerns, hopes and fears is common.

For me the tsunami of love that flows on the other side of the heart door or hridayam swept away all these negative thoughts and feelings the moment my heart opened. My memory of them, in an everyday sense, was erased.

OK, there's two accounts of an element of life in the tsunami of love, never mind the dimension. It just gets more and better the higher you go, but love as love is not different. (2)

Love is love, in whatever universe you're in. Love may be the only constant in creation; I don't know.

However much you love right now, can you imagine that love being ten times stronger? Can you imagine that this stronger love you see is coming from you? Streaming up from the pinhole aperture of the heart, the heart door, called the hridayam?

Can you imagine that love 100 times stronger? My experience has been that the stronger it gets the higher up the dimensional ladder we go. (3)

We know almost nothing about the mechanics of the heart. Until science recognizes the unseen, we may only learn about it gradually and slowly.

Footnotes

(1) "June Deborah Meek: Journey to the Higher Dimensions – 1/2," January 7, 2023, at <https://goldenageofgaia.com/2023/01/07/june-deborah-meek-journey-to-the-higher-dimensions-1-2/>.

(2) Love becomes bliss, ecstasy, joy, happiness, and other divine states. They are "different." But love as love, love when it is simply love, is not different - at least in the higher realms I've experienced.

(3) And, yes, we call it by different names - love, bliss, ecstasy, exaltation.

The Heart is a Door to the Higher Dimensions

December 27, 2022

<https://goldenageofgaia.com/2022/12/27/the-heart-is-a-door-to-the-higher-dimensions/>



Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know - a thousand words - but I will keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (1)

OK, if it's the essential work, then let's dig in.

One of the things I don't think is understood about the heart is that the heart door or hridayam is a portal to the higher dimensions.

The heart door is first opened in a fourth-chakra experience of the kundalini. The tendency then is to characterize a heart opening as simply a fourth-chakra or introductory experience.

But the fact that we can travel to different dimensions through the heart door, which we were told would be available to us, is still something that isn't discussed in the literature.

For me the heart opening was explosive. The Mother called it explosive/implosive:

Divine Mother: Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion.

And if you speak to these individuals, there's nothing gradual about it. It is the immediate knowing not only of love, not only of individual essence but of [divine?] essence. (2)

Absolutely it is. That experience awaits us all and may come with the Ring of Fire. (3)

We tend to think of the heart opening and its aftermath as a fourth-chakra, Third-Dimensional experiences. But once inside the hridayam, I assert that we enter the higher dimensions.

The love and bliss that we thereafter experience is not fourth-chakra, but anywhere from seventh to ninth dimensional, according to Michael:

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

Archangel Michael: It is the Seventh Dimension.

Steve: Then what dimension is bliss?

AAM: It is between Eight and Nine. (4)

I hope that, at some point we'll have the psychic abilities or technologies to actually study the heart. But right now, it's one observation at a time.

My observation here is that the heart opening may have involved the fourth chakra in the Third Dimension, but it opened onto a world that was, according to Michael, Seventh to Ninth Dimensional.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 5, 2018. [Hereafter AAM.]

(2) "The Divine Mother: It's All a Journey of Love, April 30, 2019," at <https://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>.

My March 13, 2015 heart opening is described in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>

(3) See *Ring of Fire, Wave of Love* at <https://goldenageofgaia.com/wp-content/uploads/2022/09/Ring-of-Fire-Wave-of-Love-R7.pdf> and *The Event: A Planetary Heart Opening for Gaia* at <https://goldenageofgaia.com/wp-content/uploads/2018/04/Planetary-Heart-Opening.pdf>

(4) AAM, Jan. 20, 2016.

Sanat Kumara: The Heart is the Seat of the Soul

March 2, 2021

<https://goldenageofgaia.com/2021/03/02/318342/>



While looking for a particular quote from Sanat Kumara, our universal logos, I came across a remarkable exchange with Sanat Kumara, whom I was interviewing on *An Hour with an Angel*.

In the midst of the interview, I suddenly felt ecstatic. I asked Sanat to tell me what I was feeling and he said, remarkably, that he had given me an experience of the Seventh Dimension, the Christ Plane, or Plane of Love.

Because it actually happened to me, I can testify to it.

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

Steve Beckow: Okay right now, this experience that I'm feeling bliss and excitement and, yes, I was feeling excited ... is going to fade, correct? And then it will build again at some other point and then it is going to change. We are not at the place where it will be ours permanently yet, are we?

Sanat Kumara: Yes, you are. What happens is the mental construct. It is habit forming. Let us start there. Because you have lived in a domain – your term – that has been governed by the mental/emotional experience/constructs and then you tend to think: “this is so big, this is so wonderful.” And, you immediately go to: “I wish I could hold on to it.” Instead of: “I'm holding on to it. I'm not going to revert back.”

And this is what those who are thinking that they can never return are really thinking about. They want to be in the bliss and they don't know how they can maintain this sense of upliftment and come back and assist with the collective that is still in the quagmire of chaos and mayhem. But you can. It is a heart and soul decision.

And every time, if you feel the fade effect coming in, come back to me. I would joyously – as Planetary Logos, this is my job, this is my joy, this is my mission – for all of you to be in this state. And then I can move on. Although I will want to stay for a while and enjoy it. So keep claiming it. Don't think: “Oh my gosh, it was so nice. I wish it could come back.” Keep claiming it and call on me if you feel the fade, if you feel that the mayhem is dragging you down, then call and come back to this very place. I am anchoring this knowing in your heart, in your cells, in your DNA. It is activated right now.

SB: Well, it certainly is a wonderful experience.

Two matters – one is when you say: “don't give it up. Call it back,” are you talking about an exertion of will? That's my first question. My second question is, I wonder if you can say a little bit more about the heart. Because I think that most people, when you say the heart, all they do is consult – as you said – consult their feelings. And, having experienced an open heart, the heart is much more than just one's feelings. So could you talk about the will and the heart please?

SK: I would be delighted and think of it in this way. What you are doing is the alignment, your true alignment, your true self, your divine self in form – aligned with divine heart, mind, will. It is not that we wish to eliminate anything and that is the nature of this discussion, but when you think about feelings, too often, my beloveds, you are referring to your emotional field which tends to be chemical, biological, environmental and reactive.

When I talk to you and refer – and I speak of all of us now – when I refer to your heart, I am referring to the seat of your soul. (1) I am referring to your capacity for full consciousness, for what we have termed love, which has many, many faces, which is the anchoring and the living acceptance and surrender of your divinity and your will which is your ability to co-create. So your will brings into form this Nova Earth that we are bringing forth, restoring, rehabbing and creating together.

You cannot simply remain in your heart, which is your powerful tool to heal, to expand, to create. But when you step out – think of it in this way – you step out holding the bliss and then you say: “Well, what does bliss look like in form?” And, by an act of will you bring into form that which you desire that is harmonious because it comes from divinity and love. It does not come from the false grids and illusions of the old. It comes from the purity and the clarity of the Mother/Father One that you carry within you. For you are divine!

The biggest piece of this ascension is not just the momentary glimpse of your divinity, but the complete acceptance of your divinity and the celebration of that divinity by being able to manifest and create in a whole array of ways what is truly sublime.

So if it is not of love, if it is not of joy, if it is not of peace, then you would not choose to have it present upon your beloved planet. It is simply that there is no room for it because it is not in alignment with who you are and who the other seven billion are.

So it is the harmony. It is the harmony of your brilliant mind, your brilliant heart and your brilliant will. We do not want to negate any part of you, including your form. Now is your form being tweaked, reconstructed, regridded? Are you choosing to re-emerge into your perfected idea of your form? Yes.

It is a co-creation and that is one of the signals to you that you are truly in ascension. It is that your body becomes glorious. It does not mean that there will not be blips along the way...that you are healing those for the collective. That is how you are co-creating with us this new domain where pain and disease and imbalance cease to exist.

Footnotes

(1) The soul, as I have experienced, is to be "found" in the deepest reaches of the heart, called "the seat of the soul."

Attention, All Hands: Stop Seeking Love Externally

November 19, 2023

<https://goldenageofgaia.com/2023/11/19/attention-all-hands-stop-seeking-love-externally/>



The heart is an endless fountain

Transformational psychologist John Enright would have called this hard-nosed permission giving. Ready?

Attention, all hands. Now hear this: Stop seeking love externally.

There. I said it.

Now I *have to* say more. Yes, others can send you love. But the kind of love I'm talking about lives, to the greatest extent, as an endlessly-flowing artesian well in our very own hearts.

"Stop seeking [love] externally," Archangel Michael tells us. "It is interesting, is it not, that so often we witness you human beings seeking love externally, when in fact all the love is within thee." (1)

The Arcturian Group agrees:

"The love or gratitude you seek may never come from those you may expect or want it from, but if you acknowledge and seek it from within-- (I can never be separate from the Love I am, I am forever complete and whole because I AM) it will flow to you in ways and from places you least expect." (2)

The place we seem to least expect it right now is from inside ourselves, from inside our hearts.

The Arcturian Group returned to the subject today:

"In and of themselves, human beings have no love, forgiveness, patience, generosity, etc. to give. These are God qualities only able to express through consciousnesses that are open to and in alignment with them. Never look to a person for love, forgiveness, patience etc. regardless of how a situation "should be" because a human being does not have it to give unless they are open to it flowing through them. Look only to God for God qualities and you will find them flowing to you from where you least expect.

"Accept and trust that everything you seek is already fully present in and as you." (3) (My italics.)

I'm ecstatic reading that because it fits so well with my own experience.

Let me use a metaphor to illustrate our overall situation.

When we build a home on the outskirts of town, we have to hook up to the municipality's services. Imagine we have a junction box outside our house. (I don't know what a junction box is. I'm making this up.)

Now keep in mind the nature of love. Michael tells us: "Love is a fluid energy. It has need to flow." (4)

Archangel Michael: Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you. (5)

It must move through us. Back to our metaphor.

Imagine love flows through the municipality's lines to our junction box.

Our heart is that junction box. When we open the junction itself in a fourth-chakra heart opening, the precious flow begins, up from the heart, until all our hopes and fears, worries and resentments are swept away in a gathering tsunami of love. It leaves us pure and innocent and immersed in love for the time the heart remains open. (6)

In terms of our metaphor, this love from the municipality's wires is lighting up the whole house.

Here we leave our metaphor for the love that we feel isn't used only for that. We aim to share it with the whole world.

The Arcturian Council through Daniel Scranton tells us that we get to experience this love if and when we share it:

"You do want to commit to moving your bodies and connecting with Mother Earth and Mother Nature because all of these things will also be assisting you in handling the higher-frequency energies that are coming in [through the heart] and that you have agreed to anchor in for the rest of humanity.

"Now, this is not just an act of service, because you also get to enjoy the feeling of those energies running through you." (7) [My italics.]

Thus, we can savor the love as it rushes up from our hearts, before we send it on out to the world, making room for more to flow up, endlessly. If we try to hold onto or contain it, it disappears, without saying goodbye.

Many sages have joined the Arcturians in pointing to "the way love works": "As ye give, so shall ye receive." "It's in giving that we receive." Now we also can see the way it works: We receive love in, by, and through the act of giving it.

Knowing that, does it not make good sense now to send love out to the world? Do we not have a good, old-fashioned reason - self-interest - for doing so?



The Arcturian Group says this fruitless search for love outside ourselves is the cause of all our troubles. Knowing the love of which they speak, I'm inclined to agree:

"There are still many who hunger deeply for the Love and acceptance they are entitled to, but in ignorance continually look outside of themselves for that which is within. Because of this, these dear Ones say 'yes' to everyone and every idea no matter how personally destructive it may be and, regardless of how much it may not resonate with them. They believe that by saying 'yes' they will be accepted and loved. This yearning and search for that which can only be found within is the root of all problems and is the bottom line of all actions resulting in imprisonment." (8)

I certainly do recognize the character type he describes. I see a lot of myself in it.

Let me close with one last instance of a sage focusing on the problem of the external search.

Earth's own Eckhart Tolle is fond of telling a story that echoes Jesus on the man who found a treasure in a field. Again the treasure is to be found within the heart; the treasure is love:

"A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap. [External search.]

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?" [Internal search.]

“Nothing,” replied the beggar. “Just an old box. I have been sitting on it for as long as I can remember.”

“Ever looked inside?” asked the stranger.

“No,” said the beggar. “What’s the point? There’s nothing in there.”

“Have a look inside,” insisted the stranger.

"The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold." (9)

"Have a look inside." Inside what? Inside the heart, the box we've been sitting on for thirty years. The gold we find inside is love.

The Ring of Fire, which I expect at the end of the emergency broadcasts/cabal disclosure, (10) will be a planetary heart opening. (11) Is it what Matthew Ward was pointing at when he said "A tsunami of [lovelight's] high vibrations is the means whereby violence will be ended"? (12) I certainly hope so.

All of us then will experience what the sages are pointing at. I hope you then exclaim: "Is THIS what all the talk is about?" The answer will be a definite yes!

Footnotes

(1) Archangel Michael, "I am Protecting You - Archangel Michael Channeling," Oct. 16, 2017, at https://www.youtube.com/watch?v=oxCMC9_smW0&index=7&list=PLKhdbUBLU4tvhROQ7HqKPIsYcEhK9nP7Z.

(2) The Arcturian Group via Marilyn Raffaele, June 19, 2022, at <https://goldenageofgaia.com/2022/06/19/the-arcturian-group-via-marilyn-raffaele-june-19-2022/>.

(3) Ibid., Nov. 19, 2023 at <https://goldenageofgaia.com/2023/11/19/the-arcturian-group-via-marilyn-raffaele-nov-19-2023/>

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019. (Hereafter, AAM.)

(5) AAM, Dec. 5, 2018.

(6) In Ascension, the heart fully opens and never shuts again ... unless we agree to reincarnate out of service.

(7) "The 9D Arcturian Council Through Daniel Scranton: The 12/12 Energies & Preparing You for 2023," December 12, 2022, at <https://goldenageofgaia.com/?p=340877>.

(8) Arcturian Group, June 8, 2014, at <https://goldenageofgaia.com/2014/06/09/arcturian-group-message-via-marilyn-raffaele-june-8-2014/>

(9) Eckhart Tolle, *The Power of Now*. Downloaded from http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm

(10) Of course I've only been wrong in every prediction I've ever made. Caveat emptor.

(11) See *The Ring of Fire: A Planetary Heart Opening for Gaia* at <https://goldenageofgaia.com/wp-content/uploads/2023/10/Ring-of-Fire-Planetary-Heart-Opening-2.pdf>

(12) Matthew's Message, Nov. 1, 2023. "Ended" in the sense that those who practice violence will find the vibrations too difficult for them to survive in and will depart. "Ended" also in the sense that in the vibration of higher-dimensional love that we'll all be in - albeit, temporarily - no one will have any thoughts of violence.

For more on how violence will end, see:

- [The End of Darkness on Earth: the Dawning of the Light](#)
- [The Hidden War: Stopping the Illuminati](#)
- [Not Everyone will Choose to Come with Us: The Time of Separation](#)
- [Some will Choose not to Ascend: The Time of Separation](#)
- [Out with the Old and In with the New](#)

⌘ My Heart Opening ⌘

Submerged in Love

May 6, 2016

<https://goldenageofgaia.com/2016/05/06/submerged-love-2/>



The article that follows was written written around 9:00 a.m., in the midst of a heart opening, a fourth-chakra event. The process the experience ignited went on for a considerable time beyond the writing of this article.

Being written in the midst of the experience, it leaves out some things. There's no mention, for instance, of the tsunami of love that hit me after my heart opened.

There is this mention in Dec. 2015: "In my case, I felt a torrent of love." (1)

I think I was so deeply in the experience at this moment that I forgot where I was, what had happened, etc. Michael was still confirming aspects of the experience a year or more later; for instance, that the love I then experienced was seventh-dimensional. (2)

The next article requires a little explaining. This morning (Friday, Mar. 13, 2015, at 7:00 a.m.) I had a spiritual experience, which still continues with me late into Friday evening.

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

Two hours into the experience [ie., around 9 am], I wrote the article that follows. It was written before I had my conversation with AAM, to record as much as I could discover about this remarkable space.

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

[Steve 2021: In fact, the event itself seems likely to have included a seventh-dimensional component, according to Michael. See footnote 2.]

I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (3) that began so subtly that I knew I had to make a record of it.

Imagine becoming successively drunk from drinking one glass of sake after another. Only you haven’t drunk anything. I hadn’t taken so much as an aspirin. The event was clearly inner-initiated. It had no “external” cause.

I became aware of something which I thought of as “an influence” creeping up my legs and torso, which put me in a mood of love and calmness.

After the mood came to my awareness, I acknowledged to myself that it seemed like the Divine wished to communicate. (4) So I surrendered to the communication. I allowed it to continue, unhindered.

And almost immediately thereafter, in an outward sweep of the experience, it blossomed, or mushroomed, or expanded into a deep sense of love, joy and stability. (5)

Steve 2021: The experience was actually more like a fifteen-inch naval gun going off. It cleared an obstruction from my heart and opened my hridayam or heart aperture. After that it blossomed or mushroomed....

At no time, during this experience or even in the subsequent reading did I realize the significance of it occurring when and because the kundalini had reached the fourth chakra.

It wasn't until a month later that Michael told me the experience had been that. (See Footnote 2) The minute he said it, I remembered that my heart had exploded as soon as the kundalini reached the fourth chakra.

This allows me to correlate it to what Hindus call spiritual awakening and Buddhists, stream entering. I'd now describe it as an explosive fourth-chakra portal/experience which peaked in the seventh dimension.

I believe it was meant to be a showing, a greeting, a demonstration of what emergence onto another plane of consciousness may be like. (6)

I think there's some correlation between it and the exercise that I've been doing of breathing up love and sending it out through the Third Eye. (7) I think doing that exercise may have released this energy.

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

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

What's different about this experience from others?

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

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

(3) It wasn't just one thing; it was several. I felt love, bliss, stability, OKness, (8) 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 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. There are only dramatized moves that don't need to be dramatized. But they themselves are part of and embedded in a wider drama of need/hurt/vengeance that so many of us are caught in. (9)

It would take years to emerge from this desert we inhabit by ordinary processing. The jump to a higher space accomplishes this 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 however long this will last. It's lasted far longer than I'd expected, as of right now. Is it permanent? I don't know that either. Is it wonderful? Superb.

Read next the discussion that followed with Archangel Michael about this experience and how it relates to what others can expect.

Footnotes

(1) "I Want Nothing Else," Dec. 1, 2015, at <https://goldenageofgaia.com/2015/12/01/i-want-nothing-else/>

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

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

Here I discussed its explosive aspect with the Divine Mother:

Steve: Mother, you use the word exploding. That is why I am commenting.

Because, of course, the heart opening that I had March 2015, was explosive. And so...

Divine Mother: It is explosive. It is implosive. ...

SteveL: After the explosion I had March 2015 I felt a torrent of love. It swept away everything. It was your Tsunami of Love, was it not?

DM: Yes. ("The Mother Promises a Massive Heart Opening – Part 2/2," at <http://goldenageofgaia.com/?p=289519>.)

(3) The vision experience I had in February of 1987 also happened on Friday the 13th.

(4) It was surrender or drown.

(5) Archangel Michael later described it as a "heart opening."

(6) AAM actually described it later as "the beginning" and "a part" of Ascension.

(7) AAM later confirmed that there was a connection.

(8) Original innocence.

(9) Which is probably why our relationships so often don't work.

Activating the Wellspring - Part 1/2

March 13, 2015

<https://goldenageofgaia.com/?p=323161>



What follows must be one of the most memorable and significant conversations I've ever had with Archangel Michael. My thanks go to channel Linda Dillon.

It followed just three hours after I had my heart opening on March 13, 2015. The kundalini had reached the fourth chakra and brought on the event.

The heart aperture (hridayam) blew open and I was awash in the most satisfying, compelling, magnetic love, to paraphrase Mike Quinsey, that I had never known. (1) It was an inner tsunami of love and it swept away my cares.

Until that moment, *I did not know what love was*. And I did not know that I did not know.

All my futile attempts at relationship now came up to view. I'd reflect back to the woman the love I received, until they dropped from exhaustion. I had no idea why they dropped and no inkling what true love, real love, higher-dimensional love actually was.

And now I knew. This was Day One of this experience and I asked Michael about it with a view to sharing it with you. This experience lasted off and on until Sept. 28, 2015 at which time it became bliss for another three months or so.

Notice that Michael refers to it before I even mention it.

March 13, 2015 - The day my heart exploded and my life transformed.

Reading with Archangel Michael through Linda Dillon, March 13, 2015

Archangel Michael: Greetings, I am Michael.

Steve: 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 [I had not mentioned the heart opening.]. 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 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. (2) 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. (2) 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 on 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: 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."

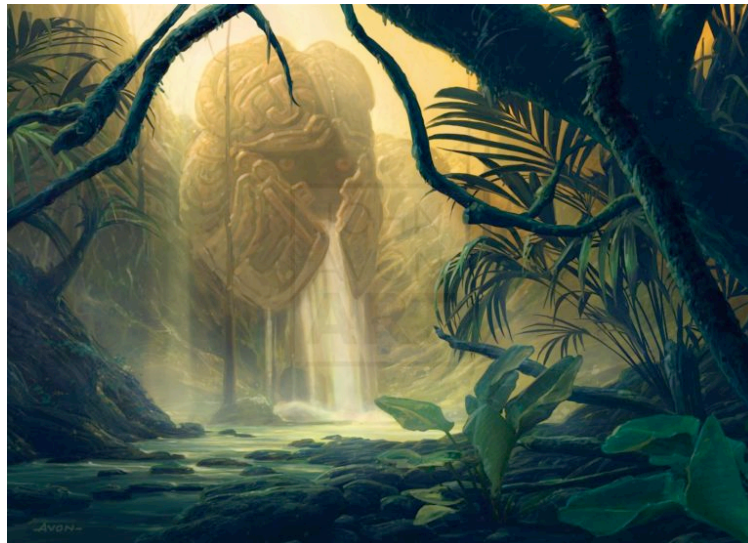
But if you are not in this sense [space] of the love and knowing full well, beyond any shadow of any doubt in any realm, this is what you desire, this is what you are here to create - this sense - then simply go a little further, my friends. (3) You do not walk alone. And the journey is guaranteed!

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

Activating the Wellspring - Part 2/2

March 13, 2015

<https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>



(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.

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, 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: Also, 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). 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, by the way.

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." ("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/> .)

The bands of muscular tension we create by our counterproductive programming are this density.

(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.

Dipping My Bucket in the Wellspring of the Heart

August 14, 2015

<https://goldenageofgaia.com/2015/08/14/dipping-my-bucket-in-the-wellspring-of-the-heart/>



Credit: christianity.about.com

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

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

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

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

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

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

I'd like to discuss the use of the imagination to stabilize the flow of love as much as is humanly possible.

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

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

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

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

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

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

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

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

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

The Heart as a Portal

March 19, 2022

<https://goldenageofgaia.com/?p=334036>



I'd like to expand on an earlier view of the heart I've had.

Previously I saw the heart as somehow a vessel. Inside it, at the end of the heart tunnel was "located" the Self, the Christ, the Atman.

Conscious entry into the heart brought one into the tsunami of love and, ultimately, the Ocean of Love.

I now see things entirely differently. I now see the heart as a portal to the higher dimensions.

What higher dimension probably depends on how deep a meditative journey into the heart we make, how pure we are, how quiet the mind, etc.

I no longer see the dimensional boundaries as relatively fixed, but more as energies.

When the door of the heart, which Hindus call the hridayam, opens, we find ourselves in either love, bliss, ecstasy, exaltation, etc. These represent higher and higher dimensions.

We don't pass a checkpoint. There are no road signs. We may not know where we are. We may only know how we feel.

But the door of the heart reconnects us with those higher dimensions. To illustrate how, let me use a metaphor.

Imagine blowing up a balloon, but not all the way. Now take the balloon and, in the middle, twist it so it has two sections.

OK, that twisted balloon is us. One section is our 3rd/4th-Dimensional consciousnesses and the other is all the higher dimensions.

Untwisting the balloon is like opening the hridayam.

Now all the air is reunited, just as we are reunited with the higher dimensions.

The hridayam is open. We step through like the air rejoining the air and we are now able to navigate the higher dimensions.

Remember what St. Germaine said:

“All the rules have changed. You have decided to maintain form. That doesn't mean we're going to have you punished by not allowing you access to the 7th.

“That is the old paradigm. 'You can't come here, unless you die.' Well, that's not true! That's what enlightenment and Ascension is about. You can go as far [as you like?], you can go and feel and be the Love that is the 7th Christ consciousness. You can have it all and then you pull it into your physical form so that you are a walking, talking, working, creating Christ-conscious Being.” (1)

Once we ascend - in our physical bodies - we'll have access to all the dimensions. This is something new. But it expands our metaphor: If we have access to all the dimensions, it's like the air mingling with the air. All mingles with all.

I say this having passed through the door of the heart on March 13, 2015 and eventually finding myself in an Ocean of Love, that Michael characterized as a seventh-dimensional experience. (2)

All I knew was a deeper love than I could ever imagine existed. I had no idea what dimension I was on. And the experience of this heavenly or sacred love made any such questions trivial.

Footnotes

(1) “Transcript: Heavenly Blessings – St. Germaine on Where to Look for Results,” channeled by Linda Dillon, July 15, 2014, at <http://goo.gl/OxNpnG>.

(2) Not long after the heart opening that I experienced on Mar. 13, 2015, I found myself suddenly immersed in an Ocean of Love. (“Immersed in an Ocean of Love - Part ½,” May 17, 2015, at <https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/>.)

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

AAM: It is the Seventh Dimension. (AAM, Jan. 20, 2016.)

AAM: The love dimension ... we ... call [the Seventh]. (AAM, Sept. 16, 2020.)

Here is a second apparent visit to the Seventh Dimension, my meditation-retreat experience of the Oversoul.

AAM: ... Your Highest Self, your Oversoul, is very regal.

Steve: So that [experience at a meditation retreat] was an experience of the Oversoul?

AAM: Yes. (AAM, Sept. 13, 2011.)

Arcturians: Seventh [Dimension] is your Oversoul. (Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 17, 2013.) [Hereafter Arcturians.]

The Heart is “the Seat of the Soul”

December 17, 2018

<https://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>



What is the heart? Is it an "organ"? Is it a "space"?

I asked the question of Archangel Michael recently and he had this to say:

Steve: What exactly is the heart?

Archangel Michael: It is the motor of your being. Not just the physical motor, but the motor that keeps you infinitely connected to the divine, to Source, to the One. So it is the way in which the fuel of love comes in and allows you to experience what truly is almost beyond human words and expressions. ...

When you are in the love, you are literally all-knowing. You have experienced this. ...

So being and experiencing love is truly accessing the heart, the mind, the existence of One. It is the place of complete union. ...

Steve: The heart doesn't exist on the physical, obviously. What dimension does the heart exist on or is it multidimensional?

AAM: It is multidimensional but, if you want to find a home for it, it would be in the seventh. (1)

For us, a full and permanent heart opening is what constitutes Ascension. Vedantists call that level of enlightenment "Sahaja [Natural] Samadhi." Sri Ramana discusses it here:

“The yogis say that the current rising up to sahasrara [Seventh Chakra] ends there. That experience is not complete. For jnana [enlightened wisdom], they must come to the Heart.” (2)

“Heart is the seat of Jnanam as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point [i.e., the hridayam or heart aperture], which is always shut. When the mind drops down in Kevalya Nirvikalpa [samadhi], [the hridayam] opens but shuts again after it. When Sahaja is attained it opens for good.” (3)

This full and permanent heart opening is moksha or liberation from the Third/Fourth Dimension and Ascension to the Fifth.

Sri Ramana says that the heart is "represented" by the hridayam. At Xenia, I went through the hridayam and into the heart. I didn't ask AAM where the hridayam itself was located, but again I'd be hard-pressed to consider it a physical phenomenon either.

The Divine Mother confirms our assertions about Sahaja and reveals that the chakra system is impermanent:

Steve: I'm trying to understand what level of enlightenment Ascension corresponds to. And I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — Sahaja Samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement.

(4)

At Xenia, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original incident and experience it through to completion. Instead I went way past the level of the vasanas and kept on going.

I finally reached what resembled a tunnel and at the end of it was the Light of the Self. And in the presence of the Self I felt innocent and pure.

I had penetrated through the hridayam, the heart aperture, into the open heart and down, down, down to "the seat of the soul." So I can vouch for the fact that the seat of the soul is in the heart. That no longer sounds like a far-fetched notion to me, but something I've experienced and realized.

That having been said, I confessed to AA Michael that I could find no words for love or for the heart:

Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know - I'll write a thousand words - and keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (5)

So impossible as it is to describe what the heart is, I (and we) keep trying. It's not as difficult to assert that the heart is indeed the seat of the soul. That at least can be experienced.

It's the realization of the Self or Soul, hidden in the depths of the heart, that will set us free from the wheel of birth and death associated with the Third Dimension.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec . 5, 2018. Thanks to Dana for our transcript.

(2) Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi. Three Volumes in One.* Tiruvannamalai: Sri Ramanashram, 2010, 65-6.

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

(4) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <https://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/> Da Free John discovered that the chakra system was temporary:

“For several nights I was awakened again and again with sharp lateral pains in my head.

They felt like deep incisions in my skull and brain, as if I were undergoing an operation. During the day following the last of these experiences I realized a marvellous relief. I saw that what appeared as the Sahasrar, the terminal [Seventh] chakra and primary lotus in the head, had been severed.

“The Sahasrar had fallen off like a blossom. The Shakti [kundalini, Mother’s energy], which previously had appeared as a polarized energy that moved up and down through the various chakras or centers producing various effects, now was released [throughout] the chakra form.

“There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies, gross or subtle, had revealed itself to be as unnecessary and conditional as the bodies themselves.” (Da Free John, *The Knee of Listening*. Original Edition. Clearlake, CA; Dawn Horse Press, 1984; c1973. , Original Edition, 116-9.)

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, *ibid*.

I'll Take It

June 22, 2015

<https://goldenageofgaia.com/2015/06/22/ill-take-it/>



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

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

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

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

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

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

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

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

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

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

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

⌘ In an Ocean of Love ⌘

Diving into the Ocean of Love

May 4, 2018

<https://goldenageofgaia.com/2018/05/04/293869/>



I'd compare my spiritual practice to a person walking on two legs or a bird flying on two wings: (1) is letting go of vasanas or core issues, what the ancients called "impurities," and (2) is drawing the love, bliss, and joy up from my heart and sharing it with the world.

The first is the dropping of everything that weighs us down and keeps us dense.

The second is expansion into the eternally-unfolding divine qualities, the forms that love takes.

That for me is a perfectly-balanced spiritual practice.

The significance of seeing this formula is rippling through my consciousness and body as I write.

Drop everything that weighs us down and keeps us dense.

Open to, expand into the eternally-expansive divine qualities, the forms that love takes, which flow from or are found in our very own hearts.

Let go of what holds us to the shore and dive into the Ocean of Love, the inner tsunami.

Leave the shore and dive into the Ocean of Love. That fulfills and completes the basic spiritual movement of turning from the world to God.

I feel a sense of certainty around one aspect of my sacred purpose: To let go of what holds me to the shore of the world and dive into the Ocean of Love.

Drowning in an Ocean of Love

March 1, 2020

<https://goldenageofgaia.com/2020/03/01/drowning-in-an-ocean-of-love/>



Love lies below everything.

Yes. Everything I've ever known.

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

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

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

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

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

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

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

Immersed in an Ocean of Love - Part 1/2

May 17, 2015

<https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/>



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.

This is the second time I've found myself in the Ocean of Love. The first time was on May 6, 2014. (2)

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. (3)

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 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. (4)

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 Sosan 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) On that experience, see "Love is the Way, the Truth, and the Life," May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>

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

(4) On the subject of preference and desirelessness, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

Immersed in an Ocean of Love – Part 2/2

May 17, 2015

<https://goldenageofgaia.com/2021/09/17/immersed-in-an-ocean-of-love-part-2-2-2/>



(Continued from [Part 1.](#))

I'd like to continue looking at the 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.

[Steve 2021: This experience is distinct from the experience in May 2014, of finding myself in an Ocean of Love. That experience, I believe, was realizational.]
(1)

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 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." (2)

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 former.

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. (3)

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." (4)

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 of discernment.

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. (5)

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) For that experience, see “Love is the Way, the Truth, and the Life,” May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>.

(3) On this subject, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

(4) 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.

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

Point of Awareness in an Ocean of Love – Part 1/2

November 20, 2020

<https://goldenageofgaia.com/2020/11/20/point-of-awareness-in-an-ocean-of-love/>



Credit: pfcleadership.org

2022: I no longer believe that our individuality disappears after we go Home to Mother/Father One.

My job, when people come here (and I speak as an individual editor), is to lay out the details of what's happening right now and speed you on your way.

As a pillar, I stay till the end of the journey and refrain from enlightenment if it complicates my duties as a lightworker.

I'm a waiter at the banquet of Ascension and look forward to eating my meal later.

Complicates my duties? What duties? To tell you everything I know about what's going on spiritually (someone else will have to handle politically, financially, etc.). Taken from the best spiritual sources we can find. And to document my journey.

No, I'm not a spiritual teacher. Spiritual teachers address individuals and small groups of people. Lightworkers address the whole world, the human race, the planetary situation.

Spiritual teachers aim for the enlightenment of the student or the group of followers. Lightworkers serve the Ascension of everyone on the planet capable of holding the higher-dimensional energy.

Both teach and practice oneness. What's that? How are we one?

Let me spend some time looking at how it is that we're one.

The culmination of the heart opening I had on March 13, 2015 was the inner tsunami of love flooding the room I was in, knocking down the walls, and becoming everything. I - no more than a point of awareness - was totally immersed in an Ocean of Love.

Please note: There was an Ocean of Love and there was me. I was therefore *not* one with the Ocean of Love, but its inherent oneness was not lost on me, blissed out as I was. (I am not in that space now.)

The fact that I was not one with the Ocean of Love means that I cannot say things like "I am/we are love." I don't know that. So just file that away for later.

I was a point of awareness in a Sea of Love.

Drawing back from that now, I have to ask you to provisionally accept something spiritual. I ask you to accept that the One has created the illusion that Awareness can separate a piece of itself from itself.

It'd be as if we twisted a small part of a balloon and called that small part "separate." But untwist it and the air in it rejoins the air in the balloon. So it wasn't really ever separate; it just seemed so.

My vision in 1987 was about the journey of a soul from God to God, through the illusion of separation to the knowledge of unity. (1)

In that wordless vision,. I saw the "Father" as a large golden Sun and the "Child" (Self, Son, Atman) as a small golden star. The Mother was a hazy cloud in which other golden stars were going through lifetimes in matter (*mater*, Mother).

Ultimately I saw the small golden star glimpse the Father from the domain of the Mother and speed off to reunite with it. They were in every respect One.

If we switch back to classical enlightenment studies, we're told that the individual observer, this persistent "I," eventually disappears leaving the One all in all. That stage of enlightenment is well beyond my purview. But that event nevertheless was what was depicted in my vision.

May I cite a few sources to support what I just said? Let me do that tomorrow to limit the length of this piece.

(Concluded in Part 2.)

Footnotes

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

Point of Awareness in an Ocean of Love – Part 2/2

November 21, 2020

<https://goldenageofgaia.com/2020/11/21/315066/>



(Concluded from Part 1, yesterday.)

I want to cite just a few sages to anchor the point that life is a journey from God to God, a drama, a leela, a play acted out for God's pleasure. May I also expand on that a bit?

When one of us realizes our true identity as God, God meets God and for that meeting was all this created.

You think this is *good for God? What about us!*

Our enlightenments are like elevators taking us higher up in the building of Self-Realization.

Let me cite three stages of enlightenment, three floors in the building. You'll recognize the Trinity. They are:

- (1) Child of God, Christ, Atman - fourth chakra - sight of the Self, spiritual awakening, stream-entering.
- (2) God the Mother, Shakti, Holy Spirit - sixth chakra - cosmic consciousness, savikalpa samadhi, Third-Eye opening.
- (3) God the Father, Brahman, Mahashiva - seventh chakra - God

Realization, Brahmajnana, nirvikalpa samadhi, first transcendental experience, last stop before Ascension.

Let's look here at one example of spiritual awakening, skip ahead to Brahmajnana, and then fly ahead to the ultimate enlightenment.

The first is an initial fourth-chakra sight of the Self. This one is from John Ruusbroec:

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

What he means by that is that contemplating the Light of the Christ or Self will lead us to the Father. Ruusbroec tells us:

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

The sight of the Self (as well as heart openings) is the open door in spirituality. Buddhists call it stream-entering; Hindus call it spiritual awakening. There is this sense of a real beginning.

This Self, the Christ that we see is child to the Father. Of course we are all that Self so we are all child to the Father. We are all God.

I had a truncated version of this fourth-chakra event on Sept. 21, 2018 while at Xenia Retreat Center. The Light was more translucent than brilliant. I was permitted however to experience my original purity and innocence. It lifted such a burden from me. (3)

We can have an enlightenment experience of love - such as a heart opening - or an experience of light - such as the sight of the Self - or another type of fourth-chakra experience. And, apparently, we can have them repeatedly.

In my view, Love is always in action or flow, a progressively-unfolding realization of the Mother; Light is stillness and silence, a progressively-unfolding realization of the Father. I think of them as my right and left legs.

Well, with the experience of my original purity and innocence with the sight of the Self, the cat was out of the bag. We're not born in original sin? We're born in original innocence? No holding the boy back after that.

Let's jump ahead now to the seventh-chakra experience of God the Father. Sri Ramakrishna is discussing Brahmajnana when he says:

"The nature of Brahman cannot be described. About it one remains silent. Who can explain the Infinite in words? ... Once a salt doll went to the ocean to measure its depth. But it could not come back to give a report." (4)

The salt doll would dissolve in the sea. There'd be no one to return and report. The experience of Brahmajnana takes us into a world beyond form and we come back with no memory of it and no ability to put our experience into words. Our ego for the moment is quieted. If we come back at all.

But, exalted as it is, Brahmajnana itself is still within the Third Dimension. And it's also temporary.

Fast forward through the entire life journey of an individual soul past the twelve Dimensions, on the doorstep out of the Mother's domain of matter, completely.

We stand on the edge of renouncing our individuality, ending the illusion and becoming One with the transcendental Awareness, the One.



The little golden star sees the light of the Father, far from the material cloud of the Mother.

The small golden star is staring off into the distance at the large golden Sun (see graphic left). And then it leaps.... (5)

I'll let St. Paul describe this last stage of enlightenment in metaphorical language:

“And when all things [all worldly desires] shall be subdued unto him, then shall the Son [the Christ, the Self, the Atman] also himself be subject unto him that put all things under him, that God may be all in all [i.e., reunited].” (6)

The Self subjects itself to the All-Self, that God may be all in all. The little golden star merges with the large golden Sun. Now there's only the One. There was always only the One.

The Mother, Maré, the Ocean of Love has baptized the seeker at the very beginning, with the opening of the heart or spiritual door. And the seeker journeys on in the realm of matter until it reaches a level of understanding where it leaves the material world altogether and rejoins the Transcendental.

Both the experience of higher-dimensional love and increasing awareness culminate in the realization and experience of our unity. We are one in love. We are one in awareness. We never were separate.

Free us of our bodies and we are points of awareness in a sea of love. The points of awareness gradually yield up their individuality to the One making it all in all again.

That is the basis for me saying that all lightworkers are one.

Footnotes

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

Many more examples can be found in *From Darkness Unto Light*, "Enlightenment - (1) Spiritual Awakening - How has the experience of spiritual awakening been described?" at http://goldengaiadb.com/index.php?title=E#Enlightenment_-_281.29_Spiritual_Awakening_-_How_has_the_experience_of_spiritual_awakening_been_described.3F

(2) Ibid., 74.

(3) See “Original Innocence,” Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and “Archangel Michael Explains What Happened at Xenia,” Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 218.

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

(6) St. Paul in 1 Corinthians 15:28.

Love is the Way, the Truth, and the Life

May 6, 2014

<https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>



This is an experience of the Ocean of Love.

I've just had a spiritual experience that I made notes of as it happened. Thank heavens I did. Had I not, I'm not sure that I'd have remembered it.

Do I know how long it will remain with me? No, I don't. Every spiritual experience short of Sahaja Samadhi is temporary so this one may leave. So I'd best leave a record.

I was lying down reading when I suddenly found myself in a blue setting like a room, the Mother's sky blue, when suddenly the blue wall burst. It was like a chocolate with caramel inside and the caramel burst out. It flowed everywhere.

Only this was love. It was ambrosia. It was the living waters.

Was this a part of the tsunami of love? I think it's a safe bet to say yes. Just one version of it though, I'm sure.

Let me pick up where I began making notes:

At this moment, I'm seeing love everywhere.

And I see that love is everything and love has become everything.

And I am a part of that everything and so I must be lover as well.

At this moment I recognize it. I'm aware of it. I experience it.

My essence is love. For however long the moment lasts, I know that I am love.

Love is everything of value. Everything that exists. Every reward we could ever want or would ever ask for. It satisfies completely.

Love is the way, the truth, and the life.

I am love. Everything is love. Love has become everything.

Love is Everything

I'm still blown away, hours later.

I could marry love. Since love is everything, I'd still leave plenty for everyone else.

I surrendered to love. Genderless love, as all love is. Universal love, overflowing love, endless love.

I let go of everything old, all remnants of my personality.

Every boyfriend or girlfriend, partner or spouse we've ever had? We were only ever seeking love.

And sometimes chemistry happened and it was there.

Every taste of love is an invitation, not to open to the other person, although that is also great, but to open to love.

I've seen that love is everything and I shall never forget it.

I am love and I am everything.

How could it be otherwise? And how could it be otherwise for you?

Love is all we could ever possibly want. Love is all we could ever possibly be.

How much truth can we stand?

The truth is love and love is everything.

A Fountain of Love

Dec. 26, 2014

<https://goldenageofgaia.com/2014/12/26/a-fountain-of-love/>



Fountain of Love by Cherished Memories

The other night I awoke at around 2:30 a.m. absolutely certain that I was a fountain of love. As are we all.

Given that the original intent of Boxing Day was for those who had much to box from what they didn't consume at their Christmas feast to share with those who had less, I think the insight is *a propos*.

It began when I saw that we, as a society, were making a basic error in how we looked at and approached life.

The error is that we think that love predominantly comes from without. Some love does. We're touched by the love that others radiate towards us. We can be inspired by it. But predominantly in the Third Dimension, I believe that the love that we deeply feel, the love that is felt in copious quantities, comes from within.

Seeing love as coming from without skews things quite a bit and has people gather together, all of them seeking love, asking to be loved, hungering for love.

A few stumble on the fact that love comes from within and try to convey it to the world at large but seldom with effect.

Nonetheless, it seems to me, we predominantly receive love in the act of giving it. We get to feel it as it passes up and through us and out to others.

Said Michael:

“Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you.” (1)

Love must flow and to experience it we must invite it to flow through us, up from our hearts, and out to wherever we direct it. In the giving of it, we receive.

Those few who saw that love comes from within were among the lucky ones because they actually got to feel love while the rest of us went around perpetually hungering for it and never experiencing it no matter what we tried or did. And I mean real love, not a romantic rubbing of fenders.

Embedded in social unconsciousness, we ran around a circuit from dating to marriage to child-rearing to empty nesters to retirement to death. Ours were so very often empty gestures on a never-ending carousel of hungering and yearning. For love. Very, very few of us, I think, took life seriously enough or had enough hope to inquire into matters such as where love comes from.

Well, that's the way it was for me and so many I mingled with. Of course that's all seen through my glasses, my filter.

As we face into the New Year, all of us must know that, if this ever was the way for us, it isn't the way of the future.

We see the futility of chasing love as one might chase a butterfly. We've done enough of that with no success to get that that's a tunnel with no cheese. We're slow learners, we human beings, but eventually we do learn. We've learned not to go down the same tunnel forever if there really is no cheese at the end of it.

We now know that love arises from within us and is experienced as it passes through us. And that changes everything, does it not?

This whole 3D round of life was based on getting love, getting approval, getting strokes, getting, getting, getting. And now we see the futility of it. And we laugh.

If we do just one thing, may I suggest that we stop searching for love outside of ourselves and ask it to arise in us. I ask us to then channel it outwards when it comes. We'll have shifted the key log in the logjam that the old Third Dimension was.

This is that key log: Love does not predominantly come from another; it predominantly comes from our own heart.

So now: what about the fountain of love? If love comes from within and is felt as it's sent without, then surely to heaven the best and wisest course of action for me would be to send it out to the world copiously and continuously.

If I were to be a beacon of love, a fountain of love, would that not erase all sense of ego? Would it not dissolve every last bit of personality and leave me with what is? And what it is that I'm left with is love.

Admittedly, in saying this, I run into the mind's tendency to jump from one subject to another, never staying with one for long. How long I'll remember my good intention to be a fountain of love, I don't know.

But I do see in this moment and for this moment that, if I were to realize my full potential as a human being, I would choose to be, moment by moment by moment, a fountain of love. (2)

Footnotes

(1) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

(2) By 2022 that has become a desire to be a beacon of the Mother's love. I now daily invoke the universal, laws of sacred purposes, intention, as above so below, and change and the Divine Mother to make me a beacon of her love.

⌘ Other Experiences ⌘

Not to be Missed

Sept. 30, 2015

<https://goldenageofgaia.com/2015/09/30/not-to-be-missed/>



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

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

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

What is this love that Saul is always speaking of?

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

Credit: jenellbstewart.com

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

The Arcturian Group observes:

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

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

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

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

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

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

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

"Every time, if you feel the fade effect coming in, come back to me. I would joyously – as Planetary Logos, this is my job, this is my joy, this is my mission – [have] all of you be in this state. ... So ... call on me if you feel the fade, if you feel that the mayhem is dragging you down, then call and come back to this very place. I am anchoring this knowing in your heart, in your cells, in your DNA. It is activated right now." (3)

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

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

"LOVE IS, always has been and always will be, and can never be limited or changed regardless of how many false interpretations about it third dimensional minds may think up." (4)

They reveal that:

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

"That is fine at some level, but as spiritual students you have gone beyond needing others to tell you what is truth and what is not – you have achieved that state of consciousness where you can be taught from within." (5)

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

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

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

Footnotes

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

(2) Arcturian Group, Aug. 3, 2014, .at <https://onenessofall.com>

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

(4) Loc. cit.

(5) Loc. cit.

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 is found spontaneity, authenticity, awareness, awakens, aliveness, full self-expression, full personal responsibility, completion and satisfaction.

Below the line is our constructed self, the image we project, the mask we wear, the dead residue of our unexperienced experience. I was "above the line."

I made as many notes as I could while going through the space. The strangest part about it is that it happened while I was having a conversation with a friend. I went up and up and finally blossomed forth in conscious awareness. 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.

Like a Hollow Bamboo

Oct. 25, 2015

<https://goldenageofgaia.com/2015/10/25/like-a-hollow-bamboo/>



It gets more and more confronting to continue sharing the more this journey unfolds. Nevertheless that's the mission I signed for, so I continue.

I'm now in a space that I'd characterize as like the hollow bamboo that the wind whistles through.

The wind is love. There's now no impediment to love flowing through me.

I search my personal space and there remains at this moment no obstacle to love. A quiet mind was passed long ago. The heart opening led to transformative love, which led in turn to universal love. I was ripe for this next development.

I have to acknowledge a friend who helped me "source" (complete) a core issue this morning. It was around someone trying to get between me and someone I loved. I put my foot down when that happened.

My friend helped me see that that core issue went back to someone else trying to drive a wedge between me and my brother. At that point in my life, I also drew a line in the sand. I was not going to stand by while someone berated my brother.

Seeing the origin of that vasana or issue released a bundle of energy that, unknown to me, had been locked up. And that resistance gone allowed me to soar.

And soaring I am.

This demonstrates the importance of the clearing work we've been doing for so long. What holds us back are chains of our own making.

It's so hard to get that the real us is simply formless consciousness. And these knots in consciousness, what Hindus call granthis, are all that stand between us and flying.

How to get through them? When we stumble on an unwanted feeling, name it. Ask our minds what earlier, similar incident has triggered us and accept the first image, thought or word that comes to us. Then experience that incident and all its attendant feelings, thoughts, etc., through to completion. That's it. Simple. But how many of us actually do it?

Years ago I'd have said it might be necessary to run through this process many times with a single vasana, but these days that doesn't seem to be necessary. Once through seems to release our vasanas or issues now.

In this flow of love that rushes through this hollow bamboo, I feel a sense of completion, of fulfilment, of destiny.

In this space, life seems sweet. There's nothing missing, nothing I want or need. It's only a sense of personal responsibility that keeps me writing now.

Like universal love, I'm willing to call this space of the hollow bamboo "ascended." Decades ago, it might not have been. It would have been an enviable state but not Fifth Dimensional.

But, when combined with the heightened energies, which are gamechangers, I'm convinced that it is.

Sheldan Nidle's sources told us recently: "Long ago, we [ascended masters] progressed through these same types of changes. These took a number of lifetimes to achieve." (1) Now these changes don't take lifetimes; they only take years, and then, as we clear and the energies increase, months, weeks, and days.

Finally, of my conventional views of enlightenment, Archangel Michael said: "What you are seeing or what you are referring to, can we suggest is some old patterning, not incorrect patterning, but patterning that has shifted and expanded." (2) Even the patterning of enlightenment is changing.

The angels and archangels mediate enlightenment to humans. (3) In addition to the energies rising, I imagine that the celestials have the ability to adjust their mediation of Light. But that's just a guess.

That having been said, I haven't the slightest clue how to estimate what is happening in consciousness right now. The best I can do is report what's happening to me. And name it according to the markers I'm already familiar with. But nothing I say could remotely capture any of these spaces. It's just the best that can be done.

Footnotes

(1) Spiritual Hierarchy and the Galactic Federation via Sheldan Nidle, October 20, 2015, at <http://www.paoweb.com/sn102015.htm>.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

(3) See "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

First Glimpse of the Natural Self (Repost)

March 20, 2022

<https://goldenageofgaia.com/?p=334039>



I had a brief glimpse of the Natural Self in Feb. 2017. This is a record of that experience.

I had my first glimpse of the natural Self today.

The duration of it would have been the same as the time spent looking at faces in the crowd as the train pulls away or faces between clouds of steam.

There were the obstructions - thoughts and feelings - and then, in the space between them, there was the default, the residuum, the eternal ground - the natural Self, like a face seen in a crowd.

The felt space, the experience of it was like recognizing your very own, long-lost, best friend.

I was the negative polarity and it was the positive polarity and there was instant attraction, at the level of experiential knowledge, felt sensation, lived-through experience - not yet at the level of realized knowledge.

The minute I recognized it, I became it, at the level of experience: The neutral, natural, normal Self.

There's nothing hard about being it, nothing at all. We simply don't recognize it. Mostly our minds are so busy and so focused outside ourselves that it would be impossible to recognize it under those circumstances.

In the process of recognition, a sequence of events occurs: First the natural Self seems over there and we're not recognizing it; next we recognize it and suddenly it's over here and we become it. We are One, both looking out through the same set of eyes. (1)

It was the same with transformative love and with bliss. I recognized both of them as if they were objects over there and, immediately upon recognizing them, they were over here and we were One.

Somehow recognition triggers union. It just does. Recognize it and you become it.

I feel calm. I feel balanced. I feel no stress of any kind.

I feel what I used to call "working-level bliss," not so much bliss that I cannot go outside. In fact I have a breakfast engagement and so I must now go outside.

That was pleasant and engaging and I'm back.

I'm tempted to say that the natural Self is nothing special. But of course that's true and not true. It's the doorway to everything else, I'll wager. I have to wait and see, because I haven't realized it; I've only experienced it.

This sahaja or natural state is reality with nothing added and nothing taken away. It just is.

If an aspect of it cannot exist without shoring up or image management, without self-serving retelling of stories or preening one's image to sell to others, then it isn't the natural Self, the default, the Residuum and Continuum. It's evanescent, a flash in the pan, not eternal and unchanging.

Whereas there is a semi-permeable barrier between the natural Self and the everyday world, there's no barrier of any sort between the natural Self and bliss. I feel attracted to bliss at the moment, to going inward, rather than to transformative or torrential love and going outward.

Again, dancing with bliss is what my friend calls "flowing." Shiva and Shakti get lost in the dance of bliss and become One. That unlocks much more bliss on higher dimensions.

Deeper and deeper we go into the inexhaustible experience of bliss, until released from form altogether.



I feel very self-conscious writing this. I've never made any claims for myself and I don't plan to start making any now. I'm simply describing what I'm aware of in my life right now, that would be significant to you.

I'm not telling you about my sleep patterns or the bags under my eyes, etc. These have no bearing on my inner work.

But a glimpse of the natural Self, time spent in the sahaja state, however fleeting it proves to be, (2) this is a truly significant event, a watershed occurrence or landmark.

My glimpse of it was fleeting. It was experiential rather than realizational.

I now need to abide as what I saw, according to terrestrial sages:

Sri Ramana: "What has to be done is to investigate what one really is [the natural Self] and remain That." (3)

Sage Ribhu: "Abide as That in which there are neither thoughts nor a thinker, neither the arising nor the preservation nor the dissolution of the world, ... and be always happy, free from all traces of thought." (4)

Sri Ramana: "You need not eliminate the wrong 'I.' ... All that you need do is to find out its origin and abide there.

"Your efforts can extend only thus far. Then the Beyond will take care of itself. You are helpless there. No effort can reach it." (5)

Abide as that. Return to it constantly. Relax and let go into it. Return home to it again. Always and forever returning to that placid space, free of desire and distinction.

It seems no accident now to realize that my meditation for the last any number of months has been to return to stillness and silence. This is where the metaphorical face I saw resided.

The bliss is gradually increasing at a very bearable tempo and I feel the desire to surrender into it, while putting my pen aside.

Footnotes

(1) There was a native story circulating in the 1970s of a mouse who wanted to become an eagle. And he did become an eagle, looking out through the eagle's eyes, after the eagle ate him.

Paramahansa Ramakrishna was known to say that he wanted to be bait and swallowed by some great fish.

(2) I'm only permitted to visit the higher states, according to AAM, not to stay.

(3) Ramana Maharshi, *Forty Verses on Reality*. Trans. Arthur Osborne. Mountain Path, October 1964. Downloaded from https://www.realization.org/page/namedoc0/40_verses/40_verses_0.htm, 25 August 2005, verse 32.

(4) Da Free John, ed. *The Heart of the Ribhu Gita*. Los Angeles: Dawn Horse Press, 1973, 21.

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

Best Before Tomorrow

Oct. 7, 2015

<https://goldenageofgaia.com/2015/10/07/best-before-tomorrow/>



Hours later, I continue to be in an expansion of consciousness. (1) I'm not going to call it "Ascension" because what do I know about Ascension?

At this moment? Probably nothing.

But it's an unexpected and delightful expansion of consciousness. It's pleasant and I don't care what anyone calls it, really.

Expansive, relaxed, without a care. Buoyed up and optimistic, I feel very philosophical.

It happened in the bath. I had just finished listening to the Divine Mother's channeling on *Heavenly Blessings*. After that, I was thinking about a beloved friend.

Before I was aware of it, I noticed that I felt this way (expanded). I didn't see it coming. I only noticed it when it began to make itself felt.

I remember that, after the first expansion of consciousness [bliss], I had a meeting with a man and that meeting went fabulously.

Here again, I may have missed an appointment because I keep losing everyday awareness, but I'm OK with whatever results. I feel equanimous, balanced, centered.

The articles I post these days are all out of order because I keep having red-hot shares that push them back. I'm trashing more than a few, which no longer make sense after I burst through again to this space.

Nevertheless, in this space, the ideas for articles keep pouring out. I worry about tiring you.

All of this bears witness to the creative power of this space, call it what you will.

I feel cosmically complete and have nothing is holding me back at this moment. I could take off, stay another round, immerse myself, let myself go. I'm at choice.

I most probably will return to 3/4D consciousness by tomorrow. By now I shouldn't have to say: "Permanence of experience comes only after Sahaja Samadhi, a little ways down the road." You've heard it enough from me.

So this is the truth of the moment for me. Best before tomorrow.

Footnotes

(1) See "Love is My Very Being" at <http://goldenageofgaia.com/?p=266425>.

A Return to Eden - Part 1/2

June 9, 2015

<https://goldenageofgaia.com/2015/06/09/return-eden-part-13/>



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.)

Footnotes

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

(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 2/2

June 10, 2015

<https://goldenageofgaia.com/2015/06/10/return-eden-part-23/>



(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, 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.

Footnotes

"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/.](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, Da Free John, etc.

I Have It Now

August 16, 2020

<https://goldenageofgaia.com/2020/08/16/i-have-it-now/>



I'd like to think of the higher form of love I rave on about as "heavenly" love.

Why "heavenly"? To the ancient Christians, "heaven" was what we'd today call the higher dimensions; specifically, the "Fifth Dimension."

It was what followed what Jesus called Redemption, Resurrection, or Salvation, which we call Ascension.

In our present state, we're Third/Fourth Dimensional beings. We go back and forth - birth, death, birth, death in the Third Dimension, then Fourth Dimension, then Third Dimension, etc.

The next level up for us is the Fifth Dimension, which we're said already to be in without realizing it.

In that dimension we no longer need to be born or die. That's why Hindus call it moksha or liberation. Buddha called it nirvana and freedom from the wheel of birth and death.

The love that I experienced after my heart opening on March 13, 2015 Michael described as Seventh-Dimensional:

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

Archangel Michael: It is the Seventh Dimension. (1)

The Seventh Dimension is the dimension of Christ Consciousness, the Ocean of Love, etc.

I'm in the space of it as we speak, although I was not when I first began to write this article and I cannot tell you when it came upon me. It was quiet and subtle. It's what Rumi called "the unexpected visitor." (2)

As I said a few articles back, when you're in the space of this heavenly, transformative love, nothing else matters. Transformative love is always breaking news with me.

Constantly, when I'm in this space, I'm faced with a choice to write and jeopardize my connection with the space or stay with it and let go of the writing. I'm a journalist. My choice is always to write. (3)

At a time like this, my lack of a short-term memory doesn't weigh. If anything, it makes it easier to melt into this space.

In this space, nothing is lacking. The flow of energy, which we call "love," carries within it all other pleasurable energies. I can find within it a strand of gratitude, inspiration, bliss.

I become lost in an Ocean of Love again. It's been so long since I've felt this.

One reason people burst out laughing at a moment like this is that they find what has been there all along. They were sitting on a box of gold, to use Eckhart's metaphor, without knowing it. (4)

We just needed to dig down a bit. Underneath the vasanas, we'll discover that we're fine. Deep in the ocean, the hurricane is not felt.

And the deeper we go into the heart, the more peaceful we become, until we reach the end of the line, where shines the Self.

This is the first time I've been in the Ocean of Love (originally I was in it in 2014) since seeing the Self (at Xenia in 2018). Little did I know in setting out to look at heavenly love that I'd end up in it.

Jump in, dive in, fall in. Just get into the Ocean of Love, Sri Ramakrishna used to advise. (5)

Why do I need to go to the Fontainebleau in Miami? I have what that is all about right here.

What more can Kovalam Beach, Kerala, offer me than what I feel right now?

Is this not what magic moments, costing thousands of dollars, are all in search of? But I have it without all that.

And I have it now.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.

(2) The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

— Jalaluddin Rumi, translation by Coleman Barks, *The Essential Rumi*

(3) All lightworkers here to help with Ascension are already higher dimensional. Why would the Company of Heaven send unascended beings to help with an Ascension?

Apparently, we'll return to our native settings when our work is done. There's no need to worry about achieving a level of enlightenment that we already have and will return to at contract's end.

(4) A beggar had been sitting by the side of a road for over thirty years.

One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (Eckhart Tolle, *The Power of Now*. Downloaded from http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm.)

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

"The 'Nectar Lake' is the Lake of Immortality. A man sinking in It does not die, but becomes immortal. ... God is the Lake of Nectar, the Ocean of Immortality. ... Sinking in It, one does not die, but verily transcends death." (Ibid., 108.)

Transcends death = Ascends from the Third Dimension, where death reigns, to the Fifth Dimension, where death no longer exists.

Above Cosmic Clearance

October 29, 2020

<https://goldenageofgaia.com/2020/10/29/above-cosmic-clearance-part-2-2/>

**TOP
SECRET**

[Roll the cameras.]

Pssst. Look, man.

I have a treasure map, alright? Top-secret stuff. It'll only cost you your attachment to everything you are, do, and have.

And you can't tell anyone..... Alright?

**Above Cosmic Clearance Top Secret Confidential
Secret of Secrets and Map of Maps**

----> *Love in limitless quantities can be found in the heart.*<----

"She [Love; that is, the Divine Mother] is more precious than rubies: and all things thou canst desire are not to be compared unto her." (Proverbs 3:15.)

----> "Seek and ye shall find. Knock and the door will be opened." <----

There. That's it. I'm done.

I've just shared the greatest, above-cosmic-clearance, (1) confidential secret in the history of the world, bar none. I'm now a whistleblower. I may be deplatformed for this!

Love is everywhere and everything but we humans have been so fashioned that it flows most copiously inside our hearts, where we are to seek it. (2) It's virtually an inner tsunami of love; it's the mystical River Jordan in which we're all one day to be baptized; it leads to the Ocean of Love.

If you think you've heard what I just said before and ... yaaawwnnnn ... then I challenge you: Let this be the time it gets in, sinks in, makes an impression on you.

You've just been given the treasure map of treasure maps ... and it cost you ... everything. All your attachments.

OK. Nuff having fun. Back to the Arcturians:

“The qualities of Source are already fully present within, available to express and be experienced, as truth becomes an attained state of consciousness.” (3)

An "attained state of consciousness...." Good news and bad news. Good news: That "attained state of consciousness" is attained in a flash of insight, which can happen at any time.

Bad news: Prior to the full and permanent heart opening that Ascension (or Sahaja Samadhi) (4) is, any enlightenment experience we have won't be permanent. It will

probably fade away, leaving gifts, to be sure, but not surviving in its fulness. So don't be *too* disappointed....

"The qualities of Source are already fully present within...."

Well, if they are, then it makes sense that we need to rid ourselves of whatever it is that obscures those already-existing qualities from shining through.

I know I am pure and innocent. I realized it on Sept. 18, 2018 at Xenia, in the presence of the Self. (5) I know that down below the vasanas, Constant Comment, and my habitual response patterns - and probably other layers - I am, pure and innocent.

I was not born in original sin but in original innocence. These things I know because I've realized them.

So these things we seek we already have. No sense trying to achieve or attain them. YOU are them.

Take ourselves through the spiritual car wash and cleanse the vehicle. That is all we need to do.

And that would apply to a regular lifetime, but in a lifetime when the whole planet is invited to ascend, you can probably go off in a Thai forest and still ascend. The only limit on activity would be, I'm guessing, that it be of the Light.

If we raise the subject of attaining that state of consciousness, then I have to comment on who it is that ... hmmm ... determines its timing and intensity? opens the door for us?

It's my contention that our enlightenment experiences are overseen by our spirit guides, the archangels, and the Divine Mother, working in unison. Here's a discussion with the Divine Mother about this subject, from a reading a month after the Xenia experience:

Steve: Now, implicit in what you are saying, Mother, is something that hasn't been really talked about very much and that's that the archangels or somebody else is managing our enlightenment experiences, timing, intensity... Am I correct in that?

Divine Mother: It is a Board of Directors rather than being "managed by." That concept, the way that you have phrased it, dear heart, implies that *you* are being "managed by." And that is not correct. [Steve: It 'd be a violation of free will.]

Now also know, and it is delightful to speak about this ... the timing, the pacing (and when I say pace, I mean the sequential unfoldment) of an Enlightenment process is such that of course you have a guardian and usually an Archangel that is working with you so that it is humanly and can we say, soul or esoterically - via your universal self - managed.

But you are far more involved and engaged in your Enlightenment process in terms of literal, actual, physical, mental, emotional and engagement than you have been previously. (6)

Yes, I can believe that. There's a lot of spiritual research and other work going on in what amounts to the counterculture to the New World Order. It began in the Sixties and much of its findings have become part of our culture.

Meanwhile, the most important part of our work today, I think, is to seek love where it can be found and the Arcturian Group and the Mother agree that that is "within."

The Arcturian Group continue:

"As the reality of Oneness is understood, accepted, and becomes the consciousness of increasingly more individuals, many three-dimensional creations will dissolve simply because the energy that formed them in the first place is no longer present to sustain and maintain them. This is beginning to happen now. Many obsolete belief structures are beginning to crumble and much more is to come which is very frightening for those who have placed hope and trust, safety and security in concepts.

"Allow everything that feels finished in your life to drop away regardless of how well it once worked for you in spite of the opposition you may get from those around you. Try not to mourn the loss of certain comfortable ways of living if they have begun to feel 'old,' but rather rejoice in the knowledge that a spiritual idea underlies every outer manifestation because you cannot make something out of nothing."

"Allow everything that feels finished in your life to drop away" - possessions, belief systems, relationships, aspirations - anything we hold onto that has lost its attraction, relevance, or importance. Anything that weighs us down.

We're already weighted down by what we've added to our original natural and innocent Self.

That having been said, were we in the transformative (or transfigurative, to use Patricia Cota Robles's word) love of the higher realms, however, all of whatever we're attached to would be swept away. And we'd instantly see the truth of what the Arcturians say here. That is what we're working towards.



If our attention is constantly directed to the outer world, the inner world keeps its secrets hidden from us.

Every time I've experienced a higher-dimensional state, (7) I've first had to recognize its presence; if my attention was constantly directed elsewhere (outwards), I'd never become aware of it and recognize its presence.

I can't believe how much information useful to me was packed into that one message. Marilyn has written that it took her some time to realize that the information she was channeling could be profoundly useful.

Well, it is, dear heart. So please don't stop.

And the same goes to the other prominent channelers whose work is also profoundly useful and appreciated.

Footnotes

(1) So there is no "above cosmic clearance." Quick! Call a Senate hearing!

(2) On the other side of the usually-closed heart aperture, which Hindus call the *hridayam*. It opens temporarily in Fourth-Chakra enlightenment and permanently in Sahaja Nirvikalpa Samadhi, beyond the seven-chakra system.

(3) "The Arcturian Group via Marilyn Raffaele, Oct. 25, 2020," October 25, 2020, at <https://goldenageofgaia.com/2020/10/25/the-arcturian-group-via-marilyn-raffaele-oct-25-2020/>. All quotes from the Arcturian Group are from the same article.

(4) Steve Beckow: I'm trying to understand what level of enlightenment Ascension corresponds to. And I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — sahaja samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm [i.e., we've achieved moksha, liberation, or, as we call it, Ascension], which is that reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement.

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

...

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

Steve: Well, you know that I have a website that discusses Sahaja Samadhi at length. And that's from Sri Ramana Maharshi.... If I take that material and present it to readers, would that be adequate?

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

The Heart is the seat of *Jnanam* [Knowledge, Wisdom] as well as of the *granthi* (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut [the *hridayam*]. When the mind drops down in *Kevalya Nirvikalpa [samadhi]*, Brahmajnana, Seventh-Chakra

enlightenment], it opens but shuts again after it. When *sahaja* is attained it opens for good. (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.)

[The heart aperture or hridayam, as small as a pinpoint] is always shut, being the knot of ignorance which ties the body to consciousness. When the mind drops in the temporary *Kevala Nirvikalpa* it opens but shuts again. In *Sahaja* it remains always open. (Ramana Maharshi, GR, 81.)

Sahaja Nirvikalpa Samadhi is Ascension out of the Third and Fourth Dimensions.

The website location is "Enlightenment - (4) Experiences beyond God-Realization (Brahmajnana, kevalya nirvikalpa samadhi) - Kevalya Nirvikalpa Samadhi compared with Sahaja Nirvikalpa Samadhi" and following, at <http://goldengaiadb.com/index.php?title=E>.

(5) So realized rather than intellectually or experientially knew. Realization leaves one with a sense of certainty.

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

(7) True for love, bliss, peace, mastery, and abundance. I worry that you tire of hearing me talk about them!

⌘ Planetary Heart Opening ⌘

What Happens in a Heart Opening?

March 31, 2019

<https://goldenageofgaia.com/2019/03/31/what-happens-in-a-heart-opening/>



Where do we hear that there'll be a heart opening for the planet? The Divine Mother announced it in 2017.

Divine Mother: Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try. Do not even think or consider tamping it down. ...

Steve: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son. ...

You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. ...

[But] a solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway [Steve: but gradual]. ...



Steve: But Mother, you used the word exploding. That is why I am commenting. Because, of course, the heart opening that I had March 2015, was explosive.

DM: It is explosive. It is implosive.

Steve: Yes. Should I be writing on what to expect? That your heart could feel like it is exploding?

DM: Yes. (1)

OK, I'm doing it.

Have we any descriptions of heart openings among the ancient sages?

Yes, we do. Sri Shankara describes what happens in a heart opening. I've talked about being swept away in an inner tsunami of love, ending up drowned in an Ocean of Love. He describes it this way:

"What happens in this seeing, even as you look at your beloved master [Krishna in this case], at your godhead, the opening begins to occur in your heart. It is similar to being flooded. So when you are being flooded, you do not simply say, 'Oh, my goodness! My toe is wet!' You look around, and the whole room is flooded.

"So you may think of it as a monsoon of love. And everywhere you walk there will be love, and you will be able to see, because that is how powerful it will be. There will be no capacity for denial of this." (2)

And contemporary accounts? Yes, Bright Star has give us his account, again the same features.

"I was in my office, sitting at my computer, when I felt the energy rising: Firstly, I felt a prickling in my legs, which went up over my back along the spine up to my forehead. It was very pleasant and I relaxed. Suddenly, my root chakra opened up and the energy flowed from there to every chakra in my body, connecting all of them and let them pulsate.

"My whole body was filled with a bright golden light that emanated like flames from every part of my body. The energy went up into my crown chakra and there was a strong connection between my third eye and the back of my head.

"I felt every atom of my body, was connected with everything that is, was melting with the Universe. I was part of All That Is. At this moment, I felt a bit dizzy but the feeling was so very comfortable that I just let the process flow and did not have any concerns. Until the next thing happened...

"Suddenly, my heart opened up and by this, I mean it was like my heart exploded. My heart was flooded with an immense wave of light, a golden bright light that I can simply not describe. But I'll try my best to do it nonetheless. ...

"I instantly felt that now, the Tsunami of Love hits my heart and firstly, I was so concerned about this strong feeling in my heart, that I thought I am having a heart attack.

"The Tsunami of Love hit me so hard that in the same second, all my concerns, anger, distress, hate and all other unpleasant feelings, which bothered me for such a very long time, were washed away completely.

"All these feelings were replaced by pure Love and for the first time ever in my 45 years, I experienced Love in its purest form. The Tsunami of Love was a complete cleaning of my 'system.' A resetting of my being. After an hour or so, The Tsunami of Love levelled out, leaving me in total peace and Love." (3)

Michael too described what I experienced as an inner tsunami:

Archangel Michael: Think of it literally as the internal tsunami, beloved brother, that you experienced.

Steve: Yes.

AAM: When the tsunami occurs, the tiny flecks of debris are swept away.

Steve: Yes, yes, absolutely. (4)

Please note that what occurred for Bright Star has nothing to do with an attitude of being "open-hearted." They're two separate things.

A heart opening such as this is the first stage of enlightenment. It occurs when the kundalini, shakti, or divine energy reaches the fourth or heart chakra.

There are more stages to go after that, as the Divine Mother implies in telling Bright Star he has passed the first gate to Ascension:

"Your ascension is not being postponed. You have had your initial heart opening. You have been doing your work. You have been looking at the chaos and understanding. Not engaging with the chaos with anger, fear, and outrage but simply observing, understanding that this has been part of the human tragedy but not fully engaged in it. So yes, you are ready, Sweet One." (5)

Elsewhere she calls these further stages "jumps."

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

Steve: Now, are those jumps equivalent to sub-planes?

DM: You can think of them as sub-planes, dimensional sub-planes, yes. (6)

Wonderful for us, these higher-level enlightenments spell the end for negativity, as Matthew Ward tells us:

"It can be no other way — simply, [because] this is the physics that governs life in this universe. As Earth continues apace into successively higher planes, nothing with low vibrations in any form — physical bodies, subversive plans, theft, dishonesty, unjust laws and imprisonment, bigotry, cruel customs and deeds — can survive." (7)

The falling away of darkness may not be discernible to us. We may only notice the explosion and then assimilation of love that takes place, while the darkness may simply fall away. We'll have to wait and see. Immersed in an Ocean of Love ... we'll probably forget every reason to look.

Footnotes

(1) "The Mother Promises a Massive Heart Opening – Part 2/2," September 6, 2017, at <https://goldenageofgaia.com/2017/09/06/the-mother-promises-a-massive-heart-opening-part-22/>

(2) Sri Shankara: Everywhere You Look Will be a Monsoon of Love, June 26, 2013, at <https://goldenageofgaia.com/2013/06/26/sri-shankara-everywhere-you-look-will-be-a-monsoon-of-love/>.

(3) "Bright Star: An Account of a Heart Opening," December 29, 2017, at <https://goldenageofgaia.com/?p=291639>.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 28, 2019.

(5) The Divine Mother in a personal reading with Bright Star through Linda Dillon on Jan. 29, 2019.

(6) "The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

(7) Matthew's Message, Mar. 1, 2012, at <https://www.matthewbooks.com/mattsmessage.htm>.

Further Reading

Planetary Heart Opening at <https://goldenageofgaia.com/wp-content/uploads/2018/04/Planetary-Heart-Opening.pdf>

The Mother Promises a Massive Heart Opening - Part 1/2

April 25, 2018

<https://goldenageofgaia.com/2018/04/25/the-mother-promises-a-massive-heart-opening-part-1-2/>



The Divine Mother issues her announcement, reposted from Sept. 6, 2017.

The Divine Mother's plan for a "massive heart opening," that she revealed on *An Hour with an Angel* on Aug. 17, 2017, (1) is not a trivial event.

She said she wanted the news broadcast far and wide: "Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians." I promised the Mother that I'd write on it.

It's the best news to hit this planet since our distant past.

It's not THE "Event." There will be a series of events in all fields (ascension, abundance, disclosure, etc.), not simply one.

It must be that way because too much happening in the outside world risks panicking people. And too much happening in the inside world creates anxiety and worry (and visits to doctors, tests, etc.). Ascension is gradual with a few peaks, like this massive heart opening.

If it's anything like the one I had in March of 2015, there'll be no hiding it, especially since it'll be followed (perhaps not at the same moment, but shortly thereafter) by a torrent of love that'll sweep us clean.

The transformative love we'll be left in - the real, true, or divine love - is like a big campfire that everyone loves to gather around.

I'll post an excerpt from the interview as [Part 2](#) of this article, below. But let me extract from it here.

Here, in the middle of her discussion of how hard conditions are in the world, she announced:

"I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try, do not even think or consider tamping it down" (1)

When she used some of these words, my ears pricked up. (She probably used them on purpose.)

"Your hearts ... you feel ... are exploding." Yes, that was exactly what happened to me, as I described many times. The energy crept up my leg and when it reached the fourth chakra, my heart (not my heart chakra) exploded.

Well, you can bet your boots I'm waiting to ask her to confirm and expand on what she just said.

But the chance didn't come! She was saying her farewells and just leaving the matter like that (or she's pulling my strings backstage or we're all the Mother anyways)!!!

There followed what was for me a remarkable exchange. You have to realize that, in my mind and heart, I'm talking to the Mother of all Creation.

Steve: Mother, wait a minute. Don't depart please, just yet.

Divine Mother: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway. (2)

So she *is* describing a heart opening and it's already underway. The Solar Eclipse was a symbol and reflection of it. But the eclipse did not create it. (3)

She gives us a second confirmation:

"So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, 'Now this is a sign'? I say, yes!" (4)

This being the case, I suggest that the whole planet is in for a treat such as few people have ever imagined. And to be doing it all together is ... well, just what we wanted in 2012. It's beyond beyond.

I'd want to enter into such a life-changing event in a state of surrender and gratitude. It may prove to be a temporary occurrence, whereas the final Ascension event (Sahaja) will be a permanent heart opening. But no one, I predict, will want a refund on that grounds. The experience is ennobling.

For as long as it lasts, we'll be in a state wherein the world will work for everyone. Anyone in divine love has no ill thoughts or intents. Divine love sweeps them aside. The world will simply, naturally work.

I'm not surprised to see this happening around the same time the Reval is touted as happening (although we've endured countless false alarms).

If the whole world were in divine love and lightworkers had access to prosperity, oh my, heavens, righting the balance on Earth would be quick and easy.

Consider yourself put on notice: A Tsunami of Love is coming to the planet, in the face of which your heart will feel like exploding. Mine did.

All it does is remove the obstacle, the mass of beliefs and decisions, from your heart to allow the love to flow freely.

Know that any spiritual experience of this type comes from the Divine Mother and just surrender to it.

This event constitutes the first stage of enlightenment in classical enlightenment studies ("spiritual awakening" in Hinduism and "stream-entering" in Buddhism). It's to be followed by even higher enlightenments, culminating in our Ascension.

Jai Ma! Victory to the Divine Mother. It's awe-inspiring to watch her at work.

(Part 2, transcript of the Mother's remarks, can be found [here](#).)

Footnotes

(1) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet," Aug. 21, 2017, at <http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>.

(2) Loc. cit.

(3) The Mother says she does not need to use astrological alignments, although she may decide to delight us by using them. They reflect, but they do not create. (I wonder what symbolism 9/11 will be used for this year?)

(4) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet," *ibid*.

The Mother Promises a Massive Heart Opening - Part 2/2

April 25, 2018

<http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>



The Divine Mother says she incarnated as Mary (1)

The Divine Mother issues her announcement, reposted from Sept. 6, 2017.

(Concluded from [Part 1](#), above.)

Divine Mother: I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! *Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try. Do not even think or consider tamping it down. ...*

Go with my love.

Steve Beckow: Mother, wait a minute. Do not depart please, just yet.

DM: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway.

So many think of this time of summer as a quiet, lazy, “breathe in, breathe out” time. And you are correct, and because you are doing that we can effect greater change more rapidly. We can ignite not only your heart opening, but your free will – the truth of your free will – which most of you are only exercising in a very small percentage. And those who are creating mayhem, they are not in alignment with Divine Free Will. They are simply nurturing their own petty interests. I speak frankly because it is a time for truth speaking.

So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, “Now this is a sign”? I say, yes!

SB: But Mother, you use the word exploding. That is why I am commenting. Because, of course, the heart opening that I had March 2015, was explosive. And so...

DM: It is explosive. It is implosive.

SB: Yes. Should I be writing on what to expect? That your heart could feel like it is exploding.

DM: Yes.

SB: Yes. Ok, thank you.

DM: Now let me tell you...you have asked me to remain and so I will say more!
(Laughter)

SB: Oh, please. And we will give Michael some time too. [We extended the program.]

DM: That is why I have begun by saying you may feel physically – because this is a physical embodiment ascension – you may feel as if you are exploding. You may wonder, “Should I call 911?” Now if you feel this, then go ahead and do so because it will reassure you that what I say to you – it is going to feel, and some of you are already feeling this – that you can’t contain it. That your very skin is imploding and exploding and that your heart and the conscious knowing of love is so big that you just don’t know what to do with that.

So, this is my guidance. Accept, surrender and breathe. That is what you do with it. And as your body attunes and adjusts, in a full, calm, organized way, jump into action. Do not feel that this is not possible or “I don’t know how this would ever work.” Now will you, in your opinion, make some missteps? But understand, in the new realm, there is no such thing as mistakes. And, understand, there is no guilt, no shame, no blame. Those are what have controlled you for so long. And it is like vapors in the air.

Ask the channel about the scent in the air. The very air of earth is filled with my essence. And you are going forward and I am flooding you. And when I say that I speak on behalf of all – that is all, in my terms. So, will you feel like you are exploding? The answer is yes.

SB: Well, but now you have introduced a second element to it, Mother [the mention of "flooding you"]. And, I have to ask you about that as well. After the explosion I had March 2015 I felt a torrent [flood] of love. It swept away everything. It was your Tsunami of Love, was it not?

DM: Yes.

SB: And, will others be experiencing this torrent of love as well?

DM: Most certainly.

SB: Ok, well, thank you! Oh boy! Then I need to discuss this with readers, because we need to prepare for this, so to speak.

DM: Think of it in this way – and that is why I have begun by my indication that I know that some of you, sweet angels, you are my forward thrust. Yes, you

experience forward thrust, but you are my forward thrust. And you have felt, at times, completely disassembled and discombobulated. And at other times you have felt disheartened and you say, “Well, nothing is happening. I might as well just go get a job at the Five and Dime”. Allow yourself to receive. Now, many may feel, in the collective, that they have not welcomed this. And that is why they will turn to you. And they will say many things like, “I feel like I can’t breathe. Maybe this is the end of the world. I don’t know what is happening. I think I am sick.” And you will say no and lovingly support them and share the dream, which is the new reality. This is the time.

Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians. And I tell you, the trees and the stones are listening to me and they know. And, they are ready and they are supporting you. The entire planet, solar system, universe, multiverse is supporting you. You are not alone, in either the literal, practical or esoteric sense. We are with you.

Footnotes

(1) “Greetings. I am Mary, Mother of the Universe.” (The Divine Mother at 13th Octave Initiation and Workshop, St. Petersburg, FL, March 3rd- 5th, 2000.)

I am known by many names, and that is appropriate. And I am thought of in many forms — as Mary, as Shakti, as *Mare*, which is very close because it is the word of ocean in your world and language. It represents the movement and the giver of life, the creator of life, of love, of form, of substance, of essence. ("Transcript of the Divine Mother on An Hour with an Angel, May 7, 2012," at <http://goldenageofgaia.com/the-2012-scenario/what-role-are-the-angels-playing/transcript-of-the-divine-mother-on-an-hour-with-an-angel-may-7-2012/>.)

On Heart Openings

October 16, 2017

<https://goldenageofgaia.com/2017/10/16/on-heart-openings/>



Credit: Daniel B. Holmes

Oct. 16, 2017

I promised the Mother that I'd say more about heart openings, given that she's predicted one for the planet at a time of her choosing.

Let me do that now.

We have several hearts. The physical heart, the heart chakra, the "high heart," the spiritual heart, etc.

I'm only speaking about the spiritual heart.

The spirit occupying a physical body from birth to death normally exists with no access to the spiritual heart. The heart aperture which Hindus call the hridayam, which opens into the heart, is normally closed.

So just to be sure: I'm not talking about an attitude of "open-heartedness" or "close-heartedness." The normal Earthly, human condition is to have a closed heart aperture.

Those for whom the heart is permanently opened are ascended beings.

Those for whom the heart has opened and then closed again are relatively small in number.

Those for whom the heart has opened and remained open - and they have remained in this dimensional setting - are probably infinitesimal in number. Not infinitesimal in the higher domains. Just here. I can think only of Ramana Maharshi and the avatars (Ramakrishna, Buddha, Shankara, etc.).

When the heart opens - and the Mother has said it may feel like an explosion or implosion - whether immediately or later, we'll experience a torrent of love that will wipe us clean, for however long the experience lasts.

It'll leave us in a space where our heart becomes an artesian well, gushing up love which we feel powerless to do anything else with than share with everyone around us. By its nature, love is universal. It makes no distinctions. It cannot be otherwise by the nature of love.

This next section may be review to many. Skip it if you like.

Apparently, by the old system of reckoning, a heart opening would be reckoned to be the first stage of enlightenment on the road to Ascension. I know the archangels are not following the old system, but let me restate it, if only to provide a standard for comparison.

When the kundalini reaches the fourth or heart chakra, we have a heart opening, an explosive or implosive experience of love bursting its bonds. Hindus call it spiritual awakening; Buddhists call it stream-entering. We've entered the stream on our way to the other bank.

When the kundalini reaches the sixth chakra, we have an experience of being one with the Consciousness pervading the whole world - the Divine Mother. Some call the experience cosmic consciousness. Some call it savikalpa samadhi - still mind/trance state while still apprehending form.

When the kundalini reaches the seventh chakra, we have an experience of the Consciousness transcending the world - the Father. Some call it Brahmajnana or

God-Realization. Some call it (Kevalya) Nirvikalpa Samadhi - still mind/trance state with no apprehension of form.

This is halfway up the mountain.

Next the kundalini opens the heart permanently in an experience called Sahaja Nirvikalpa Samadhi ("Sahaja" means "natural"). This event is mukti or liberation from the life-and-death cycle of Third Dimensionality. This is the end point of Earth's current Ascension out of the Third and Fourth Dimensions and into the Fifth and higher.

If your everyday experience is simply so-so and you suddenly find yourself in an internal "tsunami of love," it can frighten the wits out of you.

Did someone slip you a drug? Are you losing it? Where is it leading?

No one slipped you a drug. You're not losing it. It's leading only to more and more love and greater and greater depths of it.

The only thing you lose as a result of drowning in the tsunami of love is your fear, your anxiety, and your resentments. The tsunami sweeps them all away, never to return, as long as your experience of the tsunami lasts.

After the culmination of Ascension, it'll last. From now until then, a heart that opens can again close. If the heart does not close, that's the signal that you have well and truly completed the journey. We're all going to that endpoint.

My understanding is that gatekeepers and pillars have agreed only to travel back and forth through the Ascension portal, rather than ascend permanently, until later.

What is the experience of the internal "tsunami of love" like? We use the same word "love" to cover situations ranging from our taste in ice cream to the most sublime of spiritual states. When one person says "love," other people may hear it at any range from the mundane to the sublime.

The kind of love we experience after a heart opening is not only torrential; it's the most satisfying experience - along with bliss - that I can think of.

As it happens, we seem to be most stirred, moved, and activated by what happens inside of us - chiefly our feelings, but also our desires. Love turns out to be everything we've been seeking in that our internal states are all uniformly satisfying. That's why loving people seem so happy.

Introduce higher-dimensional love into our field of experience and our interest in all else falls away. It feels so uplifting that we forget about any cares or concerns we had.

It's more intoxicating than any drink, more satisfying than any drug. It never seems to fail to delight. It's as Yogananda said: Ever-new. I've never grown tired of love or wanted something different. Oh yes, I almost forgot. Things go better with love. Nuff said.

Mother have I done the job? I could only do it by looking at things from my angle. If anyone else has a view from theirs, send it along.

The Heart is the Center is the Stillpoint

July 21, 2013

<https://goldenageofgaia.com/2013/07/21/the-heart-is-the-center-is-the-stillpoint/>



There is no way to depict the heart, which is not physical

I had a conversation with a reader yesterday on the matter of the stillpoint. I realize I've discussed aspects of this before but there are few topics more important so please forgive my repetition.

Archangel Michael once said to me in a reading: "You don't much like to repeat yourself, do you?" And I said no. And he replied: "Can you imagine how I feel?" And no, I had not thought about it. He must have to repeat himself endlessly! And yet he's always good-natured.

It's about the center. Well, no, it's about the heart. No, it's about the stillpoint. The balance point, the middle, the point of origin, the destination.

Well, no, it's about them all because they're all one and the same thing.

I could pretend that they're not and write an article on each, but the work these days is to unify religion and simplify subjects that have been purposely made

complex by the planet's controllers. So I'd rather keep it simple and say: They are all names for the same thing.

The spiritual heart or, as Hindus call it, the *hridayam*, has been described by Ramana Maharshi as smaller than the point of a pin. It is not the same as the heart chakra. Here is Sri Ramana:

“[The] Heart is the seat of Jnanam [wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut.” (1)

Sri Ramana says that “the location of this Heart is on the right side of the chest, not at all on the left,” (2) just two thumb widths right of the breastbone.

In actual fact, as he points out many times, there is no physical location for the heart because the “heart” itself is not physical. “Heart” and “soul” are identical terms. And the soul has no physical existence. (3)

Ultimately, the soul or Self (the All-Self) is all there is so how can it be said to exist a few thumb widths right of the breastbone? It cannot.

But we pretend that it can for the sake of understanding. Much the same as Vedantic scholars would say that the Atman (Christ, Self or soul) was the size of the thumb; it helped to give an image for meditation.

So if I were to say to you: come back into balance, return to the center, focus on your heart - in every instance I'm saying the same thing.

And the request is also simple. It isn't a vague or mystical process I'd be referring to. It doesn't take eight hours of Vipassana meditation to do it. It's simply the act of centering or returning your attention to the middle of your body, where the *hridayam* is said to reside, and then holding it there.

That act calms the mind and the emotions. When we swing out from the center to the peripheries of wild emotion and jumbled thought - say, when a *vasana* goes off - that's when we lose our anchor. When we bring our attention back to the heart/ stillpoint/center, etc., that's when we regain it.

(With one exception: We can be wildly ecstatic in our love for God. That does not harm us.)

I know my interpretation of balance is somewhat different from that of others. Others represent balance as having two sides of a scale equally weighted. I don't agree that that is spiritual balance. Balance for me is returning the attention to the heart or center or stillpoint.

The heart will open permanently when we ascend. Sahaja is the level of enlightenment associated with a permanent heart opening, as Sri Ramana tells us:

“When the mind drops down in Kevalya Nirvikalpa [samadhi], it opens but shuts again after it. When sahaja [nirvikalpa samadhi] is attained it opens for good.” (4)

The Divine Mother and Archangel Michael have both confirmed that sahaja is the level of enlightenment that ushers in Ascension. (5) If we combine Sri Ramana and the Divine Mother, then Ascension results in a permanent heart opening. That, I would imagine, releases a flood of bliss.

The reason I say all this is that we hear the injunction all the time to come back to the center, remain in your heart, regain your balance, etc. And all of these injunctions are saying the same thing. They counsel us to bring our attention back to the place in our form where the heart is located and to anchor it there.

You can do this right now before you sip another mouthful of orange juice or before you get up from your chair. This is not rocket science. It's an act purely of will and, as far as I know, it's advisable to repeat again and again throughout the day.

I regularly bring my awareness back to the heart, the center, the stillpoint, the soul.

Well, maybe I haven't said all that before and so maybe I didn't repeat myself all that much but this is all so important that I beg your forgiveness if I have.

Footnotes

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

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

(3) "The Heart is used in the Vedas and the scriptures to denote the place whence the notion 'I' springs. Does it spring only from the fleshly ball? It springs within us somewhere right in the middle of our being. The 'I' has no location. Everything is the Self. There is nothing but that. So the Heart must be said to be the entire body of ourselves and of the entire Universe conceived as 'I.' But to help the practiser (Abhyasi) we have to indicate a definite part of the Universe, or of the body. So this Heart is pointed out as the seat of the Self. But in truth we are everywhere, we are all that is, and there is nothing else." (Sadhu Arunachala [A.W. Chadwick] in Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 81-2.)

(4) Ramana Maharshi, GR, 96.

(5) "The Divine Mother: Come to Me as I Come to You – Part ½," Oct. 17, 2012, at <https://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>. "Archangel Michael: Detailed Instructions for Dec. 21, 2012 and After," at <https://goldenageofgaia.com/2012/12/archangel-michael-detailed-instructions-for-dec-21-2012-and-after/>.

The Fulfillment of Love

January 26, 2020

<https://goldenageofgaia.com/2020/01/26/the-fulfillment-of-love/>



A new year

Michael tells us that "the fulfilment of the Mother's Plan [is] the rebirth, the re-anchoring, the recommitment, the reactivation of love, of co-creation, of unity consciousness upon the planet." (1)

How is that possible when so many people feel grievously injured by the planet's one-time controllers and would dearly love, as George Bush Sr. noted, to hang the cabal from the nearest lamp post?

The assassination of Gen. Suleimani lends a new relevance to this question.

If we have trouble forgiving our neighbor for small matters, how is our world going to collectively forgive the recalcitrants? It sounds impossible.

Well, Michael has told us how. He hid it in plain sight. Through "the rebirth, the re-anchoring, the recommitment, the reactivation of love."

I think he's pointing at a portal and I also think I can speak to it.

What he's saying, if I'm accurate, is that "the rebirth, the re-anchoring, the recommitment, the reactivation of love" occurs as a result of a heart opening.

Michael is pointing at our state of being after the naturally-rising vibrations create in us, each at our own timing, as watched over by the archangels, an opening of the hriydam or heart aperture. For short I call that a "heart opening."

Even though it's a distant dream now, my own fourth-chakra experience is still a vivid memory.

It results in a person being swept away by the inner Tsunami of Love and ultimately drowning in the Ocean of Love that the Mother is (Mary, Maré = Ocean). The Mother herself explains the metaphor:

"Welcome, I am the Mother — mother of all, giver of life, giver of love. ... I want to explain, for there are many thoughts and conceptions about who I am, about what I am. ...

"I am known by many names, and that is appropriate. And I am thought of in many forms — as Mary, as Shakti, as *Maré*, which is very close because it is the word for ocean in your world and language. It represents the movement and the giver of life, the creator of life, of love, of form, of substance, of essence." (2)

The Mother, who is All, is describing her aspect as Shakti, the primal energy, all movement and sound. This same Maré is also the Creator, Preserver and Transformer of worlds, the active side of God, and the Ocean of Love. (3)

In my estimation, "the rebirth, the re-anchoring, the recommitment, the reactivation of that - that love - by a heart opening would be powerful enough to cause all issues to disappear.

It would leave us in a natural state of forgiveness. One is then steeped in love and bereft of concerns. There remains nothing to be forgiven. Forgiveness itself disappears.

This answers the question: How will we forgive the recalcitrants.

Global forgiveness is in our future.

Before I go, the Mother once asked me to discuss sahaja. (4) I'd like to address that subject here.

There are two kinds of heart openings.

There is the temporary opening that results when the kundalini reaches the fourth chakra. It subsides over time because our dense-vibratory, physical bodies are poor conductors of refined vibrations.

I believe it's also toned down for us so that we remain as lightworkers rather than head off for the Himalayas.

But that very same heart opening also occurs at a point beyond the seven-chakra system - much amplified and permanent. This realizational event is the door into permanent possession of an opened spiritual heart.

Ramana Maharshi called it "sahaja nirvikalpa samadhi." (5) Shankara called it "vijñana." (6)

Others have called it buddhahood, redemption, salvation, freedom from the wheel of birth and death. We call it "Ascension."

We ascend or pass beyond the reach of Third/Fourth-Dimensional energy and consciousness. Our bodies are transformed as well, allowing us to retain that level of consciousness.

Sahaja can be thought of as the gateway into the Fifth Dimension, the afterlife Mental Plane, what Christians call "heaven" and Buddhists call "nirvana."

I feel like a person giving away the movie's plot.

What part we choose to play in the movie is up to us.

But that's where the journey itself is going - into a rebirth, re-anchoring, recommitting, and reactivating of a love so potent, so transforming that it erases the memory of our lower-dimensional worries and concerns. It leaves us restored to the innocence and purity we are as fragments or reflections of the One Self.

If we got that down to our toes, it'd be the greatest New-Year's gift we could give ourselves. It'd be 20/20.

Footnotes

(1) "Archangel Michael on Lightworkers' Collective Life-Purpose Today," Oct. 22, 2016, at <http://goldenageofgaia.com/?p=282645>. I said I'd get to love in a future article.

(2) Aum/Amen, the Word of God, Prakriti/Procreatrix, Sophia or Wisdom, the God of a thousand names. (See "On the Nature of the Divine Mother or Holy Spirit," at <http://goldenageofgaia.com/spirituality/the-nature-of-the-divine-mother/on-the-nature-of-the-divine-mother-or-holy-spirit-2/>.)

(3) "Universal Mother Mary [the Divine Mother]: You Are Moving Ahead Rapidly with Ascension," September 25, 2012, at <http://goldenageofgaia.com/2012/09/25/universal-mother-mary-you-are-moving-ahead-rapidly-with-ascension/>.)

(4) The Mother confirmed the linkages in 2012:

Steve Beckow: I'm trying to understand what level of enlightenment Ascension corresponds to. And I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — sahaja samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement.

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

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

SB: Is it? How so, Mother?

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

Now, you understand that most people – and yes, you will do a good job of explaining – have no conception of what this [discussion] really means.

Steve: Well, you know that I have a website that discusses Sahaja Samadhi at length. And that's from Sri Ramana Maharshi, more or less. If I take that material and present it to readers, would that be adequate?

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

I promised the Mother I'd write about sahaja and related topics and here I've addressed that task.

(5) "Holding onto the Supreme State is *Samadhi*. When it is with effort due to mental disturbances, it is *Savikalpa*. When these disturbances are absent, it is *Nirvikalpa*. Remaining permanently in the primal state without effort is *Sahaja*." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 89.)

(6) "A hallmark of vijnana or sahaja nirvikalpa samadhi is that one sees God in everything.

"There is a continuous consciousness of the unity of Atman and Brahman. There is no longer any identification of the Atman with its coverings. All sense of duality is obliterated. There is pure, unified consciousness. The man who is well established in this consciousness is said to be illumined. For him, the sorrows of this world are over. Though he possesses a finite body, he remains united with the Infinite. His heart knows no anxiety." (Shankara in Swami Prabhavananda and Christopher Isherwood, trans., *How to Know God. The Yoga Aphorisms of Patanjali*. New York, etc.: New American Library, 1969; c1953, 64.)

What is Heart Consciousness?

May 10, 2015

<https://goldenageofgaia.com/2015/05/10/what-is-heart-consciousness/>



Credit: consciouscoolchic.com/ / Daniel S. Holmes

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.

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Footnotes

"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*.

Heart Consciousness is the New Reality

May 12, 2015

<https://goldenageofgaia.com/2015/05/12/heart-consciousness-is-the-new-reality/>



Credit: trendsetterent.blogspot.com

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.

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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/>.

⌘ Ascension and Love ⌘

Fully and Forever in This Wonderful Space of Higher-Dimensional Love

February 25, 2021

<https://goldenageofgaia.com/2021/02/25/fully-and-forever-in-this-wonderful-space-of-higher-dimensional-love/>



The Self exists in the deepest reach of the heart, called the seat of the soul. Credit: Ute Possega Rudel.

I'm pretending that I get one chance to communicate this. It's like: If the whole world were listening, what would you say - that kind of thing?

THE most important thing I can do with this marvelous opportunity is to try again to put into words what higher-dimensional love is and is like. There's nothing more important than love.

I try and I try and I try ... and I fail. I hope I fail gloriously. But higher-dimensional love will not fit into third-dimensional language. The lexicon itself isn't sensitive enough. There just aren't words for it. (1)

There are none for the sudden transformation in a person when the higher form of love hits. And how you feel when it fills you up and then goes on to fill up everywhere you look?

That description may not be helpful though. So let me put clothes on the invisible. I have to be impressionistic rather than precise.

I can tell you about love's impact, what it feels like, etc., but not what love is.

I experienced higher-dimensional love after a heart opening on March 13, 2015. When you realize that "*this is love; this is what they're all talking about,*" a feeling of exquisite ecstasy comes over you.

Archangel Michael told me in a reading, that same day, that the experience was gifted to me because (A) I asked for it, (2) (B) I had been breathing love up from my heart and sending it out to the world, greasing the machine, and (C) because I was at the time passionately in love.

After a heart opening, one is hit by an inner tsunami of love. You wouldn't believe how fast your cares - Can we afford the rent? Should I take that job? - just blow off you and disappear in the face of it.

Let go of any thoughts of rushing water. That'd knock you over. This tsunami has no physical impact; its impact is spiritual. Your spirit soars and your cares are forgotten.

Oh, this is all right, you say. Now I know what the masters were talking about. (3)

Well, yes, this is a glimpse of Ascension. Love *is* the substance of the higher planes. This is the Ocean of Love we're all going diving in.

When I spent time in it after the heart opening, I was only aware of myself as a point of awareness. Everything else was love. As a point of awareness, I had no mass, no materiality. You could therefore say that love was everything.

The Father is simple and passive awareness; the Mother is dynamic and universal love. As a point of awareness, I was the Child of God in its simplest form, (4) in the womb of the Mother's endless love.

How did I feel? Aside from being filled with love? I was fully me. No question of authority. No fear of anything.

Deeply satisfied with all I saw, happy, elevated, blissful, I could not conceive of a better place. (5)

I've wracked my brain once again and still cannot find the right words to describe love's nature, only the ecstasy, the thrill, and the tremendous gratitude we'll all feel when all of us are fully and forever in this wonderful space of higher-dimensional love.

Footnotes

(1) And I've listened to love songs, read love poems, been in love. But our love is like sugar and water compared to the champagne of that love.

(2) Ask and ye shall receive; knock and the door shall be opened. By the Law of Freewill, we must ask if we want the experience.

(3) In fact the person who ascends "knows" more than most masters I'm aware of. Most masters experienced seventh-chakra enlightenment or Brahmajnana. Ascension is beyond that, beyond the seven-chakra system; it culminates in an enlightenment experience known as Sahaja Nirvikalpa Samadhi. Ramana Maharshi and Franklin Merrell-Wolff are examples of a masters who did ascend.

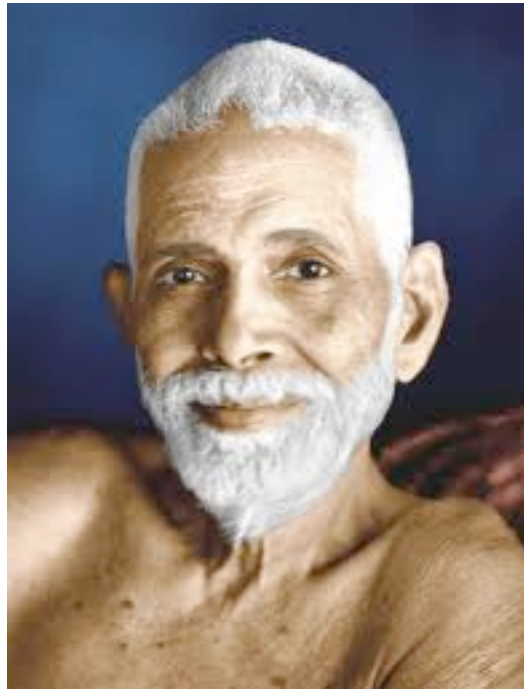
(4) The Child of God, which is what we all are, is called by different names in different religions: the soul, the Self, the Christ, the Atman, the Buddha nature, the mustard seed that grew into a great tree, the pearl of great price, the treasure buried in a field, etc.

Its simplest form is pure awareness. That spark of awareness is piled upon by several bodies and is talking through a physical body which is both dense and limited in its experiential range.

Having been outside my body, I can tell you that the physical body is a very limited conductor of refined emotions. No wonder we rarely feel this love.

(5) Until the experience of love yielded to bliss.

Heart Openings and Ascension - 1



Sri Ramana Maharshi

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)

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.” (3)

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. (4)

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.

(3) Dattatreya, AG, 95.

(4) 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 - 2

April 1, 2015

<https://goldenageofgaia.com/2015/04/01/heart-openings-sahaja-and-ascension/>



Sri Ramakrishna in samadhi

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 reaction patterns that ensnare 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. A permanent heart opening such as I had on March 13 is not the same as the permanent heart opening we all will 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.

A Glimpse of Ascension - Part 1/2

Dec. 10, 2015

<https://goldenageofgaia.com/2015/12/10/a-glimpse-of-our-ascension-part-12/>

This is bliss. More is ecstasy



We all have our missions and mine is to be a communicator.

Further to that, I'm to go through Ascension with everyone else and write about it.

It seems implicit in that and in other things that I know that the experiences in consciousness I or others like me (people who've agreed to go first and go public) pass through are meant for some people to read and then experience themselves once the territory has been identified and at least tentatively mapped.

We're explorers. We're scouts. And we're reporters.

Since it's my job, I'm going to talk about some things I ordinarily would never talk about. These things are usually meant to stay private. One doesn't want to be ridiculed for one's spirituality. That's precious and it'd hurt.

Moreover, it sounds boastful to be talking about these kind of things and most people wouldn't do it. Neither would I, were it not for the fact that I'm expected to. This is my work. Self-awareness, transparency, consciousness raising - it's what I do for a living. It's this or wash dishes.

I'm now ready to conclude that the events I've been through since at least March 13, 2015, when I had a major heart opening, up to this past week when I

experienced ecstasy for some days, were meant to be a foretaste of Ascension itself.

I said it was implicit "in other things that I know." I've had the inestimable benefit of having a personal reading with Archangel Michael every three weeks since early 2011. I'm able to ask him to interpret events and confirm certain lines of inquiry. That's where the knowledge of certain matters comes from.

I've had profound spiritual experiences in the last eight and a half months, but they've been truncated, as Archangel Michael has confirmed for me in a reading. I'm being allowed to visit "exalted" states, have a glimpse of them, but I'm not allowed to live there.

Let me cite a conversation in which he confirmed that the completion of the kundalini that I experienced after Wave X was truncated.

Steve: [Emptiness of mind] was followed the next day by what appeared to be the kundalini completing its circuit at the seventh chakra. Is that in fact what happened?

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

That is what you did.

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

AAM: Completely toned down. We want you very physically present.

Steve: Alright, good. That makes sense. (1)

Not only do they tone down these experiences so that I'll remain in the physical body, but they want me to keep writing rather than sit under a tree in bliss.

Therefore I'm being offered a glimpse of these states, a holiday, a reward, and an enticement to conduct spiritual studies on these states of consciousness. Well, no need for an enticement there.

I believe that the events of my last eight and a half months have paralleled what we think of as Ascension, but toned down. I've had a partial experience and that was marvellous enough to set me singing.

Let's review those events. The articles on this site will establish the timeline. I'm just going on memory and my memory is not the best these days (It's wanted that I forget about 3D and taking away my memory of it was the preferred way of accomplishing that). So I'm at best being approximate in what I say here.

The heart opening on March 13, 2015 opened me to love and I realized immediately that I had (almost) never loved in my life. I might have spent minutes in love in some of the transformational experiences I've had in my life (hence the "almost"). But that's all the love I've felt in my entire life.

The important thing here though is that I believe the heart opening was comparable to the first experience of enlightenment, which occurs when the kundalini reaches the fourth or heart chakra (not the heart).

I think we as a collective will have that experience in the near future (no dates please). That experience is called spiritual awakening by Hindus and stream-entering by Buddhists.

I think I had a toned-down version of it. If it were full-blown, I'd be shouting with enthusiasm, as my Australian friend who had it did.

Nevertheless, I began to explore this new domain that I found myself in, in which transformative love swept aside negative conditions like anger, jealousy, and greed. Ordinary love is overwhelmed by these negative states but transformative love doesn't offer them any footing.

I lived for months in transformative love and then came Sept. 27/28, the Blood Moon Equinox.

(Concluded in Part 2.)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

A Glimpse of Ascension - Part 2/2

Dec. 12, 2015

<https://goldenageofgaia.com/2015/12/11/a-glimpse-of-our-ascension-part-22/>



(Concluded from Part 1.)

Some days after Wave X hit the Earth, I found that my mind had fallen quiet. And the next day after that, I watched as the kundalini completed its circuit to the crown or seventh chakra.

Ordinarily the completion of the kundalini circuit would result in Brahmajnana or God-Realization. Brahmajnana is a temporary heart opening and is redolent with bliss.

I didn't experience God-Realization, just the completion of the kundalini. I posted in the first part of this article what AAM said about truncating the experience.

However a few days later I began to watch bliss arise in me. It was almost as if I was getting to experience the state in pieces. First the kundalini rising; then my mind falling quiet; and a day after that the bliss.

I existed in this state of bliss for some time and very much enjoyed it. And then I hit a state that was even higher than that.

Before I get into that, I must digress.

The defining event of being inside the Fifth Dimension and anchored to it is Sahaja Samadhi. Sahaja, or our “natural state of being.” It's a permanent heart opening. It occurs well inside the Fifth Dimension. It brings with it moksha or liberation from the need to be physically reborn.

Sahaja and not Brahmajana sees the end of our vasanas or core issues. The seeds of future action are burned to a crisp. Our karma is complete.

And our heart remains permanently open. This is the Fifth Dimensionality that we're all looking for and which we hear described in many channeled messages, especially those of Saul and Jesus through John Smallman. This is our collective destination.

If we're looking for the sudden side of Ascension, it'd be in these experiences of (1) spiritual awakening, (2) Brahmajana and (3) Sahaja Samadhi. All the rest of Ascension is gradual.

Two aspects of what happened next convinced me that I was given a truncated experience of Sahaja. The first thing was that I felt ecstasy. Bliss is higher than love but ecstasy is higher than bliss. It's like a staircase and these are its steps.

Ecstasy was completely satisfying. I was totally content. And yet, unlike as in bliss, in ecstasy I didn't want or need to stand off from people. On the contrary ecstasy was enough to stand the jostling that people do with each other whereas bliss would have me be off by myself enjoying it.

While I was in ecstasy, I noticed that I felt no pain, no leftover trauma, no vasanas, no core issues. They were utterly gone and that too is a feature of Sahaja Samadhi.

Now I did not say I've had Sahaja Samadhi.

What I said was that I'm being given tastes of what lies ahead because it's in my soul contract to write about it.

Why would the Company of Heaven not give brief experiences like these to someone who has signed on to write about them? It makes perfect sense. But that's not equivalent to residing in the state we call Ascension. I've just had a look inside the room.

Mine has been an experience of the consciousness side of Ascension. Other people will ascend the mountain by other routes. Some will love Krishna or Jesus. Others will labor for the poor or hungry. Others will study sacred mandalas and ponder Sri Yantras. Others may chant Aum and say their mantra.

Everyone will have their own pathway. Mine is the path of awareness, which again makes sense. What better thing to write about when one is writing on Ascension than one's own experiences and noticings, seen in self-awareness?

It all fits. It all makes sense.

Having gone through the experiences of the last eight and a half months, I think, allows me to speak about them with a modicum of experiential knowledge.

I'd like to say that what awaits us, based on my experiences, is wonderful beyond description.

We're in good hands. We'll enjoy the ride. And getting there will satisfy us completely.

Oh, look, just in writing this, I'm back in the space of love/bliss/ecstasy again. This space is definitely the payment for all labors. Write "Paid in Full" on my account.

Last night, in ecstasy, I phoned Suzi Maresca and asked her if she'd just be my witness of what the ecstatic state looks like. I had a five mile smile and an unflappable sense of humor. I was imperturbable. And oh so happy!

Having come back from looking at the territory up ahead, this scout reports that all is well. Just remain open and accept what the energies bring you. And, if you'll take it from me, don't allow Team Dark to set your agenda. Let's set our own agendas from now on.

The Shortest Path to Ascension: Just Love

October 6, 2015

<https://goldenageofgaia.com/2015/10/06/the-shortest-path-to-ascension-just-love/>



I've just had a third elevating experience.

I'm going to try to describe the space as best I can.

I'm listening to Andrea Bocelli, Sarah Brightman, and others on my iPhone.

Music uplifts me. *Vivo Per Lei* carries me upward. *Time to Say Goodbye* wafts me away.

And where am I wafted to? Nowhere. Right here. My consciousness expands, but I remain exactly where I am.

This is not simply an expansion of awareness, but one of feelings, thoughts, inspiration as well, the messages of all the faculties. Not a full blossoming, but an unmistakable stirring.

At times it's like walking around drunk - unable to navigate. At other times, it's like walking around stoned yet fully present. At other times it's like Broadway - wanting to step out and really rock.

I'm awash in bliss when I think of my loved one. Everything, all activity, grinds to a halt. I lose track of everything I intended to do and I couldn't do it anyways at a time like this.

I'm just awash in bliss.

Hard to work. Hard to concentrate. Not wanting to be pulled away from this wonderful space.

Still dualistic but a walk in paradise.

The shortest path to ascension? Love someone. Anyone. Just love.

I Want Nothing Else

Dec. 1, 2015

<https://goldenageofgaia.com/2015/12/01/i-want-nothing-else/>



Original bliss

I was "sharing" and "comparing notes" with a friend in Australia who's also had a heart opening and he reported the same experiences.

In his case, he saw a brilliant Light, which would be a vision of the Self, Christ, or Atman, our essence. In my case, I felt a torrent of love.

We both agreed that there was no way to describe the flood of love and bliss one feels when the heart opens. It defies words.

But the point I wish to make is that just talking about bliss brought me into the transformed space. I acknowledged to him and his partner that I had just entered the transformed space. The conversation had carried me into it.

I left the conversation deep in bliss. So talking about bliss seems to invite well, yes, it does. It does invite the experience of it.

And one experience of it seems to be all it takes to create an explosion of and then an ongoing ease connecting with bliss.

I cannot for the life of me see the pattern in all these trips in and out of the transformed space but I'm quite sure there is one. I can certainly see the direction all this is going in though.

For now, all I can do is list the circumstances, define the situation, like an ethnographer or sociologist. So here we have "talking about bliss" resulting in another entry into the blissful transformed space.

I can't remember which day it was that I decided I wasn't going to abandon this state any more. My house is now bliss-friendly.

After making that decision (but making it firmly), I remained in the transformed state for the rest of the day without fear, worry, anxiety. I was comfortably and stably settled into it.

It still comes and goes however. But it's getting easier to summon bliss, so to speak. It comes by earnest invitation. And (consciously) touching any little bit of it, no matter where or how it happens, has led and can lead to an instantaneous and explosive experience of it. After that, the channel is open.

My friend described an explosion of white Light. I felt a torrent of love. I'm beginning to suspect that both were instances of "stream entering" in Buddhism and "spiritual awakening" in Hinduism. (1)

If I can pretend to be him for a moment, here's what I'd say: I have seen the Light (2) and I knew it was myself. I found the treasure [the Self, the Light, the Christ] buried in [the] field [of the heart]. And buried it up again [relinquished the experience].

Having seen the treasure, I now want to own the field and hence the treasure. And so I sell all other desires than that and focus on purchasing the field. Purchasing the field is to say the Light becoming so intense that it causes a permanent heart opening.

Having purchased the field is a state which many sages call moksha or liberation. I've called it, after Ramana Maharshi, Sahaja Samadhi. It's the endpoint of Ascension for most people.

Sahaja means our "natural state of being." Our natural state becomes our normal state and our heart remains open. What a torrent of love and bliss that must be.

For my friend, his "crystal staircase" (his words) of enlightenment might be more and more brilliant experiences of Light. For me it might be deeper and deeper experiences of Love. The ascent will be different for different people.

You can see that I'm quite present in my writing. Anyone who's followed me over the months and years can detect in the way that I'm speaking right now that there has been a change in me. Yes, it comes and goes, but it's staying more and more as well.

My job is to go through Ascension along with everybody else and write about it, to make the whole thing public. This is what that looks like.

Back to the bliss. I feel myself enter a space of freedom from care.

I can feel those careworn feelings if I wish (purely optional), but, even if I did, I'd still feel buoyed up.

Bliss is like a sweetness that's maintained through different concerns and anxieties. The different worries are all there but the sweetness of the bliss is also there and it cancels the worries out, while itself retaining its fullness. For these reasons, I contend that bliss transcends and transforms worries.

One taste of bliss, a sage once wrote, and he hungered for it ever after. For me, bliss is the reward for all action. It's all I want and all I've asked for.

I feel blissful at this moment. I feel satisfied. I feel at peace. This is the experience of the transformed space. And all I want is for others, like my friend in Australia, to know this space. Jump in. The water's warm and so inviting. And love is nothing without participation, without flowing.

Footnotes

(1) On stream entering, see here: http://goldengaiadb.com/E#Enlightenment_.281.29_Spiritual_Awakening_-_How_has_the_experience_of_spiritual_awakening_been_described.3F and following.

(2) Compare with Krishnamurti's first experience of enlightenment:

"I sat crosslegged in the meditation posture. When I had sat thus for some time, I felt myself going out of my body, I saw myself sitting down with the delicate tender leaves of the tree over me. I was facing the east. In front of me was my body and over my head I saw the Star, (1) bright and clear. ... There was such profound calmness both in the air and within myself, the calmness of the bottom of a deep and unfathomable lake. Like the lake, I felt my physical body, with its mind and emotions, could be ruffled on the surface but nothing, nay nothing, could disturb the calmness of my soul. ... I was supremely happy, for I had seen. Nothing could ever be the same. I have drunk at the clear and pure waters at the source of the fountain of life and my thirst was appeased. Never more could I be thirsty, never more could I be in utter darkness; I have seen the Light. I have touched compassion which heals all sorrow and suffering.... Love in all its glory has intoxicated my heart; my heart can never be closed. I have drunk at the fountain of Joy and eternal Beauty. I am God-intoxicated." (Krishnamurti in Mary Lutyens, *Krishnamurti: The Years of Awakening*. New York: Avon, 1975, 171-2.)

Love and Bliss? Nothing Else Matters

November 1, 2022

<https://goldenageofgaia.com/2022/11/01/love-and-bliss-nothing-else-matters/>



In our common journey back to God, we're all of us at different places.

For some, the intellectual level satisfies. "I'm right and you're wrong."

For others, the experiential level beckons and satisfies. They feel into life. Of course they're not busy amassing arguments to prove themselves right and others wrong so they're vulnerable to attack from the unscrupulous and we have our share of unscrupulousness today as the darkness explodes and fades away.

Even more vulnerable are the realizational people who turn their backs on the arguments of the world and seek the answer to the only question we're required to answer, in one lifetime or another: Who am I?

For me, only realization will satisfy and only the realized are the ones whose teachings I prefer to study.

After the vision in 1987, (1) I spent ten years reading nothing but the works of enlightened authors. I visited and studied with gurus, including one who said of himself that he was a full and complete Incarnation of God. He unfortunately turned out to be a pedophile. Similar disappointments followed.

Discouraged at last, I left the ashram scene as I had the university scene earlier. From now on I was to be my own guru.

Fast forward to recent times. Meeting an archangel and then the Divine Mother through interviews and personal readings has of course changed my direction entirely. This direction fits the bill completely.

As if to complete with the past, I asked the Mother whether God recognizes the service of a sincere devotee to a fallen guru. And the Divine Mother said yes. (2)

With that assurance from one representing herself to be the Divine Mother - whom I sincerely believe to be her - I felt completely released from the past and ready to begin anew.



Let me use my time here to address a question: Why would a lightworker choose to be a seeker? Isn't that for loveholders?

To answer that, I have to point at the impact that the longing for liberation has on us. I've written elsewhere about that longing. (3) It's subsensible and built in, like a homing device that takes us back to the One. (4)

No other agenda can overrule it. Seeking is not my overwhelming priority this lifetime but I'm still constantly drawn to seek. It remains my default because, I believe, of the impact of the longing for liberation.

We may have to throw many of our current assumptions overboard. One assumption is that seeking is the problem. I know what is meant: One busies the

thing one is seeking. The seeker is the thing sought. I get that. And it's true and valid.

But that having been said, by the creation formula, (5) by seeking, one is asking to find God. That's a statement of intention. The creation formula stipulates that we follow that statement of intention with action consistent with the intention.

At least in the beginning, I suggest that seeking is a consistent action. Seek and ye shall find. There is a time to lay down seeking but, as far as I'm aware, it's a ways down the road from here.

Meanwhile, seeking is an action consistent with our intention (and perhaps the one action that avoids negative karma). (6) I cannot see God refusing one so eager to merge with Her/Him. That's what we're here to do, Rumi tells us. (7)

I wish to remain at the realizational level of life, courting realization rather than experience or knowledge. When not courting it, I prefer to spend my time in the experiential mood. From there I may catch a wisp of love or bliss and go with it.

I'm open to divine intrusion. I'm open to immersion in the divine states.

Nothing else matters to me in the way of what I want for myself. Nothing material attracts me. Sex doesn't. Power? I'm not the least inclined to it. Love and bliss do and always will. In the end, they alone matter to me.

Footnotes

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

(2) I post this so to give you a glimpse of the Company of Heaven operating with one of their servants:

Steve Beckow: I’m operating on the principle – and please correct me if I’m mistaken here – that I serve Archangel Michael, period.

If I were to go to another medium and she was not channeling Archangel Michael and I were to do what was being said, and it turns out to be a colossal error, I'm still serving Archangel Michael.

Am I correct in continuing to say to myself, "The source is not what they say they are but it doesn't matter. I'm still serving Archangel Michael."

Divine Mother: You have reached this place of clarity. Now, dearest heart, this is exactly what I am talking about in terms of your divine knowing. And nothing is swaying you from that balanced center of knowing.

So it does not matter whether somebody says they are channeling Hilarion or Mickey Mouse. You know that you are serving my beloved Michael and I would like to suggest to you, Sweet One, not to distract you, but you are also serving me.

Steve: I so much know that, Mother.

DM: You always have. And so, yes, how we have constructed this is that you are employed, you are in joint venture, you are in sacred partnership with Michael, with Me-Ki-Al, and that is the way that you have chosen and that he has chosen and that I have chosen for you to proceed.

Steve: Yes, Mother. Thank you for confirming that.

DM: Let us give you further insight into this. If you were channeling with somebody and they said it was Hilarion, and in fact it was Hilarion, understand on our side the conjoining is so much stronger [with Michael] that Michael would simply funnel through Hilarion what needs to be said.

Steve: Interesting! ("Divine Mother: Does God Recognize Service to a Fallen Teacher?" November 3, 2018, at <https://goldenageofgaia.com/2018/11/03/divine-mother-does-god-recognize-service-to-a-fallen-teacher/>.)

(3) See "Ch. 7. The Longing for Liberation" in The Purpose of Life is Enlightenment at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

Also "The Longing for Liberation," August 20, 2010, at <https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/>

(4) Linda Dillon: The Creation Formula is a gift from the Council of Love directly to each of us – not only to our hearts but to our conscious selves in the here and now. The purpose of the Creation Formula, just like the Universal Laws, is to help us understand, in workable practical terms, how to create. In the next chapters we will discuss in detail the creation triangle elements of the 13 Blessings and Virtues and Universal Laws, but as a starting point let us look and delve into the Creation Formula. Here it is:

Intent + Stillpoint + Action = Creation. (Linda Dillon in *The New You: Emerging into the Brilliance of Humanity's heart Consciousness*. Port St. Lucie: Linda Dillon, 2013, 162.)

I treat the releasing of the intention, after stillpoint, as a stage unto itself.

(5) Stillpoint and release.

(6) "I am all that a man may desire

Without transgressing

The law of his nature."

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

(7) "There is one thing in this world which must never be forgotten. If you were to forget everything else, but did not forget that, then there would be no cause for worry; whereas if you performed and remembered and did not forget every single thing, but forgot that one thing, then you would have done nothing whatsoever. It is just as if a king had sent you to the country to carry out a specified task. You go and perform a hundred other tasks; but if you have not performed that particular task on account of which you had gone to the country, it is as if you have performed nothing at all. So man has come into this world for a particular task, [enlightenment] and that is his purpose; if he does not perform it, then he will have done nothing." (Rumi in A.J. Arberry, trans., *Discourses of Rumi*. New York; Samuel Weiser, 1977; c1961, 26.)

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 Somalian 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.

Slipping under the Waves

June 4, 2015

<https://goldenageofgaia.com/2018/12/27/slipping-under-the-waves/>



Credit: www.last.fm

OK, now I've slipped and fallen into the ocean of bliss.

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 blissful, 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>.

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

Nov. 18, 2015

<https://goldenageofgaia.com/2015/11/18/stream-consciousness-stream-love-part-13/>



I've just re-entered the transformed space again. Never has the bliss been this strong or stable.

Later in this post, you'll hear Archangel Michael describe it as our natural state of being, the way things were intended. I believe that.

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

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

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

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

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

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

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

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

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

(Continued in Part 2.)

Footnotes

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

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

Nov. 18, 2015

<https://goldenageofgaia.com/2015/11/18/stream-of-consciousness-stream-of-love-part-23/>



(Continued from Part 1.)

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

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

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

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

I have to interrupt here.

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

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

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

Let's continue.

AAM: This is the way that it was intended.

Must stop again. The way it was intended.

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

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

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

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

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

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

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

(Concluded in Part 3.)

Footnotes

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

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

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

Nov. 19, 2015

<https://goldenageofgaia.com/2015/11/18/stream-of-consciousness-stream-of-love-part-33/>



(Continued from Part 2.)

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

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

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

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

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

Steve: What an adventure this is.

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

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

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

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

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

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

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

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

Now I am banging on the anvil.

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

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

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

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

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

Footnotes

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

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

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

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

Laughing at myself

Remembering the beloved

Remembering bliss itself

Having a taste of universal love

Listening to music

Reading the life of a sage or saint

Reading about sacred geometry

Taking a stand

Stating the truth

Having a committed conversation

Making a promise

Declaring myself unequivocally

Protecting someone

Making a difference in someone's life

Taking a pleasurable thought or feeling and filling myself with the energy of

The Depths of Pain and the Heights of Bliss

June 23, 2015

<https://goldenageofgaia.com/2015/06/23/the-depths-of-pain-and-the-heights-of-bliss/>



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

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

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

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

What is happening? Kahlil Gibran described the process:

"Even as [Love] ascends to your height and caresses your tenderest branches, so shall IT descend to your roots and shake them. Like sheaves of corn IT will gather you unto ITSELF. IT will thresh you and make you

naked. IT will sift you free from all your confinements. IT will grind you to whiteness. IT will knead you until you are pliant; and then IT will assign you to the sacred fire, so that you may become sacred bread for God's sacred feast." (1)

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

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

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

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

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

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

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

Footnotes

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

The More You Embrace It, the More It Grows

June 4, 2015

<https://goldenageofgaia.com/2015/06/04/the-embrace-grows/>



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.

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

Archangel Michael: 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.

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. Sahaja is Ascension.

I'm sure he knows that 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.

God's Way of Saying "Yes!"

Oct. 17, 2015

<https://goldenageofgaia.com/2015/10/17/gods-way-of-saying-yes/>



Continuing yesterday's discussion, if I were to tell my truth at the very deepest level, what would I say?

I'd say that I am love. No, not on a daily basis. Not in 4D. But at the deepest level I can reach, I know that who I am and all I am is love.

And when I say that, I feel myself begin to lift up into the higher vibrations. This is one experiment anyone can try.

The bliss returns. This is not a love for the beloved. This is truth-telling about who I am.

There isn't a person alive or "dead" who isn't love. And, as I say that, the bliss surges again. Is this God's way of saying "Yes!"?

This blissful state is so sweet. It causes me to forget all my woes and ills. I remember again how grateful I am for the people in my life. Again, in my everyday, 4D consciousness I'm not as grateful.

The higher up Jacob's ladder of consciousness we go on our return to God, the more we forget all the unfortunate things that happened to us. SaLuSa predicted that, with Ascension, we'd quickly forget all we've been through and I can imagine how that would be.

In this blissful space, I'm filled with love and gratitude. Even for the situations that didn't work out. Every one has moments of divine pleasure and heartfelt love. Some anonymous sage said that the value of our life would be measured by the amount we loved. Oh, I can so see that.

Thank you, thank you, thank you to those who've accepted my love and have loved me. I don't think I've thanked them half enough. What a magnificent life I've had. The most unpleasant times simply steeled me for the challenges that lay ahead.

My body is 69 but my internal state remains around 18. I'm always surprised that people relate to me as a grown man because I feel so young. I keep thinking my disguise will be seen through and it'll be recognized that I'm really a teenager in a body that's somehow advanced in age.

Some things have fallen away, but what remains is the innocent and precious love of a teenager. In this blissful state I can see the whole of my life and all I can feel for anyone I've known is love.

Total Release and Surrender

Oct. 22, 2015

<https://goldenageofgaia.com/2015/10/22/total-release-surrender/>



Credit: barefeetpoweryoga.com

The Reval will see countless thousands of people raise an entirely new financial edifice on top of the ruins of the old.

And not even the contemplation of that can surpass the enjoyment I feel from the transformed space.

Exploring it continues to hold my attention. Archangel Michael confirmed in a reading I had with him Oct. 21 that this space I have gone in and out of is what is being pointed at when talking about "going in and out of the Ascension portal."

Steve Beckow: Now I've been going in and out of the transformed space, between unconscious and conscious awareness. Is that the same as going in and out of the Ascension portal?

Archangel Michael: Yes.

SB: It is. So I have been in and out of the ascension portal about 10 times?

AAM: Are you enjoying it? (1)

Even though I get that the Ascension terminology applies, I need a term that can appeal to more people and so I choose to continue calling it the "transformed space."

My assignment is to go through the stages of Ascension along with everyone else but to do it publicly. These notes represent my journey and may or may not be useful to you.

I've been in the transformed space for a few hours now and I began to notice that it was possible to "anchor" it.

I immediately began what I hoped was "anchoring" - allowing it to fill every part of me and sending it down to Gaia. Doing that has allowed me to stay in the space much longer than before.

This elevated mood is the best I've experienced in perhaps 25-30 spiritual experiences since 1976 (my first experience). It's loving. It's blissful. It's peaceful.

It's entirely satisfying, entirely fulfilling.

Constant expansion into this space is the direction that all life goes in. Archangel Michael said in the reading just mentioned:

"You of all beings know this. This is about the journey of faith, of love, of connection, of unity back to the Mother, back to the One. It is not about anything else." (2)

Yes, I've written on the purpose of life. I should know that continually-unfolding enlightenment fulfills the purpose of life - that God should meet God in a moment of our enlightenment. Life isn't about money, sex, or power. Or anything similar. And the journey is from God to God. Nothing else finally matters.

When I allow the present energies to settle into all parts of my body, I fill with bliss. And it doesn't impair my movement, (3) although it would disappear in a flash if I went into blame or judgment. My mind is empty. My desires are quiet. My heart is open.

I was aided in re-entering this space by my reading this morning. I've been drawn to the biography of Nag Mahasaya, a great renunciate and devotee of Sri Ramakrishna's. When I see the extent of egolessness and purity of a truly determined seeker, I just hunger for that existence so much.

My bliss expands just thinking of it.

Then the thought arises: Why can't I live that way in the city? Surely that would be the challenge of these times. An urban renunciate.

A quiet mind. A life of service. And a heart that's open to all alike. How that calls to me.

[Seven hours later.]

I've had wonderful conversations today coming from the transformed space, which itself has lasted now quite a few hours. It shows no evidence of flagging or fading.

In this space, I'm humorous and sympathetic, honest and blissful.

This is either the Seventh-Dimensional "Higher Self" or the true Self, the Christ, the Atman that the saints and sages talk about.... I don't know which.

In this process, a lot depends on me receiving and accepting the energy. Often I think I'm open when I'm not.

I'm again, as I was thirty-five years ago in the Communication Workshop, glowing like a lightbulb.

All I want to do in this space is meditate.

[A day later]

I see that the rise of the transformed space is intimately connected with conscious breathing. It's as if conscious breathing has the power to hook up to the transformed space and pull it in.

Here I am the following day again in this wonderful space and this time it happened through the use of the breath.

I know this is my original Self. But I only know it intellectually and experientially. I haven't got it up to realized knowledge.

[Many hours later.]

I am awash in love. My mood is stable. I'm not going up or down. My mind is still. My heart is wide open.

Again the draw is to meditate, to contemplate the sacred, to be still and just experience being myself.

There is a drift to these matters of consciousness, a tidal pull. And the tidal pull here is to total release and surrender.

[Hours later again.]

At some point I'll have to make the switch of allegiance from the reality and consciousness of everyday life to those of the transformed space. That is such a delicate moment and transformation. It has to be a moment of total truth. At that moment I will have lit the pilot light. But any gust of ego will extinguish it.

The amount to which I yearn for it, hunger for it will provide me with the motivation to make the leap. It used to be that we had to want it more than life itself.

But now the banquet is set and the invitations have gone out to all of us.

Footnotes

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

(2) Loc. cit.

(3) This description is applicable to universal love more than transformative love. Universal love is just making itself first felt here as a kind of texture to transformative love. It hasn't yet fully emerged as it was to do in a day's time.

Time 11 in the Transformed Space

Nov. 4, 2015

<https://goldenageofgaia.com/2015/11/04/time-11-in-the-transformed-space/>



It's three hours before the Vancouver Meet-Up and I'm just now entering a very blissful state. I'll try to record it but I don't know how well I'll do.

Thank heavens someone is giving me a ride to the Meet-Up because I lose track of time in this state. I might miss it altogether as I nearly did in the tenth sojourn in this space (Time 10) when I forgot a lunch engagement.

Grand thoughts arise. I can see that all is a process of letting go. The amount we need to let go will always be more than what we can see or imagine. Some of the resistance we carry exists out of sight, out of mind - we don't know we don't know about it.

There'll almost always be more to let go of. Why not just make it a policy to first look at letting go?

I need to ask myself: Is there something I need to let go of?

In this space, there's no time. A short interval in that "no-time" space and I completely forget what day it is.

There's been a substantial interval between Time 10, when I was last in this transformed space, and this, Time 11. The mellowness I feel now is much greater.

This is a refined space - soft, gentle, silky.

I'm buffeted by every current of the tsunami of love. I feel profoundly impacted by each wave of cosmic energy.

And now bliss rolls in like a wave. I can feel the tide of evolution slowly moving forward in the changes I see in me.

Time and movement stop.

Past this point I cannot experience the experience and write about it. I must stop.

Elevating Energies

Nov. 6, 2015

<https://goldenageofgaia.com/2015/11/06/elevating-energies/>



Right at the end of writing "On One Occasion," (1) I began losing consciousness. I knew I'd have to carry on but I didn't want to do so in the same article.

At this moment, I'm almost swooning with a wave unlike anything I've ever experienced before. It has no flavor. No feel. I'd say it has no other characteristics than that it elevates.

And I feel myself being "elevated."

This is coming while I eat lunch. I stop eating and become still.

Obviously I can't catch the finer vibrations if I write at the same time. I'm interrupting my state and process constantly. But I'll communicate whatever I can.

The breath is a vital component of this experience. I reconnect with the experience by taking a few deep breaths, into it.

I reconnect with the elevating energy and discover that it's a dynamic energy. It's allowing me to act, to move. And so I try to continue eating while experiencing it.

Implicit in my assumption is that the elevating I feel will have a natural conclusion or resolution. I'm not just "being with it" but anticipating. I switch to being with it.

So far the elevating energy has brought me again to the transformed space. I'm in conscious awareness and transformative love.

I feel love for everything I do. I'm loving, really loving, eating lunch. The enjoyment is ten times what it normally is. Yes, I feel blissful. I'm floating away on waves of bliss.

The Arcturians through Sue Lie recently suggested how we'd be floating in and out of Fifth-Dimensional consciousness these days. I quote that passage from Sue's email at length:

"As the perceptions of your inner Higher Self expands into higher and higher dimensions, you can project these higher and higher frequencies into your physical world. Gradually, you will become 'out of phase' with the lower dimensional versions of Earth, as well as 'out of phase' with the humans projections that are still trapped in the need for "power over others."

"Progressively, Gaia's 3D hologram will also become out of phase with your own ever-expanding frequency. You will then begin to flow beyond the illusions of the third dimension and into a higher frequency of energy field. "Your '3D human projection' will safely become a higher frequency of energy that is becoming more and more aligned with the fifth dimensional perceptions of your ever-expanding Lightbody.

"By then you will have released the illusions of up and down, as your Multidimensional SELF will begin to flicker in and out of Gaia's physical reality. Where do you go when you flicker out of your 3D world?

"You simply resonate to a frequency of reality beyond the visual, auditory and kinesthetic perception of the third dimensional reality. However, just as your Higher Self can always perceive your third dimensional world and reality, you can choose to perceive the third dimension by simply lowering your consciousness.

"However, our ascending ones are usually striving to perceive, experience and live within the fifth dimensional reality that has been flickering in and out of their earthbound meditations.

"Hence, eventually, you will take the risk to just 'let go' of your third dimensional illusions. This letting go opens the multidimensional portal to your true SELF. Instantly you feel the deep sense of 'home sickness' for the YOU that you have always been, but often forgot.

"This longing for your true Home is based on the unconditional love and deep unity with the ONE that resonates to that frequency. You want to leave the third dimension, but as you begin to 'let go,' you hear,

"NOT YET"

"As an invisible voice whispers, shouts, cries into your ascending projection of SELF.

"YOU CAME TO TAKE GAIA WITH YOU!"

"You cry, you sob, you know the voice is right. In fact, the voice is YOU. Therefore, you return to the illusions. You return to the lies, the violence, and the debts. Fortunately, as you reconnect with your third dimensional expression of self, you realize that you return for LOVE.

"You have returned for the love of the people, the places, and the situations that have filled your third dimensional life. You also realize that you are returning for the love that you have found/created for your home and your planet." (2)

I'm going to allow myself to stop writing now and simply float away to whichever higher-dimensional perch these waves wish to carry me.

Footnotes

(1) Nov. 5, 2015, at <http://goldenageofgaia.com/?p=267972>.

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

Who Will Accept the Invitation?

Nov. 21, 2015

<https://goldenageofgaia.com/2015/11/22/who-will-accept-the-invitation/>



Credit: delacrememastermind.com

In *An Hour with an Angel*, Oct. 15, 2015, Archangel Michael said:

"You say, 'It is not fair, Mi-ka-el, because [the Mother] is favoring some with visions, with bliss, with ecstasy, with knowing.' ...

"Let us play this out. If some of you are not feeling the expansion, the bliss, the love, that does not mean that it is not occurring. Do you feel the blood running through your veins? Do you feel the constant division and growth of your cells? Do you feel the synapses in your brain, the neurons? Do you feel that movement?

"You do not always even consciously feel the beating of your heart unless you are taking your pulse, unless it is pounding extraordinarily. That does not mean that your body has ceased to exist, that somehow you have died. This expansion, this upliftment, this increase in your frequency, is taking place regardless." (1)

"Do you feel the blood running through your veins?" We don't, but the blood is running just the same. And we don't say to ourselves that it isn't running just because we can't feel it.

In the same way, a few times when I've "recognized" the bliss, I saw that it was already there and I saw that I hadn't noticed it. The minute I noticed it, I was in there in a new way. Now conscious of the bliss, I felt it fill me up and sweep my concerns away. Bliss was like the heart beating or the breath; it remained unnoticed.

AAM goes on: "You do not always feel the beating of your heart." The heart beats but we're unconscious of it. That doesn't mean it isn't beating. When we become conscious of it, we're filled with awe that this mechanism, the heart, never stops its beating, just as the breath never stops its breathing. And it does so without any conscious effort from us. But that epiphany did not occur to us while we were unconscious of the heart and unconscious of being unconscious.

It's the same with the bliss as it is with the heart. It's there and probably always has been. But we just haven't been able to see or experience it. When we notice that it's there, when it enters into our conscious awareness, it blossoms and we become fully aware of it and fully immersed in it.

The there-ness-and-not-there-ness of the bliss is a paradox but only one of many we encounter as we mount Jacob's ladder of consciousness. I expect paradoxes to arise and fall away in steady succession.

The higher we go, the more what we left behind is seen as illusion. But it isn't seen as illusion while we're on the lower rungs of the ladder. The bus is a bus is a bus to us on the 3rd/4th. Later we see the illusory quality of it when we rise to a higher dimension.

I can conceive of an ascended master describing a high space to our uncomprehending looks and saying, "You'd have to have been there." And, yes, to understand what's being said, we'd have to have been there; we'd have to have had the experience. It's that way with bliss. There's nothing like it in the realm of consciousness we normally exist in.

Many spiritual teachers talk about the high, non-dual space (we call it "unitive consciousness" these days), speaking in ways and terms that are often incomprehensible to us.

"Abide as That in which there are no gods and their worship, none of the three Divine aspects of Creator, Preserver and Destroyer or meditation on them, no Supreme Formless God not meditation on Him." (2)

Excuse me? No gods? (3) No Creator, Preserver and Destroyer - i.e., no Divine Mother? No Supreme Formless God? What is this? This cannot be correct. If it were, it would be a paradox.

And yet, where there's no thought, there's none of these. All of these are ideas, concepts, notions. What the sage is pointing at is beyond thought, beyond vrittis or waves in the mind, beyond all movement, to complete stillness. Stillness of this order, to the best of my knowledge, can result in cessation or nirvana or Sahaja Samadhi. This is the direction the bliss is carrying us in.

When we go beyond ideas, we see there's no object. There's only the One Subject of all experiences. Moreover there's no objective consciousness; there's only consciousness without an object; i.e., Oneness.

How does one communicate the experience of something in words? I cannot. One can only communicate ideas, which haven't the power to bring the experience alive for another. Intellectual knowledge is good for brush-clearing, but it takes experiential knowledge to grab our attention and realized knowledge to satisfy our quest. Those cannot be supplied by another in the same way intellectual knowledge can.

The Ascension energies have the power to allow us to recognize the bliss that's already there, and recognize it for what it is - the very thing we've always been looking for.

All the sages seem to have the same object: They, knowing this space, only want to invite us into it.

It isn't because they're lonely and want playmates because, I think, they're never lonely. It's because the space is so wonderful that the heart overflows. One simply wants to give that love away to all who'll receive it. One wants to facilitate others entering this space.

Yes, it takes work to be in it. That's what all the clearing we've all done in the last two to three years was about. It was about emptying the lamp so it could be filled

with oil that we, the unascended, might join the Bridegroom at the Wedding. This bliss we're feeling is the oil in our lamps. And our lamps apparently will be full.

God has sent the invitation to all the world - Christians, Muslims, non-believers; rich, poor, and in-between; blacks, whites and everyone else.

Who will accept the invitation?

Footnotes

(1) "Transcript ~ Archangel Michael on AHWAA: No One Will be Excluded from Ascension, October 15, 2015," at <http://goldenageofgaia.com/2015/11/19/transcript-archangel-michael-on-ahwaa-no-one-will-be-excluded-from-ascension-october-15-2015/>.

(2) Bubba Free John, ed. *The Heart of the Ribhu Gita*. Los Angeles: Dawn Horse Press, n.d., 21. Ramana Maharshi, who loved to recite the Ribhu Gita, is on the cover.

(3) That is, no personifications of the three cosmic forces, the gunas: Rajas = Creation = Brahma. Sattwa = Preservation = Vishnu. Thamas = Transformation = Shiva.

Creation + Preservation + Transformation = The material forces of the Divine Mother in her aspect as the universal creative vibration, the Word of God, Aum/Amen.

The cosmic forces or gunas make up the upswing of the sine wave that Aum is, the pause, and the downswing. Our breath imitates and reflects the structure of Aum.

⌘ Never Enough Love ⌘

Never Enough Love

March 21, 2015

<https://goldenageofgaia.com/2015/03/21/never-enough-love/>



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.

All There Is to Talk about

March 16, 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....

I Believe in Love

March 19, 2015

<https://goldenageofgaia.com/2015/03/19/i-believe-in-love-2/>



I'm certain now 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

<https://goldenageofgaia.com/2015/03/20/transformative-love-inside-job/>



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 a greatly-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 drinking freshly-squeezed Florida orange juice and Tang.

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 through John Smallman, March 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,” *ibid.*)

(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.

Learning the Ropes

March 24, 2015

<https://goldenageofgaia.com/2015/03/24/learning-the-ropes/>



Credit: Kathleen Mary Willis

Eleven days after my heart opening.

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 lover. 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 GD 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 permanent heart opening. My own heart opening is not sahaja. I don't believe it to be "enlightenment." But it's a wonderful state of being nonetheless - until sorrow arises.

Back to the Basics on the Path of Love

April 16, 2015

<https://goldenageofgaia.com/2015/04/16/back-basics-path-love/>



I find my interest in the mundane is simply not there any longer and I have to admit that to you and let the chips fall where they may.

New desires are surfacing in me right now, under the influence of transformative love, and I'm impressed with the importance of turning from the mere processing of vasanas to straightening out my behavior, which is an obstacle to the experience of love.

Behavior patterns result from vasanas. In the face of a traumatic situation, we reach a conclusion (eg., "I'm not good enough") and then make a decision ("What's the use? I won't even try any more"). These decisions bend the twig and incline the tree.

Before I begin this look at the basics, it's necessary to restate the purpose of life, as the foundation for what follows. The purpose of life is for us to know who we truly are. (1)

I can tell you who you truly are but intellectual knowledge won't make a whit of difference. You are God. ... Feel any difference? No. It has to be up to realized knowledge to be "gotten," anchored, etc.

Have you ever wondered why so many people never tire of the subject of who they are? Why the deeper they go into it, the better they feel? All of us have been given the task of discovering our essential nature, our true identity, who we are. And who we all are, who everything is, is God.

God is ultimate bliss and joy and our experience of them increases the "closer" we get to God, which is the same as saying the deeper we go into ourselves. First we plumb the ways of the self (the mind, the ego) and then we begin to distinguish out the ways of the Self (the Atman, the Christ).

When we realize God, God experiences God, which is why Sri Ramakrishna can say: "It is the godhead that become these two [God and the devotee] in order to enjoy Its own bliss." (2)

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 unpleasant 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

<https://goldenageofgaia.com/2015/04/13/know-thyself-love-thyself/>



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.

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.

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

On Being Enough

Oct. 24, 2015

<https://goldenageofgaia.com/2015/10/23/on-being-enough/>



I feel impelled to write.

I notice that it's just hours after having worked on the transcript for my last reading. The lessons that are packed in it are starting to sink in, one by one.

As a result, the love I feel has taken a dramatic turn.

Until now, it was always love for the beloved. And that is a sweet and rapturous love. It was transformative love: it could sweep away conflicting emotions.

But today I've reached the same levels feeling an impersonal love, a universal love, a love for everyone. I can still taste the sweet and rapturous love if I wish. The way forward is indeed additive rather than subtractive or substitutive.

But this universal love is so much more stable, more substantial. It sweeps away attitudes, philosophies, religions.

It's so subtle that, when I first noticed it, I could easily have overlooked it. Instead I recall myself saying: "What is this?" An arising of love that's not connected to any one person?

And the more I gave my attention to it, the more and the faster it grew, until it had unfolded itself.

And then I began to see things about it: it wasn't connected to anyone; it was substantial; etc.

It's easier to embody this impersonal love than it is the rapturous kind of transformative love. The latter leaves me incapacitated. I think the Middle Ages used to call it a "swoon."

But this universal love doesn't leave me undone.

This universal love takes in everything else I'm aware of at this moment. It completely erases any desire for anything other than itself.

Just as bliss brings all things to remembrance, so does this love open the doors of understanding.

Here again I encounter this feeling of certainty that so often comes with and characterizes this space. And here as well is that confidence in myself that I've known on other occasions. The certainty and confidence are not related to knowledge; they are properties of the soul, it seems.

This is what Archangel Michael was talking about: how the celestials mourn when we doubt and turn on ourselves. This confidence and certainty is what then shows up as missing.

These two qualities are part of the deepest part of me. Am I unwittingly turning my back on them?

I think I am. I must stop. I must make friends with confidence and certainty because they're the twin pillars of the transformed space.

Not a false confidence or a fake certainty. Nothing fake can exist in this space. Even that need only be said for Fourth-Dimensional ears. Fifth-Dimensional ears have lost their connection to fakery.

Oh, the buoyancy of this love. How it holds me up. How it elevates me.

Again, the deeper I breathe it in, the more it fills me up.

How could I have known?

[Two hours later]

I've just had lunch with a friend, in the space of universal love the whole time. My mind didn't work very well. It was like Teflon. A thought would come in and shoot right through it, at the speed of light. Nothing stuck.

This space of universal love is as great an increase in enjoyment to transformative love as the latter is to ordinary love.

It's a love that's much more substantial. That makes sense when you think about it because the more enemies we create the more difficult it is to love. The more we love universally, the fewer enemies we create and therefore the calmer and more tranquil our life becomes. There's a divine calculus to it, not like I can clearly see it yet.

When in transformative love, I'd bask in the sun. Today, in universal love, I have no attention on outside conditions at all. I'm certain that I'm enough. There is no need to seek outside stimulation.

This is the first state that I'd be willing to call an "ascended" state. An entry-level, foot-in-the-door transformational space that feels non-ordinary and better than anything I could have imagined. That's an experiential definition.

For as long as it lasts, it's magnificent.

What a responsibility to be in this space. What a privilege, yes, but what a responsibility too. I can see why many people would move away from the city, from society. Once I'm enough, once I don't need anything more than myself, there's nothing holding me to any place. There's also nothing drawing me to any other place. I am equanimous.

Only the desire to serve the Mother remains.

The Lure of Love

April 20, 2015

<https://goldenageofgaia.com/2015/04/20/the-lure-of-love/>



Credit: magazine.good.is

"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 watching to see what happens to love ... and love disappears.

Getting this feedback from love is more valuable to me than ... well, there is no comparison. I am wed to love. That's what it amounts to, the same love that gazillions of beings are also wed to. Very loose 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 is 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>

Everything but Love is a Distraction

May 11, 2015

<https://goldenageofgaia.com/2015/05/14/everything-but-love-is-a-distraction/>



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.

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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/>.

Money Can't Buy Me Love

Jan. 3, 2023

<https://goldenageofgaia.com/2023/01/03/money-cant-buy-me-love/>



I was asked recently why I talk of a world that works for everyone. Isn't that impossible?

Yes and no. It'd be impossible if we remained in 3/4D.

I've answered the question before but I never tire of answering it. (1)

Human life in 3D is marked by such density that it's usually impossible for people to reach the kind of love (or any of the other divine qualities) that's available in the 5th and higher dimensions. Thus we have little or no sense of it.

But, if we could and did, we'd see immediately how the world could be made to work for everyone. (1)

The love that's experienced on higher planes proves to be totally and endlessly satisfying. Literally and figuratively, we want for nothing. Literally (A) because we can create what we need in 5D and (B) because the love that we feel there is better and more satisfying than anything we'll ever have encountered in our lives to date.

Just imagine you received a million dollars on the same day that the the love of your life walked in through your door, with a letter awaiting you from the President of the Nobel Committee informing you that you've just been nominated for the Nobel Peace Prize.

If you don't have a heart attack from all the excitement, you probably feel grrrrr-eat!

I wouldn't doubt that this *level* of excitement, this *depth* of feeling matches the exhilaration and satisfaction one feels from higher-dimensional love - as we shall see.

Nothing more would seem to be needed in our life to make it more perfect than it already is. The love we feel would reward us every day of our lives.

The highest form of love we have in 3/4D is probably that of a parent for a child. And yet that is perhaps ... hmmm ... a tenth of what transformative love feels like.

Ordinary love has us feel great but it doesn't uplift us very much. We simply feel happy and pleased, but not transported.

Higher-dimensional love transports us.

That is what the Ring of Fire will reveal. And that is what Ascension will bring us permanently.

I'm feeling it right now and there is no more wonderful experience.

Thirty septillion of dollars was reported to have been released today to enable the GCR. But 30 septillion of dollars would not interest me if at the same time I was offered a lifetime experiencing this kind of love.

As the Beatles said many years ago, money can't buy me love.

Footnotes

(1) You might say that my answers to this most important question have been gathered together in one place: *Love Like We Never Imagined It to be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

I Could Get Used to This

May 16, 2015

<https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>



What I never see when driving or bussing

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. Was that 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.

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.



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

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.

The Commotion of Love

May 19, 2015

<https://goldenageofgaia.com/2015/05/19/the-commotion-of-love/>



Credit: andreawilliams.com

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 (many of us may not realize it) and this is just the way I experience it.

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 rhinoceros.

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

<https://goldenageofgaia.com/2015/05/26/immersed-in-the-third-wave/>



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 [to], 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 a lack of 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 is. 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 of 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 , at <http://johnsmallman.wordpress.com/> .

(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.

⌘ The Mystery of Love ⌘

Can Love be “Sent”?

May 28, 2015

<https://goldenageofgaia.com/2015/05/28/can-love-be-sent/>



Credit: www.yummy-wakame.com

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>.

Can Love Mitigate Aggression?

July 8, 2015

<https://goldenageofgaia.com/2015/07/08/can-love-mitigate-aggression/>



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

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

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

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

Yes!

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

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

After being left with a knife in my back in 1970, I studied karate and thereafter loooovvveedddd fighting. (Last fight: age 74. I won.)

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

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

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

Transformative love sweeps aggression away.

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

Reflected and Transformative Love

Oct. 10, 2015

<https://goldenageofgaia.com/2015/10/10/reflected-and-transformative-love/>



Credit: ellielectro.deviantart.com

Even as I sit down to write, I go into my sixth expansion of consciousness. My fifth was yesterday and I never got near a computer to record it.

As with almost all previous expansions, it came with the thought of the beloved. This so much validates the value of partnering.

Again what I'm primarily aware of is, as I begin to write, the feeling of blissful calmness.

I've mentioned ordinary love and transformative love as two phases of love. There's actually another and it bears looking at as well.

I call it "reflected love." Let me illustrate from my own background.

For many years of my life, I felt that I could not love. Such was the power of my vasanas and scripts, that I had closed myself off to it.

When called on the situation, I said it was like having a hole in your heart. And I largely gave up on myself.

The best I could manage was, when I was in a new relationship with a woman, I could reflect back the love I received.

It wasn't really "reflecting." The love I received inspired and enabled me to find love in myself to radiate out. But that love was a mere trickle.

But when the woman stopped loving me, everything crashed. I couldn't take over and radiate the love. Not like I knew any of this was happening.

Then, only as recently as October 2014, I suddenly found myself able to love and I loved passionately.

Then again on March 13, 2015, I had a major heart opening. My life really began from that date.

What I observe about reflected love is that it's not strong enough to build a platform of promises, commitments and stands on - whether we're talking about sacred union or sacred projects. It isn't count-on-able. Usually it's only there when it's not needed. It's not there when it's needed most. Because it's reflected.

When it's needed most is when I'm flagging in my ability to love. Since it's reflected, when I (the original source) am not loving, it (the reflected love) is not there.

There's no substitute for transformative love - whether we're creating a sacred union or building Nova Earth.

It alone - and not affection or reflected love - is strong enough to call into being the love revolution the Divine Mother called for in the most recent Heavenly Blessings.

I feel so guilty saying that because transformative love isn't something that we can go out and buy. So what to do?

The only thing I know is to ask for it, intend with strong resolve that it happen, and then allow the rising energies to do the rest. An expansion of consciousness is something we relax into; it cannot be won by striving.

All the world around us seems to be tumbling down, refugees are moving from country to country, new technologies are being revealed, and we're talking about transformative love?

People are running around screaming about climate change, American bankruptcy, and police brutality and we're discussing transformative love?

Yes. And we're only a small group of lightworkers and lightholders who are doing it.

But this is the answer for the world. Transformative love is what it'll take to make and deliver on the promises, commitments and stands tht will make the world work.

Ask for it. There's nothing like it. There is nothing more fulfilling, more uplifting, and more connecting than transformative love.

Soul Love and Shadow Love

December 20, 2020

<https://goldenageofgaia.com/2020/12/20/soul-love-and-shadow-love/>



Credit: dan4kent.wordpress.com

When we know what awaits us, well, it can make the wait easier.

And what awaits us? Mike Quinsey put the matter in a novel way. He says that Ascension "is accompanied by the most exotic form of love that you cannot imagine." (1)

I agree. I could not imagine the "exotic form of love" in the higher dimensions before I experienced it, off and on, for six months in 2015. Without that, I wouldn't know what we're talking about.

The Mother explains why we cannot imagine it.

"I am not suggesting that you have not loved and shared love with all your heart and that you have not demonstrated time and again your love for me, with your heart, with your mind, with your will, with your actions, with your forbearance, with your consistency, with your persistence, with all of who you are.

"But just as your mental capacities, your brain, your hemispheres have not been fully ignited, so the same goes for your capacity to be love, to

experience love, both in the personal sense, the universal sense, and the spiritual sense." (2)

She says that we won't find this kind of love in the Third Dimension:

"[Ascension] is a complete redefinition of what it means to be human. It is the complete surrender and ... elimination of the old third dimension, because love does not exist in that environment, not the love that I speak of this night." (3)

In the sense that when we experience it, we're no longer in the vibration of the Third Dimension, I can see that "love does not exist in that environment."

The Arcturian Group explains what we often do with love:

"On the three-dimensional level, love is interpreted through states of consciousness that are deeply conditioned by beliefs in duality and separation. Love has been degraded into meaning sex, power, ownership of another, pain, punishment, or even in some cultures and religious groups, the sacrifice of human or animal life." (4)

Often when we say "I love you," we really mean "You're mine," "Don't leave me," "Remember who you belong to." Our fear of survival, based on our not seeing that we're eternal, turns love into a treaty of protection. But protection isn't "the love that I speak of this night."

SaLuSa made a distinction between "soul Love" and "physical love."

"With your upliftment, what you are discovering is that there is a distinct difference between physical love and soul love. One is for the satisfaction of the physical senses, whilst the other is Universal Love for all life everywhere." (5)

I'd extend the scope of the term "physical love" to "shadow love." Everything about the ordinary love we feel is as illusory and unsubstantial as our shadows. It bears little resemblance to the love we'll be feeling in what I hope turns out to be a little ways down the road.

We might then say that our movement overall is from shadow love to soul love.

In the end, we won't have to worry because this kind of exotic, transforming, liberating love is where we're headed anyways - and our Ascension to it cannot any longer be stopped. We passed the 51% mark some time ago. (6)

Jesus tells us how it will be when we lose ourselves in it, so to speak:

"What the Golden Age is all about [is] living in perpetual peace and security because the energy field in which you are all totally and eternally enveloped in is Love, which always provides for you abundantly. In that state of utter and unrestricted freedom to be yourselves your talents will blossom as you discard the masks you felt you had to present to the world to be acceptable to it." (7)

I do know that space. It's just as Jesus says. He's describing what actually is in the higher dimensions, as hard as it may be to imagine.

He explains how love is working its miracle on us, slowly and gently:

"Love is gently and irresistibly inserting and establishing Itself within the hearts of all on the planet, dissolving resentment, anger, fear, and mistrust so that the attitudes and behaviors associated with them are released, thus allowing the New Age of peace, harmony, and abundance to emerge fully and embrace you all.

"It is an energy of immense power with which God has embraced humanity and the lovely planet that supports you. Its purpose is to raise your consciousness to new levels of awareness so that the reality that all are one, that there is no separation, moves forward from being just an interesting but little-understood fact - recognized mainly by modern physics and to a lesser extent by modern philosophers - into the mainstream of general knowledge." (8)

This gradual transition from ignorance of Oneness to knowledge of it plus the love that we feel as a result of this knowledge will make conflict impossible, Jesus says:

"As this happens it will become more and more difficult for people to treat one another in ways that are not in alignment with Love. For many of you, that will seem to be a state of awareness that is beyond the bounds of possibility, in fact quite unattainable, as you look around at the violence flowing freely in nearly every corner of the world and see self-righteousness, anger, defensiveness, and fear seeming to drive people, often well-meaning people of honesty and integrity, into what appear to be unavoidable and fully justified conflict." (9)

At times when I worry that the time is far off, I remember that the transformative, transfigurative power of love can work its miracle in an instant. (It did with me.)

We're only one planetary "snap" or "ignition," as Michael calls it, from leapfrogging over the intervening "space." So I know the situation could change quickly and dramatically.

At that time, immersed in soul love, we'll want nothing more than that others might share it as well.

Footnotes

(1) Mike Quinsey's Higher Self Message, Oct. 4, 2019, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(2) "The Divine Mother Explains Ascension," October 5, 2017, at <https://goldenageofgaia.com/2017/10/05/the-divine-mother-explains-ascension/>.

(3) Loc. cit.

(4) Arcturian Group, Sept. 20, 2020, at <http://www.onenessofall.com>.

(5) SaLuSa, Nov. 14, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(6) "You, as a collective, and particularly within the lightworker community, are almost complete in what you would think of as this transition. Now, it is not so for the general populace, but it is well underway, certainly well above what you would think of as the fiftieth percentile." ("Archangel Michael: It is Time to Awaken Fully Now – Part 1/2," June 11, 2013, at <http://goldenageofgaia.com/2013/06/archangel-michael-it-is-time-to-awaken-fully-now-part-12/>.)

(7) Jesus via John Smallman, November 22, 2014, at <http://johnsmallman2.wordpress.com>.

(8) Ibid., Jan. 23, 2013.

(9) Loc. cit.

Get It, Lose It, Get It, Lose It

Oct. 16, 2015



Credit: itiwits.info

A reader wrote in and said he had entered the transformed space and lost it.

Yes, getting it and losing it, getting it and losing it is the order of the day, short of Sahaja Samadhi. Sahaja comes down the line, not at entry into 5D, but a little after it.

I had eight experiences of the transformed space, which implies that I lost it eight times as well.

There's nothing amiss with losing it. Stress, aches, pains, a lie, an untoward thought - anything can cause the body to tense up and close the space off.

Love someone. Love everyone. Surrender completely. And you may recover the space.

Telling the truth at a very, very deep level has caused me to burst through into the transformed space many years ago. Making a huge difference in someone's life has. Taking a stand, making a promise, sharing a withhold - all of these call the Self forth, which is the same as saying "cause us to break through to the transformed space."

But be prepared to lose it again. Perhaps enjoy it while you can as a taste of what's to come.

So let's consider the permanent entry into the transformed space Myth No. 1.

Myth No. 2 would be that you can only reach the transformed space if you're in sacred partnership. I was in sacred partnership (I'm not now) at a strategic time in my life and it greatly magnified and multiplied my consciousness' ability to rise. I highly recommend it and I acknowledge that many lightworkers are not in it.

Being in the space does not depend on being in relationship. If it did, monks of all ages would not have sought the sanctuary of their cell or cave. They would have been householders. But most were not.

When I was not in sacred partnership, loving the world still allowed my consciousness to rise. It's love and not the object of love that's effective.

I don't think love is the only road to higher consciousness. If it was, we wouldn't have the many spiritual paths that we do. Wisdom, service, meditation - these are alternatives to the devotional path or the path of love.

Perhaps let me use this space to speak to one other matter. A reader asked me what was the primary pitfall for humans. Well, everyone will have their personal choice.

Mine is the self-serving bias. What's that? It's the tendency to glorify oneself and diminish others, to attribute all successes to oneself and all failures to others.

I do it. Most people do. I praise myself and call attention to evidence that I'm a pretty good guy. People that don't like me I find some self-serving reason for discounting.

Anyone who judges people is using the self-serving bias. A judgment diminishes the other person. Diminishing is self-serving.

The more I live in the center or heart and love, the less I feel the need to be self-serving.

The person who doesn't judge anyone, who lives to serve others (and themselves, proportionately) has probably escaped from self-servingness. The ranks of those people will undoubtedly increase as the energies rise, but, up till this point, being

self-serving was positively inculcated in us from practically all the controlled media we watched or listened to.

In all things like the self-serving bias, the answer, for me, is simply to observe myself, to be aware. Any behavior pattern, raised to awareness, will likely not persist. I've said on earlier occasions that awareness is not neutral, as so many of us think. It dissolves.

Simply becoming aware of any habit of mind immediately begins the process of its dissolution. We don't have to "change." We don't have to mend or amend our ways. What we need to do, in my opinion, is to raise our consciousness or become aware.

Finally, one can be an "awarewolf" and try to force people to become aware of matters they don't wish to become aware of. Many don't want to think 9/11 was an inside job. Many don't wish to contemplate that the biggest contributor to methane in the air is feedstock cattle. This is a world of free choice and any kind of force simply invites resistance.

Lightworkers especially can get pushy and impatient in the area of awareness of issues. Force has never worked since the beginning of time. We might wish to become aware of the vasana or core issue that has us want to force others rather than allow them the same right to be and think as they do that we'd want extended to us.

So, no, I'm not in the transformed space now that I was. And I've stopped trying to force the issue by loving "rigorously." I'm happy to allow the scenario to unfold as the Divine Plan stipulates. So far the ride's been the thrill of a lifetime, punctuated by many down moments and a lot of waiting. Whoever has their hand on the tiller is doing a pretty good job, in my view, and I'm content to remain for the ride.

⌘ The Magic of Love ⌘

The Treasure Within

May 1, 2018

<https://goldenageofgaia.com/2018/04/30/the-treasure-within-2/>



If there's one truth that has the potential to bring us the greatest good, the greatest benefit, it's this one from Saul through John Smallman:

"You seek desperately without for what can only be found within – Love – and there you will find It in abundance. Within there is no shortage or scarcity, there is only and always abundance." (1)

Numerous times I've suggested to people, desperately seeking love from others, that love flows from our own hearts up and out to the world, only to see them look offended.

It's as if they were saying, "I don't want to hear that. Tell me how I look." It's just not something a lot of people accept.

The Galactic Federation through Blossom Goodchild noticed this and commented on it:

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?" (2)

Nevertheless, the truth is that the love we seek from others for the most part is actually to be found in and flows from our own hearts.

I'm led to believe that we can feel the love that others send us. I've seen love be inspired in me by looking at another, hearing another, etc.

But being abundantly filled up with love? That for me is a function of having an open heart, one from which love actively flows. (3)

One can test Saul's assertion that the artesian well lies within, simply. On your in-breath, draw love up from your heart. On the outbreath - since love cannot be held, contained or bottled up - send it out to your own bodies and then out to the world. Now, isn't this what we're seeking?

Continue on each in-breath to draw love up. Feel it. Watch it grow. Have we not been sitting on the treasure box that Eckhart Tolle here describes?

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (4)

That box is the heart and the gold is its love, which flows like rivers when the heart is open.

For more than six decades, my heart had been closed. And it opened explosively on March 13, 2015. Suddenly I could experience the river of love that flows from the opened heart.

Love is the attractive, binding, and transformative force of divinity.

"You seek desperately without for what can only be found within – Love."

We sit on the treasure box when we don't know that the treasure of love is to be found within.

Footnotes

(1) Saul through John Smallman, Sept. 11, 2016, at <http://johnsmallman.wordpress.com>.

(2) The Galactic Federation through Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG261nov25.html>.

(3) That time of heart opening has since ended. But the memory remains very much alive where most other memories have faded,

(4) Eckhart Tolle, *The Power of Now*. Downloaded from http://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm

All We've Ever Sought, Lifetime after Lifetime|

May 26, 2021

<https://goldenageofgaia.com/2021/05/26/all-weve-ever-sought-lifetime-after-lifetime/>



Certain rules apply to us if we're swimming in water that don't apply to us if we're walking on land.

If we're swimming in water, we remove our boots. If we're walking on land, we put our boots back on. The circumstances are different and require different approaches.

I was going over how to communicate some things to a spiritual group I'll be addressing. I encountered the same difficulties I always do.

I can't find words to communicate a higher-dimensional thing or event (walking on dry land) in words that make sense to our everyday consciousness (swimming in water).

Eventually enough people will share the higher context and we'll all just know what the other is talking about. You know?

Now it's all blank stares. And it feels lonely. In the growth movement, we spoke about "thrownness." My "thrown" direction is to forget about having seen the Promised Land (the open heart). Just be quiet. Get on with it.

But that's ridiculous. All of us who can hold the light are destined to see - and inhabit - the Promised Land, to use that metaphor. Communicating about it is not a hopeless task.

But, until then, I have to use metaphors: The higher dimensions are like freshly-squeezed orange juice, this dimension is like Tang; lightning and the lightning bug; dry land and water, etc.

All one can do is point. But as Rajneesh said, don't look at my finger; look at what it's pointing at.

What is it pointing at? The answer will always come down to love and, through that, truth. Why? Because the purpose of life is to know the truth of who we are and the means to do that is through love. (1)



Everything that's been said about love is true. We don't realize it because we cannot imagine what the love is like that the prophets, sages, saints and mystics are all pointing to.

One of the reasons for that may be that our imagination is too dulled down by dragging these carbon-based physical bodies around all day. Compared to what life is like outside the body (imagine Tinker Bell), which I've experienced, (2) life inside is like walking around in a clanking suit of armor. We don't notice it because it's all we know.

So long as the hridayam or heart aperture is closed, so long is it "Access Denied" to the inner tsunami of love. So long as the hridayam is closed, so long is there a granthi or knot in consciousness, a knot of ignorance, obscuring the truth.

The closed hridayam separates the air inside the balloon from the air outside. Only that knot in the balloon prevents us from knowing that we are air (or God).

Ascension sees that aperture open for good, that knot in consciousness be dissolved, and our vasanas or core issues be burned to a crisp.

Welcome to a whole new world. Awash in love. Abundant in the very thing which, it turns out, is all we've ever sought, lifetime after lifetime.

Footnotes

(1) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf> or enter "purpose of life" in the search box.

(2) I had an out-of-body experience in 1977. Tinker Bell was a character in J.M. Barrie's *Peter Pan* and Walt Disney movies, a fairy who had a magic wand. The etheric body, which I assume I was in, is like the finest gossamer, a spider's silk, or the down at the base of a feather compared to the suit of armor it operates in while in the body. One flies around like Tinker Bell in the astral form while one clanks around in the physical body.

Nothing Matters But Love

April 15, 2015

<https://goldenageofgaia.com/2015/04/15/nothing-matters-love/>



"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.

Love has Come Calling

June 21, 2021

<https://goldenageofgaia.com/2021/06/21/love-has-come-calling/>



What you would see from your vantage point. What I would see would be shafts of light emanating from my body. Credit: [istockphoto.com](https://www.istockphoto.com/)

I felt disturbed today. I felt at odds with myself. There's no reason for it. Everything is going as well as it can.

And so I looked. What is it that disturbs my day and won't leave me alone.

And suddenly I realized, love is trying to break out of me. Love has come calling. Michael said to me, "do not say no!" (1)

When I see it, I allow it. I remember the Arcturian Group's counsel, if you can't love, allow. (2)

I allow love to exude from me. I see myself blazing light from every pore. Again, a truncated experience - no bliss. No bliss ---> no realization. But still, a majestic sight. (3)

So I am actually in this toned-down experience. All of my knowledge comes to my aid at this moment. I've checked out each detail of similar matters to such an extent that I can relax and enjoy what's happening. I'm not confused, concerned, or impatient.

And all of this is happening within a desireless space. The difference that makes is that I'm not adding anything from me to the now-dissipated background chatter. (4) I am simply here, observing and having an inner experience of shafts of light exuding from my body.

If the Mother were not holding back the bliss, I'd be perched on a much higher plane, briefly or permanently, and saying something weighty and deep at the moment ...

... and the whole purpose of being here would be lost. Mother wanted a journalist, not a guru. (5)

For that reason, I for my part don't simply go with the experience, but I take a break from it to record it. I know that, if the Mother desires it, she'll return me to the experience. If not, she didn't desire it.

I can't be the only one for whom these things are happening. I've had emails from a few of you who've said things are happening for you as well. If they are happening, write an article on it. We need to get the word out.

I'm now beginning to appreciate what Michael means by "travelling interdimensionally." Since the walk-in on June 7, when I initially found myself desireless, my mind has fallen silent.

That enables me to feel and sense more deeply; my consciousness sinks deeper than everyday-superficial, to meditatively-aware. Given that we're on the cusp of the Fifth, that very well could be me crossing the border and coming back again - we'd call it "drifting in and out." I have no idea. And, as long as I experience this delicious love, I don't really care. (6)

What a ride. There's as much transition happening in the inner as in the outer. Both vie for my attention.

Footnotes

(1) Said in another connection but it rings in my ears nonetheless: "Please, please do not say no." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 5, 2020.)

(2) "Change the phrase 'love whatever arises' to 'allow whatever arises.' When you allow whatever arises from your highest level of spiritual awareness, you are loving whatever arises. To see, understand, and accept something from a level of knowing the truth that underlies the appearance is love because you are in alignment with reality — oneness." ("The Arcturian Group through Marilyn Rafaele, Nov. 17, 2019" at <https://goldenageofgaia.com/2019/11/17/the-arcturian-group-through-marilyn-rafaelle-nov-17-2019/>.)

(3) It was not a clairvoyant experience. It was a mental image. The difference would be between a movie and a TV show. A movie is crisp and clear; a TV show, back in the day, used to be much less clear, grainier. I don't want to exaggerate the impact of the experience: it was more amazement than upliftment.

(4) Constant Comment, the perennial critic, ended some years ago. But that did not end the background chatter.

(5) Divine Mother: You have chosen long long ago with Me, with Annastara [my twin flame], with ME KI AL, to be a communicator and an agent of change.

You have said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(6) See? Didn't the Mother say this would happen?

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

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

I'm aware of the pitfall and so I cooperate with the Mother, but I also know it could easily happen as she says.

Tender, Gentle, and Kind?

June 4, 2017

<https://goldenageofgaia.com/2017/06/04/tender-gentle-and-kind/>



Kathleen incorporated a passage from Sanat Kumara in a recent article, where he invited us to send loving thought each day to a person, as well as our food and drink.

The comment came up on *An Hour with an Angel* when I asked him where we should go next, after having meditated for rain and peace, and he said into "tender, gentle, loving relationships."

"Every day engage either mentally, esoterically or actually in a kind and loving exchange of relationship that is expressive and reflective and in alignment with how you love and treat yourself and, in reciprocity, how you love and wish to be treated every day.

"Then formulate the same relationship with prayer, meditation, intent with your water and with your food. If you were to do these very simple and most difficult three things: individual, your water, and your food. Kind, loving, nurturing and gentle, for one month, and we, I offer you a date my friend, and we were to revisit this in one month, the shift upon your planet would be unbelievable. I do not say significant. I say unbelievable."

Those are pretty bold words, noteworthy in themselves. But I'm interested in his choice of words: tender, gentle, loving, kind, nurturing.

So you're getting a fairly-male male encountering these kinds of concepts for perhaps the first time: tender, gentle, kind. Hmmmm....

Where's hard-charging, last man standing, winner takes all?

What we've been calling sacred love, universal love, real love leaves me in a place when I am tender, gentle, and kind. That's for sure.

But to be those ways when I'm not in the space of universal love, because, as actions, they're appropriate to the desired outcome of being again in it - that had never occurred to me. It isn't a male response.

I assume that those qualities help to call that space into being or at least tenderize me to it or have me be aware of it.

Just look at me. Once thrown bodily into the Ganges of Love, one hungers for it, schemes for it, plans for a return dip ever after. I don't care how awkward I feel as a hard-charging male being tender.

I don't care because I've tasted universal love and I can see that nothing else really matters than to experience it myself and share it with as many people as I possibly can. As Kathleen says, that's spiritual currency and a change of values in the area is the Spiritual Reval.

Just Love

Jan. 14, 2014

<https://goldenageofgaia.com/2014/01/14/just-love/>



Yesterday I felt so much love that what I thought of as “me” disappeared.

What do I mean by that?

That which I experience as “me” comes along with worries, hopes, fears, concerns, anxieties, preferences, desires, etc. When the love I felt washed away the me, all the worries, concerns, etc., disappeared as well.

When I noticed they had disappeared, I also noticed that the point of reference that I considered “me” had also disappeared.

I’m not sure for how long it disappeared because I fell asleep at some point and lost track of my situation. The “me” that I think I am was back by the next morning with all its worries, hopes and fears.

I’m not saying it was part of the tsunami of love, although it may have been. But I think it was a second preview, the first being the wave of bliss I experienced on last Thursday’s *Hour with an Angel*. (1)

I say a “preview” because the Mother said that the impact of the tsunami of love would be permanent and this was not. But even as a trailer, it was dramatic and utterly welcome.

The sense of peace I felt was the result of all my cares being swept away. It wasn't something that descended. My cares were washed away leaving nothing in their wake.

One of the things I saw from this is that, at this moment, I exist as a point, a focused spot, which I would imagine is infinitely elastic but definite and unmistakable (relatively speaking).

It's as if I have an IP address in the universe, as if I can be located by GPS – almost. That spot, that point of focus is “me.”

And around it cluster all my worries, hopes and fears. When that point or spot is evaporated or blown away, well, I'm not sure what happens to the worries, hopes and fears that cling to me, but I'm no longer aware of them.

And, at that moment, I was no longer aware of myself as a definite entity. I was only aware of love. Just as the explosion of love I felt in November washed away separateness for a time, so here the love I felt washed away my worries, hopes and fears for a time.

Now I descend into speculation. I'm not a spiritual teacher and I don't want to leave the impression that I want to be or am trying to be. I don't want to be one. It isn't my mission. But I do love this subject.

I speculate that the ultimate disappearance of the point of focus that I consider myself to be is (potentially) the same as the heart opening that Sri Ramana Maharshi discusses here.

“[The] heart [hridayam] is the seat of Jnanam [Wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut.” (2)

It is this knot or nexus that results in the experience of myself as a point of focus, I think. The nexus is loosed when the heart opens.

“When the mind drops down in Kevalya Nirvikalpa [Samadhi], [the heart] opens but shuts again after it.

“When Sahaja [Nirvikalpa Samadhi] is attained it opens for good.” (3)

Kevalya Nirvikalpa Samadhi, also known as God-Realization or Brahmajnana, occurs when the kundalini reaches the seventh chakra and results in a temporary heart opening. This is not liberation from the need to be reborn into physicality (Third Dimensionality).

Sahaja Nirvikalpa Samadhi occurs when the kundalini reaches the Hridayam or spiritual heart (not the heart chakra) and results in a permanent heart opening. This is liberation or what we call Ascension.

We’ve already heard our sources say that the tsunami of love, in which I believe we’ll have a heart opening, probably partial, probably temporary, is not Ascension. I asked the Divine Mother that question:

Steve: Now, my understanding is this event is not Ascension. But can you tell us what this event is and what we can expect from it, and where it fits into the Plan, what it contributes to our movement towards Ascension, please?

Divine Mother: It is another expansion of your ability to hold love and heart consciousness. (4)

And more recently Ashtar through Philipp said:

“I’d like to emphasize that the Love Transformation is not your Ascension. Ascension, as you all know very well by now, is a process that unfolds step by step. But this Love Transformation is one of the key elements of your Ascension journey.” (5)

If it were Ascension, the heart opening would be permanent. It seems that there will be permanent expansion but not to the extent that Ascension will bring.

I think expansion has to be considered as a question of degree, with the added parameter that reaching a certain degree will have us reach a tipping point, a critical mass that will bring Ascension in its train.

Returning to Sri Ramana, he says:

“The granthi is the knot which ties the insentient body to the consciousness which functions in it; that is why when it is loosened temporarily in Kevalya Nirvikalpa [Samadhi] there is no body consciousness.” (6)

I wasn't aware of whether I felt body consciousness or not. I didn't focus on it – or anything else to be quite honest, except the love I felt.

“He for whom the Atman [soul, Christ, Self] alone shines, within, without and everywhere, as (clearly as) objects to the ignorant, is called one who has cut the nexus. ...

“Once the knot is cut, one is never bound again. This is considered the state of power supreme and peace supreme.” (7)

So once the knot is not simply loosened temporarily in the experience of kevalya, but cut asunder in the experience of sahaja (Ascension), one is never bound again. I can imagine that Sri Ramana would see it as “power supreme and peace supreme” but we know it as no more than Fifth-Dimensional consciousness and we also know that much more lies beyond it.

I think Sri Ramana also knew that but probably could not take the conversation that far with his listeners without confusing them. But here we are a little more than a half-century later and becoming familiar with the mechanics of liberation. How cool is that?

I'm not saying that I experienced a heart opening. I don't think I did. But I do think that the utter disappearance of the point of focus that I think of as myself, when it does come, will lead first to what Sri Ramana calls Kevalya Samadhi (Brahmajnana) and later to what he calls Sahaja Samadhi, which to us is Ascension.

That movement will be from a temporary to a permanent heart opening and will see the disappearance of what we conventionally think of at this moment as “me.”

When that happens, I surmise that I, or you, or we, will just be love.

Footnotes

(1) SB: Well, you know, Lord, I suspect that I'm getting a download because I'm almost awash with bliss here. It's very hard to do a radio program when you feel as blissful as I do. You almost forget what it is you're doing. If this is a foretaste of the tsunami of love, it's wonderful.

AAM: And this has been my goal this day, to give you a wash, all of you, to feel our love. ("Archangel Michael: Swept Away in a Tsunami of Love – Part 2/2," Jan. 11, 2014, at <http://goldenageofgaia.com/2014/01/archangel-michael-swept-away-in-a-tsunami-of-love-part-22/> .)

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

(3) Loc. cit.

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

(5) "Ashtar: The Love Transformation," channeled by Phillip, January 13, 2014, at <http://goldenageofgaia.com/2014/01/ashtar-via-philipp-a-new-message-the-love-transformation/>

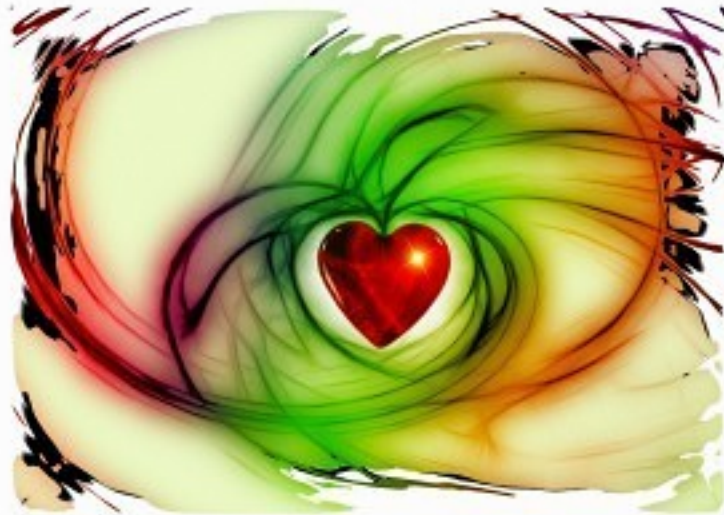
(6) Sri Ramana Maharshi, *ibid*.

(7) Sri Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*. Tiruvannamalai: Sri Ramanashramam, 1977, 49-55.

The Heart is a Portal

June 5, 2020

<https://goldenageofgaia.com/2020/06/05/the-heart-is-a-portal/>



This seems to be a time for dissonance, insights, and breakthrough. The next few articles illustrate that.

One seldom knows one's in dissonance until it gets healed. I was in dissonance trying to shoehorn my knowledge of what happened during a fourth-chakra experience into what I know about fourth-chakra experiences in general.

And I've always felt uncomfortable. Like it wouldn't go into such a confined space and, at a level below awareness, it bothered me. (1)

My knowledge of fourth-chakra experiences in general, including heart openings, says that they're third dimensional in scope; temporary in duration; and complete unto themselves.

But two features of my own heart opening, which was a fourth-chakra event, simply wouldn't fit into those parameters.

The love that I felt was higher dimensional. It was beyond the third dimension, whatever higher dimension it was (there are no road signs).

I ended up in an Ocean of Love. I now see that the Ocean of Love is Reality at a much higher dimension than even the initial experience of a tsunami of love was. It was the culmination.

That again suggests that the fourth-chakra opening of the heart door or hridayam was not complete in itself, but was a doorway into a higher reality. The event progressed and got higher in dimension as it did so.

My dissonance disappeared when I saw the fourth-chakra explosion as opening a portal. The portal was temporary and that goes along with it being at the third-dimensional level.

What happens after the initial explosion is a little like a trampoline or a safety net or a slingshot. The device is elastic and is stretched but it doesn't break and returns to its original form. My experience of higher dimensionality stretched my experience of love but it was temporary and so it also receded.

Like a gigantic slingshot, how far we travel depends on how far the sling is bent. Trampoline, safety net - the same.

If I ended up in an Ocean of Love, then I must have jumped fairly high on the trampoline. Once I say that to myself, the dissonance drains away.

The truth will set us free.

This is a good example of the truth being already known inside us. Of course it is. The Self, which knows the truth, is found inside us, in the heart, in the seat of the soul.

Whenever our everyday consciousness arrives at a truth, our insides respond by releasing us from bodily or muscular tension.

We could actually afford to ask our insides whether something is the truth or not and wait for its response. If it is, the truth will set us free.

My dissonance has disappeared. I feel more relaxed. I use this as proof of the accuracy of what I said, that fourth-chakra openings of the heart door or hridayam are not complete in themselves but can be portals to a temporary experience of higher-dimensions.

Footnotes

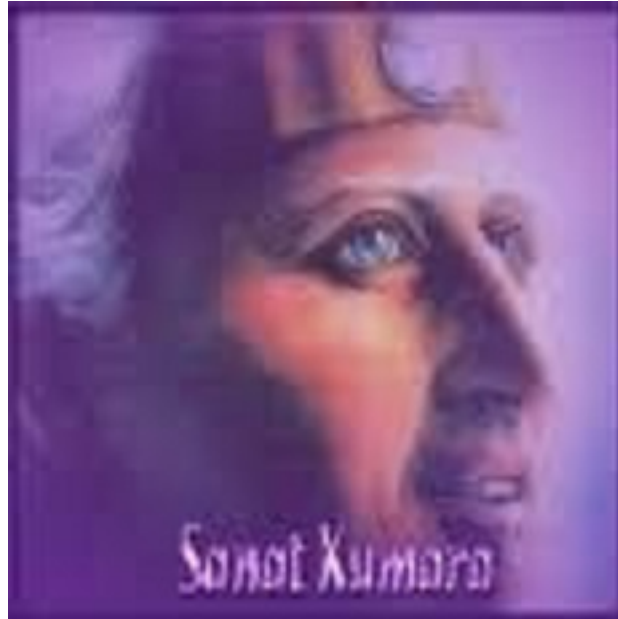
(1) The same thing happened in 1987, which resulted in my leaving university. After the vision that year, I knew I could no longer tolerate shoe-horning what I knew of reality into the confined box of empirical materialism (the belief that only what you see, hear, touch, etc., is real).

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

This All-Satisfying, All-Fulfilling Love that Awaits Us

March 12, 2023

<https://goldenageofgaia.com/2023/03/12/this-all-satisfying-all-fulfilling-love-that-awaits-us/>



In April of 2016, Sanat Kumara said:

"Upon this glorious planet, you as human beings, and you as Gaians, are at the point where you have the opportunity to shift, to extend, to expand, to ascend, to descend into the Love, to be the anchor, the beacon, the epitome of Love upon this planet." (1)

Why did he not say to set a new template for Ascension? Or lead the way into a new region of space? Or show this planet's astral domains what interdimensionality looks like?

Instead he said: "to expand, to ascend, to descend into the Love, to be the anchor, the beacon, the epitome of Love upon this planet."

Why that?

My answer (no idea if it's "the" answer) is that knowing the love that exists on the higher dimensions is what ascension is all about. It's also the "business" side of Ascension, the doingness.

How will you know you've ascended? Because you're always and completely in that special, unimaginable kind of love that exists everywhere in the higher realms, but not here.

It's really simple. It's all about us experiencing that love. There's no more happening in the very last analysis than that. As the Mother said:

Divine Mother: Beloved child, son of my heart, it is only about love, about the many expressions, about the many forms.

And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be [so] when you continue to bring all adventures, all arguments, all explorations back to the love. (2)

Dropping the limiting beliefs that anchor us to the 3rd/4th. Changing our vote from masks and acts to transparency and love. Cleaning up any patterned behavior left over from the Dark Ages of, say, a few years back. Cleaning the place up generally and putting out the welcoming mat for love.

We do the same in our garden. Weed it, fertilize it, tend it.

In this garden, the most wonderful plant will grow, whose fruit just happens to bring with it freedom from birth and death. The inner tsunami of love is the wellspring of life, the ambrosia of immortality, nectar of the gods. (3)

Did I ever think I'd be saying this? No. But it's the truth. Love is all that - the kind of all-satisfying, all-fulfilling love that awaits us.

Footnotes

(1) Kathleen Mary Willis, "Sanat Kumara: Universal Law is Not the Jail Cell, but the Releasing Key," January 7, 2021, at <https://goldenageofgaia.com/2021/01/07/ahwaa-universal-law-is-not-the-jail-cell-but-the-releasing-key-with-sanat-kumara-2/>.

(2) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019 at <http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>.

(3) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

Bring It Back to the Love

March 17, 2023

<https://goldenageofgaia.com/?p=343395>



It isn't coffee you're seeking, Steve. It's love.

It isn't a sweet and salty peanut bar. It's love.

You'll have to excuse me but I'm still caught up reflecting on what the Divine Mother said about our Ascension journey and the journey of life itself. It's so deep and I keep getting it at a deeper level:

"Beloved child, son of my heart, [Ascension, spiritual evolution] is only about love, about the many expressions, about the many forms.

"And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be [so] when you continue to bring all adventures, all arguments, all explorations back to the love." (1)

Bring it back to the love. I imagine that's why Michael says so often to ask ourselves, what would love do?

Archangel Michael: One of the questions that you can always ask yourself is, "What would love do? How does love behave?" (2)

AAM: Open your heart, receive the gifts, be the love. I have reminded everybody to ask first and foremost what would love do, but what love

would do is to be the love. And that means not merely holding the love, but moving into actions — for yourself, for your family, for your community, for your planet — that are only expressions of love, yet feel that they are completely in alignment with the truth of who you are. (3)

Always bring it back to the love. I may even succeed in being this way in the quiet of my home, but thinking of doing it in the outside world is daunting.

Nonetheless, I've been give a simple little exercise which is all about bringing it back to the love. What makes me hesitate in making it a practice as often as possible? Not valuing love enough, plain and simple.

The process is: Draw the love up from your heart (4) on the inbreath, swirl it around inside you (5), and send it out to the world. What could be simpler?

Why am I not doing it and everything else that's been suggested around the clock given that I know the reward that awaits us when the heart at last opens.

Ascension is just that: A permanent and complete heart opening. The opening of the heart - not the heart chakra - is our portal to the higher dimensions.

Michael once depicted us walking down the hallway of a gallery and each exit door opened onto another dimensions. And we were choosing which we'd enter. (6)

I foresee that, if and when we're immersed in the love that awaits us, it may be some time before we'd be interested in other dimensions, other places, other experiences. That love satisfies all urges, all desires. If it were not so, why would I be writing about it again and again?

Let me close with an extended passage from the Mother on how ascension is love sweeping the planet and transforming us.

"The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," at <https://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/>.

Steve: [I had a vision] and it seemed to show me that the way to unitive consciousness was that love would arise and sweep away separative consciousness. Unitive consciousness was always already there. It was just overburdened with separative consciousness. Am I correct in that?

Divine Mother: Yes, you are. That is the way. Love will sweep you and the planet, and in many ways, dear heart, that is Ascension. Because what it also does is implode greater consciousness. You do not live in the old realm. Is there more? Yes. But, yes, that is the way that you move forward. It is the way that you experience.

And it does sweep you away. That is what I mean by the surrender and the bliss. And, make no mistake about it, you do leave your body *and* you inhabit your body.

You explode and you feel all the energies of the universe. And then, because you are becoming attuned to that feeling, that ecstasy, it steps down, and then you anchor it within your expanded field.

But each time you do the connection, it expands you more and more and more, and your capacity to love, to create, to do, to be, to connect, more and more and more, until there is no memory, no experience, of separation. It was an illusion. It is a false grid. And it has been the shackles. But it is not real. So, yes.

The assignment to only be the love is probably the most challenging I've ever taken on. I'm already hearing messages like "it doesn't matter how many times you fail as long as you pick yourself up and march on." You'd think it was a battle to be endured rather than a consummation to be desired.

But it is time. Sooner or later, the adult has to put away youthful things.

Footnotes

(1) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019 at <http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>. [Hereafter AAM.]

(2) AAM, Aug. 3, 2015.

(3) AAM, May 9, 2014.

(4) Not the heart chakra or physical heart. The heart is located two digits to the right of the sternum or breastbone.

(5) The real meaning of "love yourself," I think.

(6) That depiction is accurate on more than one level. One level is that our new merkabah will allow us access to every dimension in the new space that's being created. Another level is that we are all angels, as he's reminded us, and have access to all the dimensions, the Transcendental, and even the Absolute. See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/An-Explosion-in-the-Meaning-of-Humanness-10.pdf>.

Good/Bad, Right/Wrong, Like/Dislike, or Love

February 22, 2023

<https://goldenageofgaia.com/?p=342792>



The hridayam is a portal

I'm noticing some of our communication patterns.

To those we like, if we sit down and have coffee, we often concentrate on what we like and don't like.

To get to know a person better seems to be to know more about what they like and don't like. I like Lavender. I don't like Pumpkin Spice. What do you like?

To those we don't like, we seem to switch to good/bad, right/wrong. The switch is viewed as a serious matter. Best friends forever can part company over a "split" like that. We usually do our best to cover it up and pretend it didn't happen. And then part company.

How many of us have lost friends over Covid? Trump/Biden? Climate change?

Through it all we seem to identify ourselves with the body primarily. Physical scents, tastes, sights. Thoughts and feelings about physical things. We seldom seem to look for what exists in another world - the spiritual.

We dress the body up. We extol its virtues. We parade it at every chance. Well, until it becomes a public service not to parade it. Like at 76.

I do these things. Others seem to do them.

But it completely blinds us to everything we're really, actually looking for, which we discover exists in the heart, which is not the organ that pumps blood and not the chakra of the same name.

It's everything that exists on the other side of the hridayam, the pin-prick heart aperture, portal, or door.

Everything that's on the other side of that door is what we really, actually wanted and had no idea we did or what it was.

I'd be willing to bet the farm that you'll find, once the heart door is opened, that you had no idea that such a thing existed as the love you then find yourself immersed in.

The tsunami of love, the Ocean of Love, the Self are all to be found on the other side of that door. It's like ... no, it IS stepping into another world.

Michael said I would not stop trying to express the reality that exists on the other side of the hridayam:

Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know – I'll write a thousand words – and keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (1)

It's the essential work for many reasons. One is that, having tasted that love, all we want to do is to share it and have others experience it.

If you saw a UFO in the sky, you'd want your neighbor to see it too. Same principle.

We'd spend a lot of money to see the treasures of King Tut's tomb. Wait'll you taste the treasures of the heart.

And the Ring of Fire/Wave of Love will certainly have everyone in on the secret. The cat will be out of the bag then on love.

I'm less and less able to sit through a conversation of good/bad, right/wrong, or like/dislike. (2) None of it seems to matter ... in the face of love.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 5, 2018.

(2) I once lived in a Zen Center. If we had a conversation and it became at all worldly, the monk would do a back roll and leave the room. I'm beginning to understand his motivation.

I Love; Therefore, I Am - 2

April 22, 2018

<https://goldenageofgaia.com/2018/04/22/i-love-therefore-i-am-3/>



Blossom's Federation of Light was talking about "the Event" recently. (1) We here, following the Council of Love's lead, talk about a major, planetary heart opening. We're all pointing at the same thing with different names.

It's one of those spikes on the road to full Ascension (Sahaja Samadhi). It goes gradual, gradual, sudden; gradual, gradual sudden. The Divine Mother once described it as "leap-frogging." (2)

Michael has called them ignitions; others have called them snaps. I've had a sneak preview of the one upcoming and, as my movie review, I can tell you that this is one great film. Get your seat (popcorn and soda pop) early.

Never mind your senses being catered to. Imagine if every desire, every wish, every hankering you ever had was completely satisfied by something like a wall of water that came sweeping towards you and drowned you. Sound paradoxical?

The inner tsunami of love that is released some time after a heart opening is like a spiritual wall of water, a torrent of love that sweeps away every concern and fulfills

every wish.

One could say that a heart opening is like a cosmic orgasm. Orgasm itself is a brief moment of higher-dimensional love (and bliss).

Combine everything good you've ever had in your life and that's the quality of higher-dimensional, open-hearted love. It's entirely satisfying. We want nothing else but more of it.

The inner tsunami washes us free from all impurities, obfuscations, issues - whatever you want to call them - the chains we drag along behind ourselves. We have this to look forward to in "the Event" or "the planetary heart opening." (Put that on the marquee.)

It's at this moment that we might say:

"F-f-f-r-r-r-e-e-e-ed-d-d-do-o-o-m-m-m-m-m!"

Classical enlightenment theory would distinguish between levels of enlightenment, differentiating each. Spiritual awakening is different from cosmic consciousness, cosmic consciousness from God-Realization, etc. In fact they are different in that they mark levels of awareness.

But what is missed out when seeing things this way is the continuity. In my view, we concentrate on one divine blessing - peace, joy, love, courage - and we go through deeper and deeper experiences of it.

In my case, I imagine that for me the heart will just keep opening more and more. For another they'll see more and more Light. Another the forms and then formless form of God.

The Mother appears to have chosen a heart opening as the modality for Planet Earth. Since we're setting the template for the wave of Ascensions that follow us, I imagine this is the Mother's favored template for everyone.

I think that we'll all just find that the heart just keeps opening wider and staying open longer, as we pass through all the chakras and beyond them. (Sahaja, the final stage of Ascension, is beyond the seven-chakra system.)

I can say with assurance that "the Event" will be unlike anything you've ever experienced. Not just a cut above; a world above. A world that we never knew existed. Certainly a world that works and a world that lacks for nothing.

Some things are mysteries - until they're not. I now know that I love; therefore I am. (3) It's all as clear as a bell to me.

Only the fact that I'd never known the inner tsunami of love made it a mystery. One dip, one drowning in the Ocean of Love immediately makes the matter clear: I love; therefore I am.

I live to love. I love to love. When I'm loving, I'm being the deepest me I can be.

It's obvious after a heart opening, but not before. "What's he talking about?" we might say.

But soon I'll be joined by millions of playmates and it won't be so lonely any more!!!! What you'll know then will convince you that your life is complete. I love; therefore I am. Yes....

Footnotes

(1) The Federation of Light via Blossom Goodchild, April 20, 2018 at <http://goldenageofgaia.com/2018/04/21/the-federation-of-light-via-blossom-goodchild-april-20-2018/>

(2) Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes?

DM: You can think of them as sub-planes, dimensional sub-planes, yes. ("The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

(3) Don't limit that sentence to one meaning. Play with every word. Entertain alternate meanings. Expand. Who is speaking?

Love is the Answer

April 2, 2015

<https://goldenageofgaia.com/2015/04/02/love-is-the-answer/>



Love

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 full 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 through John Smallman, Dec. 7, 2014, at <http://johnsmallman.wordpress.com/> .

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

(3) Saul through John, 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 through John Smallman, May 27, 2013, at <http://johnsmallman.wordpress.com/>.

(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, at <https://johnsmallman2.wordpress.com/>

(14) Jesus through John, April 27, 2014.

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

(16) Loc. cit.

Love is My Safe Harbor

May 4, 2021

<https://goldenageofgaia.com/2021/05/04/love-is-my-safe-harbor/>



There's so much information going back and forth that one risks going on information overload daily.

And to compound matters for me, so much of it is on video, which makes reporting it more complicated. No copy and paste there.

I never recall where on a video I heard a remark. Not very much to show for all those hours of watching. Definitely not a good use of me as a resource. And so on and so forth.

And the meme war is so dominant even among lightworkers, I despair of many folks being willing or able to hear.

None of this chaos appeals to me or appears to me to be worth serving. So what's the answer?

I know the answer. It's staring me in the face.

I have to make a different choice. I have to rechoose what, of all I've been exposed to in life, I want to go with - to serve - in the middle of the maelstrom and there's no question of what it is. The only thing I've ever seen, felt, known that is worth clinging to in a maelstrom - or at any other time - is love.

And not love as in a scarce resource I connive and finagle from another. "Give me your love." In my eyes, that isn't love. Not anywhere near it!

The love I'm talking about is of another world. OK, another dimension. Chances are you've never experienced anything like it before ... or you'd have jumped out of your seat when I even mentioned the matter: "Yes!"

I do get love from another, admittedly, but not in anywhere near the intensity I can get it from my own open heart. Moreover, I can summon it up from my heart on the inbreath, which I can't do with, get from, or ask of another!

This love is worth serving until things settle.

I'm not out to make a profit. I'm not running for public office. I'm not trying to make a name for myself as a talking head or expert. None of those things is worth spending energy on.

But love of this transformative, transfigurative variety, 5th-7th Dimensional, *that* is worth serving. Until things return to a semblance of normality, let me serve love in the best way I know how.

Love is my safe harbor.

Love is Like a Factory Reset

November 19, 2020

<https://goldenageofgaia.com/2020/11/19/love-is-like-a-factory-reset/>



If we're wondering where we're headed, Archangel Gabrielle describes it:

"The way in which this beautiful planet, Terra Gaia, was designed was, as you know, a place for angels and a few star visitors to come and have the experience of love in form, in physicality. Because of that basic notion, that kernel of creation, it was decided — the Mother desired — that there would be gender differentiation, so that there could be the experience of holding the divine masculine in form and the divine feminine in form." (1)

The alternating current of love, the perpetual flow of love from giver to receiver (because love must flow).

The love that she's describing (Fifth to Seventh Dimensional) will totally transform everything about our world.

If you were anxious, you now feel completely relaxed and capable. If you were poor, you now feel completely abundant.

This kind of love is like a factory reset. Or a bath in the River Jordan. The minute you immerse yourself in it, original innocence and purity return.

Above and beyond everything else is this Ocean of Love that opens before us. And all else that follows is determined by it.

Since it's higher dimensional, gone are such things as hunger and thirst, fatigue or ageing. Governance under these circumstances would be minimal.

I believe it was Paul who said that love is the fulfilment of the Law. (2) Given that we feel completely satisfied in that love, the Law becomes superfluous. There's no need for moral codes when all are immersed in love.

Krishna said: "When the whole country is flooded, the reservoir becomes superfluous. So, to the illumined seer, the Vedas are all superfluous." (3) When love floods everything, moral codes, books on enlightenment, universal laws all become superfluous.

Love is where the universal laws are designed to take us, the destination.

Strange that, though I can't say a word about love itself, I can't stop talking about it.

What could have caused this unending stream of words of praise?

Footnotes

(1) "Archangel Gabrielle: This is the Longest War in Human History," channeled by Linda Dillon, March 6, 2014, at <http://goldenageofgaia.com/2014/03/archangel-gabrielle-this-is-the-longest-war-in-human-history/>

(2) "Love does no harm to a neighbor; therefore love *is* the fulfillment of the law." Romans 13:10, [New King James Version](#)

(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, 40.

The Real Reval

May 2, 2018

<https://goldenageofgaia.com/2018/05/01/the-real-reval-2/>



The real Reval is the reset from ordinary love to transformative love.

Ordinary love cannot keep us from being enmeshed in conflict, dissension, attempts to control, manipulation.

Transformative love leaves no room for them. There's no question of them bothering us.

Ordinary love is like a fire. It can blaze pretty high. But transformative love is incandescent. Its flame cannot be quenched. Unless we leave it voluntarily.

It will never leave us.

Transformative love is worth more than gold and rubies. Open the treasure buried in the field and you'll find inside ... love.

If I am bereft of love at this moment, I must have abandoned it. It would never abandon me. I repent.

Where to find it?

How many masters have said: Seek it in the heart. The heart is the wellspring between us, the personality in the Third-Dimensional suit of armor, and our soul, the Self, the Christ, the Atman.

Love comes from the Self via the heart. The heart is an artesian well of love. So of course we'd seek it in the heart.

Once it's located, once the door has been opened, we discover that love is a flow. It has to be received, but it cannot then be hoarded or saved. It must be passed along.

And it cannot be passed along to some and not to all. Love, like rain, makes no distinction among sentient beings. It flows over rich and poor, all religions and nations alike.

So our love, to be transformative, has to take in everybody. That can be challenging, but it gets easier the deeper into transformative love we go.

Love yields to bliss. Bliss yields to ecstasy. Ecstasy yields to exaltation. But these are all in the end, it seems to me, forms of love.

Just as the other Reval produces value, so this spiritual Reval does the same. The more people who witness transformative love, respond to it, and achieve it, the greater the amount of heart-conscious value is produced for the whole world.

Ask for a heart opening. Twenty-five hundred years ago, you would have had to meditate to have it. In the End Times, I'm led to believe that one need only ask.

All the Way Home

March 18, 2022

<https://goldenageofgaia.com/?p=333937>



Compile a book on love and you end up *in* love. I'm speaking of transformative love, rather than our everyday love.

What's the experience like?

Well, first of all, I feel uplifted.

It takes only a minute or so for the stress in me to leave. I'm doing some traveling tomorrow to visit my brother and I'm cramming a bunch of things in before I go.

But all of that dissipates in the face of love.

Love embraces all the divine qualities. When I'm in the space of it, gratitude arises; compassion; joy.

While loving, I'm able to relate to people but, when I take another deep breath, it now becomes bliss and I'm no longer able to relate.

Can I be in bliss and write? So far so good. Bliss is like having every sense fully catered to and left in a deeply-relaxed state.

There is also a feeling that accompanies bliss which is exquisitely satisfying to our sensory side.

Finally the feeling of bliss is both means and end. Bliss is the means and bliss is the reward.

I think this is characteristic of divine states - that they're both means and end. But back to the experience.

In bliss, there isn't anything about me that hankers for something else, feels a lack, or will ever ... I imagine ... become bored. Love and bliss are where everything leads to.

It's like standing on a mountain peak and seeing no other mountain around you.

Once we see the centrality of love and bliss and once we realize they're to be found in our hearts, then I think we'll only want to make deeper and deeper dives into them, all the way Home.

⌘ The Methodology of Love ⌘

Love Must Flow

December 22, 2020

<https://goldenageofgaia.com/2020/12/22/we-need-to-recalibrate-share-the-love-to-feel-it/>



What does an Ocean of Love look like to the "I" of awareness?

Share the Love to Feel It

I fantasize that, in 2013 and 2014, we needed a lot of cheerleading and encouragement to get back on the bandwagon after Ascension was postponed from 2012 so that the whole planet could come.

A very worthy cause but there must have been some disappointment nonetheless.

I was, for sure. You had to peel me off the ground. It took a lot of explaining (1) to get me going again.

And the need to explain produced some wonderful information on aspects of Ascension. I'm not writing on the decision to reschedule itself. I've done that elsewhere. (2)

But, as I was putting the finishing touches on a book on Ascension, I came across a message from Archangel Michael through Linda.

In it, he gives us a short but fertile word-picture of Ascension and after.

"Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.'

Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it moves through you. Now, does it fill you? Does it restore you? Does it nourish you? Does it alter you? Does it change you? Does it give you that evolutionary jump? Yes. It nourishes you, but it also clears you out. In some ways, it will purge many of your remaining illusions.

So, for some, will it be dramatic? Yes. But it will also be gentle, because it is love. So the human beings can choose to have high drama or not, but the essence of the love is not high drama.

It is pervasive. It is not something that you can stop and start. Does it ebb and flow? Yes, because it is in constant motion. It is the Mother giving you the preview, and the upgrade, as it were, evolutionary upgrade, which will affect also your physical being, your DNA, so that you are prepared, freely and openly, to fly through your Ascension portal without your baggage.

You cannot bring all of your baggage [vasanas], all that you have clung to, through that portal. And that is particularly true for the collective. There would not be enough storage space for all of you to bring your baggage.

So it is a cleansing, it is an upliftment, it is an upgrade, it is a nourishment, it is the Mother getting you ready to go to the prom.

Oh, my gosh. One of his points has sent me into outer ... errrr, inner ... space.

"And [love] moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it moves through you."

This is the first time I've seen that whole point made in writing. (3) Not like it won't be there, but the first time I've seen it.

If you could see me now, you'd see I was jumping up and down, walking on the ceiling.

YES! (A) Love must flow!!!! (B) For the most part, it's most noticeable to us flowing from our hearts. (C) We don't get much of our supply from another person. (D) *We get most of it from our own hearts as it passes through us on its way out to others.* (4)

Yes, yes, yes! Never mind the love songs asking for love. You're sitting on a box of gold and don't know it.

AND, for the most part, you feel it by sharing it.

Thank you, Michael. I felt like the only one saying this last point up till now. (3)

We need to recalibrate on love. Our periscope is up and we're looking for love. But we're looking for it in the wrong places, the wrong direction.

We're looking out there. Whoever designed this world did not design it such that seeking love from others gives us what we're seeking for. No, it has to be sought in our own hearts first and then it has to be shared to be felt/experienced.

Give me a moment to get over how glad I feel to see someone saying "love must flow," "you feel it as it passes through you," "share the love to feel it."

Footnotes

(1) This whole file is on the matter: "After the Midpoint," at http://goldengaiadb.com/index.php?title=After_The_Midpoint. I now get it completely but it took some CPR and R&R first.

(2) For instance, "Archangel Michael on the Decision to Ascend as One," December 10, 2020, at <https://goldenageofgaia.com/2020/12/10/archangel-michael-on-the-decision-to-ascend-as-one/>

(3) I've only seen partial references to it in Matthew Ward (see footnote 4) and Eckhart Tolle.

Eckhart Tolle has said that the treasure (love) is to be found in our own hearts (the box we're sitting on). From *The Power of Now*:

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. “Spare some change?” mumbled the beggar, mechanically holding out his old baseball cap.

“I have nothing to give you,” said the stranger. Then he asked: “What’s that you are sitting on?”

“Nothing,” replied the beggar. “Just an old box. I have been sitting on it for as long as I can remember.”

“Ever looked inside?” asked the stranger.

“No,” said the beggar. “What’s the point? There’s nothing in there.”

“Have a look inside,” insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (Eckhart Tolle, *The Power of Now*. Downloaded from https://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm)

(4) Matthew Ward has said that we can get love from another person. And he has designed afterlife worlds.

I felt myself after the heart opening and Ocean of Love in 2015 more being *inspired* to share my own love, when I saw love in the beloved's face or heard her voice. I then experienced it passing through me, almost instantaneously.

Love Must Flow: A Blessing and....

July 27, 2021

<https://goldenageofgaia.com/2021/07/27/love-must-flow-a-blessing-and/>



The blessing and the curse of love is that it must flow, as Michael tells us:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love is, it [must move] through you." (1)

So we need to call love up from our heart and send it out to feel it: that is, we must share it.

It's a blessing because it flows to us, without us needing to do very much besides breathe. It's a curse because, once touched by it, we find we cannot possess, contain, store, or hoard it. And we only wish we could.

Love must flow. We have to work to experience it insofar as we must send it out to someone. It can be ourselves as long as it's still allowed to continue flowing. It can be someone else.

Try to contain it and it instantly disappears. No goodbye. No thank you. Gone.

There's no need to send love anywhere although we can. Love flows to each and every one without our prompting.

To say "universal love" is a partial repetition of terms. Love is already universal. We're saying "universal universal love." Just "love" does the job.

In my view, love is the most intelligent thing in the universe. If you're a fixer, there's no need to fix it. You've found the one thing in and out of creation that's perfect.

All we need to do is to breathe it up from our very own hearts, our infinite artesian wells, and send it out, with wild abandon Mary Magdalene once said, to everyone to be lifted above the cares of the world.

As I see it, love is what the metaphorical dragon's breath is pointing to. This is the philosopher's stone and the alchemical elixir. This is the fairy godmother's magic wand.

None other than love.

Not what passes for love among us, but a love that we can scarce imagine.

Not love as that object's essence, but love as a tangible and elevating flow that can be experienced here and now.

Notice the pattern: Flow. It tells us that no one can own love. No one. Not a totalitarian dictator. Not a spiritual leader. Not even whomever the King of Heaven is for you. No one can own love.

I see the role of the Company of Heaven in our spiritual experiences as a lot larger than I did years ago. So I say, if you're not experiencing love in this way, ask your guardians for a "heart opening." They play a key role in your experience.

Not open-heartedness. That's an attitude. Ask for an opening of the *hridayam* or heart aperture, a valve that remains normally shut.

Invoke the Divine Law of As Above So Below, Sacred Purpose, and Intention and the Divine Mother. You're letting her know you're ready.

How many times did you cast your rod before you got a nibble? Well, this is worth asking the Divine Mother for over and over.

Footnotes

(1) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

Kenneth Schmitt ~ Aligning with Life-Enhancing Energies

March 16, 2022

<https://goldenageofgaia.com/2022/03/16/kenneth-schmitt-aligning-with-life-enhancing-energies/>



March 15, 2022, consciousexpansion.org

<https://tinyurl.com/yvcwv9ft>

Quantum physicists have shown that there is universal consciousness, and that consciousness is the source of everything that we experience. The empirical world is an expression of the consciousness of humanity.

Through the focus of our attention and alignment with the empirical spectrum of energy, we recognize it as real for us. It is the recognition and alignment of all of us that creates its manifestation in our collective experience. Our collective conscious life force creates and maintains our reality according to our predominant state of being, our vibratory level of awareness and polarity.

We have been trained to live with a certain level of stress and fear, and to believe that we are mortal. Outside of our own consciousness, nothing compels us to believe that we are mortal and subject to any negative energies. We have had false beliefs that have kept us enslaved in a perspective of negative polarity. Our vibratory polarity and frequency patterns attract compatible energetics to come into our experience. How we react to them on an energetic level determines the quality of our experience.

If we can react to ego-threatening situations, while being in a state of compassion, gratitude and love consistently, the circumstances of our lives become situations that stimulate those vibrations in us. Every moment can bring change of any magnitude, depending upon our state of being.

From living in duality, we have created a knowing of life-diminishing and destructive energy patterns within universal consciousness, and we may have been locked into reincarnations here for eons; however, we can open ourselves to our true Being, whenever we desire to realize our eternal presence of awareness.



When we are in secluded, beautiful and majestic places in nature, and we can just be present in awareness, we naturally drift into positive polarity and high vibrations in alignment with the resonant energy of Gaia, Spirit of the Earth. The more we can be in this state of being, the more our lives are transformed into life-enhancing experiences of freedom, abundance and sovereignty.

As our awareness opens to higher vibrations, we begin to transcend the compartment of consciousness that is the world of separate human experience.

There is nothing outside of our own consciousness. Our true awareness is unlimited, as are our creative abilities. Once we realize our eternal Self, and we have become mentally and emotionally clear, we become masters of the empirical world.

We know how energetics work, and we can transform any energy patterns into positive, high-frequencies in alignment with us. These are the energetics of the universal consciousness of the Creator, and we can align ourselves with them through our intention and desire, and our eagerness to practice.

The Play of Conscious Awareness

Nov. 26, 2015

<https://goldenageofgaia.com/2015/11/26/the-play-of-conscious-awareness/>



The play of consciousness continues to be the most important thing for me. In the face of it, all thoughts connected to the external world fade into insignificance.

While I was interviewing the Arcturians, the mood of conscious awareness began to rise in me.

By the time I joined my coffee partner, I was beginning to enter the transformed space again.

What I noticed predominantly was the feeling, not of love, not of bliss, but of being consciously aware. I have a base level of awareness that's not conscious, but this was conscious. It was if the totality of me was a conscious space extending outwards a few feet in all directions, with a point in the middle that I recognized as somehow "me."

In unconscious awareness, I was very much limited by the body and equated the body with "me." I was an imprisoned consciousness and I was unaware, because of the body's density, of much that was happening around me, outside of it. My

consciousness did not extend past the limits of the body. What and how the body was doing was intensely interesting to me.

In conscious awareness, I was very much aware past the limits of the body. In fact I wasn't much aware of what and how the body was doing and I paid it little attention. It just didn't attract my interest.

It was as if I had wraparound awareness. We would ordinarily say that I had "expanded."

It took a lot to remain open, in conscious awareness. Conversation about Aunt Betty or Harold the salesman did not interest me at all and, if I allowed myself to remain with it too long, the space of conscious awareness began to seep out of me.

While conscious, I felt certainty and confidence, though there was absolutely no reason to feel these ways. I "came from" these spaces rather than "reaching" them. They were my point of origin rather than my destination. That's the reverse of how we usually look upon those qualities in ordinary consciousness.

While conscious as well, I felt exhilarated, buoyant, capable, free. I remembered what Archangel Michael and the Arcturians had said that we have to value this space and want to remain with it for it to stay. If we didn't want to remain with it, or just didn't value it, it disappeared.

I wasn't impacted by what I did (as long as it was dharmic). But I was impacted by what I thought and felt about what I did. My mood was governed by my thoughts and feelings.

Again that's probably exactly why the Arcturians said we had to master every thought. Our thoughts have the power to pull us out of the conscious space. In fact it may be in the end that only our thoughts (and thought-generated feelings) can pull us out of it.

I feel joyous. I feel alive. I have boundless energy. I remembered being warned that we'd feel this way and yet we still need to rest.

When I think of giving myself rest, I feel bliss. The bliss comes from feeling caring for myself. I used to fester with self-hatred, as so many of us did. But now all that is gone, replaced by a feeling as solicitous to myself as it would be to anyone else standing in front of me.

Self-love has replaced self-hatred and that love of self becomes available to give to everyone else I meet.

One of our 3D paradigms is that we get love from other people when predominantly we get it from ourselves, from our own hearts. I'd appear before someone else with my begging cup in hand and a sign worn round my neck: "Love me."

Then I discovered, after the heart opening on March 13, 2015, that it was I who had to love me. That task fell uniquely to myself. And if I didn't love myself, I had no love to give to anyone else. The love pump, once running, does not discriminate. Excess love is always available and free (almost) to anyone else for the asking.

I'm now nestled into the bliss, like a pile of down feathers in a nest. I don't care if I lie down and don't sleep - as happens many nights. Every waking minute in this space is splendid.

What Awaits Us

July 3, 2019

<https://goldenageofgaia.com/2019/07/03/what-awaits-us/>



In the course of other research, I came across this discussion with Archangel Michael from late 2017. It answers my question, what lies beyond the planetary heart opening, which is happening gradually as we speak?

His reply was very informative. I'm not completely sure if he was talking to me only or to all of us. But it's better to share it and goof than not share it and lose his beautiful description of life after Ascension.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.

Steve: Is there anything more that you can tell us about our future journey? Like "we are to have a heart opening," say, "and the next step would be"?

Archangel Michael: Think of it this way. With the ability to truly feel [as a result of the heart opening], to a greater extent, what you have termed as bliss, as love and to carry that constantly, there [needs to come] a period of adjustment.

If you had a terrible fracture in your leg and you hobbled and were in pain for months on end and then the pain begins to ease and then the physiotherapy is over and then you are walking along - because it is no longer December; it is July - and you are filled with vim and vigor.

And you are rushing along the mountain paths, smelling the fresh air and seeing the summer sunshine. You feel entirely different.

The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured [Is he speaking to me only or to all of us? I don't know]. In the truth of Ascension, this is what you are doing: Healing and opening to a greater capacity of love consciousness. [True for me.]

Now as you get used to that, your behaviors, what you choose to do in very small personal ways, human interaction ways, interactions with your beloveds and your family all change. The grumpies go away, dear heart!

[I am a grump. And I know the blissful state he's speaking of, so yes, I can attest that the grumpies go away in that state and you relate differently.]

And what you choose to do with your days, with your weeks, with your creative energies changes. It is actually so straightforward and it does not mean - although for some it will - that everybody quits working or gets a new job.

But how one goes about that job and that daily journey is so different that it feels like a different planet, a different existence, a different realm, a different world.

How one goes about their job is so different: It's that way with me. Before bliss arises, I write. After bliss arises, I write. But how I write in a blissful state is altogether different than how I write when I'm "in the grumpies."

He's describing the world after Ascension, as far as I can make out. He says: "to carry that [bliss or love] constantly...." Well, that occurs only after Sahaja Samadhi - a full and permanent heart opening, immersion in a permanent state of love and

bliss, the culminating event of Ascension. After Sahaja, we carry bliss and love constantly; not before.

The grumpies - which I call "vasanas" - instantly go away when we're immersed in bliss. That which held us down like chains while in Third-Dimensional consciousness evaporates like mist in the face of Fifth-Dimensional bliss. You wonder: "Why could I not have done that?"

"The human heart, the esoteric heart, the spiritual heart, the seat of your soul." I love that he said this, linking them all together like that.

Yes, mine was fractured and I'm still digging myself out from under it.

But getting back to his linkage, I found my Self in what I too called "the seat of the soul," the bottom of my spiritual heart (not the heart chakra), what some have called the inner chamber and the throne room.

So I turn around to you and say, as he does here too: Seek the Self in the deepest recesses of the heart, way, way down there. Way, way down. As far down as your awareness wishes to carry you. There lies the treasure buried in the field of the heart. The pearl of great price. The mustard seed that grew into a great tree.

Yes, everything is different seen from bliss. All is well. Nothing is lacking in such a person.

Michael says we will "carry that [bliss or love] constantly." That means we're at least Fifth-Dimensional in consciousness. The experience of bliss is not made permanent until we vibrate in that range.

The land where the grumpies go away, where we're all in a state of love and bliss, as Michael describes here, is a world that works for everyone. I've visited it for an extended period and can vouch for that.

Out in front of us, folks. What awaits us.

Sending Love Out to the World

June 1, 2017

<https://goldenageofgaia.com/2017/06/01/sending-love-out-to-the-world/>



I'm sitting in a store waiting for a friend to make some purchases and swimming in love and bliss.

With the mind chatter gone, I feel malleable, fluid. There's no resistance any more to my moods and feelings, which freely rise and fall.

I need to manage myself however.

If I try to own this love, contain it, control it, it slips through my fingers and departs, like a kitty cat.

If I don't allow love to freely flow outward, to the beloved or to the world, it turns to heartache, pain. Love has to flow.

Here I sit at this moment, drawing love up from my heart and sending it out to the world. In from the very prana and out to the world.

As I do so, I become more and more soaked in love until I can't write.

I'm a walking demonstration of what I've been saying: That our very own hearts are the most accessible and substantial source of love for us.

We get it from other sources, to be sure, including other people and the air itself. But the wellspring, the artesian well exists in our very own hearts. This is the treasure box of gold that Eckhart talks about, that we're carelessly sitting on while begging for money from others.

I feel the love rise from my heart when I creatively-imagine that I'm drawing it up with the breath. It directly responds to my action and invitation.

And it continues on from me and out into the world. I get the benefit of it flowing through me.

I seem to be able to hold on to a certain percent of it. And that remainder lasts for a finite amount of time, although I do seem to benefit in some ongoing way that I can't put my finger on. It's like I lay down a very thin coat of satin varnish each time I repeat the exercise.

Why I don't resolve to do this exercise all day, I don't know, it's so beneficial to all concerned. Much more beneficial than anything else I can think of.

I *will* make this my practice.

I now have three things to do in the future: (1) serve as an awareness writer, an internal spiritual practice; (2) serve as a financial steward and philanthropist, an external spiritual practice; and (3) raise love from my heart and send it out to the world, an internal and external spiritual practice.

Breakthrough

Nov. 29, 2015

<https://goldenageofgaia.com/2015/11/29/breakthrough/>



I'm having a breakthrough at this moment. I type this as I wait for a colleague to arrive for lunch.

I was walking down the street, full of joy and bliss, and I found myself saying to myself that I'd better cool it.

People would think I'm drugged or drunk. And I'm neither. I'm in the transformed space.

But just as suddenly I heard another voice say: "No, I don't want to hide it or shed it or deny it. I want to be as happy outside as I am inside from here on."

And that settled the matter.

I found myself snapping my fingers and "dancing" down the street (modest dance). You have to understand that to myself, that'd be the equivalent of a rhinocerus pirouetting. I could see that many people scarcely believed what they were seeing. Someone smiling, snapping his fingers and dancing silently to the music.

Jim Carrey?

No, that's how I feel. And I can take one of two courses. I can suppress it or I can express it. If the former, I hand in my awareness writer's badge.

If the latter, then my entire conversation from this moment on - when on this topic - would simply be: How do I express the bliss?

Under what circumstances? To what degree? In what manner?

What would happen if there were thousands more of us or dancing down the street? Not like a staged event. A spontaneous outbreak of happiness.

Well, that would be fine with me. I popped my cork. (1) I can stand the love. Now, I can. I couldn't before.

If I take this path, of staying with expressing it, I can imagine that I might see fewer people. One of the ways I lose this space is to give it away to another. I then occupy their space which could be about selling Encyclopedia Britannicas. I'm no longer willing to sell out this space.

Hours later....

This is one the longest stretches I've ever been in the transformed space.

I simply consider it normal now and am actually quiet about it rather than dancing down the street. I did some breathing exercises designed to let go of holding patterns in my stomach and that helped stabilize the space. I seem to hold my anxiety, fear, worry and such in my stomach.

I'm behaving perfectly normally now, although I'm joyous. I feel grounded, happy, content to lie on my bed and just enjoy my breathing. I may watch a movie tonight, something I almost never do. I may watch a lot of movies, five minutes of each. I may do nothing at all, have a luxurious bath, listen to music. I feel completely carefree.

Footnotes

(1) The heart opening of March 13, 2015, which felt like popping a very large cork.

The Process of Breakthrough and the Impediment of Fear

Oct. 12, 2013

<https://goldenageofgaia.com/2013/10/12/the-process-of-breakthrough-and-the-impediment-of-fear/>



Breakthrough is in the air, thanks to the Mother's flood of uplifting energy. And I'd therefore like to spend a moment on the process of breakthrough and its chief impediment, fear.

I could have said "vasanas and fear" but vasanas (reaction patterns) are fear-based and so it really all boils down to fear.

Few of us know that fear is something that we can overcome by will, which is probably why Franklin Roosevelt said we have nothing to fear but fear itself. We fear fear and we become liquified or stone-cold, depending, in the face of it.

But it's fear itself that paralyzes and immobilizes us, we find in the end, and not the object of our fear.

But I've found that we can stamp our feet, so to speak, in the face of fear and fear leaves. And perhaps setting our faces against fear is the first means of breakthrough - and the most effective, I think.

Breakthrough is a process of using our wits, our will and whatever other resources we have to break through the envelope of fear that contains us and get to the other side of it.

Werner Erhard described many means of breaking through fear. The circuit riders of the growth movement provided others. And I've summarized them below. (1)

But what I want to do here is to look at the issue of fear and breakthrough and leave it to you to look at the techniques separately.

Given that we are at base consciousness, certain things in consciousness can corral us and erect a kind of impervious envelope through which we cannot break through, express ourselves, take action, etc.

Dismay, grief, disappointment ... and fear ... are some of these barriers in consciousness. While we can operate our bodies while in fear, we generally believe ourselves to be incapacitated and so we condemn ourselves to not breaking through. We overlook the processes of breakthrough and rest immobilized in our fear.

But the mechanisms in consciousness available to us are capable of breaking through that fear, dissolving it, causing it to lift, etc.

One mechanism is will. When we stamp our foot, so to speak, in the face of fear or say "no" to fear and mean it, we're invoking or exerting our will, which is an expression of the soul. Our will is stronger than fear.

In fact the setting of our will against fear causes it to vanish or leave us, I've discovered. I was surprised the first time I successfully did it. And, as you'd expect, after that, it got easier.

When we sit with our fear and experience it through to completion, that's another mechanism: we dissolve fear. Awareness is a divine solvent and has the power to dissolve fear. (2)

Fear must be in the forefront of our consciousness to affect us. And so we can put our attention elsewhere and this will shunt fear from the forefront of our consciousness and restore to us to our condition prior to our fear. Again this may take an effort of will in many cases.

There are certain ways of speaking that invoke the soul, cause it to come forward through the surface layers of consciousness and sweep fear away. Some of these

ways are to take a stand, make a promise, and declare ourselves (all of these also invoke will). One can speak in these ways and watch the impact it has on us.

Certain things are inimical to fear. The truth is inimical to fear. If we tell the truth at a very deep place, it causes fear to vanish: the truth has set us free.

A version of telling the truth is to share a withhold. A withhold, as the name implies, is a communication we're holding back on delivering, usually because of fear.

So if we share a withhold (I stole \$20 from your purse, I had a drink today, etc.), we eliminate the cause of fear. Of course, we may pay the price for sharing, but the price of withholding is usually much greater.

The power of God, someone used to say, is tied up in our withholds, in what we refuse to share. I'm a little more mellow these days and don't suggest any longer that we risk our relationships by sharing things inappropriately. Or that we rip one another's face off, which is how many can experience the truth inappropriately delivered. The way we say things does make a difference. (3)

These are some of the mechanisms behind ridding ourselves of the impediment of fear. A life lived without fear is a life lived as an open space. And in an open space, love rushes in.

If we want to stand forth as the Self, if we want to emerge, then the chief impediment is fear and the chief tool in our toolboxes is to take ourselves in hand and do what needs to be done to break the bonds of fear.

It can be done and this is the time to do it because our assignments will only get bigger and bigger from this point on.

We've agreed to be leaders in the New Age unfolding. We're the wayshowers, brush-clearers, and pattern-setters. And, often, all that stands in our way of completing our missions in the expanded and comfortable way we wish to is fear.

Footnotes

(1) From "Transformational Moments" at <http://goldenageofgaia.com/spiritual-essays/enlightenment/transformational-moments/>:

1. Telling the truth. The truth sets us free; a lie binds us. The truth releases us from tension and stress and it's this sudden release from tension or stress that we may experience as a heightening of consciousness.

2. Sharing a withhold. Holding onto something produces stress and stress retards consciousness. Awareness varies inversely with tension in the body. The more we withhold, the more we stress ourselves, the lower our state of awareness. The more we share, the less stress we hold, the higher our awareness.
3. Observing a barrier, resistance, or upset. Werner Erhard used to speak about holding an upset like a brick in our lap. Observing the upset will bring release from it. Projecting it simply energizes it and causes it to persist. Resisting it will also cause it to persist. If we observe the upset until it lifts, chances are we've taken a step towards completing it. Observing it implies being with it, being present to it, breathing through it.
4. Restoring integrity, apologizing, forgiving. Forgiving someone or asking for forgiveness releases tension, which liberates awareness.
5. Being responsible for something, owning it. Representing ourselves as victims produces drama. If the drama itself is not a lie, the exaggeration of emotion probably is. Either way, drama increases tension and tension lowers awareness. Owning something, taking responsibility for it reduces drama, increases relaxation, and increases awareness. Related to being responsible is facing something in ourselves that we've been unwilling to acknowledge.
6. Taking a stand, committing ourselves, making a promise. Taking a stand is an act of emergence. It calls up strength and courage, which invite a breakthrough in consciousness of oneself. Anything that requires one to stand forth – whether committing oneself or making a promise – will reinforce the sense of who one is. Taking a stand is a way of breaking through something, which liberates consciousness.
7. Making a difference. Doing something that changes the balance of things for the better in the world or sees significantly to the wellbeing of another will enhance consciousness. The bigger the difference made, it seems, the bigger the impact on consciousness.
8. Allowing something, granting it beingness. To move from resistance to acceptance liberates awareness. Resistance requires tension and tension lowers awareness. To grant something the right to be which we've previously resisted or rejected releases our fixated attention and allows awareness to expand. Werner used to define love as allowing someone to be just the way they are and just the way they're not.

9. Getting off it, letting it go. If all else fails, simply get off it. Drop the issue. Let it go. Let it go because your state of consciousness depends on it. Nothing is worth staying “on about it” forever.

See also "Just When We Thought It Was Safe to Go Back in the Water: Weathering the Emotional Storm" at <http://goldenageofgaia.com/2013/08/just-when-we-thought-it-was-safe-to-go-back-in-the-water-weathering-the-emotional-storm/>.

(2) "Awareness – or love or generosity – is decidedly not neutral. It may be invisible but it's not a non-factor in things. Rather than being neutral and invisible like the air, it's rather more like a solvent on paint.

"Paint some knot in our character with awareness, and the knot will lift just as paint doused with solvent will lift from a board. ...

"The divine qualities are not at all neutral. Their valence, their impact, their momentum is decidedly towards the uplifting, empowering, and ennobling." ("Insights Coming Fast and Furious in These Fertile Times" at <http://goldenageofgaia.com/2013/01/insights-coming-fast-and-furious-in-these-fertile-times/>. See also "Standing Forth as the Self" at <http://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/standing-forth-as-the-self/>; "Another Chaotic Node: What Are We Processing?" at <http://goldenageofgaia.com/on-processing-vasanas/another-chaotic-node-what-are-we-processing/>.

(3) Archangel Michael recommends Perro, which is a name for a way of speaking among diplomats devised during the intergalactic wars, which involved the use of neutral, barely-descriptive, undramatic language.

The Use and Importance of the Breath - Part 1/2

Nov. 6, 2015

<https://goldenageofgaia.com/2015/11/06/the-use-and-importance-of-the-breath-part-12/>



There are many doorways into the deeper part of ourselves. The use of the breath presented itself to me or I was guided to it. That was followed within a short time by a life-impacting heart opening. Does that pique my interest? You bet it does.

Therefore I've been looking into the use of the breath as an easy and accessible spiritual practice. Let's take a look at what our sources have been telling us regarding the use and importance of the breath.

Blossom Goodchild's Galactic Federation sources have given us a wonderful and rousing description of the feel and reach of our breath.. Let me quote from them at some length.

“Dearest Souls ... take a moment if you would now ... to Breathe in the Breath of Life along with us. To Breathe in and hold within you the Highest, Purest Energy of LOVE. Hold it within your Being and allow it to circulate within ... Deeply within.

“So, as together now, we take in the Breath of life ... The Breath of the Deepest Purest LOVE that connects us all ... And we hold it within our Being ... FEELING it circulate ... FEELING the Power of that LOVE ... within every cell ... And then we let it out.

“And we Breathe in again ... and we hold it there and we FEEL Light ... we FEEL Love ... And we breathe out ...

“And once more ... and we hold in the Light – Love and we smile ... and we let it out ... and as we Breathe out ... ALL THAT WE ARE connects with ALL THAT WE ARE ... for it is our Breath ... It is our Life ... It is our Love ... It is our Light ... that in this way brings us together as One. ...

“Yet, when you accept ... when you KNOW ... that each Breath you inhale connects Each One with ALL THAT IS and ALL THAT IS ... IS LOVE ... for there is nothing else ... Then ... then Dearest Souls ... do you find ... yourself.” (1)

In another message, they assert that following the breath is the way to still the mind.

"The hubbub of the mind is under YOUR control.

"This is understood by many ... yet not so easily achieved.

"Then, may we suggest that one lets go of this hubbub by simply concentrating on the breath. For that is all that is required ... and for those who say it is not ... they are not concentrating on the breath." (2)

They follow this with tantalizingly mystical allusions, which cannot but invite the seeker.

"This gift that was ‘installed’ within your BEING ... this gift of ‘travel’ without moving ... is one of the most precious treasures that the human Being was equipped with. Yet, it is one that is very much underestimated and pushed onto the back burner. Yet, we say to you ... open this gift and see for yourselves, the jewels that lie within.

"There shall be many that read these words and say that they have already done so. These souls will KNOW then of which we speak. Yet we say ...

allow yourselves to go even further with each opportunity that you give yourselves." (3)

No, I don't know precisely what they're talking about but it resonates.

Not only does following the breath help us find ourselves, but it leads us to knowledge of the unity of all, they say.

“Not only do you find yourself ... you find one another for Each One ... Each One of you IS the other.

“YOU ARE ONE ENERGY OF LOVE ... creating a world through thought ... to experience LOVE in all its forms.

“Yet, the more you understand of this thread that binds you together ... as the needle of life weaves in and out ... the closer you become to the FEELING of Being One.” (4)

The pattern of breathing in love or peace or joy from our hearts and then breathing it out into the world appears in the writings of many of our sources. Here's the Divine Mother through Natalie Glasson on breathing love in:

“Allow yourself to be conscious of love. Love is the essence of the Creator. It is the natural healing energy for your body, being and reality and will bring everything within and around you into perfect alignment, harmony and bliss. Breathe within the vibration of love.” (5)

And here's Archangel Michael through Linda Dillon on breathing peace in and exhaling love:

“Breathe in the peace and exhale the love, exhale the joy, exhale the balance, the harmony. You have been granted these divine qualities by the Divine Mother herself. They are innate to your very being.” (6)

Sue Lie's Arcturians give counsel which most resonates with my experience. They tell us that:

"The Flow from the higher dimensions is grounded into the physical plane with your in-breath, and you are sharing it with all life via your out-breath. As the higher dimensional spirit/energy is integrated into the lower

dimensional matter/form, the frequency of the form begins to transmute.
(7)

Jesus has often spoken of the importance of the breath. In Pondicherry there's a sign dedicated to "Matsya, the Fish Prophet" (8) recording that he preached deep breathing there to shallow-breathers. Here he stresses the importance of deep breathing.

'With the deep breath you can come to the feeling of the current of living energy. That is why I say unto you to take the deep breath, because when you take that deep breath, you allow yourself for a millisecond to touch the current that is underlying everything.

"So whenever you remember to take the deep breath you allow yourself to go to the place that truly is the underlying divinity, the current that is always you and will forever be as you go forward into what you see to be other experiences, other lifetimes, other forms, other manifestations of whatever you want to bring forth." (9)

The master Hilarion called it "heart breath," by means of which we bless all around us.

"Breathe with and through your heart. Learn the heart breath. Become the benevolent and shadowless ones who walk the Earth blessing everyone and everything upon its surface and below. Let your constant refrain become, 'let me a blessing be, let me a blessing be.'" (10)

Hearing what they have to say makes St. Germain through Natalie Glasson more understandable, when he asks us just to breathe in the energies and let them work their miracles.

"Ask us to pour our energy into your being to support the transfiguration of your molecular structure and the Earth's molecular structure so that all energetic ingrained habits especially connected to the third dimension are erased and more light is able to channel and manifest within your being.

"Then simply bathe and breathe within the energies that we share with you and activate from within your being. Believe in the process of transformation as it is occurring within you constantly now." (11)

Something so simple as the breath produces considerable value in the spiritual process we're all engaged in. If we're looking for simple practices that busy people can engage in, following and using the breath is one of the most productive, from so many angles.

I personally still recommend, as a minimum, breathing up love from the heart and sending it out into the world. That use of the breath has proven to me the most fertile practice I've engaged in so far. (12)

Tomorrow I'd like to focus in on Archangel Michael's discussions of the Infinity Breath or Breath of Life and the spiritual basis to reliance on the breath as a spiritual practice.

Footnotes

(1) The Federation of Light: October 29, 2015, channeled by Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG259oct29.html>.

(2) The Federation of Light as channeled by Blossom Goodchild, February 21, 2014, at <http://www.blossomgoodchild.com/index.html?page=BG205feb21.html>.

(3) The Federation of Light: October 29, 2015, *ibid*.

(4) *Loc. cit.*

(5) "Mother Mary: Transitions of the Emotional Body," channeled by Natalie Glasson, December 16, 2013 at <http://omna.org>.

(6) "Transcript: Archangel Michael Declares the Day Hostilities will End on the Planet," Feb. 6, 2015, at <http://goldenageofgaia.com/2015/02/06/transcript-archangel-michael-declares-day-hostilities-will-end-planet/>

(7) "The Arcturians and Symptoms of Transformation," channeled by Suzanne Lie, February 26, 2013, at <http://suzanneliephd.blogspot.co.uk/>.

(8) I confirmed with Jesus that he was Matsya. The Fish Prophet may be a reference to the fact that the sign of Jesus was the fish. In Greek fish is rendered "ichthus," which is used to indicate Iacchus CHristos THEou Uios Soter, or Jesus Christ, Son of God, Savior.

(9) "Jeshua: The Basic Law of the Universe, as channeled by Judith Coates, September 2013, at <http://www.oakbridge.org>.

(10) Hilarion, October 13, 2013, at <http://www.therainbowscribe.com/hilarionsweeklymessage.htm>.

(11) "Saint Germain: Essential Guidance," channeled by Natalie Glasson, September 19, 2013, at <http://omna.org>.

(12) More valuable to me than what I learned in Zen, Vipassana, encounter, enlightenment intensives. But similar to rebirthing, which seems to use the breath in the same manner as the Infinity or Accordion Breath.

The Use and Importance of the Breath - Part 2/2

Nov. 6, 2015

<https://goldenageofgaia.com/2015/11/07/the-use-and-importance-of-the-breath-part-22/>



The Infinity Breath
Credit: www.spiritofmaat.com

(Continued from Part 1.)

I'd like to focus in now on Archangel Michael's discussion of the "Sacred Breath" and "Infinity Breath," which he's been having with us through Ronna Herman for some years now.

Let's begin by listening to him on the nature of the breath itself.

“Remember, the breath is the conductor of the vital Life Force energy. In the years to come, humanity will understand that the breath is sacred – it is the gift of life – and you will learn not to waste it. As you inhale each breath, be aware that it is the only breath you are assured, for it may very well be your last breath.” (1)

The breath conducts the vital energy, which can be nothing else but love. The breath, he says, is vital to our transformation process, which I can certainly validate from my own experience.

“You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process.

“Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery – vital information you are to integrate and then share with those on the Path behind you.” (2)

On one occasion, he recommended that we breathe in light and breathe out love. In the course of it, he reveals how the breath is the conductor of the vital life force energies.

"Have you wondered why, several years ago, we instructed you to “Breathe in Light and breathe out Love,” when you go into the World Pyramid with the intention of radiating Love/Light to humanity and the world?

"WHEN YOU BREATHE IN LIGHT, YOU ARE BREATHING ADAMANTINE PARTICLES INTO YOUR SACRED HEART. WHEN YOU BREATHE OUT UNCONDITIONAL LOVE, THE ADAMANTINE PARTICLES OF PURE GOD ESSENCE ARE EMPOWERED OR IGNITED BY YOUR LOVING INTENTION SO THAT THEY MAY BE USED FOR THE GREATEST GOOD. YOU ARE THE RECEPTACLE FOR THESE GOD PARTICLES AND YOUR LOVE IS THE ACTIVATOR." (3)

What AAM calls adamantine particles are the same, I believe, as what St. Germaine called "love atoms" on An Hour with an Angel, Oct. 29, 2015. In another quote, he equates the adamantine particles with prana: "Tap into the Living Light called Adamantine particles or Prana." (4)

Let’s now listen to AAM describe Infinity Breathing, which he says helps to open the heart. A version of it certainly did open my heart:

“We cannot emphasize enough how important the breath is in reclaiming your Divine nature. Not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of ineffective breathing has resulted in many debilitating symptoms and diseases as well as limiting your intake of Divine Essence, which is critical to

your well being and the reclamation of your vessel of Light. We have explained and emphasized the Infinity Breath, the Accordion Breath and how important is the practice of breathing with intention.

“The Infinity Breath could be called the Ascension Breath, for it aligns your Galactic chakras with your physical vessel, and opens the return passageways to the higher dimensions via the Binary Sequencing Technique. It speeds up the process of building your ascending vehicle of Light called the MerKiVah. It also facilitates the opening of the portal to your Sacred Mind and the front and back portals to your Sacred Heart.

“The Accordion Breath facilitates a double benefit: it draws forth the Adamantine Particles stored within the root chakra and also the Adamantine Particles stored within your Etheric Replica, which is located within your fifth-dimensional, personal Pyramid of Light.” (5)

I'm willing to bet that what he calls the Infinity Breath or Accordion Breath is the same in form as what Rebirthers call the connected breath, others called holotropic breathing, etc. I'd be interested to know if it's the same as what Kundalini yogins call "the breath of fire."

Archangel Michael goes on to give us a detailed description of how the Infinity Breath moves:

"The Inbreath loop of the Infinity Breath passes through the Medulla Oblongata and out the back of the head as it sweeps upward into your Soul Star [eighth chakra]. The Adamantine Particles of Creator Light that you have inhaled through the back portal of your Sacred Heart are programmed to integrate a specific number of Life-Code Seed Atoms from your OverSoul-Higher Self as the Sacred Breath passes through your Soul Star.

"The Outbreath or exhale passes through the Root Chakra and enters the Kundalini Seed Atom contained therein. Monitored by your OverSoul-Higher Self, measured portions of the Adamantine Particles stored within the Root Chakra are added to the Sacred Breath. The Adamantine Particles of Light which are stored in the Root Chakra are unique, for they have already been programmed with some of your special talents, attributes and qualities from past life experiences.

"The Sacred Breath then moves back up in front of the physical vessel and automatically enters the body where your crystalline Still Point Seed Atom is located. This Seed Atom was designed to magnetize, integrate and hold these higher frequency Particles of Light. It could be called a holding center, for it is directly connected to your Sacred Heart.

"The Adamantine Particles of Light are then drawn into your Sacred Heart to be activated through your seed thoughts and intention. These programmed Adamantine Particles are then ready to be breathed out into your Twelve Ray Creator Wheel, as well as out into the world-at-large. A dedicated portion will also stream into the World Pyramid and other pyramids of Light of your choice." (6)

When the Breath of Life is restricted, he tells us, we're reduced to a starvation diet of Light nutrients.

“Those who exist in the illusion of the third and lower fourth dimensions receive only a small stream of Living Light from our Father /Mother God via their Higher Self. The Breath of Life is restricted, and only a minimal amount of primal life force energy is available to them. You might say they are on a 'starvation diet' for they are not receiving all the 'Light nutrients' they need to function as an 'empowered Spiritual/human Being.'

"The air the masses breathe at this level of existence is only oxygen; however, as you gain access to the higher dimensions, you also tap into the Living Light called Adamantine particles or Prana. For you see, when you are resonating with the more refined levels of consciousness, the air is filled with the Elixir of Life, and through dedication and intention, you prepare yourselves to become vessels for the Living Light. This Christed Light cannot be re-qualified, it can only be used for the greatest good, for it must be activated by your pure, loving intent. Otherwise it remains dormant.” (7)

AAM's discussions are the most detailed “anatomically” and the first I'd read that confirms that the soul lives in the heart; specifically in the Vesica Piscis.

The form of the Vesica Piscis is illustrated to the left. He says:

“As you develop the ability to breathe in the Sacred Breath deeply and effortlessly, your awareness will gradually descend into your Sacred Heart

Center, and then even deeper into the Vesica Piscis Mandala which contains the White Fire, Sacred Seed Atom—your own personal Divine Facet of our Father/Mother God.



Form of the Vesica Piscis
Credit: Daniel B. Holeman

"This is when you may draw forth all the Sacred Love you can contain. This is where you realize that you are the dreamer as well as the dream. It is in this Sacred Space that you will begin your journey back into the wholeness (holiness) as you strive to recreate yourself into a SUN CHILD of our Father/Mother God. This has been preordained; it is your Divine Heritage." (8)

On another occasion, he tells us how we can know we're making inroads in this practice. Again he advises us to breathe up love from the heart and send it out into the world.

“Consciousness within is a constant state of JOY and an overwhelming feeling of LOVE. This high frequency radiation from your Sacred Heart Core, via your Solar Power Center, will affect everyone and everything around you.

“Just as the blessed Essence of Love/Light/Life is radiated to you from the higher dimensions of Light, you must radiate a portion of Living Light outwardly to humanity and the world-at-large.” (9)

The bliss for us arises as a result of the love flowing through us, out to the world. Apparently a certain amount of love can be held statically but the remainder, to be experienced, has to be allowed to flow and the most fruitful place for it to flow is to others.

Since I began reporting Ascension back in 2008, I've been looking for easy spiritual practices that writers and readers can use to further their enlightenment. Emergence was one such "easy" pathway. The path of awareness is the simplest thing in the world.

Likewise a knowledgeable use of the breath can be practiced everywhere, It's portable and eminently simple. And the returns in love that it brings make it a continuous gift without value.

Footnotes

(1) “Archangel Michael: Perfecting your Skills as a Co-Creator,” channelled through Ronna Herman, July 29, 2013, at <http://www.ronnastar.com/messages-aam/>.

(2) “Archangel Michael: Downloading Your New Divine Blueprint,” channelled by Ronna Herman, November 1, 2014, at <http://www.ronnastar.com/messages-aam/>.

(3) "THE SEARCHLIGHT OF THE SOUL: YOUR TWELVE RAY CREATOR WHEEL," transmitted by Ronna Herman, LM-11 2015, at <http://www.ronnastar.com/messages-aam/>.

(4) MESSAGES FROM ARCHANGEL MICHAEL * LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING * THE BREATH OF LIFE, at http://www.lightgatherings.com/AAMichael_SoulBreathing.html.

(5) "Archangel Michael - Traversing the Upward Passageway into the Future, through Ronna Herman, April 1, 2013,” at <http://www.ronnastar.com/messages-aam/>.

Specific discussions of the Infinity Breath can be found by googling the term and adding “Archangel Michael.” Here are some: “Binary Sequencing Exercise with Infinity Breath: Archangel Michael through Ronna Herman” at <http://www.edsia.net/meditations-content/infinity-breath-with-binary.html>; “Archangel Michael ~ The Spirit and The Soul and a New Pyramid of Light Meditation. – Through Ronna Herman” at <https://archangelsanddevas.wordpress.com/tag/infinity-breath-meditation/>; and “MESSAGES FROM ARCHANGEL MICHAEL * LM-9-2008, TRANSMITTED THROUGH RONNA HERMAN, SOUL BREATHING * THE BREATH OF LIFE” at http://www.lightgatherings.com/AAMichael_SoulBreathing.html.

(6) “Archangel Michael - 'Hold Steady, Beloveds,'" transmitted through Ronna Herman, Feb. 28, 2013, at <http://www.ronnastar.com/messages-aam/messages-aam/667-aam-03-2013.html>.

(7) MESSAGES FROM ARCHANGEL MICHAEL * LM-9-2008, *ibid.*

(8) “Archangel Michael - 'Hold Steady, Beloveds,'" *ibid.*

(9) Archangel Michael in Ronna Herman, "The Mystery of the Vesica Piscis," Oct. 2012, at <http://soundofheart.org/galacticfreepress/content/mystery-vesica-piscis>

Until it Becomes Second Nature

September 25, 2021

<https://goldenageofgaia.com/2021/09/25/until-it-becomes-second-nature/>



Share it to feel it

While all the tumult is passing by on the screens of our computers, I ask myself, what's the most important thing I can do to feel the best I can right now.

You know that, after a lifetime of research, I've concluded that the most important thing to humans is how we feel.

Everything we do seems aimed at maximizing how good we feel and minimizing how bad.

The irony of it all is that that's exactly what the Fifth Dimension will provide, endlessly and free of charge: We'll feel a love of such quality and intensity that it'll banish all memory of sorrow.

We'll feel completely expressed and satisfied. All we'll want to do is share it.

So why not just cut to the chase and look to how we feel?

How do I feel right now, as a baseline?

My mind is quiet on the surface.

Underneath I feel a lot of sadness and regret. I can't believe I spent a lifetime digging myself out of the after-effects of early childhood trauma. On one level, it seems like such a waste.

On another level, it gave me my mission - to communicate on the way out, to act as a pathfinder out of early childhood trauma.

How well I've done is another matter. How many people read it depends on how many Michael shows it to.

We don't advertise so most of our readers come through his inspiration. And so far he's kept us under cover, which is why I get to talk about deep states and vaccines, rather than ending up in jail. (1)

I could have ignored the sadness and regret, failed to process them, and become increasingly opinionated and maybe even violent, though I doubt it. My Mother's influence was too strong.

I got to act out the Deep State and the Alliance inside me before any of my creation manifested in the outside world. (Just kidding.)

But, yes, I've already been through what's happening in the outside world. And I'm surveying the wreckage and I feel sad.

This feeling is an undercurrent - below conscious awareness. Below my day-to-day, minute-by-minute awareness, which is focused on my body and the outside world.

So what's the most important thing I can do at this moment to feel the best I can right now?

I hear Jesus in the back of my mind:

"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." (2)

How do I translate that into action in my own life?

Clearly, by drawing love up from my heart on the inbreath, breathing it out to the world on the outbreath, and not being distracted. My reward is to feel the love as it passes around and through me. (3)

Love is never static. It must flow. So why not have it flow up from my heart, through me, and then out to everyone else? Share it to feel it.

As the Divine Mother delightfully said: "Is there really any further conversation to be had?" (4)

No conversation. There's only doing it and doing it and doing it, until it becomes second nature.

Footnotes

(1) "You, as with so many, have been kept under cover." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 11, 2011.)

(2) "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/>.

(3) In doing this exercise right now, I just noticed that one of the reasons I don't do it more often is that I think that the love that results will be here just for a moment and I need a more lasting solution.

But I know for certain that the more I do this exercise, the longer the love lasts. Eventually, with Ascension, it'll last forever.

(3) "You have begun by saying that I am not simply a god among gods. I am the Mother, and I am asking and inviting you to join with me. Is there really any further conversation to be had?" ("The Divine Mother on 12/12/12 and 21/12/12," at <http://goldenageofgaia.com/2012/12/the-divine-mother-on-121212-and-211212/>.)

Loving Heart, Neutral Intention

Sept. 17, 2013

<https://goldenageofgaia.com/2013/09/17/loving-heart-neutral-intention/>



According to Archangel Michael, it was the intent of the Company of Heaven that lightworkers become financial wayshowers. If you tried to explain something like the reveal to someone who isn't a lightworker, they probably will think you're scamming them and most likely will not act on what you're suggesting.

(I recall a reader saying to me that someone mentioned the reveal to her in Walmart and she, being a lightworker, considered that she was being guided. Like that.)

Lightworkers are more likely to understand what the larger context here is and why something like a levelling of the playing field and an opportunity to join the prosperity stream might be occurring.

But as always it isn't prosperity "just for me." None of this that is happening is "just for me." "I" am included - to be sure - but I also include many more people with me. It starts with me but it doesn't stop with me.

So there is a new mindset that's required, as Archangel Michael said in *An Hour with an Angel* on Sept. 16, (1) and it's doubly required if we're going to be handling and channeling abundance.

For one thing, this is a freewill world and it isn't wise to think that we'll be able to use our abundance to "change" people, make people think as we do, pressure them, influence them or anything close. That's the old Third and won't work in the new Fifth.

We only have our toes inside the door of the Fifth (some more, some less). We're still clothed in carbon-based bodies. We still often think in 3D ways. Many of us (I do) still wear the blinkers we agreed to wear. AAM told us that this was a reset of our mindsets as well.

Instead of thinking how we'll change people's minds or set them free or whatever our agenda, I think we'd be better served by being grateful that the Divine Mother has selected us to be a channel for her abundance. We need to think in neutral terms, I believe, coming from a universally loving heart. We're not here to change anyone. We're definitely here to love everyone and provide them with opportunity.

I have a hunch that those who serve well as a channel for abundance will receive more to distribute. Those who hoard will not. (*I think.*)

That doesn't mean that people should not see to themselves, their families and friends. Did not say that. But with their disposable income or earnings, whatever that may be, hoarding may not be the best policy. Not ever but especially not at this time of Ascension.

I recommend neutrality of gifting - gifting without intention, without a secret or even a hidden agenda, etc. That does not apply to people who are funding projects. And it doesn't mean allowing yourself to be scammed. But beyond special circumstances like these, I suggest not attaching any more strings to anything than is absolutely necessary but to extend our hand as freely as is prudent and in as neutral a manner as possible.

There are always all manner of codicils and provisions that apply where wealth is concerned. There's a need to see that one doesn't end up in a worse position than when one began, as many lottery winners have done, for instance. So pay your taxes if due and set aside enough as a contingency fund for the person who's just learning the ropes.

I hope I'm speaking to an audience that is adult enough to know that I'm not advising throwing all caution to the wind. There's a space in which gifting is possible and, after observing all due diligence and making all the riders you need to make, then *after that*, I'm suggesting to gift with a loving heart and a neutral intent.

And it's guaranteed that this will be a learning experience - when it happens. Everything from here on in will be. But this will be the first circumstance of an ordered nature where we've been given direct instructions to serve. (AAM issued those last night.) I remember saying two years ago that our service would soon begin. Well, very soon, it appears that it will.

Footnotes

(1) "Archangel Michael's Counsel on the Reval," Sept. 16, 2013, at <http://goldenageofgaia.com/2013/09/archangel-michaels-counsel-on-the-reval/>.

Realized Knowledge, Heart Consciousness, and Fairness

February 19, 2015

<https://goldenageofgaia.com/2015/02/19/realized-knowledge-heart-consciousness-fairness/>



I assume that your life experience is similar to mine. If it is, then you, like me, are watching new grids, new ways of seeing the world, forming to replace the third-Dimensional grids, which are falling away.

Three elements of consciousness are impressing themselves on me at the moment as a kind of complete way to see an important life process. They are: realized knowledge, heart consciousness, and fairness.

Realized Knowledge

Werner Erhard used to talk about dimensions of certainty. Our sense of knowing becomes more certain as we move up a ladder of consciousness from mystery to belief to original thoughts, feelings, knowledge born of action, not-knowing, observing and then what he called "natural knowing." Natural knowing is the same as what I call realized knowledge.

I've spoken of intellectual knowledge yielding to experiential knowledge (what he meant by feelings and knowledge born of action) and experiential knowledge yielding to realized knowledge.

Buddhists have a slightly different model, the most relevant parts of which are *cita-maya-panna*, or knowledge born of hearsay and our thinking processes, and *bhavana-maya-panna*, or realized knowledge.

We usually think of these things in a linear way. So realized knowledge would be seen as further down the road from intellectual knowledge. But that doesn't capture what is being referred to.

When we enter into the realm, if only briefly, to which realization is the doorway, everything about our modes of experiencing is transformed. It isn't just different. It's enhanced, expanded, and actualized in ways that are not merely different but unavailable before.

Realized knowledge results in clarity, certainty and confidence. We *know* at those moments in a way we never did before and doubt vanishes before it.

Realized knowledge is no different than Fifth-Dimensional knowledge. The difference is that we have it only in moments while for them it's everyday life.

Heart Consciousness

The heart knows through love. But again, I'm not talking about romantic love or even the impersonal love of friendship. I'm talking about transformational love.

Transformational love lifts one (usually briefly again) into a higher dimension. So it too is a doorway into the same higher dimension where things are known with clarity, certainty and confidence.

Transformational love lifts, elevates and renews. It isn't bound necessarily to realization. It's full and complete within itself and needs no trigger but itself.

An experience of transformational love is all that's needed to show one that love cannot be gotten from another, that love comes from within. Granted that this whole world is composed of love so that love is everything, within and without, still our special connection to it comes from our own heart, from within.

Just as our Self is the All-Self and only illusion convinces us otherwise, so is our heart THE Heart and only illusion convinces us otherwise.

Going deeper and deeper into our heart brings us at last to the Heart of all. For that reason we can say that all exists within the heart.

There's an inner universe, which I've seen. In some kind of crazy inversion, we go within to find the same universe that exists without. (1) We think of the heart as the doorway to transforming love, but it's the doorway to much else besides.

Fairness

Having sat on the adjudicative bench and having studied the law from that vantage point, I feel confident in saying that what underlies all justice systems is the notion of fairness. We need a moral guide even more now, as we emerge from illusion, than we did when we were mired in it.

Because now, as we begin to experience states of being and awareness that can at times be sublime, we think less and less. A friend reminded me the other day that I needed to renew my passport. The mere thought of filling out paperwork almost did me in.

So little of what I do these days is of the nature of the bureaucratic things we were enmeshed in in former years. I'm sitting here right now, watching the sun come up over Vancouver, and I haven't a pre-existing thought in my mind. My hands type as the thoughts come to me, but they come to me newly, not in a linear fashion, and without an ounce of effort.

There is no more room for me at this moment to reason things out in ways I might have done before. I need one easily-remembered standard to live by, to ensure that I live a moral life where many of my older-dimensional ways of doing things no longer appeal to me and no longer work. Fairness is that standard.

The essence of fairness is equal sharing. The essence of fairness is taking into account the other person's situation and dealing with that person out of what's deserved or appropriate in light of their situation. Disabled people get special treatment on the bus, as do seniors and young children. And we see that as fair, given their situation.

If fairness were in place all over the world, this world would work and laws would not be needed. So fairness is the one easily-remembered standard that I embrace as the third leg on this tripod, the way I intend to meet and treat with my world.

Realized knowledge, heart consciousness and fairness blend together in a way that I can't describe. The three of them open areas of myself that were inaccessible in

the sluggish density of the Third Dimension. For me, they're a fully-developed, fully-comprehensive basis for being and doing in a higher-dimensional world.

If you wish to see it from the standpoint of spiritual practice, realized knowledge is the wisdom path, which Hindus call jnana yoga. Love is the devotional path, which Hindus call bhakti yoga. And fairness is indispensable to the path of service, which Hindus call seva and karma yoga.

Footnotes

(1) I assume what I saw was the same universe that exists without, but I don't know for sure.

Drilling for Love: The Love Rig

May 29, 2017

<https://goldenageofgaia.com/2017/05/29/drilling-for-love-the-love-rig/>



Credit: 123rf.com

An oil rig is used to pump oil from the Earth.

In my opinion, oil rigs are obsolete. Free energy will power the home. Anti-grav will power our vehicles.

And we need to leave the oil in the ground anyways, to lubricate Gaia; that's its purpose. (1)

No, these days, I'm thinking about a new kind of rig. It's my latest invention.

Under Universal Patent No. 182726, I'm releasing a new device, gifted to me by a source who prefers to remain anonymous. I call it a "love rig."

If you strike paydirt, and love is flowing, oh, man, you're the richest person on Earth. Spread it around, you lucky guy or gal.

Here's what the love rig is.

It's a spiritual creation. Not for everybody.

It's also a Fifth-Dimensional creation in that it uses the creative imagination. As we imagine it to be, on the Fifth Dimension, so it is. (2)

To begin with, the operator of the love rig works by intention. They (3) create an intention to draw upon the endless supply of love in the higher-dimensional deposit called the heart.

They send their shaft of attention and intention down on the first out-breath - to prime the pump. (4)

Then, they let the stop valve off in the pause between breaths and on the inbreath they draw the flow of love up the rig. The inbreath is the engine that creates the vacuum that draws love forth.

It could be a wisp of love, a trickle. Or, if we're lucky, it could be a geyser.

Not often is it a geyser, I'm afraid. Sorry. Speak to management. This again is a precious treasure, not easily won.

I remember how many enlightenment intensives I went through (twenty-three) and still did not strike paydirt. Yes, it can be hard, disappointing work. One may have to sink many shafts before one strikes it rich.

But when the endless supply actually does gush forth, my, oh my. Now you've got something worth gifting the world with.

Even when it recedes again and disappears, for whatever reason - good, bad, or indifferent - the memory is enough to keep one drilling for love. (5)



For now, and as long as the geyser lasts, the riches of life are at your feet. Bliss, compassion, generosity - love unlocks the other doors to all of these.

Spanish galleons. Pieces of eight. You've just won the lottery of love.

But stop. We're not finished yet. If you've been lucky and the geyser is flowing, then you get to choose and you *have* to choose. Love must flow; it cannot be contained for long.

You wouldn't just pump oil up and let it sit on the property forever. Someone has to receive it. Someone has to use it.

Similarly, you don't just pump love up and let it sit on the property. It dissipates quickly if not used. You have to use it right away.

Where will you send your free-flowing love?

Start with your very own body and soak it with love. Round and round your field of experience you go until you're good and moist.

Then, breath after breath, send the love out to whomever you wish. Your beloved, for sure. Your family. Your guides. Everyone who has ever helped you. Everyone you ever knew. Wider and wider circles.

Send it to Syria. Send it to Afghanistan. Send it to Washington! Send it to places that need it.

Let the celestials and galactics put it to good use.



My love rig has been designed to be infinitely expandable. You just keep adding one rig to another, in any direction. There's no limit on supply or expandability.

By the terms of my patent, no one can sell this device. They must give it away, with no strings attached. It cannot be made use of to cause harm. Its acute spiritual sensors are programmed to shut down upon detecting ill intention, releasing the trapped love into the atmosphere to return to its original source (itself).

Improvements to this device are expected and welcomed. May you strike it rich and may the whole world be your beneficiary.

What is your favorite love practice or sadhana? Let us know and let us share it.

Footnotes

(1) "The oil that is currently being extracted from Mother Earth/Gaia's body is actually the essential lubrication that is needed to keep her tectonic plates moving easily and freely in her body. The removal of this essential part of her earthen body, and yes it is her body, has caused great harm to her and will STOP! ("Council of Angels, Archangel Michael and St. Germain via Goldenlight: The In Between

Times," Channeled by Goldenlight, February 04, 2013, at <http://thegoldenlightchannel.com>.)

(2) I'm pretty sure we're edging into the Fifth. Lightworkers at least I think are feeling it. Some people are seeing more and more power to their creative manifestations.

You remember what Matthew said: "There is no clear demarcation between densities, so there will be no dramatic indications that Earth has left third and entered fourth, then traveled into fifth." (Matthew' s Message, March 10, 2009, at <http://www.matthewbooks.com>)

This accords with what's said by afterlife communicators:

"Each sphere as you progress is blended into the next by a kind of borderland. So there is no shock to those who pass from one to another. Albeit, you will mark that each sphere is distinct in itself. Nor is the borderland between two spheres a neutral land. It partakes of the qualities of both. There is, therefore, no void, but a very real and continuous gradation all the way." (Arnel in G. Vale Owen, medium, *The Life Beyond the Veil. Book III: The Ministry of Heaven*. New York, 1921, 84-5.)

(3) I so hate s/he or he/she, etc. Forgive my bad grammar. Someone come up with better gender terms or let usage change.

(4) Although I haven't tested it completely and don't know whether to recommend it completely or not, this breath meditation can probably be combined with rebirthing breathing, holotropic breathing, and other forms of continuous breathwork. Breath rhythmically and continuously until love flows freely.

(5) Even if your geyser flows, it may still shut down again. Mine has, although you can see how the time I spent in love has affected me, that I write and write about it.

If the flow stops, it just wasn't the time yet for it to be permanent. If it was the time, it would not stop.

Love itself simply flows. We're the ones who put blockages in the pipeline, etc.

After a certain level of enlightenment (Sahaja Samadhi), inside the Fifth Dimension, love ceases to come and go and we

Rejoice at how rich you once were! All I can do is sing the praises of love!

This Is It

September 7, 2019

<https://goldenageofgaia.com/2019/09/07/this-is-it/>



Sri Ramakrishna once said, I didn't come to the mango orchard to count mangoes. I came here to eat them. (1)

By the same token, I don't know the biochemistry of bliss or the mechanics of its delivery. I just want to feel it.

Or love. Or joy. Or peace.

This must be a Ramakrishna day. He also said, walk into the Lake of Immortal Bliss. Run in. Get pushed in. Just get into the Lake. (2)

I agree with that too. All questions cease when one is immersed in the Lake of Bliss, the Ocean of Love.

Therefore, never mind spending thousands of dollars on a trip to Hawaii for that magic moment of bliss on the balcony overlooking the bay. Go directly to the bliss.

Address: The Heart.

Portal to all good things, as Michael tells us:

"Yes, it begins and it ends with - it always comes back to - the heart." (3)

Always.

In my view, a watershed moment occurs when we genuinely and completely realize love's address and give up looking for the divine states outside ourselves. As Jesus through John Smallman says:

"As humans in form, you all want LOVE, and for many it seems that it is outside you, to be found within someone else. So you spend large parts of your human lives seeking it from that perfect other whom you hope will, when found, fulfill you, making you feel complete, seen, heard, understood (at last!), and cherished above all others. But of course what you seek elsewhere can only be found within yourselves." (4)

We ask and receive. We knock and the door of the heart is opened. We realize that we have an artesian well of love and bliss inside ourselves, just waiting to be found.

We've heard rumors of the existence of this fountain of youth, this wellspring of goodness, where we can drink ambrosia, the nectar of the gods, until we're satiated. Now, this is it.

So, no trip to Hawaii. No finding a guru. I'm taking the direct route. I seek the divine qualities in the place God hid them, awaiting my discovery - in my very own heart.

Footnotes

(1) Pasupati: "Sir, what do you think of Theosophy and Spiritualism? Are these true? What do you think of the solar plane, the lunar plane, the stellar plane?"

Master: "My dear sir, I don't know about these things. Why bother about them so much? You have come to the orchard to eat mangoes. Enjoy them. What is the use of your calculating how many mango-trees there are, how many millions of branches, how many billions of leaves? ... Once a man's inner spirit is awakened, once he succeeds in knowing God, he doesn't feel the desire to know all this rubbish." (Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 819.)

(2) "You see, the thing is somehow or other to get into the Lake of the Nectar of Immortality. Suppose one person gets into It by propitiating the Deity with hymns and worship, and you are pushed into It. The result will be the same. Both of you

will certainly become immortal." (Ibid., 217.) "Become immortal" = Sahaja Samadhi = Liberation = Ascension.

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2018.

(4) "Jesus through John: To be Incarnate as a Human in Form is a Gift of Inestimable Value that You have Given Yourself," September 7, 2019, at <https://goldenageofgaia.com/2019/09/07/jesus-through-john-to-be-incarnate-as-a-human-in-form-is-a-gift-of-inestimable-value-that-you-have-given-yourself/>

Spirituality and Growth

May 11, 2021

<https://goldenageofgaia.com/2021/05/11/spirituality-and-growth/>



"This means something" Credit: Close Encounters of the Third Kind.

There exists a spectrum to how spiritual evolution is accomplished.

At one end is what can be purely called "spirituality"; at the other, what can be purely called "growth."

What's the difference between the two as terrestrials practiced them?

Well, of course, everyone will have their own opinion and that's as it should be. In my opinion, the difference between them is that growth works through the body to enlightenment and spirituality focuses more on what's beyond the body and realizing what they discover.

Spirituality doesn't ignore the body but the interest of spiritual people seems to lie more on what's beyond it, beyond our everyday life, our senses, our memories, our frames.

Growth work doesn't ignore God and the Self. It sees such measures as releasing muscular holding patterns and the belief systems that causes them as pathways to Self and God.

Some spiritual people view growth people as being crude and elementary. Some growth people view spiritual people as having their heads in the clouds.

I personally think it's purely a matter of preference and both are valuable approaches to spiritual evolution.

Maybe you like the way you feel when you have a full breath release in rebirthing or a full body release in bioenergetics. And growth work is what you want to stay with for now.

Maybe you did growth work earlier and had a peak experience, which gave you a taste of bliss. You heard that bliss is higher-dimensional and now want to know - what is all this?

This means something, you find yourself saying, over and over. And It does. It means the world.

A Time of Emergence

October 11, 2013

<https://goldenageofgaia.com/2013/10/11/a-time-of-emergence/>



We've talked about "emergence" (1) on other occasions and we seem to be in a time that's characterized by us emerging.

I'm going to repost an article on emergence today, but I wanted to say a word or two before that.

I was startled last night to see myself, in a situation with a local friend that could have been difficult and tragic for both of us, operating in a way that I'd call mature and well-considered. I had the distinct impression that this was new for me.

On another occasion recently, I did the opposite: I actually went for the outcome I wanted, behaved in ways that were open to criticism, risked all, and, with the aid of the other person doing the same and sharing responsibility equally for the wonderful outcome (and many supportive friends), had a mutual breakthrough in relationship.

Afterwards we were both thrilled at that outcome and reached a new level of sharing, but it was all very risky and raised concern in all around us.

Given my background in groups, I personally enjoyed it but I realize that for many people watching it looked like madness compounded. It was definitely outside our comfort zones.

And there have been other similar events, all of which point to ... emergence, either actual or fondly wished for.

It isn't an accident that the Divine Mother is washing us in a very powerful energy this week that comes directly from her (well, all energy does, really). This is a large wave. And what I see as the impact on myself is emergence. So perhaps with that introduction, let me repost an article on emergence itself.

Footnotes

(1) See the articles under "Emergence" at <http://goldenageofgaia.com/spiritual-essays/emergence-2/>.

Emerging, Standing Forth, Exiting the Mask - It's All the Same

April 21, 2013, <http://goldenageofgaia.com/spiritual-essays/emergence-2/emerging-standing-forth-exiting-the-mask-its-all-the-same/>



Someone asked me why I'd suddenly started a new topic - the constructed self. Not new. I've been discussing it since forever. Just using different words.

I've been discussing it since the day I started the discussion group *Galactic Roundtable* (now *Share11*) in January 2009. From the first, I urged people to share in that group, to reveal themselves, to emerge from their shells and stand forth as the Self. Perhaps I can share a post from the first week of that group:

"That having been said, the single biggest way you can serve us is to emerge.

"What does that mean? What is 'emergence'? ...

"I don't speak of enlightenment when I'm hammering away at the keyboard. I speak of 'emergence.' I emerge. I stand forth. I rip this mask off and tell you who I am in the matter: I am here (and I think my colleagues are too) to create a space for you to emerge. That's who I am in the matter. What matter? The matter of this group.

"How do you emerge? You drop the mask, drop the drama, drop the complaints and the victimization, and stand forth as who you are. Plain vanilla you. The gift without the wrapping.

"Take off the party hat. Stop trying to sell us an image.

"Tell us who you are." (1)



Masks, shells and constructed selves are composed of the same constituents: conclusions, decisions, acts, numbers, routines, poses, postures, hidden agendas, hidden investments.

Why would I keep discussing the same theme for four years running?

There really is a reason.

Whether we talk about emergence, standing forth as the Self, or exiting our constructed self, the same matter is at issue.

We've all heard by now how the masters, angels, and galactics are gesturing to us to come thither. We see that they're reminding us what a talented and committed group of lightworkers are here - here from all dimensions and locales of space.

They're handling the part of the task of emergence that has to do with the physical body. This body is like a wet blanket on our awareness.

It's a contrarium to consciousness, a barrier, a non-conductor. It inhibits seeing. It flattens sensitivity. It does not let emotion through. Not much, not really.

Some people will hear that as me saying the body is bad and wrong. No, I'm not saying that. It simply inhibits the flow of consciousness compared to the spirit that inhabits the body.

And the Company of Heaven is handling this non-conductivity by raising the energy, sending us special waves of love and light, bringing our Merkibahs online, firing up our DNA, etc.

But the part of it that falls to us, in my estimation, is to emerge from our fears, our reticence, our hiding, our indirectness, all the ways of being which we've developed to get through the unpleasantness in our lives that can now interfere with our missions as lightworkers.

If we weren't ground crew, I wouldn't be saying this. I'd be saying "Sit back, folks, relax, and enjoy the ride." But because we're ground crew, because we're lightworkers, because we came here and said that we'd be willing to do the heavy lifting, the situation becomes a little different. And this is where the reason I talk about this comes in.

If we as lightworkers are to do what's expected of us in the times ahead, if we're to work on a global stage or handle large projects, if we're to stand up to rape and gang violence and all the really difficult issues in the world, then it becomes a positively fruitful thing - no, a necessary thing - to stand forth as the Self, in the language I used four years ago, or emerge from the constructed self, in the language I've used more recently.

I realize that many people may not have the slightest clue what I'm talking about and that can be a bit daunting. Others may be invested in the constructed self and not want to hear this. We'll all be at various places with it.

But I continue to believe, drawing on everything I've learned from all those expensive courses I took so many years ago, that breaking free from all that holds us back is what is wanted and needed.

I'm not saying that many techniques cannot clear the brush, cover a lot of ground, etc. But given that the ego does not loosen its grip willingly, there comes a

moment, I think, when a choice presents itself: the person is either going to come out of their shell, out of their act, out of themselves as a construction of thought, or they are not.

It's this moment of standing forth, stepping out, and making the break with all that's artificial, prearranged and conditioned that I'm referring to and that I work for.

I don't know how many times I've watched that moment of breakthrough in people, where they suddenly shift from being fearful to being a lion, where they realize what a deep hole they've dug for themselves and now just want to come out.

Anyone who's ever been in an encounter group, the est training or an enlightenment intensive will know what I'm talking about. It's a sacred moment. Often born amid much kicking and screaming but sacred nonetheless. Once a person is out, they don't want to go back in.

In that moment, we'll either step out of the confines of all the norms and rules and fears and secrets that hold us back - or forever hold our peace. And at that moment, to watch a person take a stand that they're finished with their conditioning, finished with their holding back out of fear, finished with all that restricts and confines them which is not born out of choice is as inspiring as any event is.

At that moment, it's as if a person takes a step outside a time capsule or a consciousness bubble and becomes free of it all. And that's what I'm pointing at and encouraging all of us to do. It doesn't have to be born amid kicking and screaming but sometimes it is.

I want to be totally honest with you. I yearn for, I long for, I miss from the bottom of my heart partners in this work who've stepped outside their artificial ways of being, who meet life head-on day after day, who refuse to be indirect and suppressed, who not only yearn to breathe free but insist on it.

Never mind the Divine Mother calling her children to her. Where are our partners?

I may be dreaming to think that everyone can stand forth as who they are, but it's the square I put my money on. It's the only game worth playing for me. And, while I get that I haven't a role to play in encouraging this interpersonally (I'm not schooled as a group leader, etc.), nothing brings me more joy and aliveness than inviting everyone to join me in this through my writing.

Footnotes

- (1) <http://groups.yahoo.com/group/galactic-roundtable/message/289>, Jan. 14, 2009.
(No longer accessible.)

Emerging from the Chrysalis of Ascension

Nov. 28, 2015

<https://goldenageofgaia.com/2015/11/28/emerging-chrysalis-ascension/>



As we all continue our gradual emergence from the chrysalis of Ascension, I'm now noticing stages in the development of my ability to express love.

In the early years of my marriage, it was as if I had a hole in my heart. I couldn't generate love for life or money. My wife hung in with me, loving me always, for 23 years, even though there was apparently nothing in it for her.

At that time I was not aware of the impact of vasanas. It was in fact the clearing of major vasanas or core issues that contributed to the breakthrough - the heart opening - on March 13, 2015.

But at that earlier time, I was a loveless being for most of my life. Not like I knew I was. Not like I knew what real love was.

I'd polished my constructed self about as much as I was ever going to. I mainly just wanted to be left alone to write. I became more and more frustrated and retreated

more and more into the paradigm that anger, rather than love, gets you what you want. It never did.

So not a pleasant guy to be around for practically all the loving women in my life. I was probably about as automatic as they come.

Meanwhile everything that was happening for me was happening internally. My spiritual life was blossoming. Spiritual experiences were occurring right and left. The Flame in the Heart, the Highway to Heaven, the Universe Inside, the Silver Bullet - I named them all for memory's sake. They would come and go.

I remember saying to myself that one moment of bliss in these experiences made many years of spiritual work bearable.

However, none of this translated into real love for others. Generosity, yes. Affection, yes. Real, transformative love, no. butterfly09

Fast forward to the near present after endless clearing of vasanas. My love for one woman was like a volcano. But it was focused on that one person only. With everyone else I remained a stick man. But at least I'd had that breakthrough. It started the glacier calving.

Added to that was an exercise that I'd been doing - raising love from my heart and sending it out to the world. And this exercise worked, where many have not. I began to feel real love.

Then came the heart opening on March 13, 2015. As I remember it, it began as a feeling of energy going up my leg. This could not have been my own kundalini because that would have started from the root chakra, not from my foot. It felt like it was coming from "outside."

At first I was startled and then I relaxed upon thinking to myself that the Divine Mother was in charge and so why am I worrying?

When the energy reached my heart, there was a sensation as if a gigantic cork had exploded outwards. And the love flowed in a flood now.

This happened at 7 a.m. on a morning I was to have a reading with Archangel Michael at 10:00. I imagine there was no accident involved here. When the hour of the reading arrived, I was still immersed in a torrent of love.

AAM explained that the experience was a heart opening and said that the personal love I'd been experiencing was the precursor of this new breakthrough into impersonal love. He added that the exercise of bringing love up from the heart and sending it out into the world had greased the wheel.

Not everyone will experience a heart opening, as I understand it. One devotee will derive the same effect from seeing a brilliant Light. (And I'll be sharing about an Australian friend who's had that experience.) A bhakta or devotee may see the loving form of their Chosen Ideal. A jnani or student of wisdom will have a realization. I'm a student of consciousness or awareness and so I had an experience in consciousness. (This gives rise to perhaps a different meaning of "what you sow, you reap.")

When I started writing this article I was not in the transformed space and I notice that I now am.

After the heart opening, for many months, love just flowed. And it was a love that made no distinction, what sages call impersonal or universal love. I loved everyone. Of course some people meant more to me than others. We had need to be together. But my love itself was incapable of making any distinctions past that.

So, for me, the heart opening of March 13, 2015 was like a watershed in my life.

I sincerely apologize to the many people for whom I was not present. I apologize to everyone who had to bear the force of my anger because my inability to love revealed me as such a beggar in matters of the heart. And I could not stand being seen in that light.

The bliss arises in me and settles me down again. I send my love out to all who hung in with me for so, so long.

The Process of Containment Explained

Sept. 30, 2013

<https://goldenageofgaia.com/?s=%22The+Process+of+Containment+Explained%22>



Not this type of containment (Star Wars view of containment)

Perhaps we can look at the celestial initiative which we refer to as "containment," in the event that newer readers don't know what it entails.

Containment refers to the surrounding of dark individuals with a kind of lightbox which suffuses them with love and causes their dark thoughts and plans to instantly rebound on them.

It can be used because we're past the divine deadline (1) for allowing the large-scale dark initiatives to succeed. Smaller dark initiatives still fall under the Law of Freewill but the larger plots no longer do.

Examples of leaders who've been contained include Russian President Vladimir Putin, Supreme Court Justice John Roberts, and Morgan Chase CEO Jamie Dimon. (2) Archangel Michael first hinted at the existence of new initiatives on July 2, 2012 when he said on *An Hour with an Angel* that:

“It is far easier for us [celestials] to address this issue [of stopping the cabal than the galactics]. This is part of what we have spoken of, oh, in the past year, when you have asked what is the role of the Company of Heaven in the unfoldment of the Divine Plan.

“And I have said to you that there are ways and means, and actions, that will be felt, witnessed, upon the planet that are being taken. And they are numerous, far more numerous than you are even aware of, or even need to be.” (3)

When I inquired further, he began to describe the process of containment.

“We have a process that you do not understand, because you tend to think in terms of your reality on Earth, of course. But you can think of it as a process of containment and of restraint so that these beings are restrained and contained, and for all intents and purposes, for your purposes and references, they are taken out of action.

“Or the actions that they are permitted to participate in are mostly illusion, and they do not affect the collective. In fact, if anything, they simply bounce back at the individual.” (4)

The purpose of these containers, he said, is “that nothing that is less than love is allowed to penetrate.”

“We have never spoken to you, or we have not spoken in such a public forum, let us put it that way, of putting restraints or containers around those who do not wish to contribute to the growth and the evolution and the shift of Gaia and of the human race.” (5)

Up to this time we were expecting mass arrests but he said this would not be happening.

“If you are looking for storm troopers, dear one, if you are looking for the activation of forces, then you are looking in the wrong place, because what you have need to do and what I am asking you to do is to begin to look with your third and fourth eye, and to begin to witness and to observe how these beings are being restrained and contained. And how what you think of as their sphere of influence is simply disappearing. ...

“So this I ask of you. Do not become entrenched in what you think is going to be a third-dimensional quasi-military maneuver to go to people's homes

and put people in jail or in contained environments. The containment is on a whole, completely different level.” (6)

He described containers in more detail:

“Think of a [storage] box that you see coming off the large ships, containers. Only these are containers of light, these are containers of pure energy, these are containers of love.

“And the individual - or the group, by the way, because there are several where we have simply put an entire group; it is easier that way, and more rapid, by the way - we are placing these beings in containers of light and love.

“Their energies that may be disruptive or based on the old paradigms of hatred or greed, control, cruelty, just plain nastiness, my brother - they're placed in these containers and that energy has no way, because they are sealed, and they are sealed by the mighty ones - myself, Michael, Raphael, Uriel, Jophiel and Gabriel. They are sealed. And in that sealing, their negative actions, emotions, et cetera, cannot escape.” (7)

There they remain until they've altered their way of responding to the world.

“They remain there, continually and constantly penetrated by love and light. ... This is something that is done only in very extreme cases. If you look closely at one of these who are contained, sometimes you will hear screams, cries for mercy, false promises of good behavior, but they remain there until such time as the purification is absolutely complete. And that decision of removal lies in the hands of the Mother and Father.” (8)

The method of containment has not been generally used since the Intergalactic Wars.

“This is a method of bringing peace that has not been utilized - well, it has been utilized by a few select people, human beings that we have given this to, but it has not been used as a strategy, let us put it that way, since the time of intergalactic wars.

“Even when we removed what you have thought of as the, hmm, negative forces of the ETs, those who were abductors and slave masters, even when they were removed to a different universe about a decade ago, we did not utilize this method. ...

“It is an act of love. We only do this because we know these beings and these groups deserve, just like all deserve, to be fully embraced in love. And they have been so reticent to do so. We are not altering their free will. They can act out or not within these containers. But it will not go anywhere.” (9)

Containment was not only used to remove power from heads of state, he reminded us.

“You can look to the removal of effective power by many who have been in positions of leadership. And we don't just mean the heads of state, we also mean those in positions of social leadership, financial leadership, because that is very connected to the equalization of resources.

“Similarly, those who have positions of power in the military, all militaries, who have been fully aware of your star brothers and sisters but who only wish to engage in warring scenarios - well, that is never going to happen. So they are also on our list of containment.

“So look to the changes that all of a sudden things get terribly quiet. That is your sign. Now, in that quietness, we are also joining with you.” (10)

In September of 2012 I asked AAM where the disruption was coming from if leaders were in containment and he explained:

“The disruption is twofold. One, it is those who have not [been put in containment] and we are talking rather low levels, actually. So do not look for massive conspiracies, although we do know that there are some, even as they [who] were not in containment, would love to take advantage of such chaos. But what it is doing is bringing to the forefront the collective choice to say, 'No more.'” (11)

SaLuSa through Mike Quinsey had been predicting mass arrests and then said “there are delays as you see it.” (12) SaLuSa explained on March 1, 2013 that mass arrests were deemed likely to produce panic and so they were decided against in favor of containment.

“In the past there have been many references to arresting those who are the ringleaders of the dark Ones, and steadily they have been rounded up. You have also heard of ‘Containment’ and in this way we have been able to severely restrict their activities. Mass arrests were considered likely to evoke panic amongst you, as few would have had any knowledge of why it was happening.

“So we have opted for gradual changes and placed our representatives who are our allies, in positions that give more control to those of the Light.” (13)

SanJAsKa through Wes Annac also described containment on May 27, 2013:

“We speak of these souls [the Cabal] existing in a holographic reality wherein they think or assume they are pulling a massive, malevolent deed off, only to find that the events they planned so rigorously have not happened at all.

“This is one of the strongest aspects of the containment the cabal heads are experiencing at this time and along with this, they are fruitfully contacted in their dream state and are being worked with so that the malevolence that’s closed off their hearts for so long can no longer have the effects or cause the massive suffering and hardship it has.” (14)

So many of the leaders in society are or were in containment (not President Obama, who is not a dark figure) but some of the lower-level souls are still causing disturbances. And these disturbances are moving people to insist that war, violence, shootings, etc., end forever.

Footnotes

(1) See "But There is a Divine Deadline" at http://goldengaiadb.com/The_Spiritual_Hierarchy_and_the_Galactic_Federation#But_There_is_a_Divine_Deadline.

(2) Vladimir Putin: "Transcript - "Archangel Michael: Expect Miracles - Part 3 The Reval, NESARA, President Obama, and Containment," channeled by Linda Dillon, August 5, 2013, at <http://goldenageofgaia.com/2013/08/archangel-michael-expect-miracles-part-3-the-reval-nesara-president-obama-and-containment/>; Jamie Dimon: "Archangel Michael: Ascension is Not Distant But Very Current and Underway – Part 2/2," at <http://goldenageofgaia.com/2013/03/archangel-michael-ascension-is-not-distant-but-very-current-and-underway-part-22/>; John Roberts: "Archangel Michael: Mass Arrests are Never Compassionate and Will Not be Used with the Cabal" at <http://goldenageofgaia.com/accountability/containment/archangel-michael-mass-arrests-are-never-compassionate-and-will-not-be-used-with-the-cabal/>.

(3) "Archangel Michael on the Containment of the Cabal," July 3, 2012, at <http://the2012scenario.com/accountability/the-process-of-accountability/archangel-michael-on-the-containment-of-the-cabal/>.

(4) Loc. cit.

(5) Loc. cit.

(6) Loc. cit.

(7) Loc. cit.

(8) Loc. cit.

(9) Loc. cit.

(10) Loc. cit.

(11) Archangel Michael through Linda Dillon in a personal reading with Steve Beckow, Sept. 14, 2012.

(12) SaLuSa, July 13, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(13) SaLuSa, March 1, 2013.

(14) "SanJAsKa and the Pleiadian High Council, Pure Love Creates and Sustains your Realities," channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com>.

⌘ What is Not of Love? ⌘

The Mind Without a Heart - Part 1/2

April 9, 2015

<https://goldenageofgaia.com/2015/04/09/mind-without-heart-part-12/>



Credit: www.lifehack.org

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.

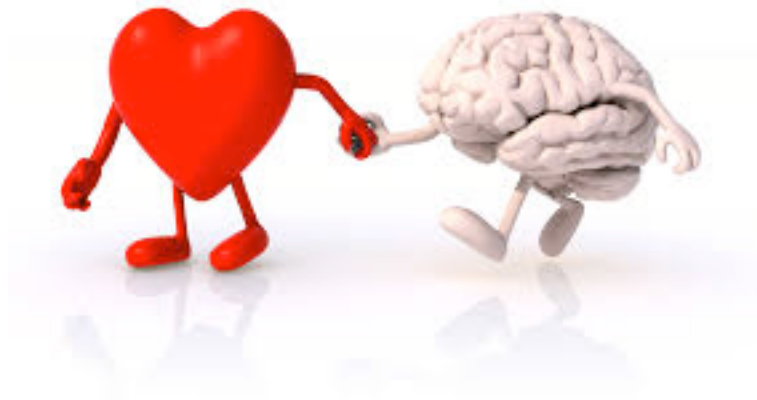
The passage from a mind-centered to a heart-centered consciousness is the very thing I was looking for, the very thing that would help with that transition.

(Concluded in Part 2.)

The Mind Without a Heart - Part 2/2

April 9, 2015

<https://goldenageofgaia.com/2015/04/09/the-mind-without-a-heart-part-22/>



Credit: the heartandmindconnection.com

(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.

The Mind Thinks the Heart is Crazy

June 5, 2015

<https://goldenageofgaia.com/2015/06/05/the-mind-thinks-the-heart-is-crazy/>



*Not quite. But you get the picture.
Credit: burdenbearersworldshakers.blogspot.com*

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 "Archangel Michael: You are Not Crazy," June 6, 2015, at <http://goldenageofgaia.com/?p=259122>.

Focussed on the Heart

April 8, 2015

<https://goldenageofgaia.com/2015/04/08/focussed-on-the-heart/>



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.)

Why Love Our Enemies?

September 10, 2021

<https://goldenageofgaia.com/2021/09/10/why-love-our-enemies/>



Why are we being asked to love our enemies this 9/11? Is it for their sakes?

Heavens, no. It's for our sakes. Well, OK. For both. But I'm really focused on us.

If we seriously want to ascend, then we'll lean towards those things and events that help us raise our vibrations.

Without faking it, being ingenuine, lying, etc. as some among the Illuminati, for example, have been known to do.

What raises our vibration more than joy, excitement, enthusiasm? And what excitement or enthusiasm could there be, for instance, in mass executions?

Will they sell the bullets that take down President X? Or a piece of the the rope that hanged billionaire philanthropist Y? Will we live to tell the tale to our disgusted grandchildren?

I think "repent" means "go another way." Before we get vengeful and start hanging cabalists from the lamp post, we'd better plant ourselves on forsaking revenge and going another way.

Or it will turn us into monsters. <----- That's the point. That's what I'm fighting to avoid.

Them? They will leave soon enough. Having rejected love, they won't be able to live in the increasingly-loving energies on this planet.

And when they're on the other side, worse awaits them there, but not at our hands.
(1) We're not responsible for their fate there. They decided it, entirely. We are responsible for their fate here once they're in our hands as our prisoners.

What are we ascending to? The divine states, are we not? What truck or trade have the divine states to do with someone who executes another for revenge, for getting even, because they deserved it, etc.?

The Law of Karma operates flawlessly. Not like us flawed creatures.

What are we thinking of when we imitate Adolf Hitler, Tamurlane and Genghis Khan?

Love flows. I've always only experienced it as it flows up from my heart and out. Where a person is closed to love, unless it can find a wee crack in, it flows around and leaves them to their choices.

Mass executions are a choice. It's a choice to close off to love. Mass executions will be our choice. But it's not mine.

In making that choice, I can say, unreservedly, you do not know what you'll be missing. Eventually, when you have a taste of a love so satisfying, at every level, on every score, you'll ask us, why didn't you tell me?

I *am* telling you. Will you *listen*?

If mass executions are happening, whoever ordered them - for any reason, it matters not - is on notice that, in my estimation, they've made a grievous karmic error and may want to consider walking it back and stopping them immediately.

Prediction of Eventuality

I assert, based on my own experience, that anyone who takes part in a mass execution will be unable to experience the higher forms of love until something is done to clear the blockage thus created.

I further assert, in this time of increasingly-refined vibrations, that the karma for ordering or taking part in a mass execution will return on individuals unusually fast (2) - whatever that karma is.

For sure I think it would include a closed door on this round of Ascension. I'm quite sure that the Golden Age will not be born in a sea of blood.

That may have been the fate of the Stone Age, Bronze Age, Iron Age and any other age I'm not aware of, but, in my most mature opinion, it won't be the fate of the Golden Age.

Footnotes

(1) See "The Astral Plane - The Dark Plane" at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Dark_Plane

Federation of Light: The many that have caused such deep atrocities to other Beings will at some point, have to 'FEEL' for themselves that which they have 'cast' upon another.

Think about that for a moment, Dearest Ones. There could be nothing that will be more painful for these souls that committed crimes against humanity ... nothing ... than to have to 'experience' everything they have put on to another.

Some may say 'well deserved' ... it is not about what one deserves ... it is LAW. ("The Federation of Light via Blossom Goodchild," April 25, 2020, at <https://goldenageofgaia.com/2020/04/25/the-federation-of-light-via-blossom-goodchild-april-25-2020/>.)

Why doesn't our star family intervene now? Said SaLuSa in 2012:

"We are bound by Universal Law to apply ourselves in a way that does not interfere with your freewill, so we cannot just speed up events by imposing ourselves upon you. The dark Ones know this and still interfere because they do not acknowledge the Laws as we do. However, if matters do not proceed within a certain time frame, we will be authorised to take more direct action." (SaLuSa, Sept. 19, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.)

(2) "Time on your planet has been in a speeded-up state for many years — and it is being moved even more rapidly now during the actual Ascension process. Therefore, as Humanity awakens out of its deep illusory 3D sleep, the learning of lessons that have remained buried in the subconscious of Humanity – both individually and collectively – now have the opportunity to surface and be worked out more quickly than ever before.

"Where often many lifetimes were required for the working out of a karma and learning a lesson in the past due to the plodding movement of Humanity's evolution, the picture has now changed drastically." (Beth Stormont, "Galactic Fleet Command: Readiness," Feb. 26, 2021, at <https://goldenageofgaia.com/2021/02/26/galactic-fleet-command-readiness/>.)

Not only is time passing faster than ever but events on Earth are also speeding up. ("Mike Quinsey: A Message from My Higher Self," May 13, 2016, at <http://goldenageofgaia.com/2016/05/13/mike-quinsey-message-higher-self-18-8/>.)

Things that in previous times may have taken decades you are going to see occur rather rapidly. And things that have been in the works for decades or even hundreds of years are going to come to completion or fruition very rapidly. ("Transcript: Sanat Kumara Discusses the Law of Intent, August 20, 2013, Part 2/2," August 26, 2013, at <http://goldenageofgaia.com/2013/08/26/transcript-sanat-kumara-discusses-the-law-of-intent-august-20-2013-part-22/>.)

To Give Someone Love, Even When They Despise You, is a Gift to Your Own Heart

December 23, 2022

<https://goldenageofgaia.com/?p=341143>



We heard Jesus through John say recently:

"I came to know that to give someone love, even when they despise you, is a gift to your own heart." (1)

Why is that?

Because love must flow and we experience it as it flows through us. Here's Michael:

Archangel Michael: Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you. (2)

There you have it. The whole Plan for this Ascension and all that follows: Love must flow; to experience it, we must call it up, allow it to flow through us, and send it on to someone else. Doing that as a society, we all end up experiencing love and follow it back to the Mother/Father One. That's the Plan.

Perhaps keep in mind that the love energies on the planet are themselves rising, making this love connection among us as a collective easier.

Remember as well what the Mother said, that Love *is* the Plan:

Divine Mother: Make no mistake, Sweet One, Love will win because that has been my Plan always. (3)

DM: 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. (4)

DM: So yes. It begins small and it continues to expand out. It is really a very simple plan. My plan is for the entire group of humanity to fall in love. (5)

Love is the Plan, leading to peace and unity. And if we want to experience love with another, we must give them the love that exists in our heart. So that they may receive it? I honestly don't know if they do or not. But *we* get to experience it as it passes through us.

"To give someone love, even when they despise you, is a gift to your own heart."

Footnotes

(1) "Jesus Through John: Sorrow," October 14, 2020, at <https://goldenageofgaia.com/2020/10/14/jesus-through-john-3/>.

(2) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

(3) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.

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

(5) "The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," Nov. 15, 2013, at <https://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/>.

Why Does Love Not “Sell”?

Nov. 27, 2015

<https://goldenageofgaia.com/2015/11/27/why-does-love-not-sell/>



Blossom's Federation of Light sources gave a fascinating message the other day, which I'd like to look at briefly.

At one point, they said:

"The only responsibility that any One Soul has ... be they residing on Earth or otherwise ... is to BECOME WHO THEY ARE ... IN TRUTH. By BEING so ... ALL that one is hoping for ... expecting ... desiring ... needing ... simply melts away. For when BEING in the fullness of their True Reality ... none of these things matter ... not one." (1)

That so fits with my experience. When I'm in the transformed space, in touch with my natural being instead of my scripted self, what we think of as our "personalities," nothing else matters. Expecting, desiring, needing do indeed melt away.

But my saying that probably shows up like a mere factual statement for which there is, so long as we're in our constructed selves, no evidence, no proof. In the dense vibrations of our ordinary consciousness, there's no experience of the truth of the FoL's words.

"We CHOOSE to speak of LOVE over and over for this is OUR PURPOSE ... to assist souls in Awakening from the dream. ...

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?"

I've noticed that too. When I operate self-servingly, I overlook the fact that I, before my heart opening and like the people the FoL are talking about, also put down messages that talked about love. I wanted the hard news, not the soft news.

Why is that love does not sell, so to speak? When we hear news of the ships, or of abundance, or even accountability, we perk up because we feel that "now my life will get better." But what we overlook is that the end of all our suffering is to be found in our burgeoning experience of love. That in fact is the goal of all the external events we're following, although we don't know it is as long as our consciousness is embedded in density.

The whole of the show that the galactics and celestials are mounting for us - Disclosure, Abundance, new technology, new healing modalities, etc. - is simply to release us from density enough that we can experience real love and then to provide the circumstances for us in which that experience of transformative love can continue and grow.

Women are said to be much more open to love than men are and, if so, it'd make sense that women should disproportionately lead in the chapter of our history that's opening up. This is going to bruise some male egos but perhaps less so as the vibrations rise. In any case, if men don't like it, it's clear what they'd need to do. (And some men are.)

Several times, when I go for my coffee at my local Starbucks (the one on the block nearest me, rather than on every other block), I watch men - usually from European settings - carry on in ways which the women seem to tolerate, often with amusement, sometimes with boredom or chagrin. I have to fight myself not to go over to their table and tell the man to be quiet.

One man I watched, at the beginning of the conversation, carried on bombastically, jabbing the air with his finger, speaking in a loud voice as if he were prancing up

and down in front of the two women, reached a crescendo of whatever it was he was saying (they spoke in a foreign language) and then fell silent.

The women then began to have a normal conversation, probably about the real meat of the meeting, and the man, while silent, could be seen talking to himself, probably reviewing the conversation in his mind, thinking of things he could have said, rehearsing, approving of himself, and so on.

Why do men do that? Why do two men in a conversation in which a woman is the third participant utterly ignore the woman? Why do men feel the need to establish that they're the top dog on the block? It's so unbecoming, so unflattering, so demeaning and unproductive.

It's also so far from an appreciation of what's important in life, which is just what the FoL said to Blossom. All the galactics do is to open us up to the centrality of love to the enjoyment of existence.

I grow impatient with my surroundings, even though it's fruitless and counterproductive to do so. And yet to stop asking for a speeding-up or amplification of external events and to get that what's important is the degree to which I surrender to love is counter to all my conditioning. I am unconditioning myself these days. I am coming out from under the impact of our so-misguided, so-mistaken conventions and norm, mostly male-dictated.

In the beginning it could be a lonely affair if it were not that love buoys me up. And when it buoys me up, as the galactics say, nothing else matters.

Footnotes

(1) The Galactic Federation through Blossom Goodchild at <http://www.blossomgoodchild.com/index.html?page=BG261nov25.html>

**⌘ Building Nova Earth, a World that
Works for Everyone ⌘**

We Can Choose to Be Audacious....

March 26, 2021

<https://goldenageofgaia.com/2021/03/26/we-can-choose-to-be-audacious-part-1-2/>



I remember when I first heard Werner Erhard say these words. I was moved to tears.

"We can choose to be audacious enough to take responsibility for the entire human family. We can choose to make our love for the world be what our lives are really about.

"Each of us now has the opportunity, the privilege, to make a difference in creating a world that works for all of us. It will require courage, audacity, and heart.

"It is much more radical than a revolution – it is the beginning of a transformation in the quality of life on our planet. You have the power to fire the shot heard ‘round the world.'" (1)

At that time I had no idea that I was a starseed and I wouldn't have called myself a lightworker. The drive was there, the commitment, the yearning. But I knew nothing then of what I do now.

Archangel Michael said to me in a personal reading on Oct. 2, "You've been talking to me all your life. You know that." No, I did not. But I wouldn't be at all surprised.

He also told me that Werner is active in the world today and operates interdimensionally.

Werner popularized many words and phrases that have entered our common vocabulary and affected the way we see things today. Making a difference, getting it, getting off it, getting conscious, at cause, at effect, what you resist persists, conscious awareness, Everything/Nothing - a lot of what he said shaped my way of thinking perhaps more than anyone else I can think of save, perhaps, Sri Ramakrishna.

And Werner and his work received the same disrespect that much of what we're doing today does. No different then.

But what he said in this paragraph burned itself into my memory. We can choose to be audacious enough to take responsibility for the entire human family. The entire human family....

Take responsibility for: see ourselves as cause in the matter and our input as crucial. (2) My heavens, could I ever dream of such a thing? I can today.

We can choose to make our love for the world be what our lives are really about. Can we really? Can we be so big and live so boldly?

Each of us now has the opportunity, the privilege, to make a difference in creating a world that works for all of us. A world that works for all of us. Is such a thing possible? Yes, when viewed from Fifth Dimensionality, which is where I assume Werner was viewing things.

He saw that such a world could be and we're now bringing it into being. A world that works for everyone. A world that really works. We can do this.

It will require courage, audacity, and heart. Yes, it does require that and it requires it from us every day, day by day.

Elsewhere he said that yesterday's share (3) was now dead and only today's share lives. To share ourselves honestly and transparently requires audacity and courage, but what a difference it makes for us. How freeing it is.

And heart - yes. In a world that valued craftiness, strategy, looking out for number one and getting to personal success by climbing over everybody, the willingness to love was downright dangerous and only the hardy and foolhardy risked it.

I remember having a shining transformational experience in a Communication Workshop and coming home glowing, only to have my girlfriend shout at me: "Stop that, right now!" I swallowed my original face. Werner would have said the world is hostile to transformation. Yes, we wanted to remain in our comfort zones and transformation was not comfortable.

He used to say if we wanted to remain in our comfort zone, he could oblige. He'd remove our guts and suspend us in tepid water. But if you wanted to live, to love, THAT was dangerous.

It's much more radical than a revolution – it's the beginning of a transformation in the quality of life on our planet. Yes, not a violent overthrow of existing institutions but their transformation, just as Archangel Michael has said the chosen route of the Company of Heaven is.

Transformation isn't a mere shuffling of the deck, not simply moving our Scotty dogs around the Monopoly board. It isn't simply "change," which causes persistence of the present condition. Transformation is an alteration of the context in which things are held, which alters everything, not a mere repositioning of the content.

You have the power to fire the shot heard 'round the world.' The shot heard round the world - the declaration on our part that hunger would end in the world by the year 2000 (we were perhaps 14 years premature, but Werner must have known or suspected), that peace would be achieved in the world by the year X, that honor killings would end by the year Y, that sexual slavery would end by the year Z - on and by our say-so.

Always a deadline so that social action could be coordinated. We will have a man on the moon by the end of this decade: Werner's favorite example of how a deadline works. But boldly declaring what we were about, a shot heard round the world, an idea whose time has come.

And soon, because of the reval, many lightworkers will find themselves uniquely in the position of having the resources to take the first steps into this new domain, the domain of coordinated, committed social action, firing the shot heard round the world. We CAN choose to be audacious enough to take responsibility for the whole world, not just the human family but all life on Earth.

I'm game for what comes next. I'm willing. I want a world that works for everyone and all my actions from here on in are aimed at achieving that world right now.

Footnotes

(1) Werner Erhard, *Graduate Review*, February 1980.

(2) “Responsibility begins with the willingness to take the stand that one is cause in the matter of one’s life. It is a declaration not an assertion, that is, it is a context from which one chooses to live. Responsibility is not burden, fault, praise, blame, credit, shame or guilt. In responsibility, there is no evaluation of good or bad, right or wrong. There is simply what’s so, and the stand you choose to take on what’s so. Being responsible starts with the willingness to deal with a situation from the view of life that you are the generator of what you do, what you have and what you are. That is not the truth. It is a place to stand. No one can make you responsible, nor can you impose responsibility on another. It is a grace you give yourself – an empowering context that leaves you with a say in the matter of life.” (<http://wernererhardquotes.wordpress.com/tag/responsibility/>.)

(3) A share is a statement of our personal truth, a bearing of the truth for us, an honest and transparent communication.

A World that Works for Everyone is an Ascended World

March 24, 2022

<https://goldenageofgaia.com/?p=334097>



You're probably asking yourself how the world could be made to work, as Werner Erhard said back in 1979, for everyone.

Easy peasy. Simple. No problem.

An ascended world is a world that works for everyone.

How so?

The love that prevails on the next level up - the Fifth Dimension - is of such strength and yet such sweetness that problems do not arise. Existing problems disappear. All one wants is more love and some friends to share it with. Because love must flow, as Michael reminds us:

"Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, to have an experience of love, it [must move] through you." (1)

If you're in higher-dimensional love and a desire to complain arises, way over there, it can't get near you. It's as if you're a marshmallow of love and your radius is twenty feet. Nothing can approach you, for the love that you're immersed in.

Remember a feeling happens inside us. A divine state like love is something we're immersed in. That's how we can distinguish between the two.

As enjoyable as any form of everyday love is, higher-dimensional love is ... well, another world.

Because all of us will be in that state after the culmination of Ascension, (2) I can say with assurance that, once ascended, the world will work for everyone.

Footnotes

(1) "Archangel Michael: Go with the Ebb and the Flow of Love," channeled by Linda Dillon, April 3, 2014, at <https://goldenageofgaia.com/2014/04/05/archangel-michael-go-with-the-ebb-and-the-flow-of-love/>.

(2) Sahaja nirvikalpa samadhi, a full and permanent heart opening. The heart is a portal to the higher dimensions.

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

March 29, 2015

<https://goldenageofgaia.com/2015/03/29/world-works-everyone-doubt-love/>



When Werner Erhard first called for “a world that works for everyone” in 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 was Werner's attempt to communicate the experience of enlightenment. See W.W. Bartley, III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978.

How Can a World Work for Everyone?

April 14, 2018

<https://goldenageofgaia.com/2018/04/14/how-can-a-world-work-for-everyone/>



I feel the need for a more general explanation of this paradoxical phrase that Werner Erhard coined in the late 1970s: "A world that works for everyone."

How possibly can such a world exist?

Please excuse me if you've heard me discuss the matter previously. Werner's point is key to understanding where we as a global society are headed.

How can a world be made to work for everyone?

Well, it cannot. That's the bottom line. The world cannot be made to work for everyone.

That's because it's we - not "the world" - that need to shift in such a way that the world works for everyone. Our consciousness needs to shift. What's called for is inner work, not outer work.

If everyone were in such a state of consciousness, the world would decidedly work for everyone.

People reading this blog know about the consciousness shift occurring on Gaia. It's this shift that will raise our vibrations to the level where the world will work, as Werner was suggesting.

I assert that Werner existed in that state of consciousness where he was naturally aware of workability.

You might be asking yourself how I know that too. Because I know the space he was pointing at. I lived in that space, for a time.

I inhabited a world that works for the better part of a year, before the experience slowly faded away. It's this experience that allowed me to see plainly what Werner was pointing at. The riddle that he posed in 1979 that I had contemplated ever since was solved.

Let me go deeper.

I'm sure anyone reading this blog knows about the kundalini. I had an experience on March 13, 2015 in which the kundalini climbed up my body and reached the fourth chakra.

Given that I serve the Divine Mother, I knew that any experience I was having must have come from her so I relaxed and let the kundalini rise.

As soon as it reached the fourth chakra, my heart (not my heart chakra or physical heart) exploded. I call this a "heart opening." It was as if a 15-inch gun went off on a battleship.

There was a tremendous inner roar and I was immersed in an inner tsunami of love. That's one way of talking about it. I was drowned in the Ocean of Love is another.

This torrent of love that swept through me swallowed me up and swept all anxieties, concerns, desires, and thoughts away. It left me clean.

This state lasted for seven months and was superseded by a state of bliss that happened the day of the consciousness wave of Oct. 28, 2015. Bliss lasted for another three months.

In these states, I was joyful, resilient, patient, loving. I was completely satisfied with all things. I needed nothing more than the promise that I would always experience this love.

Ahhhh, but ... that was not to be. It faded in January 2016 and I returned to my normal, everyday self again.

But I do know why, when someone experiences something like that, they cannot help but work for it ever after.

While in that state, a world of perfection was all I could see. Someone could come up and threaten me and I'd laugh. I had all I needed and no one could take it away from me.

For myself, I'd have harmed no one. I wished no one ill.

Because love needs to flow and because I experience it as it flows up from my heart, through me, and out into the world, all I wanted was to share this love.

The more I shared, the more I felt. It's like our kitchen tap. Turn it up and more flows through it. Turn the tap of our love up, send it out to the whole world, and more flows through us. (1) When Archangel Michael speaks of spiritual currency, this torrent of love is exactly what he's pointing at. (2)

I assert - and I invite anyone to test it out - that Werner Erhard was pointing us towards this state of consciousness with his phrase "a world that works for everyone."

Werner experienced this state permanently whereas I experienced it temporarily. I dipped my toe in the Ocean of Love; he went deep-sea diving. His experience was probably much deeper than mine.

What is the nearest correlate in lightworker language? Building Nova Earth. But our phrase doesn't cover exactly the same territory, which is what makes Werner's phrase so useful. We can build Nova Earth and not be in the consciousness state that Werner was pointing at.

Again, please forgive this technical note but I need to say it for those who are following my argument closely.

The space of a world that works for everyone is the space of what we lightworkers and loveholders call Ascension, the culmination of Ascension actually - Sahaja Samadhi, which is a full and permanent heart opening.

My experience was nowhere near Sahaja. My temporary heart opening was what Hindus call "spiritual awakening" and Buddhists, "stream-entering." (3)

Mine was a fourth-chakra awakening; the experience of Sahaja is beyond the seven-chakra system. It is the full heart opening that follows our ascent beyond the seven.

OK, OK. That's all the technical stuff. Thank you for your tolerance.

When the heart opens in fourth-chakra enlightenment, for as long as the experience lasts, one is in a space in which the world works for everyone.

In a society and culture which, at the time, wasn't generally very lettered in subjects like enlightenment, how would one most effectively spur people on to reach this goal in spiritual practice?

Easy. Give them a paradox. Blow their minds with a statement that can only be resolved from a higher level of knowledge - what Werner called "natural knowing."
(4)

That statement is "a world that works for everyone."

Given that I wrestled with it since 1979 and finally "got it" in 2015, his paradox worked for me.

Footnotes

(1) This love flows up from our hearts and out into the world. You can use your in-breath to draw the love up and your out-breath to send it out to the world.

(2) "Now you know that I have spoken at length, and repeatedly, about spiritual currency being an integral, unavoidable part of this thing that you call the RV. What you call the RV, I call the re-evaluation of spiritual currency. ...

"When I have said 'spiritual currency,' you've had a glimpse of this in the knowing of mastery and abundance and so you know it isn't about money. It is about spiritual currency. And I say to you, 'congratulations.'" (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 2, 2017.)

Yes, I had an experience of abundance and mastery as what Werner would call "contexts." Both were wonderful and I ended up again in the Ocean of Love.

(3) See "Enlightenment - (1) Spiritual Awakening - How has the experience of spiritual awakening been described?" and following sections, at <https://tinyurl.com/yd6gv7bf>

All experiences short of Sahaja are temporary.

(4) Einstein said “We can not solve our problems with the same level of thinking that created them.” (<https://www.goodreads.com/quotes/320600-we-can-not-solve-our-problems-with-the-same-level>.) By the same token, we cannot know higher states from lower states. We have to enter them to know them.

A World That Works. How? Through Love

June 3, 2017

<https://goldenageofgaia.com/2017/06/03/a-world-that-works-how-through-love/>



Archangel Michael said on *An Hour with an Angel*:

"Destructive adults, they need the help.

"And that is where your global work comes into play of holding peace, of holding the vision of a world that works for everyone. Of holding a vision where there is not a separation between human beings – that some are good and some are bad, that some are in and some are out.

"Hold that vision. That is the global work at the moment. Hold the vision of what you are desiring, what you are intending, what you are bringing forth in tandem with us." (1)

I never thought I'd be in a position to utter these words, but I feel capable of holding the vision of a world that works for everyone.

If you'd have asked me perhaps two years ago, I would have said, "No. Not ready yet." But now I am.

Nonetheless, there *is* a split in me. I can hold the vision in the quiet, meditative space of my apartment, but when I go out into the noisy street, my conditioning, my fear of losing my space as a hermit/writer, and all other leftover vasanas mean

that I don't live up to my vision. I may be considered by many as grumpy, withdrawn.

In Kathleen's terms, the inner and the outer do not yet match. That accomplishment awaits me. I definitely sense what that would be like. Jesus discussed it, did he not? When the outer meets the inner, etc.?

Nonetheless, in the quiet and solitude of my lovely apartment, when I feel transformative love or bliss coming up at the sight of the setting sun or the memory of the beloved, I remember that it's this love and bliss that will have the world work.

And love and bliss are where we're headed. So I can relax. We can relax. Overall the matter is handled. Gradually, but certainly. As long as the angel in charge of the thermostat remains on duty.

Just think of it! We don't have to worry about how to make the world work for everyone. The direction the world is headed in will take care of the matter simply in the outworking of things. Hallelujah!

And what will do it is what the Mother calls her "Tsunami of Love." That continues and continues. We might think of it as the "new normal."

I've actually felt the "tsunami of love." I called it, at the time, "torrential love." It didn't occur to me at first that this was what the Mother was referring to. It was like a flooding river or a rogue wave. It sweeps all before it.

Oh, yes, it's a real state of consciousness. It's not just a spiritual wind that blows at a higher dimension, which we don't feel. It's a state of consciousness just one flight of stairs up from where we normally are - and many people are breaking through to it now. Like chicks out of the egg we are. We break through the shell in our transformational moments - in an encounter group or a meditation workshop, say. Or in love itself. (2)

When I had the obstacle in my heart blown out on March 13, 2015 - which is what I mean by a "heart opening," not an attitudinal shift - I felt swept away in the flood of love that followed. I went in and out of that state for the next six months. Each time I'd willingly drown anew in the Ocean of Love.

Each time it overwhelmed me was like a dam bursting and the resulting torrent of water swept down the valley. That conveys the force with which love takes over the place - sacred love, real love, transforming love.

It drowns everything. Nothing escapes it. Of course all of this is happening in inner space, in feelings and inspired ideas. I'm giving words to the wordless.

We truly are drowned in the deep end of the Ocean of Love, as Kathleen put it. And what one has drowned in turns out to be exactly what one was seeking all one's life. It's the treasure in the box that Eckhart's beggar is sitting on. (3) It's the treasure buried in the field that Jesus described.

If we'd had this experience, we wouldn't need to ask anyone to validate it. (4) It would be self-evident and would never leave our memory.

When everyone in the world feels love like that, the world will work. We'll only do what works and what we do will work. And all of us will feel love like that in our future.

Footnotes

(1) Archangel Michael in "Transcript ~ Archangel Michael: Peace is Love, May 11, 2017," Channeled by Linda Dillon, at <http://goldenageofgaia.com/2017/05/21/transcript-archangel-michael-peace-is-love-may-11-2017/>.

(2) I've found it particularly helpful to combine qualities, such as love and awareness or love and light, as a means of encouraging transformational moments. I can think of two spiritual experiences right away (the Silver Bullet and the Flame in the Heart, I called them) where it was the conjuncture of two awarenesses that caused the peak experience.

(3) A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (4)

(4) In the first Enlightenment Intensive I did, the master said that anyone who thinks they've had an experience should come up to him and discuss it with him. (Trick question.)

I thought I had an experience and went towards the front to discuss it with him and, even before I reached him, he curtly said "Sit down." I meekly sat down.

Some time later, I *did* have a transformational experience. I got up from my seat and went outside the hall. I felt no need to go to the front to discuss it with the master.

A World That Works for Everyone? Why, That's Simple!

June 20, 2015

<https://goldenageofgaia.com/2015/06/20/a-world-that-works-for-everyone-why-thats-simple/>



Credit: www.wernerhard.com

It's been more than thirty years since Werner Erhard issued his challenge to create a world that works. He said in 1977:

"We can choose to be audacious enough to take responsibility for the entire human family. We can choose to make our love for the world be what our lives are really about.

"Each of us now has the opportunity, the privilege, to make a difference in creating a world that works for all of us. It will require courage, audacity, and heart.

"It is much more radical than a revolution – it is the beginning of a [transformation](#) in the quality of life on our planet.

"What we create together is a relationship in which our work can show up as making a difference in people's lives. I welcome the unprecedented

opportunity for us to work globally on that which concerns us all as human beings.

"If not you, who?
If not now, when?
If not here, where?" (1)

He called the event announcing his intention to build such a world "the shot heard round the world."

Well, I can tell you, it was certainly a shot that resonated throughout my being. I wept when I heard him lay out his vision. And I was so grateful to him for having given it words.

I wondered for years how it could be done. And now here we are, doing it.

And it turns out to be easy peasy. That world that works for everyone? That's a Fifth-Dimensional world. That's exactly the world that awaits us after Ascension. You could sit back and do nothing and still arrive in such a world. It's laid on.

But what isn't laid on is how soon it happens. And what isn't laid on is whether we'll play a part in it. What isn't laid on is whether we'll recognize the opportunity it represents to grow and evolve.

Ascension happens when our vibrations reach a certain stage where we can energetically "support" such a world. It happens when our vibrations reach the stage where the largest possible number of people (some will choose not to go) ascend with us.

But we won't sit back and wait for it because for every minute we delay getting to work to create such a world, more babies die of famine, more fathers and mothers weep over their loss, more kidnapped girls suffer in sexual slavery, more women are attacked by acid-throwers or killed in honor deaths, on and on the list goes of tragedies and atrocities which we're going to address, just as soon as abundance arrives.

We are, are we not? I'm not speaking into a vacuum, am I?

I'm not just dreaming that there are a small army of lightworkers out there who, when abundance arrives, are ready to set to work with a portion of their gifting to make a difference in the world, to build the New Earth, am I?

Tell me we're not all going to buy yachts in Florida or castles in France. Tell me that some lightworkers seriously intend to build a workable world, no kidding, like "we're the ones!"

We have the opportunity to fire the shot heard round the world. We have the ability to cause a creative explosion in our world when our gifting shows everyone that there's a new marshall in town, the old order has fallen, and we, the new wealth holders, are here, not to corral wealth, not to misuse it or use it poorly, but to transform the world to planetary workability with the funds being channeled through us.

We are incorruptible. People will try to trip us up. And occasionally we'll trip ourselves up. We are human. But neither money, sex nor power (or what the Divine Mother called "control, greed and lust"), (2) will in the end have us stand down and leave our posts.

How many of us have had a dream in which we saved the world? How many of us ever, ever thought that we'd be doing it?

Well, as soon as someone shakes the tree, we're going to do just that.

Don't worry about how you look. You look outlandish. Will people talk about you behind their back? Yes, they're doing so right now. Will they will say bad things about you? Guaranteed.

Will you let that stop you?

Will you, once abundance arrives, project your vasanas onto other people? Probably. So simply watch yourself and know when you're acting from ancient wounds and incidents that happened to you when you were a child, that they have nothing to do with the poor bloke standing right there in front of you. And stop.

Example: Why do I react so badly when someone discusses a financial arrangement with me and wants deference from me in return? When I was seven, I went to a Montreal hospital with my wealthy Grandfather. He'd donated the money to add a room on to a complex and his name appeared on a plaque above the door.

A doctor kindly guided us to the room and my Grandfather argued with the doctor because the plaque was bolted to the wall. He wanted an extender put in that would have the plaque be four inches out from the wall, so more people could see it. Oh my. Can I have the Mother's cloak of invisibility please? This is my Grandfather?

I have to watch that I don't project my feelings of embarrassment and disgust onto others who demand my deference because they contributed, coming from the triggered memory of that incident.

It isn't all going to be easy. We'll lose friends in the process. We'll wonder at times why we signed on for this work.



I have a newspaper photo on my wall of a woman in Darfur, crying. Underneath is the final line from a positive Canadian refugee claim, the formula that all refugee claimants are waiting to hear: "...and I extend to you Canada's protection." How proud I was to say those words. How proud I was of my country that had such a robust human-rights system.

That woman is my employer. She's who I work for.

You have the power to fire the shot heard round the world. Just keep getting bigger and bigger and bigger and bigger.

In fact we *are* the shot heard round the world. We *are* the world that works for everyone, in bud and blossoming. We simply need to get that intention, that commitment, that impetus out from our hearts and into the world.

Heroes are ordinary men and women who dare to see and meet the call of a possibility bigger than themselves.

*Breakthroughs are created by such heroes, by men and women who will stand for
the result
while it is only a possibility - people who will act to make possibility real. (3)*

Footnotes

(1) The quote "a world that works for everyone" is found here:

“Transformation does not negate what has gone before it; rather, it fulfills it. Creating the context of a world that works for everyone is not just another step forward in human history; it is the context out of which our history will begin to make sense.” (*Werner Erhard – A Shot Heard Round the World: A World that Works for Everyone* at <https://www.scribd.com/doc/143329822/Werner-Erhard-A-Shot-Heard-Round-the-World-A-World-that-Works-for-Everyone>)

See also Werner Erhard, *The Hunger Project: The End of Starvation. Creating an Idea Whose Time has Come*. San Francisco: Hunger Project, n.d., p. 3.

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

(3) Werner Erhard, at <https://www.wernererhard.com/thatworks.html>.

From a World That Loves Comes a World That Works

July 4, 2015

<https://goldenageofgaia.com/2015/07/04/from-a-world-that-loves-comes-a-world-that-works/>



This is a time that's rich in experience for me. I've come alive to love, gradually as Archangel Michael predicted, but steadily.

It's so rich in experience that I don't have the opportunity to convey a lot of it. I now spend probably two hours a night in bed just reflecting. An element of what a friend used to call cave time is becoming a necessity for me these days.

It hasn't reached the point of meditation yet, but I can see it's pointing in that direction.

I also notice that I remain stubbornly alive these days, day in and day out, to whatever the thread is of what's happening for me.

At a feeling level, I feel my attention constantly drawn to whatever the puzzle of the moment is, the thing that I'm learning. It's like a focused mind, a laser mind.

I don't take a break. I don't hoist a beer. I don't shoot pool. I remain in contact and in touch with the moving picture of my present-minded experience. I remain present.

You might laugh and say "Remain present to what?" Just to whatever may arise in this moment.

The greatest gift I can make to the world is to bring myself to any one situation, to be present at any one moment.

If all of us were doing that, that would be a conscious world. Isn't it interesting that we probably could not say of ourselves that we're a conscious world yet?

Consciousness raising, I think, is soon to become the business of all of us. I think it was Sheldon's sources who said recently that a lot will be expected of us in communicating calmly and reasonably to the masses as they awaken to what's happening. They'll want to hear it from terrestrials and we are they. The ground crew.

That calls for consciousness. Hence our business will fast become about raising consciousness, I'm willing to bet - as high as we can raise it. And harmlessly. Ahimsa (harmlessness, peace) before sathya (truth) for warlike human beings who kill each other over "the truth."

From a world that's conscious comes a world that communicates. From a world that communicates comes a world that loves. From a world that loves comes a world that works.

A World so Loving

April 15, 2017

<https://goldenageofgaia.com/2017/04/15/a-world-so-loving/>



A cast of thousands behind the scenes is staging our Ascension. They're responsible for the production side, more or less.

What we've been tasked with is building Nova Earth, a world that works for everyone.

You probably had no trouble with "building Nova Earth" but perhaps an involuntary laugh at the thought of "a world that works for everyone."

Tee hee. How can a world be made to work for everyone????

Let me put the matter this way. The Fifth Dimension, from the very minor experiences I've had of it so far, is characterized by Divine Qualities such as love, bliss, peace, joy, to name a few.

None of these is like anything we've known in our everyday lives. It was completely unknown territory to me. OK, OK, a few brief stopovers on the way to somewhere else. Seconds or minutes a year.

But we use the same names for both the everyday and non-everyday kind of quality. And that's where things get confusing.

I'm going to follow the Divine Mother's example, when she talked about "sacred love" for what I was calling "transformative love" and Jesus, "real love." (1) I'm going to say "sacred bliss" and "sacred peace" as well because that phrase does suggest the gulf between, say, ordinary love and higher-dimensional love.

The point I want to make is that, when one is in the state of sacred love, sacred bliss, or sacred peace, one would never harm anyone. All one wants is that others share the same state of consciousness. There's nothing in the world one wants for oneself except more sacred love, bliss, peace, etc.

The world works for one who enjoys sacred love, bliss, or peace. At some point in time, that'll be all of us. But for now, it's known only to a few of us and those few, lightworkers.

A world that loves is a world that works. When all of us experience sacred love, this world will automatically work. That comes with Ascension.

What you and I are doing is getting out ahead of the parade and finding the most direct route to get there as early as we can. Loving, now, is exactly what's required to make this world work.

We're all headed for a world so loving, so blissful, and so peaceful that everyone is naturally and normally happy. The state we'd be in then I call the "Natural Self." It's who we are without the overburden of issues and upsets, patterns and programs.

To speed the process along, I recommend anyone who wishes to ask for love, bliss, or peace. Open to them. Imagine them. Draw love or bliss up from our hearts on the in-breath and send it out to the world on the out-breath. Imagine love. Remember bliss. Prefer peace. Express only love.

Meanwhile I'm still here, knowing the punchline, understanding how this rivetting movie ends. And it's such a great ending that I want to share it with everyone, whether or not they intend to see the movie. I can't be quiet on this one. Never mind the stock market. Listen.

We're all headed for a world that works for everyone.

All those people who value the pursuit of happiness? This is your destination, your stop. Congratulations!

Just knowing how the movie ends is for me endlessly exciting and gripping. I can't suppress my excitement. The ending eclipses anything done or said by the corrupt and foolish while being everything I ever could have wanted or wished for.

Footnotes

(1) Divine Mother: Why (laughing) can we not call it 'Mother Love'?

Let us call it Sacred Love. ...

Now, you have yearned to know love and this yearning has expressed in many simply as yearning, but many of you – most of you and this is part of your ascension – are breaking through that barrier as well, and coming to what you, dear Steve, have called 'Bliss' – what many call awakening, expansion – it matters not. But into that knowing and that experience of such unlimited, unconditional, unrestricted bliss, exuberance, joy – all of this is love. ("Transcript ~ The Divine Mother: New Year's Message 2017," December 29, 2016, at

[https://goldenageofgaia.com/2016/12/31/new-years-message-2017/.](https://goldenageofgaia.com/2016/12/31/new-years-message-2017/))

Jesus: Truly, although you do need to care for it sensibly, your human body is a distraction because you are so aware of it to the exclusion of what is real Love, and whose flame burns always within you maintaining your eternal existence. And yet you seek It, quite unknowingly, without, where It can never be found.

Love is the energy field in which all exists. (Jesus through John Smallman, Jan. 30, 2015, at <https://johnsmallman2.wordpress.com>.)

Here is the Arcturian Group: You are ready and it is time to move more fully into a consciousness of real Love--Love that is free of limiting three-dimensional concepts and that you live and express in every experience of daily living. (Arcturian Group, Jan. 29, 2017, at <https://www.onenessofall.com/>.)

Building the New While the Old Falls

Nov. 8, 2015

<https://goldenageofgaia.com/2015/11/08/building-new-old-falls/>



Credit: www.stonesoupwr.com

I regard it as the best way I can contribute to the world to continue ethnographically describing the higher-level spaces I go through, rather than tracking and commenting on the tragic refugee situation in Europe, the bombing of the Doctors without Borders hospital, or similar heart-rending events.

Others are following current events but fewer of us are diarizing our Ascension journey.

The sooner we all tap into the vibrations that are increasingly being made available to us, the quicker the situation for refugees, the poor, and the disenfranchised will be solved. We cannot even see the solutions viewed from the Fourth-Dimensional level most of us are seeing from. But ... the problem itself would disappear at a Fifth-Dimensional level. (1)

Again, the sooner the Reval gets here, the quicker their situation will also be seen to. We'll then have the funds to drive important interventions and processes to move us toward world peace and plenty.

Our commitments and commentaries are not like playing music while Rome burns. They're building the new city, that was in the catacombs until now. It'll replace the

imperial drama we called the Third Dimension. We're designing and building the form of the future. Yes, some areas of the old are burning. They were meant to fall. And, no, they won't take us with them.

Let me make a hard share. It comes as a result of reflecting on Ben Fulford's news that Doctors without Borders may have been taken over in Afghanistan and a few other places by the cabal and is being used for heroin distribution.

I want to pick up from where I left off. I said then:

"The best thing we can do for Doctors without Borders, if Ben's reports are true, is to send them our loving thoughts and picture them as cleansed of the Illuminati. We tend to be black or white, either/or with things. News of the kind that Ben passes along, if it's true, can send us from support to opposition.

"Again if what Ben says is true, rather than condemning them, let's hold the space for Doctors without Borders returning to their previous commitments. Presuming the allegations are accurate, and they may not be, I'm sure no doctor in the organization would have wanted this outcome to happen. Nor would they be happy if we abandoned them, blaming the victim." (2)

One of the advantages of passing through a higher-dimensional portal and then returning to everyday consciousness (whatever "everyday consciousness" is, as the energies continue to rise) is that I see matters from both angles. I have the unique advantage of being able to understand what happens at the Fourth-Dimensional level and how matters are seen from at least the vestibule of the Fifth.

There's a fundamental difference. I'm very reluctant to describe it because I fear I'll be accused of being arrogant or something. But I regard it as helpful and important to illustrate the difference in feeling and approach. So I accept the risk.

Viewed from the Fourth-Dimensional perspective, the news that Doctors without Borders may have been invaded by the cabal and bent to use in their heroin-distribution chain causes a recoil in me. My face scrunches up in disapproval. I activate all previous records, files, scripts, vasanas and issues under the file marked "Opposition." And I block any good feelings I once had for Doctors without Borders.

I put doctors who work for the organization into the box marked "handle with care." I write Doctors without Borders off my charity list.

How nonsensical this reaction is when viewed from a Fifth-Dimensional perspective!

From a higher vantage point, I feel compassion for the doctors within the organization who almost certainly have been mistreated or killed so that the cabal could take the outfit over. I feel their pain. I imagine them crying out to the public to dig deeply into this one and uncover the truth, for their sakes and for that of their future patients, now deprived of their services.

I feel no recoil. I don't feel disapproval of anything. No negative emotion arises within me; only love and bliss. None of this news changes my original feelings of loving support towards Doctors without Borders.

So there's a fundamentally-different experience between the Third/Fourth and Fifth Dimensions over a matter like the purported discovery of the fall of a light organization to the dark.

May I now leave the ethnography behind and broaden the discussion for a moment?

I said some time ago that entertainment figures who'd been forced into submission by the Illuminati need to be forgiven and welcomed back into the tribe. Some of them were drugged, raped, tortured, and subjected to other mind-control practices at an early age to force them into submission.

That statement applies to many more than just entertainment figures. Boy prostitutes used in the Washington pedophile rings, female sex slaves around the world, addicts of all kinds, even child soldiers - the list is long of people we'll need to welcome back into the fold - and rehabilitate.

Why need to? Because we want as many people on the planet to experience the grace and liberty of Ascension. And because we all have been in their position and someone helped us out.

We came as starseed and celestial lightworkers exactly for that purpose: to help as many as possible to ascend. Who said it would always be pleasant or easy?

Why would we want to blame the victims of Illuminati evil? Yes, rehabilitating them may take work and it can often be unrewarding work. People who've been severely abused may be unable to have trouble-free relationships. They may turn the rescuer into the perpetrator faster than an eye blink. They can hurt people, especially the ones they love.

But that again is the job. Only the hardy need apply.

From the Fifth Dimension, forgiveness is easy, natural, obvious. There's no need for Ho'oponopono. Forgiveness and the request for forgiveness are immediately followed by love; no words, no prompts or props are needed.

But this is done only for the benefit of the Fourth-Dimensional person. The Fifth-Dimensional person is immersed in love and has no sense of anything being wrong, past or present.

The love and bliss of the Fifth Dimension produces a climate of opinion and values in which obvious solutions to problems appear that cannot be seen from the vantage point of the Fourth, as Einstein reminds us.

Try to imagine the Fifth if you're "not there" yet. Try experiencing deep love, ecstatic bliss, gratitude, forgiveness, peace. Just try. In a flash, you may connect with the bliss and then the space opens up.

Ask for celestial assistance. The angels and archangels are the dispensers of enlightenment - and Ascension. (3) Spiritual currency is what Archangel Michael calls transformative and universal love. Ask for your spiritual inheritance, held for you until this day.

Footnotes

(1) There is no hunger, no thirst, and no fatigue, not hot or cold, unless you order it, in the Fifth Dimension.

(2) "Ben Fulford's Allegations on the Downed Russian Airliner and Doctors without Borders" at <http://goldenageofgaia.com/2015/11/03/ben-fulfords-allegations-on-the-downed-russian-airliner-and-doctors-without-borders/>.

(3) See "Angels - Angels enlighten, or participate in the enlightenment of, humans," at http://goldengaiadb.com/index.php?title=A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans
See also preceding and following sections.

Love Builds: Transformed Consciousness and Building Nova Earth

Oct. 11, 2015

<https://goldenageofgaia.com/2015/10/11/%e2%80%a8love-builds-transformed-consciousness-building-nova-earth/>



How can the energetic results of the [recent] Blood Moon Equinox be related to managing the money flows of the Revaluation and building Nova Earth? (1)

Well, what happened at the Equinox seems to have equipped a few people, yes, for Ascension but also for building the new world.

I can speak for myself that I'm ten times more productive and effective in the transformed space [*Steve 2021: bliss*] which I've been in for the last week (intermittently) than I was before.

My meetings go smoothly and the outcome is to the satisfaction of all. As long as I'm in the transformed space.

When I'm back in my everyday consciousness (call it 4D if you want, 3D if you must), things don't go nearly as well.

I feel territorial. I get impatient. I make my complaints known. And so on. But in the transformed space, everything works.

I can therefore confirm that building Nova Earth will almost certainly proceed ten times more effectively if we're in the transformed space.

I confess that I don't know how to reliably transition from everyday to transformed consciousness. I wish I did. [*Steve 2021: Draw up bliss from the heart on your inbreath and send it out to the world on your outbreath.*]

I've used the thought of the beloved to give me the push, via love, to reach it. And that has always worked.

But not everyone is in relationship so I'd like to look at other ways as well.

Whatever means is selected, love almost certainly has to be a part of it. I don't know how to reach the transformed space without loving someone, something.

So let me practice a more generalized love and see what outcome that produces.

Yes, it does work. Impersonal, generalized love directed to the world is capable of lifting a person from everyday consciousness to transformed consciousness. At least in these energies.

It's the love that transforms. The object is variable. But, since love needs to flow, it's useful to have an object it can flow to. Direct it to God. Direct it to the Mother, Archangel Michael, Quan Yin, it doesn't matter. Just let love flow.

Breathing in love [*Steve 2021: or bliss*] and sending it out to the world is again the central practice in elevating me and allowing me to stay where I land.

At some point, something will happen to make this space permanent, as Alexander del Sol reported it was for him. (2) Until then I have to kickstart it.

St. Paul was pointing at this process when he said that "love builds." The Divine Mother also described the same space on *An Hour with an Angel*:

Divine Mother: Sweet Steve, you have said to me many times; How do we build this Nova Earth?

SB: [laughing at her knowing] Yes, Mother.

DM: And you build it, my beloved son, by claiming the love, by claiming the building blocks, the glue, the dissolving agent, and you use it as your creator self however you choose.

And I support those choices because, when we are in harmony, when I am permitted to be acknowledged and loved within you as you are within me, then the choices are always reflective of this forward movement of Ascension. (3)

Build with love and, now - not 100 years ago - it will stand. Now is the time for the Light to return to Earth. That's the Mother's Plan.

So to repeat, my hypothesis is that operating from the transformed space will multiply and magnify our efforts towards managing the money flows of the Reval and other prosperity programs and building Nova Earth with them.

Footnotes

(1) See Bruce McClure, "Super Blood Moon eclipse on September 28, 2015," [EarthSky.org](https://earthsky.org/sky-archive/total-lunar-eclipse-blood-moon-hunters-moon-september-27-28-2015/), September 27, 2015, at <https://earthsky.org/sky-archive/total-lunar-eclipse-blood-moon-hunters-moon-september-27-28-2015/>. It was on Sept. 28, 2015 that my mood of transformative love became one of bliss.

(2) Alexander del Sol, "Profound Inner Peace, Ineffable Bliss — The Shift is NOW in Progress!" *On the Cusp of the Wave*, March 26, 2013, at <https://waverider1.wordpress.com/2013/03/26/profound-inner-peace-ineffable-bliss-the-shift-is-now-in-progress/>

(3) "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/>.

⌘ Personal ⌘

I Want You to Know Me Deeply, Truly as I Am

May 6, 2016

<https://goldenageofgaia.com/2016/05/06/want-know-deeply-truly-2/>



Written in 1986. Things have never changed for me.

There's something I haven't told you about me.
It's a piece of me I keep locked up inside.
I've chosen not to be that part of me.
I've hidden from you and lied about who I am.

I'm not available to you then.
Neither am I available to me.
So sharing with you the part of me I hide
Means I show up here, I'm on the scene.

I want to be myself with you,
Let down my guard, relax
So you can know me deeply, truly as I am.
My hands begin to shake at just the thought of it.
Everything dear looms up to be let go of once again.

I want you to know me deeply, truly as I am.
I'm prepared to lose it all, if lose I must.
Help me. Love me. Right now I need your helping hand
To stand before you here and tell you who I am.

A Person of Peace Radiating Love

March 9, 2022

<https://goldenageofgaia.com/2022/03/09/to-be-a-person-of-peace-radiating-love/>



These words from Daniel Scranton hit home:

"[Compassion is] what will heal and help, and fighting with others about who's right and who's wrong and what's really going on will perpetuate conflict and war on your planet.

"So before you start doing that with other people to prove how right and how smart you are, and we are only speaking to a few people here who are tuning in, remember to go within your hearts first and feel for the compassion that is there for all humans who are living through war, conflict, bombings, and shootings, and recognize that you are so much more a part of the solution when you do that than when you tell someone what you think is really going on."

Good points.

With war having broken out in the Ukraine, peace seems to be on everyone's mind.

Peace I know. And I'm beginning to feel a lot of compassion. I don't know if peace itself has brought that on or whether the rising energies have.

Grumpy is thawing. The troll under the bridge is coming out. Humpty Dumpty's back together again.

P-E-A-C-E is how you spell relief. From that platform of stability, let me experiment by breathing love up from the heart. Let's see what that produces.

What results is what I'd call a spiritual adult. A person completely solid in themselves (at real peace with everything; therefore, adult) and radiating what the world needs and wants most (love).

A person of peace radiating love. Now that's an honorable goal to aim for.

What's different about everyday peace and peace as a divine state?

What's different for me is that everyday peace feels somehow contained within me. At best I feel unrattled and my mind stops for a while. There's no sense of how the way I feel is related to any larger state than my everyday consciousness.

In the divine state of peace, *I am within it*; it's not within me. It feels like a universal condition and I'm just in a part of it. I'm in a peace that stretches out everywhere. Or I'm immersed in a universal ocean of love.

In ordinary peace things interrupt; I'm on the edge of feeling jittery, expecting an interruption. I come and go from what's actually *quiet* rather than real peace.

In real peace, things still interrupt, but I'm not on edge expecting them. The "I" that would be on edge has disappeared from sight. Only the "I" of the observer remains. (1) That "I" is agenda-less. I therefore find I can move fluidly from one situation to another.

In everyday peace, I may still be aware of my body's functions. My heart may pound, for instance. But in real peace, I'm not aware of any functions. All is complete quiet and stillness.

Except for Aum ringing in my ears....

Footnotes

(1) Yes, the real "I." But I'd have to realize it for the noticing to have any impact.