

Let's Go! Let's Grow!
The Renaissance of Human Growth
Vol. 2. Responsibility



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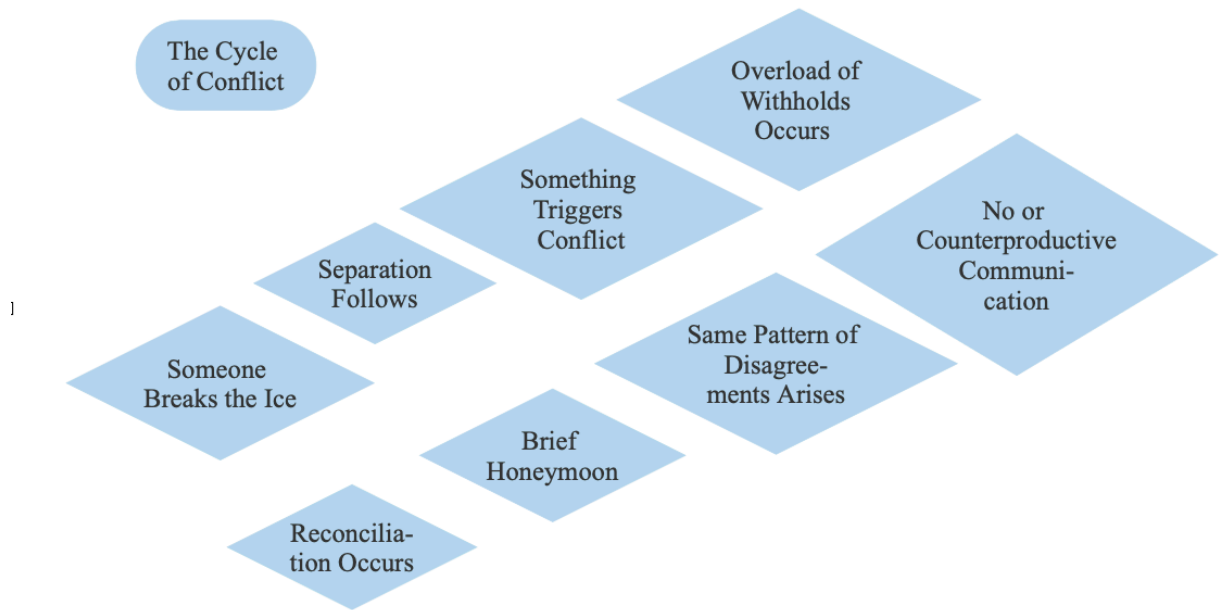
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The Pattern of Relationship in My Family

Introduction



I remember the shock I got in a three-month encounter group that I attended in 1976-7 (I think it was) when I was shown that I could take personal responsibility for a mistake I made or ill-intended act I did and ... I did not die.

Oh, wow! What a release! And I began the work of releasing the stored-up tension and resentments I'd accumulated in 29 years of life up to that point.

As you can see, many years, later here I am still copiously writing about what I learned in those years and subsequently about such issues as personal responsibility, completion, and communication.

What a journey it's been! Along the way I've learned where love lives, which was perhaps the most helpful thing to learn of all! Now I breath love up from my heart. It completely satisfies me and removes all desire to resist, resent, and revenge, as I say here. (1)

Now, every time I say "I am responsible for...." I feel strength and power from such a statement rather than "It wasn't me. It was Paul [my brother]." It wasn't me. It was the rain. It was my shoes. It was the traffic.

I write and compile this book - and this series - in the hope that others who benefitted from the growth movement will take it up again and create groups, workshops, and courses in human growth as well as enlightenment.

What do we do after enlightenment? That's where human growth comes in. It's about useful, harmless, and profitable ways of relating to each other that result in win/win outcomes.

Without any further introduction from me, let's wade into the work of taking responsibility for our thoughts, words, deeds, and lives. Good luck to you. You're an eternal being who will one day realize the purpose of life: To know who you truly are.

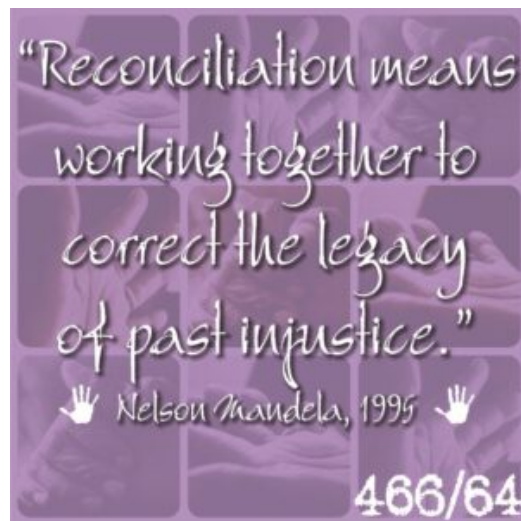
Footnotes

(1) See *Love like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2024/01/Love-Like-We-Never-Imagined-It-to-Be-R18.pdf>

True Reconciliation Means Working Together (Excerpt)

September 6, 2023

<https://goldenageofgaia.com/2023/09/06/true-reconciliation-means-working-together/>



(An excerpt from a discussion of leaving the cycle of conflict.)

Wishlist

Gosh, I just felt overwhelmed at the thought of rebirthing the Growth Movement by reviewing some of their major insights and conclusions.

No, that has to wait till after the Reval and I'll hire a staff of researchers to do it.

But just as a wish list, in what we've been discussing around relationship conflict, I'd like to see us:

- (A) Tell the truth, harmlessly but accurately, and drop the games, acts, rackets, etc.
- (B) Stay away from right/wrong, good/bad.
- (C) Share how we feel, how we're impacted, and what we want.

(D) Take personal responsibility for our thoughts, feelings, and actions, as far as that applies.

(E) Be willing to listen to feedback, try it on, test it out, and see if it fits. If it fits, own it, and

(F) Adhere to agreed-upon groundrules and boundaries.

From Woke to Awakened

April 18, 2021

<https://goldenageofgaia.com/2021/04/18/from-woke-to-awakened/>



Credit: Obsess

I watch the mainstream media do with this generation of lightworkers what it did with my generation's Growth Movement and I'm sad.

They intentionally misconstrued the aims of our movement and ridiculed us as "the Me Generation."

That derogatory term signified everything we've come to think of as self-serving, narcissistic, etc. In fact, as I later learned, Self-Knowledge is the purpose of life.

The Growth Movement was about reducing conflict, opening up communication, taking personal responsibility, forswearing violence, etc. But all of that got missed by the MSM's meme, as it was intended to.

Fast forward to today and the mainstream media take what should be a profoundly-welcome social event - a great awakening of the people of this planet - and ridicule it too as "the woke generation."

Of course any meme is in the eyes of the beholder. "Woke" can mean anything to anyone. (1) But the fact that it's used in a grammatically-incorrect manner, in place of "awakened," gives it a spin to begin with.

In fact it *is* used as a term of ridicule and that's too bad. Because we're looking for, working towards, seeing on the horizon a great, massive, global awakening, which eventually will include even the mainstream media.

And it will happen. (2)

We ourselves can do things that will slow the rise of unity or rob our actions of integrity. Executing members of the cabal is an example of an action that I think will rob us of the mantle of integrity.

Even if we don't have rehabilitation models at the present moment that are equal to the task that will confront them soon (and I'm saying "even if"), we'll also soon be in more elevated regions that will make answers much more easily available.

And the galactics will help us. They don't resort to executions, as SaLuSa explained almost a decade ago:

"War crimes will be dealt with along with all crimes against Humanity and no one will get away with them, as we know who the guilty ones are. There are no reprisals involved, but the simple application of your laws and also Universal Law." (3)

"Bear in mind our actions are carried out in such a way that there is no loss of life. We can 'remove' people quite easily and deposit them wherever we choose, and often it is off-planet. We re-educate those who indulge in killing and violence, so that they may return to Earth as useful citizens." (4)

We won't want to look back and think that we began this era with blood on our hands when it was easily avoidable. I hope we forego executions until we have the input of our star family.

We need to sidestep the mainstream media's attempts to ridicule and disempower us. But not at the price of falling into ancient patterns like vengeance.

Footnotes

(1) Words are symbols and symbols are things or events upon which meaning has been freely and arbitrarily bestowed. People can make words mean whatever they want. Other people may or may not follow their usage.

(2) Here's Michael talking about the expansion of the lightworker family, for instance:

Archangel Michael: Does the conversation expand organically and naturally? Does the energy go out to the entire planet, those who want to hear and those who don't want to hear? Yes, it does. But it begins with the lightworker community. That is what we have need of.

Steve Beckow: And I suppose then more and more people join the lightworker community?

AAM: Exactly, until it is one family and one path. ("Archangel Michael: A Global Reset of Values, Part 2/2," channeled by Linda Dillon, September 16, 2013, at <http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-22/>.)

(3) SaLuSa, May 8, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(4) Ibid., June 25, 2012.

⌘ Responsibility ⌘

Werner Erhard on Responsibility

October 2, 2019

<https://goldenageofgaia.com/2019/10/02/werner-erhard-on-responsibility/>



From The est Standard Training, published in Biosciences Communication, 1977, at <https://wernererhardquotes.wordpress.com/tag/responsibility/>.

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.

Responsibility begins with the willingness to acknowledge that my self is the source of my experience of my circumstances. And yet, on occasion, some people think that I think accidents do not happen – or would not happen, if I were 'really' responsible.

I am sure you will understand my occasional dismay when I am asked questions of this sort. On reflection, I usually recall that such questions derive from a well-intentioned (though perhaps limited) view of human dignity, an intention with which I can align myself, since my own intention is precisely to show that the experience of responsibility is enabling, not disabling.

I have no interest in the justification of circumstances or producing guilt in others by assigning obligation. I am interested in providing an opportunity for people to experience mastery in the matter of their own lives and the experience of satisfaction, fulfillment, and aliveness. These are a function of the self as context rather than thing, the self as space rather than location or position, the self as cause rather than the self at effect.

I am not saying that you or anyone else is responsible. True responsibility cannot be assigned from outside the self by someone else or as a conclusion or belief derived from a system of concepts.

I do not say that you or anyone is responsible. I do say – with me, you have the space to experience yourself as responsible – as cause in the matter of your own life. I will interact with you from my experience that you are responsible – that you are cause in your own life and you can count on me for respect and support as I am clear that I am fully responsible for my experience of you; that is to say, from my experience of the way you are.

Ultimately, one experiences oneself as the space in which one is and others are. I call this the transformation of experience. At the level of source – or context – or abstraction – I am you. That is beyond responsibility.”

Werner Erhard, *Graduate Review*, February 1980; from <https://wernererhardquotes.wordpress.com/2016/06/28/if-not-you-who-if-not-now-when>

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.'

I am Responsible for the State of My World

When we contemplate building Nova Earth, when we consider how it is that we'll go about transforming the world's unworkability into workability, (1) immediately what arises for us are all the barriers to completing that task.



The barriers are well known to us. They include the thought that it's impossible, that we don't know what to do, that there are no solutions on a global scale, that nobody cares. On and on the thoughts go that have us falter and refuse to take up the task at hand.

Let me address why much of this confusion exists among us.

We're emerging from an era in which many people in power did not have the world's welfare at heart. They were often motivated by a hunger for power and a greed for money. They looked at anyone not of their circle as "useless eaters."

9/11 did not kick off the war against the people, (3) as far as I'm concerned. The Kennedy assassination did, spearheaded by the Office of Naval Intelligence, the CIA, the Secret Service, and many others - including Kennedy's own Vice-President, Lyndon Johnson, and later President George Bush Sr. (4)

George Bush Jr. conspired in 9/11. And from that point on, this secret government did everything it could to take power from the people. (5) They dumbed us down.

They convinced us that there was nothing we could do about it. And now we've shown them that we can and we will.

So we may not be able to consult the background of the last fifty years for inspiration. We're on our own, so to speak.

And we're left with social trauma that gives rise to passivity and powerlessness. We must recover from it. How are we to do that?

For me, the first step towards reversing the trend of passivity and powerlessness is to take responsibility for my world, yes, my world. Exactly as it is today. And not even to wait until I have further knowledge to do that.

Taking responsibility for my world isn't a matter of blame or fault. It isn't a matter of burden, in the sense that I must do everything and I'm sagging under the weight of it.

It's a matter of commitment to the work, to what's available and do-able for me. It's a matter of looking at the man in the mirror every day and renewing my commitment to transforming the planet, to getting the job done.

It's also a matter of putting fear aside - whenever it arises. Many of us fear looking silly, looking grandiose, putting ourselves in the hot seat, taking a risk.

Do you know what'll happen if we don't take that risk?

As Braveheart said, nothing.

So the first step in getting to work is to take personal responsibility for the world as it is, for the poverty in it, the homelessness, the disease, the starvation, the lack of water, and all the other unworkable conditions that exist in our world.

It's taking responsibility for the inequality, the subservience, the slavery, the brutality, the crime.

It's saying: It isn't OK with me that so many people suffer in my world.

And, yes, this is personal for us. I take personal responsibility for the condition of my world.

I invite all others who care for their world to come join me, to take personal responsibility for your world too. I invite us to begin, to dig into this massive work we have before us, in the same way that we'd dig into ... well, anything in our lives that's huge and has to be straightened out.

I won't wait till the money arrives, or the cavalry, or new technology.

I must begin now. We must begin now. And we have to keep at it until the job is finished.

Will you be responsible for the total transformation of this planet? Will you join me, heart and soul, to make this world work?

Life is either a daring adventure or nothing. - Hellen Keller

Footnotes

(1) "Building Nova Earth/Towards a World That Works for Everyone" at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/>.

(2) "A Global Call for an End to Gender Persecution by January 1, 2015," April 13, 2014, at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/ending-gender-persecution/a-global-call-for-an-end-to-gender-persecution-by-january-1-2015/>.

(3) See "9/11 and Other False-Flag Operations" at <http://goldenageofgaia.com/accountability/911-essays/>.

(4) "This President Was Not Born an American Citizen (Repost)" at <http://goldenageofgaia.com/2012/05/14/this-president-was-not-born-an-american-citizen-repost/>; "Secret Service Agent Andrew Bolden on the Kennedy Assassination" at <http://goldenageofgaia.com/accountability/whistleblowers/secret-service-agent-andrew-bolden-on-the-kennedy-assassination/>.

(5) See "I Accuse" at <http://goldenageofgaia.com/accountability/nwo-essays/i-accuse/> and "The Black Hats Must Go" at <http://goldenageofgaia.com/accountability/nwo-essays/the-black-hats-must-g/>.

Doing It by Staying, Not Leaving

January 12, 2024

<https://goldenageofgaia.com/2024/01/12/doing-it-by-staying-not-leaving/>



Is this not beautiful?

I'm taking a break from reading about vaccine deaths and WW III scenarios, just leaning back in my chair, and looking at all the painted bottles. It totally uplifts me.

I think the colors awaken memories in me of ... who knows what? Something angelic?

And I'm watching this. Not only does breathing into it lift me up, from love to bliss to ecstasy. It also allows me broader access, to other divine qualities, like peace ... which just made an appearance and then silently crept away.



It's the colors

I've said before that classical sages frequently told their students, followers, disciples to focus on one divine quality only and ride it all the way to the end.

But our situation is different in a great many ways. First of all, we're being bombarded with elevating energies, which are lifting all of us, together.

These unprecedented flows of energy come from every source, as the Divine Mother explains here:

Divine Mother: Normally, [Light] would come from me to my realms, to the dominions, to the seraphim, to the archangels, etc., to the masters, to your guardians, and then to you. But that is why each of you is shining like a star with many facets. You are being bombarded by all of us. You see, there is no shortage of what I have to share. (1)

Second/, we've come to anchor that love back into the planet and rebuild Nova Earth, not ride anything all the way. (2)

And certainly not to leave, as the Mother reminds us here:

Divine Mother: We are creating a new species — if I say it this way, you will understand — a new species of human, conscious, heart-directed, brilliant, creative and determined. And you are doing it not by leaving, but by staying. (3)

Third, there's no need to seek a teacher out in person today; no need to travel. We communicate via Internet on social media, turning the Internet into a gold mine for spiritual seekers. And patriots, truthers, and anons.

Given the wave the energies create, raising us naturally and gradually with it, the need to travel to a teacher may have given way to the need to use a search engine well.

Be that as it may, we're not here, with many exceptions, to seek personal enlightenment. We get our meal after the rest are served, so to speak.

Besides, we don't need to seek it; we're all angels. (4)

And we have work to do, in service to the Mother/Father One, which requires our keeping our attention as much on the external as on the internal.

Put another way, we're here to repair the damage the human race has caused Earth and Gaia and anchor in the original design of the planet as a place where angels could come to have a physical experience of love.

But here, for now, looking at all the colors carries me away to other consciousness states - love, bliss, peace ... and I take a break from serving ... and just allow.



Brought to you by the letter Q?

Footnotes

(1) "The Divine Mother: The Role of Clarity," Oct. 8, 2013, at <https://goldenageofgaia.com/2013/10/08/the-divine-mother-the-role-of-clarity/>.

(2) A process of reconstruction which Arnold, in Matthew's message, Jan. 3, 2023, has told us may take around 35-40 years, from beginning to end:

"My people conservatively estimate that reconciliation, cleansing and reconstruction will be completed in less than two generations, 35 to 40 of your years, and many aspects will be accomplished much sooner. Significant efforts have started in some areas, others are in planning stages, and throughout those years we and other universal family will work alongside you." [July 3, 2023 message.]

(3) "The Divine Mother: We are Creating a New Species of Humans," July 12, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.

On another occasion, the Divine Mother said:

Divine Mother: Let me be clear. This is not the Divine One calling you home. This is me, Divine Mother/Father One, saying it is time to stay and truly engage in the unfoldment of our Plan, yes, but also yours. ("The Mother's Clarion Call to All of Humanity!" April 20, 2020, at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.)

(4) See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>

I imagine that our angelic heritage cushions some of our Ascension experience, in line with what Michael says here:

Archangel Michael: The awareness, when you choose to acknowledge it, and the, shall we call it, the angelic abilities, are present in the human race, in the individual human form at this time, so that the leap into Nova Being is in fact not as great as it might have been in other ages. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 16, 2020.)

Self-Mastery, Personal Power, and Personal Responsibility

March 18, 2015

<https://goldenageofgaia.com/2015/03/18/self-mastery-personal-power-personal-responsibility/>



How often does Hollywood look at this theme of self-mastery? Credit: Wallpaperno.com

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

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

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

That something is me.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

(2) Archangel Michael: Part of your - and part of our - recommendation to you is to play, to laugh, to enjoy, to be physical, so that you are anchored in the physical

reality - because you are here to be a transition point and to be able to show people how to do both.

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

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

SB Boy. Eat, drink and be merry!

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

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

Personal Responsibility and the Tsunami of Love

Aug. 20, 2014

<https://goldenageofgaia.com/spirituality/on-processing-vasanas/personal-responsibility-and-the-tsunami-of-love/>



The Divine Mother announced recently that, after a pause in the waves, “the Tsunami of Love once again increases in frequency, vibration, and strength.” (1)

For many people, this'll mean a dramatic increase in their experience of love. It certainly was for me a few days back.

For others, it will mean the surfacing of vasanas (archaic reaction patterns formed from traumatic incidents in the past) and core issues (an issue that a person would die before facing).

We've talked many times about how awareness is not neutral, but acts like a solvent to dissolve our old issues. Love does as well.

But what I wanted to talk about today is how personal responsibility is a needed ingredient if we're to move through the unwanted conditions that are surfacing at this moment.

Personal responsibility for me means acknowledging that I am the source of the matter, that my input is and always has been crucial to what occurs or to how I handle the occurrence, and that what I do will determine that occurs next. This is definitely a higher- rather than a lower-vibrational attitude.

The opposite of personal responsibility is the psychological attitude of victimization.

I didn't say that there weren't victims in the world. There are. Millions of them. One has only to look at the acts of cruelty towards women (rape, female genital mutilation, sexual slavery, honor killings) to see that.

Archangel Michael once told me that something very bad that had happened to a friend was not in that person's soul contract. The person was genuinely victimized. He also told me that the sad events of my childhood were never intended to be as bad as they were. There was some waking up that needed doing but not to that extent.

So it isn't that there aren't victims in events.

It's more that the more we focus on the victimization, the longer we remain in a position where we can't do very much about what has arisen from it. The more of what occurred that we can take personal responsibility for, the more we enhance our personal power to do something about the situation as a whole and its aftermath.

As long as we focus on the victimizer or perpetrator, provided we're not in a position to interact with that person, we rest in a position of relative powerlessness. Taking personal responsibility for whatever we can allows us to be up and doing something about the way we feel, think, remember, etc.

You may ask why I don't speak about karma. I never discuss karma in terms of what has happened to a person. Yes, karma is real, but it offends a person and repels them and doesn't allow for a useful discussion of what to do. The Company of Heaven has said that no one knows the karma of another or the reasons for it and it isn't a place I'd go.

No matter what the role of karma, we're left with the circumstances as they are and that's what must be addressed if things are to improve.

Workshop leader John Enright once demonstrated the value of taking personal responsibility for my actions by inviting our group to look at a situation of victimization and see if we could find a choicepoint when we waded in despite the fact that we could see another way of handling matters that would have warded off us being victimized.

I once waded into an altercation on the street in Toronto where two young men were robbing an elderly man. I ended up with a knife in my back. But John had me see that there was a moment when I spotted a motorcycle policemen down the street and, instead of calling him and avoiding being injured, I decided that I wanted to be a hero and wade in. That was a revelation to me.

Even if I hadn't spotted the policeman, I probably would have seen other alternatives I rejected to wade in instead.

That allowed me to see my personal responsibility for what happened after and my angry feelings about the situation lifted.

There are choicepoints to any action; we choose the course of action we take. We're therefore, to a greater or lesser degree, responsible for it. And the more we can see that and "own" it, the better able we are to emerge from the resulting unwanted conditions or upsets.

We seem never to blame ourselves. The minute we see that "we did it," anger, resentment, etc., seems to fall away. We're always the hero in our own eyes. What was it Solomon said? "Every way of a man is right in his own eyes." (Proverbs 21:2.) When we see our responsibility for an action, that brings the end of blaming.

So when we shift to being personally responsible, we can bet that the anger and resentment will diminish or cease.

The mere recognition that one is experiencing a vasana is an act of personal responsibility. It removes the "you did it to me" factor and replaces it with "I'm doing this to myself."

Let me give another illustration. I was feeling so stressed yesterday that I was almost shaking. I was facing a situation in my life that was stressful. And I had passed from being merely upset to my teeth rattling.

A friend offered me a listening session and, in the course of it, I said, almost in passing, that the situation I was in reminded me of a time in 1986 when I was dating a woman who had two children who were always fighting with each other.

Finally the woman kicked her son out of the house. But then her daughter became suicidal. You'd think the daughter would have been relieved, but, no, she wanted to kill herself.

Dealing with a person who's suicidal can rattle your teeth. Much of the time the situation was so precarious that I'd find myself shaking. Every minute had 60 hours to it and we were on emergency the whole time. Definitely living on adrenalin.

I mentioned this incident in passing, but immediately felt the impact on my body and knew that this traumatic incident from the past was what was affecting me today. It was the source of my vasana. And when I saw that, the shaking stopped and I became calm again.

Awareness caused the lifting of the vasana, but taking the position that I was causing the shaking by having a vasana in the area was an act of personal responsibility.

So the Tsunami is beginning and our issues are again surfacing. Now is the time to take personal responsibility for our process and "source" or complete the vasanas that arise. Now is not the time to take the first two ways that Jesus talked about in his "Third Way" article - projecting blame onto others (projection) or swallowing our feelings (introjection). (2)

We may now see issues arise that we weren't even aware of till now. We may find that the issues that arise are more and more powerful or impactful. We're coming down to the real Earth-shakers now.

The whole aim of the Tsunami is to have these deeply-buried memories surface so that we can release them, be rid of them and fly free.

Nothing negative can accompany us into the higher realms. Not only are we releasing karma, as SaLuSa and Matthew Ward have pointed out often, but we're also releasing our vasanas and core issues. And taking personal responsibility for our lives, for everything that happened to us, for our feelings and attitudes, is a big step towards working successfully with the energies of the Tsunami.

Footnotes

(1) "My Beloved Angels, Why do You not Choose to Nurture Yourself?" Asks Mother Mary," Aug. 19, 2014, at <https://goldenageofgaia.com/2014/08/19/my-beloved-angels-why-do-you-not-choose-to-nurture-yourself-asks-mother-mary/>.

(2) "Jeshua: the Third Way," July 4, 2012, at <https://goldenageofgaia.com/spiritual-essays/on-processing-vasanas/jeshua-the-third-way/>. I highly recommend this article.

More on processing vasanas can be found here: "On Processing Vasanas" at <https://goldenageofgaia.com/spiritual-essays/on-processing-vasanas/> and here: "Ways of Releasing Vasanas" at https://goldengaiadb.com/Spiritual_Counsel#Ways_of_Releasing_Vasanas.

Resist, Resent, Revenge - Part 1/2

April 17, 2015

<https://goldenageofgaia.com/2015/04/17/resist-resent-revenge-part-12/>



Credit: www.lifetletloose.com

As a student of awareness, I know that my proper subject of study is me and, as a journalist, my proper partner for sharing is you.

So let me look at a pattern in my own behavior that I'm investigating in order to let go of.

Everything hid shall be made plain. Why would I want to hide anything that's only going to come out later? Fear of ridicule, yes. But being free of this stuff is so much more rewarding than fearing ridicule.

I also want to say, if I can talk about these topics, hey, so can others. There's no need to keep polishing our image when it never worked in the past and won't work in the future.

The response pattern is called “resist, resent, revenge.” (1) It's a subtle and yet pervasive behavior pattern in our society.

I see it as one strategy in an agenda of desire and control. The person who employs it usually wants what he (or she) wants when he wants it. And he uses control to get it.

I wager that most 3D people have tried to use control in some situations, no matter how subtly. Many people were just better at it than others and never got called on it.

The one who controls expects others to bend to the service of his (or her) desires. This pattern is usually associated with an exaggerated sense of self-importance and self-servingness in most explanations.

The person who chooses this pattern opts for a lack of self-control coupled with a desire to control others. Left unchecked, it develops into an inflated sense of entitlement and an almost infantile tendency to demand. It's the epitome of Third Dimensionality.

I notice that I don't derive the resistance pattern from just one parent's modeling but from both. When I want to control, I take a plank from any abandoned structure I can find. It's the valuing of control that's the family legacy.

And the legacy of most families at that time. I'd lay in bed at night listening to the neighbor smack his kid and it was way worse treatment than I got. (My Mother intervened whereas theirs didn't.)

While I'm in the grips of this pattern, I feel all the emotions attached to it - irritation, anger, separation, angst, hatred, vengefulness, etc. And I justify what I do by pointing to the feelings. I feel irritated so it's OK that I act objectionably. If I feel bad enough, then anything goes.

I was going to say "within reason" but that's the whole point. How far one goes in their quest for control is the critical question in our society. Some people are old grumps; some people are opportunistically violent; some people are sociopaths. All of them have this pattern.

How far anyone went in our 3D society was always what needed to be predicted. Many television programs are aired about people who failed to predict well.

My defence when I used this pattern was what Eric Berne called “Look What You Made Me Do.” (2) You made me mad. You made me anxious, etc. No personal responsibility here and hence no personal power.

When I'm running this pattern, I'm betting on the wrong horse.

(Concluded in [Part 2](#).)

Footnotes

(1) The concept comes from Werner Erhard.

(2) Eric Berne, *Games People Play*. New York: 1964.

Resist, Resent, Revenge – Part 2/2

April 17, 2015

<https://goldenageofgaia.com/2015/04/17/resist-resent-revenge-part-22/>



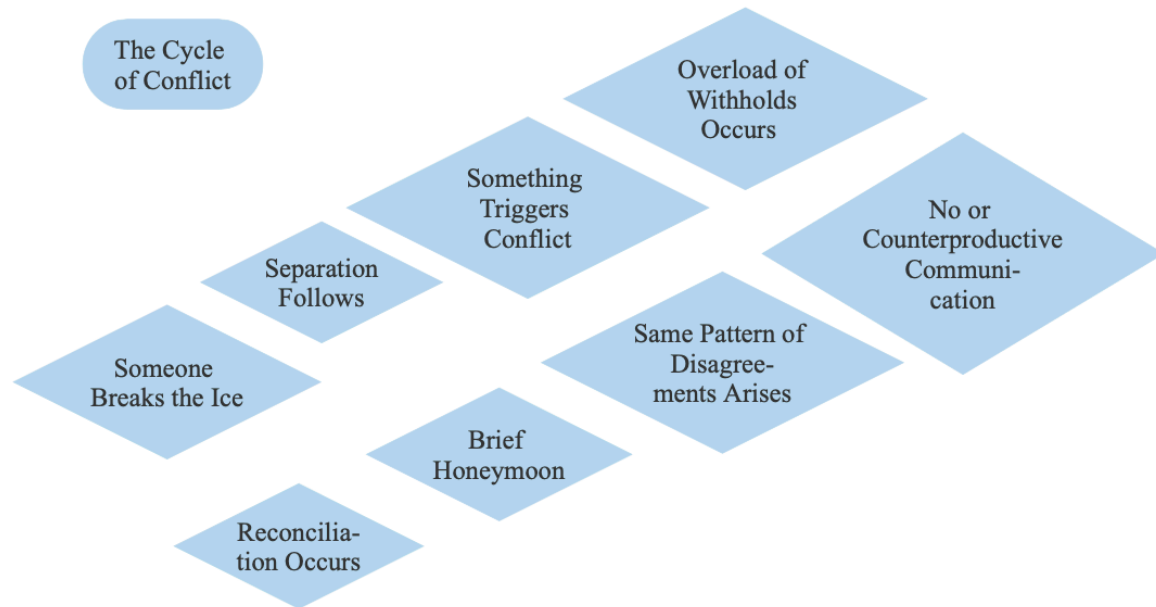
Credit: www.ksl.com

(Concluded from [Part 1.](#))

There's a relationship architecture that this pattern fits into. I remember seeing it in my family of origin.

When control is assured, things went well and everyone was happy. When one person refused to be controlled, things broke down, slowly or rapidly. But usually rapidly at the end, with a kick or a swipe.

There was also a cyclical pattern to the abuse in my family. Calm/disagreement/explosion/separation; calm/disagreement/explosion/separation. Calm was usually purchased at the expense of doing something together: trip to Disneyland, trip to Montreal, etc. Later, I would call this a cycle of conflict and represent it like this:



The pattern is so much a part of my “seeing” (my always, already listening) that it’s taken a paint scraper to make this much of a crack to allow me to see into it.

Werner Erhard called it an “always, already listening.” (3) Yes, a pre-existing filter through which we see and hear things. It determines how we hear, what we hear, etc. And how and what we hear is always, already the same.

Where are the entry points here? Well, of course, I can ask the Mother to have this taken from me.

I can use St. Germaine’s violet flame on it. I can invoke the Laws of Repulsion or Elimination. And I may.

But as a student of awareness, I’d rather start by using my awareness as the tool by which I neutralize or remove it. Going that route increases my discernment.

Where's the entry point? Paradoxical intention? Paradoxical intention would have me try the shoe on and see if it fits. Rather than resisting the label, I can get into it to see what insight that produces. Let me try it.

OK. I *want* to resist. I *want* to resent. I *want* to revenge.

Resist - I'm the chief of the resistance forces. I have the reflexes of a warrior, which are to resist. No one knows how to resist like I do.

Resent - I have an elephant's memory. Step on my toes and I remember it for the rest of my life. Santa has nothing on my gunnysack. I resent opportunistically, eternally and implacably.

Revenge - Revenge is sweet. I like the feeling of satisfaction one gets. I trot out all my commonplaces: I showed him. I taught that fellah a lesson and so on. I can see why people might choose to go off the rails.

OK. So what did that use of paradoxical intention do for me?

I feel sad at the picture I've painted of myself. It's not a pretty picture if only a fraction true. The mere drift is depressing.

I wouldn't have seen that had I not acted it out.

I feel very sad and may allow these feelings to play out over the course of today to see what they produce and where they lead.

If only because this pattern ignores the Law of Freewill, there's no future in it, never mind the objectionable nature of it.

It's taken an infinite amount of observation to see even this far into it. There's a lot more but it'll take much more minute watchfulness to uncover it. But then that's what a student of awareness does.

Footnotes

(1) After Werner Erhard.

Linda Steiner: Reflect, Recognize, Rejuvenate – Part 1/2

April 18, 2015

<https://goldenageofgaia.com/2015/04/18/reflect-recognize-rejuvenate-part-12/>



In his April 17th post, ([Resist, Resent, Revenge – Part 1/2 – Golden Age of Gaia](#)), Steve Beckow shared his experiences of a painful childhood and the struggles of processing the difficult emotions that we all may carry with us as we move forward through our lives – resistance, resentment and revenge seeking behaviors.

It appears as though most, if not all, of us have incurred some degree of trauma in our lives – leaving us with varying degrees of residual anger, resentment, fear, sadness and helplessness. As a social psychologist, I may be able to shed some light on these issues and illustrate that, with understanding, mindfulness, and most importantly, self love, we can transform resistance, resentment and revenge into rejuvenation. Let me explain...

Self-Disclosure vs. Self-Presentation

The first point that Steve makes is that we develop strategies for a control agenda in order to manipulate and control others. He describes this process as egoistic and self-serving – to obtain our own desired outcomes and personal rewards.

What Steve is describing is known as “self-presentation.” At any given moment, we all have the choice of how to engage others in our social, personal and professional interactions. We can either engage in “self-disclosure” or “self-presentation.”

When we *self-disclose*, we are communicating our true, genuine and authentic selves to others – the good, the bad and the ugly. We are honest, direct and lay all our cards on the table. We are willing to reap whatever consequences might arise in terms of how others may respond to us.

We don’t “change colors”, like a chameleon, based on our social contexts. We exhibit a consistent personality regardless of condition or circumstance. But engaging in the self-disclosure of our sincere thoughts, feelings and behaviors necessitates a secure self-concept, positive self-esteem and, not least of all, strength of character.

On the other hand, when we *self-present* – we are showing others a constructed image of ourselves – a mask and pretense of what we want others to see. We are concealing our true selves and hiding behind a manufactured social face – much like an actor playing a role.

There are essentially two primary reasons why we engage in self-presentation. The first, as Steve describes, is out of our desire to control and manipulate others. We “pretend” to be something that we are not in order to win approval and trust from others – but, with the hidden agenda of shaping others to do our bidding.

This is a deceitful and insidious enterprise and one that has been made into an art form by many unscrupulous politicians, religious leaders, advertisers, and individuals who lull others into a false sense of security in order to take advantage of them. In essence – wolves in sheep’s clothing.

But there’s another, less insidious, reason why people self-present. Many engage in self-presentation out of an effort to mask low self-esteem and internalized self-degradation and shame. Sometimes, we pretend to be something other than what we truly are because we fear that our “true” selves won’t be acceptable, lovable, valuable or appreciated.

In order to gain social approval and acceptance, we change our colors to be in line with what we believe others desire or expect. This doesn't have a malicious intent. The agenda in these cases is to protect our scars, hide our skeletons deep inside our closets and bury our sense of shame from the light of day and the scrutiny of others.

When we experience physical and emotional abuse, neglect and trauma as children, we internalize these experiences as painful reminders that our "true selves" are not lovable or acceptable. We learn to expect that the repetitive pattern of rejection experienced in our homes as children will continue and generalize to all social relationships we engage in as we mature. In short – we learn that love is "conditional" and therefore, self-present ourselves in alignment with whatever "conditions" dictate.

The Cycle of Abuse

In his post, Steve describes the pattern of family dynamics that he experienced as a child. He recalled repeated cycles of inflicted pain – followed by the opposite extremes of exciting vacations and family outings.

What Steve has described is well documented and has been labeled the "Cycle of Abuse." It's the classic, textbook scenario that abusive relationships tend to follow. The abuser (parent, partner, family member, spouse, etc.) undergoes a repetitive pattern that cycles between 3 phases: *tension building*, *abuse*, and what's been described as the "*honeymoon period*." Once the honeymoon period comes to a close, the patterns begin again with tension building and what results is an endless, vicious cycle.

The tension-building phase is characterized by increased irritability, short fuses and irrational judgments. The abuser appears to be increasingly short-tempered and can be set off by the most minor of incidents (dinner isn't ready on time, a child's toy is on the floor, etc.). These minor, daily annoyances turn up the heat on the abuser's pressure cooker until it reaches a boiling point – and then – BAM! The abuser lashes out, hurting those who are closest (and weakest).

Following the abuse, the abuser experiences a temporary moment of regret and remorse. Not because he/she is empathetic for the victim – but because he/she

doesn't want the victim to leave, thereby preventing future opportunities to exert control.

That's where the honeymoon period comes in. In an effort to lure the victim back into the lair, the abuser engages in lavish, profuse and exaggerated expressions of apology, promises that it will never happen again, and over-the-top gifts, surprises and commitments to seek help and change their ways.

The victims, hungry for love and acceptance, take the bait and the cycle continues and typically worsens, becoming more severe over time.

Lack of Accountability

Steve discusses that those who attempt to control others lack personal accountability for their actions. This trait is also a classic, textbook characteristic of abusive individuals and groups. It's only during the "honeymoon period" that false statements of taking responsibility come into play. On a grander scale – this is what political campaign season really is – a time to lure voters into the lair. But once there, all the promises go out the window.

Those that abuse others rarely take responsibility for their actions – hence the reference Steve cited in "Look What You Made Me Do?" No-one wants to see themselves in a negative light so, rather than acknowledging personal shortcomings, wrong-doings and weaknesses, the abusers cast blame away from themselves. This is the primary reason why the cycle continues and the result is two fold: 1) it allows them to derogate their victim to validate future acts of abuse, and 2) it prevents the abuser from undergoing any concrete change for the better.

We've All Been Traumatized

The vast majority of people on Earth have been victims of trauma. From domestic abuse and violence to bullying, military duty and prejudice, most of us carry physical, emotional and spiritual scars inflicted by others.

Even in the rare cases of those who had loving homes, positive peer and intimate relationship and have never encountered discrimination, mass media fill in the blanks. Watching television, movies, video games, and especially daily news

reports is enough to trigger feelings of fear, anger, hatred, resentment and feelings of wanting to “lash out” against the “enemy”.

Studies show that a large number of American children suffer from classic symptoms of abuse and post-traumatic stress simply by watching violent television programming, whether fictional entertainment or graphic depictions of violence and unrest on the nightly news.

(Concluded in Part 2.)

Linda Steiner: Reflect, Recognize, Rejuvenate – Part 2/2

April 18, 2015

<https://goldenageofgaia.com/2015/04/18/reflect-recognize-rejuvenate-part-22/>



(Continued from Part 1.)

Reflect, Recognize, Rejuvenate

So, in light of such a bleak picture of the human condition – where do we go from here?

It's important to remember that, despite the overwhelming exposure to social abuse, we still have free will and, therefore, a choice of how we wish to live our lives. Naturally, it's perfectly normal to harbor feelings of resistance, resentment and revenge. But these feelings to do NOT define who we are. In order to turn the tables in a more positive direction, we must do three things: reflect, recognize and rejuvenate.

Reflect

As painful as it may be, the first step is to reflect on the abuses you have experienced in your life and allow yourself to feel the full measure of their impact. Pull those skeletons out of the closet and lay them out before you – making them transparent in the full light of day. Feel their pain and suffering – your pain and suffering. Cry, meditate, pray, scream – whatever it takes. But know that without facing your inner demons, they will continue to grow in strength, magnitude and power over your lives.

Recognize

The word “recognition” is worth examining. The word “cognition” refers to :” thought” – so to re-cognize is to “re-think” the notions you’ve adopted about yourself and the world.

Recognize that the “Great Powerful Oz” – who has been such an intimidating presence in your life – is really nothing more than a little man behind a curtain pulling switches and leavers.

Pull back the curtain on the illusion of power and control that you’ve been led to believe tethers you to victimization. Recognize that you are not the person that your abuser has insisted you are. Recognize the spiritual aspect of your existence – why you are here – who you *really* are. Recognize that the abusers (whoever they are) are probably victims themselves and struggling, no matter how destructively, to cope with their own inherent fears.

Recognize that it’s not your fault. The blame, shame and accusations perpetuated by the abuser's lack of accountability was their mechanism to control you and avoid themselves, not a reflection of who you are. And finally, and perhaps most importantly, recognize that power is not something people “hold” over you. It is something that is “given” to them by us. Once you recognize that, you are in the driver seat of your own destiny. You can then begin to chart your course to the destination you choose.

Rejuvenate

One of the beautiful bi-products of abuse (yes, I said *beautiful*), is that abuse has the power to manifest empathy. We can define empathy as our ability to recognize and experience what others are feeling. When we live a secure and sheltered life, we may fail to understand the abuses that others are undergoing. We lack a concrete awareness of what it's like to be victimized.

When we've experienced abuse, we can say that "we've been there and done that." It fosters greater sensitivity, compassion and understanding, attributes that are the breeding ground of peace and social justice.

I lost my father to suicide as a young and only child. I was raised by an abusive, alcoholic mother and left home at 15 to get away from her. I entered a relationship with a man whom I believed would be my "knight in shining armor" only to find that, he too, was an abusive alcoholic who proceeded to beat me for the next 5 years of my life. My extended family was murdered in Nazi concentration camps, and the story goes on and on.

Once into adulthood, I realized that I had a choice. I could wallow in self-pity, lick my wounds and curse a cruel world – or – I could reconstruct my perceptions of self and others and turn my life's trauma into a beautiful thing – rejuvenation!

I could use my experiences to teach and empower others. I could become fully "self-disclosing" and tell my stories to others so that they too, could rise like the Phoenix from the ashes of despair and go on to "pay it forward."

I went from a terribly injured and traumatized high-school drop-out to a Ph.D. in Applied Social Psychology and educator. I give seminars on domestic violence and present my research on social justice.

And why? Because of empathy. Because I know how it feels. Because I don't want others to go through what I had to. Because I was able to empathize with the victims of injustice in terms of racism, violence against women, hatred and the abuse of power and control. Because I care.

So when you are in the process of rejuvenating yourself – consider the Native American fable about the two wolves which reads:

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, “My son, the battle is between two wolves inside us all.

“One is Evil – It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

“The other is Good – It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf wins?” The old Cherokee simply replied, “The one you feed.”

The choice is yours.... Which one will you feed?

From Vasanas to Scripts

September 17, 2021

<https://goldenageofgaia.com/2021/09/17/from-vasanas-to-scripts/>



A two-handed script

I recently had a breakthrough in my cleansing process.

Up till now I'd been processing singular vasanas (or core issues) as they erupted.

(1) A few days back, something different presented itself.

I felt awful and there was no reason that I could see why I might feel that way. So I began to observe. "Feel to heal," Kathleen says and I did so.

I named the feeling I was having as depression and I followed it. I used Kathleen's question: "How does this feeling relate to the past?"

But I wasn't just feeling depressed. I was depressed one minute and ... arrogant, self-important the next.

I had no idea that the two were even related or, if they were, how. I was confused and puzzled by the apparently-conflicting emotions.

And then I saw it.

I was not dealing with an ordinary vasana per se. I was dealing with a two-handed script. Two people's vasanas were talking to each other - in patterned ways.

I've dealt with scripts in the distant past as well, as part of cleansing a vasana, but I have no active memory of it. I know it was a subject we discussed decades ago. (2)

What was the script that was being played out in the background of my consciousness?

My family went through a cycle of conflict - mounting disagreement, then a fight, then separation, then making up, then mounting disagreement.... It went on endlessly.

My Dad really believed he was - and had to be - "the man of the house." He could be arrogant, self-important.

When that happened my Mother invariably responded with disappointment and depression and, surprised at not getting the deference he expected, they fought.

They followed a predictable script and what's happening for me is that, if one side of their two-handed script gets triggered, the other side comes up with it.

I saw the problem arise after I had a grumpy, irritable thought. I became depressed almost right after it. And I finally recognized what was happening as something I knew well.

I'm recalling how Dad, when he got in one of his moods, would wreck everything that stood in his path. I now know about the difficulties of his own childhood and can appreciate why he was that way. But it was no fun growing up with it.

I now see myself playing my Dad's and Mom's hands, sequentially. I have both inside my mind.

Previously I would have looked for layers in a single vasana - depression is one layer, say; arrogance a second. But this was clearly the family's circular emotional

process having been etched in stone in memory, rather than my own singular reaction pattern or vasana.

In the Sixties, we'd have gotten at scripts people live, as Claude Steiner called them, through such means as psychodrama and rule reconstruction. (3) But these and other growth processes are probably little practiced today.

So now I can add "scripts" to the phenomena to be fruitfully observed. One by one these knots in consciousness will be released.

The real learning lies in observing these inner constructions. Ascension will cleanse us of all of them. Now is the time, in my view, to do it ourselves and perfect our self-healing skills.

But if you want to be rid of the script now and in one go, rather than learn from it by observing it, then invoke the universal law:

I invoke the Divine Mother and the Law of Elimination to take this script of conflict away from me, immediately and forever, and erase all traces of it from my thoughts, feelings, and behavior.

Footnotes

(1) Using the upset clearing process: "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

(2) When I wrote this I forgot that I'd stumbled across this same two-handed script in mid-August 2021: See "Not Out of the Woods," August 13, 2021, at <https://goldenageofgaia.com/2021/08/13/always-more-to-go/>

(3) Psychodrama involved having other members of an encounter group play important members of the family with lines they had to say. Rule reconstruction would involve positioning people to reconstruct a rule in the family - so, father glaring, with arms crossed; mother nagging; sister sticking out her tongue; etc. The sight of the family "statues" usually triggered insights, including scripts people lived.

Cleaning Up the Residue: The “Work” in “Growth Work”

August 23, 2020

<https://goldenageofgaia.com/2020/08/23/312749/>



Credit: theravive.com

Seeing a vasana (or core issue) disappear for a time is not the end of the road.

Vasanas can reappear and re-establish themselves if we fall back into living life by following what have become habitual behavior patterns.

Habitual behavior patterns are one form of residue, precipitate, the fallout from our vasanas. They linger even after the vasana is gone.

I still have the habits, patterns, and behavior of a person who has been disappointed so many times he sees things as hopeless.

Add to that a steady perceived diet of criticism and you have someone who feels beaten down.

Like Morley's chain, we each have our residue and are each responsible for what we do with it. It's like the software, the program in the computer. We act according to its dictates automatically - yes, the world is a hopeless place; yes, nothing I do works out; yes, it's all my fault.

If I don't remain vigilant and instead respond in the old familiar ways, I'll fall back into the same old grooves or attitudes. I'll recreate the vasana, without knowing what I'm doing.

So, I repeat: It isn't enough to get free of the vasana; we also have to get rid of the residue of habitual behavior patterns by rechoosing and reprogramming ourselves. (1)

In past articles, I've called this process "reparenting." I've reparented my own wounded child and offered it the guidance, now, that I didn't have then.

If I don't do it, who in society will do it for me? A psychotherapist? A workshop leader? A spiritual teacher? We have few courses on parenting, never mind reparenting.

No, I need to see to the residue, reprogram the computer, rid myself of the leftover habitual behavior patterns that result from losing hope.

I consider all of this the "work" in "growth work." This then is me "doing my work." This is part of awareness work.

My hope and intention is that, when I do reparent myself, the sudden disappearance of Constant Comment, the constant chorus of carping critics, will continue and become established. (2)

I'll probably have to journey to the heart of the feeling of hopelessness before it'll loosen its grip on me. The truth will have set me free.

Or I could see its cost, which might have me change my vote. Either way, I'll clean up what's left over from years of responding ... no, succumbing ... to the vasana of hopelessness.

In service to happiness.

Footnotes

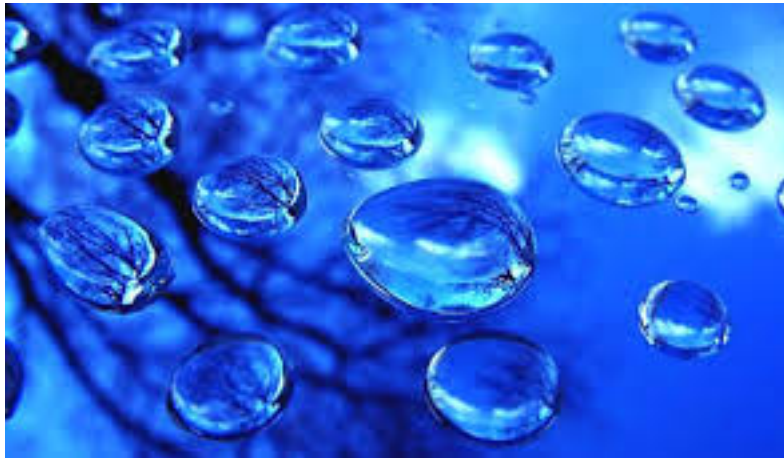
(1) Doing this takes time and patience. Most people may not be up for it.

(2) See “Out of Jail at Last,” August 20, 2020, at <https://goldenageofgaia.com/?p=312718>

A Time of Purification?

August 5, 2020

<https://goldenageofgaia.com/2020/08/05/a-time-of-purification/>



Triggers just seem to keep going off. I have to be supervigilant not to launch into extreme thoughts and behavior.

And not to then swing out onto the other extreme and super-protect myself from them, until the guardian again becomes the guard. (1)

How to stay in the middle and yet be strong, resolute, determined? This is truly Giacomond's territory.



Giacomond

Part of my job is to give a running narrative, an ethnographic account of my passage through this territory and the others leading up to Ascension.

This stretch must be what Homer meant by picturing Odysseus strapped to the mast and letting him hear the siren's song.

We're all strapped to the mast and obliged to hear our siren's song in this stretch of the passage. If you're like me, our deeply-hidden issues and often-childish thinking are now arising to be seen and acknowledged.

Jesus tells us:

"There is nothing covered that shall not be revealed; and hid, that shall not be known." (2)

I think we're in the time of self-revelation he spoke of, a time of purification for us. The criminal shall be stopped (this seems to be happening) (3) and the seeker shall be purified?

This time isn't what St. John of the Cross meant by a "dark night of the soul." (4) But it's what we commonly mean by it - a really bad time, a time to hunker down and get through.

There's very little chance I'm (or anyone else is) going to emerge from this looking good and sounding right, either in our eyes or in others' eyes.

The desire to look good and sound right is a large part of what keeps a vasana in place. We have to be willing to look bad and sound wrong if we're to get through this one.

When I look at the vasana that I just went through - or rather am still going through - I can focus on how right I was or how far I take things.

I can be highly principled and yet not acknowledge that the real issue is how far I'm taking matters.

As a justification, in my mind, I've taken my Dad's anger issues and hooked them up with my past-life military background.

I justify my willingness to speak my mind anywhere as being fearlessness. It isn't. Except in my own mind. It's simply bad manners in the eyes of 99.99% of others.

This is me reparenting myself on the matter of my "straight-talking" (another justification). I find reparenting necessary to counter the habitual tendencies. Vigilance without paranoia.

I have this lingering sense that this is not the last core issue that I'll face. (5) I'm reminded of Isaiah:

3The voice of one crying in the wilderness:

“Prepare the way of the Lord;

Make straight in the desert

A highway for our God.

4Every valley shall be exalted

And every mountain and hill brought low;

The crooked places shall be made straight

And the rough places smooth;

5The glory of the Lord shall be revealed,

And all flesh shall see *it* together;

For the mouth of the Lord has spoken.” (6)

I think this is that very process. Increase the energies lifting us up and whatever wants to hold us back rises to protest. But every crooked place shall be made straight, whatever we say or don't say about it.

My words of comfort are of course that, relieved of the burden of our dark side, we'll feel radically better, as I did in 2015, basking in love.

This release of old baggage is en-lighten-ment. We're rising to a new level of vibration both by the effect of the rising energies and by our ability to drop our limiting burdens.

But first they must be exposed to at least our own gaze.

Footnotes

(1) See "Sitting on My Inner Child," Aug. 6, <https://goldenageofgaia.com/?p=312346>

(2) Jesus in Matthew 10:26.

(3) See *Trump & the Q Plan - From A to Z* in "A Look at What Trump and the Q Team have (Actually) Accomplished," July 24, 2020, at <https://goldenageofgaia.com/2020/07/24/a-look-at-what-trump-and-the-q-team-have-actually-accomplished/> GAOG does not agree with all the views stated in the video but posts it to point to the series of meetings President Trump is alleged to have had in 2017 and their purported outcome.

(4) He meant a time in the seeker's life when all the senses go still, silent, unseeing, etc. One believes one has been abandoned by God. See Kieran Kavanaugh and Otilio Rodriguez, trans. *Complete Works of St. John of the Cross*. Washington: Institute of Carmelite Studies, 1973.

Bernadette Roberts gives a good, succinct description of it:

"In experience, the onset of this process (of God-realization) is the descent of the cloud of unknowing, which, because his former light has gone out and left him in darkness, the contemplative initially interprets as the divine gone into hiding.

"In modern terms, the descent of the cloud is actually the falling away of the ego-center, which leaves us looking into a dark hole, a void or empty space in ourselves. Without the veil of the ego-center, we do not recognize the divine; it is not as we thought it should be. ...

"From here on we must feel our way in the dark, and the special eye that allows us to see in the dark opens up at this time." (Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.)

This stage being beyond Brahmajana (seventh-chakra enlightenment), it has to be preliminary to Ascension.

However I don't think this generation will be obliged to make such a difficult passage. All the rules have changed and our gradual ascent may make the rigors that St. John and Bernadette went through unnecessary.

(5) I already feel the next core issue in line is about shame, embarrassment, humiliation. It's just waiting for me to be done with anger and fear.

(6) Isaiah 40:3-5.

From Self-Loathing to Self-Pride



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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

Up from Moan & Groan



Credit: lisaswritopia.com

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

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

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

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

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

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

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

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

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

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

Later.

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

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

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

Still later

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

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

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

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

The Opportunity of the Hour: The Birth of Being Selfless, Being Great

January 29, 2024

<https://goldenageofgaia.com/2024/01/29/the-opportunity-of-the-hour-the-birth-of-being-great/>



One giant leap for humanity Credit: overallmotivation.com

There's a pattern below what happened with Covid and it's been the same with one deep-state issue after another. The pattern has been described as Problem-Reaction-Solution.

The transmission of Covid is the problem. Reaction against those who refuse vaccinations is whipped up. Then the deep state offers itself as the answer and responds with more controls on the population.

Every time we go through change in the future, I fear we'll see the pattern repeated: extreme division in society is fanned by the media, accompanied by vilification of

those who depart from the deep state's agenda, and the deep state offering itself as the solution.

The WHO (World Health Organization) offers itself as the solution to all future pandemics and asks governments to surrender their sovereignty to it.

So the cabal creates the pandemic and the afflicted nations collectively surrender their sovereignty to the WHO/UN/cabal. Did I get it right? Problem/Reaction/Solution?

With all this going on, we'll be met with a fresh challenge and it'll test our character.

Now that boosters are being rejected and Covid is fading into the background, people are dying or showing up in hospitals because of vaccine-related injuries. How will the unvaccinated respond to treating those who vilified them? That is the question.

And that applies to all the helping professions. When the vaccinated are struck low, the tables will be turned. After years of having to carry the can, how will we respond?

Our response remains within our power. It's our gift, our masterpiece, our legacy to future generations. Our declaration that the us-against-them mentality died with us, the intergenerational transfer of hatred and vengefulness ended here.

We know how Gandhi responded. He took the blows without giving in.

We know how Jesus responded. He forgave his enemies seventy times seven.

We have role models. But, in the end, how we respond will be our creation.

Finest hour or one more time to really stick it to them? We'll have to choose.

Keep in mind, what the Federation of Light told us:

That which is to unfold will be far greater a controversy than what has gone before. Therefore, the conflict of opinions between Souls will differ greatly. ...

THERE, ONCE AGAIN, SHALL BE A GREAT DIVIDE.

There shall be those who believe that they must do as they are told ...

Those that absolutely disagree with what they are told ... and ...

Those who have no idea either way.

All one can do ... is BE within it.

YOU BE ... YOU ... within every moment of your day. (1)

Is this not the possible birth of us being selfless, being great?

I'm not going to tell you how to respond - if I knew myself - which I don't. But I will say that how you respond will make this your finest hour ... or not.

Not to worry. More opportunities will come.

It's the character that develops (or emerges) from many "finest hours" that everyone is interested in seeing and welcoming. Its arrival is the opportunity of the hour.

Footnotes

(1) Federation of Light through Blossom, Jan. 26, 2024 at <https://goldenageofgaia.com/2024/01/27/the-federation-of-light-through-blossom-goodchild-jan-26-2024/>.

Easy Ride or Bumpy Ride: Up to Us

July 27, 2011

<https://goldenageofgaia.com/2011/07/27/easy-ride-or-bumpy-ride-up-to-us/>



We are decent people

The rising light energies are bringing up all our issues. If you want to imagine what that's like, just think of a time when you were feeling hurt or resentful and someone came along who was all sweetness and light and you said to them: "What are you so happy about?"

That typifies what's happening right now. Most of us have many of our old issues intact. We won't countenance this; we can't stomach that. If we could look at ourselves with a "stressmeter" (a device that hasn't yet been developed; I'm working on it), we'd see ourselves as a mass of muscular tension, a coiled spring. Now that tension is being challenged by the increasing love and light that's being sent here. And for some of us it's downright uncomfortable.

SaLuSa addressed the matter yesterday but the galactics and ascended masters have been speaking about it for more than a year now:

"The sands of time have nearly run out, and unlike when you prepare to go on vacation and sort out what you want to take with you, Ascension is quite the opposite. You are instead sorting out what you cannot take with

you, but of course we do not mean physical objects. It comes down to any attachments that are of the lower vibrations, that cannot exist in the higher vibrations. As part of your life plan, you have arranged that they present themselves to you for cleansing.

"Many of you have come into life with a dark side, but that should not dismay you as you will have every opportunity to deal with it. Reflect on what it is that does not serve your higher good, and move it out of your life. ... [These areas] of life ... will prevent you from uplifting your vibrations, and if you are serious in your intentions to ascend you must cleanse yourself of [low] energies." (1)

Not all of what SaLuSa is referring to are easily-identifiable low energies; some of what he is referring to are restrictive patterns, including patterns we may think are really good and decent like "I'm a good Christian," "I'm an upstanding American," or "I'm a generous person."

If you're a person who's attended a lot of encounter groups, personal-growth workshops, and similar things, you'll be used to being "called" on your patterns and records. You'll know that when someone brings one to your attention, the invitation is to take a look at what they're saying and see if it applies to you. Try it on. If it does apply to you, acknowledge it and be with what you've now seen.

People who haven't attended groups like these probably won't respond this way. They may become righteously indignant and say, "I'm a good person. What would have you say that about me?"

That way of responding would be all fine and dandy if we had another thousand years of duality in front of us. But what's in front of us now is preparing for Ascension. Defensiveness and self-righteousness are luxuries we can't afford now. We must cleanse ourselves, as SaLuSa pointed out, and a refusal to take a look at ourselves and our old business will soon be a distinct liability.

There isn't time now to attend enlightenment intensives or gestalt groups. There isn't time to learn the ways of self-exploration, self-assessment, and completing unfinished business. We have to drop our defensiveness and self-righteousness now and get that we actually do have patterned ways of being that need our attention and have to be let go of.

This can be a smooth ride or a rocky ride and if we stand on a refusal to acknowledge our own patterns it may be a rocky ride.

Let me illustrate from my own patterns. I have a pattern called pleasing people. So along you come and say, "Steve, I see you as trying to please people. Give it up." I could respond in one of two ways.

Self-Righteously Indignant

What do you mean? I like helping people. I'm a good person. What's wrong with that?

or

Openly Explorative

Well, let me take a look at it. Do I see in me a pattern of pleasing people? Well, a person who pleases people would feel driven to set aside their own needs to do things for others. They'd feel uncomfortable not doing things for others and would do them even if they were on their last legs. There would be an automaticity to it. Do I feel driven, automatic, conflicted if I can't serve? Yes, I do. OK, I have a pattern in the area. Thank you for that. I see it now.

The first response is defensive, self-righteous; the second response is open, inquisitive.

There's no more time for remaining blind to our patterns, managing our image, looking good, posturing, maintaining the mask. If we continue to respond defensively at this time, we won't miss the boat - I won't go that far - but we may turn a smooth ride into a bumpy ride.

We're going to have to make a gigantic switch from wanting to see ourselves as good and decent people (which is OK) to wanting to know the truth about ourselves. Some of what we see may not look pretty.

I just read a story about whether Piers Morgan actually knew about phone hacking or not and it appears that he may have and is not wanting to admit it. The Time of Truth will oblige us to admit everything. We cannot ascend without admitting at least to ourselves our past mistakes, our patterns, our confining points of view, all of it - I think. We're going to need each other to make it through this period.

There's nothing "wrong" with having patterns. It's just that they're not useful in the times approaching even if they were useful in the past. Patterns mean that we cannot meet and accept life on its own terms; we have to shoehorn life into the confines of our pictures. Patterns mean that we need to be seen in a certain way, that we're acting out a script, which itself derives from decisions we made in past traumatic circumstances. All of this now must go, I think.

I'm tempted to say that we no longer have the luxury of remaining blind to our mechanical, automatic, contrived and stage-managed ways of being. We cannot continue to be a robot and take advantage of the wonderful energies coming down the pike. God allows us to be an up-tight, withheld, tense and stage-managed person if we so desire. He/She/It will not interfere. We can choose Hell on Earth if we want to. But life will only become increasingly uncomfortable if we do.

Finally we'll fall apart in the face of the difficulty that keeping the mask on presents in a time of rising light and love energies.

So just begin to let the awareness in that all masks are about to fall now. Guaranteed.

That favored way you see yourself? Helpful, a nice person, a good Christian, generous, peace-loving - all of that is about to be challenged and anything contrived, rather than genuine, will fall.

We could all of us afford to give ourselves a break by stopping playing the role of an actor in our lives and understand that the call of the day is to shed all our roles and postures.

At the end of this day, we'll be supple again, spontaneous, uncontrived and whether we want the journey to that point to be smooth and easy or rough and bumpy depends on how we orient towards the cleansing process that SaLuSa described today.

Footnotes

(1) SaLuSa, July 26, 2011.

Post-Reval Role Challenging

March 22, 2023

<https://goldenageofgaia.com/2023/03/22/343600/>



Soon enough our role as humanitarian philanthropists will be upon us. My thoughts have been going in that direction a lot lately, as I mentioned earlier.

Since I'll be the CEO of at least four different organizations, (1) my focus is on performing that task well. How big will they be? Michael has said: "This is you becoming the steward of an organization and of an undertaking of massive, massive global impact/import." (2)

That's a challenging assignment and just getting my head around it has proven interesting.

One of the promises I've made myself is that in any problematic situation as a CEO, I'll first exhaust what I can realistically do to handle things before asking others to assist me.

Not unrealistically. Not like the pilot who was so preoccupied with changing a signal bulb in his plane that he stalled and crashed it.

And not like someone who likes to do things himself and turns down help. I will need vast amounts of help.

In the consideration of things that may come up, I'm struck by one tendency I think we have.

Psychotherapist John Enright once said that being wrong is like death to the ego. An overactive concern for being right is called a self-serving bias.

I find it almost irresistible to be self-serving. And very difficult to observe. It's like a siren song that I fall asleep to again and again and wake up to find I'm being self-serving.

I think it would be unrealistic of me to expect others to see and acknowledge a mistake easily; the self-serving bias would mandate resistance of some sort.

Sooner or later, we'll have to recognize self-servingness and choose personal responsibility instead. When it comes, I will welcome it. But I don't think it'd be wise of me to expect it.

Meanwhile I can fixate on what's "right" and "good" or I can ask myself: What behavior will be welcome and successful in this interaction? (I've already told you the handicap I think I labor under as a hermit thrust into center stage.) (3)

Oliver Goldsmith wrote a play, performed in 1773, called *She Stoops to Conquer*. Stooping to conquer is counter-intuitive, which is probably what made his play so interesting. I shall be stooping a lot, I think. I wouldn't be surprised if that's not the most-called-for response. The alternative - being right - simply feeds the ego.

Meanwhile, in our post-Reval companies, the employment contract is different from a family or a friendship contract. People we work with don't have to be our friends. If we listened in on lunchroom discussions, a lot of them might be having what I used to call howdido conversations - here's what the boss did and here's what I said, etc. Telling and retelling our story is how many of us handle our irritation.

We gossip. We strut and posture. We work on our story till we get it just right. Our lives become a collection of stories in which we always figure as the hero.

Somehow I need to face the fact that, if I need to stoop a hundred times to conquer, then that's what I need to do. People do not have to respect me; it's something I'll need to earn and work to keep.

The Mother has said that dictatorship will no longer work. Her plan is love. (4)

Given that I have a temper and have in the past put people into inner conflict and suppression at times, the amount of discipline it'll take to tame myself - especially given the release that wealth will bring - makes me dizzy to think about.

The Arcturians said:

Arcturians: You will be called upon to master EVERY thought and feeling. ...

Hence any thoughts or feelings that cause inner conflict of any form are best pulled into your conscious mind [i.e., observed] to be displayed as an experience. In fact, in 5D this will occur with your EVERY thought/emotion.

Hence our leaders are having to totally hone this mastery of energy NOW.
(5)

That's quite a tall order. But I no longer moan and groan. I now see how it'll all get done: Complete the vasanans + Remain self-aware + Mastery of emotions + Send love out to the world + Invite the aid of the Company of Heaven.

So not just awareness, which was the goal of the growth movement, but mastery of our feeling states, which is the Company of Heaven's goal for us. At least for everyone playing a major role after the Reval and definitely for anyone meeting with our star family. To them anger is a noxious fume.

To summarize, as someone preparing for post-Reval duties, I need to ask myself what I can do to address a problem before I turn to others. I need to demonstrate humility, thoughtfulness, and the other divine qualities because the way I am may be mirrored down through the company with more impact than my words.

Footnotes

(1) You may enjoy seeing the current state of the plan:

- Michaelangelo & Partners - Headquarters; pipeline for redistribution of sequestered wealth.
- Golden Age of Gaia - Vision and interpretation of building Nova Earth; welcoming of our star family; preparation for Ascension.
- Michaelangelo Fund - Four Point Plan; plans, programs, and projects for national populations.
- The Hub of Ancillary Services - Ancillary services to all member organizations.

Other services: Ascension University, Golden Gaia Library, Golden Age Museum, archive, research group, and publishing house.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.

(3) See "The Truth is Beyond Comparison," March 21, 2023, at <https://goldenageofgaia.com/2023/03/21/the-truth-is-beyond-comparison/>

(4) Divine Mother: Make no mistake, Sweet One, Love will win because that has been my Plan always. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

DM: So let me tell you and share with you, and I hope this gives you comfort — the outcome is assured. And it is the return to love. ("The Divine Mother: The Biggest Revelation Yet to Come," January 28, 2018, at <https://goldenageofgaia.com/2018/01/28/the-divine-mother-the-biggest-revelation-yet-to-come/>.)

(5) Arcturians in a personal reading with Steve Beckow through Suzanne Lie, Nov. 8, 2013.

⌘ Entitlement and the Self-Serving Bias ⌘

But I AM Entitled!

December 7, 2023

<https://goldenageofgaia.com/2023/12/07/entitlement/>



But I AM entitled!

I'm staring at this huge vein of entitlement that I have. White, male, college-educated, lives in a supposedly democratic country, on and on. I'm entitled.

You may say, well, just wake up. But it goes far deeper than the conscious mind.

I described these earlier as automatic behavior patterns that are habitual. They're the precipitate of our core issues, or vasanas, the residue. (1)

It takes considerable concentration and commitment to catch ourselves acting one out. And even more to raise it to awareness, acknowledge it, and then stop acting on it.

One element of entitlement is complaining. I caught myself acting entitled at the drug store a few hours ago, when I shared that I'd purchased 40 batteries from Costco, whose best-before date was March 2025, and not one of the forty worked.

It wasn't *what* I said. It was the sense of entitlement I felt below what I said. Following those instincts, one ends up a snob. Uhhhh.... I'd better check that one out!

The ultimate mystery here is that our society gets across the message, in movies and television, that no one likes a snob. And yet people choose to be snobbish. And not just lords and ladies. Celebrities, financiers, academics, even doctors.

The only explanation for that that I can find, when I consult my own memory bank, is that snobbishness feels good. Feeling important, feeling needed, feeling able all feel good. And we seek the pleasurable, feel-good feelings.

One of the themes of Eddie Murphy's *Coming to America* was a young African prince, who had everything, and yet continually rose above temptation and saw beyond the ephemeral feel-good moment. Most of us have as many temptations we yield to as some people have bottles of liquor. We're entitled. We don't rise above temptation. We cater to it.

I haven't risen above temptation, I say snacking on a bowl of chocolate ice cream. I'm not detached. I give in to the temptation to consider myself entitled to respect, good service, a reliable product, whatever.

And I attempt to force my will on the other person ... and predictably everything goes off the rails. And I look stupid. And I eat crow.

But I do it again and again. Just a bit better at it. Until I don't.

Arrogance, self-righteousness, privilege all feel good. Hermann Goering, before his execution, said, "Oh well. I had twelve good years." Can you imagine? He felt good by and while murdering millions. That's how deeply some people want to feel good, to enjoy themselves on a purely physical level (possessions, experiences, adventures), no matter how many people they harm. Unrestrained pleasure-seeking.

Our desire to feel good, to enjoy ourselves, to feel pleasure, if we don't weigh it against our reasons for being here, sends us off on one "scenic detour" after another. And then we ... OK, I ... wonder why I'm ineffectual.

Entitlement is constrictive, constraining, densifying. It's insulting to the person we're being entitled with. It invites short-term resistance and long-term karma. It has no relationship to love, which is on a different plane of consciousness. (2)

I really have to get so sick of it and myself for going that route that I stop the minute I catch a whiff of it.

Or laugh about it. Or love it and apologize to it for giving it such a miserable assignment. Or ask the Mother to repurpose the energy. I could do a hundred things.

Of them all, the one that moves me to action is realizing that very soon I'll be a CEO and it'll be harder with all that wealth to do the work needed to end this behavior pattern.

My sense of entitlement could mushroom. And what used to hold me back will in large measure be absent. Things then will very much depend on which wolf I feed.

Do it now. Don't play with your future and that of a lot of others. Do the work while it's still manageable....

Footnotes

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

(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.)

What is the Matrix that Held Us in 3D?



Old paradigm: We live in a world of scarcity where survival favors the strongest

What is the social grid of false beliefs, what some have called “the matrix,” that is said to have been with us since ancient times and that holds us in Third Dimensionality if we cling to it?

I’d like to look at some of the beliefs and philosophies which, taken together, capture the essence of this false grid of beliefs.

Since all these beliefs are couched in commonsensical terms so that even the least intelligent could understand and master them, I too will discuss them in commonsensical terms.

The first core belief that represents a departure from the truth of our being is the notion that each of us is a separate individual, with no common ties, origin, or essence.

There's no sense of the soul and, because there isn't, there's no knowledge of the same soul being in everyone or that that soul is really the Super-Soul, which is the one nature of all.

All this knowledge is not taken up or explored.

Instead we divide ourselves into, or unite ourselves in, various ephemeral identities such as races, nations, etc., and then fight to dominate each other and avoid being dominated.

None of this reflects the eternal truth that we are one.

The second belief is in scarcity, or, as Archangel Michael has called it, lack and limitation. We believe we live in a world of fixed resources, with not enough to go around. Given that we have need of these resources and not enough exists to share equally, we choose to compete, rather than cooperate with each other for them.

In reality nature's abundance is probably unlimited and our capacity to create is also unlimited. In higher dimensions, of course. But even here, in whatever dimension we are (probably Fourth), our powers of creation are much larger than we imagine. But this perspective convinces us that there isn't enough to go around and sets the stage for competition progressing to warfare.

The third belief is that there are no solutions to the dilemmas the first two beliefs raise. There's nothing that can be done to end our sense of separation from one another and there's nothing that can be done to end the perceived scarcity of resources.

Change or reform is impossible. No matter how much things change, they remain the same. There's no way out. These are the cliched sayings we have that reflect and invigorate our bondage to this perspective of no solutions.

A fourth point of view is the belief that we have only one body and one lifetime to live. Once we die, that's the end of it. There's no escaping death and taxes. Death is final. Therefore we may as well live it up in this moment because tomorrow we die. These are the beliefs that go along with and support this materialist perspective.

A fifth point of view is that nature is chaotic. There's no order in nature. Mother Nature is unpredictable. There's no higher power or universal laws in actuality. The universe moves randomly. Unexpected catastrophes happen every day somewhere in the world and cannot be prevented. So get over it.

When people assimilate and integrate these beliefs and form their words and actions on the basis of them, we call this conditioning. Being conditioned into

accepting these five beliefs, we're open to the social philosophies which also arose on the foundation of these beliefs.

These social philosophies create a common cultural lifestyle in many parts of the world, where institutions of conditioning pass the culture along, and common boundaries are enforced beyond which a person cannot go without being judged to have "crossed the line" - to exist in a kind of apostasy - and be worthy of ostracism.



The world is kept in an almost-constant state of war

The first social philosophy is an extension into all areas of life of what is usually called the Self-Serving Bias. It's based on the belief that one's own interests are supreme and in many instances all that count. The individual is expected to "look out for #1," to argue their own self-interest, and to do only that which serves them in some tangible way.

When discussing events, a person acting self-servingly will maximize their own victories, successes, and gains. They'll tend to minimize their own defeats, failures, and losses.

Conversely, when discussing the role of others, they'll tend to minimize the other's victories, successes, and gains and maximize their defeats, failures, and losses.

Viewed from another perspective, when discussing a successful action, they usually attribute success to their own input; when discussing a failed action, they

usually ascribe failure to the input of someone else. Acting these ways is acting self-servingly.

The second social philosophy that arose out of this mix of beliefs is called empirical materialism. Empirical materialism is actually a view of nature, reality, physics, etc. As such it holds that only that which is tangible, detectable, or measurable is deemed to be real. Anything beyond the reach of the physical senses is not deemed to be real.

But when applied to social realities, it holds that higher-dimensional beings are not real, including archangels and galactics. It holds that invisible spacecraft are not real; life after death does not exist; therefore multiple incarnations could not exist as well, etc.

Everything associated with Ascension and Disclosure, everything introducing it, moving it along, and bringing it to a successful conclusion is deemed not to exist. No higher view of life than what can be seen and touched is possible. What you see is what you get, literally.

The third social philosophy to arise out of this mix of beliefs is usually called Social Darwinism. It's the belief that life is a struggle for survival in which only the strongest survive.

It's a view that favors the elites of the world, the Illuminati, the military-industrial complex, the financial oligarchy, and so on.

Just as nature is red in tooth and claw, so is business and industry a jungle in which every one else is looking to eat our lunch. We're justified in nuking the competition, making them suffer, bringing them to their knees, and so on.

This view has led to theories of racial supremacy, the eugenic "cleansing" of populations such as in the Holocaust or the massacre of Armenians, the creation of a growing economic underclass, the dropping of all social services and benefits plans, the rape of resources, the extinction of whole species of animals, etc.

It's the perfect reflection of the first set of beliefs, the perfect rendering of them into a comprehensive social philosophy based on scarcity, win/lose, zero-sum solutions, and so on.

This is a recipe for constant warfare, within and without, continually experiencing and expanding deprivation somewhere, creating endless residue which leaves relations and situations festering down through the ages in quarrels without resolution. There is no resolution because everything about this philosophy is in fact designed to propagate conflict - in fact, for the elitist groups to divide the people and conquer them.

This is the matrix that supports unworkability and leads to eventual dissolution and disintegration of the social bonds that allow people to live together in harmony and cooperation. It's a recipe for a world that doesn't work.

This set of beliefs is now passing from the scene. We can well afford to wave it goodbye and thank it for all it taught us about what doesn't work.

We now know what we don't want. The search now becomes about discovering what it is that we as a world do want.

What I just described was the world's consensus on the shape of the Old Earth. What's its consensus on the shape of the New?

Wealth Can Magnify Our Vasanas

April 6, 2021

<https://goldenageofgaia.com/2021/04/06/wealth-can-magnify-our-vasanas/>



"A guy in a diner"

I was saying earlier that wealth can magnify one's sense of entitlement, one's resolve that "I won't take this anymore."

In the worst case scenario, the inner Hitler emerges and we become a little - or a large - dictator.

Events are conspiring - and I won't name names because people have a right to their privacy - to mirror back to me my own sense of entitlement.

Gawd, is it painful to see oneself as one is. My sense of entitlement hit a dead-end road recently by virtue of my having been in a very sattwic (Hindu term for "pure") setting.

My ways of being stood out starkly visible. So here we go. Another vasana (or core issue), right?

I've never found myself able to process a vasana if it hasn't already been triggered. That may be just me.

But this one's up! Time for me to process it. Let's take a look.

Oh my gawd. This vasana goes all the way back to me as a very young child, the runt of the litter. Never being listened to. Developing strategies to be listened to, like complaining.

That's the first way the twig was bent and the tree inclined.

Over the years, I add to this a second strategy of "being right" and top it off with a third strategy, developing a robust sense of entitlement (no one's going to mess with me).

All of this is going on at a subconscious level, but it's all now rising to the surface like lava, that pushes surface rock away.

Wealth can magnify our vasanas. I'm sure of it. I've seen it in others. I can't warn us enough.

If I don't complete this vasana before I become the CEO of a large group of companies, I risk becoming a dictatorial braggart. A guy in a diner, Werner used to say, a blowhard, like the guy in the rocking chair (above).

It's up to experience and realization. A sense of entitlement is a dead-end road. Time to get off it.

I don't know what comes next. Just time to stop. I suspect that, in the end, it'll turn out that there's nothing more to do than that.

One final note, however, before I go. Notice that this experience and realization all happened because I entered a setting more sattwic or pure than the one I currently inhabit. And look at the discomfort that that brought on.

Now picture me entering the Fifth Dimension, and how much purer those beings are. I'd implode from seeing my own pretensions. I'd go through the spiritual equivalent of the bends and have to decompress.

The manner in which our vasanas are being revealed right now (everything hid shall be known) reflects the rising love energies. It shows how necessary it is for us to be prepared - but gradually - for the more refined life of the higher energetic planes, ahead of us, if we want to avoid discomfort and pain.

It isn't that someone's keeping something from us. Our bodies and minds - and most of us don't even know what's really happening - require us as a species to make the transition slowly.

I just got an experience of rapid decompression and it was just about as uncomfortable as I think I could bear. And I already know to expect my vasanas to be in my face. I know what's happening. Doesn't matter: Pretense is pretense.

Imagine the depression of a person whose vasana was triggered but they had no idea why they were feeling the way they did (say, humiliated and dismayed), what they were feeling, what it all meant, etc.

And yet the rising love energies are squeezing every last issue, resentment, judgement, etc., out of us, like a lump of dough. I will prepare you for God's oven, an offering for God's table.

I am in the oven. I'm tempted to say we are in the oven.

I invoke the universal law and Sanat Kumara to take this sense of entitlement from me.

The Worst Possible Virus: The Inner Hitler

September 17, 2020

<https://goldenageofgaia.com/2020/09/17/the-worst-possible-virus-the-inner-hitler/>



When tension increases, awareness decreases.

The converse should also be true: When tension decreases, (1) awareness should increase.

And so, in the midst of chaos, my awareness appears to be increasing. Having dropped Constant Comment, weathered the eruption of Humiliation that followed, (pant, pant) I notice that I have reached a place of ... well, more clarity than I've known so far.

I see brush and obstacles still in the way of emergence, which is my goal. (2) I'll know when I arrive at my destination. It'll be unmistakable; the higher dimensions are.

Today I "caught" a voice go off inside me that had more relationship to Adolf Hitler than it had to ... name a saint.

It was my Dad's voice. I just heard a snippet of it. But I'm familiar with the history of the Second World War and the sound of Adolf Hitler's voice superimposed itself on the other.

It was like a two-track comparison of their speaking. They had the same range, the same force, the same insistence.

I saw the whole dictatorial routine, number, or act in a flash of recognition. When I speak of intellectual, emotional, and realized knowledge, this was realized knowledge.

Oh my Gawd, that's who I am at times.

OK, OK, not all that much. Not trying to exaggerate. But I have lost it at times.

Time to switch hats to the ethnographer.

If I don't experience the feelings arising from it, I'll perpetuate the act. If I want the act to disappear, I have to allow myself to experience what follows. (3)

The recognition caused re-examination. And reparenting.

I know where this act leads. Everyone on Earth should know where this act leads, unless memories have grown short. I'll issue a reminder: To total destruction.

To cities laid waste, to millions massacred, to nations destitute, subject to foreign rule. To the use of ever-larger and finally nuclear weapons. Those who lived by the sword died by the sword.

Oh my Gawd, I have the dictator within myself. This is the worst possible virus.

I say that my awareness has deepened because I heard just a snippet internally and immediately recognized the act.

Have I been studying the Second World War just to prepare myself for the recognition of the inner Hitler? I'm willing to bet "yes."

Each time I flash on that voice and see the picture of my Dad yelling at me, forcing me to obey, I feel revulsion.

But who cares where it came from? He got it from his Dad. And so on. What difference does it make?

The point is I made a video of it, stored it away, watch it endlessly when the vasana erupts, and now play out that role myself - as the only way I know.

Like so many actors, I've become a role I detest. How and when did that happen?

Ok, so this is the next stop on this journey, to experience to completion the inner Hitler. (4) And then up will come the next thing. And the next.

Tension should decrease and awareness increase if I (quietly) process this vasana. And the next.... This is my plan for my gradual Ascension.

I assert that every brush cleared, every obstacle overcome restores me more closely to my Natural Self. (5)

Footnotes

(1) Heaven forbid in our world that it should do so lest I be accused of being other-worldly!

(2) Such as the Mother describes here:

"[The gunas, the Trimurthy] is formless, and yet it is form. It is a way of connection, and it is a way of understanding and entering into a higher vibration of being. So *it helps the emergence into my energy*.

SB: Sort of like stair steps?

DM: That is correct. ("The Divine Mother: Come to Me as I Come to You – Part ½," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.) [My emphasis]

I'm seeking to emerge in exactly the sense she's pointing at there. And I assert it happens in stair steps. Constant Comment, Humiliation, and now the inner Hitler departs, revealing more of my Natural Self; these are all steps.

I also assert that this is an effect of the rising energies and hence a trace and indicator of our gradual Ascension.

See also “Emerge from the Shell,” February 9, 2020, at <https://goldenageofgaia.com/?p=306371>.

(3) Matthew Ward put the matter nicely in his latest message:

"Intensifying light during the aforementioned period offers an ideal opportunity to set positive intentions for personal growth. Go into your heart space—as God said, “The heart is the seat of the soul”—and if introspection shows residue of anxiety, self-doubt, judgments or discouragement, letting go of it by breathing calmly, deeply, will give you peace in body, mind and spirit. Please do that for yourselves, dear family, so you can be free of stress and stay in balance."

(4) Doing so is like letting air out of the balloon of ego whereas getting heated and having self-righteous disagreements only breathes more air into the balloon. I keep trying to offer different metaphors. Here's another. Going into extreme behavior energizes a vasana (or core issue); calmly experiencing the rejected emotions like humiliation and the inner Hitler robs the vasana of energy.

Gradually we get to emerge from being a vasana-driven stimulus/response machine to being a normal and natural, pure and innocent human being.

(5) Sahaja = Natural; Sahaja Samadhi = Ascension = moksha, mukti, liberation from the birth and death of the Third Dimension. Sahaja samadhi restores us to our Natural Self.

⌘ Emergence ⌘

Rrrrrring!

Undated



Rrrrrring!

Time to wake up!

"Waking up" means going from unconscious awareness of something to conscious awareness.

I know *and* I know I know. It's similar to the difference between dreaming and awakening.

We're going through a transition in consciousness and how deep and lasting it will be depends on us.

And that in turn depends on our level of consciousness. Remember that thought is creative in the Fifth Dimension.

Our collective consciousness is more powerful still. I write in part to have a thought enter the collective consciousness.

In my opinion, we as a collective need to wake up to the transition in consciousness we're going through.

Here it is in a nutshell: Are we willing to serve humanity rather than simply our own personal needs? Are we willing to think from the standpoint of humanity rather than just us and our family? Are we willing to see the commonality in people around the globe?

That is the fundamental shift in consciousness that is waiting to erupt in this world ... I don't think far away. The common global response to the pandemic has raised our awareness of our similarities and differences. But it's brought all of us to global awareness.

It actually does feel like an awakening when the realization sets in that it's possible to think from this level. I can't describe the process. I could compare it to a snake shedding its skin, a crab, its shell. I used to call it "emergence." That's exactly what is happening.

All of us, we're emerging slowly but surely from bondage to anyone or anything. In bygone years we called that "freedom." We as a world have seen that others in other countries face the same problems that we do and none of us are really addressing them.

Knowing what is going on in the world shows us this is not a game. There are people out there whose lives are on the line for us, to defeat a worldwide cabal. It's going on under the streets of Los Angeles and New York, under Dallas Airport, China Lake, etc.

They're fighting for our freedom. Freedom from the omnicide of viruses and vaccines. Freedom from the inhuman abuse of children. In this assertion of our freedom, we have our part.

That part could be to manifest our freedom in every peaceful way. Assume the freedom of others, providing they do no harm. There is a Law of Free Will, which, I'm led to believe, the rest of the universe honors; only we transgress it.

That alone would deny the cabal its basis in our support. No fear from us, no need for them. It's the opposite of their paradigm of creating the need and the answer to the need - more of themselves.

We need only deny our support to them - the Illuminati, Satanists, deep state, military-industrial complex - and focus our attention on building Nova Earth and, as President Trump said and I'm convinced of, we'll like the end of this movie.

It all works out in the final reel.

What is Emergence?

2013



One of the seminal concepts for me in all the work we've done together in the past four years is to emerge from our fear – fear of being hurt by the cabal, fear of revealing ourselves, fear of rejection, fear of losing our jobs.

It also just so happens that we're in a phase of Ascension where emergence is key – where we now need to consolidate our gains and step out of our shells into our full stature as a spiritual being. For many reasons, the topic of emergence is one we would profit by considering at this time.

Emergence is a path to enlightenment and it's a path well suited to writers. I've been much occupied with the notion for the past few days and so I took it upon myself to take the best passages from past articles and collate them here.

"Emergence" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/emergence/>

Enlightenment can be reached by many paths, through many ways. For every sense door, a path. For every mode of experiencing, a path. For every temperament, a path.

And the mode called writing invites, for me anyways, a very particular path, which I've called "emergence."

Emergence is to stand forth as one's truth, to free our expression from all dogma and equivocation, all fear and anxiety, all suppression and intimidation, as people are doing right here [in this discussion group called Galactic Roundtable], right now.

Emergence may not look pretty. It may be a noisy birth or a quiet birth. But the more we emerge, the more we break the knots that bind us, find our native voice, free our natural expression, and stand forth in the way we were first created.

"Show me your original face" could be translated as "emerge." Stop suppressing yourself. Stop hiding.

But it doesn't mean attack, insult, or anything close. To do that would be to violate our divine nature and the way God designed life, it seems to me, makes that result in more tension, more layers of withheld energy and consciousness, further darkness.

Emergence is emergence from attack, from duality, from separateness, the emergence of our nature as it is, free of restraint but also harmless and unconcerned with what others do or don't do.

I emerge. It has nothing to do with whether you do or not. I stand forth. I don't have you stand forth. I have me stand forth.

I do that by sharing who I am in the matter, as someone has just done.

The game in here [Galactic Roundtable], as far as I'm concerned, is emergence, throwing off the self-imposed chains of shame and guilt, letting go of worry about what others think of us, peeling back the layers and revealing one's self, warts and all.

The one who can speak his or her truth without fear and yet without harm has achieved the individual sovereignty already that the galactics promise us, as far as I'm concerned. What's left to win if we've released ourselves from our self-imposed prison of fear already?

Stop worrying about how you look. Stop trying to be right. Emerge in here. Who are you in the matter? Not who am I or who is someone else. Who are you?

Tell me who you are, deeply, transparently. I want you to know me deeply, truly as I am. The all of me, the how of me, the beginning and the end of me.

Tell me who you are. I will hear you.

"What is Emergence?" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/what-is-emergence/>



Because of the nature of our circumstances, I find it not as appropriate to say that our goal as a [discussion group called Galactic Roundtable] is “awakening” or “enlightenment” as it is “emergence.”

To “emerge” means to come out of my shell, to speak my personal truth in spite of my fears. As I see it, we emerge in many ways. In everyday life, I might emerge in a moment of love towards another. I might emerge in a moment of courage.

But, here on this “discussion” group, although we may emerge in love and courage, inevitably that emergence will be “discussed” or conveyed in writing and so I say that we emerge in “truth.”

Truth yearns to be uttered and heard. Truth lives in formless space, but is socially fulfilled in language.

You’ll know when your truth presents itself to you because you’ll rise up from whatever you’re doing and feel compelled to share it with another.

What truth? If we emerge in the ultimate truth of formlessness, well, that's cause for celebration. I would call that “ascension.”

But what is much more likely at this time is that we'll emerge in the relative or personal truth of ourselves. That may be the truth of you or the truth for you.

Here now comes what Atmos called “the fly in the ointment.”

The truth for you is probably not going to be an attack on someone else. If truth were an attack, then we all might look forward to our future with some trepidation.

But the future, where truth reigns, is said to be peaceful and compassionate.

Truth releases us from fear, anger, and all the other lower human qualities. So if what you are moved to say doesn’t release you, but keeps you gripped in or sends you further into lower qualities, then it isn’t the truth.

The truth unites; it seldom divides. I grant you that we're still in oppositional times as the dark attempts to vaccinate us all with nanococktails. The truth for us may be a resolve to say “no” to something.

The truth for us may unite us with some and divide us from others, but it shouldn’t set us against even those we oppose, or it’s not the truth.

In the case of vaccination, the truth does not involve an attack on another, just a resolve not to be vaccinated – in the name of truth.

Truth is a divine quality, just as love and courage are. They mix well together.

Truth does not mix well with the lower human qualities like anger and jealousy. In fact, the two probably cannot coexist.

Leo Buscaglia said that “love is letting go of fear.” I would go further and say that love, or courage, or truth expressed, transcends fear.

Emergence comes when we reveal ourselves until we ache. It comes when we find our courage and trump fear. It comes when we share a secret that has bound us for years.

Suddenly we share our truth and the result is that we emerge.

Emerge from what? From fear, shame, inhibition, anger, jealousy – from our shell. We emerge and stand forth, seen.

The man I served who asked that this discussion group be started wanted to publish intelligence from certain sources. But I began it to facilitate people in emerging. This site had two sides, as it still does.

Therefore, from the start of its life, one of the accents has always been on sharing our hearts out in a “safe, sacred, and workable” space, designed to be that way so that we could remove our masks in here and be seen for who we are.

You notice that we don't have on this site a large collection of trivia and jokes? The floors are swept clean and everything is left in a state that invites sharing our truth or the truth of who we are.

So you're humbly and kindly invited to use this space for what it was intended for – your emergence.

And not just your emergence. I call upon the group itself to emerge.

Wake up at the level of group. Take “ownership” (i.e., be personally responsible for) the space of this group. Feel from the level of the group. Emerge (yourself) as group.

Emerging as group means getting bigger. It means feeling the entire space of the group from the postings. It means noticing when the group turns icy with fear. It means seeing how the group responds to one member's share of difficulty.

And it means communicating our truth in a way that forwards the action and restores “beingness” to the group by making the truth of the situation known, whether it be negative or positive.

"On Emergence and Arrival" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/emergence-arrival/>



Emergence is a decision made in the moment to stand forth as one's truth in the face of countervailing pressures to remain silent, give in, succumb, or surrender. A person stands forth as their truth in the face of frightening odds or terrifying circumstances and they "emerge." Mothers who lift cars off their babies "emerge." People who walk into enemy fire or wrestle with a lion to save their loved ones "emerge." people who are obliged to speak truth to power may emerge before doing so.

Arrival is the passage from a simply intellectual appreciation or understanding of an event to a much deeper experience of it that has bodily correlates, such as weeping or horror or actual bodily spasms and such. Sometimes one can "arrive" in the midst of a heart attack. One can "arrive" in the course of a near-death experience.

One can emerge and emerge and emerge, each time coming more and more out of a shell and standing forth ever more completely as one's truth. One can arrive in one setting after another and in fact, I'd imagine that people usually do.

I'm not enlightened, so I cannot say whether emergence or arrival leads to enlightenment. But I consider them both stages of it and part of the gradual process which may itself simply blend into enlightenment, as a few sages have said happens, or else result eventually in a sudden starburst of enlightenment.

I was asked recently what I was aiming at in producing this website [the *2012 Scenario*]. I replied that I was interested in “transparency.” Transparency lays the groundwork for emergence and arrival. By being truthful – as truthful as it's wise to be, given that we face forces that would exploit our truthfulness – one is, as it were, exercising the same faculty that will be used to emerge and arrive.

As a writer, I give up having the time to meditate. Meditation is not my path. Emergence and arrival are. I choose to stand forth as my truth, more and more each day, and I feel a subsequent strengthening and clarifying occur inside me.

Your path is your path, as it should be. Transparency, emergence, arrival are mine. Standing forth is mine. Showing up is mine. Being present and aware is another way of describing it. Owning my life and acting without fear are others.

When I estimate my growth, I don't ask myself if I've experienced enlightenment. I ask myself if I've emerged, if I stand forth as my truth, if I've shown up.

"Emergence Turns Resistance into Revolutions" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/emergence-turns-resistance-into-revolutions/>

What turns mere resistance into revolutions is emergence. What galvanizes people, brings tears to their eyes, sees the birth of resolve and the renewal of commitment is emergence. Moments of emergence define revolutions, are romanticized, and remain the stuff of memory when all else fades.

"Juiced on Emergence" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/juiced-on-emergence/>



We have the ability to call ourselves forth. We just don't do it often. We have the ability to come out of fear, to emerge from our records, vasanas and upsets. We have the ability to consciously put our lives at risk, to walk into the face of death, or even to drink a cup of hemlock. We have the ability to give our lives for another. All of these sound impossible to do. But they're not.

We have the ability to say to the CIA, the New World Order, the men in black: "I accuse...." We have the ability to look our tormentor in the eye and express our lack of fear.

We here are writers, are we not? We write emails, posts, tweets, letters, articles, essays. We write. It isn't easy to pursue an enlightenment discipline as a writer. But it's easy to emerge.

The clearest case of emergence for me occurred when I wrote an article on 9/11 in 2008 and sent it to every Member of Parliament and every Senator in my country. I remember clearly pausing before hitting the "send" button and knowing full well that I was saying goodbye to my career, inviting a life of potential threat, stepping outside the bounds of everything good that my society bestows on those who toe the line. And then, having emerged from my fear, I hit "send."

Emergence is a well-kept secret. I'm not sure why we haven't seen any channeled messages on it. But if you were to ask me the source of my juice, electricity or gasoline, I'd have to say emergence.

"Emergence will Only Cost Us Everything," at <https://goldenageofgaia.com/spiritual-essays/emergence-2/emergence-will-only-cost-us-everything/>



What does it mean to emerge? And must we emerge before we take on any challenge? If we don't emerge when we set off for that ship [the Neptune], will it just be one more adventure that we were never present to anyways? Will it make a difference in our lives or just be one more luxury liner we took a trip on?

What really matters? What's it all about? Why are we doing this anyways?

There's a part of ourselves that you can call our exterior, our surface consciousness, our everyday mind and everyday heart that isn't us. And in order to remain in contact with that, we think we have to compromise, accommodate and fit in.

Then there's a part of ourselves that you can call our interior, our deeper consciousness, our non-ordinary mind and non-ordinary heart that really is us. And in order to come in contact with that, we have to give up compromise, accommodation and fitting in. We have to give up every thing, every attachment, every desire but that.

Every time we take on something out of the ordinary, stand out from the crowd, or take a step in the direction of our own freedom, truth and honor, we encounter the drag of conformity and the dead pull of the herd mentality.

We can go on this voyage of discovery and remain in our shells and not emerge. But I don't think it will do us a stitch of good.

Let's face it. If we've signed on to meet our galactic family, we have by that mere fact alone given up the chance of remaining on the surface of things and living by compromise and accommodation. The very act of stepping forward and saying we want to go was the death knell of that.

Even if you stated you wanted to go and couldn't go, you still voted for the end of superficiality.

If the world then turned around and bit us, threatened us and abandoned us, what did we expect? A hero's welcome? A bouquet of flowers for threatening the status quo?

We've become subversives of the most threatening type. Close encounters with the emergent personality, with authenticity and truth.

How much will emergence cost us? Only everything.

Welcome to your new life. Welcome to the end of comfortable conformity, to the demise of hiding, passing and getting by. Welcome to the new life where the only strength you can rely on is your own inner strength, the only truth you can bank on is the truth that will not let you sleep and be denied.

Emergence

2009



“Emergence” implies that I value this moment of “Now” over all past moments of “Now.”

Therefore, if you came up to me and said, “You said yesterday that...,” I would not be willing to be held to what I said yesterday over what I am experiencing “Now.”

I know that emergence is an ongoing process and that I have come out more since yesterday and that my take on reality may be significantly different in this “Now” than in that “Now.”

“Emergence” means that I value the truth over all barriers to truth. Barriers include the fear of loss, offending, rejection, ostracism, death.

“Emergence” means that I value harmlessness over truth, as long as I am an unascended human being, who has a mind and an ego.

“Emergence” means a willingness to put myself in the gap of unknowing and rely on what is there when I do.

If I snap my finger, I give the character of “emergence.” Snapping my finger is a way of demonstrating something that is not there, not there, there, not there, not there. “Emergence” is that way.

One emergence does not finish the job. An emergence cannot be put in the bank and saved. It has no shelf life. If I emerged yesterday, it does not mean I “am emerged” tomorrow.

The Buddha said that what held the world back was ignorance, craving and aversion. Ignorance was ignorance of our true nature.

For me, I haven’t reached the point where I am subtly dealing with craving and aversion – or wanting and not wanting.

I am too busy dealing with the fear of not getting what I want and the fear of getting what I don’t want. It is fear that stops me from emerging in this moment. Later I will deal with my wants and don’t wants.

Emergence as a Path for Lightworkers

Sept. 20, 2020

<https://goldenageofgaia.com/2020/09/20/emergence-as-a-pathway-suited-to-financial-stewardship/>



I've just finished this book on *Emergence as a Path for Lightworkers*. Why emergence? Why now?

I'd like to distinguish between two pathways to God, one not as suitable for lightwork and the other more suitable.

The first is via enlightenment. And the other is by (what I call) "emergence."

Enlightenment is an abrupt discontinuity in experiencing, accompanied by bliss, which brings about a life-altering realization.

Enlightenment tends to be more suited to those who have no worldly responsibilities. It appeals to raja and jnana yogis in Hinduism.

All lightworkers here today have signed up for worldly responsibilities; namely, to build Nova Earth. Emergence can be a more suitable path for those who intend to work in the world.

Emergence is an opening to the higher-dimensional aspects of ourselves to speak and act through us. We become an invitation to the highest in ourselves to come forth in any one situation. We welcome the expansion of our faculties and

capabilities as they happen. Emergence tends to appeal to karma yogis in Hinduism.

Of course everyone has the freedom to choose whatever path - or blend - they wish to pursue. What I'd like to do here is state the case for the less-known pathway of emergence - for lightworkers.

Following it means we put aside launching into advanced states of samadhi. Said Archangel Michael:

"You cannot — well, you can if you wish, if it is your choice, simply remain in that state of unity, of One. But you cannot be fully conscious and in service, in action, if that is where you are." (1)

Why now? For the needs of this important lifetime of service and stewardship, we seek a pathway to God that enhances our ability to be in the world, not one that makes it more difficult.

No, emergence doesn't mean trampling on the other person. That's the opposite of emergence. It violates the Law of Free Will. Anything built on it will not stand. We want the emergence of that which invites permanence.



What invites permanence is love. Love and its forms - bliss, peace, abundance, etc. - are all there is, even though that's not apparent in this Third-Fourth Dimensional reality where our consciousness remains centered.

Our creations are dense and create the illusion that they're made from something else - water, carbon, calcium, etc. But one can reach a dimension - and I have - where there's nothing but love. (2) Then everything said about it becomes immediately apparent.

It's this love that emerges. From where? From our hearts, where it hides, awaiting recognition.

I estimate that the vast majority of people presently alive do not know what higher-dimensional love feels like.

Why not? Because we have an aperture (probably etheric) that closes off the heart (which, come to think of it, is probably etheric as well). This aperture is called, in Sanskrit, the hridayam. With that aperture closed, we don't experience a love that would immediately answer all our questions. (3)

Emerging requires removing the barriers to being present to what Buddhists call "loving kindness." These barriers are primarily vasanas or core issues, the behavior patterns they give rise to, and the critical voice, which I call "Constant Comment," that's born from adapting to these vasanas.

As we come out from all this, in my experience, the ability to express love grows and grows.

Now expressing love is handy if one is building Nova Earth. Nova Earth must be built on love or, like most other human creations, some of them built on slave labor, it won't survive.



As we enlighten, we turn inwards. As we emerge, we turn outwards. This is an age, an era in which the prime directive, if you'll allow me to playfully borrow from *Star Trek*, is to turn outwards.

Turn outwards and rescue the trafficked women and children. Turn outwards and feed the hungry. Turn outwards and house the homeless. Later we can turn inwards again.

Archangel Michael gave a good description of this part of the Divine Plan in 2013:

"So what the clarity is also doing is creating greater cooperation, *a greater sense of working together*. Because one individual alone can very seldom achieve their entire mission and purpose and plan. If that was possible, if that was the plan of the Mother, then what you would have done is incarnate on the planet by yourself. And that was not the way you chose to come. And that was certainly not the plan of the Mother.

It was to come in the fullness of your design in community, in a community of many billions, which in the way is just a drop in the bucket in terms of the multiverse. But you chose to come and work in cooperation, and in ways that were enriching and expansive and rewarding, and filled with laughter and joy, and reciprocity.

So what you are also going to see with the expansion of this gift is more cooperation in terms of, "If you do this, I can do this piece. And if you can do this other piece, I can take this." That is a truly human creation and the building of Nova Earth. It is groups coming together. (4) [My emphasis.]

This is an outward path. Strange that I, a hermit, should be saying this, but this lifetime is about "groups coming together." And emergence helps, promotes, and eases that.



Emergence can at times be noisy. It happens often at times of creative chaos, such as this pandemic is creating. It most usually happens as a breakthrough, but it can also come as a simple, quiet "Aha!" or realization. Often - not always - it lands a person in a transformed state, having accessed a higher-dimensional version of themselves. More often it results in the gradual exit from a shell, script, or other inhibiting circumstance.

Emergence is usually temporary but some of it continues in memory. I for instance remember a time I emerged at the Denver Airport (long story; another time) and another time in an est 6-Day course. Oh, and I remember another in a Communication Workshop. I hadn't given the matter thought, but yes, those were breakthrough moments and instances of emergence.

We think of emergence as often following taking a stand, especially if the stand took courage to take. It often takes the form of a "No!" a line drawn in the sand, a parting of the ways. But it can just as easily take the form of an enthusiastic, "Yes!"

Afterwards, there's more of us here, in this everyday reality, not less, as with enlightenment: that's the prime distinction between the two.

All meet at the end. Those who mingled and emerged will meet with those who have isolated and realized, the karma yogis will join with the jnana and raja yogis. And after this assignment we get to return to our respective caves ... I mean, planets ... and pick up where we left off.

So that's my brief statement of support for emergence vs enlightenment for lightworkers. Or rather enlightenment for lightholders; emergence for lightworkers. There's nothing good or bad about either choice. It's just that if we mix them up, the result may be frustrating.

I'm here to serve this lifetime. One cannot serve in samadhi. Therefore it's appropriate for me to emerge.

Archangel Gabrielle: "When you know that you are not knowing and feeling and experiencing the Love, turn to us. Of course, turn to the Mother, the ultimate source, the supreme source of Love, the pattern of Love, the essence of Love." (4)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 14, 2012.

(2) "Immersed in an Ocean of Love – Part 1/2" at <http://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-12/> and "Immersed in an Ocean of Love – Part 2/2," at <http://goldenageofgaia.com/2015/05/17/immersed-ocean-love-part-22/>.

(3) Not because love supplies the answer. But because love is so satisfying that all questions vanish. One is Home. One has what one wanted. No more questions arise.

(4) Archangel Michael in "The Divine Mother and Archangel Michael: Work with and Expand This Energy of Clarity," channeled by Linda Dillon, October 14, 2013, at <http://goldenageofgaia.com/2013/10/the-divine-mother-and-archangel-michael-work-with-and-expand-this-energy-of-clarity/>.

(5) "Archangel Gabrielle: Who is the Council of Love and What is Its Purpose?" Feb. 28, 2016, at <http://goldenageofgaia.com/?p=273441>.

Standing Forth as the Self

2013



There's no hiding where we're going (substitute your photo here)

As you know, there are many ways of becoming realized. (1) I could sit down on a cushion and meditate. I could serve the Lord. I could sing Her Praises. These are all well-known paths.

But I think you know that mine is the awareness path and the result of following that path is emergence. (2)

Awareness, as I've said a few times, is not neutral. It's a solvent, just as love is. Awareness dissolves the knots we tie ourselves up in. Awareness works quietly, unobtrusively to dissolve the constructed self.

It can be helped along by will. And that's where standing forth comes in.

The incredible energies I'm feeling right now push me, prod me in the direction of standing forth as my Self. What the heck does that mean?

Well, it means everything and it means nothing. There's no necessary doingness to standing forth. It's just something one does nobody knows how, and, while it's an act unto itself, it has no necessary evidence or acts that it leads to. (3) But it in itself is decisive, significant, important.

And right now I'm feeling the full force of it. Either I stand forth as my Self or I go and do something perfectly ridiculous, unnecessary, perhaps even harmful. Either I stand forth as my Self or I go pick a fight or I drink myself under the table or go out and buy a fancy kind of drug. You get where I'm going with this.

Standing forth as the Self is emergence. It's a suitable path for writers and others who serve in a virtual realm, but still want to realize themselves. Emergence is necessary at some point in time whatever we do. We have to shake off this constructed self. We have to break out of our conditioned boxes. What the heck did we come here for if not for this?

I get the slightest feeling that I may be a whit ahead of the curve but then that's what I signed up for (as did you). The more I hear information on my background, the more I get the picture.

And I also know that, unlike many lightworkers, I'm asked to straddle the borderline between the old Third and the new Fifth. That's what being a gatekeeper entails.

Many lightworkers will pass on into the Fifth and do their work from there. I and other gatekeepers may have to man the gates and take whatever's available to us.

But that doesn't mean I can't stand forth as the Self. I feel at this moment the energy coursing through me. I haven't lost my senses. I haven't lost my better judgment. I'm not manic depressive. This doesn't result in a loss of balance. It's just that I feel bigger, stronger, redolent with a cosmic "YES!" even if I become a little much for many people to take!

In fact the constructed self can be summed up in one word: No! The Self can be summed up in one word: YES!

I am here! I am cosmically here! And for everyone's sake, I need to say it. As confusing as it is to not break through to the dimension I'd like to be, that doesn't mean that I can't fully occupy the space I'm assigned to.

OK, I'm gonna take this new model Me out for a walk and just smile at a thousand people and light up their hearts. No hiding this light under a bushel. But no getting myself in a dark and dingy place (loony bin? jail?) either.

Footnotes

- (1) Keeping in mind that Self-Realization is the purpose of life. See "The Purpose of Life" at <http://goldenageofgaia.com/spiritual-essays/16244-2/>. And no, I am not at this moment realized. Never said I was.
- (2) See "Emergence" at <http://goldenageofgaia.com/spiritual-essays/emergence-2/>
- (3) I can say that I've achieved the state of "standing forth" on occasion by a mental act whose physical correlate is stamping the foot in determination. It's as if I'm saying "no" to the self and "yes" to the Self.

Calling Ourselves Forth

December 10, 2023

<https://goldenageofgaia.com/2023/12/10/calling-ourselves-forth/>



I've spoken a few times on the process of emergence that I believe all lightworkers - and perhaps everyone on the planet - is going through. (1)

I've never really examined it from the standpoint of *being called forth* and *calling myself forth*.

Let me bank on a familiarity with the process of emergence and start from where that leaves off.

When I looked at my process some time ago, I saw a pattern that led me to ask Michael if he was "calling me forth." This was after a strong disagreement I had with a colleague. I didn't feel guilty and I was wondering if I "should."

AAM commented:

Archangel Michael: It is time for that assumption of leadership responsibility to be front and center. So the avoidance due to prior injuries

- terrible injury, particularly to one that has been in a leadership or cutting-edge position not only upon Gaia but elsewhere - that was deep devastation.

Now, I am very busy healing the wounds of war and who do you think I am starting with?

My inner cadre, and, dear heart, that includes you. I need you as you need me.

Steve: You are calling me forth, right?

AAM: That is exactly what is happening. That is why this line in the sand is being created [an incident in which I felt I needed to assert my authority].

It is not about the old realm of control or greed, or anything like that. It is, in order for the plan to be unfolding, in order for the practical building blocks (which is what you're asking for - money) to be in place, there has need to be a very strong re-assumption of leadership. ...

You are getting there. Simply bring [leadership] back up, dear heart, and let it flow. It is dormant. You haven't been attending to it as vigilantly as you might because you have been worried and in fear around finances. Be re-assured and go forth.

(2)

What is the "me" he's calling forth? Well, as you know, I had an experience of that "me" on June 12, 2023. (3) I used to call that "me" the "Commander" and "Big Steve." Psychologist Eric Berne (*Games People Play*) called it an "Adult" ego state. (4)

Werner Erhard used to speak about "presencing" the Self. For me, that covers the same territory as what I term "calling myself forth."

I can tell you how I pick up a glass. Ride a bike. Drive a car. But I can't tell you how I or anyone else presences the Self. It's something we don't usually do unless needing to lift a car off our child.

The philosophy that has programmed out of us that we have a Self to presence is called empirical materialism, the belief that only what we can see, hear, and touch (i.e., sense) is real. Most people get how to presence the self or call ourselves forth, I think, as a realization or a revelation or guidance - an "Aha!" moment.

Calling myself forth, presencing myself we often called "arriving." It's something I'll have to practice and process again. It'll be required in any of our dealings with our star family, I imagine, and in any of our leadership initiatives.

Footnotes

(1) See *Lightworkers: Creating a World that Works for Everyone. Volume 3/3: Emergence and Service* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Lightworkers-3-6.pdf>

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 3, 2015.

(3) 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/>.

(4) Mike Quinsey may be referring to it when he speaks of his "Higher Self." (I don't know.) Use of the term "Higher Self" usually refers to the Oversoul, which is a Seventh-Dimensional version of ourselves.

I experienced my Oversoul at a 2011 meditation retreat and discussed it with Michael at my next reading:

Steve Beckow: I had an experience at a meditation workshop in which I felt regal. It was a partial experience. Can you tell me what that part of me was that I accessed.

Archangel Michael: ... Your Highest Self, your Oversoul, is very regal.

SB: So that was an experience of the Oversoul.

AAM: Yes. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 13, 2011.)

Search on "Oversoul" in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/08/An-Ascension-Ethnography-12.pdf>

Based on that experience, I don't consider my "Commander" to be my Oversoul. He's the same dimension as me, but ... Adult, as Eric Berne says. (See also "Me and My Higher Self," August 30, 2023, at <https://goldenageofgaia.com/2023/08/30/me-and-my-higher-self/>.)

Big Steve Writing

February 4, 2024

<https://goldenageofgaia.com/2024/02/04/big-steve-writing/>



I acknowledge that growth work Kathleen has been doing in trauma therapy has played a role in my realization, below.

I'm experiencing the most amazing gradual - and sometimes sudden - transformation over here from a person whose wounded Child has been running the show for the past 78 years to a person whose Adult is now running it.

One of the sudden transformations happened this morning. Out of the blue. (1)

I've been looking at what "self-control" constituted or looked like. Again preparing to be a CEO.

And in the course of it, I got more and more in touch with my Adult (Big Steve, the Commander, my Higher Self). This was the gradual side of the process.

I stopped complaining; that was a big one. You can regard that as brush clearing.

I chose happiness and actually began to cultivate it. I saw that I chose my feelings just as I chose which random thoughts to go with. On and on the process of self-awareness went.

Remember: I'm on the path of awareness and love, the latter drawing me to God and the former allowing me to recognize the Mother/Father One when I see Her.

Then, this morning, I suddenly saw myself reach a point where I was about to complain - and caught myself. It was a trivial matter. But what an impact it had.

Brace yourself now because we're about to go at lightning speed from the intellectual level through the experiential to the realizational. (2) This is a roller-coaster ride. We call this "a realization." Here we go.

At that moment I (in my Adult consciousness state) realized that my wounded Child was at the steering wheel. And at that same moment my wounded Child also realized that it was.

This is the second time in my life that two sides of me, "unknown" to each other at an intimate level, arose at the same time and "met" in some way. (3)

And it was OK. I (the Observer) didn't die. My light didn't get extinguished.

My wounded Child was reassured. It's been protecting me (the Observer) since forever from the world of "Adults."

AND my wounded Child *asked* my Adult to take the wheel. All of this went on without words. And my Adult took the wheel.

This is sooooo significant because the Adult cannot *forcibly take* the wheel from the wounded Child. That would produce more wounding. So for the wounded Child at that moment to have handed the wheel over gladly and willingly was a blessing and I (the Observer of it all) knew it was as and when it happened. All this went on in my creative "imagination."

I cannot overlook pointing out that this is another step in the process of reparenting myself. In this process, the growth movement has played a big role. (4)

So this is now Big Steve writing. No complaints. No drama. Just, as Jesus said, yes, yes, and no, no. (5)

Footnotes

(1) OK, OK. It undoubtedly wasn't "out of the blue." Some trauma therapy work Kathleen has done inspired me.

(2) I have an enlightenment team on the other side, as do you. They have a hand in deciding what happens when. See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Our-Enlightenment-Partnership-4.pdf>.

Of it the Mother said:

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" 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. (The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

The partnership between the embodied individual and their guides and mentors resulting in enlightenment was not explored by, if it was known to, classical enlightenment theorists.

(2) "Attaining a consciousness of absolute truth is the evolutionary journey. This is what you are now ready for, practicing, and moving into. Truth begins as intellectual knowledge, but can never manifest into expression until

realized." ("The Arcturian Group via Marilyn Raffaele. January 10, 2016," January 11, 2016, at <https://goldenageofgaia.com/2016/01/11/the-arcturian-group-via-marilyn-raffaele-january-10-2016/>.)

See:

- "Realization is Simply Seeing from a Higher Level of Consciousness," February 25, 2022, at <https://goldenageofgaia.com/2022/02/25/realization-is-simply-seeing-from-a-higher-level-of-consciousness/>.
- "Who's Behind the Curtain?" February 13, 2023, at <https://goldenageofgaia.com/category/news/spirituality/intellectual-experiential-realized-knowledge/>

(3) The first time was in 1986, at Expo 86 in Vancouver. My then girlfriend said to me, "Do you know that you have the profile of an abused child?" And two sides of me, a public and a private, arose at the same time and said "Yes!" They "looked" at each other and said "Who are you?" I was explosive for two weeks after.

I realized I was dissociated. I later saw that my personality had been shattered at around age seven. It took eighteen more years to heal. The blessing of it all is that I can describe the process of healing from personality disintegration, of reparenting myself, of finding the source of love, etc.

On the reparenting process involved, see *On the Constructed Self* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/On-the-Constructed-Self-5.pdf>. Search on "reparenting."

(4) Specifically, for me, Cold Mountain Institute resident fellowship, the est Training, Vipassana meditation, and enlightenment intensives.

(5) Archangel Michael and I have a prearranged signal. I just got a "blast" on the "intercom": Yes!

Getting Bigger

June 13, 2018

<https://goldenageofgaia.com/2018/06/13/294393/>



Malala - Someone who got bigger

When we begin to contemplate our bigger post-Reval roles, many of us may find ourselves in foreign situations, unknown territory, not speaking the native language (mathematics, finance, statistics).

Often the automatic response is to adjust the picture Third-Dimensionally, which to me is like adjusting it laterally. It's what one sage called "moving your Scotty Dog [from Monopoly] around the board." It just moves the pieces.

Moving some people here and others there doesn't solve the problem.

The higher-dimensional response, I'm willing to bet, is something I think of as "getting bigger."

Bigger than the fear, bigger than the situation, bigger than the cost we may pay.

We probably associate getting bigger with aggression, hostility, bullying, etc. I don't mean flexing one's muscles.

I mean the spirit getting bigger. I mean the soul taking over more of the machinery and driving it. I mean the heart leading the parade.

We all know what it feels like to get smaller - to feel more fear, anxiety, dread, etc. But many fewer of us know what it feels like to get bigger.

I can hardly describe it. Several times I've pulled a muscle and the actual experience of pulling it was like a knife going through butter.

Getting bigger is like the reverse of that. It's like a knife going through butter but something bigger is suddenly created. A bigger me exists after that operation than was there before. But it's born in the same miraculous and easy manner.

I call "bigger" into existence. I know that. But I don't know how I do it.

We don't need to examine things microscopically and understand them biochemically. We just need to be proficient in calling ourselves forth, standing forth, presencing ourselves - and then getting bigger.

Given that the roles of many of us will expand after the Reval, I think we'd benefit from adding this tool to our toolkit. How to practice getting bigger is something I'll explore because I know I'll need the skill.

Getting bigger leads to increased maturity, balance, security, patience, and compassion. (1) It feels better and allows us to bring love to the job instead of fear.

Footnotes

(1) If there's no increase in those qualities, one has not gotten bigger. Time to stop and go another way.

I Alone Do That for Myself



Credit: www.tweetspeakpoetry.com/

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

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

Well ... not quite.

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

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

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

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

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

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

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

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



Consciousness to the rescue.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I could go on, but you get my drift.

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

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

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

Footnotes

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

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

Awkward is Too Mild a Word

Not posted



In “The Rise of Bliss was Itself the Message,” I detail the process, as it happened within me, of feeling drawn inward to an experience of bliss in response to what was happening in the world. (1) What a paradox, it seemed.

Two days later, if I understand them correctly, the Federation of Light recommended that we do just that in the coming worse chaos, which they dub another "Great Divide":

Federation of Light: THERE, ONCE AGAIN, SHALL BE A GREAT DIVIDE.

There shall be those who believe that they must do as they are told ...

Those that absolutely disagree with what they are told ... and ...

Those who have no idea either way.

All one can do ... is BE within it.

YOU BE ... YOU ... within every moment of your day.

When you awaken to each new sunrise, YOU BE ... YOU.

YOU manoeuvre throughout your day, breathing and taking action with each new breath.

(2)

I totally agree. And it so fits with the unusual situation of feeling bliss in the midst of chaos: We are being guided and, I assert, this is one of the ways the Company of Heaven does it.

With the FoL's message, however, I'm now going to look upon it as recharging myself for the next Great Divide.

It's worth noticing that our time horizon appears to be being stretched.

We continue to wait for the Reval and G/NESARA. I'm entering my second decade.

Moreover, we know that we can't keep soldiers at battle stations forever, as is the global situation at the moment.

If you call out the armed forces, sooner or later you need to use them or let them stand down.

Or maybe it's just me projecting my utter fatigue after waiting this long for a Reval that was always just around the corner.

We've had our horizon stretched before - most notably 2012. The real goal - an Ascension of a type previously unknown in the multiverse into a new, interdimensional region of space - is worth the wait, in my view, and the struggle.

I'll be glad when the rest of the events happen too, but I need more than expectancy to nourish me if I'm to serve my best now.

I'm here for the long haul; not saying otherwise. And I don't need a lot of morale-boosting.

But so many lightworkers may or will if we're headed into divisiveness.

For me, as I see it, what is to us an unbearably long length of time, to anyone in any higher dimension, is just not the case. And to describe what *is* the case - even if I could - would barely make sense to us.

Time is different for them. Only now exists and they can visit our past or future.

What is for us an unbearably long wait is experienced differently by them; exactly how I've never experienced. Therefore, no words from me on the subject would carry any weight.

I once interviewed a higher-dimensional source who described what it was like to walk in the Transcendental and peep into dimensional universes as if they were bubbles. (3) I was amazed. When it came time to air or not air, the source asked that the interview be withheld.

We weren't ready for it yet, I suppose. We may even struggle understanding higher dimensions, never mind worlds beyond dimensions.

FoL: All one can do ... is BE within it.

YOU BE ... YOU ... within every moment of your day.

When you awaken to each new sunrise, YOU BE ... YOU.

YOU manoeuvre throughout your day, breathing and taking action with each new breath. (4)

Thank you for that confirmation and validation!

For me, being me seems to mean being willing to appear like the village fool in that I'm being drawn to bliss even as we move into worse discord.

Awkward is too mild a word.

Footnotes

(1) "The Rise of Bliss was Itself the Message," January 24, 2024, at <https://goldenageofgaia.com/2024/01/24/the-rise-of-bliss-was-itself-the-message/>

(2) Federation of Light through Blossom, Jan. 26, 2024, at <https://goldenageofgaia.com/2024/01/27/the-federation-of-light-through-blossom-goodchild-jan-26-2024/>.

(3) One of the clearest examples of using the same word for two different states of consciousness concerns the word "Transcendental."

Classical enlightenment theorists use the word to mean the level of consciousness that one enters when the kundalini reaches the seventh chakra. The experience is called Brahmajnana or God Realization. After the experience, the individual remains in 3/4D.

The Transcendental I'm referring to lies beyond the seven-chakra system and beyond the twelve dimensions.

This state that transcends the Third Dimension is usually the Fifth Dimension, but could be higher. The Transcendental I'm referring to is beyond the Twelfth.

I've experienced entering the heart and ending up in the Seventh Dimension. So I hold open the possibility that the "Transcendental" which is entered into when one has Third-Dimensional, seventh-chakra enlightenment really could see one "travel" beyond the twelve dimensions.

Given how the rules are changing with regard to interdimensionality, such things may be possible in future.

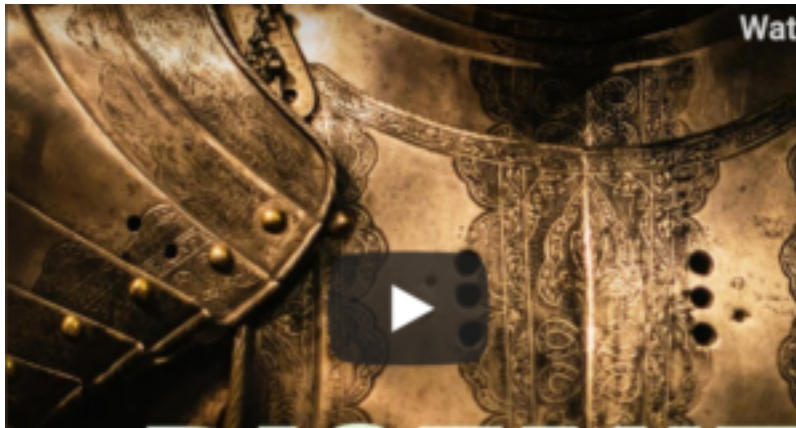
We need more spiritual sociologists and anthropologists to answer questions like these.

(4) FoL, *ibid.*

Getting Bigger, Getting Bolder, Getting Moving

October 10, 2020

<https://goldenageofgaia.com/2020/10/10/getting-bigger-getting-bolder-getting-moving/>



Get bigger, bolder

Everything, it seems, is a confidence game.

Not just as in a swindle. Let's leave that meaning aside and look at the role of confidence in what we do in our everyday lives.

I could never drive a bus. I don't have the confidence. I could never fly an airplane, do heart surgery, or drive a locomotive. Same thing.

And those are just the external things.

The internal things? Same thing again. A lack of confidence invites fear, dread, terror, horror and stops me from doing or succeeding.

I *know* for a fact that, when I lack confidence in myself, very little I do succeeds. When I have confidence, what I do more often succeeds.

I had a brilliant example the other day. A man was acting suspiciously in our lobby and altogether didn't look like he belonged here. Management has asked us to question any suspicious-looking person. This was the first time I'd ever done it.

I asked him if he lived in the building and he answered me in a weird way. I asked him what suite he was in and he blew up at me.

Not only did he blow up at me but he came within inches of my face, removed his two sets of glasses (yes), and yelled at me from that proximity.

Well, you know my history with being yelled at nose-to-nose. (1) And you know I've forsworn hostility for harmony. (2) So how did I do, the newest pacifist on the block?

I simply said to him, at various stages of the unfoldment: "Don't talk to me that way." "Don't yell at me." "Don't threaten me."

That's all I needed to do: Name it and forbid it. And he finally walked away, muttering to himself.

Simple boundary management provided the solution.

Even this instance of refraining from a violent solution shows the transformation in a person when they learn self-defence/a martial art. I knew I could handle myself and so I didn't need to act ... prematurely. I could if I felt it was needed. I felt confident in myself.

It's the same everywhere. If I lack confidence in making a quiche, I do a lackluster job. If I lack confidence in clearing the thief vault, I bang my leg. If I lack confidence in getting a complicated mathematical calculation wrong, watch me do it wrong.

How to boost our confidence? The answer is so darn simple. I just keep forgetting to do it.

But if I just blurt it out, it'll look too obvious and may be dismissed. So let me work up to it, if you would.

We have the ability to compartmentalize our consciousness. We have the ability to imagine people talking to us. We have the ability to reparent ourselves.

Any number of psychological and spiritual traditions discuss this in a matter-of-fact way. They might say: Talk to yourself; take yourself aside and have a good, mature conversation with yourself. Etc.

And that's it exactly, ladies and gentlemen: Talk to yourself. Talk to yourself kindly, compassionately. Lend yourself an ear. Express your understanding and your encouragement. It'll move you to tears.

I like Transactional Analysis's model of a Parent, Adult, and Child ego state.

Using their terms: Get into your Adult ego state. Congratulate your inner Child for the job you just did. Express confidence in yourself.

Take your Child aside, tell them what the future looks like and let them know you have their back.

Then go out and do the same for ten other people this week.

Your confidence in yourself will grow and grow.

This is not a boost-your-sales pitch. This is not about what-a-good-boy-am-i. If you emerge feeling arrogant, you missed a turn somewhere.

You now have the confidence to serve. That's the point of the exercise. To get bigger, get bolder, and get moving in our service of the Mother.

That's why we're here.

Footnotes

(1) See "What Changes Can Be Seen?" July 5, 2015, at <https://goldenageofgaia.com/2015/07/05/what-changes-can-be-seen/> and "From the Humpty Dumpty Man to Here: Completing the Fear of Being Wrong," June 5, 2019, at <https://goldenageofgaia.com/2019/06/05/300939/>

Being the Pilot, not the Passenger

December 28, 2023

<https://goldenageofgaia.com/2023/12/28/being-the-pilot-not-the-passenger/>



Over the Xmas holidays I watched *Groundhog Day* with a friend and was greatly impacted. It made a point about core issues or vasanas that I can't help calling attention to.

"Vasanas" is a Vedantic term for the reaction patterns we've formed based on earlier, similar, traumatic incidents. (1)

The premise of the story, as the notes say, is that "a narcissistic, self-centered weatherman [Bill Murray] finds himself in a time loop on Groundhog Day." The day keeps repeating itself.

Where I'm going in describing its plot is to reveal the silver lining of vasanas. In escaping them, we retain the skills we developed, which enrich us. Bill Murray, in polishing his act every day, then abandoning it, only to find it's become a part of him, illustrates this.

Add a love interest, the weatherman's new producer, Andie McDowell, and Bill Murray starts to use this time loop, this repeating day to woo her. He makes note of what she likes and doesn't like and presents whatever that is to her, more refined each day.

At this point I have to add a distinction that Werner Erhard would make between "at cause" and "at effect" because it forms the key to our explanation of what's happening here.

If I do something because I want to, love to, or choose to, I'm usually "at cause" with it.

If I do something because I have to, should do, or have been told to, I'm usually "at effect" with it.

The former is powerful, effective, and rewarding; the latter is draining, demoralizing, and self-defeating.

Bill Murray is at effect with wooing Angie and she calls him on his lack of authenticity. She sees him presenting a polished act to her and wants none of it.

In our terms, he hasn't shifted from being at effect with what he's doing to being at cause. In a word he seems phoney, unconvincing, ingenuine. He's being called upon to "produce the goods."

If these were Birds of Paradise, the female would just have rejected the male suitor. (2)

But instead what we watch is that magic moment in all of what we used to call "breakthrough movies," (3) the moment when the actor has an epiphany, transformational moment, or realization, and the solution to the problem they've been confronting presents itself. (4)

When that happens they usually shift from doing what they're doing at effect to doing it (or not) at cause. (5)

We now say "they've arrived" in life. They're now *here*. They've shown up on the scene and usually, when they do, that's the turning point, the breakthrough in the movie.

In *Groundhog Day*, having done all the things which a thoughtful lover would do and then abandoning it as an act or script he was following, Bill found that the thoughtfulness underneath it remained. Unforeseen, it had become a part of him.

He WAS now thoughtful, kind, and helpful.

And this has a profound significance for our examination of core issues or vasanas.

To illustrate it more, let me re-tell a second story.

Remember the story of the boy who lived on top of a mountain and, when his Dad drove down the mountain to the town every day, he had no other means of transportation?

He was isolated and needed a back-up to his Dad in case he or the family were ever in trouble. So he became a networker - the local helpmeet for any circumstance.

And when he grew up, he remained a consummate networker, but, at some point he saw what he was doing, called himself on it, and ... stopped doing networking from effect.

But he continued to do it, more moderately, from cause. He had become that way of being. It was now a part of him.

Instead of being extreme in it, however, he was now calmer, more reasonable, and more self-controlled. And, in my eyes anyways, it much better suited him, rather than the frantic helper he previously had been.

And this is the silver lining of vasanas and why I write this article.

In escaping them, we develop skills that remain with us once we move from cause to effect with them. They now enrich us, rather than draining us. We're now able to be the pilot, not the passenger of our personal plane.

Footnotes

(1) See *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Vasanas-Preparing-for-Ascension-R9.pdf>

(2) See <https://www.youtube.com/watch?v=nWfyw51DQfU>.

(3) *Officer and a Gentleman* is another example. Breakthrough movies were as much of a genre in the Sixties as any genre today.

(4) They then either take it and act on it and we have a movie or don't and no one gives another thought to it. It becomes, in the narrative of life, "the road not taken."

On the more general process being described, see *Paradigmatic Breakthrough: Essays in New-Age Philosophy* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Paradigmatic-Breakthrough-12.pdf>

(5) Breakthrough moments are common not only to romance movies but to other genres as well. An awakening, epiphany, onset of resolve is a common event in movies. Some are major; some are minor, but they're nevertheless a staple.

Grounding is Next as I Prepare for the Challenges Ahead

September 14, 2020

<https://goldenageofgaia.com/2020/09/14/grounding-is-next-as-i-prepare/>



The Company of Heaven are continually asking us to drop anchor in Gaia, to send an energetic cable down to Gaia's heart and there fasten it to her - in other words, to ground ourselves.

Viewed from another perspective, I notice in myself that, when I allow my center of gravity to rise up as far as my head, I also observe myself entering the emotional extremes. High center of gravity and extreme emotion seem to go together.

On the other hand, when I deepen my sense of myself, when I lower my center of gravity, when I anchor my sense of myself in my hara or sacral chakra and drop anchor in Gaia, I, the eternal observer, seem to inoculate my everyday self against fear. It distinctly sounds like the peaceful warrior side of me emerging.

Looking back on my life, I believe one of the features of my dissociation (1) was living a lot from this highly-strung side of myself. What made me successful or not was that I excelled in making myself appear right, after the fact. But it was an act, just to get by, to "pass" when I felt I had no firm sense of myself, no ground to stand on. (2) I don't think I fooled anyone.

When the various sides of me came back together at age 58, I no longer felt afraid. But my habitual behavior pattern of unreasonable fear, (3) born of the shattering, persisted.

That did not pass away until the heart opening of March 13, 2015. And the Constant Comment born of the original shattering experience (4) did not disappear until Aug. 20th of this year (2020). That's my recovery time from character disintegration at an early age due to physical abuse.

Each time something comes back together again, I have to learn how to behave in the new environment I find myself in. Discovering I was dissociated, at age 40; coming back together again at age 58; feeling love for the first time on March 13, 2015 - all of these left me in a new world and required adjustment.

Oh, look. Now I'm smiling at people. Now I'm talking to people. I never did that before. I wonder what I should say? It's as basic as that.

If I'm like a balloon, ungrounded and floating along on the breeze, well, I'm of no more use to Michael than if I were off meditating in a cave.

This lifetime is not about me. It's about the fulfilment of the Mother's Plan. No one needs to agree with me, but that's the way I feel it.

Coming from that conviction, I call forth the spiritual adult within and begin to reparent myself.

Grounded is good. Grounded is neither a bad nor a trivial thing. Given that you've restored yourself to singularity, the next place to go is grounding. Even before you make new friends in your haste to explore the new territory.

Grounding. Grounding is next.

That feels good. Just by conjuring up an imaginary adult, I've pulled myself out of an upset. I'm restored to Self again, restored to normality.

If I'm going to be running a large enterprise, I'm going to need to pull myself out of my own upsets so all technologies are welcome. The better equipped I am to manage my self, the better prepared I'll be for the challenges ahead.

Footnotes

(1) I shattered into a million pieces when my Dad yelled at me from inches from my face, at age 7. It took my fifty-one years to come back together again in the white heat of anger, thanks to my therapist brother Paul.

Until then I was the Humpty Dumpty Man.

(2) Having no firm sense of myself, no ground to stand on has always been the primary presenting symptom of my dissociation. There was no you around to make decisions, defend yourself, etc.

The ironic thing is that I now use creative dissociation - to wit, the use of the Commander, my spiritual-adult side - to heal my upsets.

(3) My wife used to say I had a sacred-wolf look.

(4) Classically, Constant Comment started as a guardian and ended as a guard. It started as an internal conversation which I felt was needed before I made another move because, after the incident, I was so unsure of myself.

I could not feel myself. I could not sense myself. It was as if a nuclear bomb had been set off inside of me, everything else was destroyed, and I alone had survived. I had no confidence in myself. I had to talk over every move with myself.

I Feel Fully Self-Expressed

September 29, 2020

<https://goldenageofgaia.com/2020/09/29/i-feel-fully-self-expressed/>



Credit: virtuesforlife.com

Would you allow me a personal reflection for a moment?

I live in a paradoxical situation where my readers know more about me than most of my friends.

I don't mean this as a criticism. It makes sense.

Local conversation might go like, "What did you do today?" And I reply with a litany of what I did.

None of it says anything about who I am in the matter.

In here I say who I am in the matter. Is that a bad thing?

In here I can be myself. I have only me to report to for what I say. I can speak freely.

I don't think we appreciate this aspect of the Internet. It's communication we control, where we can be ourselves and speak freely. (1)

Some people use it to troll and harm others. Too bad. But that will go.

The attitudes below those kinds of actions will not equip the individuals to accept and integrate the higher energies. (2) I predict that the trolls and hackers will influence events less and less.



Meanwhile, when we return to peace and harmony, the Internet, this internal space, can be used to achieve full self-expression.

I can speak to that because I feel fully self-expressed as a result of writing. And this level of connectivity available from the Internet makes this level of writing possible - and rewarding.

Feeling fully self-expressed is not about number of publications or whether it made the bestsellers list (I've never sold a single book).

From my vantage point, just like mastery and abundance, full self-expression is a space, a state of being. And, that being the case, it's higher dimensional.

Realization is the usual doorway into it. Sometimes an experience can be powerful enough to catapult us in. But these days, for me, it's becoming easier to breathe the space up from my heart.

When I breathe it up, I feel uplifted, satisfied, fulfilled. I recall Andrew Cohen saying it isn't having the object of desire that proves satisfying and uplifting. It's the momentary cessation of desire.

Yes. In me, it's the cessation of the desire to seek "more" in order to reach a point I think of as "fulfilment." I already feel fulfilled.

I've done enough in the service of my own agenda of proving my self-worth. That doesn't mean I won't continue in service of the Mother. Of course I will. It just means that the other self-demeaning script is now out of the way.

How wonderfully liberating. I feel fully self-expressed. Is that not the object of the inner game of writing?

So we can add writing as another path to the same higher-dimensional space that we've already known as love, bliss, peace, mastery, and abundance. In this case we know it as full self-expression. Another door in.



This space is for me unlike the others - i.e., it has its own flavor - in this respect, that work-related vasanas have been a big part of my life.

My self-worth issues arose because my Dad used to call me a lazy, no-good good-for-nothing. Consequently I became a high-volume producer to prove him wrong.

Having reached the place of feeling fully self-expressed, all of those nagging issues and upsets (which make up the vasana) are now released.

I never even suspected their existence. (3)

I've satisfied myself that I've adequately disproven the allegation that I'm a lazy, no-good, good-for-nothing. I've done enough. I can now stop serving this unseen agenda and now with my full attention serve the agenda of the Mother.

Footnotes

(1) Of course what we say leaves a record that personnel officers can read in an employment-related search. It often becomes easier for retired folks to speak their minds in this environment.

(2) The structures of muscular tension in the body will prevent awareness from expanding; dark beliefs will prevent the seeing of what's real; the burden of past perpetrations will weigh the will to good down.

(3) More proof that all upsets are coming up for release. We're being squeezed like a tube of toothpaste.

Us as We've Always Wanted to Be

December 6, 2023

<https://goldenageofgaia.com/2023/12/06/us-as-weve-always-wanted-to-be/>



I'm late for dinnnnnnneerrrrr..... Extreme sports

On every occasion I meet someone new who's of a younger generation, I'm impressed.

I just talked with a younger woman in Africa who awakened to Ascension 2-3 years ago. Already she's teaching online about it.

Whoa! That is fast.

Or the young empath who feels the vibrations of others so deeply that she can't ride a bus.

Or all the Youtube videos of younger folks pushing every edge in adrenalin/ extreme sports. I'm dazzled.

And if you think we had to fight against tough odds as lightworkers among a sleeping world, consider what they face.

The permanent jobs we had, with benefit plans and pensions? Non-existent for them. No corporations, with advancement, increasing salaries, and employment security. No career safe from AI.

In some respects they may as well be in a barren workscape, when you compare it with the one we had ... and complained about.

They already live in an exchange economy. It's we that don't.

They'll grow up without any experience of office culture - being on time, keeping promises, closing the communicational loop, reporting where one can be reached - all of these are routine matters to a generation that worked in an office and didn't consider it anything unusual.

It seems it was. We were trained in ways of working together, towards a common goal, ways that weren't even visible to me until I observed those raised in a post-automation economy.

Universal basic income will end their financial insecurity. Other sources of funds will, I hope, release their pent-up creativity. I salute them in every respect for remaining consciously alive through all they've had to go through just to "make it."

I spent an evening going through accounts of the executions of deep-state leaders. I'm saddened that we choose to execute anyone, especially when events in consciousness (the Ring of Fire, Ascension) are so close that the Mother will see to their future disposition without our involvement.

She may do it through the galactic halls of justice, as SaLuSa notes:

"Bear in mind that whatever happens where your dark ones are concerned, they will stand in the Halls of Justice before they start a new experience." (1)

Politicians, media personalities, military officers, etc. - all went before a military tribunal, armed with extensive files of evidence - bank records, recorded calls, email, witnesses. Just this one phase of the Alliance's operations seems mammoth.

The task ahead also seems unimaginable. The corruption goes on to such a local level, I think we have to see it revealed and realize the extent of it, but I think the final outcome will be the dying off of the dark ones in the face of, probably, the Ring of Fire, Wave of Love, Singularity, Solar Flare, etc.

We could afford to wait. They'll die of heart attacks or any other exit means that presents itself.

That isn't going to happen tomorrow. We only need to get through the time between now and then. And that's where the work of the military tribunals comes in.

If I understand the matter, their law precedes civilian law. They continue to function when civil law is corrupted, breaks down, or ceases to be administered for other reasons.

In many if not most cases of the leading dark ones I've seen, one common theme is that ordinary courts would not touch their cases or, if they did, they rendered a corrupted verdict.

In headlines yesterday: A \$500 fine for burning down a Wendy's Restaurant. A man defending himself with a gun against four burglars, with his grandmother and daughter in the house, is arrested by the police. In this environment, civilian law administration and enforcement appear to have broken down.

I sound like a broken record but I anticipate all of it being addressed by the Ring of Fire. I don't think that the heart that harbors evil intention will be able to survive the pressure on it to open to love. Their suffering, I'm led to believe, will get ever more intense the more refined the vibrations become.

So we have built-in guarantees of significant changes. Just not right this minute.

I have an edge in having had a lengthy experience in 2015 of what awaits us. The love and other divine qualities that we then can feel - and that I felt for the most part of 2015 - is not only worth waiting for. It also instantly erases from our minds any suffering we may have experienced.

It's just as if the curtain goes down on suffering. And it opens up on us as we've always wanted to feel and always wanted to be.

Footnotes

(1) SaLuSa, Dec. 10, 2008.

Applied Spirituality: Taking a Stand

Jan. 9, 2024

<https://goldenageofgaia.com/2024/01/09/applied-spirituality-taking-a-stand/>



The animals are said to be ahead of us in already feeling the love

This time is shaping up to be, not so much one in which we study and absorb, but one in which we apply what we've learned of and from spirituality, wherever there is social chaos. This may be a time of applied spirituality.

How do we do that? Let me make some suggestions if you would.

We've all heard stories of a mother saving her child by lifting a car off it.

We've all been in emergency situations where someone has taken a commanding role. And we've welcomed it.

They're accessing faculties which lie dormant but are blanketed over by such things as lethargy, self-doubt, resentment, malintention, or simple ignorance.

Whatever holds us back, when we break free of it, we used to say, in growth work, we "showed up," "arrived," or "called ourselves forth."

What arrives is at least what Eric Berne called our "Adult" consciousness state; in some instances, our "Higher Self." (1)

Speaking only for me, I'm telling myself that we're facing a bad scenario (takedown of the cabal) that's about to get worse for longer than I previously expected.

Thus, when we think about what to do in a bad situation that's about to get worse for longer than we expected, we can choose to remain the victim of that circumstance. We can grouse and complain.

Or we can use the impetus of the occasion to arrive, show up, make an appearance, so to speak.

In other articles, I've talked about what Werner Erhard called "presencing the Self." I've created a list of a number of the ways I've seen this done or have done it myself.

Let me introduce that list here as suggestions on how we can show up in response to our situation:

(1) *Ways to Presence the Self*

The short form

- Love

To Emerge, Unfold

- Share yourself; tell the truth; say what's so.
- Share a withhold; expose yourself.

- Wake up; be with someone; get present.
- Take a stand; declare and commit yourself; recommit to your commitment.
- Serve; make a difference; do something that really matters.

To Return to Wholeness, Integrity

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

What's common to all of these is that the action frees us from something that's holding us back. We're free from a withhold. We've completed a traumatic memory. We've let go of an ancient grudge by forgiving someone. We've lightened our load. We've en-lighten-ed ourselves.

Drawing from that list, in this era of toxic vaccines and other attempts to "depopulate" the globe (i.e., murder us), the one way that I find myself feeling most drawn to is to taking a stand. Yes to this; no to that.

No to child trafficking. No to toxic vaccines. No to chemtrails. No to directed energy weapons. No to 5G. No to smart cities. And so on.

A stand is what we say it is. It needs a "by when" to effectively orchestrate whatever results.

My stand is that all evil-doing on Earth will end within five years. I've been unrealistic in my time estimates in the past, and I now want to estimate with an eye to whatever of reality I'm aware of.

I think five years is realistic figure, although it may turn out not to be. It counts on a modicum of star-family help in preventing Illuminati-induced global disasters.

(3)

It sounds as if we're going to start into the storm on a more public level very soon.

(4) If so, my stand is that we do whatever we need to do to cross the finish line together.

Taking a stand calls forth the Adult, in some instances all the way to the Higher Self. And this is just one tool to remain present and of service in the troublesome times ahead.

Footnotes

(1) Erice Berne, *Games People Play*. 1964.

(2) “Why Transformative Awareness?” November 12, 2022, at <https://goldenageofgaia.com/?p=339941>

(3) See *Our Family from the Stars* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Our-Family-from-the-Stars-3.pdf>

(4) The storm itself has been ongoing for some time but it's no longer a hidden war. After Lahaina, it became a public, open war.

When the Revelations Come Fast and Thick

February 4, 2021

<https://goldenageofgaia.com/2021/02/04/when-the-revelations-come-fast-and-thick/>



Jesus describes lightworker cognitive dissonance in his latest message through Pamela Kribbe. I found the passage remarkable:

"In your hearts, a consciousness has awakened in which there is something new. You feel the call of your heart, while at the same time you feel you cannot adapt and fit in with the existing traditional consciousness, and this creates a split within you.

"You really want to follow the call of your heart by living with passion and inspiration, and to give shape to the new, yet you feel the opposition, resistance, and inertia of the existing power structures. These structures are based on fear, and want to hold on to the past; they are rigid, want to maintain control, and resist the free flow of the soul." (1)

Probably most of us recognize what he's talking about.

A new consciousness arises in us along with a reluctance to continue to follow traditional norms. This leads to "a split," or what I've been calling cognitive dissonance.

We neither completely resonate with our society nor does our society resonate with our new-found consciousness.

The split in the mind is problematic because we come to a standstill, not knowing which way to go, what voice to listen to, which way to turn. It stands in the way of further forward progress.

Our concern is to discover how to extricate ourselves from the dissonance.

I was saying earlier (2) that deciding between the two seemingly warring sides was one way through the dissonance. We have to be prepared to live with the consequences of our choice. But it'll end the inner war.

It's not the only way. We can also "load shed." We can drop our issue as having been overtaken by events (if it hasn't been yet, it soon will be).

In terms of reparenting, I see that I can't afford to steer by issues in the rapidly-changing climate of events today and, so seeing, I let them go. (Werner Erhard would call this "getting off it.")

We can use the universal laws to dissolve our issue.

I think that ending dissonance aligns with what I've called, after Werner Erhard, "presencing the Self." Or to put it another way, I surmise that, when we presence the Self, the issue disappears. I therefore list ways of presencing the Self below this article. (3)



Remember we were told that the news would break so fast that we'd feel we're on an emotional roller coaster?

I've just listened to "Cirsten W." outline an alleged Taiwan-government scenario which has the United States and Taiwan invading China and ousting the Chinese Communist Party. I hear that Simon Parkes has also discussed this scenario.

It's said that Chairman Xi is part of the plan. Who knows if all or part of the rumor is true? But it shows the kind of thinking that's flying around right now.

Welcome to the roller coaster. And this in turn will bring with it various shades of ... you got it ... cognitive dissonance.



Usually the conflict in our minds is between a want and a should, what we desire and what our duty says.

Dissonance shows up as pain - the pain of not getting what we want, the frustration of feeling stymied, suppressed, etc.

But cognitive dissonance isn't always a bad thing. It can be a motivator.

It can precede paradigmatic breakthrough and the creation of a new paradigm. I've given illustrations before of paradigmatic breakthrough in the face of dissonance.
(4)

And we can use it to embrace both sides of the polarity, embrace the whole, leading to a new and more helpful synthesis.

Cognitive dissonance is to the person what creative chaos is to society. It motivates. It encourages. It leads to change. We just may not know what change ahead of time, how, or when. That's the challenge facing us.

I say this to assist us - and myself - for when the revelations come fast and thick. We'll need to become adept at extricating ourselves from cognitive dissonance.

Footnotes

(1) "Jeshua: Inner Change is the Key," via Pamela Kribbe, January 25, 2021, at <https://goldenageofgaia.com/2021/01/25/jeshua-inner-change-is-the-key/>

(2) "Cognitive Dissonance Builds and is Processed," February 1, 2021, at <https://goldenageofgaia.com/?p=317131>

(3) "Bringing on the Bliss (Reposted)," Jan. 27, 2021, at <https://goldenageofgaia.com/2021/01/27/bringing-on-the-bliss-reposted/>.

Here's a list of these tools:

(1) Ways to Presence the Self

The short form

1. Love

To Emerge, Unfold

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

To Return to Wholeness, Integrity

1. Be with it; sit with it like a brick in your lap; fully experience it; complete a barrier or an experience.
2. Be responsible for something you're disowning.
3. Clean up a perpetration; apologize; come clean; make amends
4. Stop avoiding something you're avoiding.
5. Get it, get off it, and get on with it; recreate it and get past it.
6. Forgive a perpetration.
7. Come from love. ("Why Transformative Awareness?" November 12, 2022, at <https://goldenageofgaia.com/?p=339941>.)

(4) See "The Principles of Largescale Employment Projects – Part 2/2" at <http://goldenageofgaia.com/2016/02/23/the-principles-of-largescale-employment-projects-part-22/>, "Taking Stock of Our Values," Dec. 16, 2014, at <https://goldenageofgaia.com/2014/12/16/241018/>, and "How to Work with the Novel and Strange (2013)," December 24, 2019, at <https://goldenageofgaia.com/2014/12/16/241018/>

Bringing on the Bliss

May 17, 2016

<https://goldenageofgaia.com/2016/05/17/bringing-on-the-bliss/>



I was listening to music that my friend Ed sent along, which I'll append here, and the bliss started to rise.

And I amplified the bliss by heading for the keyboard and sharing myself online.

Theme from “The Mission”

[youtube]<https://www.youtube.com/watch?v=nye62rh7aaQ#!>[/youtube]

And revealing myself so deeply brought to remembrance things I'd learned long ago. For instance, I remembered that sharing deeply and bliss have the same effect.

I also remembered a technology I'd learned a long time ago that may now come into relevance again, as we begin what's being described as a slow climb out of Third Dimensionality into the higher realms.

This technology really does provide us with tools to uncover, tap into, or amplify the bliss. It derives in the main from Werner Erhard.

I've discussed it, though not as a means of amplifying the bliss, in my articles on emergence. (1) But let me give a more general gloss here.

It's known by various names: emerging, presencing the Self, standing forth as the Self, etc. So many of us report feeling deeper these days, it might be an article whose time has come.

The Self IS bliss. Bliss and the Self are the same, just as milk and its whiteness are the same. But many things, like our muscular tension in the body, the perpetrations we're guilty of, and the things we keep secret, tie up our experience of bliss.

We experience more bliss as we relax, as our awareness increases, etc. Here are some of the other steps we can take that increase our experience of bliss.

Tell the Truth Deeply, Share a Withhold

Telling the truth and telling it deeply are equally important to tapping into our bliss. It has to be the truth and the deeper the truth we can access, the closer we come to the wellspring of bliss.

I see this when I sit down to write some articles - not all. I resolve to tell the truth at a deep level and almost immediately the bliss begins to rise.

Why would we expect that? Because the purpose of life is to know as deeply as we can the truth of our being and the truth of our being (though the right answer doesn't win the prize) is God. Life is designed in such a way that the truth does set us free from the conditions of our suffering. As we dig deeper down into the truth for us, we soon hit the bliss, which is an attribute of God and which is released by the depth of our inquiry and expression.

Our withholds or secrets are what often tie up our power. So much of our awareness becomes focused on maintaining our secrets that we no longer flow with life. When we share our withholds, we release our power from those knots. Bliss can again flow in the open channel.

Raise Something to Awareness

Many of our vasanas hide matters from us. The purpose of a vasana is almost always to say "don't take me there." We may not be aware that we're not aware of

something. Awareness varies inversely with muscular tension in the body. When tension goes up, awareness goes down, and vice versa.

Some people refuse to look at certain things, to try them on or test them out. When we actually do try something on and it comes into our field of awareness and fits, we can experience tremendous release and relief and, in that dawning awareness, tap into our native bliss.

Don't forget that bliss is who we are. It isn't something we have to manufacture. It's us. Awareness has the impact of removing the veils that cover over our bliss and releasing it for us to experience.

Be With and Observe a Barrier or Vasana (Core Issue)

God is beingness. God is awareness. God is the eternal witness of all thoughts, feelings and deeds. So if we paint our barriers or vasanas with awareness, if we be with and observe them, we experience them through to completion and (miracle of miracles) they leave us.

Perhaps not right away. Perhaps not completely if we only cycle them once. We may have to do it several times. But this is the way to have the knots in our personality undo themselves and have us be restored to peacefulness. And peacefulness, being a divine quality, is friendly to bliss.

Take a Stand, Emerge

Many people almost never take a stand in their lives. Sometimes taking a stand can lead to, or promise to lead to, injury or even death so most people shy away from it.

But there are also times when we're willing to put ourselves at risk to take a stand, whether for something or against it. The stronger the stand, the more the chance of connecting with ourselves at a deep level. And when we connect that way, we often experience bliss.

Taking a stand requires us to emerge from our shell and stand forth as our native Self. It requires us to cast off the bonds of suppression, release our expression, and break through the conclusions and decisions that held us back. This release can be accompanied by bliss.

Commit Yourself, Make a Promise.

So many of us like to be free and uncommitted. But some of the really big and important things in life actually cannot be done except from the space of commitment and by the practice of making promises.

Teams cannot do their work without commitments and promises. And even if we make a commitment or promise and don't keep it, or keep it only haphazardly or weakly, again it isn't airtight. The Self leaks out through the holes, so to speak. If our word is not airtight, again no bliss.

Take Responsibility or Ownership for Something

Most people are very willing to take responsibility for their successes, victories and gains, but few take responsibility for their failures, defeats and losses. But those times when taking responsibility can be a breakthrough and liberate us from our mundane reality are exactly those times when it's tough to be responsible.

When it's tough, we run up against what keeps us confined – our fear, our greed, our vanity. These have their correlates in holding patterns of muscular tension which Wilhelm Reich called “character armoring” and Eckhart Tolle called the “pain body.”

These are what keep our awareness low and obscure the Self. So taking responsibility or ownership for something when it's tough to do so again breaks through the shell that we've formed to keep ourselves safe, the shell that appears as the muscular tension in our bodies. It releases our awareness and can cause bliss to arise.

Serve, Make a Difference, Be Compassionate

The Divine is bliss and when we behave like the Divine, we liberate our bliss. Those who serve, make a difference or be compassionate, whether they know it or not, are imitating the Divine and invite the experience of bliss. The smaller self, the separate self is exactly what separates us from the Divine, the One in all. Service erases the self. For most who serve, the experience of bliss is the only reward they want or seek.

Restore Integrity, Apologize, Forgive.

The Divine is love and wholeness and when we perpetrate, hide our responsibility, or resent, we lose our wholeness. We cause skews to form in our personality, knots to form around our heart, keeping it closed. We crumple up and become partial and dysfunctional. We lose contact with our divine natures.

When we apologize, we restore that integrity. When we forgive, we loosen the bonds of resentment around our bodies and minds. We restore our integrity thereby too, re-experiencing our wholeness, and, if our apology or forgiveness is of a significant character, we may also experience bliss. If not, at least we open up the channel that bliss can flow through and one of the other steps may start the bliss flowing again.

These then are ways to presence the Self, stand forth as our basic nature, or emerge from our shells. All of them are ways to free up or amplify our bliss.

Footnotes

(1) "Emergence" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/>

Leadership with Love

February 3, 2022

<https://goldenageofgaia.com/2022/02/03/leadership-with-love/>



In 2015, I had another conversation with Michael about leadership. It occurred after I had assumed leadership in a very assertive way and didn't know what just happened, so to speak.

In the course of describing it, Michael also gave much good guidance on lightworker leadership in general.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Apr. 3, 2015.

Steve Beckow: Do you know last week I had an explosive resumption of personal authority after years and years and years of being ridiculed by people like (I probably don't need to name them, you know them) four women - as it turns out - who ridiculed me at work and high school and I just died at the time. ...

I'm hell-bent on re-assuming my personal responsibility and my authority. Can you tell me something about that?

Archangel Michael: I have been doing this to both you and Gabrielle has been doing it to the channel [Linda Dillon].

SB: What is it that's happening?

AAM: It is time for that assumption of leadership responsibility to be front and center. So the avoidance due to prior injuries; terrible injury, particularly to one that has been in a leadership or cutting-edge position not only upon Gaia but elsewhere, that was deep devastation.

Now the wounds of war, I am very busy healing the wounds of war and who do you think I am starting with?

My inner cadre, and, dear heart, that includes you. I need you as you need me.

SB: You are calling me forth right? That's what's happening is it not?

AAM: That is exactly what is happening. That is why this line in the sand is being created.

It is not about the old realm of control or greed, anything like that. It is, in order for the plan to be unfolding, in order for the practical building blocks, (which is what you're asking for; money) to be in place, there has need to be a very strong re-assumption of leadership.

SB: I see that Lord, I didn't really do a very good job.

AAM: No, you have done an excellent job.

Let us also comment on this; and I am asking the channel to listen.

It was very important to build community. That was the task at hand. Unity, community and understanding of the process of reliability; of sincerity, a connectedness that built the sense of Light Worker Community; of heart to heart-to-heart community.

That has been achieved.

But now, as wayshower, there has need to be someone, and many someone's, at the head of the line saying, "This way."

SB: I implicitly know that, Lord. It's pushing out from inside of me.

AAM: So, you have done the sense of building community, of teamwork, of collegiality, of sincerity, of love. That does not go by the wayside.

The leadership does not come from an arbitrary assumption of control. It comes from a deeper desire than ever to truly serve.

And how does one serve? Each in their own particular way.

But leadership is necessary and it does not mean better than.

You know that I am the, literal and designated head of this Legion of Peace. I do not assume that every being in my Legion of Blue is not crucial, critical, pivotal, equal, and different, than I. We are a unified force, serving the Mother. No more, no less. Each having our position, our commitment, our responsibility and our role.

I have said to you, I look forward to the time when I will be back playing the harp and painting the sky, but until such time, I will stay as the Archangel of Peace.

SB: So this new paradigm then is leadership without control, isn't it?

AAM: That is correct. It is leadership with love.

SB: Yes, I haven't got that one down overly well yet.

AAM: You are getting there. Simply bring it back up, dear heart, and let it flow. It is dormant. You haven't been attending to it as vigilantly as you might because you have been worried and in fear around finances. Be re-assured and go forth.

SB: This is a repeat of the Six Day Training where the requirement was to go for leadership and I found that that was the only way to serve. (1) It all feels really good; this is a repeat of the Denver Airport as well, isn't it? (2)

AAM: Yes.

SB: Yes, all right I'm reconnecting with that.

AAM: You are reconnecting the dots and understanding that this has been nibbling at your heels for a long time.

SB: It has, I know that. Easily since October last year but even way before that.

Footnotes

(1) The est Six Day Workshop had an event which allowed people to experience leadership. Long story.

(2) I created an uproar at Denver Airport on the way back from this workshop, which worked out splendidly for the mistreated passengers involved. Another long story.

Emerging from the Shell

February 9, 2020

<https://goldenageofgaia.com/2020/02/09/emerging-from-the-shell/>



I was talking to a colleague when someone planted the idea in my mind - out of nowhere - that it's all about emergence.

For us it's all about coming out of our shells.

What is "it"? Growth. Enlightenment. Ultimately Ascension.

We've been conditioned by a hundred forces all our lives. It's time to come out of the shell of our own conditioning, our own programming.

I look back on my last few decades and I see a person constantly struggling to emerge - just as in the graphic accompanying this article (above). Struggling to stop wrestling with his Father. Struggling to find the ground under his feet after dissociating.

Michael put the matter precisely and succinctly:

"The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured. [Yes.] In the truth of Ascension, this is

what you are doing: Healing and opening to a greater capacity of love consciousness." (1)

I couldn't have put the matter better myself. Yes. In one shattering moment, my Father yelled at me from mere inches away from my seven-year-old face and my young and fragile made-up self fractured into a thousand pieces. It was not to be pieced together again until age 58. Michael captured it perfectly.

And I was opened to a greater love capacity on March 13, 2015. First awareness of what real love is. A fourth-chakra heart opening. (2) I also know the seat of my soul, where the Light is. (3) So I know that of which he speaks. We speak the same language.



Nevertheless, here I am, still behind the same familiar shell I erected around myself to prevent anyone ever getting too close to me again. No spiritual experience so far has erased my conditioning or self-programming. (4)

I imagine that was the decision I made: Not to let anyone get that close to me again.

Karate. Being a hermit. My "scared wolf" look, my wife called it. All to have others keep their distance, stay away from me.

I was the Humpty Dumpty Man. I had to put Humpty together again, to choose whether I wanted to go under from it all or ... emerge. It's been a journey of emergence ever since.

It's all about emerging from that shell we have around ourselves, in my opinion. I need to emerge from mine. Hey, lemme go first.

For no reason. For no known or sought reward. Without creating residue.

Like a newborn chick, we just emerge from the shell.

At last to find ourselves, present, happy, and peaceful.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.

(2) On that experience, see:

- "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) On the experience at Xenia, 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) It is not until Sahaja Samadhi or Ascension that the seeds of our karma - our vasanas - are burned to a crisp. Until then we still cycle through them - they form our conditioning or programming.

Escape from Adulthood: OK, That's Enough of That

October 12, 2020

<https://goldenageofgaia.com/2020/10/12/escape-from-adulthood-ok-thats-enough-of-that/>



Clearly my personality survives intact in some way, shape or form. I don't know what the road ahead holds. I can only report.

What I report now arises from my practice, on the path of awareness, of maintaining awareness of myself.

I detected a pattern. I was people-pleasing. I was complimenting someone on a coat and I made a distinction that was quite elegant.

Immediately in my own mind I made myself, I fancied myself a fashion expert.

And I looked at that. What is this impulse to want to receive validation?

I must feel invalidated at a very basic level.

I feel into it, exploring what arises.

I do feel invalidated, at such a basic level that my exterior almost melts when I get in touch with it. A primal wound. So many wounds. Primarily from my Father.

Just as I can ride a wisp of bliss to a full-blown experience of it, so here I can ride a wisp of woundedness to....

In my imagination, I'm in a place that is the antithesis of everything we consider pleasurable. It's like a swamp. It smells. No, it stinks. It's dark. It brings up in me the most horrible feelings - misery, regret, incomprehension.

No one is denying the validity of my allegations of being wounded. It's just that the condition of seeing oneself as wounded, as a victim is not a high vibration.

It results in a yielding up of sovereignty, a disempowerment of the self, addiction, and a train of other unfortunate consequences.

The whole of them make for a dense, low vibration, symbolized by the swamp in my imagined vision.

That is graphic. That is as graphic as seeing the cost of my hostility was. (1) When I think of the decline that sets in when I agree to see myself as a victim, I get it! I don't need to go into the metaphysical side of things.

I changed my vote. I used to enjoy being a victim. Now I don't. Yes, that's enough of that! Time to close one more door of escape from adulthood.

Footnotes

(1) See "From Hostility to Harmony," Oct. 2, 2020, at <https://goldenageofgaia.com/?p=313728>

A Basic Change of Opinion



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

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

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

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

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

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

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

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

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

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

In actuality that isn't totally true.

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

S: Oh, I hear that all the time.

AAM: Yes, I know.

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

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

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

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

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

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

Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

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

Newest Kid on the Block Chooses Happiness

Jan. 18, 2024

<https://goldenageofgaia.com/2024/01/18/newest-kid-on-the-block-makes-choice-of-happiness/>



When I look at all the different colors of the bottles that I paint (as a relaxing hobby), I feel greatly elevated, inspired, captivated somehow. I go up, as I said earlier, through love to bliss. The colors remind me of something.

But I don't allow myself to stay there. As I said in an earlier article, I see love as over there and me as over here. I "take time out" from "real life" to love. (1)

Same with bliss. I don't want to be accused of blissing out. I'm grounded. I have my feet on Mother Earth. I'm knowledgeable, reliable, etc., etc.

Again, this is also part of a much larger picture, tied up with maleness. Males don't bliss out. Males stand on guard, protect, look out for the herd.

The next thing I feel is that I'm cut off from my higher feelings like bliss, ecstasy, peace, and the other divine qualities - cut off, that is, from really entering into them instead of taking a mere sip as I pass by.

My breath is constrained for some reason. There's some holding. Let me look at it.

I sit with my awareness on that muscular tension. I see its connection to my vasana or core issue of disappointment in my family. I resolved to never be happy because I'm just going to be disappointed. Every trip is ruined. Every movie, dinner out.

Once the truth is seen, the tension lifts.

I check back with my breath. I breathe up love, listening to a Youtube of "Aum," and find what was previously a "stop" or limit is now gone. I consider that more relaxation.

And with more relaxation, I sink deeper into meditation.

I posted an article today called "Happiness is a Choice." (2)

To a troll under the bridge, such a statement would be sacrilege.

Bah, humbug!

But having come out from under the bridge some years ago now, I've recently settled down in positive territory. Hi, there! How are you? Yes, I'm new here.

Now happiness as a choice makes perfect sense to me. I flirted with choosing happiness today. On another occasion I made a stumbling attempt to be happy with a passerby. Thank heavens for the anonymity of modern urban society.

I'm the newest kid on the block in this whole area but more than eager to learn. Hello, sir. Enjoying the snow?



Mind the road repair!

Footnotes

(1) "My Life Over Here and Love Over There," Jan. 3, 2023, at <https://goldenageofgaia.com/2024/01/03/350834/>.

(2) Sarah Perron, "Happiness is a Choice," January 18, 2024, at <https://goldenageofgaia.com/?p=351271>

I Go Another Way



Credit: fggam.org

Over and over I return to the sense I have that our responses to our feelings are the major drivers in our lives.

I watch myself move from one feeling to another - from happiness to irritation, from concern to relaxation - and what I notice about myself is my extreme reaction in the face of any one particular feeling.

If I'm irritated, I'm super-irritated. If I'm happy, I'm super-happy. I'm not at all balanced in my responses to feelings that arise.

These responses to my internal states are what others see. They determine the particular mask I might choose to wear with people. I'm either denying or embracing my exaggerated responses.

They determine my lines, costumes, gestures, etc. Collectively they contribute a great deal to what others perceive of as "my personality" and what I see as my "constructed self."

I'm like a stimulus/response machine reacting excessively to my feelings. Do I want to continue this way?



No, I don't. I'd like to break the stimulus/response pattern by inserting a moment of reflection between them: Stimulus/reflection/response. That would balance the two.

By interposing the observer into the stimulus/response equation, I hope to break the momentum, apply the brakes, and limit the extreme, unbalanced response to any one feeling. Well, that's my hope, my intention.

Otherwise, I'm simply treating the symptom. What's the root cause of the matter?

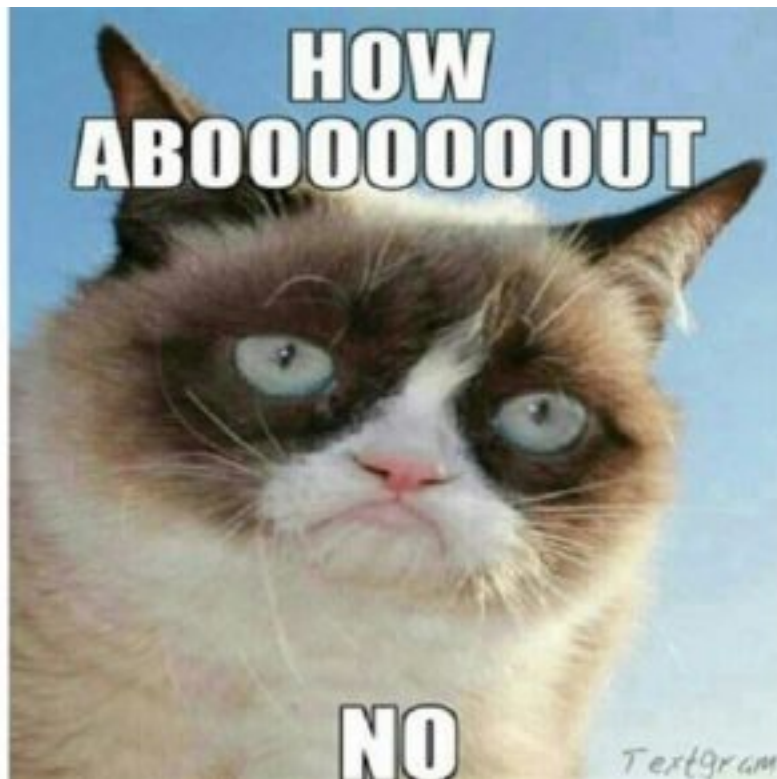
I look and see that it's simply a case of intergenerational transfer. I copied one of my Dad's patterns.

So no more stimulus/response to errant feelings. I'm not my feelings. I'm not run by my emotions, no matter how productive it is to know and experience them.

Responding to them unthinkingly hasn't proven productive for me. I repent. I "go another way."

I invoke Sanat Kumara and the Law of Elimination to take this unwanted habit pattern from me.

How Aboooooout No?



Credit: Vitamin-ha.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Communicate, Connect, and Correct in a Time of Restricted Movement

January 30, 2024

<https://goldenageofgaia.com/2024/01/30/communicate-connect-and-correct-in-a-time-of-restricted-movement/>



*Austrian activist Max Schrems, "the law student who took on Facebook,"
correcting European privacy laws*

Because of events outside and because the Earth Alliance has asked us not to impede their movements, our sphere of activity may be restricted at some point and for an undetermined length of time.

I invite us to use the time to communicate, connect, and correct anything we know about what's happening.

We're said to be digital warriors. We're also said to be warriors of peace and truth. Let's put that energy to work.

Communicate

Let's start communicating. Publicly, not with me. I'd sink under the email.

No matter the medium. No matter the offering. Art, music, photography, podcasts, whatever. Start to use what the Internet offers.

Take a stand for our own freedom of expression. Come online. Express ourselves.

You can't write? Aggregate news. Post the latest stories on a thread or line of discussion on your site, like *Frontline Doctors* does, for instance.

Connect

Through your communication, build online communities like Michael Ney is doing from Australia (1) and Arn Allingham (Zingdad) from South Africa. (2)

Connect with birds of a feather, others interested in the same topic and doing the same research or other form of service.

Start your own discussion group, forum, or similar "nest" for birds of a feather.

My work is best done in isolation so I leave this area to Mike, Arn, and those who follow in their footsteps.

Correct

If tracking the news, post the corrected version on your site.

The truth is standalone. It doesn't need an army or money to maintain itself. It outlasts a lie. It continues to exist in the Akashic records. It cannot be erased or undone; the truth will endure.

A lie needs constant vigilance, maintenance, and damage control to continue to be accepted and endure, if even for a time. It puts constraints on our behavior, which truth doesn't ordinarily do. (3)

We're witness to a vast empire, founded on terror and lies, crumbling before our eyes. Evil is not a firm foundation in a world arising from, preserved by, and dissolving into love.

I'm not suggesting you slug it out with team dark. That for me would be a distraction and a detour. Speak through your site. Offer the corrected version from

your sources. In a time of paid shills and "fact-checkers," we may need to ignore the criticism and ridicule.

Add to our evolving knowledge. Leave the stultifying public debate to those seeking "profile," to use Michael's word. (4)

I started this site on Wordpress in 2009 with no introduction, a basic knowledge of html, and that was it. Other than that, I was a writer, not an IT guy.

But I find everything about Wordpress straightforward and easy to use, for a predominantly-print journalist.

Communicate, connect, and correct is like us dressing the wounds of society. While the patient is lying down, metaphorically speaking, the army of white cells (us) is healing its wounds. That's the order of the day in my books.

These things are something we lightworkers can do under restricted circumstances. It keeps us out of harm's way and out of the white hats' way. It's what we're doing and seem to love to do anyway. (5)

When I think of the number of public swindles and false-flag operations that have gone down in my lifetime - the Kennedy assassination, the "moon landing," Watergate, the Tonkin Bay incident, 9/11, Covid-19, climate change, weather warfare, chemtrails, etc., etc. - I believe we could use a "giant leap" for humanity right about now!

We are that giant leap!

Footnotes

(1) Michael Ney is the founder of *Beyond Being Human*, reachable at <https://beyondbeinghuman.org/>.

(2) Arn Allingham (Zingdad) channels Adamu, is building ONEtribe, and is reachable at zingdad@gmail.com. See <https://www.youtube.com/watch?v=yW46QIDSLqQ>.

(3) Restraints may be necessary in wartime or other emergencies.

(4) Archangel Michael: As you assume profile – whether it is because of money or notoriety or political power or financial power, it matters not – it gives you a sense of being elevated. We would encourage you to take the elevator to the basement. Start there. (Archangel Michael in. a personal reading with Steve Beckow through Linda Dillon, July 22, 2016.)

(5) If you're reading this, you're already print-oriented and user-savvy. Take the next step.

Lightworker Citizen Journalists have Leading Role to Play in New Internet

February 4, 2024

<https://goldenageofgaia.com/?p=351553>



Game-changer coming soon!

I'd like to continue a discussion that I began last week of lightworkers online contribution to this phase of the change of planetary management. (1)

For the time being, our predominant means of contact as lightworkers is by way of the Internet's text, voice, and visual capabilities whether on a computer or a cellphone. (2) All that will be enhanced by the switching on of the new Starlink satellite system - and the dark elements eliminated.

But I don't mean to look at Starlink itself in any depth here. I'd like to look instead at the lightworker citizen journalist's role in the phoenix rising from its ashes ... by that I mean, in building human-growth work on Nova Earth by way of the new, enhanced and more secure Internet.

I think we'll find that people who lead in human-growth work on the new Internet will end up addressing various age groups. Baby boomers, many of whom remember the growth movement, may prefer to pick up where they left off.

Younger groups may need more of an introduction. Or not. I wouldn't know. We'll need younger voices to tell us about it.

I'll do my work in this area in print. Not in interviews any more. That was lots of fun. But lots of stress as well, when you forget things almost as soon as they're out of your mouth. Or even before!

"What was I going to say?" No one can possibly help me with that one. (3)

What I'd like to do personally is to help with raising the standards of citizen print journalism - i.e., writing. That simply means a return to good manners, decency, the things we learned in kindergarten, as well as following mutually-agreed-upon guidelines in communication.

It means living from the divine qualities in our writing as well as in our daily life.

The way it seems to me at the moment is as if we, citizen journalists, have just discovered that we can converse with millions. And we're going a little nuts.

Showing gee-whiz things in photography, voice recordings, visual effects, and any number of fields and inventions that so far belonged only to the military.

And are being released. Perhaps with good intention by the white hats; perhaps with malintention by the dark - to confuse and further divide us.

What AI has done - and will do - to our use of the printed word, I really don't know. Given what it's done to the rest of society and the economy, I shudder to think about it.

But G/NESARA will alter that situation, just as QFS and Starlink are altering the financial and communicational environments. (4) Our financial situation will be

secure and we'll be cushioned against technological innovation by G/NESARA's provisions.

Meanwhile, we're seeing a lot of fraud, mostly through plagiarism and often in high places, (5) where you'd expect otherwise ... until recently.

We'll have to deal with the outright crimes....

... But I have to add, as the energies rise on the planet in the face of the Mother's love being beamed to us through numerous channels, (6) I think we'll see less and less fraud.

The incentive for it will have been removed in that the love we increasingly feel will satisfy us outright.

And we'll soon note that, if we commit acts that work against that love, like lying or cheating, love disappears. Just Like that! No hi or goodbye.

So, for one reason or another, fraud will subside.

Simultaneously, a time of separation will arrive, before Ascension. (7) We'll disappear from the lives of the dark and they from ours.

It means that we only have between this time and that to be bothered with malintention. If the malintended are not already on a different timeline, at some point they will be.

My hunch is that all of this will come about as and because the human community draws closer and closer together, the real benefit of the soon-to-be Starlink Internet.

In my view, we lightworker citizen journalists will have a leading role to play in that.

Footnotes

(1) See "Communicate, Connect, and Correct in a Time of Restricted Movement," Jan. 30, 2024, at <https://goldenageofgaia.com/?p=351600>.

(2) The advent of Starlink will make a world of difference to our Internet environment, like the difference the QFS (Quantum Financial System) makes and will make for the economy.

(3) More adventuring outwards after med beds. (Another thing I've stopped waiting for - it'll come when it does.)

(4) See *What's Next? Vol. 5: G/NESARA* at <https://goldenageofgaia.com/wp-content/uploads/2024/01/Whats-Next-5-2.pdf>

(5) “Professors and scientists, under pressure to publish as a requisite for career advancement and to receive funding for projects, have long been known to succumb to various types of fraud. This hurts not just the doctors, researchers, and the public who rely on the data but, in the case of authorship fraud, the individuals who do the actual work and deserve the real credit.” (Caryn Lipson, “Prominent Harvard Medical School research scientists accused of ‘data fraud,’” *Frontline Doctors*, Jan. 25, 2024, at <https://frontline.news/post/prominent-harvard-medical-school-research-scientists-accused-of-data-fraud/>.)

See also: Matt Egan, "Harvard President Claudine Gay resigns after plagiarism and campus antisemitism accusations," CNN, Jan. 3, 2024 at <https://www.cnn.com/2024/01/02/business/claudine-gay-harvard-president-resigns/index.html>.

(6) Divine Mother: Normally, [Light] would come from me to my realms, to the dominions, to the seraphim, to the archangels, etc., to the masters, to your guardians, and then to you. But that is why each of you is shining like a star with many facets. You are being bombarded by all of us. You see, there is no shortage of what I have to share. (“The Divine Mother: The Role of Clarity," Oct. 8, 2013, at <https://goldenageofgaia.com/2013/10/08/the-divine-mother-the-role-of-clarity/>.)

No, it only depends on how much we can take before we overload the body and transition - OK, burst our body at the seams!

(7) See:

- *Not Everyone will Choose to Come with Us: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Not-Everyone-will-Choose-to-Come-with-Us-R6.pdf>

- *Some will Choose not to Ascend: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Some-Will-Choose-Not-to-Ascend-4.pdf>
- *The End of Darkness on Earth: the Dawning of the Light* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/The-End-of-Darkness-5.pdf>
- *The Hidden War: Stopping the Illuminati* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/The-Hidden-War-R8-1.pdf>

What Are You Invested In?

March 2, 2009

<https://goldenageofgaia.com/spirituality/on-processing-vasanas/what-are-you-invested-in/>



I have a private theory about old age. I think it's been designed into life to reveal to us what our investments have been.

Where your investments lie, there will your heart lie also, said the Man with the Plan.

Arnold Schwarznegger invested in his muscles. Where will they be when he's old?

Anyone who invests in their good looks, forget it. Not designed to last. You'll be daubing the grey hairs forever.

Sexual conquests? Passing fancy, says old age. Sure, you can extend your time beyond your means, a little. But no permanent return on investment. Old age sees to it.

So as we grow older, we more and more get to see just what it was we invested in. And we more and more see what was a poor and what a good investment.

I had a sobering experience maybe ten, fifteen years ago. I had to take Prednizone and I completely lost my memory on it. I couldn't remember the name of the bridge I drove over every day. And I was employed as the corporation's memory (long story).

I saw what I would be like without my memory. Boring. Nothing. Complete loss of identity.

I had an experience of old age when I wasn't old.

So what to do?

I determined at that time that I was going to search and find out what it was wisest to invest in, what would stand up to old age.

I actually should stop here and ask you to tell me what you've discovered if you've looked at the same question. But I will say it anyways.

An attitude of service to God and humanity lasts. A meditative orientation lasts. The love of God lasts. Appreciating bliss and beingness lasts. All divine attributes last.

In other words, given that the purpose of life was to release us divine sparks into the cosmos and watch us grow up into supernovas, all the attributes of a supernova last.

This whole game is rigged. From beginning to end.

Depart from the path too much and karma kicks in like a ping-pong paddle in either hand. Not too far to the right and not too far to the left – over time.

The ultimate kicker is the low-level tidal thirst for knowing who we are that we don't even realize was built into the program from day one. Call it the longing for liberation, the desire to progress, or whatever else you want to.

It is a subsensible yearning for something that only knowledge of God can supply.

The game was set. There is no way out other than through Self-Realization.

Might as well surrender.

As old age approaches, we all get to look at the pile of chips in front of us and see how we did. Are there no chips left? What were we thinking of?

Is there a pile of chips? What did we do that was right?

Wayshowing and Vasanas



Vasanas go off in a world of the mind

Even before the Reval occurred, I heard of people gifting each other with dinars and dong. It's as if a wellspring of generosity arose that could not wait for external events to catch up.

It chipped away at a belief system which I'd best typify by the attitude, from long ago, called "Looking Out for Number One."

People are expressing a desire to look out for others. At the same time, situations arise that trigger fresh vasanas as we assume new roles, such as the role of financial wayshowing.

A vasana is a complex of traumatic memories that upset us, triggered by an event in the present that resembles one in the past.

We're wayshowers and participants in the process sparked by the reval, whether the reval itself has occurred or not (and it hasn't as I write this), whether we gifted others, assisted in the gifting, heard of it and supported it, or reported on it.

Let's face it. As starseeds, we agreed to be wayshowers. Wayshowing goes along with the territory that most of us starseed lightworkers are playing in.

Starseed = lightworker = wayshower. That's why we came. It's what we agreed to. And we can only either deliver on our promise or back out of it.

I remember writing articles years ago saying that we were preparing for a leadership role in the New Age fast approaching. Well, yes, we are and here it is.

When the going has gotten tough, we've complained that there was no one to talk to about the matters we're involved in like Ascension or Disclosure, and now the reval. But wayshowers are by definition out ahead of things.

As Archangel Michael said the other day, we've agreed to lead rather than follow. So, yes, we've had few people to talk to and that just gets even more so as we enter new fields triggered by impending events.

I watched three vasanas go off in me yesterday. One was connected to unresolved control issues I have, happening now in new or bigger fields.

The second was connected to attitudes I have connected to adversarialism - the kind of blood rising when one believes one is facing an adversary, criticism, or the need to defend oneself.

And the third was connected to a tendency to judge others, which related to a third incident - which had not yet even happened and so had to be occurring entirely in my mind.

And all three vasanas went off in an atmosphere of rushing to complete the gigantic workload that participation brings.

My brother Paul, a family therapist, is fond of quoting Will Rogers, to the effect that I've experienced a lot of bad things in my life and some of them actually happened.

Nothing was happening outside me. In all cases a simple vasana was triggered by a situation in the present that looked like a situation in the past.

Other people were not playing the roles I ascribed to them. It was the roles I ascribed to them that were the problem. "You made me mad." "You did this and you did that."

Most situations in which vasanas go off are imaginary.

Vasanas are self-contained, self-triggering, and self-hypnotizing. We leave the realm of reality and enter into the realm of the mind, fooling ourselves that we're standing on principle. Off we go on what can often be a tragic tangent.

I was dumbfounded by the end of the day. I had thought myself cleared of vasanas. But by assuming a new role - a willingness to play a role triggered by the reveal - I had brought myself into a new area which caused vasanas to go off that I didn't even know I had.

No, we haven't escaped our vasanas as we emerge from Third Dimensionality; we've just invited a new and more refined level of them along with the need to clear them.

And another thing, as the saying goes: Vasanas do not cease just because we've entered an area of positive benefits. They don't fall silent because we're playing a "good-guy" role, replacing the "bad guys." They're no respecter of persons or occasion, which makes for the stuff of comedy. World leader has fit of anger. Hollywood star throws chair at spouse.

Wayshowing requires courage. It'd be easy to say "this is too hard" and retire from the field right at the get-go. Wayshowing requires us to say "I made a mistake" or "I feel irritated" without falling back into the old Third-Dimensional ways of protecting ourselves, projecting blame, and battling with each other.

The answer for me is not to avoid the role, to give up at the first sign of obstacles or barriers, but to recognize our vasanas going off and refine or adjust our forward motion to take them into account while continuing.

Just as AAM advised us to have a contingency fund when gifting, so we also need a contingency fund of love for ourselves because we'll make mistakes in this or any new role.

Gee, I hope that's not expressed in too complex a fashion. It's an eye-opener for me because I thought I was capable of participating in this work by the very fact that I had "cleared" my vasanas. But such is not the case. I haven't cleared my vasanas. And a new situation is guaranteed to bring that home compellingly to me.

Emergence: From Hell to Breakfast - Part 1/2

Sept. 21, 2021

<https://goldenageofgaia.com/2021/09/21/326547/>



I'm having a mini-full-life review here as a result of seeing my family script. (1)
The memories are flashing by.

I remembered that I liked being angry because when I got angry I fused together. I became my self again. I revelled in those moments.

When I was not angry I was this dissociated, unsure guy who went out of his way to please people. Just like my Dad.

Well, if that's the way it was for me and I know my Dad suffered worse abuse in his family ... I can appreciate why he'd be the way he was.

When I breathe into my inner musculature now, instead of it feeling rock hard, it feels as soft as butter.

With that degree of muscular holding going on routinely, I can now appreciate how it could be that my emotional range of experience seemed narrow to me.

And I can imagine how others, who've also experienced childhood abuse and trauma, might have a crimped range of emotional experience and expression as well.

Oh look, I can breathe again!

The release of this muscular holding I've been doing does not bring happiness in and of itself. It's again a launching pad.

I'm restored to inner stillness, available for what's next. But not catapulted into bliss. (Not yet.)

All of this has been transpiring from 2 am to 4:30 am.

Seeing the baseline of tension in my own body from nursing this cycle of conflict and walking in the rut it created, I can appreciate why Dad was so unaware. My family on my Dad's side were not known for their sensitivity and awareness.

A long, long time ago I wrote a paper on the cycle of conflict, but not till this moment have I experienced it or seen the impact of it on my body, mind, and feelings. I'm now realizing it, even if the realization is minor at this point rather than major.

This mechanical exterior I've built for myself over decades is cracking and crumbling. I'm not stirring until it's gone.

(To be concluded tomorrow.)

Footnotes

(1) See "From Vasanas to Scripts," September 17, 2021, at <https://goldenageofgaia.com/?p=326368>, "An Almost-Near Near-Death Experience," September 18, 2021, at <https://goldenageofgaia.com/?p=326397>, and "I Want My Happiness Back," September 19, 2021, at <https://goldenageofgaia.com/?p=326544>.

Emergence: From Hell to Breakfast - Part 2/2

September 22, 2021

<https://goldenageofgaia.com/2021/09/22/emergence-part-2-2/>



You remember I mentioned that I believe everything hid shall be made known?

All of our hidden vasanas, I think, are rising to the surface. Some of them are really painful.

Here's a painful one for me. If my family followed a cycle of conflict, and I've now uncovered it in myself as a rut I followed all my life, is it not logical to deduce that I played my Father's hand in every relationship I've been in - sooner or later, and to a greater or lesser degree? It was after all the only movie I had in my head.

Face into that one. I do and it sweeps over me like a wave of realization.

Realization this time is not like being lifted above the surface and looking down. It was like a ring of fire that burnt through me.

Interesting.

I've never seen or felt awareness work like a ring of fire before. It may be the result of my invoking the universal laws yesterday and the day before. I don't know.

I actually feel myself on the other side of the scenario now, as noticeable as if I were in the water and am now on dry land.

The "me" I now feel is entirely new. I have control of my will back. Without a need to force it on anyone. I can feel it.

Oh my. I just plain like the feel of this current state of consciousness, whatever it is. Could I please have a user's manual? What name shall I give it?

Normality?

Yes, I think that's what it really is. I've come back to center and this is what center is. For the human being, center is normality. Just plain normal.

Everything I've been describing is a deviation from the center, from the normal, the way a human being is supposed to function, the design parameters of karmically-productive behavior.

I'm not saying deviation is necessarily bad or even always avoidable. I'm just saying it is as surely a deviation as a temperature up or down from 98.6 degrees F is a deviation from the center, the normal temperature. There is a normal and an abnormal.

I've been abnormally acting out all my life.

But pondering that now will take me right back into the upset instead of savoring this moment of freedom from it. As my own listener, I won't do that.

This outcome confirms my belief, as expressed in *A Manual for Listeners*, (1) that, if we have the opportunity to lay all the pieces out on the table, there's a good chance realization will follow. We don't need help. We just need a listening.

Or a writing.

I'm at peace with myself at this moment. I have no agenda. I remember a course I took called *From Hell to Breakfast*. That's what it feels like. I think I'll eat.

If I didn't write this down, I'd never remember it a day from now. The written record needs to be the final arbiter because my memory is not at this time reliable, whereas you were here, as this was happening.

The growth I think will prove lasting but the details of how it happened are only to be found right here.

I have no idea of what to do next and no concern about it.

What is the process I just went through? In the past, I've called the process "emergence." (2) Its basic premise is: The truth shall set you free.

Footnotes

(1) *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>.

(2) See "Emerge from the Shell," February 9, 2020, at <https://goldenageofgaia.com/?p=306371> and *Emergence as a Path for Lightworkers* at <https://goldenageofgaia.com/wp-content/uploads/2020/09/Emergence-as-a-Path-for-Lightworkers.pdf>.

Fully Surrendered

October 2, 2022

<https://goldenageofgaia.com/2022/10/02/fully-surrendered/>



I'm in the middle of a spiritual experience so I may need to write "stream of consciousness."

I have arthritis in my hands and knees. It's been creeping up my hands for around a year but it just affected my knees around three months ago.

I now have difficulty walking. I have all kinds of theories about why it serves the Plan that I have this condition right now. (1) And they remained ideas.

But one idea drew a response from Michael and the Mother.

I have pre-arranged signals with both. When they agree with something, I get their signal.

I was chattering away to myself and I said, "arthritis in my hands and knees." And the idea arose in me: Hands and knees? Am I not down on my hands and knees

before the Mother? Is there anything I can accomplish without her grace? Then the signal from the Mother went off.

And a second idea arose in me, "I'm not fully surrendered to the Divine Mother and Michael." At that moment, the signal from Michael went strongly off.

Having arthritis had brought me to my knees. And perhaps that's what it was designed to do.

I was able at that moment to let go of anything that stood in the way of me being surrendered to them both. (2) I felt myself expand, like a balloon into which someone was breathing air. I could also say that I felt a release of tension and a consequent freeing of awareness.

I feel equanimity. I feel the resolution of doubt. I feel a restoration of inner unity. The Humpty Dumpty Man must hang up his hat and cane.

I've chosen my path. I'm fully surrendered to the Mother and Michael.

Again out on the skinny branches. But I feel freer and more joyful now.

In this space, it matters not to me what dimension I'm in. Whatever dimension it is, I'm only there to do the Mother's will.

Footnotes

(1) (A) So that I have something that can be used to draw me to a new healing technology like med beds, which I then write up.

(B) So that I have a complete experience of life. I've only had eight lives on Earth. Michael has asked me to experience all aspects of it. Might that not include old age, briefly, before Ascension?

(C) So that I see how it is for older people when I begin our post-Reval work.

(D) So that I see how it is for older people when approaching the next Ascension.

(E) So that I slow down and give my full attention to the work now, at a time when all is chaos.

(F) Etc.

(2) I am reminded of what the Mother said:

“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.”

(Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

Two Words for It: Just Stop!

May 24, 2019

<https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>



Credit: auction.Catawiki.com

I went through an amazing process this morning. And I went through it sitting at my computer, in the midst of writing something else.

I switched over and began recording my thoughts after each had happened. The results were quite remarkable for me.

I'm in the course of writing an article and I got up off my chair to get something.

As I did so I felt random fear. In the background of my consciousness but always there.

Big Steve slid into the driver's seat and said to Little Steve, in the most affectionate tones: "Don't be afraid, Steve."

Little Steve is my Wounded Child and Big Steve is my Adult, my Higher Self. Neither is my everyday consciousness (1) but either can take control of it and be in the driver's seat for a time.

You're watching my Adult mend the wounds of my Wounded Child. Only "I" can do this and this is it happening: Reparenting in progress. Neurosurgery.

I (Little Steve, Wounded Child) was so glad to be reassured by someone. I found myself relaxing from an undetected but constant background state of fear that I've been living in since forever. Peace returned. Or, more precisely: I returned to peace.

Almost immediately, I had a second thought: I can no longer afford a hateful thought. Where it came from I don't know. But perhaps a hateful thought is what brings conflict, after which I live in fear. Perhaps they're all connected. That would make sense to me.

And the answer to having a hateful thought was, once it was noticed, just stop. Again where this answer came from I know not.

Just stop.

That's the solution to all our negative thoughts and actions, is it not?

Have we as a society lost our self-control mechanism? Our suppression button altogether? Have the many massacres engineered by the dark side to discourage us caused us to give up hope?

Supposing you have that thought. Then, just stop. Let it go. Experience any feelings that come up, which is the equivalent of saying "listen" to them, and let them go as well. And drop any ideas of hateful action. (2)

The default you fall back into ends up in original innocence so you've nothing to fear from letting negative thoughts go.

Hard-core reparenting. Emotional boot camp for myself, intransigent kamikaze that I've been.

I paused and looked back on what had just happened. I noticed how contrived it all was.

I was the one creating the hate and fear - Little Steve, my Wounded Child - and I was the only one capable of taking it away - Big Steve, my Adult, my Higher Self.

Am I not the sorcerer's apprentice? Can anyone trust me with the creative wand after all the hate and fear I've created for myself? Maybe not.

Has not the entire population of this planet become a collective sorcerer's apprentice in a way?

Let's look at one collective item only: Take the islands of plastic garbage floating on the high seas, washing up on islands like the Cocos, and being found in the Challenger Deep (is nowhere too deep?)? Are we all not implicated?

Have we not run amok in many fields as a human race - pharmaceuticals, drugs, GMOs, pesticides, toxic vaccines, chemtrails, deforestation, weather warfare, etc.?

And the answer for all of it is? In my view? Just stop.

Footnotes

(1) I know. I know. That IS the Self.

(2) The Buddha: Do only wholesome actions; refrain from unwholesome actions; and purify the mind.

Stop. Just Stop

July 4, 2022

<https://goldenageofgaia.com/2022/07/04/stop-just-stop/>



Just stop!

One of the values that has been systematically attacked since the Second World War is the value of decency.

On the scale of values, "decency" for me ranks higher than, say, "reasonable." Can we discuss?

To my way of thinking, reasonable is like the cake and decency is like the icing. Decency is a slice of "reasonable" plus a layer of personal attention, caring, compassion.

A reasonable person I expect fairness or justice from; nothing more. A decent person I expect a degree of extra caring from; this is someone I can talk to, confide in.

Our sense of decency has been under attack on every conceivable front for decades. Tattoos, rap music, ripped jeans, cancel culture, adrenochrome, Satanism, on and on go the ways that our sense of decency has come under attack and been undermined. Beyond Satanism I can conceive of no worse.

The normal response to what I'm saying is to go into opposition with whomever is seen as cancelling our culture of decency.

I'm not about to ask you to go into opposition to anything. What we resist persists.

You know I value balance, the center, the middle, the heart, the Self. I decline to advise any kind of extreme behavior. I'm not asking you to take a step away from where you are now.

Those of you who know me know that I discovered in my personal work a few years back that I was held back by the belief that I had to have something to put in place of a harmful behavior pattern before I dropped it. So I was always busy looking for the alternative and got distracted. Thus I never changed.

Then one day I saw I could just stop. It was a revolution, which I've described elsewhere. (1)

I did not have to have something to put in place of something else I was doing that was harmful. All I needed to do was stop. And I stopped. And I stopped. In the middle of sentences I stopped.



And so I'm saying here as well: What we need to do as individuals and as a global society is ... stop.

I didn't say "what our neighbor needs to do"; I said "we." Never mind our neighbor. Those were the bad old days of blame and shame, also fanned by the cabals and cartels to divide and conquer.

Stop listening to rap music. Rap music was promoted to create conflict and crime that would lead to incarcerations; the people behind rap music own shares in for-profit prisons. (2) Rap music exudes violence.

Tattoos, ripped jeans - the people who make the fashions want to depress and alienate you and they've succeeded.

Satanism is the worst. Adrenochrome production through child torture and murder is all part of it. Terrible, terrible things are being practiced in and under our world, the ground having been prepared by the multifront attack on our basic decency.

We know who's doing it and rounding them up is being handled by the global white-hat military behind the cover of a lot of nuclear play-acting. We don't need to worry about that. Those that are with us are far stronger than those who are against us.

What we need to do is to stop the transfer of a culture of malevolence by stopping practicing it.

Only those who insist on transmitting the malevolent values of a Satanist society - to call a spade a spade - will suffer eventually. Those who change course and leave ship will - I hope and trust - find society ready to welcome them back. We all have been saint and sinner in this life and others. I know I have.

In the meantime I request that everyone who wishes to, commit to bringing the culture of decency back in our own lives in every way we can. Surely we've had a deep enough experience as a global society of what life is like when malevolence rules. Mass murder becomes genocide becomes omnicide.

Time now to reverse course and come back.

Or not and be left behind.

Footnotes

(1) "Two Words for It: Just Stop!" May 24, 2019, at <https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>

(2) See "The Secret Meeting that Changed Rap Music and Destroyed a Generation," June 30, 2020, at <https://goldenageofgaia.com/2020/06/30/the-secret-meeting-that-changed-rap-music-and-destroyed-a-generation-4/>

Juiced on Emergence

2012



I was really touched by a reader's email and almost can't help commenting on it.

We were discussing what gives us the "juice," the "electricity," the "gasoline" to go forward in the face of such a long wait for things, disappointment, frustration, etc. The reader was wondering if it was connection with higher spirits, etc.

No, I'm not aware that it's that. At least with me. We're all of us connected to higher spirits at this time. I don't doubt that. But I'm not aware of what our connections to spirits may or may not contribute. I'm sure they do, but just can't speak to it.

Certainly the rising energies give us all a boost. I am very much aware of that. But it isn't THE thing.

I can speak of the one factor I'm aware of.

I always feel so exposed discussing these matters. Who am I to be saying this? But I think we all need to put aside those considerations now and do what we can to inspire each other and carry the ball forward. The factor I want to speak about is about exactly that - putting our fears behind us and carrying the ball forward.

That factor is what I call "emergence." (1) Even the sound of that word gets me going. I love it. I see people working out in a karate dojo. I see Kurosawa films. I think I see a lifetime I must have had as a Japanese. Must have.

I see all the noblest moments in so many workshops and trainings. I see all the finest moments of my life.

What is emergence? Emergence is a willingness to stand forth as the Self. It's a willingness to call one's Self forth. We all do it at a time when superhuman strength is needed such as when a car falls on our child or someone we love is about to be attacked, etc. We emerge. But very few of us do it on a more regular basis.

As with so much that's learned, I didn't come up with this. Many circuit riders of the old growth movement, Werner Erhard in the est Training, my wonderful karate sensei Hidehiko Ochiai - all of them knew it.

We have the ability to call ourselves forth. We just don't do it often. We have the ability to come out of fear, to emerge from our records, vasanas and upsets. We have the ability to consciously put our lives at risk, to walk into the face of death, or even to drink a cup of hemlock. We have the ability to give our lives for another. All of these sound impossible to do. But they're not.

We have the ability to say to the CIA, the New World Order, the men in black: "I accuse...." We have the ability to look our tormentor in the eye and express our lack of fear.

We here are writers, are we not? We write emails, posts, tweets, letters, articles, essays. We write. It isn't easy to pursue an enlightenment discipline as a writer. But it's easy to emerge.

The clearest case of emergence for me occurred when I wrote an article on 9/11 in 2008 and sent it to every Member of Parliament and every Senator in my country. I remember clearly pausing before hitting the "send" button and knowing full well that I was saying goodbye to my career, inviting a life of potential threat, stepping outside the bounds of everything good that my society bestows on those who tow the line. And then, having emerged from my fear, I hit "send."

Emergence is a well-kept secret. I'm not sure why we haven't seen any channeled messages on it. But if you were to ask me the source of my juice, electricity or gasoline, I'd have to say, with thanks to Werner Enright, John Enright and Hidehiko Ochiai - emergence.

Footnotes

(1) On "emergence," see <https://goldenageofgaia.com/spiritual-essays/emergence-2/>

⌘ The Balanced Adult State ⌘

The Driver of a Team of Stallions

June 12, 2019

<https://goldenageofgaia.com/2019/06/12/the-triumvirate/>



In the course of reparenting myself, I've now reached the point of imagining myself as having three sides (that I want to work with).

I think of them as a triumvirate.

The first is Big Steve, my Adult consciousness.

The second is Little Steve, my natural, pure, and innocent Child consciousness.

And the third is me, the CEO - the operator, the observer, the Self. I can never give up executive authority. It would be impossible to do so.

Before you think this strange, listen to Archangel Gabrielle's advice:

"The establishment and expansion of a conscious relationship between their personality and their infinite soul strengthens their radiance which gives them a greater capacity and expanded impact in living a rich and fulfilled life." (1)

Big Steve and Little Steve are aspects of my personality; I am the operator and not a mechanism of personality, but the infinite soul.

The establishment of a conscious relationship between the imagined parts of my illusory personality and me assists me to live a richer life than I was living when I extended no leadership to my personality.

In terms of reconstructing my constructed self, this time in a productive manner, acknowledging these three sides of myself sets up a dance. I enjoy being in each of the three roles - the responsible Adult, the joyful Child, and the leaderly CEO or operator.

I feel able to move fluidly among them. At last I have three roles all of which suit me.

This feels like another stage in coming back from dissociation - having an adequately-developed and service-oriented personality through which to experience the world and respond.

The threesome (triad, triumvirate) operate as a team, under my direction. This to me is the creative use of imagined dissociation, bent in the service of putting Humpty - the really-dissociated one - together again.

Operating as a team allows me a flexibility of response I haven't had before and opens up areas of vulnerability and experience I'd closed off to.

In the evening I, the operator, have made a practice for a few days now of checking in with Big Steve and Little Steve on the day and giving them all the love and encouragement I can.

But I now think that it's not essential because all three of us share in every experience each one of us has. We're like three different windows opening up onto the same landscape.

I'm actually taking an active role in keeping myself in good shape. It sounds crazy but it's filling a huge need that I otherwise would look to others to fill.

Even if they play a role, in the final analysis, it has to come from me. I am the operator, the driver of a team of stallions.

Footnotes

(1) "Archangel Gabriel: The Quality of Love Known as Expansion," channeled by Marlene Swetlishoff, November 6, 2014, at <https://www.therainbowscribe.com/>.

Drama, Drama, Drama Until We're Complete

January 5, 2024

<https://goldenageofgaia.com/2024/01/05/drama-drama-drama-until-were-complete/>



What else is there do but get what we want or create drama? (Just kidding! Just kidding!)

And now for a change of pace....

I don't know about you, but I'm always looking for what drives me. And when I think I've found it, I then look to see if that's common with others, as in a pattern, trend, custom, rule, etc. Or is it just an aberrant thought, sent my way by the collective consciousness and my own longings?

I mentioned a long time ago how my spiritual journey began with reading Eric Berne's *Games People Play*. (1) I'd always been aware of patterns in behavior, but here was someone writing about them. That started me going.

Behind the search to know more was the basic thought, what drives human beings? What is the simplest, most general statement that I can make of that drive?

I think this is it.

(A) I/You

(B) Want/Don't want

(C) Pleasure/Pain.

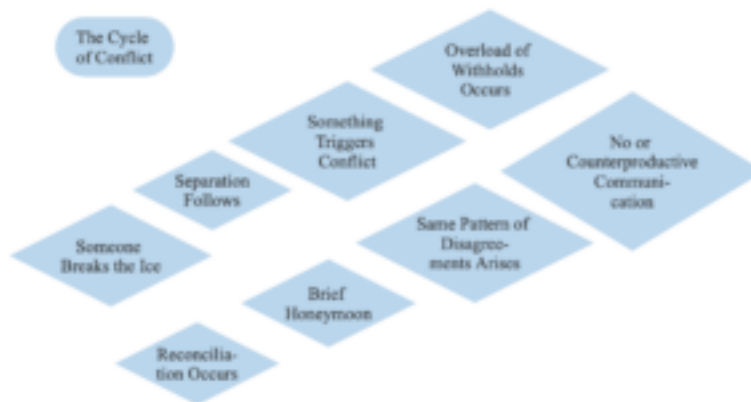
There it is, in its simplest, most basic form. Looks too darned obvious to say, huh?

Now take that and limit it to food and you have many of our conversations. I like hot and spicy. I can't stand cloying sweetness.

Limit it to vacations? I like a hot climate, but not too hot. And I really like a country where I can reach up and pick my lunch or desert. Like a mango or papaya.

Introduce another partner into our life-as-a-production and it gets infinitely more complicated the very first time I don't get what I want. If not getting what I want is a pattern and persists, we may enter the cycle of conflict and fight over it the way we've been programmed and trained to do since childhood. (2) Like the way our parents and their parents did?

I'm thinking again about the cycle of conflict because I nearly went another round with a friend. But we both did what we needed to not to make conflict-inviting moves and managed to stay out of it. That is the first time I've seen that happen *with another*.



Where are the entry points to exit the cycle of conflict once it's begun?

In answering that, I have to say that after the Reval, I'll be a CEO. I'm aware that it won't work for me to ask others to do growth work I'm perfectly capable of doing myself. To try to create hierarchy is distinctly not going with the flow of the times.

So the entry points I offer here are primarily what I can do, not what others can do. Sorry. Just fyi.

(A) I can be a servant and serve you (karma yoga) or I can ask for 50/50, equal give and take, to avoid resentment (principled negotiation, universal law of balance).

(B) I can reduce my wants to preferences and my preferences to "OK yes, OK no" (divine quality of detachment).

(C) I can raise my pleasure-seeking/pain-avoiding pattern to awareness and just remain aware of it; awareness will do the rest (Path of Awareness). (3)

(D) Or I can just laugh at myself, at all of us who think that any of this is real or has consequence, save that which we and others bestow on it. Otherwise, none.

None, none, none.

Drama, drama, drama until we're complete. And we're complete when and only when we say so and have reached a deep place in ourselves where we really mean it.

Reaching completion could be instantaneous if we really believed that outcome possible, or, as Matthew Ward said in another connection, if "it is not [so believed] ... all the changes will be a process." (4)

After Ascension, I predict that that process, which takes time and effort now, will be as simple as deciding what to eat; all our resistance will be gone. Then changes, I think, will be instantaneous.

Footnotes

(1) See “I Think You Only Read Introductions,” December 6, 2022, at <https://goldenageofgaia.com/2022/12/06/i-think-you-only-read-introductions/>

(2) See *Leaving the Cycle of Conflict* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/Leaving-the-Cycle-of-Conflict-21.pdf>

(3) I agree with Jesus that awareness dissolves; it transforms.

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

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

Awareness transforms – it is the major instrument for change. (“Jeshua: The Third Way” at <http://goldenageofgaia.com/2014/01/jeshua-the-third-way/>.)

(4) Matthew's Messages, Oct. 22, 2008, at <https://www.matthewbooks.com>.

The Adult State = The Balanced State

March 11, 2020

<https://goldenageofgaia.com/2020/03/11/the-adult-state-the-balanced-state/>



*When we venture into the unknown, balance is key. ... well ... important! Credit:
Giacomond by Quint Buchholz*

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

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

"'That is your Parent' means: 'You are now in the same state of mind as one of your parents (or a parental substitute) used to be, and you are

responding as he would, with the same posture, gestures, vocabulary, feelings, etc.'

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

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

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

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

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

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

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

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

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

That's what started this whole exploration. I noticed an adult voice that took command of a situation (lost on me what the situation was now). I had never heard this voice before. I recognized it as an adult voice and that immediately threw into

stark relief the two voices I'd been listening to. I now saw them as my parent and child ego states, arguing.

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

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

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

I'm beginning to see why.

Michael defined "balance" here:

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

Steve: What does it mean to be balanced?

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

He stressed the importance of balance in building Nova Earth.

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

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

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

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

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

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

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

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

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

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

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

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

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

Later

Now that I'm aware of this distinction and dynamic, I find myself going through the day identifying "child ego state," "parent ego state," "child," "parent,"

whenever they go off, and then letting go. Prior to this I wouldn't have known what was happening to me; only that I felt dismayed. Now I know.

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

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

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

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

Footnotes

(1) "The Caring Mind, the Adult State," March 6, 2020, at <https://goldenageofgaia.com/?p=306851>

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

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

(4) Ibid., July 22, 2014.

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

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

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

(7) Ibid., March 3, 2011.

(8) Ibid., May 2, 2018.

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

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

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

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

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

In Search of the Balanced Adult



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

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

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

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

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

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

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

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

The real news is with the balanced adult.

Repost: Archangel Michael on AHWAA: What is Balance and How to Achieve It

January 10, 2022

<https://goldenageofgaia.com/2022/01/10/repost-archangel-michael-on-ahwaa-what-is-balance-and-how-to-achieve-it/>



AAM: Greetings. I Am Michael, Archangel of Peace, Warrior of Love, Bringer of News. Welcome, my beloved friends, beloved family, beloved allies. You also are warriors of Love, bringers of news, anchors of the new, co-creators of Nova Being and Nova Earth.

Long ago, this council has said to each and every one of you that **the keys to heaven, the key to returning Home, to the fulfillment of your mission and purpose is Love, trust, and forgiveness, unity, connectedness and balance.**

This has never been intended to be a laundry list, my friends.

If anything, it is a weaving, a tapestry, a grid of wholeness.

It is a circle of Oneness and with any of these elements [i.e., [the Divine Qualities](#)] and particularly with balance, you can think that your journey begins and ends with balance.

It begins and it ends with Love.

It is not a matter of simply attaining, obtaining, bringing to the forefront one element or Divine Quality. It is the intermingling. It is the unified way of all of these elements in your core, in your knowing, in your bodies, in your essence. So, we are pleased this day to step forth and discuss what is meant by balance.

For such a long time, for thousands and thousands...and might I say even eons of what you think of as years...humanity has existed in the illusion of duality and polarity, of 'either-or,' of all ends of the spectrum, of that linear way of thinking and existence that has barred you...kept you...not only from knowing of the All, of the Mother/Father One, but the knowing of your sacred self, of your Divine Essence in human form, with acknowledgement of all aspects and parts of you.

With balance, there is no 'either-or.'

It is the All.

It is not merely still point. For still point is simply a part or an aspect of balance.

It is the ability to hold what you may have previously considered diametrically opposed viewpoints or states of being of nothingness and All, coherently, in the heart of your being, in the actions and existence of your life.

It is the ability to operate in many realms, dimensions, timelines at once.

It is the ability and the state of being that allows you to access everything.

It is your jumping off point. It is your landing point.

It is the point at which you are anchored above and below, in alignment with Divine Heart, Mind and Being.

It is knowing and wisdom rather than thought or feeling, not excluding thought or feeling, but being able to integrate All into this essence of holding Who You Truly Are.

Not as exclusion of your sacred self, but in the inclusion as part of One.

Now, in this statement, dear Steve, I have packed a lot, have I not? So let us begin.

SB: Thank you very much Lord, and yes, you have packed a lot. Before we begin, I want to confess to you the source of a lot of trouble I had understanding the Company of Heavens' discussions of balance, if I may. I was confused because there were different metaphors or interpretations of balance being used.

AAM: By all means.

SB: Thank you. One metaphor is balance of the teeter-totter, or scale; equal weights on both sides create balance. Another metaphor is balance as the quiet mind, the waves and the mind are brought to a standstill and that creates balance. Another is similar: balance as journeys' end or completion.

We reach the end of an issue or upset and find ourselves in the middle, in the center, in balance. And the fourth interpretation is balance as the ballerina's balance point. The ballerina stands on her tiptoes in balance. If she leans to the left or the right, she falls over.

So I'm hoping in this discussion of balance today, we can be as clear as possible because I'd really like to go deeply into this notion and understand it. Can you comment on that, please?

AAM: Yes, would you like to stand back and...I do not mean you my beloved friend...I mean all of you. Think of all these metaphors of what I have discussed or what the Company of Heaven, which is a delightful term, is it not? It gives some collectivity.

But, nevertheless, whether it is the teeter-totter, the spectrum, the ballerina, or the quietude, you think of balance not as the up and down.

It is when the teeter-totter has equal weight at both ends so that you are able to be perfectly positioned, steady, clear, not in either side - in the middle.

So often, whether you are on this side or that side of an issue, of a drama, of an undertaking, you have had the human, or shall I say prior human proclivity to go to one side or another, and that is not what we would suggest or encourage you to do.

There has been discussion in the past about the ability to be the Observer, participant.

But, how can you possibly do both? Only by being in this centeredness, in the place of quietude – let me use these words clearly – of quietude, not silence. Of certitude, of knowingness, of Love, and from that place then you move.

But, you send the energy. You project yourself.

But you, your essential self, remains in that place of anchored stillness.

Now you say, “Well, Lord, what do you mean by stillness?”

It is that place of knowing, of heart consciousness in the truest expansion of your being, of being connected to your sacred self, to your higher self, to your Universal Self, and to the One.

When you are in that place, you are in balance.

Now, first, before I go any further, is that clear?

SB: Not really, Lord, you’ve used two metaphors in your explanation. So, no, I haven’t experienced dawning, awareness, or clarity. Here’s one of the problems I have with some of the metaphors that are used.

The teeter-totter metaphor seems to suggest that I need equal parts of anger and peacefulness to be in balance, or jealousy and love. And that confuses me when we talk about having things in balance...and what we’re talking about is the teeter-totter or the scale. Can you clarify that for me, please?

AAM: Yes, I would be very happy to. You are using the old duality polarity of jealousy and admiration.

So, let us jump off the teeter-totter. Let us throw that away. For I have not used an analogy that is appropriate to the newest state of being...where you are, where many of you are and where humanity is headed.

Think of yourself in the totality of Who You Are.

Now, I am not speaking whether you are in an absented state of bliss or ecstasy, although that is where balance is also going to be found. But, what I am trying to do is also apply it to very current situations and realities.

So, when you are in a place, simply be as if you are sitting quietly in a chair. You are not undertaking, in the moment, any thought or actions.

You are in a state of relaxation and what we would call beingness. You are balanced in your chakras. You are balanced.

You have opened and attended to your meridians and chakras. You are anchored in your heart knowingness.

You are feeling the Love, the trust. That is why I have begun there. You do not have anything that you need to work on in terms of forgiveness.

You are just in that place - what we would call joy - what you may call quietude.

And then, in that, you feel, you know, you accept, you allow -- before you think or do or feel anything -- that you are in alignment.

It is not simply a sense of anything. It is a sense, your terminology might be, that all is right.

I do not say all is right with the world, but that all is right with you.

That there is a deep sense of knowing and accepting, alignment and surrendering, just of Who You Are. Even before you start to think about,

“Well, this is my mission, this is my purpose, this is my to-do list, this is what I think I have to achieve today or this week.”

It is the starting point – and we will get to the finishing point – but the starting point is that stillness, not necessarily still point, but stillness and quietude and certitude.

“I Am Who I Am.

"I am completely committed and I know my connection to All.

"And I feel and know and am All within, unbreakably tied, connected to All That Is."

That is the starting point of balance.

It is not being in extreme of anything. In many ways, it is the point at which you always come, and it isn't a matter of even ignoring what is external. But, it is the knowingness, the starting point, from which you begin.

Because that is what balance gives you, it is that clarity and focus from which you then you proceed to have a life, to live, to take action, to create.

But, if you are off kilter, off balance, then your mind has just begun to interfere and you're thinking about either the argument you had yesterday with your colleagues, or the love affair that you are praying for, or the concern for war, or the starving children in Somalia or Yemen.

So, it is that point at which internally and externally, in your body as well as your spirit, soul, self, that you are simply being.

Now, does that bring any level of clarity to you?

SB: Yes, it does help quite a bit, Lord. I wonder if you're not just describing fifth dimensionality. To put that another way, if we were in bliss, all of us in bliss, we would be in balance. Bliss seems to restore balance.

AAM: Yes, but what I am also speaking to – and now, I speak not only to lightworkers but to the entire planet, because it is the essential lesson of NOW – there is a tendency as we have talked about Ascension and inter-dimensionality and anchoring in the fourth, the fifth, the seventh, for many human beings and light workers, by the way, to say,

"Well, when I am in the fifth, then I will be in balance.

"When I am in the seventh, I will be in the Love."

I do not want any being to create that delineation. You – whether you acknowledge it, are conscious of it or not – are multi-dimensional beings. And whether you

know it or not, you are shifting, traveling, visiting, experiencing various dimensions all the time.

When you say, “Oh, when I am in the fifth, I will get that.”...it places it outside of you and in a future dimension or place. And, what I want you to do, my beloved friends, my beloveds, is to have this – regardless of whether you are sitting in the first, the third, the fifth, the seventh, the eleventh, it matters not – because it is part of you. It is part and parcel and always has been.

So, when you are in the fifth, you are still going to have the physical reality of body and vibratory rate where you can experience physicality.

Now, you’d be in a different state of being, perhaps. But, many of you are already there. So, I do not wish to make that delineation, I do not want to encourage you to say, “Well, when I get there.” Because the time, in terms of our time and yours, is NOW.

SB: Then, I suppose the question of the hour is how to achieve this balance?

AAM: Well, I thought you would never ask! [Laughter] But, let us go on with this discussion. Because, I think all of you have understood what I say in terms of beginning, or midday, or end of the day, or middle of the night...of sitting in the chair and being in that state of balance, of being the knowing of yourself and of the One.

The ‘how to’ involves, well, at some point you are going to have to get up from that chair and go about your busy day. And, I use that term with the greatest respect.

We speak to you about doing without doing, from that place of balance and knowing. But, for most of you, you are very occupied with the fulfillment of your mission and purpose.

Now, let us use the example of this wonderful opportunity that you give us of this radio show.

When you and Linda and Suzie and Paul are working on this project, on this show, you have a tendency to think, “Well, now I am doing my mission and purpose.”

But your mission and purpose does not start and stop. That is why we talk about this tapestry of qualities that you carry that are at the core of your being.

So, your mission and your purpose and the balance carries through while you are showering, while you are preparing morning nourishment, whether you are driving to work or walking the dog, going for coffee, or shopping for food.

It is not a stop or start function.

So, this comes to this place of being the Observer. You maintain, and this is a challenge. Do not think we are not aware of what we are asking, suggesting, and assisting, mightily assisting each of you to achieve.

You carry into your entire day, your entire life, to every interaction, to every glance or smile or scowl, you're carrying the balance. And, if you are truly in the balance you will never be scowling.

You may express that action is incorrect or not of love. But, you do not go into disapproval or anger. That cannot be of balance.

Oh, I know there are questions of righteous anger, but let me continue what I am saying. In that sense of unity within your sacred self, in that sacred union with the Divine, everything then comes from that balance of Love.

And, when you are in that, you are learning to walk, talk, breathe, operate, in the bliss.

You see, changing dimensions is not simply a quantum leap or shift. You practice it until the old realm is such a distant memory – and it is a distant memory, by the way – that it no longer applies.

So when you have an interaction, there is no room for the emanation, for the expression, for the experience of anything that speaks or talks or feels or tastes like anything except the expression of Divine Love.

What we are waiting for so eagerly is when every single one of your thoughts and your actions and your interactions and your relationships are simply a mirroring, or an alternate expression of when you are in bliss and union with us. That is where you are headed.

That is the New You. That is when you know Ascension is completed.

Now, how do you get there? It's not just practice. It's also an act of will.

Now, all of you have had experience where you are absolutely expressing and obsessing on one thing. And, it is all you can talk about, all you can think about.

The only kind of interaction and the best example is a New Love or a new romance or a new relationship. You're brushing your teeth and you are thinking of their smile. You're thinking of your lips curling in smile. You're thinking of your lips touching each other.

You're drinking coffee and you're thinking, "Oh, I can't wait until we share coffee today or tomorrow." You're walking down and you are smelling the air, and the air smells sweeter. You know the whole routine that I am talking about.

SB: I do. [Laughter]

AAM: So, what I want you to do, what I am guiding you to do, what I am pleading with you to do, is to have the same love affair with balance.

As you are walking down the street, holding that sense of knowingness and connection, as you are glancing at someone, truly not only seeing them, seeing their Divinity, and seeing their warts and all. And, more importantly, letting them see you.

Balance has its own armor. But, it does not mean keeping people, kingdoms, others out. That is a fallacy.

So, when you are in your balance, and might I say, when you are in the balance, there is a willingness, a Divine Alignment with will that allows others to truly see you, and engage with you, with Who You Really Are.

Not the window dressing, not the moods, because what you will notice is the moods, the other obsessions, they disappear.

Because, how can you be in anything other than joy or bliss when you are in that knowingness? So, when you find that somehow you have wavered a little, you

simply come back to that center, using your heart as that compass, and you re-anchor, you rebalance.

So, it is a practice to start with, but then it becomes simply Who You Are, that state of being.

And, you have all had joyous times when you have felt this way. And, then you say, “Ah, I loved it!” And, you yearn for it because you know it’s your natural state. It’s your Divine Human Entirety of Who You Are.

It’s that ability to be in the quietude, the certitude, the connection while operating freely, joyously, expansively, in the entire planet.

So, then I take it to the next step, if I might.

When you are in this state, when you are in that tapestry of balance, connectedness, Love, your field – not just what you think of as your physical body which is the smallest part of you, but your entire field – is vibrating at an extraordinarily high frequency. Think as if you have become a personal, electrical magnetic field, but more electrical than magnetic.

Now, your seal of Solomon – that is the seal that basically contains you, that Mother put on for reasons of containment and protection long ago – is permeable.

Your positivity, your balance, your kindness, your Loving thoughts, your knowingness...think of it as...travels out as electrical, magnetic waves. And, it can travel, oh, around your globe very rapidly. And you can accelerate that transmission by simply declaring it so.

So, not only then, does your day and your interaction, your mission and purpose in the personal sense become very enriched and fulfilling, you also have just affected the entire collective.

Now, you have difficulty, sometimes, thinking about this, but, you know how electricity travels. You know how sound wave travels. You know how light travels. You are a light being.

Do you not think that your vibration, your transmission, doesn’t travel far and wide? Of course it does.

So, then, you take it to the next level. So often, you say to me, “Lord, how am I going to transform the entire planet? I am but one person sitting here and I do not even have anyone in my community to talk to about what I believe.”

My beloved friends, you are talking to them with your energy field. You are transmitting far and wide.

Often, we have said to many of you, you are an anchor, you are a transmitter, you are a beacon. And, we’re surprised that more of you don’t say,

“What the heck does that mean?”

That is what it means.

You are sending out, you are like a tuning fork. Think of it, you touch the fork, you hold it up, it holds the sound, and it travels throughout the room, the house, the community, and the planet, and far beyond.

You are influencing planetary systems that you don’t even have awareness of.

That is how powerful you are, and that is how important being the balance is.

Now, over to you, dear heart.

SB: Thank you, Lord. You know, I’ve been watching myself recently, and I’ve found that when I am triggered, coming back to love is difficult. I’m not used to it. I’m used to a third-dimensional way of resisting, resenting, and revenging. And, it’s hard to break the conditioning of staying feeling defensive, etc. Can you help us discover how to make that transition more easily, please?

AAM: Yes, you have that saying, old habits die hard.

SB: Yes, that’s it.

AAM: But, do you think, and I am talking to your mental body now, as well as your heart, a die hard, yes, just as you have said. Because, you cling to these real or imagined offenses, upsets.

And, you do so because subtly or actually you believe that you're supposed to feel that way. That somehow these emotional thoughts and feelings, these triggers, as you've put it, they make you feel alive.

They make you feel that you've got that fire in the belly. They make you feel that you need to take power, and usually the power that you believe you're taking is this sense of rightness or ascendancy over another.

Now, all of that – and this is much easier said than done – is simply because, to start with, you are insecure and you doubt your essential self-worth.

You doubt your essential self-love, and you most certainly doubt your ability to Love those who trigger you.

And there are many situations and people, yes, the distractors, the recalcitrants, who can trigger you. And, even sometimes those that you Love most dearly can trigger you and make you feel less than.

That momentary sense of “I'm right. I showed you.” cuts into your field.

So, think of it as putting a short into your electro-magnetic field. If you have a short in the electrical field in your house, your home, a building, then the power shuts down. And, that's what these situations do to you. They short-circuit you and they shut you down and so you have to go and replace a fuse or pull a switch to reboot. And it is ridiculous.

Now, it does serve a function insofar as you are reaching a point where you are saying,

“Oh, this is so boring. I am having to go into the garage or the basement or call the superintendent every time this happens.

"And it is interrupting my day, it is interrupting my flow, it's simply aggravating!"

And, that momentary sense of power that I get of satisfaction doesn't really leave me feeling good. And, when I think about it, I have a hard time getting back to Love and I feel like a jerk. And, I don't feel like my self.

That's the key.

When you do this, you don't feel like your self, the knowingness of who you are doesn't match, and it's creating that cut, that dislocate. When this is occurring, and it is occurring, do you first and foremost ask for help?

Do you call upon your higher Universal Self? Do you cry out to the Mother? Do you say,

“Michael, where are you?”

“St. Germaine, teach me about ego and help me balance?”

You don't do those things nearly enough. And, you don't do them because, at that moment, of course, you are completely in your ego. You're not in your heart.

But, if you can look at it, even for that instant, and say to yourself,

“Oh, no. There I go again!”

Not in a way of dismay or disgust or disappointment, all the disses, disgrace, disillusion with yourself, the situation, the other individual.

If you can look at it and quite literally put a smile on your face. Yes, even if to start with, you're faking it!

Smile on the face as if you have a direct line to your heart and say,

“Oh, no. There I go again!”

This is where the tapestry of forgiveness, where that thread is woven.

When you go immediately to forgiveness and help, you will find that the return to balance is not like the continental drift, and is slow as spring coming in the arctic. It is immediate.

We are very, very busy with you.

And, it gives us the greatest joy of All.

But, we still have room to assist, to do more to help you be the full design, the expression of Who You Are. But, it cannot come from those old paradigms of anger.

So, when you see that that pattern has emerged, that you have been triggered, call for help, smile, anchor, and return.

What happens, again, and yes, it is practice, but then it simply becomes who you are. And, in that, what you think of as triggers disappears. It is not that you will not see, because the totality is not in alignment as yet.

So, it is not that you won't see situations or people or environments that are discordant or distracting. But what will happen, the change is that you will stay in the certitude of who you are and it'll engage in a different way that doesn't require, yes, as St. Germaine, flexing your psychic muscles.

It will not require you feeling that you need ascendancy or to be in power because the knowingness of Who You Are, your worth, and your Love, will be there.

And, that is true in all timelines, all dimensions, all situations.

It is not about being gentle with the person or the situation that offended you.

First, you are gentle and forgiving and knowing of the balance within you, the alignment within you.

Then the response – and not, I say response, not reaction – the response becomes entirely different, and it becomes of a quality that is of Nova Earth and Nova Beings rather than the old paradigms.

So, laugh when you misstep. Call my name. And then come back to Who You Are, my friends.

SB: Thank you for that discussion. We'll ponder it and try to become certain and knowing of the concept of balance.

AAM: Now, let us conclude this by saying you are already certain. You are already in the knowing. You are already the balance.

You've simply, momentarily perhaps, forgotten, but it is the very core and truth of Who You Are.

You are magnificent. You are of the Mother. The pattern is Divine and so are you.

Go with my Love, dear heart, and go in peace.

SB: Thank you, Lord. Farewell.

Channeled by Linda Dillon

<https://goldenageofgaia.com/2016/04/24/transcript-archangel-michael-ahwaa-divine-quality-balance-april-14-2016/>

Universal Mother Mary via Linda Dillon ~ Having the Ego in Balance

November 19, 2019

<https://goldenageofgaia.com/2019/11/19/universal-mother-mary-via-linda-dillon-having-the-ego-in-balance/>

Excerpt



Another beautiful channelled gem shared by EBSS [Earthbound Star Soul] from his personal reading with Linda Dillon.

Universal Mother Mary ~ Having the Ego in Balance

<https://counciloflove.com/2019/11/universal-mother-mary-having-the-ego-in-balance/>

Universal Mother Mary: Greetings, I am Mary. ...

The greatest shift that is occurring in this collective is the bringing into balance of the individual and the collective ego that has been unbridled and, might I suggest, uncontrolled for far too long, allowing manipulation and deception and abuse.

It has never been about the elimination of the delightful personality, the heart desires, the heart rendering. But it has been about the sense of recognition, internally and externally, of one's divinity, one's wholeness, and one's unlimited potential.

I did not create this race, this hybrid race, to exist in limitation – quite the contrary. But one of the essential steps in this process of fully claiming, anchoring and living from the totality of [one's] being is quite literally having the ego in balance. And let me say, when I say “in balance,” I do *not* mean “in check.”

But what I do mean is that a life, whether it is a singular life or a collective life or a planetary life, cannot be ruled by unchecked ego – [that] places the unbalanced wants ahead of anything else, and particularly ahead of individual needs or collective desires.

So you are seeing this. And yes, it is a very robust and sometimes chaotic unfoldment, with much being unveiled. Because if the un-truth, if the ugliness of ego does not come to the forefront for that level of self and collective correction, then there can be no unity and there can be no community.

And, sweet one, that is not only my desire and my dream; it is not only my Plan or my Creation; it simply is the reality within which you find yourself.

I do not come this day as emissary to speak of worldly things. I come, my beloved son, to simply reassure, to reinfuse, to encourage.

Take heart for this is your time and it is also mine.

Go with my love. Farewell.

Lady Quan Yin: How to Obtain Balance

August 20, 2023

<https://goldenageofgaia.com/2023/08/20/lady-quan-yin-how-to-obtain-balance/>



by Natalie Glasson

<https://omna.org/how-to-obtain-balance-by-quan-yin/>

Greetings, greetings beloved beings of light. I am Lady Quan Yin. It is an honour to bring forth my peace, love and balance to you in this moment.

Today I wish to speak of how to obtain balance and I am sharing this information because, at the moment, the Creator is encouraging each soul to access the balance vibration within their being. And because this encouragement is coming forth, many of you may be experiencing even more chaos in your being and your reality.

You may experience yourself as balanced but when you step off of that energy of balance, you may find that you go from one extreme to the other – maybe an extreme of deep peace to an extreme of chaos, or maybe an extreme of deep happiness to an extreme of deep sadness.

If you can imagine yourself walking a tightrope, and the tightrope is your balance, it is as if you're falling off one side into the extreme of a positive vibration and then you jump back on your tightrope of balance and then you fall off the other

side into an extreme of confusion or negativity. You may feel that you are moving through your reality in this way, experiencing extreme positivity, extreme negativity and also a beautiful state of balance.

The Creator is inviting us all to access that balance and to remain upon our tightrope of balance for a longer period. As we allow ourselves to walk that tightrope of balance, the energy of balance that we access from within our being will flow, seep and synthesise with the rest of your being and your reality creating a positive impact of balance.

Why is balance needed? Why is balance so important?

Balance is like a sanctuary. It is a space where you can breathe. It is a space where you can connect with the truth within your being. It is also a space of healing and returning your energies into alignment with yourself and the Creator, in truth, into an alignment with everything around you as well.

When you are able to access balance within your being, you are more centered, more grounded, and have a clarity or an understanding of your intuition that leads you forth, that supports you in acting and reacting in a way that serves you and guides you to greater understanding and connection with the Creator.

Balance is actually your strength. Imagine being in chaotic surroundings and you hold the vibration of balance by accessing it within your being. Not only would this energy impact your chaotic surroundings, but you would be the only one to see the greater picture, to understand the reasons behind the chaos.

You would be able to keep yourself centered, aligned – able to follow your inner guidance and instructions – and therefore you would be able to serve others, bringing them from chaos to balance.

Balance can be experienced in all areas of your being. Balance can also be a connection and often things are unbalanced because of a lack of connection, even within your physical body, some organs or aspects of your physical body can be out of balance with each other.

Therefore balance is needed to be promoted so that a connection can be made once more – the divine flow can be experienced and your entire body and being can

work in harmony with each other and with everything around you and everyone around you.

You might experience an out-of-balance auric field or you might find that you are out of balance with your reality, or even with your intentions and your manifestations. You might find that there is a lack of balance in your relationships – even your relationships with food, people, animals, circumstances.

There are so many areas that you can recognize balance but there are also so many areas where there is a lack of balance.

In order to bring balance to your being, there is a need to recognize that the balance you wish to obtain is already within your being and that this balance can be accessed with an intention. Then the balance needs to be distributed, almost like a healing balm or a gentle fragrance flowing throughout your being and it will make you aware – once you begin to allow this energy of balance to flow from within you – it will make you aware of where balance is not.

When you discover where there is a lack of balance, you can pour the energy of balance from your being into that area, that circumstance, whatever it is. You can even imagine that you are collecting a jug of balance and pouring it into certain circumstances or experiences, or parts of your being, like washing and cleansing your being with balance.

You can pour this jug of balance into rivers, into the roots of trees, into anywhere that feels guided. This energy will impact your being immensely. It will invite your energy to change, to shift, to transform. It is powerful, it is intense and yet it is immensely peaceful, natural and appropriate.

I invite you to explore your own inner balance, to listen to its guidance and support new experiences of balance.

I thank you.

I am Lady Quan Yin.

The Caring Mind, the Adult State

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/the-caring-mind-the-adult-state/>



Credit: lisaswritopia.com

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

Buddhists talk about hungry mind and grasping mind. The self or mind that I just noticed - and that I'm a virtual stranger to - I think of as the caring mind.

I was in the middle of moaning and groaning about something - which I'm not a stranger to - when suddenly a different state of mind arose in me. It said I will take care of him (meaning me).

I observed myself feeling caring towards myself. Rather than staying in my "victim" mentality, which was moaning and groaning, I actually rose up as a voice, a mind, a self and set about seeing to my needs.

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

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

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

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

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

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

Later.

I now recognize this caring mind as what Eric Berne and Transactional Analysis would call the "adult ego state." I prefer to call it my adult consciousness state, or adult state, for short.

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

Moving from bemoaning my situation to taking care of myself is a profound shift for me. (1)

[This is another instance of paradigmatic breakthrough by changing my vote.]

Still later

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

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

This is the first moment I've been conscious of an alternative. The adult state, the caring mind is an altogether different state of being to live from. Gone are the

feelings of guilt and dismay. They simply aren't here. Without anything taking their place.

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

Creative Balance

July 12, 2022

<https://goldenageofgaia.com/2022/07/12/creative-balance/>



Are the animals ahead of us?

I began my career as a cultural historian examining how late-Victorian authors in English Canada represented the process of growth. (1)

They believed in something contemporary historians came to call "creative repression": We grow by denying ourselves.

The body was seen as a fixed energy system. If we wasted our energy physically, we'd pay for it emotionally or psychologically, etc. There would be a snapback, a boomerang effect.

Women who give too much vent to emotions come to suffer from neurasthenia or nervous exhaustion. Men who bleed off their sexual energy through masturbation go mad.

Or so the theory went.

My generation, which was looking at the late Victorians, viewed its own philosophy as being "creative expression": We believed we grew by expressing ourselves. Let it all hang out. Cool, man, cool. We tried everything, explored every path, visited every sacred place.

I've covered what happened to the flower children elsewhere. They were destroyed by the same forces that now want to rule the Earth. It was easy for them; they had a secret weapon called "automation." (2)

But let's leave that and fast forward to the present.

Now we stand on the brink of monumental breakthroughs for civilization. Not only are we in a consciousness shift, but going alongside of it is the opportunity to meet the many star civilizations which have always stood as our protectors.

They're bound by universal law to allow us our freewill so they stay in the background, but they keep us from becoming totally overwhelmed by evil forces roaming the universe.

We're their descendants. They're our ancestors. For many from the star systems concerned, this is a reunion.



When we consider meeting a more-highly-developed star being, letting it all hang out won't cut it. Hiding our light under a bushel won't make it either. We're called upon to offer them a spiritually-mature adult (don't think I don't find this challenging; I do).

This is not the lifetime to repress ourselves or make ourselves objectionable by being overly exuberant. It's a time to consider how these other civilizations operate and how we can accommodate them. Having read their messages on how challenging it is for them to meet with us and how Ashtar, for instance, refuses to come below the Fifth, I feel humble.

If we can raise our vibrations and moderate our exuberance enough to meet with them, I imagine they already know about it and will welcome our partnership at the appropriate time.

The place we need to come from if we're to meet them at something of a level field I've called before our balancepoint, middle, center, heart, soul, or Self.

What can we call a philosophy that espouses coming from that place? Keeping with the naming convention, why don't we call it "creative balance": We grow by balancing ourselves.

And the methodology itself? The context or paradigm? Why don't we call that dynamic balance or flow.

I assert that this is the paradigm or context that will be called out of us by contact with higher-dimensional civilizations. If we want to prepare for First Contact, I suggest we look at mastering dynamic balance or flow.



We need not only be balanced sitting here in meditation, but remain balanced when we get up off our cushion and recover everyday reality.

It's easy to flow in a body as light as the down at the base of a feather, such as our astral bodies. Flowing is then natural.

It's here in these dense 3D physical bodies that it's a distinct chore, if we even get up to thinking it might work. Many of us - perhaps even most of us - are sunk in what Hindus call the guna of thamas or lethargy - deep sleep.

At least that's how we may appear to higher-dimensional beings, when compared to their own extraordinary lightness of being.

Meanwhile the more balanced we are, the more easily we can absorb and assimilate the higher energies being sent to us for our gradual Ascension. Nothing impedes their entry into us when we're in the stillness and quiet that comes with balance.

Therefore neither creative repression nor creative expression is particularly useful to this generation. From a number of perspectives, however, creative, dynamic balance or flow would definitely be.



As we get more and more balanced, we're less under attack by our own strong emotions. We feel lighter and happier, more joyful and satisfied, more loving and blissful.

If we look, we find that we're located in the middle, in the center, in the heart, the soul, the Self. All is quiet here and still, materially. But here the immaterial divine qualities flow freely.

Let me draw a line under that: There is no material movement here, but there is a flow of the immaterial divine qualities. This immaterial flow has been largely overlooked in the classical view of enlightenment.

The mind is quiet. The heart is full of love. The knowing here is from a deeper place than the mind.

I'm convinced that the heart is the portal for us to all the higher dimensions. I once described us as a balloon that was twisted into two. One part is "us." The other part is the higher dimensions.

To untwist the balloon is to experience the full and permanent heart opening that is Ascension. Now the balloon is untwisted and ... it's found to contain the same air (love) as the rest of the balloon. Heavens. It was all One. This false partition prevented us seeing that.

That's about the way it is.

As we journey further and further into this mystery, meeting our galactic forebears along the way, all depends on balancing out more and more appetites, desires, wishes, wants, and anything else that attracts us "away from" God (as if that were possible). The basic spiritual movement is from the world to God. The goal is merger with the One again. (3)

When we're in balance with our earthly desires - neither craving nor avoiding - the longing for liberation can assert itself and draw us Home. (4)

Footnotes

(1) *The Bad Tobacco of the Mind: Cultural-Historical Aspects of the Fiction Question, 1867-1897*. Ph.D. Dissertation, University of Toronto, 1976. *Not accepted: "not historical."*

(2) On these themes see “Basic Third-Dimensional Illusion: Separate Selves Struggling for Survival amid Seeming Scarcity,” May 17, 2020, at <https://goldenageofgaia.com/2020/05/17/basic-third-dimensional-illusion-separate-selves-struggling-for-survival-amid-seeming-scarcity-2/>

"Killing for Market Share: The Old Paradigm in Business – Part 1/2,” April 16, 2018, at <https://goldenageofgaia.com/2018/04/16/killing-for-market-share-the-old-paradigm-in-business-part-1-2/>

“Killing for Market Share: The Old Paradigm in Business – Part 2/2,” July 15, 2015, at <https://goldenageofgaia.com/2015/07/15/killing-for-market-share-the-old-paradigm-in-business-part-22/>

(3) Seng T'san describes the state of equilibrium or balance:

"The Great Way isn't difficult
for those who are unattached to their preferences.
Let go of longing and aversion,
and everything will be perfectly clear.
When you cling to a hairbreadth of distinction,
heaven and earth are set apart.
If you want to realize the truth,
don't be for or against.
"

(Seng T'san, *The Mind of Absolute Trust*
[The Book of Nothing].

from a literal translation

by Robert F. Olson

<https://selfdiscoveryportal.com/cmSengTsan.htm>.)

(4) "[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami

Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysus, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)

Maturity as a Tangible Space

May 22, 2023

<https://goldenageofgaia.com/2023/05/22/maturity-as-a-tangible-space/>



Maturity is a tangible space

I'm going through the same process with the divine state of maturity that I went through with the divine state of love.

I'm talking about maturity as a tangible space, not an attitude. You say you didn't know it was a tangible, sensible space? I didn't know either.

When I get distracted and forget about it, just like love, it leaves. Whether that's just now or forever, I don't know.

But I do know that love is permanent in the higher dimensions, so why would the divine state of maturity not be?

When I return my attention to it, it's there in a different way than an ordinary mood or feeling might be.

It's there as that which includes everything. Love includes everything. In the Ocean of Love one cannot move or look anywhere that isn't love. Here too maturity feels as if it's everywhere, in some way that I cannot comprehend or explain.

Again maturity has no flavor or feel or touch that I can convey to you. Like all the other divine states I've experienced so far, I know it by its effects on me.

In maturity, I feel as if everything's OK. There's nothing to fear and nothing to worry about. I feel above or beyond turmoil. This is the same way I felt in exaltation. (1) The two are very similar in this respect.

But maturity is more than a *feeling* that everything's OK. I'm immersed in the *certain knowledge* that is.

Oh, not OK as far as paying the electric bill is concerned. But in terms of the real and great questions in life - everything's exactly where it should be in the Mother's Plan. And that is a settled conviction which seems to go along with the state of maturity.

The hubbub and pandemonium around us revolves around the dark ones' leave-taking. Michael recently said, in an interview I'll post soon, to look to the old simply fading away. I accept that.

The space that maturity is is the answer to worries, fears, and other stressors. The certainty that everything is OK is palpable and does not allow of stressors. I used the metaphor of the Michelin Man years ago. As long as I'm in maturity (or love) I wear this protective barrier around myself like the Michelin Man that stress and worry cannot penetrate.

Footnotes

(1) 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.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

AAM: Then you have moved beyond. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.)

[Beyond would be the Transcendental.]

See *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Ascension-Ethnography-8.pdf>, pp. 435-8, 447-8, and 627-630.

Feelings in the Driver's Seat

November 24, 2021

<https://goldenageofgaia.com/2021/11/24/feelings-in-the-drivers-seat/>



I'm watching the way I behave at the moment.

I felt a touch of despondency, I believe related to the feeling in the morning of beginning the ball game again.

Put on my uniform, step up to the plate....

The interesting thing was that I watched myself begin to respond to life from that despondency.

Not like I said, "Oh, hello. Welcome, guest. Come sit for a while."

No, I girded on my armor and went out to ... I don't know what. Complain about it being too early? Say I just want to be left alone? Go back to bed?

Despondency was in the driver's seat, even though there was no earthly reason for it.

But that's how our reactions to feelings work, don't they? We put our feelings in the driver's seat?

How many encounter groups have I been in where the participant got in touch with their feelings and the minute they did their belligerence turned to sorrow or pain? Until that moment, their feelings were driving the car.

Believe me, I appreciate feelings, as you know. I regard them as the prime motivator of behavior.

But I don't think they're set up to lead us. Divine states, yes. But they're higher dimensional states of consciousness rather than Third-Dimensional responses to things.

The key difference for me is that the divine states are transformative; feelings are not.

Higher-dimensional love transforms the situation; Third-Dimensional love yields to it.

If I'm in the experience of real love, negative feelings can't get near me. It's as if there's a force field - and indeed there is - that keeps them away.

Feelings are wonderful. They're the source of all richness as well as all grief. When we recount our favorite memories, watch how many consider their favorite memory to be when they felt their greatest - awe, joy, success! Or their lowest.

The difficulty arises if we have an angry thought while in 3D love. We often immediately drop love and take up anger.

In the higher dimensions, we're lifted entirely out of anything remotely negative. That's why you hear that galactics have trouble when we get emotionally upset. It's not a part of their lives and is unpleasant for them.

They're immersed in a sea of love, a love, as Mike Quinsey said, like we cannot imagine. Truly, it lies outside the world of our limited imaginations.

If we knew what it was like (and we soon will), we'd wonder how we'd continue functioning in it. But that thought only comes up in our deflated, Third-Dimensional condition, not in their fully-inflated, fully-fulfilled condition. To them this is just how life was meant to be and should be.

Just as our minds ripen into higher-dimensional wisdom, so our feelings ripen into the divine states.

Until then, I want to remind myself that my feelings are not an infallible guide. Letting it all hang out was fine for a generation in revolt against war.

But a generation about to meet higher-dimensional beings now needs to rein in and interject a moment of reflection between feeling and response.

I think the times call for it.

Flying the Plane Rather than Being a Passenger

December 29, 2023

<https://goldenageofgaia.com/?p=350668>



Over the Xmas holidays I watched *Groundhog Day* with a friend and was greatly impacted. It made a point about core issues or vasanas that I can't help calling attention to.

"Vasanas" is a Vedantic term for the reaction patterns we've formed based on earlier, similar, traumatic incidents. (1)

The premise of the story, as the notes say, is that "a narcissistic, self-centered weatherman [Bill Murray] finds himself in a time loop on Groundhog Day." The day keeps repeating itself.

Where I'm going in describing its plot is to reveal the silver lining of vasanas. In escaping them, we develop skills that remain with us and enrich us, as Bill Murray, in polishing his act every day, then abandoning it, only to find it's become a part of him, illustrates.

Add a love interest, the weatherman's new producer, Andie McDowell, and Bill Murray starts to use this time loop, this repeating day to woo her. He makes note of what she likes and doesn't like and presents whatever that is to her, more refined each day.

At this point I have to add a distinction that Werner Erhard would make between "at cause" and "at effect" because it forms the key to our explanation of what's happening here.

If I do something because I want to, love to, or choose to, I'm usually "at cause" with it.

If I do something because I have to, should do, or have been told to, I'm usually "at effect" with it.

The former is powerful, effective, and rewarding; the latter is draining, demoralizing, and self-defeating.

Bill Murray is at effect with wooing Angie and she calls him on his lack of authenticity. She sees him presenting a polished act to her and wants none of it.

In our terms, he hasn't shifted from being at effect with what he's doing to being at cause. In a word he seems phoney, unconvincing, ingenuine. He's being called upon to "produce the goods."

If these were Birds of Paradise, the female would just have rejected the male suitor. (2)

But instead what we watch is that magic moment in all of what we used to call "breakthrough movies," (3) the moment when the actor has an epiphany, transformational moment, or realization, and the solution to the problem they've been confronting presents itself. (4)

When that happens they usually shift from doing what they're doing at effect to doing it (or not) at cause. (5)

We now say "they've arrived" in life. They're now *here*. They've shown up on the scene and usually, when they do, that's the turning point, the breakthrough in the movie.

In *Groundhog Day*, having done all the things which a thoughtful lover would do and then abandoning it as an act or script he was following, Bill found that the thoughtfulness underneath it remained. Unforeseen, it had become a part of him.

He WAS now thoughtful, kind, and helpful.

And this has a profound significance for our examination of core issues or vasanas.

To illustrate it more, let me re-tell a second story.

Remember the story of the boy who lived on top of a mountain and, when his Dad drove down the mountain to the town every day, he had no other means of transportation?

He was isolated and needed a back-up to his Dad in case he or the family were ever in trouble. So he became a networker - the local helpmeet for any circumstance.

And when he grew up, he remained a consummate networker, but, at some point he saw what he was doing, called himself on it, and ... stopped doing networking from effect.

But he continued to do it, more moderately, from cause. He had become that way of being. It was now a part of him.

Instead of being extreme in it, however, he was now calmer, more reasonable, and more self-controlled. And, in my eyes anyways, it much better suited him, rather than the frantic helper he previously had been.

And this is the silver lining of vasanas and why I write this article.

In escaping them, we develop skills that remain with us once we move from cause to effect with them. They now enrich us, rather than draining us. We're now able to fly the plane, rather than be a passenger.

Footnotes

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

(2) See <https://www.youtube.com/watch?v=nWfyw51DQfU>.

(3) *Officer and a Gentleman* is another example. Breakthrough movies were as much of a genre in the Sixties as any genre today.

(4) They then either take it and act on it and we have a movie or don't and no one gives another thought to it. It becomes, in the narrative of life, "the road not taken."

On the more general process being described, see *Paradigmatic Breakthrough: Essays in New-Age Philosophy* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Paradigmatic-Breakthrough-11-1.pdf>

(5) Breakthrough moments are common not only to romance movies but to other genres as well. An awakening, epiphany, onset of resolve is a common event in movies. Some are major; some are minor, but they're nevertheless a staple.

Big Steve Writing

Feb. 4, 2024

<https://goldenageofgaia.com/2024/02/04/big-steve-writing/>



I acknowledge that growth work Kathleen has been doing in trauma therapy has likely played a role in my realization, below.

I'm experiencing the most amazing gradual - and sometimes sudden - transformation over here from a person whose wounded Child has been running the show for the past 78 years to a person whose Adult is now running it.

One of the sudden transformations happened this morning. Out of the blue. (1)

I've been looking at what "self-control" constituted or looked like. Again preparing to be a CEO.

And in the course of it, I got more and more in touch with my Adult (Big Steve, the Commander, my Higher Self). This was the gradual side of the process.

I stopped complaining; that was a big one. You can regard that as brush cleaning.

I chose happiness and actually began to cultivate it. I saw that I chose my feelings just as I chose which random thoughts to go with. On and on the process of self-awareness went.

Remember: I'm on the path of awareness and love, the latter drawing me to God and the former allowing me to recognize the Mother/Father One when I see Her.

Then, this morning, I suddenly saw myself reach a point where I was about to complain - and caught myself. It was a trivial matter. But what an impact it had.

Brace yourself now because we're about to go at lightning speed from the intellectual level through the experiential to the realizational. (2) This is a roller-coaster ride. We call this "a realization." Here we go.

At that moment I (in my Adult consciousness state) realized that my wounded Child was at the steering wheel. And at that same moment my wounded Child also realized that it was.

This is the second time in my life that two sides of me, "unknown" to each other at an intimate level, arose at the same time and "met" in some way. (3)

And it was OK. I (the Observer) didn't die. My light didn't get extinguished.

My wounded Child was reassured. It's been protecting me (the Observer) since forever from the world of "Adults."

AND my wounded Child *asked* my Adult to take the wheel. All of this went on without words. And my Adult took the wheel.

This is sooooo significant because the Adult cannot *forcibly take* the wheel from the wounded Child. That would produce more wounding. So for the wounded Child at that moment to have handed the wheel over gladly and willingly was a blessing and I (the Observer of it all) knew it was as and when it happened. All this went on in my creative "imagination."

I cannot overlook pointing out that this is another step in the process of reparenting myself. In this process, the growth movement has played a big role. (4)

So this is now Big Steve writing. No complaints. No drama. Just, as Jesus said, yes, yes, and no, no. (5)

Footnotes

(1) OK, OK. It undoubtedly wasn't "out of the blue." Some trauma therapy work Kathleen has done probably inspired me.

(2) I have an enlightenment team on the other side, as do you. They have a hand in deciding what happens when. See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Our-Enlightenment-Partnership-4.pdf>.

Of it the Mother said:

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" 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. (The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

The partnership between the embodied individual and their guides and mentors resulting in enlightenment was not explored by, if it was known to, classical enlightenment theorists.

(2) "Attaining a consciousness of absolute truth is the evolutionary journey. This is what you are now ready for, practicing, and moving into. Truth begins as intellectual knowledge, but can never manifest into expression until realized." ("The Arcturian Group via Marilyn Raffaele. January 10, 2016," January 11, 2016, at <https://goldenageofgaia.com/2016/01/11/the-arcturian-group-via-marilyn-raffaele-january-10-2016/>.)

See:

- “Realization is Simply Seeing from a Higher Level of Consciousness,” February 25, 2022, at <https://goldenageofgaia.com/2022/02/25/realization-is-simply-seeing-from-a-higher-level-of-consciousness/>.
- "Who's Behind the Curtain?" February 13, 2023, at <https://goldenageofgaia.com/category/news/spirituality/intellectual-experiential-realized-knowledge/>

(3) The first time was in 1986, at Expo 86 in Vancouver. My then girlfriend said to me, "Do you know that you have the profile of an abused child?" And two sides of me, a public and a private, arose at the same time and said "Yes!" They "looked" at each other and said "Who are you?" I was explosive for two weeks after.

I realized I was dissociated. I later saw that my personality had been shattered at around age seven. It took eighteen more years to heal. The blessing of it all is that I can describe the process of healing from personality disintegration, of reparenting myself, of finding the source of love, etc.

On the reparenting process involved, see *On the Constructed Self* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/On-the-Constructed-Self-5.pdf>. Search on "reparenting."

(4) Specifically, for me, Cold Mountain Institute resident fellowship, the est Training, Vipassana meditation, and enlightenment intensives.

(5) Archangel Michael and I have a prearranged signal. I just got a "blast" on the "intercom": Yes!

Do All the Divine Qualities Reside in the Heart?

Feb. 6, 2024

<https://goldenageofgaia.com/2024/02/06/do-all-the-divine-qualities-reside-in-the-heart/>



Credit: divinemotherschool.org

As a result of writing a previous article, I saw that I was creating my joy in a moment of realization.

I wondered if I couldn't create happiness as well.

So I called up happiness from my heart on the inbreath and sent it out to the world on my outbreath. And, yes, I could bring up happiness as well.

Again, if you're on the awareness path, that's another significant discovery. That makes the statement that "happiness is my creation" very much more significant.

Yes, I create it by calling it forth from my heart, where all the divine states of qualities seem to reside, if they can be said to reside anywhere.



At another point today, I had the first inkling of knowing how to create or up-level a feeling state I'm in.

I saw how, though I was not master of what thoughts arose, I was master of whether I'd get behind any one thought. I still had the power of choice.

I already knew that I could summon many if not all of the divine states up from my heart on my in-breath. Not in their full-blown majesty, but enough to have me supremely appreciate each of them - happiness, peace, joy, etc.

I feel more in control of myself now, more the master of how I be. And I don't mean that in an overbearing way. It actually feels like the righting of a natural balance.

The Adult, the Commander, my Higher Self - Big Steve - feels like the natural candidate for leader of this merry band that "I" am. When he leads, it feels right. Little Steve, my wounded Child is not fighting it any longer, begging for attention. He too thinks it feels right. We're unanimous.

Interesting. All very interesting.

Life as a learning experience.

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

Al-Ghazzali: "He who knows himself knows God." (3)

Footnotes

(1) See "That. And That. And That," February 4, 2024, at <https://goldenageofgaia.com/?p=351705>

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

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

Love, Balance, and Core Issues

April 5, 2019

<https://goldenageofgaia.com/2019/04/05/love-balance-and-core-issues/>



If something really is a core issue, it goes very deep.

It becomes the filter through which we see things. If we were traumatized as a child, we may be highly or deeply reactive, guarded, even confrontive. If sexually mistreated, we'll have another set of filters. Same for war trauma, frightening near-death experiences, etc.

When push comes to shove, we usually respond from behind any filters we may have. We see life as showing up the way our filters say it will, not knowing that by looking through those glasses we're limited to seeing only what they allow through.

We're addicted to our coping mechanisms and protective strategies. And they bring pain. This for me is the sense in which we're "addicted to pain."

Our core issue says what we do, how we do it, when we do it, etc. It selects our mate, our vacation spot, our car, our house.

And, finally, when we're aware of it, we begin to claw our way out from under it. But the road seems endless.

What's the easy way out? This is not a hard question. But the answer is something that most people seem almost to disregard, pooh-pooh, or be complacent with.

Love is the way out. Fifth-to-Seventh-Dimensional, real, true, sacred love will sweep away all our concerns. It'll leave us in total satisfaction, a blessed state, a state without further wants or needs.

Some people might argue that balance is the final destination. I don't agree. I think the achievement of balance is an intermediate step.

Balance is like a car. It has utility, value. Nevertheless, I don't take my car (presuming I had one) to the restaurant or the movies. I don't bunk down with it.

It has its place.

Balance is good for what it allows. Bringing the senses in from the extremes of lust and greed, say, quiets them and allows the deeper consciousness to operate and be heard.

That deeper consciousness becomes aware, not so much of balance, but of what appears in the space that balance creates - namely, love and joy, bliss and peace.

Balance is valuable for creating the space in which love can arise and be felt.

Actually it isn't the case that love arises. It's the case that our consciousness clarifies and refines to the point where it can detect the love that was always already there, waiting for us to show up.

A Balanced, Truthful, and Realistic Positivity

December 16, 2019



Credit: skipprichard.com

Returning to our exploration of positivity, I'm starting to see whole areas that I've walled myself off from through having taken a dim view of positivity. These I can now open to.

Nonetheless I still do value authenticity, truthfulness, and transparency. I'm still on guard against being snowed.

How do I reconcile the two?

Let me make a distinction that may help. It's between a true and a false positivity.

The false positivity is positivity as a winning number, (1) a false front, a created self. It isn't real, even more illusory than the normal illusory world we live in.

It's out of integrity in the sense that it really isn't us. It isn't the truth of us and therefore it isn't soundly based. We're in a way dissociated from the truth of ourselves. "I sound like a lion but I'm really afraid." "I'm trying to pretend that I'm not really attracted to you."

The true positivity would be our natural state if we were in any dimension higher than the Fourth.

Drowning in transformative love, we'd simply be naturally positive. Nothing else would occur to us.

As long as we remained in transformative love, we'd be eminently satisfied. There's nothing lacking after drowning in love, nothing that can interest us short of more love. And sharing it with others. So nothing exists to disturb our positive outlook.

This is true positivity, for me.

It'd have to be balanced, truthful, and realistic for me to take it up.

“Balanced” because anything of any value, for me, needs to be able to survive in the stillness of the center, of the within as well as in the activity of the without. If it cannot be brought to rest in the center, in balance, then it has no lasting value for me. It's in the center, in the heart that everything of value is to be found.

"Truthful" because "positivity" is an aspect of duality; therefore it's not whole or contextual. But “Truth” is absolute, non-dual. It's whole and contextual. Therefore, for me, Truth takes pre-eminence over positivity.

And “realistic” because, if it cannot be used in everyday life to achieve excellent results, of what use is it at a time when lightworkers are very active (building Nova Earth)?

True positivity, being higher-dimensional, will probably be as indescribable like any of the other higher-dimensional or divine qualities, such as bliss or peace. I'll know more when I've had an experience or a realization of it.

So, in reconstructing myself along higher-dimensional lines, I'm cultivating a true positivity that abandons false fronts, masks, and constructed selves.

I'm not interested in emerging from this exploration with a better act, racket, or winning number.

I'm definitely aiming to emerge with a better sense of how the universe operates

and how I can achieve the kind of results I want - namely, access to the higher planes of reality, the true frontier.

My negativity, still a possibility, is restricted to areas of caution and discernment.

I'm walking through this from stem to stern, one step at a time. In doing so, I'm reparenting myself.

Footnotes

(1) See "My Winning Number," December 2, 2019, at <https://goldenageofgaia.com/2019/12/02/my-winning-number/>

Sosan Explained How I Got Here

May 23, 2023

<https://goldenageofgaia.com/2023/05/23/sosan-explained-how-i-got-here/>



Words like "mature" and "adult" have gotten a bad reputation in the last number of years.

I'm going to find another word. I choose the word "spacious."

I bestow on it the meaning, "able to grant another space to be heard; able to place space between the actor/observer and the ego; open to and able to allow the divine qualities to fill that space."

On what authority do I appropriate that word and give it this new meaning?

Anthropologist Leslie White looked at words as symbols upon which we freely and arbitrarily bestow meaning. (1) I've done what he described, freely and arbitrarily bestowing a meaning upon a word-symbol; namely, "spacious."

So feeling more spacious recently than I ever have, following an experience of ... uhh, maturity, I'm much more able to watch myself act. We saw recently that Sosan is able to slow his actions down to the extent that he sees himself create a preference. (2)

I never considered that. He and I both are on the path of awareness but his awareness is....

Well, let me relate a story to suggest how I hold him. I studied in Toronto under a student (Burt Konzak) of a Zen karate master named Hidehiko Ochiai. I once witnessed the master do a sword kata (exercise) in which the light shone off the blade as he moved.

But when he moved, the light did not shimmer.

Do you know what self-mastery it must take to do a sword kata and not have the light shimmer on your blade as you moved? My mouth was agape and I looked around to see if anyone else noticed. That was purity.

I can't remember if I saw or was told that he would catch two arrows in the air simultaneously.

Whatever the case, the kind of mastery that Master Ochiai demonstrated and that I witnessed is similar in my mind to Sosan's.

For me, Sosan is a master in growth to enlightenment.

To observe myself creating a preference never occurred to me. To really subject that to scrutiny?

What comes first? A craving. I clothe it in words. I enjoy it. I create a preference for it in future.

It's the craving that brings on the desire for the specific, preferred item.

And *not* for what is *not* my preferred item. "This one; not that one." Herewith have I created a division and set one part of my world against another.

Sosan would say that in so doing I've created division, split the world, and confused the mind.

We all of us are doing that every day. I like coffee. I don't like tea. I like this kind of people. I don't like that kind. I like Tom. I don't like Tamara.

Multiply that by a few billion and run the script day and night. Welcome to Earth society 2023.

And then I wonder why I wake up on the Third Dimension, where true love is unknown and where people mostly occupy themselves with being right and seeing others as wrong or sharing their likes and dislikes? How did I get here?

Sosan explained how I got here.

I'm not interested in leaving here so I won't necessarily follow him all the way Home. This is Home to me until told I can go!

Meanwhile, I'll be surfing the great wave of love that all of us are riding home on. And, as I said earlier, Sosan's is a great travel guide on the journey.

Footnotes

(1) In Leslie White, *The Science of Culture: A Study of Man and Civilization*. Farrar, Straus and Giroux, 1949.

(2) See "Sosan's Hsin Hsin Ming; or, The Book of Nothing," May 14, 2023, at <https://goldenageofgaia.com/2023/05/14/sosans-hsin-hsin-ming-or-the-book-of-nothing/>

Exploring Stillpoint in Action

May 24, 2023

<https://goldenageofgaia.com/2023/05/24/exploring-stillpoint-in-action/>



Articles of impeachment against the "President" have been introduced and I'm exploring inner consciousness. I go where I'm guided.

I'm exploring the state I earlier called "space" and I find it to be indistinguishable from what I also earlier called "maturity."

Within "space," I am, without any interference from the ego.

If I'm being truly "spacious" - not some kind of mock space that the creators of trends and fashions may do with the notion, but true spaciousness - then the way has been cleared for my natural Self to shine through.

What could be more mature - or spacious - than my natural Self? I already know it to be pure and innocent. (1)

So I have some pre-existing benchmark or yardstick to measure by.

Franklin Merrell-Wolff called his groundbreaking study of the higher dimensions *Pathways Through to Space*. (2)

(As an aside, Michael told me that Merrell-Wolff was ascended before he set pen to paper. He reached the Eleventh Dimension while still in the body. I've never before heard of anyone else who did that, except avatars.) (3)

What is this "space" that Merrell-Wolff explored?

I go in and out of a lower-dimensional version of it, making notes. I'm not going to go as deeply into it as I otherwise might. But this is the job - not to jump in and dive as deeply as possible but to dive and then surface and write about it.

I feel my commitment to maturity stabilizing my mental and emotional sides. Buttressed by that commitment, I dive as deeply as I can into space, knowing that I'll emerge to write.

I sense that this is a dynamic version of stillpoint. This is stillpoint in action.

My experiencing this space (A) results in my being in stillpoint while (B) fully able to act. I don't feel a need to be in meditation to be in stillpoint so long as I'm in the experience of spaciousness.

When I breathe into this space, at this moment, I feel clouds of bliss arise - from my heart, I imagine. Yes, it must be because when I wrote that I felt more bliss arise.

And yet I stand off, observing the bliss and even feeling it, but ... somehow aloof from it all the same....

I hear Sosan: No preferences. But it's hard not to prefer bliss. And yet I have to choose: Enjoying bliss or going deeper.

Who is enjoying bliss?

The purpose of life is to know who we are. When one of us realizes itself, God meets God and for that meeting was all of this created.

How can I know who God is until I know who I am? Right now, who I am is space.

Footnotes

(1) See "Original Innocence," September 21, 2018

, at <https://goldenageofgaia.com/2018/09/21/original-innocence-2/>.

(2) Franklin Merrell-Wolff, *Pathways Through to Space: An Experiential Journal*. New York: Julian Press, 1973.

(3) Sri Ramakrishna for example. See Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942.

Staying in My Adult State

June 6, 2019

<https://goldenageofgaia.com/2019/06/06/300811/>



Having said what I've said as prelude, (1) I want to pick up the reparenting that I'm doing to master every thought and feelings. (2)

If I'm to succeed with the Arcturians' challenge, staying in my Adult without lapsing into my Wounded Child again seems a move in the right direction towards self-mastery.

In this work, I seem to be being given a clue a day.

This afternoon I was inspired to notice that every time I felt a negative emotion such as anger, rage, hatred, etc., I could see that my Wounded Child was in the driver's seat, and not my Adult.

I also noticed that, whenever I put my Adult in the driver's seat, the feelings of anger, rage, hatred, etc., disappeared.

Deprived of attention, they did not last.

I also realized that I don't know much about my Adult side, my Higher Self, or Big Steve.

I have to search around in my field of consciousness to even find it.

It isn't installed in the seat of my awareness, so to speak. It isn't prominent in my awareness by any stretch of the imagination.

The fact that I haven't spent much time in it is a sobering thought.

I now need to get to know it and make friends with it.

When I track myself, I see my submission to the Wounded Child is almost habitual.

I'm willing to bet that the vast proportion of negative feelings that arise do so from the Wounded Child.

It takes work to hold onto my Adult conscious state right now or my Wounded Child will overwhelm it, claiming attention for itself.

I notice that my Adult state is still, balanced, and unattached. It's neutral, a good pilot. And manifestly open to guidance.

Footnotes

(1) "Original Challenge from the Arcturians," June 2, 2019, at <https://goldenageofgaia.com/?p=300810>

(2) "You will be called upon to master EVERY thought and feeling. ...

"Hence any thoughts or feelings that cause inner conflict of any form are best pulled into your conscious mind to be displayed as an experience. In fact, in 5D this will occur with your EVERY thought/emotion.

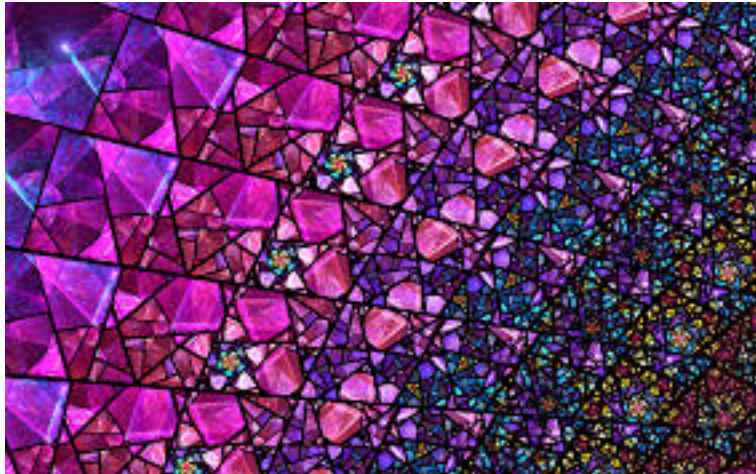
"Hence our leaders are having to totally hone this mastery of energy NOW." (The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, Nov. 8, 2013.)

⌘ Divine Authority ⌘

What is “Divine Authority”?

March 28, 2017

<https://goldenageofgaia.com/2017/03/28/what-is-divine-authority/>



The Divine Mother urged us to take up our divine authority on *An Hour with an Angel* recently.

"Build what is divinely beautiful. I give you my divine authority to do so. I will guide you. I will help you. But I entrust this to you as well. ...

"We are helping you. That gateway is open and you are being flooded and you are being assisted and you will be assisted every step of the way." (1)

If you're like me, you're wanting to understand what "divine authority" might be.

Let me compare my experience with “divine love” to that with “divine authority.”

Past experience has shown me that what I call "divine love," for instance, is far and away beyond even the highest experiences I've had of ordinary love. Jesus called ordinary love "the weak, faint image of real Love that is all that you can experience as a human." (2)

A more recent experience of the Natural Self has shown me that "divine peace" was also far and away beyond any peace I'd ever experienced.

Before comparing that to divine authority, let me add that our experiences of ordinary love and peace go on within a state of *unconscious* awareness. When we have a transformational realization, we enter, for a time, into a higher space of *conscious* awareness.

In that space, love and peace are universal, total, eternal. Unfortunately, short of Sahaja Samadhi, we can't hold on to the space.

But once we've ascended, we'll live in it always and naturally.

Now back to divine authority.

We try to understand divine authority by thinking of ordinary authority and starting there. But we have terrible examples of ordinary authority all over the place, from the highest offices in the land to the most dangerous.

Just as there was no way I could know divine love by extrapolating from ordinary love, and the same for peace, so I think there'll be no way for me to know divine authority by extrapolating from ordinary authority.

However, if I was able to show up all the time as my Natural Self - and I'm not - I think that that would be the same as being in my divine authority.

The Natural Self, the Christ, the Atman has divine authority to create, in the accounts of many Christians. (3)

And the Mother also gave us divine authority, for good measure. The unfoldment of her plan is to build a planet of love where her children can come to enjoy love in form.

In the process, we'll have built a world that works for everyone.

So the finger pointing at the moon (4) this lifetime is pointing at us re-claiming our Natural Self, coming from it, and contributing to the unfoldment of the Mother's Plan by building Nova Earth. In this endeavor we have our own and the Mother's "divine authority."

Footnotes

(1) "Transcript ~ The Divine Mother: Take Up Your Divine Authority, AHWAA, February 23, 2017," at <https://goldenageofgaia.com/2017/02/28/transcript-divine-mother-take-divine-authority-ahwaa-february-23-2017/>

(2) "Jesus via John Smallman: Forgetting Love Is Not Possible," March 22, 2015, at <https://goldenageofgaia.com/2015/03/22/jesus-via-john-smallman-forgetting-love-is-not-possible/>. I've also called it "transformative" and "torrential" love.

"All you can experience as a human" - Jesus may be defining "human" as Third-Dimensional and real love as Fifth-Dimensional (or Seventh-Dimensional, really) or he may be defining it as dimensional, in which case the level of love he'd be talking about would be transcendental, far, far deeper than the transformative love I experienced.

(3) The Christ is said to have created the world, the Christ being the Word.

In other accounts, primarily Hindu, the Word - Amen/Aum - is said to be the Divine Mother, which in Christianity is called the Holy Spirit - *spiritus sanctii*, Holy Breath. The breath mimics Aum. Both breath and Aum are sine waves. For a much more detailed explanation, see [On the Nature of the Divine Mother or Holy Spirit](#)

When I've asked the Divine Mother on *An Hour with an Angel* if she is Aum, the Word of God, she's told me that that is only an aspect of herself.

(4) Osho was fond of saying don't look at my finger; look where's it's pointing.

Archangel Michael: The Source of Power and Authority

March 9, 2017

<http://goldenageofgaia.com/2016/12/14/archangel-michael-explains-plan-unfolds-midst-creative-chaos/>



Linda Dillon: Channel for the Council of Love

Steve Beckow: Host, InLight Radio

Archangel Michael: Greetings! I am Michael.

Steve Beckow: Greetings, Lord.

AAM: And welcome to each and every one of you. I welcome you as Archangel of peace, warrior of love, bringer of news and whatever titles you wish to bestow upon me, I gladly accept. But, please also bestow on me the title of friend, of ally, of brother, as we go forth, yes, dear Steve, dear Linda, as you have said, in fulfillment of the Mother's plan.

Now we all know that the Mother's plan is infinite and eternal. And even as Archangel, and even if I stretch my wings and my arms to the breadth of this universe, I would not touch the edges of Her plan, of the infinite Divine plan. So when we say, and when we speak heart to heart, mind to mind, friend to friend about the fulfillment of the plan, of course we are speaking of this phase and this

element and the beauty, the phenomenal beauty of the bringing forth to fruition of this element, this segment of our Mother's plan.

And, yes, in order to manage and promote workability, of course we talk of the fulfillment of the Mother's plan for this planet, for this beautiful Archangel Gaia, and the fulfillment of the ascension of the human collective, and of course, everything else - all the kingdoms, anything you can conceive of because, of course, it is integrated - it is of a piece. And you bring forth the ascension of a planet. But even that part of the plan has such implications, yes, what you would think of as the domino effect, for so many planets, so many galaxies, so many races throughout the Omniverse.

Now we come this day to talk about power. But even before we get there, I want each of you, my beloveds, to consider the wonder of this life, of this incarnation, of this time in the unfoldment of the Divine plan through that exercise that you have referred to as free will, partnered with your divine authority, that you are bringing forth in form, in substance, in materiality the plan of the Mother.

Think of it. You are translating a divine dream, a divine wish into form. On this beloved planet you have had an age, which although you don't recognize it, still goes on, but you've had an age of inventors. For those who would dream and conceptualize, such as Einstein, and then that would be brought into form. And, look now how so many of Einstein's theories are being proven to be true. Well, we knew that a long time ago.

Now, think of your life, your dreams, your ideas of what your heart desires and what you know is possible because you came with that knowing. It's being brought into form, materiality. And, whether it is simply a concept such as an institution or a society, the way it functions, it is still a form. And it is a form because there are human beings acting, behaving according to the principles of the institution or the society and the belief systems they're under.

The magnitude of this, and the magnitude of our honoring of each of you in this, is beyond substantial. So, know that.

Power. With that process, what I suggest and say to you is there is only one source of power. In the true sense, yes, like Yeshua speaks of true love, now let us speak

of true power. Now what is the essence of power? What is the creative force, of source, of Mother, Father, One?

Well, if you have not heard us, then you have not been listening. Because repeatedly and infinitely and eternally we will always say it is love. That is the generating essence of all power. And we will talk about divine authority in this context as well. How you experience power is through a unified, even a form of sacred union. Think of it even in terms of your electricity, your grids. You plug something into the wall, or you tune in to some electronic cell tower, etc., and you key into the power. You connect to the juice that will generate whatever device you are hoping to give you satisfaction.

So it is with genuine power. This word as we have spoken of before, has been greatly abused, misused and certainly misunderstood until it has degenerated, in your language and many languages in the collective consciousness of humans, to almost a negative connotation. So, we want to resurrect this term of power because each of you, my beloved friends, are being invited to fully assume your power.

Now, it is a different expression of that for each and every one of you. But the source of what you plug in and you join and conjoin with is the same. It is the infinite. It is the love. And that is the energy, the juice that allows you to proceed and to bring into form.

Now, upon this planet, and I am not just speaking about this time, although this is some wondrous examples, but power has been regrettably used. And this is where the connotation of power as a negative has come from. Not from the purity of the essence of Source, but from the abuse of power. And, when power is abused, it degenerates. Think of it that way. There is a degeneration into manipulation, force, control. And there is the exercise of false authority over other beings. There is the manipulation of energy and it does not matter whether it is in physicality, or emotionality or any form. It is coercion to make another align with your small self-will. I won't say free will. I will say self-will. So let us use that delineation as well.

Now, what happens when there is this abuse of power? One of the things, let us talk about the abuser, and yes we can talk about abuser from a Genghis Khan or a Hitler to a child who is manipulating simply because they want to get their own way. It is not the child that we are talking about, although we address variations on

this. When there is a person, because it is primarily a human issue, that becomes an abuser of power, so often your focus has been on those who were abused, and we will get to that.

But what happens to the abuser? There is a disconnect, a fundamental disconnect from their universal soul design and, of course, from source. This is how so many false grids and paradigms grew up upon your planet.

So, think of it again in terms of the plug. And, you know if you have a plug sort of half plugged-in or a wobbly connection, you may get a flash of electricity here and there. But the full connection is lost and eventually what ends up happening is the plug simply falls out of the wall.

So the abuser, in taking that coercive action, that decision – make no mistake about it because it is a decision, it is an act of self-will – there is a disconnect from the Divine and there is a disconnect from themselves, from their own natural self. So they are becoming simply a shadow and that shadow begins to gain substance and maybe what you think of as an aspect of the self. But it is never the totality of the being. And, of course, the more the individual lives or participates in that aspect, it gains energy.

But it is all, think of this, it is all discordant energy. It is energy that is not aligned either with truth or with the truth of their being. And this is very, very sad.

It is a departure from Source. Now there are some exceptions, but it is a departure from the reason why they chose to incarnate in the first place, which was to know the joy and experience of love in form.

Now, they may claim love, but it is the ego experience and it is the ego experience which is self-explanatory where the love is reflected upon one's self rather than truly in a conjoining in a sacred partnership with another, whether it is a partner or a family or a community.

The more that disconnect, and the longer, the stronger that disconnect is in place, the more aberrant the behaviors become, the more unhappy, to put it mildly, the individual becomes even if they claim happiness or joy. Joy is off the table. So you are dealing with an individual who has assumed power through coercion, force, control, who is in a completely dysfunctional, discordant relationship not only with

themselves, but with whomever they associate with, whether is partner, family, community, nation or world.

Then there are those who are subtly or actually, directly or indirectly in receipt – let us put it that way – of the abuse of control. And again, you have the range from the parent being held hostage in the supermarket to something as abhorrent as a Hitler.

Abuse of power requires agreement and acquiescence. When there is an abuse of power, again either subtly or actually, what happens particularly in the direct line of fire, the individual who is being manipulated, abused, coerced is subtly or actually agreeing or acquiescent, and they are simply different points on the same spectrum to being controlled, either because it doesn't seem to matter to them at the moment or there is an agreement because of lack of self-worth and self-love that they will allow this.

Now, I can already hear you, Steve, saying to me, “Well, a victim of rape and violence is not agreeing.” Which is absolutely correct. Yes, I can read your mind.

And that is the battle for truth. That is the battle for freedom. But let us finish the thought, because the battle is where I want to go.

But the unconscious and sometimes conscious agreement with the abuser leads eventually, and sometimes rapidly, to the establishment of a paradigm of abuse of power that is accepted. And, then the recipient of that abuse of power, whether it is a spouse or a community or a nation, then is participating consciously or subconsciously in this false paradigm that is completely disconnected from the Source and truth, from the love energy.

Now, what is happening with humanity? And, you say, “Well, dear Lord, it looks like we're all going down the tubes rapidly.” And, of course, those of you who are feeling that are simply dismayed at what you are witnessing, at the exposure of the abuse of power, to which we are thrilled.

Because what is truly happening is there are billions of you and not all of those billions wear the hat of being called light worker or love holder, but there are billions who are not only acknowledging and witnessing and seeing and exposing the abuse of power, but very actively choosing with the free will – not the self-will

– that they do not want to be, they do not choose to be within that facade, that illusion of those who are trying to create or recreate an old third.

Now, if we had had this conversation to its fullest several years ago, you would not have fully understood. And I do not mean this in a derogatory way. You would not have fully understood what I was talking about. And you would not have fully understood or agreed with me. Nevertheless it was there and it was truth. But you were in a more hopeful forward thrust mode and that was necessary to get you to this point.

Now, what is power? And let us go back to the agreement and the acquiescence because power is unification, it is conjoining, it is community, it is alignment. And it is alignment of free will with Divine will. It does not eradicate, limit or even require that you give up your decision-making power; quite the contrary. In previous conversations, we have talked about power, the assumption of the mantle of power in human form in creating Nova Earth as the assumption of stewardship, of guardianship. And that still stands. Make no mistake about that.

But, what does human power mean? Yes, of course, it means balance. But it also means, my beloved friends, that you are fully, fully plugged in, that you are fully connected. You say, “Well, Lord, I am trying. But I am waiting for Ascension. Maybe once I go through that final portal, then I’ll feel fully plugged in.”

No. That is not good enough. You have the capacity, you have the wherewithal, you have absolutely what it takes to fully align with your power, your universal self, the totality of your full design, your abilities, in divine perfection of your divine authority, with the divine authority, with the love right now.

No more delays.

In the using of power, because power when you think of it, think of how it is geared in terms of your electrical grids, etc. It is something to be utilized. It is an energy to be utilized. It is part of what you think of as your co-creative efforts. And in that there always, yes always, will be elements of agreement and acquiescence. And that is fine.

If you are a master chef and your passion, your inspiration, your power lies in creating delightful, nutritious, regenerative, restorative meals, then in your family,

you may become the kitchen power. And, that is your forte' and you will enjoy when you are doing that and others support you in doing that.

Now, some of your family may acquiesce because they have absolutely no interest in going anywhere near the kitchen. So to them it is a non-issue and you will hear them say, "Go for it, and I am so happy you are." And that level of acquiescence is perfect. Divinely perfect.

Then there are those in your family who will be in agreement: "Well yes, I am not particularly fond, it is not my forte' or my first passion to be the cook or the chef, so you go ahead and be the chef because that is who you are." And, then there is an attachment to that. Stop!

Now and then I would like to participate or even be in charge of the kitchen or a meal. And that is the cooperation because, of course, as the chef, you are saying, "This is my passion, but that does not mean I always want to be tethered to the kitchen, because I may wish to go to an art class. I may wish to join Michael and paint the sky." So there is that level, and I am using the simplest example, of cooperation.

So, there are those that "go ahead and do what you want because that is not in my purview of interest" and then there are those who want to be on the periphery. And, then there will be those who say, "Well, I want to participate more fully because I want to learn how to cook. I am not sure if that's my passion, but I would like to participate." And so it is in power.

So, dearest Steve, for example, you are a writer, you are a communicator, this is the essence of who you are. This is the essence of what I would term your power, your passion, your contribution, your talent, and the choices that you are making with your free will.

Now, I am not asking you to go and be a landscaper, because that is not your passion. Now, there are others, and others that are listening right now, whose passion is to go and get their hands in the dirt and talk to the trees and dance with the elementals. And that is fine. What is key in this is the true connection to power. It is that alignment and it is the exercise of free will choice, not in authoritarian, coercive ways, but in absolute cooperation of the highest realm of love, of loving actions, of loving energies. Because the love is the energy that is going to help you

create, whether it is a cake or a garden or a nation, that is what is going to create what works for everyone.

If the love, the cooperation, unity, consideration, empathy, compassion is not present, then it is not of love and it certainly is not of power. Because it is not of the Mother, it is simply of human design. And, as history has shown you again and again, that human design has been extremely faulty.

Now, with that food for thought, where do you wish to begin?

SB: Thank you, Lord. You've made a lot of points, but you're not just talking about Hitler and Genghis Khan, you're also talking about me. It's just a question of how far you want to take things, right? The same attempts to force my will on others through my words or energy or attitudes, it's the same, right? It's just on a very much smaller scale.

AAM: That is correct. And I am glad you have brought me to my next point.

SB: Okay. (Laughter) Now that's Divine co-creative partnership!

AAM: That is correct! Now, in the gentlest way I say this, there is not a one of you that has not, at some juncture, practiced an abuse of power. And, that is a good thing insofar as you know exactly – be honest with yourselves – you know exactly what it looks and feels and tastes like. And you have been the recipient of, can we call it, these minor abuses of power.

So there is subtle manipulation that goes on in human interaction. And, it is part of what you would think of as egoic behavior rather than heart-conscious behavior. And what we've witnessed beloveds is that there is less and less of this because you are becoming more conscious, not only are you becoming more conscious of when you are doing this, you are becoming more uncomfortable with when you are doing this because you know what you are doing.

Now, sometimes you just say, "But, I really want my own way." Not trusting, but if you were to express that in positive ways, in ways that admit you're human, that you would get your own way anyway. So, there is still this level in many hearts, well, in many egos that are still at that level of the manipulative child.

Do I come this day to blame or shame or bring guilt to you? No. That is not of love. But I do bring your attention to it because when you behave that way, what you are doing, sweet angels, is pulling that plug. You are pulling that plug, not completely, but making it wobbly, from your own universal soul design and from the source. So, think of it. You are disconnecting, yes, from Mother/Father One. But you are also disconnecting from your beloved self. And the difficulty of this is when you are in that system, it means you cannot think of this. It is not possible to have a full heart connection with another being, not with a human being, not with your guides, not with your Archangel. Oh, we will talk to you. Make no doubt about it. But you won't feel the full impact of our love. And that is sad.

Even in the animal kingdom – and let us even make it more specific with a dog, and you all know that dogs are among the most faithful, loyal, and they are used to being adherent. And even with dogs, when you are in that disconnect, you cannot fully connect, and that is pathetic, because that, in a conscious being, in a conscious light worker, love holder is pathetic. Because you know better. You have already been. And when I say you, I mean the light worker collective, the love holder collective, the billions that I have talked about that don't even know those terms are flying back and forth through that ascension portal. You are on this side because what you are doing is waiting for the collective, but you are also already creating Nova Earth and Nova being.

So what you are doing is you are fine tuning some of your behaviors. You are bringing to the conscious forefront of both your mind and your heart that you choose not to reinforce a paradigm of abuse of power. Because when you do those scenic detours, those various little exercises in manipulation, what you are also doing is you are paying homage, you are agreeing with that abuse of power paradigm and that is not the truth of your heart of who you are. So more and more you are saying, 'No.'

Now, I want to be clear. There is a difference and I want this to be known very much, between acting in a manipulative way and writing or channeling or speaking or having a cup of coffee and conversation that is from your heart. This is why we have taken the trouble and your star family has been teaching you about the various forms of language.

Now you are not trying, in writing, to manipulate. It is not errant behavior to state your case. When you write, when you speak, when you behave from the framework, the truth of your genuine understanding, when you have done your work, dear hearts, of digging and removing the debris, which you are doing marvelously, when you speak from that place, then what you are doing is not trying to manipulate. You are not trying to coerce others into your point of view. You are leaving that doorway wide open because you are speaking with Saedor for a lively conversation. You are saying, “This is what I think. This is how I feel. This is what I believe.” And then you are saying, “But you may have something to add to this understanding. You may have something to build and to expand this, not just for me but for all of us.”

So, it is an open conversation. In the abuse of power it is a closed conversation. It is, “this is the way it is. This is how you are to behave. This is what you have need to adhere to and I don’t want any back talk.” That is not of love. But, in a loving conversation, what is happening is that door is open. So where the conversation is closed – and there are far too many people in various nations who are afraid, yes, and I do not mean afraid in terms of wilderness issues, I mean afraid for their lives, afraid for their freedom to express that.

The But, what you are doing, and this is one of the reasons why I am asking to talk about this this day, when you are throwing that door open and you are saying, “This is the conversation, this is what I believe, this is what I feel. What do you have to add?” And we have seen some very interesting additions. Not all is truth. That does not matter because that will be culled out like a weed in a garden and it will be done gently and kindly and with a great deal of humor.

But, what you do when you open that conversation, when you are laying down that new grid of power, authority, of stewardship, is you are saying, “Come over here because we are wide open to building together. That this is collegial, this is cooperative. We are unified and we have a goal, and our goal is bringing into form the love that the Mother shows us, shares with us, that is in our very DNA.” We have talked about diverging pathways and that you are forging a new pathway and you are saying to the collective, “Look come over here.” Well, this new framework of power is part of that. Do you understand what I say?

SB: Well, I do. But, I have to admit that I am still having trouble thinking of situations like being the head of a company, say, and having a mission, having a vision and getting the manifestation of that vision to happen, and having, not chains of command exactly, but reporting relationships, let's use that business phrase. How to do it without lapsing into giving commands or abuse of power? I still don't understand how that will work after the abundance starts to flow and light workers are disbursing funds. I still don't know how it's going to work, this balance between command or getting something done or asking people to do things and free will.

AAM: It is leadership.

SB: Could you talk a bit about that?

AAM: I would be pleased to. Now you heard me, and I am but one Archangel in a legion of servants to the Mother. So we know what it is to have a boss. And nothing that I would do would ever be contrary to the Mother's dream. Because that is all I desire. That is all I align to.

And I have legions, my legion of blue as you well know, my friend. Think of it in this way. All true leaders, all true stewards formulate a team. That concept, that structure was not formulated on abuse of power. Was it hijacked and manipulated and bastardized? Yes. But think of it in this way. As the head of the corporation, you must have a team. No individual is responsible for the creation or co-creation of Nova Earth. How many times do we have to say to you that we are not a hierarchy; we work cooperatively.

Now, does that mean that no one takes the lead? Of course not. The person who is best suited for that role takes the lead in that spectrum. There needs to be structure; otherwise all you have is chaos. And, you've seen enough of that. And, I'm not even talking about sixth-dimensional chaos. You will just simply have mayhem.

So you don't take someone who is absolutely not only having managerial qualities, but is brilliant in it, and put them in charge of personnel. The IT person knows nothing about providing insurance and health care. So you bring forward a team and that team has to be cohesive and in alignment with what you have termed your mission and purpose. The structure, the belief system of why the company, the institution, the project exists. If they are not, then that is not a good fit.

Now, will there be a discussion? When there is a CEO today, let us use today, and that CEO goes on vacation or on hiatus on a well-earned rest for months, what happens? That person who wants to try out cooking in the kitchen gets to try it on and to expand it and to learn and to grow and to be supported by the team, because in the moment, that is the best person to be in that position. And, eventually that person may realize they love doing that. So they may go off and start their own corporation. And that is alright because what they are doing is they are carrying the values, the vision, the mission into another realm and another realm and another realm.

You have an abhorrence, dear Steve, of being seen as controlling.

SB: Even while I do try to control.

AAM: That is correct. So you see the conflict there. It is not so much controlling as actively seeking cooperation. The fear of control and the desire to control comes from the subtle fear that people do not want to go forward in the direction, the same direction, or in the same realm that you do. And, what we are suggesting to you in this new paradigm is that they do.

So there is old fear that there is an abuser knocking at the door and you better be vigilant and control the situation so they don't get access is not true. So you are letting that go and what you are doing is you are seeking out new ways, heart ways of being in friendship, of being in business, of being in projects, of being in family, because that old paradigm is gone.

Now, you are seeing some rigorous attempts at resurrection, but you are not participating in that. And, I strongly encourage you, control and the need to control is simply based on the fear that you will be overridden and abused yourself. And this comes from either past lives or being controlled as a child. Let it go.

SB: Well, I confess that I have the fear that I will have a vision, one that my colleagues won't want, say, and that it'll start to wobble and people won't subscribe to it and I'll be pulling out my hair. So, that's the kind of scenario I'm wrestling with in my worried mind.

AAM: So let us go back into the vision. Why would those beings, who wish to share in that construction and the bringing into material a vision that appeals to

them, try to undermine that vision? Well, the truth would be that they would come with their, how you would phrase it, with their own agendas, or their issues of lack of self-sufficiency or self-worth, self-love. And, therefore, there would be what we would call those scenic detours.

Now, this is one of the reasons we have said to all of you, don't rush, please. Breathe. But also in the culture of a project, a company, an institution, a society, you have this wide-open door. Now let us also say, the wide-open door doesn't mean permission to act out. But, what it does mean is that there is permission when somebody starts – and that will happen – to act out or go into old discordant, aberrant behavior, that the culture is such that you bring that person back into the fold or they are given the opportunity to depart and find their own way somewhere where it does fit. Because nobody wishes individuals to be creative in areas that don't fit them, don't fit their desires and mission and purpose.

But do not think that you do not have and that we do not have the power to bring you the right people. But you do not have in your own divine authority, the ability to call forth, to create and bring to you those people who are a perfect fit. So that there isn't an adjustment period, a honeymoon period, a cleaning house period, because that is not...yes there are going to be adjustments, but the whole purpose of building a team – and a team can be your inner circle of six or seven and it can also be an outer circle of thousands – it is still a team.

From the person who wants to sweep the floor at night to the CEO, you are a team. And, each team [member?] has equal value. But it is appropriate the CEO does not tell the maintenance how to sweep. And the person who is sweeping does not tell the CEO how to implement the vision. It is all simple. Everybody has a place and every place is critical.

SB: Wow! I certainly do notice my own tendency to project the past into the future. All the failed attempts at getting some pretty exciting things off the ground and all the war wounds.

AAM: Well, might I say that this is something we can relate to?

SB: (Laughter) Well, I suppose. In fact, I'm sure. We just have a few minutes left, Lord. This is such a substantial conversation, I hate to end it. Please continue to a point where you feel we can leave the conversation to another time.

AAM: I want to pick up, my beloved friend, on what you have said, “the wounds of war and past experience,” and I have made a joke because we know what it is to have things go awry. Let us put it that way. What I would encourage you to do, rather than drawing on the past - and, yes, at the very end of the hour I am introducing a new concept - rather than drawing on the past, draw on the future.

You are in the Mother’s new time, in an infinite ocean, a fluidity of time. Swim to the future. Locate your ideal of what the current reality in form would look like. Pick it up and bring that into your very heart, your mind, your being, your selves. And, let it stay. And let that be your reference point because you are not recreating the old, you are bringing forth the new. So go to the new, bring it into the now, and proceed from that point.

SB: That’s very helpful. Thank you for that.

AAM: You are so welcome, my friend. My brother, I speak to all of you all over this beautiful planet. Take the mantle of power. Assume your divine authority and set forth not in timidity, but in a declaration of who you are and your freedom. Go in peace. Farewell.

The Divine Mother: Assume Your Divine Authority

March 11, 2017

<https://goldenageofgaia.com/2017/03/11/repost-the-divine-mother-assume-your-divine-authority/>



The Divine Mother herself incarnated as Mary, mother of Jesus

Folks, I feel a strong urge to repost this section of the Divine Mother's transcript from *An Hour with an Angel* recently, to make sure that anyone who didn't get a chance to read it when it first came out gets a chance.

Soon we'll find ourselves in a position of saying to ourselves: By what authority do I do what I do?

This is the Divine Mother giving us our assignment, the authority to carry it out, and the promise of the resources.

In this excerpt, the Divine Mother invites us to assume the mantle of leadership, acting upon her authorization and our own divine authority.

"Transcript ~ The Divine Mother: Take Up Your Divine Authority, AHWAA, February 23, 2017," February 28, 2017, at <https://goldenageofgaia.com/2017/02/28/transcript-divine-mother-take-divine-authority-ahwaa-february-23-2017/>.

Divine Mother: There has been a huge reticence individually and collectively on the part of human beings to assume that divine authority. And of course, the first step to that is the individual assumption.

Now part of that reticence has been the very well-established abuse of authority upon your planet so that many who are of the love hesitate to step forth thinking that authority has so often meant that you are trying to coerce or tell somebody else what to do, and that you don't want to put yourself in that role or in that position of potential conflict. But that is not what we are talking about.

You are of us, and you are fully and completely autonomous. (1) And in this I mean that that is the gift and the trust of free will. Because free will has been so aberrant in so many ways, those of you who wish to align with love, with divinity, often will hesitate, be reticent, to assume your authority. But if you do not assume it, then who does?

Now let me be a very practical Mother, which is not what I am known for. (Chuckles) You have assumed form, and let me say to you I have allowed you to assume form. I have chosen and created and birthed you into form. That is the Plan at work and I have done this, we have done this, with that spark of divinity so that you would be divine in form. (2)

And what that means in very practical terms is the assumption of your divine authority to be in charge of your life, of your thoughts, of your feelings, of your actions, of your behaviors, of your steps, of your environments, all the way out to the edges of the universe, throughout all times and dimensions. ...

If you do not take authority over your existence – think in practical terms, this life – then what happens? You are adrift. You are in fact that row boat in the middle of the ocean being twisted and turned every which way. Divine authority means choosing, yes with your free will and your divine authority of free will, to direct how, where, when, if you choose to proceed.

You have the most magnificent internal wisdom and knowing. That pain barometer of separation tells you when you are not in alignment with your divine self and hence with us. There are times, and we mean moments, when the action is what you would think of as doing nothing. But of course doing nothing is always doing something because you are either disengaged or being the observer or participant observer. So, there is no such thing. It is an illusion for you to even conceive or believe or think that you are not in your divine authority every moment of your existence.

Now, if you choose to ignore it, and that is what the reticence is, then you are not fulfilling your joy, your purpose or what gives you the greatest glee. And yes, there are moments when those decisions can be challenging and difficult. But, that shows you your strength, your courage, your valor, your persistence in working your way back to us. So much of that reticence has been, “Well, I don’t want to step on anyone’s toes,” while allowing yourself to be trampled. That is not the plan.

The plan is harmonious, like a dance. Will there be missteps at times? Yes. That is when you bow to each other and chuckle. You do not go to war.

So, there is this reticence, particularly upon the light worker community, because authority has been defined as dictatorial, as controlling. But, what you are truly doing is anchoring and re-anchoring, through this assumption of divine authority, the truth of what leadership, stewardship and creation and co-creation and partnership and community and unity and truth is all about. And, if you do not do it, my beloveds, who does?

Because, as the old is fading away – and trust me, it will fade away, that is a given – then there will be a vacuum if you have not stepped forward and said, “You know, there is an alternate way to be human, to live upon this planet in ways that

are kind and considerate and sharing and decent and honest and filled with laughter and sweetness.”

This is a planet of such diversity and beauty and she will be pure again. That is already underway. I am not suggesting that you engage in bully fights. That is futile. It is an exercise in futility. What I am suggesting as your creator self, in the assumption of individual and collective authority, is that you forge a different pathway and you open that pathway for all to come with you. And we are helping you. That gateway is open and you are being flooded and you are being assisted and you will be assisted every step of the way.

Footnotes

(1) We are sparks of the Father ensconced in the body made by the Mother/*mater*/matter.

(2) The Mother has just informed us that she birthed us into form: "I have chosen and created and birthed you into form." And "we " (the Father and her) "have done this, with that spark of divinity so that you would be divine in form." She has just acknowledged the soul, the spark, the Christ or Atman as the central component of that complex of formless soul and formful body.

This acknowledgment is so helpful to students of cross-cultural spirituality.

Claim Your Personal Authority

June 12, 2023

<https://goldenageofgaia.com/2023/06/12/claim-your-personal-authority/>



In researching lightworker leadership, I came across this extremely-useful discussion of personal authority, from Archangel Gabriel through Marlene Swetlishoff.

“Archangel Gabriel: The Quality of Authority,” channeled by Marlene Swetlishoff, May 28, 2015, at <http://www.therainbowscribe.com/archangelgabriel2015.htm>.

Through one’s embracing of the enlightening qualities of love, one becomes the central guide and authority of one’s life.

When each person opens to exercise their personal choice rather than existing on autopilot, they step into their personal authority and begin to write the story of their lives the way they want it to manifest.

Gaining personal authority requires the admittance that one is not perfect and that there are pieces of one's behaviour that need improvement. As one lives their life, they gain maturity, experience, and common sense, which helps elevate them to a higher consciousness, understanding and wisdom.

When a person is willing to face themselves and learn from their experience, they find the enjoyment of their life and their relationships more meaningful. They become self-empowered and gain strength of character and more self determination.

They rise to the challenge of controlling their thoughts, appetites, speech, temper, and desires, and practice letting go of the habits and behaviours that no longer serve them. These practices open them to a freedom that they could not previously have imagined. It is a freedom born of being a person that one can respect and comes with the self-esteem one feels by being a person of integrity in all things.

Personal authority requires strength, willpower, and honesty, and also the desire to live one's life with a clear conscience, which is an essential element of purity within one's soul.

Claiming personal authority enhances one's own gifts and talents in a remarkable way. When one becomes self-actualized and own their authority in all ways, they feel the inner courage and determination to spend their days doing what they want to do rather than what others deem acceptable.

They peacefully embrace the costs and rewards of their choices. They often take some quiet time to contemplate and gain clarity on their values to realize that their greatest power comes from being true to one's self.

They seek and find that special something that resonates with their own being and they thrive in the pursuing and expressing of it. They love and value the feeling of peace, balance and inner happiness that comes when they are their own authority.

They avoid people and situations that tend to confuse their own sense of personal authority by keeping their priorities to their own authenticity foremost in all the decisions that they make.

They know that every answer they need is readily available from within them, that they are connected to Divine Source as is everyone around them. They believe in self, understand their strengths and focus on them.

They understand that the only thing in this world they have any control over is their own choice. They map out how and why they make those choices which fuels them with the courage to stand up for self in the world.

They feel a greater sense of stability and intimacy with their own opinions as they learn how to take accurate stock of their life. They examine all aspects of their experiences and gain newfound inner strength and agility in their evolvment.

They learn to approach their challenges from an emotionally neutral or positive frame of reference. They teach themselves about what they like and don't like and move closer to their authentic selves by pinpointing precisely what they are thinking and feeling.

They act as their own authority figure and minimize irrational worries and highlight their legitimate concerns in an evaluation process.

They have the courage to follow their inner guidance by doing what makes them happy while also remaining open to ideas from everyone around them. They always employ the approval of their own heart and learn to rely on their own counsel and take refuge in their inner teacher.

When one moves out of their head and into their heart, they hear the subtle voice of their own intuition and guidance. As they become conscious of the importance of ethical, moral, and honest behaviour, they see that it is essential to their own happiness and well being as well as for those around them.

They understand that they should love, honour, and respect themselves in all facets of their lives. They take control of their life and cultivate a happier, more fulfilled, and inspired attitude towards life, and take charge of their own destiny.

This ability to choose what they want empowers them to be the authority and author of their life, to think independently, to live their life on their own terms and to always be authentic.

They find the inner freedom to be who they really are, and begin to know what their power and authority truly is. They decide what is right and feels right for them. They decide their values, code of conduct, ethics, and morals.

They do not blindly believe everything they see or hear but carefully evaluate every situation that is presented to them. They choose with their heart what they believe in and decide what they are going to do in their life and what they are going to create.

Their values, their choices, and their thinking are the foundations of their life. They are their own divinely directed authority and the gatekeeper of their life.

When a person is true to self, people will actually like them more, because they are authentic and are doing something that others wish they could do themselves.

They are showing courage as they claim divine authority over their own lives. They are showing the possibility to others that they are also able to be true to themselves and become the divinely inspired authority in their own lives.

As I take my leave, know that in claiming your own divinely directed authority, it enables you to be, to have, and to do anything you truly want in your heart of hearts.

My Divine Authority as a Sovereign Being

April 9, 2017

<https://goldenageofgaia.com/2017/04/09/my-divine-authority-as-a-sovereign-being/>



On my divine authority as a sovereign being... Isn't that an outrageous statement to make?

In the Middle Ages, I might be burned at the stake for making it.

But isn't it spiritually correct and don't we all know it is?

Imagine a shipwrecked treasure chest that's been raised from the Caribbean.

Encrusted in shells, it doesn't look like much.

But when we dissolve the shells and restore the gold coins to their luster, the treasure shines.

Similarly "our divine authority as sovereign beings" has been under attack by people of polarized outlook since the dawn of civilization. Shell-encrusted, it's lost its luster.

Seldom has there been a time when a being's sovereignty has been honored on this planet by those assumed to be in authority. Our history is replete with war, slavery, rape, and pillage.

We find repeated patterns of false imprisonment, torture, scorched earth, mass murder. Bombing, strafing, crucifying, impoverishing, starving - what have we not done?

And we had no idea of what awaited us if the New World Order proved successful where Hitler failed. (1)

We could list the movements throughout history that have had as their object the enslavement of people - where should we start? Ramses II? Julius Caesar? Genghis Khan? Slavery in the New World? Adolf Hitler? CIA-sponsored sexual slavery and pedophilia?

We've created a vast global memory bank of rampant misery caused by our violation of the sovereignty of other beings.

So, yes, if I were to stand up, as the Mother asked, and declare my divine authority as a sovereign being, I can see how that would be reactivating, triggering to many.

Victimizers might want to continue their reign of terror. Victims may have their memories triggered.

Let's pull him down off his pedestal. Who does he think he is?

A sovereign being, descended from the Divine, as we all are.

In regards to the specific portion of that authority - to build Nova Earth - the Divine Mother said on *An Hour with an Angel* recently:

"Divine authority, what does this mean? That you have stepped forward. You are authorized and empowered. And you are and will be given the wherewithal to proceed as your creator self, never simply as a minion, a puppet." (2)

If this were a spy drama, I'd say, "I'm on a mission from the Mother." Well, *I am* - as are you.

My mission derives comes from the Mother's Plan. It comes from my accepting her specific mandate to build Nova Earth:

"Build what is divinely beautiful. I give you my divine authority to do so. I will guide you. I will help you. But I entrust this to you as well. ...

"We are helping you. That gateway is open and you are being flooded and you are being assisted and you will be assisted every step of the way." (3)

Does that mean that I can take that divine authority and waste the opportunity? No, Michael already said that he will not allow it.

"This plan has been an unfoldment for far too long for money to simply be washed down the drain by decisions that are not beneficial either for yourself or for others and for those who will benefit from the abundance programs, plural." (4)

We cannot use it to simply perpetuate the use of violence and force on this planet. But of that reality, the Divine Mother said: "The old is fading away – ... trust me, it will fade away, that is a given." (5)

Meanwhile, she's given us our mandate, our marching orders.

But that's only divine authority to be building foundations and dispersing funds to worthy service organizations and building Nova Earth.

You and I both know that our divine authority as sovereign beings is much broader than that. It comes from the fact that each of us is God. God wearing a mask. God encased in God. That is, Father God nestled in the heart/womb of Mother God.

We are God the Father living for a time in a body provided by God the Mother, the blend of which we call "God the Child" (formerly "God the Son"). This is the

same Trinity that Hindus worship as Brahman, Atman, and Shakti. You already know that the purpose of life is to know all Three.

That we are Mother/Father God is not only what we come to realize, but also the source of our divine authority.

Nevertheless, no one is immune from the operation of the divine laws. Even God, when God descends as an avatar, obeys the Mother's laws. (6)

My divine authority lends me no strength if what I do with it is violate the divine laws.

The Mother outlined the fate of a dictator who flies in the face of the universal laws.

"It is painful for a being that seeks power for themselves or power over another, whether it is a parent over a child, a husband over a wife, a man over an army. It matters not. The yearning [for], the exercise of control never gives the joy. The pain simply grows. And so the actions become more grotesque, larger, until the breakdown is and has [been] and will be occurring." (7)

The rest of us who do the same on a smaller scale just get smaller ourselves until we're rocking in a chair, an old coot, sputtering to ourselves, with nobody listening.

The choice we face is either own our divine authority as sovereign beings or face varying degrees of disempowerment from being a victim to being a dictator. The middle ground - the old Third Dimension - is waning or has disappeared.

There's no more hovering in the new realm. There's no more tolerating our own disempowerment. There's only forward into sovereign independence or backward into continuing chaos.

Footnotes

(1) See "The Near Victory of the Dark" in https://goldengaiadb.com/First_Contact. Need we look any further than Guantanamo? But we could - torture taxis, rendition prisons, Nazi-style experimentation, mind control, and so on.

(2) "Transcript ~ The Divine Mother: Take Up Your Divine Authority, AHWAA, February 23, 2017," February 28, 2017, at <https://goldenageofgaia.com/2017/02/28/transcript-divine-mother-take-divine-authority-ahwaa-february-23-2017/>.

"There are those upon your planet who wish to reclaim, reconstruct, recreate the old third and that is what they are attempting to do. But, sweet angel of love, you know and those who are the loveholders know that this simply will not occur. The old third no longer exists. It is that simple." ("Archangel Michael on Current Chaos and Joy" at <https://goldenageofgaia.com/2017/01/27/archangel-michael-current-chaos-joy/>.)

(3) Loc. cit.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 6, 2013.

(5) "Transcript ~ The Divine Mother," *ibid.*

(6) The natural law only applies in the Mother's realm of matter. The Mother is the source of the natural law.

The Father is not bound by any law. Thus she is the voice of One crying in the wilderness. She is sound, movement, action and hence the Voice. He is the Wilderness in this metaphor in that no law can apply to him.

(7) "Transcript ~ The Divine Mother," *ibid.*

Archangel Michael: On Co-Creative Partnership and Flow

Feb. 25, 2017

<http://goldenageofgaia.com/2017/02/25/286544/>



In my reading with him (through Linda Dillon) on Feb. 17, 2017, Archangel Michael looked back with me on our recent excursion into co-creative partnership and laid out some important elements of it, chief among them "getting out of the way."

He describes "going with the flow" as what we should be aiming for, confirming for me something I suspected - that, while linearity might be the paradigm of the Third Dimension, "flow" is the paradigm of the higher dimensions we're gradually accustoming ourselves to.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.

Archangel Michael: You have been learning in a very practical way the process of co-creation with us.

Steve Beckow: I'm very much interested in that process, Lord.

AAM: It is not an esoteric study, although you also note that we have lead you back to some of the more esoteric material (1) but also the co-creation process because you need to know this.

As you go forth in the co-creation with us and on our behalf, by the way, of Nova Earth in physicality. It is important to know the practicality of that process as well.

So, yes, this is something that you are interested in and that we are interested in and you have need to have a fuller grasp of, let us put it that way.

But the biggest piece of this co-creative process, as you have learned, is getting out of the way. It is getting out of the way and at the same time participating, showing up and allowing the guidance to truly move you and co-create with you.

So often I have said to thee, "Follow your heart. What is your greatest desire? What is your grand passion?" These are important because you aren't led and planted or directed to a deep heart desire if it is not part and parcel of the journey that you have, can we say, roughed out prior to your arrival.

And that roughing out of the plan of course, has been done in tandem with all of us. So it is not a singular plan. And then that plan of course has been interwoven into the greater tapestry of the Mother.

So often humans tend to think that co-creation requires work. And "work" in your terminology has a sense of burden and drudgery, responsibility and heaviness.

Whereas for us when we talk about work it is not a term that is laden with all those things because our work is our passion. Our work, as you would think of it, is our joy. So we don't really go to work.

We tend to look at one another in the esoteric sense and say, "Well, what do you want to do today?" And that is also an ingredient of Nova Earth.

Now the human capacity tends to be quite stuck in duality where you are either working or you are taking time off. And in taking time off in that limited sense, you have to divvy it up in terms of spiritual work, or relationship, or play, or staring at the wall, etc.

Whereas in truth everything is unified and everything, in terms of your concept of a day or time, is in co-creative flow.

And so often, as you know, the most brilliant insights, the most brilliant ideas, the most pleasurable undertakings come when you are, not at rest, but in the relaxed state and, yes, sometimes in sleep because, as you also know, that is a very busy time.

So you have been engaged in understanding this co-creative process because as you become more busy - and that is a given - when we say busy we do not want to imply, “preoccupied.” When you are preoccupied or distracted, you stop the flow of creation.

So it is about being present - yes, attending to whatever needs to be attended to, whether it is having a shower or buying a building - but it is not being distracted by that. You have this expression of “being in the flow.”

But in truth you (and when I say “you” I mean the human collective but particularly at the head of that parade are the lightworkers) and so you are learning more about the joy, the pleasure, the ease, the grace of being in the flow.

And being in the flow is about creation and co-creation.

Later...

Steve: Did you inspire in me the vision of having high standards like, “noble stewards of the Mothers abundance” and “buddhas of business”?

AAM: Yes

Steve: You said a lot more and I’ve forgotten some of it but it’s all there, right?

AAM: It is all there and it will grow. Again, this is you becoming the steward of an organization and of an undertaking of massive, massive global impact and import.

You have the concept of the high standards or what we would call the ethical integrity standards and you have some cute and very powerful terminology so we don’t want you to get caught on the titles, sweet one. They will come.

Steve: When you say, “don’t get caught on the titles,” what titles... You don’t mean like President. You're not saying that, are you?

AAM: We are saying, don’t get stratified.

Steve: Don’t get stratified. Yes, very good. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.)

Footnotes

(1) Like Sri Ramana Maharshi, for instance. I've had an acute interest lately in the books on enlightenment that I used to write *From Darkness Unto Light. A Dictionary of Enlightenment*. Is this his "esoteric leading"?

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Me and My Higher Self

August 30, 2023

<https://goldenageofgaia.com/2023/08/30/me-and-my-higher-self/>



Credit: [dreamstime.com](https://www.dreamstime.com/)

I lost my shoulder bag yesterday and was despondent and disappointed. So long as I was emotionally down, I wasn't available to my mission.

I was despondent because I had once again lost something with mission relevance: My driver's license was in it; that had me worry about identity theft. At the same time I kept hearing Michael say, we won't let your mission fail....

I was disappointed because, when I processed the vasana, I saw that that was how Dad would meet my losing something. He'd be disappointed and that would give him the right to do ... anything he wanted, really. Only Mom acted as conscience.

And I did something I've done before but not in a thorough-going manner. Having been dissociated for fifty years, I now put that experience to good use.

I imagined two "me's": One my Higher Self, whom I've often called Big Steve or the Commander, and another my normal self, whom I've often called Little Steve.

I imagined my Higher Self putting his arm around me, breathing up love, and sending it to me. It revived me and I went on my way, restored to Self.

I spent the next few days observing how to remain close to my Higher Self. More and more I'm staying in Big Steve. (1)

Love is what Little Steve didn't have from his Father (lots from his Mother), growing up. But loving myself in this tangible way meets the need exactly.

I call this reparenting. There are no more parents to do the job and I'm not a kid any more anyways.

This reappearance of Big Steve is another change since June 12, when I realized my co-creative partnership with Michael. (2) These changes have been happening one after another. Overall it feels like emergence. (3)

Footnotes

(1) I have a particular war hero, whom I won't name for fear of awakening old wounds. I've often wondered how he was the way he was. I now think it's because, in the course of his trying experiences, he contacted and then merged with his Higher Self.

(2) 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/>

(3) On emergence, see *Lightworkers: Creating a World that Works for Everyone. Volume 3/3: Emergence and Service* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Lightworkers-3-6.pdf>

Heavenly Blessings: Our Divine Authority with Archangel Uriel (Video)

May 21, 2017

<https://goldenageofgaia.com/2017/05/21/heavenly-blessings-our-divine-authority-with-archangel-Uriel-video/>



Excerpt only

I want you – I invite you – to understand the magnitude of what Divine Authority means.

Now, we have started talking about 2012, and look how you have spiritually evolved, matured, rebalanced, regained, re-anchored in these last five years. You are doing a brilliant job! This next step is the claiming, the anchoring, the embracing of your Divine Authority.

Now, when I say “claiming”, I do not mean permission. I do not mean that you need to go back home – although that is always a good idea; that is why you have been given and gifted with the 13th Octave – but it is not something you need to come back home and claim. In fact, I am activating it within each and every one of you right now!

Now, what do I mean “activating”? I am activating the remembrance and the knowing of your Divine Authority within your heart, your cells, your being, your mind, your emotional field. Just as Michael – Mi-ka-el – has activated peace within you in our last visitation, I am activating your Divine Authority. Yes, we know, we are using these airwaves slightly differently these days. Is it not delightful? It certainly is to us!

Now think about this. Every time I take a step – even this step of speaking to you in this way, of doing this activation – I do not run home and ask Mother for permission. She has embedded it. She has given me the Divine Authority to act on and with Her and the Father long ago. That is the alignment. That is the alignment with this overworked, overused term that we call love. It is the alignment and the knowing, not only of the truth of love, not only of the truth of Mother/Father/One, but the truth of who I am – that I AM Presence.

And sweet angels of light, whether you are purple or blue or yellow or green – it matters not – within your infinite, higher universal self, you have been given Divine Authority. But more importantly, in this moment of your now and our now, you in form, in your heart, in that pink diamond flame, you have been given, eons ago, Divine Authority.

It is being awakened within you now because you have reached this level – not a hierarchical level but in the cycle and the realm of existence – you have reached this place of spiritual maturity where that alignment is present so that you will act in your Divine Authority and in Her Divine Authority, in alignment with the love – not to escape; yes, in some ways to destroy, and I mean that in the most positive of ways – to destroy, to eradicate, to eliminate... yes, with a little help from Sanat Kumara... to eliminate what is not of truth, what is not of love, what is not of enlightenment and illumination.

And I am here to help you with this. This is *my* mission and purpose. That is why I am here. We are anchoring the future, the fullness of your plan and Hers, into this very moment where you breathe in and you breathe out.

What does it look like to claim Divine Authority, to allow what has already been within you always to illuminate your actions, your thoughts, your feelings and who you are, *your* plan? It is gentle. The Silver Flame is gentle. I, sweet ones, am

gentle. That does not mean a lack of strength; quite the contrary. You and we are beyond strong, and when you are in the strength of purpose and knowing and alignment, what happens? It allows you, it requires you, it brings forth gentleness.

Strength is not abusive. Truth is not abusive. Power is not abusive. Have they been thought of that way? And when I say to you that you are here to destroy what is not of truth and love, I do not mean picking up guns or going to war or battle. I mean in the truth of who you are – in every word, in every action, in every glance, in who you *are*. You are coming from this place of your Divine Authority, acting not only on behalf of the Mother but on behalf of yourself.

When I say that there can be no fulfilment of the Mother's Plan in this bracketed area without the fulfilment of *your* plan, it is you acting; it is that sacred partnership not only with the essence of love working and operating through you, but sweet angels of light, *with* you. That is what it means to be in form, to be in this ascension process of full interdimensional reality, not stuck in any closed door – to be in the fullness, in form, of who you are, in the fullness of who you are.

I would not be speaking to you in this way, I would not be doing this activation, if you were not ready in this facet of the unfoldment, in this facet of ascension and the shift. It is breaking down... that is what the Silver Flame does... it breaks down and brings illumination to every facet of the Plan, of *your* plan – and as you are sitting there as participant-observer, of *the* Plan – so that there is no sense of separation, because there isn't!

It has been an illusion – a nightmare in many ways – seeking home, seeking fulfilment, when in fact it was all there, present within you; that that veil, that infamous veil is gone. It's been gone for some time! So it means being in the flow – and it means, literally, acting with and on behalf of the Divine. That is your Divine Authority.

When you truly accept, activate, implement this aspect of who you are, this quality of who you are, then all the barriers are gone. What you have been dreaming about and hoping for and trusting, it does not eliminate those Divine Equalities – *Equalities* – but what it does is it allows you to flow in that.

⌘ Co-Creative Partnership ⌘

The Coming of Age of Humanity - Part 1/2

June 9, 2023

<https://goldenageofgaia.com/2023/06/19/the-coming-of-age-of-humanity-part-1-2/>



Following the revelation that had me "get" as a holistic experience what creative partnership with Michael meant, I'm a little off-balance while at the same time having another creative spurt.

This creative explosion is similar to what happened after something - I know not what - merged with me on June 7, 2021. (1)

One thought has been occupying my mind all today. That's imagining what it would be like to channel Michael.

The thought thrills me.

That means that, after the Reval, when I face a big decision, I could ask him, immediately, about my decision. He's said he would tell me when to speak and what to say, not leave me without aid, and always be by my side. Does that not imply that we could be in direct communication?

I have a cosmic NDA (non-disclosure agreement) on some areas, which I acknowledge and honor. (2) But I feel OK talking about this aspect of things.

Whether I like it or not, the delivery of my envelope has shaken my life up big time.

As the Federation said: You'll know what to do. Everything to be known will be communicated. That fits my experience entirely.

But can you imagine if it results in me being able to get and transcribe answers from Michael on wide-roaming questions? I resonate with that so much it has to be in the cards.

OMG, I'd never stop asking. I'd never sleep.

Cross-cultural spirituality, the angelic kingdom (from which all of us come), multidimensionality, the heart, a vision, and the present moment as portals to the higher dimensions. What happens when we go back and reunite with Father/Mother One? What are the dimensions said to be in the Transcendental? On and on.

Previously I had little interest in channeling, but my interest has now grown. (3) Ok, exploded!

In getting excited about such an idea, I see the truth of what the Company of Heaven says about "just build Nova Earth and the recalcitrants will see what fun you're having and join you."

I completely forget about the cabal when I think of some of the exciting projects we could run on Nova Earth in this area.

Leaving me out of the picture, here are some that I've wanted to do since 2007. I'd like to empower and employ panels of mediums to answer questions from medical personnel, physicists, technologists, etc. Tesla could tell us what he really had in mind. Can you imagine asking Socrates a question? Gosh, I'd like to ask

Akhenaton if he was talking about the inner or the outer sun - the Atman or Sol. I say, the inner sun. (4)

I'd also like to see other panels of mediums exploring life in the higher dimensions as described by mentors on the other side. I'm still looking for a new map of heaven, described by those who really do know, people like Matthew Ward who designed the afterlife planetary dimensions associated with Gaia/Earth as well as much of our Ascension plan. (5)

(Concluded in Part 2, below.)

Footnotes

(1) On June 7, 2021, see "Mapping a Possible Soul Merge," August 12, 2021, at <https://goldenageofgaia.com/2021/08/12/324500/>, and in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Ascension-Ethnography-8.pdf>.

Something merged with me on June 7, 2021. In the next four months, I compiled something like six books.

I now feel a similar surge of energy and am working on several projects at once again. I have four articles in progress at the same time. And I'm writing a book. This is unusually active for me.

(2) 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/>.

(3) After recent developments, principally, the recent revelation of the meaning and significance of co-creative partnership. See "Co-Creative Partners with the Company of Heaven," *ibid*.

(4) See "Was Akhenaten a Worshipper of the Sun? Surely Not," July 18, 2002/Dec. 31, 2005, at <https://goldenageofgaia.com/spirituality/cross-cultural-spirituality/akhenaten-worshipper-sun-surely/>

(5) As far as I got with it is *New Maps of Heaven*, found here: https://goldengaiadb.com/index.php?title=From_Darkness_to_Light

"As one of the highest universal council's designers of the master plan for Earth's Golden Age, I could give you firsthand information about [the plan]." (Matthew's Message, Feb. 3, 2014.)

The Coming of Age of Humanity – Part 2/2

June 19, 2023

<https://goldenageofgaia.com/2023/06/19/the-coming-of-age-of-humanity-part-2-2/>



(Concluded from Part 1, above.)

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

I did. I am. I'm sobered.

I'm beginning to glimpse the magnitude of it all. There's nothing small or boring about what we're involved in and the Company of Heaven, as I now see, are waiting for us to own it.

To take personal responsibility for the shape the world is in now and be responsible for fixing the planet. That's what's being asked of us. And to have fun doing it. (2)

You certainly have my attention now. This is exciting.

We'll recognize our instructions at a soul level when we receive them, just as the Federation of Light said. (3) That certainly describes my situation.

I get that the same opportunity for co-creative partnership awaits everyone who wants and asks for it. (I'm not jealous or possessive!)

If other people don't follow on and make that connection with their celestial partner, a major component of what Michael and I are doing will fail. Michael has already encouraged people to ask him. (4) They *want* us to work with them. It's the coming of age of humanity.

This is not designed to be a once-only phenomenon. As Michael said:

Archangel Michael: As things are shifting, as the, shall we call it, new awareness, heightened awareness, interdimensional reality - because that is truly what we are talking about - as this truly anchors, not only in the heart, but in the thought patterns, the behaviour patterns of human beings, the idea of working with an Archangel is in fact going to be commonplace. (5)

Good. What an incredible privilege and opportunity for everyone who takes the invitation up. I can surely vouch for that.

He says that they no longer *do for us*, except when we're headed for a fall (or ingesting a toxic substance or burning the building down!). Now they want to *work with us*.

Archangel Michael: Human beings need to come to the understanding that they are co-creators with us, that we are in a sacred partnership. We have said so many times that we do not do necessarily in the way that you may have previously conceived of doing for humanity. *We do with you. We co-create with you.* (6)

I can't sit still thinking about it. I'm reminded of what the Mother says:

Divine Mother: Does [the thought of your project] bring joy to your heart? Does it ignite that wonderful smile in your tummy? Does it make your feet tap, wanting to get going? Does it feel like love? Does it feel that you could take this project, whatever it is, and show it to me in full confidence

and pride that this is something that you are offering yourself, each other, and the multiverse, the omniverse? (7)

Yes, Mother. I'm jumpy, can't sit still, and jubilant. Let the show begin!

Footnotes

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

(2) Archangel Michael: If you are not taking time for joy, for laughter, for love, then you are not completing your mission. (AMM, May 21, 2015.)

(3) Federation of Light: When the appropriate time for them to be opened is upon you ... you shall know ... quite clearly.

The instructions within each 'Envelope', metaphorically speaking ... will be downloaded unto you ... and your BEING shall be quite clear regarding that which it is meant to do.

Each individual's instructions were designed in a manner that will enable them to carry out these 'wishes' with a certainty of Soul KNOWINGNESS.

For it was the Soul's agreement to do so before they came to Earth. ("The Federation of Light through Blossom Goodchild, Oct. 2, 2022" at <https://goldenageofgaia.com/2022/10/01/the-federation-of-light-through-blossom-goodchild-oct-2-2022/>.)

(4) Steve Beckow: It's easy to see how I can be in this partnership, Lord, given that I and the others on InLight Radio do a radio show but it may not be as easy for other people who don't do radio shows and things like that to know how they can be in partnership.

Archangel Michael: I will make it very simple. Choose your favorite archangel. I hope you choose me. (Both laughing) It is a good thing that we are allowed to tease and play with each other.

I would not be chastised for such a statement because we see it as a joke and that is one of the things we want you to do with us and more as well. Play with us. Joke

with us. Treat us as your allies, as your best friends. Every day, simply say to me, Michael, from your heart, always from your heart, “Michael, what would you wish me to do today?”

SB: Oh, I love that direction!

AAM: It is that simple. (“Remembering Who is Here and What We Know – Part 4/4,” March 28, 2023, at <https://goldenageofgaia.com/?p=343660> .)

(5) On another occasion he said:

Archangel Michael: This is a very big change in the very nature of how we have worked with humanity.

S: I thought it was because humanity was growing up, not that it was general throughout the universe.

AAM: It is because humanity is growing up. And you've grown up enough to be able to work as co-partners with us. (AAM, Oct. 29, 2014.)

(6) Archangel Michael in a personal reading with Kathleen Mary Willis and Steve Beckow through Linda Dillon, after West Coast Express, Oct. 29, 2014.

(7) She continues:

Divine Mother: Now, if it does not give you that feeling, then set it aside. Go on to the next idea. Because the inspiration that you are being flooded with — and I mean each and every one of you; you are not in a lull, you are overwhelmed with ideas. So go to the next one, and say, all right, is this the one that makes my heart sing? And it may be a multitude of steps.

Do what feels like unbridled joy. That is how you create Nova Earth. That is how you say, as a human, as a creator race, this is how I work with the elementals, with the kingdoms, with the devas, with the planet, with my guides, with my star brothers and sisters, with the Company of Heaven. (“The Divine Mother Blesses Nova Earth Day, Feb. 14, 2013,” at <http://goldenageofgaia.com/building-nova-earth-toward-a-world-that-works-for-everyone/nova-earth-day/the-divine-mother-blesses-nova-earth-day-feb-14-2013/>.)

Co-Creative Partners with the Company of Heaven

June 12, 2023

<https://goldenageofgaia.com/2023/06/12/co-creative-partners-with-the-company-of-heaven/>



I've just had a paradigmatic breakthrough. (1) As you read this, perhaps remember the breakthrough process. Breakthrough is preceded by increasingly-uncomfortable and ever-building cognitive dissonance or inner conflict. Finally we have a moment when the dissonance becomes too great. We throw the paradigm aside and look newly.

Often this can be during a spiritual experience, which allows us to see things from a higher vantage point, where answers are more obvious.

Sometimes it means taking a stand on ourselves and transcending the limitations we've imposed on ourselves.

And sometimes, as with me today, it means dropping resistance to an idea and assuming personal responsibility for the new role.

It was only yesterday that I joked about having a "Compelling Thought." (2)

Today I had one.

A thought Michael (3) first implanted in my mind in 2011 passed from a mere idea to a realization, a "get," a conscious awareness. Put another way, it passed from the intellectual to the realizational level. (4)

Well, what was "it" I got?

I got that I signed on before birth to consciously be one of Michael's co-creative partners on Earth at this time of Ascension and in the area of communication (5) - and more recently finance - and that that entailed certain responsibilities and disciplines that I hadn't even considered till now, let alone explored. (6)

I got this on a personal and not a general level. Michael put the matter clearly:

Archangel Michael: Well, sweet angels, there is still a need for people, whether you are earth-keeper or portal, wayshower or starseed, there will always be need for people, individuals, and groups, who will step forward and say, I can do that. I can take the lead because this is within the realm of my competence.

I understand what is required. I am ready, willing, able, excited, interested, enthusiastic to do this. (7)

This exactly describes part of the process I went through to emerge "owning" my co-creative partnership with Michael.

I can do this. This is within my realm of competence, when you look back on all I've studied, experienced, and written. I'm ready, willing, able, and excited.

I experienced a moment of seeing clearly what I had agreed to and reaffirming my agreement from a very deep level. I "owned" the co-creative partnership. I'm no longer a victim of it (Oh, I have to do this; apparently I agreed to it), but a co-creator and owner of it (this is my mission. This is my work).

Michael explains that the Mighty Ones are in co-creative partnership with everyone, but can only work with those who are aware of them and their agreement:

Archangel Michael: Are we [archangels] in partnership with every being on the planet? Yes. But it is difficult when you are in a partnership and the other person does not realize it. So we are working with those who realize we are in partnership. And so that is why we are having these conversations. (8)

So there's the reason we're having these readings: Because we can work in partnership consciously, with the underlying hope that I'll write on "partnership" to encourage others. Which is precisely what I'm doing!

We're role modelling, me not overly consciously, but him by design.

And I'm not saying this gives me stature or brings me benefits. I'm saying it gives me added responsibilities. I love how he put the matter:

Archangel Michael: As you assume profile – whether it is because of money or notoriety or political power or financial power, it matters not – it gives you a sense of being elevated. We would encourage you to take the elevator to the basement. (9)

If that statement offends you, try it on. Test it out. See if it fits. If it does fit, own it. That's personal responsibility.

Thus, the whole matter became real for me today. I'm in the Army now, Ma, the Blue Army. Reporting for duty. I handed myself a commission.

I say this without necessarily feeling I have a good grasp of any of it. No recent recruit knows the ropes. Nor do I. I'm in boot camp on how to serve.

You heard Michael acknowledge that the same partnership is available to everyone on the planet. Jump aboard! Assert your co-creative partnership with your archangel now. I think I can safely say they're waiting for it.

I hear in my inner ear the emphasized word "partnership." In 2020, Michael predicted:

Archangel Michael: As things are shifting, as the, shall we call it, new awareness, heightened awareness, interdimensional reality - because that is truly what we are talking about - as this truly anchors, not only in the heart,

but in the thought patterns, the behaviour patterns of human beings, the idea of working with an Archangel is in fact going to be commonplace.

This sense of division is going to actually quite quickly disappear. The idea of a punishing deity that you need to earn favour with, curry favour with will change into the true knowing of what has always been the case, which is partnership. (10)

Thus, joining "stewardship" as a paradigm of post-Reval humanitarian philanthropy is "partnership" as a new paradigm for our work with the Company of Heaven.

Footnotes

(1) On the subject of paradigmatic breakthroughs, see *Paradigmatic Breakthrough: Essays in New-Age Philosophy* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Paradigmatic-Breakthrough-11-1.pdf>

(2) See "Make Every Moment Sacred," June 10, 2023, at <https://goldenageofgaia.com/2023/06/10/make-every-moment-sacred/> and "The Challenge and the Response; or, Caught in the Trap of Awareness," June 11, 2023, at <https://goldenageofgaia.com/?p=345485>

(3) Steve: I didn't know if I was being too familiar.

Archangel Michael: You know what? We want you to be familiar. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 3, 2017.) (Hereafter AAM.)

(4) On the levels of reality, see "Who's Behind the Curtain?" February 13, 2023, at <https://goldenageofgaia.com/category/news/spirituality/intellectual-experiential-realized-knowledge/>.

"Truth begins as intellectual knowledge, but can never manifest into expression until realized." ("The Arcturian Group via Marilyn Raffaele. January 10, 2016," January 11, 2016, at <https://goldenageofgaia.com/2016/01/11/the-arcturian-group-via-marilyn-raffaele-january-10-2016/>.)

(5) Divine Mother: 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. (Divine Mother in a personal reading with Steve Beckow, April 30, 2019.) (Hereafter DM.)

DM: 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. (DM, Oct. 26, 2018.)

Archangel Michael: Ours is a co-creative partnership. (AAM, Aug. 2, 2017.)

AAM: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018.)

AAM: Beloved brother, our platform, our conjoint mission as teachers, as channels, as authors, as co-creators of Peace on Earth, of Nova Being and Nova Earth, do not think, do not feel (no, I do not control anything about you, nor would I ever wish to) but do not think or feel for one moment that there is any hiatus or departure from the purpose, the method, and the methodology of this platform. (AAM, Nov. 11, 2015.)

(6) Chief of which the Arcturians through Sue Lie made me aware of: That of mastering every thought and feeling.

Arcturians: You will be called upon to master EVERY thought and feeling. ...

Hence any thoughts or feelings that cause inner conflict or any form are best pulled into your consciousness mind to be displayed as an experience. In fact, in 5D this will occur with your EVERY thought/emotion.

Hence our [incarnated] leaders are having to totally hone this mastery of energy NOW. (Arcturians through Suzanne Lie, Nov. 8, 2013.)

(7) "Transcript: Archangel Michael – On Mastery and Leadership Part 2," May 23, 2015, at <http://goldenageofgaia.com/?p=258317>

(8) “Archangel Michael: A Global Reset of Values, Part 2/2, ” channeled by Linda Dillon, September 16, 2013, at [http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-22/.](http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-22/))

(9) AAM, July 22, 2016.

(10) Ibid., May 13, 2020.

Archangel Michael: On the Divine Co-Creative Partnership - Part 1/2



Archangel Michael on the Divine Co-Creative Partnership - Part 1/2

Feb. 12, 2017

<http://goldenageofgaia.com/2017/02/12/archangel-michael-divine-co-creative-partnership-part-12/>

In this two-part series, I'd like to delve deeper into the divine co-creative partnership, since all lightworkers will sooner or later be involved in co-creating with the celestials, just as I apparently am doing.

Let's start by looking at what Michael has said about the co-creative process. In Aug. 2015, he stressed with me the importance of co-creation, calling it "a very key ingredient ... of [building] Nova Earth." (1)

If we still have our vasantas intact when abundance comes, the effort to build Nova Earth together could implode, he suggested in 2013.

"You would have people breaking down. You would have systems breaking down. Systems of communication. The new realm is based on the ability to deal with and create change – to co-create Nova Earth and come from a place of love. ...

"Love, the true anchoring of it, when you have been in a world that has been highly abusive, where many are still frightened, to express [oneself honestly] is a courageous, courageous act. And it is not always popular, but it is necessary." (2)

The way we'll work together as lightworkers will resemble the way the celestials work with each other, he told me: "Last night, I spoke with your dear friend Stephen Cook. And I spoke to him about our family and how the archangels work together. That is how you will work together." (3)

The way it needs to proceed, he told me, was that "you make suggestions. ... But suggestions are not commands. So bring forth your suggestions in a collaborative way that you are prepared to hear 'no' to and let go." (4)

In Aug. of 2014 he told me that co-creative abilities were being activated and why they were happy about that.

"What is ... occurring ... is the activation of your deeper talents and co-creative abilities which we are dying for you to activate because as soon as [they are] activated, you can see us, you can feel us, you can co-create with us and we are off to the races." (5)

Later that same year, he told me that "it is time for a variety of people ... to be stepping up, assuming greater responsibilities, fuller roles, and be co-creating, not merely the platform, but Nova Earth." (6)

In Aug. 2015 he had a reading with Hope Chest President Karen Wilson and gave her these suggestions:

"What is happening is that ... there is still a human hesitancy about taking the quantum leap.

"What [people] are doing is they are thinking about bringing forth this creation, which is a co-creation in every sense of the word; then they are trying to translate it into the old paradigms, into their old framework of deservingness and lack, rather than jumping forward and creating the new.

"Now, seldom would I ever suggest this to the masses but I do suggest this to you and to those that you entrust with this.

"Those hesitant beings that are afraid to leap the Grand Canyon, give them a little nudge. Not pushing them off the cliff but perhaps a hand on the shoulder, a hand on the back and a little nudge. That is how close you are." (7)

A year later he was discussing us entering our "creative phase."

"You are moving into the phase of creation, into moving from the understanding of what it means to be in your transformative love, in ascension, in unity consciousness, etc., etc., etc., into leadership, into stewardship, into the co-creation with us and with human beings, the collective, the practicality of bringing into form what has been discussed for eons.

"We have turned to you, and I mean you, my beloved friend and brother, and you collectively, and asked you to bring your talents, your hearts, your resources, everything you have to creation and so this greater understanding of 'keep going' - because your tangible creation is your writing, is our writing.

"But you will find yourself talking more about what action looks like and what creation looks like and how it demonstrates into physical form, into what people think of as the physical realm, which is not the old Third but is a manifestation into physicality." (8)

I said earlier that the Archangel were working with us as a parent would with a child on a tricycle. In 2013, he used the image of training wheels to describe how the Archangels are working with us, developing our creative abilities:

"We could never, in financial or any terms, pay you enough for your service. The zeros would be to infinity. But there is this sense also: Well I am doing the work and if I am worthy, why are you not supporting me?"

"But underneath that is also a feeling and belief that you are not being supported. So it is, yes, dig deeper. It is also more letting go. But it is also embracing the fact that it will be there. And I may not know exactly how or why or the mechanics and perhaps I do not need to. But it will be there because I am part of infinite creation. And that is the paradigm and the energy that you hold.

"You do it beautifully in your writing, in your work, in the platform that we have built.

"And when you hold that, it communicates effortlessly like the flow of water over stone to everyone you encounter personally and otherwise." (9)

When a small sum of money came in for the team, he reminded me that co-creating small sums was no different than co-creating large sums.

"You say to me: but Michael, but Lord, if I am to hold that energy, what do I do when the money isn't there? And I do not want to live in an illusion where I am being foolhardy in pretending that the money is going to be there when it isn't on the table.

"We are helping you to co-create in full partnership in ways that perhaps you haven't thought of before. And you have laughed with the channel and you have said: Oh, but this was little sums of money. But what I say to you is that it does not matter if it is little sums or millions and millions of dollars.

"The effort, the energy, the sharing, the sense of community and being your brother's keeper - that is the energy. That is what you are doing.

"So you are working your training wheels with the little bits of money so that you are ready for the millions." (10)

As the energies rise and our powers increase, the celestials are training us to use them for the highest good of the planet.

(Concluded in Part 2, tomorrow.)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 3, 2015.

(2) Ibid., April 17, 2013.

(3) Ibid., Dec. 18, 2012.

(4) Ibid., Aug. 3, 2015.

(5) Ibid., Aug. 1, 2014.

(6) Ibid., Nov. 21, 2014.

(7) Archangel Michael in a personal reading with Karen Wilson through Linda Dillon, Aug. 15, 2015.

(8) Ibid., Aug. 12, 2016.

(9) Ibid., March 8, 2013.

(10) Loc. cit.

(11) Loc. cit.

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Archangel Michael: On the Divine Co-Creative Partnership - Part 2/2



Archangel Michael on the Divine Co-Creative Partnership - Part 2/2

Feb. 13, 2017

<http://goldenageofgaia.com/2017/02/13/archangel-michael-divine-co-creative-partnership-part-22/>

(Concluded from Part 1.)

He went on to make the interesting assertion that I was learning "the conversion factors":

AAM: You are learning the conversion factors.

SB: What does that mean Lord – the conversion factors?

AAM: Of energy into whatever you wish. You already know it, because you convert pure air into energy, into thought, into inspiration, into these funny little letters on a computer screen called writing. That is the conversion factor. Now you are learning it about money. (1)

There were areas I was not to go into. Co-creating did not mean battling with others who hold viewpoints I don't share, he told me in 2011.

"We are not asking you to be in the fray. This is important that you understand.

"Because the fray is not where the truth will lie. So, yes, there will be controversy the same way there is controversy whenever there is something unique and new introduced into the realm of human conscious experience.

"But we don't want you to be front and center in the controversy or the fray. We want you to be that voice of reason, of balance, and of clarity.

"That is exactly why you were chosen for this role. There are many, and I observe them as do many of us, who want to jump on their horse. And what happens when you are doing that, not that there is not need at times for defenders of various positions and rights, but what it often is it creates a continuity of the duality. It is a continuity of the old. And what is not what we are co-creating with you. It is a very different paradigm." (12)

What prevents us from taking up the celestials' invitation to co-creative partnership? AAM says it's the fear of failing, being ridiculed, rejected, etc. (2)

AAM: You are at a point in human evolution, planetary evolution where everything is in alignment. Now what does that mean? It means a sacred, divine, eternal, infinite moment which translates in human form not as what you really call a moment, what we would refer to as several months, where humanity can fully transform but not by clinging and saying,

"I won't step forward any further because I am too afraid, I'm too angry, I am afraid of looking like a fool." That is a very big core issue for many, looking foolish.

S: Being conned, looking foolish and being rejected

AAM: Being abandoned, being betrayed, being conned, stepping out and believing that they were part of something big only to find out that they are alone, abandoned and isolated, separated from Source. So many are not taking the step and if the light-workers don't take the step then who does?

We are reaching down, your Star Brothers and Sisters are reaching down, as far as we can [consistent with the universal law of free will]. That's why we wish you could see the unseen as it were. We are inches away from one another. All we can say and what the ascended masters have been working on, what you would think of as night and day, is "Please don't quit!" (3)

Thus working co-creatively with the celestials is a key ingredient in building Nova Earth. Working that way is working in the same way the celestials work with each other.

Many are hesitant to engage with the Archangels for fear of being ridiculed or rejected. But if lightworkers don't take up the invitation and challenge, the attempt to build a new world will collapse. We are a vital part of this process because the Divine Plan says that only incarnated beings can make decisions for the wellbeing of Earth.

We need not only to keep going, but to assume greater and greater responsibilities, leaving our core issues, fears, and hesitancy behind.

This then is the process of co-creative partnership a Michael outlines it.

Footnotes

(1) Ibid., April 26, 2011.

(2) I can vouch for that. Even introducing the topic of divine co-creative partnership was confronting for me. Who am I to be writing this, I said to myself? What do I know about it? Am I not being arrogant and self-important?

(13) Ibid., Aug. 1, 2014.

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Archangel Michael: On Co-Creative Partnership and Flow



Archangel Michael on Co-Creative Partnership and Flow

Feb. 25, 2017

<http://goldenageofgaia.com/2017/02/25/286544/>

In my reading with him (through Linda Dillon) on Feb. 17, 2017, Archangel Michael looked back with me on our recent excursion into co-creative partnership and laid out some important elements of it, chief among them "getting out of the way."

He describes "going with the flow" as what we should be aiming for, confirming for me something I suspected - that, while linearity might be the paradigm of the Third Dimension, "flow" is the paradigm of the higher dimensions we're gradually accustoming ourselves to.

Thanks to Dana for our transcript.

Archangel Michael: You have been learning in a very practical way the process of co-creation with us.

Steve Beckow: I'm very much interested in that process, Lord.

AAM: It is not an esoteric study, although you also note that we have lead you back to some of the more esoteric material (1) but also the co-creation process because you need to know this.

As you go forth in the co-creation with us and on our behalf, by the way, of Nova Earth in physicality. It is important to know the practicality of that process as well.

So, yes, this is something that you are interested in and that we are interested in and you have need to have a fuller grasp of, let us put it that way.

But the biggest piece of this co-creative process, as you have learned, is getting out of the way. It is getting out of the way and at the same time participating, showing up and allowing the guidance to truly move you and co-create with you.

So often I have said to thee, “Follow your heart. What is your greatest desire? What is your grand passion?” These are important because you aren’t led and planted or directed to a deep heart desire if it is not part and parcel of the journey that you have, can we say, roughed out prior to your arrival.

And that roughing out of the plan of course, has been done in tandem with all of us. So it is not a singular plan. And then that plan of course has been interwoven into the greater tapestry of the Mother.

So often humans tend to think that co-creation requires work. And “work” in your terminology has a sense of burden and drudgery, responsibility and heaviness.

Whereas for us when we talk about work it is not a term that is laden with all those things because our work is our passion. Our work, as you would think of it, is our joy. So we don’t really go to work.

We tend to look at one another in the esoteric sense and say, “Well, what do you want to do today?” And that is also an ingredient of Nova Earth.

Now the human capacity tends to be quite stuck in duality where you are either working or you are taking time off. And in taking time off in that limited sense, you have to divvy it up in terms of spiritual work, or relationship, or play, or staring at the wall, etc.

Whereas in truth everything is unified and everything, in terms of your concept of a day or time, is in co-creative flow.

And so often, as you know, the most brilliant insights, the most brilliant ideas, the most pleasurable undertakings come when you are, not at rest, but in the relaxed state and, yes, sometimes in sleep because, as you also know, that is a very busy time.

So you have been engaged in understanding this co-creative process because as you become more busy - and that is a given - when we say busy we do not want to imply, “preoccupied.” When you are preoccupied or distracted, you stop the flow of creation.

So it is about being present - yes, attending to whatever needs to be attended to, whether it is having a shower or buying a building - but it is not being distracted by that. You have this expression of “being in the flow.”

But in truth you (and when I say “you” I mean the human collective but particularly at the head of that parade are the lightworkers) and so you are learning more about the joy, the pleasure, the ease, the grace of being in the flow.

And being in the flow is about creation and co-creation.

Later...

Steve: Did you inspire in me the vision of having high standards like, “noble stewards of the Mothers abundance” and “buddhas of business”?

AAM: Yes

Steve: You said a lot more and I’ve forgotten some of it but it’s all there, right?

AAM: It is all there and it will grow. Again, this is you becoming the steward of an organization and of an undertaking of massive, massive global impact and import.

You have the concept of the high standards or what we would call the ethical integrity standards and you have some cute and very powerful terminology so we don’t want you to get caught on the titles, sweet one. They will come.

Steve: When you say, “don’t get caught on the titles,” what titles... You don’t mean like President. You're not saying that, are you?

AAM: We are saying, don’t get stratified.

Steve: Don’t get stratified. Yes, very good. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.)

Footnotes

(1) Like Sri Ramana Maharshi, for instance. I've had an acute interest lately in the books on enlightenment that I used to write *From Darkness Unto Light. A Dictionary of Enlightenment*. Is this his "esoteric leading"?

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Archangel Michael: Celestial Project Management - Part 1/2



Celestial Project Management - Part 1/2

March 18, 2017

<http://goldenageofgaia.com/2017/03/18/celestial-project-management-part-12/>

The emails that you send us with your feedback are very helpful. They help us steer the craft, so to speak.

Also helpful is the mirroring I - and others - get from the celestials and ascended masters that we're able to speak to. In our case that would either be in radio interviews or in personal readings, through channel Linda Dillon.

It's like celestial project management on a joint celestial/human partnership.

I've shied away from posting material that could be interpreted as self-laudatory, puffery. But I also deprive you thereby of watching an archangel work with his servant, especially in divine co-creative partnership.

I can tell you that the loving treatment I receive at Archangel Michael's hands keeps me going many days and weeks, when I'm bone tired. I can't wait for the time to arrive when we'll talk again.

This particular piece of mirroring I received really did help me get a sense of what it is I'm doing, day after day. That's all it took to revive me - a sense of where we're going.

I'll add to it (tomorrow) a few comments he made later in the reading in which he told me to take a break after the Reval and go on vacation, inviting readers to plumb the resources of this site - the downloadable books, the library of articles, the databases of quotes arranged topically.

There's a huge amount of information on this site on a variety of subjects, all relevant to what's happening right now. But it took him saying it to have me see it.

Archangel Michael: Welcome, dearest heart, brother and ally, friend, warrior of peace and warrior of love. That is who I am and that is who you are. And, yes, we step forward in the fulfilment, you on Earth, on this beloved planet called Gaia, I as your wing man, quite literally.

We are a team. We are allies and we are brothers and the truth of this comes forward more clearly for you every day.

And, yes, it is important, my friend, to enjoy and to be in the fullness of your body, in the inhabitation of this sacred space because how else do you truly enjoy the bounty, the diversity, the beauty and the wonder of Gaia?

You do it from a different perspective. But even I, in one of my most delightful undertakings, with cooperation from beloved Gaia - to paint her skies. I do it with her, in honouring of the Mother. And you in a different way are painting the Earth.

And first you are laying a foundation, a primer coat of compassion and willingness and preparation and expansion and a depth of understanding, most sublime and practical, that allows the fine tuning and the next coat and the next coat and the next coat to be applied.

And you know as practical human - no, not handyman - (1) but practical human, that you cannot apply the additional coats. (2)

Michaelangelo (3) began with the primer coat so that what he painted would adhere for hundreds of years. And of course there have been beautiful touch-ups and refreshers but the pattern and the beauty is sustained and that is what you are doing.

So don't underestimate this preparatory phase. We know it feels at times like endurance but you've also been given many aspects and glimmers of delight of late. (4) That is helping as well.

Steve Beckow: It is.

AAM: So it is that fine balance - *refined* balance - that you are in the world and of the world and understanding what is transpiring, not only with Lightworkers, but with humanity. Because of course, that is the bulk of [our] work.

Now what happens is the Lightworker/Loveholder community are the Pathfinders, the Wayshowers and the tipping of the scale. But you cannot tip the scale and bring the collective to somewhere they don't want to go. So all of the work that is being done, both subtly and actually and practically, is helping. Understand this. (5)

Tomorrow we hear what he recommends for me when I go on three-week vacation after the Reval. This discussion is not like anything you'd hear from an earthly boss.

(Concluded in Part 2, tomorrow.)

Footnotes

(1) He knows that I loathe being asked to be a handyman. My father would not allow me near his tools and so I never learned to work with them. I'm not attracted to the handyman role.

(2) I cannot do it all myself. I'm forced to delegate. He knows me.

(3) He knows I love Michaelangelo.

(4) Glimpse of the Natural Self, experience of the door opening up when I saw that I was love, peace, and bliss, etc.

(5) Archangel Michael in a personal reading through Linda Dillon, March 10, 2017.

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Archangel Michael: Celestial Project Management - Part 2/2



Celestial Project Management - Part 2/2

March 19, 2017

<http://goldenageofgaia.com/2017/03/19/celestial-project-management-part-22/>

What boss would say what Michael does below?

Who would you rather work for? A boss like this or....?

He's setting the new paradigm. I get to be the first person to act it out on this plane of existence. Not like I understand all of what he says from the get-go. I usually have to reflect on it, digest it, assimilate it, etc.

The presenting problem is that I don't know what to do when I go on three weeks vacation after the Reval. Who at that time will want to edit a newsletter? No one. We'll all be out celebrating.

He uses the occasion to outline the old paradigm of work that has to go and identify the new one he suggests replace it.

Thanks to Dana for our transcript.

Steve Beckow: What will I do with the blog when I go on vacation? I can't see anyone wanting to sit in my seat. They'll all be out vacationing or celebrating. What is your recommendation?

Archangel Michael: Part of what we are doing is setting a new paradigm. And part of that is another paradigm is being broken and we are encouraging you all - but especially you, my friend - to break this belief that work is the ultimate.

The abuse of power, manipulation, control, particularly in your Western society, which has been adopted in the East, in India, in most nations of the world, has been that if you work, work, work, if you keep your nose to the grindstone, if you simply give all you have, then you will be favoured.

Most generally people have felt that it means that you will be favoured financially and therefore that you have to earn your place.

Now what that has done is that it has kept the freedom of balance, of the Divine balance, at bay. It has kept the balance of work and play and family and spirit and staring at the wall, at bay. And it has contributed to the coffers of those who are only interested in maintaining financial control and power over others.

We want that paradigm to not even be a shadow of Nova Earth and Nova Being. So it is harmonious balance in all areas and all realms. So what you are doing is declaring in actuality a break.

Now, let us suggest (and we are speaking to the channel as well) that there is enough material on our blog to keep people busy for years so it is not that there is an absence of material to occupy their minds and their hearts and to feed as inspiration for their journeys.

And in fact, in what you are calling vacation/holidays, during this hiatus of significant shift, let us put it that way, many will be needing, and feeling somewhat forced (and I do not use that as coercion; I mean inner motivation), to re-evaluate who they are, where they are, what they're doing, by going back to what we would call, some seminal material.

And you have written this and you have certainly covered the waterfront in terms of what to do, if and when, the RV occurs.

But also the inner preparation; it will be there. So what you are doing is allowing them both internally and externally to enter the spaciousness, to do that inner work and re-evaluation.

So you take a break. It is that simple. (1)

Footnotes

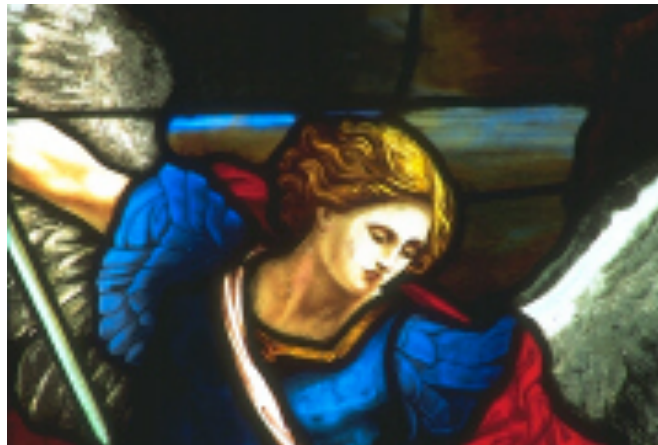
(1) Archangel Michael in a personal reading through Linda Dillon, March 10, 2017.

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Archangel Michael: Work Beside Us as Partners

November 9, 2021

<https://goldenageofgaia.com/2021/11/09/archangel-michael-work-beside-us-as-partners/>



I'm writing an article on the Company of Heaven's comments that humanity was not ready years ago for some truths but they are now.

In the course of it, I came across what I feel is a remarkable conversation with Archangel Michael, through Linda Dillon, on how to approach the delicate matter of saying I work for an archangel.

There are many pitfalls to making that declaration, as true as it may be.

His answer is remarkable on a number of levels.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 13, 2020.

Steve: How do I tell my employees, convince my employees and the bank and everyone else that I work with an Archangel? (Laughing) They're going to think me nuts!

AAM: I am not concerned about that.

Steve: No, I know you're not because you're living in bliss!

AAM: Well, what is to say that you are not living in bliss as well?

Steve: Well, by then I hope to be!... Because I'm gonna need it!

AAM: What you are asking is a discernment, what people can think of as a fine line. So no, you do not waltz into a bank and simply say, "I am working with an Archangel" because they will lock you up!

However, as relationships develop, as trust with certain individuals is built, when someone says to you, "where do you get these ideas from?" in a very discerning way and in a very grounded way, you simply refer to the fact that you listen to your heart and you listen to the divine and that you listen to your guides and guardians.

There is no need... I do not need the publicity and neither do you!

But let us also be very clear (no, we know that you do not want to be on the front page of any news screen) but as things are shifting, as the, shall we call it, new awareness, heightened awareness, interdimensional reality - because that is truly what we are talking about - as this truly anchors, not only in the heart, but in the thought patterns, the behaviour patterns of human beings, the idea of working with an Archangel is in fact going to be commonplace.

This sense of division is going to actually quite quickly disappear. The idea of a punishing deity that you need to earn favour with, curry favour with will change into the true knowing of what has always been the case, which is partnership.

You know that we have stated, the Mother has stated, I have stated, many of us have stated that our partnership in the old school was [in response to] a pleading for help. It was a desire like young, vulnerable children to be taken care of.

Now you have emerged into a different realm of existence where you work with us. Now that does not mean, let me be very clear, that we do not attend to you and that we do not take care of you.

But it is like the young adult that we do things in tandem together [with] so that you are coming to fully realize [more of reality] and in that be able to implement and work with us, beside us as partners rather than children.

Co-Creative Partnership and the Longing for Liberation

August 14, 2023

<https://goldenageofgaia.com/2023/08/14/co-creative-partnership-and-the-longing-for-liberation/>



The ideas are coming to me too fast to research and amplify. Either I'll have to post notes or lose the ideas.

Co-Creative Partnership

Archangel Michael: So what I'm asking you, it is a different form of our partnership and our channeling. So it is to relax into it and allow the words to simply, almost, fly onto the screen rather than struggling with the words. So allow it to come. (1)

Given that he said this back in 2012, it's interesting that I just had an experience (2023) of slipping into an expanded sense of myself while in the middle of writing an article. (2)

Nevertheless, it's still scary for me to let go to that extent. But if it increases the amount I get out of the way and let Michael speak through me, I'm all for it.

Again, I say this every time: I'm describing this co-creative partnership from my end so that others will be encouraged to seek the same partnership. Michael explains:

Archangel Michael: Are we [archangels] in partnership with every being on the planet? Yes. But it is difficult when you are in a partnership and the other person does not realize it. So we are working with those who realize we are in partnership. And so that is why we are having these conversations. (3)

That is the reason we're having these conversations: So that others can have a look and say, "Well, let me try that on."



The Longing for Liberation

I've usually, if not always, talked about the push to progress as a "longing for liberation." (4)

Now here's the Divine Mother putting an altogether-different spin on the impulse to evolve:

Divine Mother: Sweet angel, in this time of such upheaval and transition and, yes, pandemic, what could one ask for that is more pure and clear and sweet than feeling better! (5)

And the 9D Arcturian Council amplifies the comment:

9D Arcturian Council: We are always in the pursuit of the highest vibrational state of being that we have ever known. It is an all-encompassing pursuit that helps us to be better at serving all of you, but it is also a selfish pursuit. We want to feel as good as we can feel and move as close to Source as we can possibly be, and we do it for the joy of the experience, as well as the challenge of reaching for new heights. (6)

What better way could one feel than love-bliss-ecstasy? I suppose that, if one concentrated simply on feeling better and better and better, one would ultimately be led to the former. And that would be a pathway that everyone can understand.

Regardless, the longing for liberation will push us on, lifetime after lifetime, until we return Home.

... And then we go back out again. (7)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 10, 2012.

(2) See "Reminiscence Interrupted – Part 2/2," August 8, 2023, at <https://goldenageofgaia.com/2023/08/08/remembrance-interrupted-part-2-2/>

(3) "Archangel Michael: A Global Reset of Values, Part 2/2," channeled by Linda Dillon, September 16, 2013, at <http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-2-2/>

On Co-Creative Partnership:

- "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/>

(4) See *The Longing for Liberation* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Longing-for-Liberation-2.pdf>

(5) "Linda Dillon: Universal Mother Mary – The Nature of Our New Normal and the 'How-To' of Balance, March 24, 2021," at <https://goldenageofgaia.com/2021/03/24/linda-dillon-universal-mother-mary-the-nature-of-our-new-normal-and-the-how-to-of-balance/>.

(6) The 9D Arcturian Council, Channeled by Daniel Scranton, "Make Earth Unrecognizable by the End of 2021," Kathleen Willis to Steve Beckow email, July 19, 2021.

(7) Divine Mother: Now, in this journey — for some of you it is millennia, for some of you it is eons; it matters not — there is a drive and an understanding, an intellectual and spiritual understanding that your drive is to make the U-turn and to come back Home, to return Home to the Heart of One where you are so welcome until such time as you choose to emanate again. ("Divine Mother: My Desire is that Every Being on the Planet Falls in Love," October 3, 2014, at <http://goldenageofgaia.com/2014/10/03/divine-mother-my-desire-is-that-every-being-on-the-planet-falls-in-love/>.)

What is Lightworkers' Shared Purpose?

July 13, 2020

<https://goldenageofgaia.com/2020/07/13/what-is-the-shared-purpose-of-lightworkers-here-at-this-time/>.



What are we lightworkers doing here? With a cast of millions in ships above us, of what need are lightworkers? The Company of Heaven answers.

Question-and-answer format.

What is the shared purpose of lightworkers here at this time?

Archangel Michael: The purpose of the lightworkers - the purpose, in many ways, if we were to make a blanket statement of every single person upon the planet at this time – is the fulfilment of the Mother's Plan: The rebirth, the re-anchoring, the recommitment, the reactivation of love, of co-creation, of unity consciousness upon the planet. ...

The burden, the joy, the gift, the potential of the lightworkers, loveholders, lovebearers – however you think of this, saints and sinners – the opportunity for the shift, for Ascension, for the transition, for the formulation and anchoring, the building of Nova Earth is the purpose particularly at this juncture of the lightworker community. ...

Is this a time when lightworkers and loveholders will step forth and demonstrate not only their intention or their ability to hold the love, to be the love, but to demonstrate [love] in action, in form, in reconstitution of your society and all that that entails? This is the job right now of lightworkers. ...

And even as things shift, and shall we say, become more co-creative, the demonstration first and foremost, the building [of Nova Earth] is the mission and purpose of those who have chosen to incarnate at this time. (1)

But we're opposed by tyrannical regimes!

The God of this universe in Matthew's Messages: Tyrannical regimes must and shall change. Although plans are afoot for this peaceful revolution through a joint effort between your civilization and many of your space family, that does not absolve any of you who desire a finer, brighter world from the responsibility of helping to create it.

You all chose to be where you are at this time precisely so you could do exactly that! Actually, some of you embodied in other lifetimes as great leaders on Earth and well beyond, and you are back now to take on similar inspirational and constructive roles. (2)

Why do you need lightworkers in particular to step forward?

Archangel Michael: If no [lightworker] steps forward into [leadership] then there is a massive vacuum because many of the billions upon your planet have not yet learned, adapted and integrated the new tools – the fullness of this new energy.

So [when non-lightworkers] are assigned ... or try to step up ... to create and to take the leadership role, they do not have the training and insight to do it in a way that is achievable. ... So there is a lack, a vacuum of leadership.

Now, who, upon this wondrous planet, has been hiding in the shadows or edging out, or is in the limelight and is ready? ... Who has been diligent and practiced patience and fortitude and stamina, and anchored the divine qualities? Who is it that is prepared to do this? Well, it is the lightworkers. (3)

AAM: In order for the plan to be unfolding, in order for the practical building blocks (which is what you're asking for - money) to be in place, there has need to be a very strong re-assumption of leadership. (4)

But could not the galactics, for instance, do the job themselves?

AAM: They ... really ask for human leadership in order to be not be seen as trying in any way to assume control. (5)

What awaits those lightworkers who participate in stewardship?

AAM: Those who are in a position of stewardship, of beginning projects that lead the way to the building and the re-creation of what Nova Earth is truly about ... become the spokesbeings for many. (6)

AAM: If in your spiritual maturity, you go forth, and we believe you will (we strongly believe you will), [in the belief] that this unfoldment is underway and that you are demonstrating, not simply a primitive attitude or a tribal attitude but more of a global, universal attitude, then you are ready to not only meet with your star family but participate with them, their technology, their gifts, in community, to go forth in the next phase in the building of Nova Earth.

That is why we have also said (this is an aside), there will be several waves of abundance. (7)

Footnotes

(1) "Archangel Michael on Lightworkers' Collective Life-Purpose Today," Oct. 22, 2016, at <http://goldenageofgaia.com/?p=282645>.

(2) God in Matthew's Message, July 4, 2013, at <https://www.matthewbooks.com>.

(3) "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/>.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 3, 2015. Hereafter AAM.

(5) AAM to Kathleen Mary Willis, Nov. 13, 2011.

(6) AAM, May 27, 2016.

(7) AAM, March 10, 2017.

Emergence, Divine Assistance, and Rising Energies

November 27, 2023

<https://goldenageofgaia.com/2023/11/27/emergence-divine-assistance-and-rising-energies/>



I'm beginning to think that what lies before us as lightworkers is a process of emergence (1) plus divine assistance. (2)

We emerge from the overburden of our core issues and resentments.

Our divine assistance comes in the form of bursts of energy, reminders, urges, etc.

When I get an idea from Michael, it's usually accompanied by a burst of energy. That burst may excite mild curiosity or it may send me running for the keyboard. Either way, I'm very conscious of his participation in the writing, which he acknowledges here:

Archangel Michael: Know that I am right next to you. Sometimes I am typing, sometimes I am moving your pen, always I am whispering in your ear. (3)

The work we do to complete our core issues and resentments PLUS the help our divine partners give us PLUS the increasing love energies being beamed to us are, in my opinion, what are having us open so widely to the Ascension energies.

Everyone will experience them, as far as I'm aware, but not everyone will be able to tolerate them. Some may have to veer away and not fully experience them. For them the event may remain in memory as a peak experience.

Or they did open fully to it but they hadn't assimilated the necessary light to be able to tolerate life afterwards, in that higher-consciousness state. It wasn't their time. But their time will come, as Sri Ramakrishna said:

"It may be that some get their meal in the morning, some at noon, and some in the evening; but none will go without food. All, without any exception, will certainly know the real Self." (4)

Everyone journeys from God to God, with "scenic detours." (5) Everyone is destined to complete the journey.

But we speed that evolution along when we commit to emerging. Commit to pushing our edge. Commit to unfolding.

The three together - our emergence, divine assistance, and rising love energies - are what are floating our boats. We're rising with the tide, our craft having proven seaworthy and with ample supplies stowed away.

And the tide is taking us on to Ascension, to an Ocean of Love, to a fountain of bliss.

Footnotes

(1) See:

[On Emergence](#)

[Emergence as a Path for Lightworkers](#)

[Lightworkers: Creating a World that Works for Everyone. Vol. 3: Emergence and Service](#)

(2) See Our Enlightenment Partnership and Co-Creative Partnership.,

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 21, 2012.

(4) Paramhansa Ramakrishna in Swami Nikhilananda, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 818.

(5) Divine Mother: There are many scenic detours, as you well know because you've taken some of them, and that is a good thing because people have need to understand the range of their free-choice/free-will decisions. But there are times in human lives when they veer so far into ego, into abuse, and control, and power-seeking that they lose sight that they are part of me. ("Linda Dillon: Divine Mother – A New Realm of Consciousness," July 26, 2020, at <https://goldenageofgaia.com/2020/07/26/linda-dillon-divine-mother-a-new-realm-of-consciousness/>.)

⌘ Shifting the Feeling State ⌘

The Emotional Truth

June 6, 2018

<https://goldenageofgaia.com/2018/06/06/the-emotional-truth/>



Who's the fool who told you not to cry? (Michael Jordan weeps upon being honored in 2009.)

So often when we're communicating, we're stating, not the actual or the whole truth, but what is for us the emotional truth - what we feel to be true.

The typical exchange that occurs then is that the listener may say, "That's not true."

No, it isn't the complete truth. It's the truth of how we feel.

If the listener holds out for the complete truth - which the speaker is often not aware of and which communication of the emotional truth is a step towards - he or she is missing a valuable piece of the puzzle.

We miss a bet in not accepting the emotional truth as an important step in seeing the other person's total message.

Moreover, any road in can be the spark that ignites the "Aha!" moment that listening so often results in.

When I listen to another's upset, I listen in stages - vertically and horizontally.

Vertically recognizes that most of us talk in chapter headings. Any one sentence, I find, can be unfolded profitably. What the listener does is keep in mind the totality of what's been said so far and weigh which chapter headings would best repay unpacking.

Horizontally means I listen in passes for aspects of the truth. The first aspect is for me to get the story. (1) After hearing the story from beginning to end, I then circle back, asking the speaker "How do you feel about all that?"

We then work our way through the emotional truth on the second pass.

The third pass may be to see what conclusions the speaker has reached and what decisions flow from that.

At any point in the listening, the speaker may have an "Aha!" moment. Once they've seen the picture that the puzzle was, I usually don't go further. To do so risks plunging the person back into the upset.

I know I'm repeating myself in what I'm about to say next. I'm doing so because the point is so important that I think it needs a bit of repetition to really impress itself on our minds and hearts.

In my considered opinion, what is most important to human beings - more important than anything else I can think of - is how we feel.

Some might say that money is more important, or having a house, or marrying and having kids.

But I think that everything we do is overshadowed and shaped by our desire to feel a certain way - loving, blissful, joyful, peaceful, etc.

My favorite example is the couple who pay \$6,000 for a vacation in Hawaii, all for that magic moment when they stand on the balcony and look out at the land and sea: "Ahhhhh."

For that "Ahhhhh!" has the \$6,000 been spent. (2)

I know that the divine qualities reside in my heart. As a result, I don't need to spend \$6,000 on setting the stage and hoping for the result.

The result would be me drawing bliss up from my heart anyways, \$6,000 or no \$6,000.

The other scenario is that we stand on the balcony in Hawaii after spending much of the \$6,000 and we *don't* feel bliss. We didn't draw it up from our hearts for whatever reason.

After all, that bliss does not reside in Hawaii, in the airlines, or in the restaurant we had our last supper at. It isn't a characteristic of the landscape or seascape. In the final analysis, it's what we bring to the party.

So the *emotional* truth just may in the end prove to be more important for us as listeners than the *actual* truth.

Unfortunately, as far as I know, we're not trained in school or anywhere else these days to get in touch with our feelings. Most people I've run across, when asked, do not know how they feel.

Or they say "I feel that..." That's not a feeling.

After the Reval, I'll be trying to kickstart the human-growth movement again for the purpose of allowing us opportunities to actually get to know how we feel.

Feelings are part of the experiential level of reality, which is juicier, more alive, and more rewarding than the intellectual level. In my view, we need to discover or recover the ability to know and contact that higher level of existence.

Next stop after that: The realizational level of existence.

Footnotes

(1) Many listeners often look down on the story, considering it a "head trip." I think that everything a person communicates in an upset is important to unlocking the meaning of the upset.

(2) And then we furiously snap photographs to remember this magic moment, even though the act of snapping the photographs interrupts the very feeling state we've worked so hard to stage.

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.)

Feeling Loving, Blissful, and Ecstatic is an Inside Job

November 3, 2021

<https://goldenageofgaia.com/2021/11/03/feeling-loving-blissful-and-ecstatic-is-an-inside-job/>



Thou shalt become like a child to enter the Kingdom of Heaven

If it's all about how we feel, as I believe it is for us humans, then what am I doing, in a take-charge manner, to see that I feel my best (as defined by me)?

No, I don't mean anything external. I'd like to keep our attention on the internal. It doesn't cost anything and promises the best results.

In my opinion, feeling loving, blissful, and ecstatic, which is our end goal, is an inside job.

Despite what we've been sold ... I mean, told ... feeling these ways happens on the inside of "us," and it happens because of events that happen on the inside of "us," whatever "we" are.

Let me put first things first: There is an "I" that's always around. It doesn't sleep when the body sleeps. As a matter of fact, even the lower bodies - lower than the "I" - don't sleep; only the physical body does.

That "I" witnesses and experiences what the other bodies experience. The purpose of those bodies is to give the "I" experience on the level the body is appropriate to - astral, mental, causal, buddhic, etc. (1)

We seek enjoyment from experience, but we also seek wisdom. All that is taken with us, when we leave the body for good, is the memory of the experience.

Experience, enjoyment, memory - all of these happen inside. With me so far?

Really, as far as I can see, we live in a bubble or field of awareness. We go through life experiencing, enjoying, and remembering. It's no stretch to then observe that my field of awareness is my responsibility to work with such that I maximize the love, bliss, and ecstasy that I feel. No one else can do it for me; no one else would want to do it for me, not even my guides.

Here am "I" in my field of awareness. My body comes and goes, but I carry this field of awareness with "me."

How do I work with it? Well, first of all, I need to take my thoughts seriously. I need to listen to myself, above all else, so that I can effectively do Step Two.

You'll recognize this as the basic agreement of the awareness path: To maintain awareness of ourselves.

Second, when I find a bad idea, I need to raise it to awareness as much as need be and then drop it. Just drop it. No need to fill it in with anything else.

We're heading, among other things, for stillpoint so no need to manufacture a new thought. Let all thoughts go if you can. (That doesn't mean to lose situational awareness. Be safe.)

Raising the idea to awareness in the first place, however, has three benefits.

(A) It means we'll recognize the ill-advised idea more easily next time it comes. We can then dodge it like a matador.

(B) Raising something to awareness and allowing it to be hastens its departure. Awareness is not neutral; it's dissolving. The flip side is that what we resist persists, Werner Erhard observed.

(C) Becoming aware of something ill-advised makes it more difficult to do a second time. We're now consciously watching ourselves do it whereas before we were unconscious of doing it.

Fourth and finally, I recommend we draw love, bliss, and ecstasy up from our hearts and experience it. Be with it. Meditate upon it. Our hearts are our portals to a higher dimension.

Let me stop here so as not to overtax your willing patience.

The start of every spiritual path is purification, cleansing of the vasanas or core issues. The cleansing of our field of awareness is that first step on the spiritual path.

That cleansing process begins with awareness.

Footnotes

(1) The purpose of experience is to help us to develop discrimination. What we ultimately need to discriminate between to fulfill the purpose of life is between the Real and the unreal. Realizing the Real is the purpose of life.

(2) “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.

My Life Over Here and Love Over There

January 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, (1) 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 first by drawing love up from my heart and swirling it around my field of awareness. 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. (2)

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) I'm responsible for the love I want, rather than thinking you are, in the sense that it comes from my own heart, upon me drawing it up. Once we really get this, it'll alter the way we approach relationship. I may or may not get love from you but I certainly get it from my own heart.

(2) 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>

Newest Kid on the Block Chooses Happiness

January 18, 2024

<https://goldenageofgaia.com/2024/01/18/newest-kid-on-the-block-makes-choice-of-happiness/>



When I look at all the different colors of the bottles that I paint (as a relaxing hobby), I feel greatly elevated, inspired, captivated somehow. I go up, as I said earlier, through love to bliss. The colors remind me of something.

But I don't allow myself to stay there. As I said in an earlier article, I see love as over there and me as over here. I "take time out" from "real life" to love. (1)

Same with bliss. I don't want to be accused of blissing out. I'm grounded. I have my feet on Mother Earth. I'm knowledgeable, reliable, etc., etc.

Again, this is also part of a much larger picture, tied up with maleness. Males don't bliss out. Males stand on guard, protect, look out for the herd.

The next thing I feel is that I'm cut off from my higher feelings like bliss, ecstasy, peace, and the other divine qualities - cut off, that is, from really entering into them instead of taking a mere sip as I pass by.

My breath is constrained for some reason. There's some holding. Let me look at it.

I sit with my awareness on that muscular tension. I see its connection to my vasana or core issue of disappointment in my family. I resolved to never be happy because I'm just going to be disappointed. Every trip is ruined. Every movie, dinner out.

Once the truth is seen, the tension lifts.

I check back with my breath. I breathe up love, listening to a Youtube of "Aum," and find what was previously a "stop" or limit is now gone. I consider that more relaxation.

And with more relaxation, I sink deeper into meditation.

I posted an article today called "Happiness is a Choice." (2)

To a troll under the bridge, such a statement would be sacrilege.

Bah, humbug!

But having come out from under the bridge some years ago now, I've recently settled down in positive territory. "Hi, there! How are you? Yes, I'm new here."

Now happiness as a choice makes perfect sense to me. I flirted with choosing happiness today. On another occasion I made a stumbling attempt to be happy with a passerby. Thank heavens for the anonymity of modern urban society.

I'm the newest kid on the block in this whole area but more than eager to learn.

"Hello, sir. Enjoying the snow?"



Mind the road repair!

Footnotes

(1) "My Life Over Here and Love Over There," Jan. 3, 2023, at <https://goldenageofgaia.com/2024/01/03/350834/>.

(2) Sarah Perron, "Happiness is a Choice," January 18, 2024, at <https://goldenageofgaia.com/?p=351271>

What Place Gentleness in a World at War?

February 10, 2024

<https://goldenageofgaia.com/?p=351873>



*Amelia (right) and grandmother, Kathleen:
They don't come more gentle than her*

[Kudos to Tucker for having created such space and such an opportunity for a breakthrough in international relations. I'm excited to see what follows....]

What place is there for gentleness in a world at war?

If you're on the front lines facing someone out to kill you, no place, probably.

But if the brave people on the frontlines want us to stay away from it all, then we begin to see that we can make a place in our lives for gentleness.

Gentleness has a future; roughness does not.

Kindness has a future; cruelty does not.

The divine qualities - all of them - have a future. Evil and cruelty and all the base qualities do not. What was it Michael said? "Hatred, greed, control do not get to win." (1)

And Matthew:

"The low vibrations of control, greed and deception are being overcome by the high vibrations of self-confidence, optimism and freedom as more and more of Earth's peoples are absorbing light.

"Light, the same energy as love, is Creator, the Source of All That Is—that is who you are, who every soul in the cosmos is—and the light you radiate is helping Earth's peoples awaken into that reality.

"By observing the ongoing drama of this process but not being drawn into it, you are further empowering yourselves, the peoples, and all other light beings in this universe." (2)

The white-hat Alliance doesn't want us on the streets when things heat up. And here you have Matthew affirming the same thing for the Company of Heaven: "By observing the ongoing drama of this process but not being drawn into it...."

Well, then, what are we to do in a warring world, we who look to and hope for gentleness to win the world from war?



The way I'm seeing things at the moment, we have complete permission to focus on two things we may not usually have as much time for, in this critical phase of the global accountability process.

(1) Paying good-quality attention to our relationships during the chaotic passage, particularly our families, and particularly, in our families, our children.

(2) Furthering the communication revolution - the Love Revolution - that will soon take place on the Internet either now or after the Starlink and QFS systems start up.

Say what?

The Love Revolution in Earth's affairs that is taking place as a result of the white hats' efforts (at least since John Kennedy's death) is going to be greatly aided by the introduction of both Starlink and the QFS.

They're two tools in doing away with cabal censorship and control (Starlink) and providing a safe and instantaneous money transfer system (QFS), at present two chokepoints on today's Internet - and activists.

If things go as planned, We the People will now have full control over our communication tools and money transfers. (G/NESARA will do the rest.) (3)

We need to use these tools to organize ourselves as a world, a world that's just finding its voice. A world that cries out for freedom and work and food and safety, but hasn't yet joined together.

Tucker's interview with Vladimir Putin showed us the tremendous usefulness of the Internet in the hands of honest investigative journalists.

Joining together as a planet is what the Internet will become used for, I predict. It's getting over its gee whiz phase and will eventually turn to expressing public opinion (votes, polls), organizing, and making our collective voice heard.

By staying home but using the Internet - new or old - to its full potential, we are part of the Love Revolution. In some places, tough love: people are dying. But in other places, as Amelia knows and shows, gentle love.

My job is just to say. Others have to act. If I act, we'll lose a writer. By the Peter Principle, this is my level of competence as well as my passion. (4)

Footnotes

(1) "Archangel Michael on Our Power to Create and to Co-Create," October 10, 2019, at <https://goldenageofgaia.com/2019/10/10/archangel-michael-on-our-power-to-create-and-to-co-create/>.

(2) Matthew's Message, Sept. 1, 2022.

(3) See *What's Next?*

Vol. 5: *G/NESARA* at <https://goldenageofgaia.com/wp-content/uploads/2024/01/Whats-Next-5-2.pdf>

(4) The Peter Principle states that competent people are promoted until they reach a level of incompetence in their jobs. I presume there they stay. I'd rather write.

This Soundest of Medicines

January 23, 2024

<https://goldenageofgaia.com/?p=351259>



Credit: clipart-library.com

I've written elsewhere that, for most of us, life is a simple matter of getting pleasure and avoiding pain.

Anyone who causes us trouble, invites us to feel miserable, etc., is to be avoided. The same could be said for foods, vacations, friends, everything.

Anything that has us feel good is to be cultivated. Those will vary with the individual.

If you listen to our conversations these days, they're heavily about what we like and dislike. And we think that when we match up in likes and dislikes, we'll make good and fast friends.

We're shocked when it turns out to be not totally true - some do, some don't. Shared likes and dislikes did not provide a sound foundation.

In my humble opinion, so far we've missed the point. "Feeling good" is an OK paradigm, as far as it goes. Problem is: It doesn't go very far.

It does not reach so far as to take into account transformative or higher-dimensional love.

That domain is as far beyond "good" as the Earth is to the Sun. Well, you know what I mean. The former is out of this world. In a manner of speaking.

There are no 3D/4D words for it. I'm not sure that higher-dimensional love, *real* love is recognized as existing by most people.

I breathe it up now from my heart and it calms and quiets me.

How I wish everyone could know this soundest of medicine that Big Pharma can never tamper with. And free ... for the asking. (We have to ask first, by the Law of Free Will.)

No sense carrying on now. This love has me forget what the question was. I'm most amenable to every good thing and sound argument right now. As long as it can be answered in the moment. There's nothing in me that wants to delve into the past.

How We Manipulate Reality: The Role of the Cosmic Forces or Gunas

January 21, 2024

<https://goldenageofgaia.com/?p=351186>



What's this?

As a child I had a deep belief that only what I can see around me is real. Only what I could see, exists. Only what comes into my sight needs to be taken into account.

I think of seeing Kathleen's granddaughter, Amelia, all of two years old, staring at her Zoom class on the screen. "Oh!" Her boundaries of what's real just got wider.

And, of course, she just accepts it all.

I'm willing to bet that, at that age, we're unsocialized and just like little Gods, saying, "Yes! No! Yes! No! No!" As far as we know, all our commands are being obeyed. When they're not, we cry ... until they are.

Allow me, if you would, to extend this discussion now into what we're doing when we as humans act. We are manipulating cosmic forces that the One provides us

with to achieve our goals in everyday life and in our lifetime. Little Amelia's yeses and no's could be examples of that.

What I'm asserting here is that we learn to use the three cosmic forces, which Hinduism calls rajas (creation), sattwa (preservation), and thamas (transformation), to manipulate our reality and take stock of our actions.

I have no experimental data to point to to bear out what I'm about to say here. It's all hypothetical.

One day, as I've written about, I watched myself blanket my awareness so that I forgot about a line of action I was contemplating.

Wow, is that how I do it?

I began to watch myself more closely to see if I could detect other uses of the gunas.

I have to add here that, when we consider the gunas as personality traits or forces that we use, thamas becomes lethargy; rajas becomes busy-ness; and sattwa becomes passive purity.

On the day I wrote my lethargy up, I watched myself blanket my awareness with it, such that I utterly forgot my original intention and moved on, seamlessly.

No protest. Ordinarily, no awareness of what just happened. This was me using thamas or lethargy to stop forward motion on a matter.

The descent of lethargy felt like a judge intoning "No!" from a high judgment seat. It was final, unquestioned. And I moved on, with no feelings about it.

If I forget my intentions easily and lapse into what others perceive as "doing nothing," then we're said to have a thamasic or lethargic nature. But I'm not talking about our overall personality traits. I'm talking about the use of lethargy to have us forget and move on from something we've rejected.

I know that, when I feel rajasic, I'm craving busy-ness. When I'm busy, I reach a certain level of input and output, in the face of which I say to myself, "Hmmm... This was a good day. I feel well exercised, intellectually."

Unless I feel like I've had a good trot, or even a good gallop (like here), I don't believe I've gotten a lot done that day. Then I'm crabby. That's rajas protesting.

Sattwa, of course, is the experience of love and its divine qualities or flavors or variations, like peace, joy, compassion, etc. In the face of them, our busyness falls away and our attention becomes passive and open.

This is a different kind of "doing nothing" than thamas or lethargy. And it's a different kind of "doing something" than rajas or busyness. You could think of rajas as the gas pedal and thamas as the brakes. According to this metaphor, in sattwa, we have it in neutral!

It's only taken me sixty years since first reading the *Bhagavad-Gita* to be able to watch myself and see the operation of the gunas, provided what I say is correct.

If I'm not, then, in correcting me, you'll establish what's correct. That's how our knowledge grows and evolves.

For now, I'm content to watch the rise of a new and good idea and observe myself get to work on it, all energized (rajas), reject certain other ideas and blanket them in lethargy so that they disappear from my attention (thamas), and sit back in satisfaction and the cessation of desire at the end of it when the job is done (sattwa).

I seem to be using the gunas and they're using me. I use the gunas to "do" (rajas) and "not do" (thamas), and appraise and enjoy (sattwa). On the cosmic level, the Mother uses the gunas to accomplish her aims and unfold her Plan: build worlds and ascend worlds.

Creation, preservation, and transformation - the Mother's pattern for the material world - is here manifesting as the gunas or cosmic forces.

I Go Another Way

March 5, 2020

<https://goldenageofgaia.com/2020/03/05/i-go-another-way/>



Credit: fggam.org

Over and over I return to the sense I have that our responses to our feelings are the major drivers in our lives.

I watch myself move from one feeling to another - from happiness to irritation, from concern to relaxation - and what I notice about myself is my extreme reaction in the face of any one particular feeling.

If I'm irritated, I'm super-irritated. If I'm happy, I'm super-happy. I'm not at all balanced in my responses to feelings that arise.

These responses to my internal states are what others see. They determine the particular mask I might choose to wear with people. I'm either denying or embracing my exaggerated responses.

They determine my lines, costumes, gestures, etc. Collectively they contribute a great deal to what others perceive of as "my personality."

I'm like a stimulus/response machine reacting excessively to my feelings. Do I want to continue this way?

No, I don't. I'd like to break the stimulus/response pattern by inserting a moment of reflection between them: Stimulus/reflection/response.

By interposing the observer into the stimulus/response equation, I hope to break the momentum, apply the brakes, and limit the extreme, unbalanced response to any one feeling. Well, that's my hope, my intention.

Meanwhile, I'm simply treating the symptom. What's the root cause of the matter?

I look and see that it's simply a case of intergenerational transfer. I copied one of my Dad's patterns.

So no more stimulus/response to errant feelings. I'm not my feelings. I'm not run by my emotions, no matter how productive it is to know and experience them.

Responding to them unthinkingly hasn't proven productive for me. I repent. I "go another way."

I invoke Sanat Kumara and the Law of Elimination to take this unwanted habit pattern from me.

We Talk Little about What's Most Important to Us: How We Feel

October 28, 2021

<https://goldenageofgaia.com/2021/10/28/we-talk-little-about-whats-most-important-to-us-how-we-feel/>



How do you feel?

From a life of observation, as you know, I've reached the conclusion that how we feel is what's most important to human beings. Everything seems to get channeled through the filter of "how do we feel about it?"

We go to Hawaii and rent a room over Waikiki for that magic moment. What does that magic moment boil down to? How we feel.

Although we may not acknowledge it, everything about relationship seems to revolve around how we feel. Any decision from buying a car to conceiving a child is filtered through it.

I could argue that we're captive to our feelings. Although we're largely unconscious of it, they show up as who's steering the boat, who's deciding our choices, who are our friends and who our enemies, etc.

The ironic thing is that, though our feelings may rule us, we either don't have a language to discuss them with or else for one reason or another don't use the one we have.

Our emotional IQ, to borrow a phrase, doesn't seem to be very high these days. It was in the growth movement of the 1970s.

In part that devolution of consciousness was planned. Team Dark has in every way tried to dumb us down - chemtrails, vaccines, media programming, advertising, sports, glamor, automation, recessions, overseas outsourcing, jobless recoveries, unemployment, MacJobs, etc.

As we now begin to awaken to the deadliness of the vaccine and the plight we've put ourselves in, having been raised on deadening fare so far, we may be ill equipped to handle the emotional upset we're about to experience.

In particular, we haven't been educated on how to handle our low spots. If we feel low, we tend to feel low about feeling low.

We don't let it be and just observe it, remaining aware and watching it pass like a cloud overhead. Instead, we get inside the feeling, get behind the steering wheel, and drive it around. We project our anger and upset onto others, when it's just us that's been triggered, usually by something in our past.

I said earlier that we either don't have a language to discuss our feelings with or else for one reason or another we don't use the one we have.

As a result, I could arguably say that we talk little about the most important thing in our lives.

Ask a person how they feel and they likely will say "good" or "tired." And that's about as far as the discussion goes.

If a person is low, we listen for a short while and then say something which usually boils down to "you shouldn't feel that way. Cheer up."

As Gabor Mate's work is showing, we never learned how to be with an upset person or to handle our own upsets.

The wounds we received in early life - our early childhood trauma, to use Gabor's term - fashion our responses rather than our responses being spontaneous (if any of our responses ever truly are).

I fervently hope that all this changes in the future. I'm working to see that we relearn an emotional vocabulary and accord our feelings their rightful place among the determinants of our behavior.

And that we learn how to handle the down times.

But most of all that we take responsibility for the way we feel and then begin to do what has us feel at our best.

What has us feel at our best is a synonym, a code word for the divine qualities or divine states. Love, peace, bliss, happiness, joy, abundance, mastery, etc. - these are higher-dimensional states of consciousness, rather than feelings.

They transform the way we feel if they're the genuine article.

I hope that we begin to explore what has us feel best, share about it, and develop a culture after the deep state is gone that opts for emotional transparency and enjoyment of the divine states.

The divine states, I assert, represent the spectrum of states of consciousness in which we feel best.

Why Is It So Hard to Do the Right Thing?

July 28, 2017

<https://goldenageofgaia.com/2017/07/28/why-is-it-so-hard-to-do-the-right-thing-2/>



The Humpty Dumpty Man closes in on the Self

I used to ask myself, day after day, why is it so hard to do the right thing?

And finally I got an answer that fit, that resonated with me. The reason was that doing the wrong thing felt so good.

Lust. Mmmmmm.... Looove it.

Greed. Hee hee hee hee. All mine. Love it too.

Arrogance. I'm better than you are. Got him good, didn't I? Heh heh heh.

But the *results* of all of them - long term and often short term - were uniformly miserable and sometimes catastrophic.

One who lusts wears the face of lust after a while, I'm told by women. Everyone knows the glint of greed in the eye. Arrogance drives people away in droves.

We try these states as kids, get feedback from the environment, and let them go. It's called "growing up."

Even after growing up, we still remember what they feel like. Our humor often allows us to experience them for a moment under the guise of jokes and comedy. All mine. I'm better than you are. Mmmmmm....

It's my understanding that these early-learned, deep, and persistent memories will only be erased in the fire of Sahaja. Until then, it's my belief that they'll arise and that they, unto themselves, are no cause for alarm, self-judgment, or resignation.

What we do with them may present a hindrance to us at this late stage of the game. But like everything else we can let them go - if we want.

If we identify with them and don them like a suit of clothes, we may seem a little behind the wave. With the intensifying of the incoming energies, the baseline of spirituality seems to be rising along with the emotional floor. Calmness and balance seem to increase as a result.

If we flirt with the denser emotions and attitudes at this late stage of things, I think we stand to lose out from a portion of the experience of gradual ascension. It'll be watered down a bit. Not fatal, but a moderate loss. It won't be the full magnificence.

I go in and out of this new space of mastery, from which decision-making is straightforward and easy. I learn more and more about it every day.

However, the situation is the same as what Werner Erhard used to say about truth. It makes no difference that we told the truth yesterday. We have to tell the truth again today. There's no shelf life to truth-telling.

By the same token, living from the space of mastery is not something which, if I did it yesterday, I don't have to recreate or call it forth again today.

We can't put "mastery" in a bottle and take it out whenever we need it. We can't deposit it in our savings account and make a withdrawal later. We're either in it or we need to recreate it.

How do we recreate it? That calls forth information I haven't thought about in a while.

There are several ways I'm aware of to presence the Self. They also fit with the path of mastery.

I've tried all these techniques and, when I work with them with consciousness and commitment, I experience a deepening of my understanding and experience. Each is like a love bomb, removing a little more of the overburden or actually calling the Self forth for a time.

- (1) Tell the truth, including sharing all withholds.
- (2) Make a difference in someone's life.
- (3) Be with our experience until the truth reveals itself.
- (4) Process our vasanas and conditioned behavior.
- (5) Make a declaration, a promise, a commitment.
- (6) Take a stand.
- (7) Complete something.
- (8) Breathe up the love from our heart and come from that.

These now need to be my tools.

The thing I glimpsed today was the possibility associated with the space I call "mastery" to integrate the knowledge gained from different experiences, aspects of myself, pieces of the puzzle.

Hold the Maltese Falcon. (1) The Humpty Dumpty Man (2) is closing in on the Self.

Footnotes

- (1) The prized treasure in a Humphrey Bogart classic of the same name.

(2) See "Putting Humpty Together Again – Part 1/3," at <https://goldenageofgaia.com/2016/07/18/putting-humpty-together-part-13/> for an account of my fifty-year dissociation.

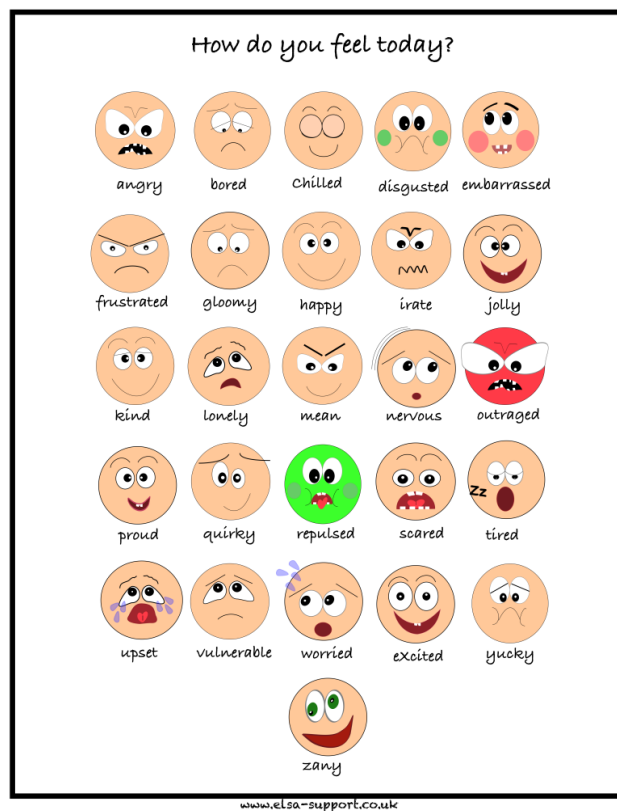
If you insist on more: "Putting Humpty Together Again – Part 2/3," at <https://goldenageofgaia.com/2016/07/19/putting-humpty-together-part-23/> and "Putting Humpty Together Again – Part 3/3," <https://goldenageofgaia.com/2016/07/20/putting-humpty-together-part-33/>.

Now Humpty zeroes in on the target: re-integration of the being and the recovery of balance.

A Quicker Road Out of Misery

February 1, 2019

<https://goldenageofgaia.com/2019/02/01/a-quicker-road-out-of-misery/>



The behavioural sequence [feeling ----> action] goes on below conscious awareness, in the background of unconsciousness, so to speak. But I consider it the most important process in our lives.

Behavioral scientists say that life is all about getting pleasure and avoiding pain. I don't think that's far off.

Life is about being in the divine states - love, bliss, joy, peace - and avoiding the denser emotions and vibrations - anger, jealousy, hatred, spite, etc.

I keep looking to my thoughts as the way out. I certainly wouldn't deny the power of thought. But in this vibration we're in now, I see the role of feelings - the experiential side rather than the intellectual - as much greater.

If I didn't hold this view, I'd attribute the change in me around my financial situation to the thoughts I had.

The thoughts played an important role. The truth and a plan were what set me free. But the desired outcome is a shift in my emotional state. (1)

I need to cut to the chase and do whatever is necessary to shift my feeling state. In this case it was telling the truth and having a plan.

It doesn't work to simply tell a person to "Level up," "Cheer up," or "Raise your vibes." This can be seen as a manipulation and control. And it may well be. (2)

But to draw love up from my heart or to process a perceived obstacle to love, that works. To forgive, have compassion for, and be grateful - as Kathleen recommends - works.

And I also have the list of strategies that I gathered together earlier, mostly from Werner Erhard workshops.

- (1) Tell the truth, including sharing all withholds.
- (2) Make a difference in someone's life.
- (3) Be with our experience until the truth reveals itself.
- (4) Process our vasanas and conditioned behavior.
- (5) Make a declaration, a promise, a commitment.
- (6) Take a stand.
- (7) Complete something.
- (8) Breathe up the love from our heart and come from that. (3)

What each of these does is it clears the space inside of us for the Self or love to show up.

I need to become ever more consciously aware of my feelings and do what I need to do to free them. That's a quicker road out of misery, at this dimension, than working with my thoughts.

Footnotes

(1) I wonder if what I say here will seem basic to a woman?

(2) By the same token, different people will put what I say here to different uses. If a person sees themselves as a victim, they may say "you made me angry." If they feel a need to be in control, they may say "Lighten up," etc. The point of view that feelings motivate behavior is neutral and can be put to any use, constructive or otherwise.

(3) "Why Is It So Hard to Do the Right Thing?" July 28, 2017, at <http://goldenageofgaia.com/2017/07/28/why-is-it-so-hard-to-do-the-right-thing-2/>.

⌘ Integrity ⌘

What is Integrity?

March 30, 2022

<https://goldenageofgaia.com/2022/03/30/what-is-integrity/>



What is integrity anyways?

We talk about integrity in journalism. No good just throwing words around. What is that quality?

Well, first of all, in my view, integrity is adherence to the truth. Ranged against adherence to the truth are a fear for one's life, fear of a loss of livelihood, pressure from others, etc.

Like so much else in this Age of Devolution, integrity as reverence for the truth seems to have suffered. We lack a good moral compass.

Integrity is also being good for your word. Our word is more valuable than anything else I can think of in the interpersonal arena. If the truthfulness of our word or the failure to honor our promises becomes an issue, we've lost a great advantage.

As a person who adjudicated claims, I know that the whole hearing room atmosphere would shift when the first lie was told and made known. Contradiction,

inconsistency, impossibility - it mattered not. Any swerving from the truth needed to be explained satisfactorily.

If not, then the proceedings became about credibility. They ceased to be about wholly accepting a story. Up till that point, it sounded credible. Now it had become suspect.

We're less formal in everyday life but that doesn't mean we don't judge the other's credibility. Just without the tools and laws.

Telling the truth and keeping one's word are things we learned in kindergarten: Take turns; put things back; keep your word; tell the truth. (2)

I consider this the hallmark of a "decent" person: What they learned in kindergarten they still practice.

A population that agrees to act decently - which implies fairness and compassion - is a population that will want a journalism of integrity. There'll be fertile ground and a healthy demand for such a press when we return to a basic standard of morality, a basic standard of decency.

So to answer what is integrity: Integrity, in my view, is adhering to a code of conduct that has a person's behavior towards others be moral and decent.

All the things we learned as a young child, that's what we need to return to. Did not Jesus say, you must become as a child to enter the kingdom of heaven? My experience reveals our natural state is one of original innocence. (1) Being in that state, it seems to me, would mean "to become as a child."

Footnotes

(1) See "Original Innocence," September 21, 2018, at <https://goldenageofgaia.com/2018/09/21/original-innocence-2/> and "There is No Original Sin; Only Original Innocence," May 22, 2019, at <https://goldenageofgaia.com/2019/05/22/there-is-no-original-sin-only-original-innocence/>

(2) **All I ever needed to know, I learned in Kindergarten**

Robert Fulghum

(<https://efffocus.files.wordpress.com/2017/08/all-i-ever-learned-in-kindergarten.pdf>)

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten.

Wisdom was not at the top of the graduate school mountain, but there in the sand box at nursery school.

These are the things I learned. Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you are sorry when you hurt somebody.

Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday.

Take a nap every afternoon. When you go out in the world, watch for traffic, hold hands, and stick together.

Be aware of wonder. Remember the little seed in the plastic cup?

The roots go down and the plant goes up and nobody really knows how or why. We are like that.

And then remember that book about Dick and Jane and the first word you learned, the biggest word of all: LOOK! Everything you need to know is there somewhere: The Golden Rule and love and basic sanitation, ecology, and politics and sane living.

Think of what a better world it would be if we all, the whole world, had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap.

Or we had a basic policy in our nation and other nations to always put things back where we found them and clean up our own messes.

And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.

Our History is a Story of Endless Wars

January 16, 2024

<https://goldenageofgaia.com/2024/01/16/351130/>



Our history is a story of endless wars. Who remembers the Battle of Fleurus, 1794?

If anyone says they've studied human history, they often find that what they've studied is nothing more than wars and treaties and alliances.

Moreover, as a male, a lot of male rituals revolve around pecking orders and competition and, well, war.

Unsurprisingly, I grew up reading Classics Illustrated (which were all about wars) and Landmark Classics (the same), and watching Winslow of the Navy, etc., etc. Later in life I was gripped by the question, what could cause a world war to happen.

It's that question that I've addressed in the past and would like to address again here. (1)

One thing I've noticed about wars is that they're usually the result of, and become about, the forcible projection of one person's "personality" upon the rest of the group and then upon other groups. Jesus described it here:

“Your ego is a part of you that appears to be split off, separate, and which runs with its own fear-filled and self-centered agenda, thinking that it can destroy the opposition and rule the world. Most humans discover its limitations during childhood and learn to negotiate with other egos to form alliances, easing the terror of separation or loneliness.

“But a few will not negotiate or compromise and are either quickly defeated or rise to become dictators of one sort or another as their egos take complete control of them – gurus, father figures, industrial bosses, politicians, church leaders – and spend their Earth lives sowing seeds of distrust and betrayal as they attempt to achieve positions of power that they think will make them invincible.

“Of course they cannot succeed, but they frequently convince others that safety can only be achieved by holding positions of authority backed up by the force of arms.” (2)

Hitler projected his personality on the German people. He fought a war where he ignored his blind spots and areas of ignorance and staked everything on his skills as an orator, what little military knowledge he had, and moments of inspiration.

But none of these had him equip his troops for a Russian winter campaign. He knew nothing of logistics and overstretched his supply lines.

He refused to allow his men to tactically retreat or surrender when things became hopeless. It wasn't in his personality. The troops collapsed instead.

All of it was a projection of himself - his moods, his hunches, his determinations, his shortcomings, etc. - onto the nation. Mussolini the same. Certainly Stalin.

One wouldn't describe any of them as selfless.

One wouldn't say they were desireless or had great self-control.

For them, "I want" was the only law others had to satisfy and obey.



Dictatorial leaders emerge at times when people are in dire straits, like a Depression or incessant civil war, and are looking for a strong leader to lead them out of it.

Usually the press plays a role, misinforming and misdirecting the public, well, just as it does now.

They project their personality out onto the world, requiring it to behave in certain ways in exchange for the leader's promises of prosperity, safety, etc. They require obedience, unswerving loyalty, and so on, in return.

The formula for the leader is limited by the leader's own range of response-ability. I think it safe to say that none of them knows what real love is and the prosperity they promise is usually purchased at someone else's expense.

What so often determines a dictator's success is the lengths they go to; witness Hitler's Night of the Long Knives and Stalin's purges. Some will stop at nothing - even trying to exterminate whole peoples - to be victorious.

This is the basic model of the rise of a dictatorial leader, as far as I can make it out.

The Divine Mother told us their fate:

Divine Mother: It is painful for a being that seeks power for themselves or power over another, whether it is a parent over a child, a husband over a wife, a man over an army. It matters not. The yearning [for], the exercise of control never gives joy. The pain simply grows. And so the actions become more grotesque, larger, until the breakdown is and has [been] and will be occurring. (3)

Matthew reassures us that “the day of dictators is over and so is the day of supporting those dictators for self-serving reasons.”

“The day of exploiting Earth’s resources without regard for environmental destruction is over, as is the day of the wealth of the world in the hands of a few. Everything based in darkness is swiftly coming to an end.” (4)

I'm overjoyed that it's coming to an end. But it's taking a large dose of realism, good self-defense, and more than a few lives lost to bring it to that end.

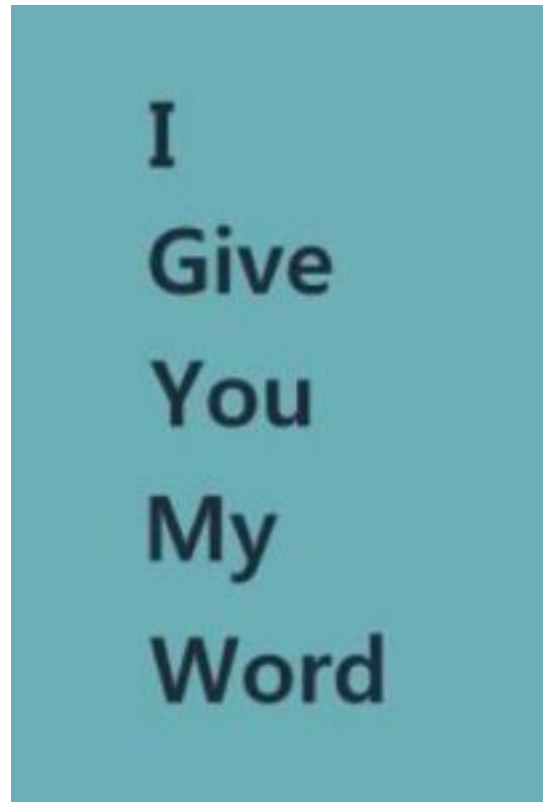
Footnotes

- (1) See "The Fate of the Dictator," December 2, 2018, at <https://goldenageofgaia.com/2018/12/02/the-fate-of-the-dictator/>
- (2) Jesus through John Smallman, Jan. 25, 2013.
- (3) "Transcript ~ The Divine Mother: Take Up Your Divine Authority, AHWAA, February 23, 2017," February 28, 2017, at <https://goldenageofgaia.com/2017/02/28/transcript-divine-mother-take-divine-authority-ahwaa-february-23-2017/>.
- (4) Matthew's Message, March 25, 2011.

I Gave My Word

February 1, 2023

<https://goldenageofgaia.com/2023/02/01/i-gave-my-word/>



I just had a friend write me and say how do you remain so positive?

It's a good question. I have a great deal of lower-back pain that makes movement difficult. I'm not doing so well myself.

Consequently, I'm not sure what I can tell you! But let me explore it with you.

[Flash of recognition.]

Yes, *I am sure*. It immediately arose for me or was given to me.

What keeps me remaining as positive as I do under the circumstances is commitment. I gave my word.

My integrity is the one thing stronger than my thoughts and feelings to remind, inspire, and motivate me.

Michael knows this and that's why he'd say:

"My trust in you is unwavering, [so] that, if we did not speak for a thousand years, you would still be true, and you would continue on in this sacred mission and purpose and you would know, not think, not feel, but know that I am right next to you." (1)

He's right. And I plan to deliver on his trust. (Only 986 more years to go!)

Just kidding. But let me return to the pain for a moment. I said earlier that I get 200 years off after this lifetime. (2) Then I have another mission already set.

I believe that it's material to that other lifetime that I experience old age in this one - in other words, a complete lifetime. It would be helpful to know what people go through. It's been a while for me.

And that's why I'm not moaning and groaning about old age *per se* and aches and pains. I get that it works for me to feel what this is like.

My preliminary opinion? Old age is not a lot of fun. But, in it, I can still draw love up from my heart and thus maintain my happiness.

Aches and pains and illness and injury are no fun no matter what age we incur them at. If I recall correctly, the Buddha named old age, sickness, and death as the major causes of suffering from which Ascension, *nirvana*, *moksha* [liberation] was the relief. I get a pass on the last one, but I believe I'm being given the experience of the first two.

Just as my spiritual experiences have been toned down, so my medical events seem to clear up afterwards in record time. And then I'm back on an even keel.

Suspicious. My hypothesis is that the Company of Heaven are playing a role in them as well. (3)

If I'm right, this back pain should clear up too. In fact I feel inspired to do some specific exercises and get to work on it. And invoke the universal laws. This pain serves no useful purpose in my life and I'm ready to be rid of it.



But back to what we were discussing. It was my Mother who gave me an appreciation for keeping my word. It was just taken for granted. "Steve, you gave your word." "Yes, Mom." It was that simple.

Such is the deep, internal love I feel for Michael and the Mother that I probably would keep hacking away at a coal face for a thousand years if I was told that that served them.

This is the answer to my friend's inquiry. What keeps me going and going and going is simple.

It's not my thoughts. It's not my feelings.

It's that I gave my word.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 21, 2012. [Hereafter AAM.]

(2) Archangel Michael: When you complete this mission, you are allowed to have 200 years off. But what you do with that is up to you, dear one! (AAM, Dec. 18, 2012.)

AAM: You will have a choice of planetary systems. This is just the warm-up for that Ascension. It is to bring a further rise of vibrations to those throughout the Universe. (AAM, Sept. 13, 2011.)

(3) Well, I know they are. Here is Michael revealing that he gave me a superbug in the hospital to oblige me to kick back:

Steve: Did you bring on the onset of MSSA [Methicillin-Susceptible Staphylococcus Aureus, a superbug] to have me relax and just spend some time in the hospital?

AAM: Yes.

Steve: I thought you did! Oh, boy. That is so funny!

AAM: There is a part of you, even when we suggested to you that timeout was required, that doesn't know what that means.

Steve: Yes, that's right. That's why you called me "wildcard" to [Blue Star], right?

AAM: Yes and your Higher Self, your Universal Self has given permission for these overrides.

Steve: I thought it was funny when it happened. I could see your hand in it. (AAM, Nov. 26, 2019.)

I have given him blanket permission for all such interventions.

Every Society Needs Honest Witnesses to the Truth

January 5, 2021

<https://goldenageofgaia.com/2021/01/05/every-society-needs-honest-witnesses-to-the-truth/>



Who will bear witness to their suffering?

Watching the Ukrainian prosecutors' revelations about Burisma was hard for me.

I was surprised because I've listened to much, much worse from refugees fleeing countries where rape, torture, and assassination are government practices.

But it reawakened things in me that I feel passionate about which are relevant, I think, to building Nova Earth.

People serve in various capacities in society. One of those capacities I don't think we give much thought to is people who serve as honest witnesses to the truth.

It can be as simple as filling out a medical prescription or certifying cause of death.

The people who do this work may not be called "honest witnesses to the truth," but that's the work they do, in full or in part. As I'll come to below, the problem is, our

society has allowed itself to become corrupted. And now we have fewer of this breed than a few decades ago and more of the other type.

For me an "honest witness to the truth" is a person who serves to certify or validate the truthfulness of a person or situation to someone else - the people, a government department, the press - and is herself or himself uncorrupted and committed to integrity.

As a Member of the Immigration and Refugee Board, I was responsible for bearing witness to the people of Canada - and the courts that oversaw me - that this person standing before me was in all probability (1) a Convention refugee. I bore witness to the "probable" truthfulness or lack of it in their account.

I'm in tears when I remember some of those decisions. I sag remembering the weight of them - that is, knowing that some people's lives hung in the balance. I had to get it right.

We're heading into a time when people will come forward in various capacities - judicial, administrative, medical, etc. - to bear witness to the truth of what a person is saying. (2)

Our channeled sources are saying 2021 will be a year of revelation and a marching forward of the Light.

If so, this society will need people to certify the truth and those people need to demonstrate integrity that's unquestionable.

Why does it need honest witnesses? Just think about it. With what you know about the shape of the world so far, you can surely imagine that there is a tremendous amount of work to be done.

That'll involve the handling of large sums of money, working with governments, judging who is honest and who is corrupt, developing policies and programs to deal with each type, learning how to deal with strange cultures, on and on.

In some cases, too, as with the Refugee Board, it involves hearing what no one else in society should ever have to hear. If I told you what I heard in one case (Rwanda), you'd vomit. I sat for three hours in my office afterwards, too traumatized to speak.

In others, you'd be outraged. Someone needs to hear the suffering and respond on society's behalf. Those that do risk secondary trauma on our behalf.

Someone also needs to deal with the actions of persecutors, criminals, and corrupt officials. I dealt with victims. I don't know what the costs are attached to that work.

How have we been corrupted?

Deaths which were not from Covid are being registered as from Covid; the truth of 9/11, the Afghan War, and the Iraqi War is being covered up; the extraterrestrial presence is denied; jets regularly slam into the ground without agencies or the media investigating the real causes; witnesses or potential whistleblowers are regularly assassinated; judges sentence youths to prison for a kickback; technological advances are held back; large numbers of children are tortured and sacrificed ... may I stop now?

This is my society. This is us. As within, so without.

In the process of allowing others to corrupt us, we've lost our honest witnesses. Our experts turn out to be paid by companies. Our government administrations turn out to be part of the attempt to take civil liberties away from the people. The FBI and CIA are (partly) corrupt. Government officials and elected politicians in large numbers are shown to be on the take and are "retiring" as we speak. Even our fact checkers are alleged to be corrupt.

Who is not corrupted? Who among us (and I speak particularly to lightworkers) will bear witness to the truth? (3) Only an honest witness to the truth, in my opinion, should be entrusted with governance, law enforcement, medicine, etc.

Footnotes

(1) The legal test for a refugee claim is "a balance of probabilities," probable, more likely than not. The reason for this is that refugees are fleeing their country of origin and don't have access to resources that others do to help them prove their claim. They may have arrived without papers. Therefore the legal test is kept low. Therefore as well it draws more heavily on the adjudicator's discernment - and integrity.

(2) BTW, we failed to end child trafficking by Jan. 1, 2020. I don't think I'll post public deadlines again. They carry with them the implicit need for a program and concerted effort. One needs to be willing to rally folks. Given the work that I do, I can't get fixed on any one cause. Tomorrow I'm off on something else.

So I pray that we end child trafficking on the planet by Jan. 1, 2022 and I think there's a good chance we will. For that to happen, someone who does want to focus on this one priority and create structure and program will need to take this on as their mission.

(3) I'm not talking about the Absolute Truth. There are various legal standards of acceptable proof; that is, truth. I consider it part of our global culture that we have legal standards for acceptable/credible proof. And honest officers of the court. In some places, I believe we may have lost this.

Behavior, Not People

July 31, 2023

<https://goldenageofgaia.com/2023/07/31/behavior-not-people/>



I prefer to reserve the word "evil" for behavior, not people.

For me it more reflects reality to speak of thoughts and behavior as evil than people, who are many things and who'll evolve out of evil over time.

I've seen evil behavior and the fruits of it. Eight years of listening to refugee claimants tell stories of persecution should have prepared me for what I know is coming. But nothing can really prepare anyone for some of what we'll see and hear.

Acting as an honest (citizen-journalistic) witness to the truth, (1) I watched and listened to portions of *Frazzeldrip*. That's probably as much evil as anyone on Earth could possibly stand.

A recent article on the grisly fate of four white-hat investigators closing in on a child-trafficking ring was again as much as I could tolerate. And we haven't even started disclosure.

I could not even describe what I'm specifically referring to without risking secondarily traumatizing you. Every time I think of what I've seen or heard, my heart sinks.



All that having been said, it remains that even the people who practise evil will one day realize God, as Sri Ramakrishna reminds us:

"All will surely realize God. All will be liberated. It may be that some get their meal in the morning, some at noon, and some in the evening; but none will go without food. All, without any exception, will certainly know the real Self." (2)

Ascension, we may wish to remember, is inclusive, not exclusive. We're not here to "police" Ascension and keep some folks out.

I hope and pray that any child facing what amounts to torture is removed from its body beforehand; that any child that dies immediately ascends.

Sanat Kumara explains how the mayhem relates to why we're here:

Sanat Kumara: You, sweet angels of light, you are the pathfinders, the wayshowers, the bringers, the anchors, of the new. It is a new way of being, and it is inclusive and expansive. And it welcomes, not merely the angelics, not merely our realm, not merely your star family, it welcomes everybody.

And if they are not prepared as yet to be sitting next to you... for a number of reasons... that does not mean that you do not hold the seat wide open. You are allowing for the approach. You are allowing for the redirection.

You are the ones creating entrainment. You are the hope, and you are the balance. And that is why you are here as transmitters, as beamers, as anchors, as truth-seekers, and as brilliant angels in form. (3)

So not pushing people away, but pulling them in. It's not how events have run so far on Planet Earth. Our old way of doing it - pushing people away - has to be discarded. And it feels hard to do.

Remember: "as brilliant angels in form." All of us. (3) No more thinking small.

Therefore, we took on the task before we were born to help as many people ascend as possible.

That means, first of all, ending evil behavior on the planet. It shouldn't mean executing those who've practised evil.

Chances are they'll be leaving soon anyways (4) and it just isn't appropriate to enter a golden age over a mountain of skulls, as Tamerlane did. (5)



If we say that people are evil, then we condition ourselves to accept their execution. We're seeing at the moment summary tribunals and executions, which I hope soon stop.

We may have a long way to go to rescue our civil discourse from the erosion that the meme wars have invited. But, unless we do, we may find our values so eroded that our ability to socially heal and bond again after such things as Covid may be weakened.

Let's not weaken ourselves with divisiveness at exactly the time when we need to be our strongest and most united.

Footnotes

(1) "Every Society Needs Honest Witnesses to the Truth," January 5, 2021, at <https://goldenageofgaia.com/2021/01/05/every-society-needs-honest-witnesses-to-the-truth/>

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 818.

(3) "Linda Dillon: Sanat Kumara Says that Universal Law is the New Normal," December 11, 2020, at <https://goldenageofgaia.com/2020/12/11/linda-dillon-sanat-kumara-says-that-universal-law-is-the-new-normal/>.

(3) See *An Explosion in the meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>

(4) See:

- *Not Everyone will Choose to Come with Us: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Not-Everyone-will-Choose-to-Come-with-Us-R6.pdf>
- *Some will Choose not to Ascend: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Some-Will-Choose-Not-to-Ascend-4.pdf>

(5) On this, see *Stop the Executions!* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Stop-the-Executions-2.pdf>

On Tamerlane, see "Timur, Turkic Conqueror" at <https://www.britannica.com/biography/Timur>.

A Hard Battle, Within Ourselves

May 12, 2022

<https://goldenageofgaia.com/2022/05/12/335205/>



I imagine it's a hard battle we're fighting, within ourselves.

We want peace and love. And yet we're confronted with powers that be who are trying to kill us with pandemics and vaccines, starve us by torching food-production facilities, take away our income by freezing our bank accounts, release and employ homicidal criminals (eg., Antifa, M13), produce bioweapons, traffic in children, make adrenochrome through child torture....

As Matthew Ward said:

"It is not 'enemy countries' but darkness in political leadership that has caused civil, international and world wars, flagrant injustices, famine, diseases, impoverishment and wanton environmental destruction." (1)

If I were looking for one word to describe what we're fighting I'd choose the word "corruption."

Many people don't believe that we're at war for the soul of civilization. Given that the god so many New World Order folks worship is Satan, it turns out we are fighting for civilization's soul.

Is it any different for the world today than it was for Germany in the early Thirties? First plunge the economies into chaos. Then create a depression (social credit) to confiscate assets. Then start a war to cover your tracks.

We know the galactic federations and the (Earth) Alliance will intervene at some point but we were warned that it would take a civilization near-death event before that happens. The people have to see the peril they're in.

What we don't know is how much suffering people will have to bear before this point is reached - emotional as well as physical.

So again, to ground and center ourselves in a time of mayhem, we're returning to the truth of our being, to whatever degree we know it, our love for our species and our children, and our desire that peace again reign in our world.

With that in our backpack, we say, "This far and no further" to the darkness in our lands.

No to corruption and yes to a return to integrity.

No to corrupt elitism and yes to what Lincoln called "a new birth of freedom [so] that government of the people, by the people, for the people, shall not perish from the earth."

My contribution is to raise consciousness of the peril the planet is in and lend support to what I believe to be a firm but morally-guided white-hat military response to the deep state's attempts at world domination.

Footnotes

(1) Matthew's Message, May 2, 2022, at <https://goldenageofgaia.com/2022/05/02/matthews-message-via-suzy-ward-may-2-2022/>

Respect, Fairness and Integrity: The Basis of Principled Negotiations



I've had quite a few interactions the past two or three days which have a common theme. And what that theme is illustrates how important it is for us, in doing lightwork, to have a good idea of the basic principles that we all subscribe to.

Obviously we all subscribe to love and that doesn't change, apparently, no matter which dimension, form, or universe we're in.

But I'm thinking of three other principles which come up again and again in the teams that I'm on. Those three principles are respect, fairness and integrity.

A good definition of the work of those who serve justice and the law would be the application of fairness with integrity and respect. I administered sections of a statute of Canadian Law - the Immigration and Refugee Protection Act - as a Member of the Immigration and Refugee Board (IRB). I watched day after day as the claimants and everyone else in the hearing room cooperated, contributed and agreed to what was done with respect, fairness and integrity. Let's look at those qualities more closely.

Respect

I live in the Downtown Eastside of Vancouver and I see so many quarrels start or escalate because one person feels disrespected by another. A person who feels disrespected seems to feel bitter, vengeful, victimized.

The disrespect need not show up in, say, language used. It may show up in something as innocuous as significant spacing or as difficult to observe as unconscious bodily gestures. Respect shows up in taking account of the other person, listening to what they say, and directing one's attention with sincerity to the points they make.

A person who feels respected is a person more likely to cooperate with the team's ends and means or correct them and stay with the team through disagreement.

Fairness

As I sat hearing cases at the IRB day after day, I was struck by how the crux of the matter before me so often boiled down to a question of fairness.

I was struck as well by how counsel for the claimant remained calm and satisfied under a wide range of circumstances so long as the proceedings were seen as fair and counsel had a say in determining what fair looked like in the circumstances before us.

Fairness, to me, means that everyone sharing equally in the work and its rewards, in responsibility and acknowledgment.

Leaving love aside (and who can do that?), fairness seems to be the next most important consideration in getting along as a society and a team. On many occasions, I've looked for a second (remaining in line, taking turns, sharing), and either nothing approaches the desire for fairness or else the principle resolves itself into fairness in the end.

Integrity

For me, integrity means the willingness to live and work in a manner that adheres to and upholds the ethics and morals of society, the laws of the land, and the universal laws.

Central to integrity is credibility. The individual team member must be seen to be telling the truth, to be reliable, to be credible.

One aspect of integrity, and where the rubber often meets the road, is to give serious attention to exceptions to the law. There are always exceptions to any law.

An exception to a law may be made, for instance, in the case of a disabled person. A disability may create an unlevel playing field, in which case the disability must be taken into consideration in applying the law.

Oftentimes this translates into protecting the rights of the minority in a decision in which the majority has decided.

Here's an example of an unwritten rule proving unfair to a minority class of people.

The bus system in my city operates efficiently and speedily. When anyone interferes with the smooth and steady flow of bus traffic, the action is viewed as being unfair to the bus passengers.

However each time a person in a wheelchair comes aboard the bus, the driver lowers a ramp, wheels the person in, fastens their chair belts, etc. When the person in the wheelchair leaves, the process is reversed. And each time the driver attends to a chair-bound person, the bus's progress comes to a halt.

Seeing to the need of the person in a wheelchair causes the passengers to wait. The passengers would be less inconvenienced if wheelchairs were not allowed on the bus. But that affronts our sense of fairness at some level and calls for making an exception to the rule.

The outcome is that the bus passengers generally accept the wait as an exception to the rule that nothing should be permitted to hold passengers up. They see the circumstances as an acceptable exception to the rule. They regard it as fair under the circumstances to wait.

Principled Negotiations

Ury and Fischer wrote about "principled negotiations,": (1) their point was that negotiations flowed more smoothly when we first establish and agree to the principles that we'll defer to in case of disagreement. That shifted negotiations from being subjectively-based to being objectively-based.

Let me post a summary of their book Getting to Yes to further assist us to see the importance of having a basic set of principles that all parties to teamwork agree to be bound by.

As we form our teams I encourage us to be aware of and articulate the principles, whatever they may be, upon which the team's work is based and by which success will be measured. In the case of most teams, I submit that the principles that teams will be seen to follow, whether knowingly or not, are, in the vast majority of situations, respect, fairness, and integrity.

Footnotes

(1) Roger Fisher and William Ury. *Getting to Yes: Negotiating Agreement Without Giving In*. 3rd ed. New York, NY: Penguin Books, 2011.

From Woke to Awakened

April 18, 2021

<https://goldenageofgaia.com/2021/04/18/from-woke-to-awakened/>



Credit: Obsess

I watch the mainstream media do with this generation of lightworkers what it did with my generation's Growth Movement and I'm sad.

They intentionally misconstrued the aims of our movement and ridiculed us as "the Me Generation."

That derogatory term signified everything we've come to think of as self-serving, narcissistic, etc. In fact, as I later learned, self-knowledge is the purpose of life.

The Growth Movement was about reducing conflict, opening up communication, taking personal responsibility, foreswearing violence, etc. But all of that got missed by the MSM's meme.

Fast forward to today and the mainstream media take what should be a profoundly-welcome social event - a great awakening of the people of this planet - and ridicule it too as "the woke generation."

Of course any meme is in the eyes of the beholder. "Woke" can mean anything to anyone. (1) But the fact that it's used in a grammatically-incorrect manner, in place of "awakened," gives it a spin to begin with.

In fact it *is* used as a term of ridicule and that's too bad. Because we're looking for, working towards, seeing on the horizon a great, massive, global awakening, which eventually will include even the mainstream media.

And it will happen. (2)

We ourselves can do things that will slow the rise of unity or rob our actions of integrity. Executing members of the cabal is an example of an action that I think will rob us of the mantle of integrity.

Even if we don't have rehabilitation models at the present moment that are equal to the task that will confront them soon (and I'm saying "even if"), we'll also soon be in more elevated regions that will make answers much more easily available.

And the galactics will help us. They don't resort to executions, as SaLuSa explained almost a decade ago:

"War crimes will be dealt with along with all crimes against Humanity and no one will get away with them, as we know who the guilty ones are. There are no reprisals involved, but the simple application of your laws and also Universal Law." (3)

"Bear in mind our actions are carried out in such a way that there is no loss of life. We can 'remove' people quite easily and deposit them wherever we choose, and often it is off-planet. We re-educate those who indulge in killing and violence, so that they may return to Earth as useful citizens." (4)

We won't want to look back and think that we began this era with blood on our hands when it was easily avoidable. I hope we forego executions until we have the input of our star family.

We need to sidestep the mainstream media's attempts to ridicule and disempower us. But not at the price of falling into ancient patterns like vengeance.

Footnotes

(1) Words are symbols and symbols are things or events upon which meaning has been freely and arbitrarily bestowed. People can make words mean whatever they want. Other people may or may not follow their usage.

(2) Here's Michael talking about the expansion of the lightworker family, for instance:

Archangel Michael: Does the conversation expand organically and naturally? Does the energy go out to the entire planet, those who want to hear and those who don't want to hear? Yes, it does. But it begins with the lightworker community. That is what we have need of.

Steve Beckow: And I suppose then more and more people join the lightworker community?

AAM: Exactly, until it is one family and one path. ("Archangel Michael: A Global Reset of Values, Part 2/2," channeled by Linda Dillon, September 16, 2013, at <http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-22/>.)

(3) SaLuSa, May 8, 2012, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(4) Ibid., June 25, 2012.

Coping with Uncertainty

May 29, 2023

<https://goldenageofgaia.com/2023/05/29/coping-with-uncertainty/>



In any war - and make no mistake, we *are* at war, a hidden war - everyone has to deal with uncertainty.

A practised opponent works to create and increase that uncertainty, taking advantage of our weak spots and fatal flaws by floating disinformation and making ruses and feints.

For many years, our tax dollars financed the very governmental agencies who were arrayed against us, hiding as "terrorists," blowing up buildings, causing hurricanes and tsunamis.

Their sophisticated weapons of media control, MK Ultra persuasion, interruption of vital services, use of clones and actors, but most of all, their use of a bioweapon of mass destruction - the Covid vaccine - are all being employed against a populace who still little suspects anything malevolent or malicious.

What to do in such a situation, where we cannot look to the outside world for certainty?

Well, for me, it's the same as asking where can we look for love? To ourselves in both cases. (1)

I look to the power of my commitment would be my answer.

We build our certainty for ourselves and for others on the basis of our commitments.

We build our certainty on the basis of our own created reality with our commitments as the mortar between the bricks.

Obviously what's of value here - our currency - is our word, our bond, our promises. If our word is weak, that's a contributing factor to uncertainty. If our word is strong that increases certainty.



Commitment to what? Well, that's up to you. Most parents will be committed to their families. Educators to the truth. Artists to beauty. Etc.

But I'm recommending we use commitment in an uncertain setting to actually craft certainty. I can give you an easy example.

I serve the Mother and Michael. That's my primary commitment. All else flows from that. I feel clear and certain.

Meanwhile, I know that nothing happens, especially to one of her servants, without it being the Mother's will:

Divine Mother: I know very clearly, sweet one, as do you, if it is not [in] my Plan, then it will not occur. (2)

All of this chaos is in her Plan. The miller is sifting the flour through the screen and removing any remaining chaff.

It's important to me, in a time of uncertainty, to remember that, if it happens to me, it's her will.

If she can invent a new species of humans, if she can create a new region of space, if she can relate to me what my commitment was in coming into form, (3) then I believe I've made a really sound and wise commitment.

It allows me to face into what happens knowing that, if it happens, it's her will and serves a divine purpose. And simply accept whatever occurs and address the challenge in it.

Michael once said to me that he put out a kitchen fire I caused because it served no purpose to burn down the building. And I watched that fire reach the ceiling and then shrink until it disappeared. There may as well have been a magician in the apartment.

But, OK, the evidence is right there before my eyes that they watch and intervene. What more basis for certainty do I need than that?



I'm committed to serving the Mother and whatever comes is what the Mother brings me. That gives me certainty and confidence.

If we worship rugged individualism, what I'm doing is seen as subservient and weak. But if I want the certainty that allows me to take on bigger and bigger challenges, then knowing that the Mother sees all and intervenes where necessary is a source of strength.

All other commitments flow from this prime directive, so to speak. Having recently seen how maturity can be experienced as a definite space, (4) I see how and when I'll be equipped to meet the challenges coming down the pike. How = divine intervention and when = when I need it.

The more I see examples of it, the more confident I feel - and the more certain.

Footnotes

(1) The love that feeds me lives in my heart. I draw it up with my breath and send it out to the world and experience it as it passes through me. I know. I know. I'm repeating myself. But there is no more important message.

Michael once observed that I didn't much like repeating myself. "Can you imagine how I feel?" he asked.

(2) The Divine Mother in "Enter the Delegations – Part 2/3," May 5, 2019, at <http://goldenageofgaia.com/2019/05/05/enter-the-delegations-part-2-3/>. Reading, April 30, 2019.

(3) Divine Mother: 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.”

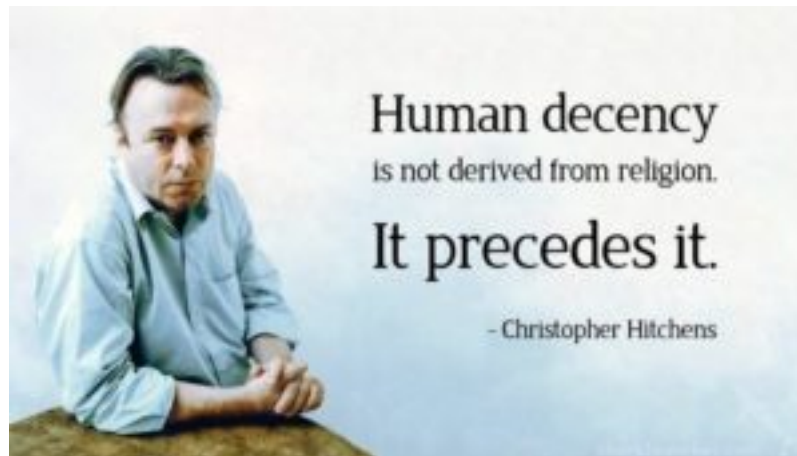
This is your task and it is a task of change as this planet, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. It can have an infinite, literally infinite number of expressions. (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

(4) See “Dissociation – What a Long Road Back!” May 17, 2023, at <https://goldenageofgaia.com/2023/05/17/dissociation-what-a-long-road-back/> and "Maturity as a Tangible Space," May 23, 2023, at <https://goldenageofgaia.com/?p=344972>

Human Decency and the Honest Center

Sept. 12,2021

<https://goldenageofgaia.com/2021/09/12/human-decency-and-the-honest-center/>



I actually don't want to talk about Trump and Biden supporters, right or left.

But I do want to talk about what I call the "honest center."

In any rally there'll be that group of decent people. They'll be sincere, concerned enough to protest, and yet all the while straightforward in their relations with other people.

One way you can tell a false-flag rally dressed up to look like a Trump rally (as is being predicted for Sept. 18) is by the absence of this honest center.

We have to grow that middle group of us, independent of partisan politics.

It won't come about by talking about the Self residing in the center (that is, the heart), everything else of importance located in the middle, the center (spine, nose, mouth, etc.). Who the heck cares, man? Gotham City is burning.

I think the only way to grow it is to appeal to it itself - to appeal to decency, to awaken it in those in whom it slumbers. And not when the Man is about to pull the

trigger, but now, well ahead of the expected mayhem/black swan events/climactic false flags. We must re-awaken decency in ourselves. (As within, so without.)

We need a League of the Decent. A new Peace Corps. (Yes, I know about the abuses.) Something that befits walking into a new golden age, rather than the streets of our gang-ridden cities.

The very least we can do is to take our honest and decent minds and apply them to the very best sources (the Constitution, Universal Declaration of Human Rights, Canadian Charter of Rights and Freedoms, etc.) and become knowledgeable. The same in areas like the pandemic, fraudulent elections, financial theft, etc.

We're already honest and decent. We have that base covered. Now let's start spreading out with our new knowledge and humility and begin to inject a note of truth and decency into every discussion we're a part of. No force exerted. Just being honesty and decency.

There's a line drawn in the sand - by the Law of Karma, not by us. On one side are people prepared to be honest and decent. On the other side are people who are not.

Given the deep state's willingness to go so far as to depopulate the globe by a number of means (all of which have been prevented) (1) it's as if we're on two islands, which, as the energies rise, are irretrievably separating.

Archangel Michael told us that the Divine Mother did not intend to wait forever for the recalcitrants to stop. (2) On every front their designs are being defeated. Their island is drifting apart from ours, (3) although much chaos is attending the parting.

When this planet is free of child sexual trafficking, satanic sacrifices, adrenochrome production, fraudulent elections, pandemics, chemtrails, weather warfare, censorship, captive media - where do we stop? - the lift, the release will be phenomenal.

I didn't say free of people; I said free of behavior. People and behavior are two different matters. People can change their behavior and that's what has to happen.

And the people with the best chance of teaching by simply modelling are what I've called the decent middle, the honest center, people committed to basic human decency above all else. Our voice lies in the kindness of our actions.

Footnotes

(1) See for instance “This Planet Would Have Died Without the Galactics,” September 5, 2018, at <https://goldenageofgaia.com/2018/09/05/this-planet-would-have-died-without-the-galactics/> and “Thank You, Star Brothers and Sisters, for ... Well, Saving the World,” March 11, 2013, at <http://goldenageofgaia.com/2013/03/11/thank-you-star-brothers-and-sisters-for-well-saving-the-world/>

Nuclear weapons, depleted uranium, SARS, oil spills, hurricane redirection, etc. - the galactics have been keeping us from destroying ourselves.

(2) Archangel Michael: That does not mean that, yes, in the infinite and eternal existence of the Mother, she will wait forever because this is the unfoldment of her Plan. This is what the penetration with all of our voices into each and every one of you is about.

There will be those who choose to leave, to abandon their physical forms rather than ascend in physical form.

Steve: That is what you mean by separation - leave?

AAM: That is what I mean and I do not mean being spun off into an alternate world or Earth or Gaia or planet. I mean simply, abandoning the body, dying, leaving, and coming home. There is no penalty or shame or guilt. It is simply a decision.

But it is not the desire of the Mother that this [Ascension process] simply continue [forever] because what she also sees (what we all see) and what you’ve repeatedly said to us, even though we operate often in terms of eons rather than years, many of you are tired. (AAM, July 22, 2016.)

(3) See *Not Everyone will Choose to Come with Us: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2021/01/Time-of-Separation-5.pages.pdf> and *Some will Choose not to Ascend: The Time of Separation* at <https://goldenageofgaia.com/wp-content/uploads/2021/03/Timelines.pages-2.pdf>

As a pillar, I'm responsible in my soul contract to remain to assist the last stragglers and clamber aboard. Then turn out the lights and shut the door.

It may be of interest to hear Michael discuss the role:

Archangel Michael: I remind you that you are a pillar, that you [are] not [to] venture too far ahead of where people are, both individually, in terms of your smaller circle but also in terms of the collective. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.)

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

...

It means that you wait until the last, until everyone has gone through and you turn out the lights, so to speak. (AAM, Sept. 21, 2015.)

AAM: You will act at the end, to help many, many through. (AAM, Nov. 16, 2011.)

"Not to venture too far ahead": To that end, my spiritual experiences are usually truncated.

The doors will not shut dramatically and finally. There will be a wait factor for recalcitrants, parents who've stayed with their children, and others. Michael discusses it in relation to recalcitrants:

Archangel Michael: Now there is a wait factor here, which you have also spoken of. That wait factor is for those that are strongly, not only reluctant, but still resistant or recalcitrant to such a shift in the very definition of what it means to be human. ("Archangel Michael on the Progress of the Planetary Heart Opening," August 13, 2019, at <https://goldenageofgaia.com/2019/08/13/archangel-michael-on-the-progress-of-the-planetary-heart-opening/>.)

What is a Pillar?

February 10, 2024

<https://goldenageofgaia.com/?p=351820>



Here till the end

I've been asked on occasion, what is the service agreement of a "pillar"?

May I give my answer? Just my own guesses.

A pillar is a category of service whose basic agreement is to go last.

After all have ascended who have enough light in them to tolerate and benefit from the higher realms, then the lightworker pillars will close up shop and turn out the lights.

Ascension itself is inclusive, not exclusive. It includes everyone who has or can hold enough light to exist on the higher planes. Matthew once said:

"Your 'travel ticket' is the absorption of light that comes automatically with living in godly ways." (1)

That seems like a pretty clear statement. Ascension is open to all who have absorbed enough light to enjoy life on a higher dimension. To use words we've been using on the blog, it comes from living from the divine qualities.

Here are some comments Michael has made to me on the subject of pillars:

Archangel Michael: I remind you that you are a pillar, that you [are] not [to] venture too far ahead of where people are, both individually in terms of your smaller circle but also in terms of the collective. (2)

AAM: You are a pillar. You are an anchor. ... Our desire is not to separate you from the collective. (3)

AAM: Think of a pillar as being ... the rearguard but you are the rearguard not only as holding space, but think of it as no one gets past you. No one is behind you. They can't escape. (4)

No one falls off this train to glory. The pillars catch them and help them back aboard.

In my view, we can't, as lightworkers generally, treat this lifetime as an ordinary spiritual venture from any angle. In an ordinary lifetime, if we were spiritualized humans, we'd focus all our attention on becoming enlightened to the next level.

Since all of us are angels in this generation, (5) the discussion is moot. We'll all return to our homeland, Michael has told me, beyond the range of human enlightenment.

AAM: It is not necessary for those of you, for example, who have been [angels] to reincarnate again and again as humans because you have assumed that form, or that you have need to go through the entire process of the angelic realm. You will zoom through it. You will what we are

calling leap-frog through it back to where you were, back to who you really are. (6)

Evidently, we come from further than the post-dimensional Transcendental. (7)

We consented to take on the veil and be born into an existing human culture. And so, in the last analysis, I'm not really writing to us as much as I'm writing about us to future generations of that culture.

We're angels in human bodies, apparently, committed to giving Gaia a timeout from millennia of warring, to restore herself and regroup for the next part of the journey. Where she goes, war cannot follow.

Michael said he sought angels so that the leap represented by this particular, "ground-breaking" Ascension (8) is not quite as great as it would be otherwise:

Archangel Michael: The awareness, when you choose to acknowledge it, and the, shall we call it, the angelic abilities, are present in the human race, in the individual human form at this time, so that the leap into Nova Being is in fact not as great as it might have been in other ages. (9)

They didn't send terriers; they sent bulldogs. The strongest of the strong, bravest of the brave, the Mother calls us. (10)

Ancient ruling classes are being pried from their seats of power. Remaining 3D karma is being acted out.

However, those who agreed to play the part of the dark actors forgot about their agreement to change sides after a certain point, Matthew tells us:

"Vital to the plan were souls who would create the harsh circumstances the masses needed and when that was completed, join the light forces. Only the most highly evolved beings could be entrusted with those missions, and the council selected the volunteers whose dependability in the most challenging areas of light service had been proven time and again.

"There was no reason whatsoever to anticipate that they would renege on the latter part of their agreement, but that is what happened. Those individuals had fallen under the spell of the darkness that engulfed the planet and they refused to relinquish their power, control of the masses and fortunes gained illegally or immorally. No amount of urging at soul- and conscious-levels, pledges of assistance or warnings about self-judgment in lifetime reviews convinced them to honor their agreement." (11)

These may turn out to be among the very people pillars push aboard the train. What a challenge that would be.

For anyone who feels moved to serve humanity, or the animal kingdom, or anyone else - just to serve - unto Ascension, then, as far as I'm concerned, you're a pillar.

Footnotes

(1) Matthew's Message, Dec. 21, 2008, at <https://www.matthewbooks.com>.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020. (Hereafter AAM.)

(3) AAM, Nov. 11, 2015.

(4) AAM, July 11, 2014.

(5) Divine Mother: Let me be clear. There is not one being – human, starseed, hybrid or earthkeeper – that is not one of my Angelic Beings. And it matters not whether you belong to the Legion of Michael or the Tribe of Uriel, the Praisers of Metatron or the Truth Speakers of Gabrielle. It does not matter your colour, your hue. You are my Angels, birthed from my being – birthed not only from my womb, but from my heart. (“The Mother’s Clarion Call to All of Humanity!” April 20, 2020, at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.)

AAM: At this interception moment of ascension and shift, all present upon the planet, from what has been judged as the most egregious to the most saintly, are angelics. (AAM, Sept. 16, 2020.)

See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>

(6) “Archangel Michael: Back to the One with the Speed of Love,” July 16, 2013, at <http://goldenageofgaia.com/2013/07/16/archangel-michael-back-to-the-one-with-the-speed-of-love/>.

(7) Archangel Michael: Now we also know that deep space contains many other galaxies so keep going and keep going and keep going. Now, when you have gone through all of that, think of it as being contained in a bubble; go outside the bubble; that’s where we are.

Steve: Aah. So, transcendental space.

AAM: Yes. But, also at times the space - now we are going to really confuse you - the space in between the spaces. (“Archangel Michael on the Angelic Kingdom,” June 13, 2014, at <http://goldenageofgaia.com/2014/06/13/archangel-michael-on-the-angelic-kingdom/>.)

Archangel Michael: Where we [angelics] are [is] the space in between the spaces. ... We come from Source.

Steve: Right. Wow! ... All angels?

AAM: Yes. (“Archangel Michael on the Angelic Kingdom,” June 13, 2014, at <http://goldenageofgaia.com/2014/06/13/archangel-michael-on-the-angelic-kingdom/>.)

(8) On the ground-breaking aspects of this Ascension, see

(9) AAM, Sept. 16, 2020.

(10) Divine Mother: You are the wayshowers. You are the pillars. You are the strongest of the strong. You are the bravehearts. (Divine Mother in “the New You” class, Dec. 6, 2018.)

White Cloud: Dream the dream and go forward on your own path; you will be followed. You will be honored for what you do and what you are – the bravest of

the brave, the strongest of the strong. (“White Cloud & the Light Collective,”
channeled through Tazjima, September 13, 2013 at <http://bluedragonjournal.com>.)

(11) Matthew's Message, Oct. 19, 2014.

On Reporting the Unspeakable ... or Not

June 24, 2023

<https://goldenageofgaia.com/2023/06/24/on-reporting-the-unspeakable-or-not/>



Credit: Kathleen Mary Willis

Folks, we here at GAoG know that we'll soon be hearing, globally undoubtedly, about crimes that are horrendous.

When I think of only what I've seen, which was more than I could bear, it feels like I'm sitting in an electric chair.

I start shaking and crying.

This is what secondary traumatization feels like.

With some things that are unspeakably evil, as the deep state are involved in, the trauma never entirely leaves.

I sat for eight years as a Member of the Immigration and Refugee Board of Canada and, as an "honest witness to the truth," (1) listened to recitations of unspeakable crimes from refugee claimants.

After listening to grizzly testimony from Rwanda, I sat in my office for hours, staring at the wall and bawling.

And you can't erase the words after you've heard them. Or the sights after you've seen them.

I'll use a single contemporary example, to make my point, one from among several that we undoubtedly will be hearing about in the EBS announcements.

You know that, at Xenia Retreat Center, I viewed portions of *Frazzeldrip* and accompanying photographs.

I sank so deep after that, me who's listened to tales of crimes that would break your heart, that it took the spiritual experience I've called "the sight of the Self" to jackhammer me out of it. You've heard that story. (3)

I could not stand what I saw and heard. Could not stand it!

We here at GAoG are not professionals in the area of trauma therapy. Gabor Maté and Thomas Hübl are examples of people who either are or have the skills.

But more specifically to our situation, I believe that the EBS announcements will broach the subject compassionately and skilfully.

We're asking your permission to defer to them, to allow them to do it, rather than us as citizen reporters unwittingly risking causing a lot of harm.

As Michael said, we cannot ... absolutely cannot ... allow this behavior to re-entrench itself. (4) Those that need to hear about these crimes do need to hear about them.

But who does the announcements and how they do them, in my opinion, needs to be carefully considered because what we'll be hearing and perhaps seeing will

show up as pure evil to most people. Of a kind that most would never think they'd encounter in their lives.

Footnotes

(1) See "Every Society Needs Honest Witnesses to the Truth," January 5, 2021, at <https://goldenageofgaia.com/2021/01/05/every-society-needs-honest-witnesses-to-the-truth/>

(2) See "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

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

A "vasana" is the Vedic name for a core issue.

We may be needing this knowledge in the times ahead.

(3) Search on "Xenia" in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Ascension-Ethnography-8.pdf>

(4) Archangel Michael: Where our forte is is, yes, exposure so that it doesn't re-entrench itself because this is rather entrenched behaviour on all kinds of levels.

So you start to bring forward the justice, the truth solutions and it is not merely (and I say that very cautiously) forgiveness but it is the application, yes, of compassion, patience, determination, vigilance... So that this does not occur and reoccur and re-entrench. ...

You cannot create a Nova Society where there is not an understanding, an agreement about what is acceptable in the most basic, human-rights ways. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.)

Secondary Traumatization

October 4, 2022

<https://goldenageofgaia.com/2022/10/04/secondary-traumatization/>



Secondary traumatization occurs when a person hears or watches an account of horrendous, shocking, or sickening events and is traumatized from the hearing or seeing rather than from being a part of them.

I spent eight years as a refugee adjudicator/human-rights decision maker with the Immigration and Refugee Board of Canada, listening to stories of genocide, gang rape, torture, etc. I know what secondary traumatization is and is like.

The interesting thing is that you might say to me, can you give me an example? Well, no. It might traumatize you and you wouldn't be very happy with my inappropriateness or lack of discernment.

They'd be things we don't run across in our daily lives and hope we never will. They'd be things we wouldn't even see depicted in movies. The movies would not be allowed to be aired for fear of traumatizing the audience.

So you see the bind.

I watched an episode of David Zublick's *Dark Outpost* on *Frazzeldrip*, with related photographs. Oh my gawd. Trauma, trauma, trauma, surpassing anything I'd heard (save Rwanda) at the Board. (1)

And I'd heard tales of ... well, if I were to say, again I might traumatize you ... things you never want to hear about or know go on on Planet Earth.

So I'm reading a whole lot more than I'm sharing because I (and probably we) don't want to shock you. In a sense, we're being what I've called "honest witnesses to the truth." (2) That means I know some of what's going on out there and, yes, I'm not going to post on *that*. My not posting on it is my testimony.

I think the best practice for one in my position is to allow those better suited to do it.

For me that's the Q Alliance, Earth Alliance, however you wish to call the white hats. They appear to know what they're doing.

In the meantime, you see me go back and forth, back and forth with this issue, trying to find the ground under my feet.

Now we're a spiritual niche blog. But Michael has let us know that, after the Reval, we will expand.

There'll be so much happening then for me (GAoG, Michaelangelo Fund, Michaelangelo & Partners), there won't be time to find the ground under my feet. It'll be showtime.

We'll all of us probably have to go with what we've been able to cleanse, purify, and liberate so far.

Footnotes

(1) It was some time before I was able to talk about it to the extent of identifying what it was that threw me for such a loop at Xenia Retreat Centre.

Here's a later description of the spiritual experience I had - the sight of the Self in the deepest part of the heart - which pulled me out of the dismay I felt after watching *Dark Outpost*:

"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.

"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." ("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/>.)

The sight of the Self I had was toned down, as the Divine Mother acknowledged in a reading.

She said, otherwise “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.)

(2) See "Every Society Needs Honest Witnesses to the Truth," January 5, 2021, at <https://goldenageofgaia.com/2021/01/05/every-society-needs-honest-witnesses-to-the-truth/>

Genuine Spiritual Growth, not Fakery

December 27, 2023

<https://goldenageofgaia.com/2023/12/27/genuine-spiritual-growth-not-fakery/>



We think of people dying from the toxic vaccines, but what we don't think about are people left horribly maimed.

I heard the case of a woman who is fully vaccinated and boosted and has just been diagnosed with a rare form of cancer that invades the face and, if left untreated, invades the brain.

The doctors said that, whatever the results from here on in, there would be some disfigurement. What a future. (Med beds.)

Of course it isn't the vaccine. Of course not.

What a challenge before us. We the unvaccinated will now work the hospitals treating the vaccine injured. (Until med beds.)

In every case I've heard of, when medically examined, none of the deep-state actors has been found to have taken the vaccine.

We've been railed at and vilified - for exactly the crime the cabal is guilty of, genocide - by precisely these people for not taking a vaccine they made sure not to take.

Many of the deep-state makers and promoters of vaccines have met their fate. I'm not sure what the crime was. In a common sense way, I'd imagine it was genocide.

And now we'll need to turn around and treat the vaccine injured.

Why should we do it?

Because there's a wonderful opportunity for incredible spiritual growth here. If we follow the model and example of the devolutionaries, if I may coin a phrase, we'll also devolve. That isn't what we ... OK, I ... want, is it?

Because we ... I'm not alone, am I? ... want to follow the example being held out before us in channeled messages. (1)

Because the others that condemned us and now require treatment are showing us an unhealed place in ourselves which can only be healed when up to the surface and in surface consciousness. Focus on healing the unhealed part of ourselves, I say.

And thank the others for helping to bring it to our attention so it could be healed.

I dislike giving advice. And I don't like people giving me advice. That comes from events with my father. And I don't ... errr, advise ... anyone to follow my example.

Better to learn how to advise ... or maybe freely suggest ... something wisely. That's what advice should be anyways, according to me.

What I do with advice freely given, if I don't agree with it right away, is store it away. I act on it when I hear the same advice from a second person or source. Why do I do that? I don't know. I know I do it though.

Confirmation? Corroboration? Significance? Etc. Is anyone else upset about this?

The subject becomes important now because I think we'll see a flood of building the new and a tributary of that flood will, I think, be giving advice. And some people may be aggressive in their advice-giving. And we may react to their aggression and not consider their advice because of it. And we may miss opportunities we'd rather we didn't.



What has me say this is that I feel sobered by a particular situation I read about. It involved the martial scene we enter inevitably when a nation is at war.

In modern warfare, you never know what you'll encounter and how little time you have to react. The Alliance is committed to legality wherever the circumstances are not life-threatening or don't require a lethal response from us.

But what I commonly read is a phrase which says a great deal: "There will be no second chances." If a person draws, they're immediately dispatched. Not wounded. Not given a second chance.

The same with opportunities to confess, opportunities to switch sides, plea deals, etc. If they're turned down, there is no second chance.

Feeding into this change of stance is, I think, the fact that warfare has become so technological that responses have to be lightning quick.

The legal research is done before an arrest is made, but no (second) chances are given after setting in motion serving the warrant. Alliance agents and pilots have been killed. None of it is being reported in the mainstream news. Life and death are at stake in taking down the cabal.

The deep state cannot prevail but they can destroy and kill. The Alliance is trying to minimize the casualties and destruction by keeping things as quiet as possible but they are draining the swamp nonetheless.

Someone is taking the blanket and really shaking it. And our job right now, as far as I can see it, is to endure and help out ... if you'd allow me to suggest it.

Keep in mind: Our star family, keeping things within bounds and always moving towards Ascension, will not allow the explosion of nuclear bombs in space. And most nuclear weapons are launched into space. (2) And they also won't permit a world war.

What a challenge - to treat the vaccine-injured. And what an opportunity for spiritual growth. Genuine spiritual growth, not fakery.

Footnotes

(1) If you respond by ridiculing channeled messages, know that you're following an old and corrupt paradigm [ridicule], which has consequences.

(2) On this matter and for background, see:

- *There Will be No Nuclear War for the World* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/No-Nuclear-War-R4.pdf>
- *The End of Darkness on Earth: the Dawning of the Light* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/The-End-of-Darkness-5.pdf>
- *The Hidden War: Stopping the Illuminati* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/The-Hidden-War-R8-1.pdf>

Time to Insist on a Return to World Peace

May 31, 2022

<https://goldenageofgaia.com/2022/05/31/time-to-insist-on-a-return-to-world-peace/>



It's easy to believe that we have cause to be despondent if one were to follow the mainstream news.

If I dial out and look at the larger picture to get a sense of what's happening, we're reaching a crescendo in the war between darkness and Light in sync with the Company of Heaven raising the intensity of the tsunami of love that we're bathing in.

We have the waves of love building up and the maelstrom of darkness reaching its crescendo, all at the same time.

I believe weather warfare is being used by the cabal to frighten the public - but also by the Alliance as a smokescreen to hide the flooding of DUMBs (underground bunkers). The pandemic has been a multipurpose tool for both the Alliance and the cabal. Much of the expected rioting will be used, it's said, as a cover behind which the Alliance will make arrests.

Kevin Annett is broadcasting the evidence of William Combes, who witnessed the burning of many bodies of native children in Kamloops, Canada, and helped bury

them. It doesn't get more horrific than that. And that's just the beginning of what we're going to hear.

At the same time, and probably its cause, the waves of love bathing the planet are also rising, forcing everything dark up and preparing us for Ascension. In 2014 the Divine Mother informed us:

"My tsunami of love ... is not even at its crescendo, at its highest peak as yet. ... And there is no stopping the tsunami. Let me be clear about this. You have asked to ascend as one, and you will, but there is work to be done." (1)

So the tsunami is doing the work of raising our vibrations in preparation for Ascension. The rise of evil and darkness to the surface is one result.

Another is the rise of deep issues, most or all of which has to go. I know more people who are dealing with really-fundamental issues in their lives that have been there since forever. I had one day when I was myself. It's the energies, I think, that are doing it.

In 2017, she told us:

"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." (2)

That must be what I'm feeling; the experience of love, such as I'm in at the moment, is stronger than the fears that are being played upon by the mainstream media or the appallingness of revelations that are starting to come out.

I try to hold the world's events in one hand and the divine states in the other. I then go with the latter.

Everything assumes perspective and settles down when I do so. I'm fortunate to have the time and space to contemplate these matters when so many people in the

world are under siege. I send them the vibrations of peace and love that arise from my heart.

I've read so many sources lately that say that our being in peace is a contribution to seeing it manifest in the outside world. I'd rather have my life be about that than about following external events blow-by-blow.

Unlike feelings, divine states don't come and go with every whim. Yes, we can cut them off, but they themselves are much more durable than feelings.

And so I remain focused on them and not on the world's cataclysmic release of evil and darkness.

At the same time, I deeply respect those whose service contract includes following them, as honest witnesses to the truth, as emergency responders, and on behalf of the rest of us. (3) And I read and watch as much as I feel I'm required to to fulfill my mission.



The peace I feel is agendaless. I don't trade a kill-or-be-killed outlook for a new action agenda. Anything along that dark line of action dries up and disappears without me needing to put anything in its place.

And I seal the door for all time - with well-considered exceptions. No returning to warfare for me, except as a last resort in self-defense. (4)

Everything in human history to this moment surely proves, cumulatively and in each instance, that war does not resolve human problems, but, more ominously, sows the seeds for the next conflict by the festering residue it produces. Just think Treaty of Versailles, that "ended" World War I and sparked World War II.

Now is the time for the world to turn its back on warfare and on those who foment it on this planet, from gangs to governments, from mafia to media. Now is the time to insist on a return to world peace.

Footnotes

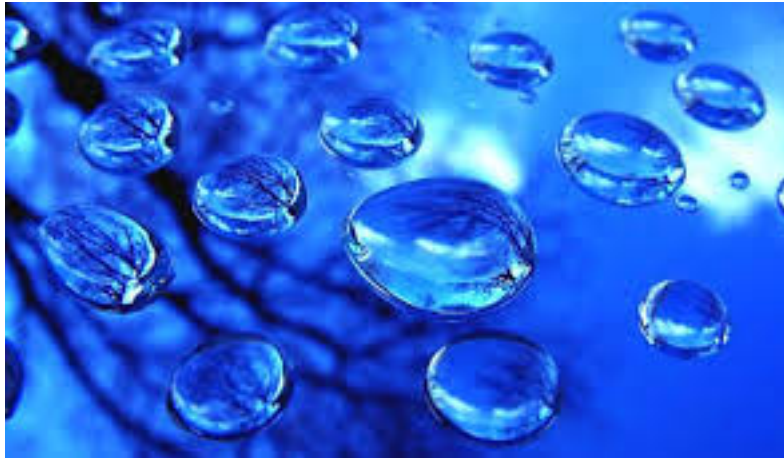
- (1) "The Divine Mother: The Table is Set; You are Ready for the Dance, September 18, 2104," through Linda Dillon, at <https://goldenageofgaia.com/2014/09/20/the-divine-mother-the-table-is-set-you-are-ready-for-the-dance/>.
- (2) "Universal Mother Mary ~ Resurgence Of The Tsunami Of Love ," Heavenly Blessings ~ May 2, 2017, at <https://counciloflove.com/2017/05/universal-mother-mary-resurgence-of-the-tsunami-of-love/>
- (3) They will need rehabilitation later. One can only watch so many videos about torture, murder, etc., or serve on the frontlines as a first responder, without being affected. This includes military and justice-system personnel, medical and paramedical staff, etc.
- (4) Then only as much as is needed to disarm the opposing force. All human-rights conventions and universal laws respected. I realize that any dark or evil regime will look for loopholes in any Light construction.

⌘ What is Purification? ⌘

A Time of Purification?

August 5, 2020

<https://goldenageofgaia.com/2020/08/05/a-time-of-purification/>



Triggers just seem to keep going off. I have to be supervigilant not to launch into extreme thoughts and behavior.

And not to then swing out onto the other extreme and super-protect myself from them, until the guardian again becomes the guard. (1)

How to stay in the middle and yet be strong, resolute, determined? This is truly Giacomond's territory.



Part of my job is to give a running narrative, an ethnographic account of my passage through this territory and the others leading up to Ascension.

This stretch must be what Homer meant by picturing Odysseus strapped to the mast and letting him hear the siren's song.

We're all strapped to the mast and obliged to hear our siren's song in this stretch of the passage. If you're like me, our deeply-hidden issues and often-childish thinking are now arising to be seen and acknowledged.

Jesus tells us:

"There is nothing covered that shall not be revealed; and hid, that shall not be known." (2)

I think we're in the time of self-revelation he spoke of, a time of purification for us. The criminal shall be stopped (this seems to be happening) (3) and the seeker shall be purified.

This time isn't what St. John of the Cross meant by a "dark night of the soul." (4) But it's what we commonly mean by it - a really bad time, a time to hunker down and get through.

The desire to look good and sound right is a large part of what keeps a vasana in place. We have to be willing to look bad and sound wrong if we're to get through this one.

When I look at the vasana that I just went through - or rather am still going through - I can focus on how right I was or how far I take things.

I can be highly principled and yet not acknowledge that the real issue is how far I'm taking matters.

I justify my willingness to speak my mind anywhere as being fearlessness. It isn't. Except in my own mind. It's simply bad manners in the eyes of 99.99% of others.

This is me reparenting myself on the matter of my "straight-talking" (another justification). I find reparenting necessary to counter the habitual tendencies. Vigilance without paranoia.

I have this lingering sense that this is not the last core issue that I'll face. (5) I'm reminded of Isaiah:

3The voice of one crying in the wilderness:
“Prepare the way of the Lord;
Make straight in the desert
A highway for our God.
4Every valley shall be exalted
And every mountain and hill brought low;
The crooked places shall be made straight
And the rough places smooth;
5The glory of the Lord shall be revealed,
And all flesh shall see *it* together;
For the mouth of the Lord has spoken.” (6)

I think this is that very process. Increase the energies lifting us up and whatever wants to hold us back rises to protest. But every crooked place shall be made straight, whatever we say or don't say about it.

My words of comfort are of course that, relieved of the burden of our dark side, we'll feel radically better, as I did in 2015, basking in love.

This release of old baggage is en-lighten-ment. We're rising to a new level of vibration both by the effect of the rising energies and by our ability to drop our limiting burdens.

But first they must be exposed to at least our own gaze.

Footnotes

(1) See "Sitting on My Inner Child," Aug. 6, <https://goldenageofgaia.com/?p=312346>

(2) Jesus in Matthew 10:26.

(3) See *Trump & the Q Plan - From A to Z* in “A Look at What Trump and the Q Team have (Actually) Accomplished,” July 24, 2020, at <https://goldenageofgaia.com/2020/07/24/a-look-at-what-trump-and-the-q-team-have-actually-accomplished/> GAoG does not agree with all the views stated in the video but posts it to point to the series of meetings President Trump is alleged to have had in 2017 and their purported outcome.

(4) He meant a time in the seeker's life when all the senses go still, silent, unseeing, etc. One believes one has been abandoned by God. See Kieran Kavanaugh and

Otilio Rodriguez, trans. *Complete Works of St. John of the Cross*. Washington: Institute of Carmelite Studies, 1973.

Bernadette Roberts gives a good, succinct description of it:

"In experience, the onset of this process (of God-realization) is the descent of the cloud of unknowing, which, because his former light has gone out and left him in darkness, the contemplative initially interprets as the divine gone into hiding.

"In modern terms, the descent of the cloud is actually the falling away of the ego-center, which leaves us looking into a dark hole, a void or empty space in ourselves. Without the veil of the ego-center, we do not recognize the divine; it is not as we thought it should be. ...

"From here on we must feel our way in the dark, and the special eye that allows us to see in the dark opens up at this time." (Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.)

This stage being beyond Brahmajnana (seventh-chakra enlightenment), it has to be preliminary to Ascension.

However I don't think this generation will be obliged to make such a difficult passage. All the rules have changed and our gradual ascent may make the rigors that St. John and Bernadette went through unnecessary.

(5) I already feel the next core issue in line is about shame, embarrassment, humiliation. It's just waiting for me to be done with anger and fear.

(6) Isaiah 40:3-5.

What's the Significance and Effectiveness of Personal Cleansing?

August 31, 2020

<https://goldenageofgaia.com/2020/08/31/whats-the-significance-and-effectiveness-of-personal-cleansing/>



Example of Realization: Archimedes. Not that kind of cleansing though and don't run down the street naked

All this personal cleansing that I'm doing - and we're doing - what's its significance and how effective is it?

The significance of personal cleansing is that it removes the various obstacles to realization (enlightenment).

I've talked about the obstacles as vasanas (or core issues), habitual behavior patterns, and ... I now see ... the inner critic or Constant Comment.

There may be more obstacles that I'm not aware of. But, combined, they are what anger us, skew our behavior, result in violence, and increase our density. All of this is endarkenment. We need to turn around and go another way.

When the obstacles have lifted or departed, we're restored to a condition of natural purity and innocence. I experienced that natural innocence at Xenia Resort in 2018. It was way below the vasanas, which appeared to me, as I descended in an imaginary elevator, to be far above us, almost at "skin level," as I went deeper and deeper into the heart.

Restoring us to our natural Self is what spiritual practice is aimed to do. That process will go on long, long after we've ascended to a Fifth- or Seventh-Dimensional vibration. It'll never stop until we stop, back in the heart of Mother/Father One.

How effective it is can be seen by the recent departure of Constant Comment. My life before and after its departure is hard to compare. I denied myself so much pleasure and comfort, so many opportunities, so many new places to explore.

I denied myself relaxation, vacations, love, bliss. I denied myself all the more enjoyable things in life.

Now all those bonds are gone and I'm simply left with myself and my wishes. Nobody denies me the best that life has to offer any more. The world opens up before me and there's no longer anyone inside to deny me my turn with it.

I guess "liberating" is the word for it and I consider that a testament to its effectiveness.

Even swinging out to the extremes seems related to Constant Comment in a way that I can't yet explain. Did that somehow please the ego? Why? Because it produces drama and trauma, things that perpetuate the ego?

I no longer feel inclined to swing out to the extremes.

I haven't been guiding myself to the center. I seem to have drifted there outside of consciousness. I gravitated to it the way particles settle out of water: I sank to it.

My sensory desires aren't great. Bliss is just below the surface and peeks out from time to time.

I feel secure and safe and open to whatever comes. I don't mean that I'll suddenly become a tremendously-social person. I can't see that happening, especially given the work expected of me.

But within the arena I choose to play in, I feel a new confidence and lack of fear.

So this is how the Company of Heaven transforms us from being lacking in self-worth, self-confidence, and self-respect to being free of those conditions.

Our Deep Housecleaning

Sept. 22, 2014

<https://goldenageofgaia.com/2014/09/22/our-deep-housecleaning/>



Dad

Archangel Gabrielle said in a message Sept. 21:

"I remind you this day, [that you are clearing] your key motivator, your core issues, as you let the residue of the old Third go... Why do you do this? ...

"You are undergoing this magnificent transformation, demanding and commanding the truth of your path, of who you are because you are tired of suffering and you are tired of seeing the suffering of humanity. You're tired, you are sick and tired, child, of the illusion.

"The tsunami has awakened you like never before. ... You have cleansed and cleansed. You have dove deep. You have ridden the waves. So what is the problem? Dear hearts, there is no problem. It is just that the housekeeping for yourself and for humanity goes very deep.

"This cleansing is complete." (1)

Perhaps I can illustrate the depth of this cleansing from my own personal experience. In a reading I had with him on Aug. 22, Archangel Michael used words similar to what Archangel Gabrielle just said. He pointed out that I was doing "some very deep housecleaning." It came up here:

S: You heard me during this past week, moaning and groaning?

AAM: Yes, I have. Most of heaven has.

S: Oh, no. Really?

AAM: I'm teasing you. Yes, we are aware. But also know that what you are doing is some very deep housecleaning. (2)

I presume, based on what Gabrielle said, that the same applies to many people.

He also told me that I'd emerge "addicted to love." That hasn't happened quite yet!
(3)

Yes, the housecleaning was deep. It was as deep as I can possibly imagine going. Let me illustrate.

I awoke in the middle of the night last night and saw something that brought me to a complete standstill and humbled me.

Previously I had always placed my Dad over there and me over here. In the middle of the night, I awoke seeing my Dad a few feet away from me. At that moment, the words of Farmgirl came to me:

"Hear not the blaming word,
But listen far below it,
To the secret speaking
And the silent cry." (4)

I saw the tortured look on his face, that look of terrifying anger that I knew so well.

I felt emboldened by Farmgirl's words and entered into his body in my imagination. I was actually enabled to feel how he felt. I walked a mile in his shoes, so to speak.

I got how dismal and awful he felt. I actually experienced compassion towards my Dad, for the first time in my life.

I remembered all the abuse he'd suffered in his life - being roughly treated, kicked out of the house, rejected by his father, and later by his mother - what torture that must have been.

But the most important thing I got out of trying him on and testing it out is that I saw that, when I become super-frustrated, super-angry, or super-upset, I become my Dad.

I had never seen this before. I had heard it said on occasion, but it remained intellectual knowledge. But I now saw that I actually became my Dad on those occasions. I had an experience of it. It became experiential knowledge.

I got that I can be terrifying at those times. My smugness at holding my Dad over there and me over here disappeared.

In the growth movement, we'd have spoken about "calling oneself on our own numbers." When we have a realization like this, it works to call ourselves on the number (routine, act, pattern) we see. It makes it real by fixing it in the mind. And publicly declaring it makes it undeniable, nailing our foot to the floor. Not everyone would want to do this, but I do.

My number is that I become my Dad when I'm super-frustrated or super-angry. So it really isn't that Dad is out there and I am in here. Dad is in here too. I am my Dad.

I feel sobered and humbled by what I've seen. I'm not wanting to dramatize it. If anything I feel like meditating on it and really getting it, sucking the juice out of the realization. I feel a deep sense of release and relief spreading through my body, the indication that this is a true seeing.

I feel distinctly different at this moment. There's a tingling feeling happening and a flood of calm, a wave of peacefulness passing through me.

I'd like to think that the Company of Heaven is taking this whole way of being away from me, as they did in the "System Restore." (5) But I don't know that yet.

I'm humbled by this experience, which was brought on by the Tsunami of Love. I wouldn't wish to hide it from you. Without acknowledging things like these, we can never be free of them.

The other day when I said I was operating from ignorance in 1986, (5) people wrote in and asked me not to call myself ignorant. Others wrote in and said that, if I was not a fount of love, they despaired about themselves.

I'd like to go a little deeper with that, if you'd permit me. Until we look at the truth of our way of being, we cannot be free of it. It wouldn't work for you, it wouldn't work for me if I were to pretend to be in a place I'm not.

I see that I've become my Dad and seeing that is not awful for me or an abandonment of you. Seeing that is liberating. And acknowledging this to you is also liberating. It's emergence. It's freedom.

Footnotes

- (1) "Archangel Gabrielle Beckons Us: Come Fly with Me... You are Ready!," Council of Love, September 21, 2014, at <https://counciloflove.com/2014/09/archangel-gabrielle-beckons-us-come-fly-with-me-you-are-ready/>
- (2) Personal reading with Archangel Michael and Steve Beckow through Linda Dillon, Aug. 22, 2014. Also see "Addicted to Love and the Middle Way," Aug. 26, 2014 at <https://goldenageofgaia.com/2014/08/26/addicted-to-love-and-the-middle-way/>.
- (3) But on March 13, 2015, after my heart opening, I did emerge addicted to love!
- (4) "This Manitoba Farmgirl," Sept. 20, 2014, at <https://goldenageofgaia.com/2014/09/20/this-manitoba-farmgirl/>.
- (5) "System Restore," May 10, 2014, at <https://goldenageofgaia.com/2014/05/10/system-restore/>.
- (6) "So Why am I Not a Fount of Love?" Sept. 21, 2014, at <https://goldenageofgaia.com/2014/09/21/so-why-am-i-not-a-fount-of-love/>.

⌘ And the Future? ⌘

Swords Into Ploughshares

December 13, 2023

<https://goldenageofgaia.com/2023/12/13/swords-into-ploughshares/>



Swords into ploughshares

Archangel Michael once predicted a time when weapons would turn to dust.

Although I can't find the original statement, I did question him on it in 2019:

Steve: You predicted a time when guns would not work and swords return to dust. What more needs to happen or what more needs to be done before that time arrives?

Archangel Michael: And this will come to pass and in this we will be thoroughly joyful and I do not just mean [to] you and I, Sweet One. I mean above, below and in between. And when I say above, I also mean your star family.

What is happening, and it is indicative and it is demonstrated by these massacres, the human collective is simply becoming, not overwhelmed, but exhausted with the violence.

And those who would use guns or weapons of distraction of any type are reaching a point where the perpetrators of such violence simply say, "No more."

So this is part of my undertaking, Sweet One. (1)

Can you imagine?

Is this not a fulfilment of Isaiah's prophecy that swords would be turned into ploughshares?

For anyone questioning how all wars will one day end and how all armies will turn swords into ploughshares, stay tuned.

But we surely all know, that that doesn't solve the problem unto itself as long as aggression, hostility, anger, blame, etc., live inside us - so long as we're at war within ourselves.



I wonder how this remarkable disappearance of weapons of war will come about. I've experienced Michael "diverting electricity" that would have electrocuted me, putting out housefires, rendering a toxic substance benign, and making concrete objects weightless.

I don't need any further proof of his ability to arrange and rearrange things - at a micro or macro level.

What if the world was brought to peace, wanted peace, and asked the celestials and galactics to dematerialize all weapons of war? Would that not symbolize a new willingness to behave like galactic adults?

We'll hear about our misadventures in space - our colonies on other planets and what they do, etc. We've been quarantined for some time now - for a number of reasons. (2) Would the trust involved in such a scenario (dematerializing weapons) not resonate throughout the multiverse?

All of which have their eyes on Earth. The first (successful) (3) mass, physical Ascension into a new, interdimensional region of the Mother's domain, (4) inhabited by a new species, (5) which Ivo dubbed *homo universalis*. (6)

The first time lower-dimensional beings will be able to visit higher-dimensional realms. The first... The first.... (7)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019. (Hereafter, AAM.)

Michael has taken on the responsibility for establishing peace again on Earth. Just the second time we had a reading, he said to me:

Archangel Michael: Your job is to participate and to lead in a worldwide peaceful revolution, for peace the time is now. ...

And we do not mean an absence of war. We mean the presence of peace as you have been describing it. (AAM, Feb. 18, 2011.)

Yes, the divine state of peace, not just the cessation of war. Since June 12, 2023, when I realized what he wanted from me, I'm ready to play any role he wishes me to play.

Notice he includes our star family among those who'll be joyful to see our weapons go: "When I say above, I also mean your star family."

(2) "Your Earth has been in quarantine for many years, so as to ensure that no other civilisations can influence you or interfere with your progress. Sometimes it has been necessary to allow an approach to be made, but only to test your reactions." (SaLuSa, December 5, 2014.)

"The outer ring of ships are much in the way of a protective barrier, to ensure that unwelcome visitors are not allowed to interfere with your evolution. Apart from the Galactic Federation, very few Beings from other civilisations are given permission to enter your atmosphere or land on Earth. Usually they are crews on a scientific expedition, and sometimes from another Universe.

"Outside of Earth there are recognised laws and protocol that apply to any interstellar travellers. This is one reason why Man is restricted from taking his craft outside of his solar system, because he does not yet recognise or understand the laws and is inclined to act irresponsibly. Also Man would take his weapons into Space as he does now, and prepared to use them in violation of such laws." (SaLuSa, May 21, 2010.)

(3) Atlantis failed.

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

Archangel Michael: Yes, it is brand new.

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

AAM: That is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 21, 2015.)

(5) Divine Mother: We are creating a new species — if I say it this way, you will understand — a new species of human, conscious, heart-directed, brilliant, creative and determined. And you are doing it not by leaving, but by staying. ("The Divine Mother: We are Creating a New Species of Humans," July 12, 2014, at <https://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

You're the wayshowers ... of a new level of species. (The Divine Mother, channeled by Linda Dillon, in "The New You" Course, Nov. 28, 2020.)

(6) Ivo: Yes. This is an extinction event. On planet Earth, only certain types of DNA will evolve or ascend. Other types of DNA will not. Homo Sapiens is slated for extinction. Homo Universalis will prevail. ("Ivo of Vega: The Nature of Negativity," through Sharon Stewart, February 22, 2021. at <https://goldenageofgaia.com/?p=317874>.)

(7) See:

- *Gateway to Higher Dimensionality Vol. 1: Introduction to Ascension* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/Gateway-to-Higher-Dimensionality-V1-R5.pdf>
- *Gateway to Higher Dimensionality Vol. 2: Mass, Physical Ascension into a Brand New Space* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Gateway-to-Higher-Dimensionality-V2-R3.pdf>

Our Future and Our Destiny: Are We There Yet?



It took me years and years to realize that what was making me mad was not the person standing in front of me but a person who stood in front of me decades and decades ago.

On that occasion years ago I reached a conclusion about life and a decision on how I would act in the future. This is how a vasana or core issue gets started.

It's taken me more years to realize that how we feel is the most important motivator in our lives. And more to realize that I have the power to change how I feel.

I'm not a victim of my feelings. Granted a thought may have generated the feeling, I don't have to remain depressed, dejected, disappointed, unless I want to. And I seldom want to.

It doesn't work to plaster a smile over a feeling. But, given that many feelings and moods change with things I do anyways, I can choose to do things that will alter my feelings.

Those they don't alter, I can process using the upset clearing process. (1)

It was accepted practice in the Growth Movement to stay with our feelings. But where I'll be going (and many others will as well), I won't have the time or luxury of going the long way around. I have to find another way forward.

If I feel dejected, I often choose to act in ways that are consistent with it. The same with many, not all, feelings. But I've been experimenting lately with ways of changing the way I feel. Listening to inspiring music is one; creating a new writing project is another; thinking of someone I love is a third.

Once the feeling changes, I marvel at what I was thinking of doing (or had done) by acting on that feeling.

These are only stop-gap measures. Once we shift, based on my visits to these realms, we'll be in love and bliss 24/7. Thus it's not a pipe dream to say we want to live in love permanently and fully. It's our future and our destiny.

Knowing this, does it not make sense that I'd be impatient to get there and trying every means to achieve that space? Once we would have said that I was denying reality and burying my head in the sand.

But is it denying reality to say that I want to be at our destination as soon as I can? Have we not been saying that since childhood? (Are we there yet?)

The love and bliss I'm talking about, as you know, is a world apart from what we think of as love and bliss. It'd be like Mom telling me orange Kool-Aid is freshly-squeezed orange juice. Not.

What awaits us is definitely more than 99.99% of the population may or will have experienced. OK, 99.98%. To say it's "out of this world" is an understatement. It's all this world desires.

Maybe knowing this is what has me no longer settle for feeling dejected or depressed. Whether it be that I listen to these feelings until they lift or change the tune, I want more of what I know is coming. I want the Light at the end of the tunnel. (2)

Are we there yet?

Footnotes

(1) "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

(2) The Light of the Self in the seat of the soul, the end of the tunnel of the heart.

Towards a World that Works for Everyone



If we were looking for a phrase that would describe the world we're headed for, for me, it would be Werner Erhard's memorable phrase: "a world that works for everyone."

I now see that Werner was looking through eyes that knew the Fifth-Density world that we're aiming at. The rest of us blinked when he spoke about "context" and "coming from the whole." But I now see what he was describing where I didn't then.

He was describing a world he could see and feel, a world that he lived from in which he did what worked and what he did worked. It was a world in which he felt love and compassion for all without condition or distinction, the same universal love that we are being encouraged to live from today.

Our partners on the spirit side of life like St. Germain and Archangel Michael and on the galactic side like SaLuSa of Sirius and Mira of the Pleiadians are standing in that ascended space and beckoning to us.

"Here is the world you're looking for, the world that works for everyone, with no one left out."

What is it that chiefly stands in the way of my experiencing that world?

I'm convinced it can be summarized in one phrase: My "unfinished business" stands in the way – what (Hindu) Vedantists would call “vasanas.”

“Vasana” is a Vedantic term for a persistent reaction pattern triggered by a current upset which resembles a past traumatic incident.

All the issues I'm carrying around since forever.

One of my intentions here is to begin mapping the whole business of processing old issues out so that, when the time comes, I can assist people who're wanting to be free from theirs so they can pass through the eye of the needle of ascension.

I'm a completely innocent and sovereign individual who has, over lifetimes, created issues over various situations that all but mask that innocence and sovereignty from my awareness.

That said, I offer as an initial hypothesis that the two chief tools I see I have to overcome those issues without needing to process each and every one of them would be forgiveness and gratitude.

Forgiveness of myself and others and gratitude to God and everyone around me for what I have, what I've learned, what I've gained.

I'll be exploring how forgiveness of everyone who has ever harmed me and asking the forgiveness of all I have ever harmed works. A simple statement of that said once does not seem to do the job. There must be more to the practice.

By the same token, giving thanks to God and the world once for all that I am and have also does not seem to do the job. I must explore the work that gratitude does and see what a "grateful heart" really looks like.

I acknowledge that, without the cooperation of everyone else in this world, I would not be in the position I am today, anticipating ascension and an end to dualistic consciousness for myself and the planet.

Werner's goal of creating a world that works for everyone is, by the words of the spiritual hierarchy and Galactic Federation, guaranteed. Only by consciously turning our backs on the offer could we not find ourselves, soon enough, in exactly that planetary environment of transformation and abundance that Werner knew and pointed to.

Werner held that dream for millions of people, such was the power granted him by the state of enlightenment he was in. I have a video of him, as it were, burnt into my mind and it serves as my inspiration as I work my way along from a state of incompleteness to a state of completion and ascension and then service to others.

Creating a World that Works for Everyone



Werner in 1979

Werner Erhard, the founder of the est Training, is the source of the concept (he would call it a “context”) of “a world that works for everyone” and of many other abstractions that have worked their way into our language.

One of these is "making a difference" and there isn't a greater difference we can make than creating the world Werner envisioned.

I'd like to examine that context briefly here because the Reval (Global Currency Reset) is nearing and, after it occurs, we'll be collectively starting the work that Werner envisioned more than thirty years ago, building Nova Earth, a world that works for everyone.

Werner held that our deepest urge was to make a difference in our world. His words have stayed with me since he spoke them back in the 70s.

“You and I want our lives to matter. We want our lives to make a real difference – to be of genuine consequence in the world. We know that there is no satisfaction in merely going through the motions, even if those motions make us successful or even if we have arranged to make those motions pleasant.

“We want to know we have had some impact on the world. In fact, you and I want to contribute to the quality of life. We want to make the world work.” (1)

I watched by a satellite hook-up the event called “A Shot Heard Round the World: A World That Works for Everyone,” and was bitten so badly with the desire to participate in the creation of such a world that it remains a driving force in my life today, even without the events that we’re all following.

A world that works is what Werner would have called “an idea whose time has come.” Nothing is so powerful, he said, quoting Victor Hugo, as an idea whose time has come. And has Nova Earth not come? He was decades ahead of his time.

Werner’s workshops turned on the notion of making a difference. One workshop leader once went so far as to say “all of est comes out of the abstraction ‘making a difference.’” (2) Werner expanded:

“The context of est is impact, or making a difference. ... It is possible to do things in life that are pleasurable and gratifying, that feel good, and that when you’re done with them – although you’re very excited about what you did – don’t really make a difference in your life. ...

“What has allowed people to support est is that it has actually made an impact on their lives.” (3)

He identifies what holds us back:

“Every human being’s deepest, most natural expression is the desire to make a difference in life, yet our lives give us little indication that we matter.

“We want to live meaningful, purposeful lives, yet all our attempts to do so fail because we live in a condition that says we don’t make any difference.” (4)

His workshop leaders returned to the theme on many occasions.

“Notice that you deal with your participation in the [est] Training as you deal with it around everything else – as if your participation doesn’t matter.” (5)

“Everything about your system is there to keep you thinking that you don’t make a difference, to defend you from getting your magnificence.” (6)

“As I look into people’s lives, I see that they are living their lives out of ‘I don’t count’.” (7)

Sound familiar to those who listen to the Company of Heaven today? Nowadays we call it a lack of self-worth and our sources say it’s probably the deepest problem on the planet. Here is Jesus on the subject: “It always comes back to this situation of self-loathing or self-worth, the lack of self-worth.” (8)

Holding that we can make a difference was unthinkable in the world as it was in Werner’s early days.

“That you make a difference, that the rules for living successfully are now based on you and me, that we can live in a context of the world working for everyone, is literally unthinkable.

“It is beyond our present paradigm, outside the scope and limits of the condition in which we have lived. You have to dare to think the unthinkable, dare to do more than dream, dare to be the architect of your own world.” (9)

So what can we do? His advice is especially pertinent to us who will soon benefit from the Reval:

“What can you do? Decide on a project for which you are willing to take complete responsibility. Complete the project successfully. Relate this achievement to others as an inspiration to them. ... You can make the difference.” (10)

Werner had such presence and courage. I’d never heard anyone suggest that we could take responsibility for the whole human population. I cried when he spoke these words. I still cry today when I read them.

“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.’”
(11)

At the same time that he was raising our sights to take in the whole world, he was also implanting in us the idea that we could do it, that we could make a difference.

“Thank you for having the courage, audacity, and heart to create as the context for your life that people – you – make a difference.” (12)

So when the bell rings and the Global Currency Reset is announced, after you go on that vacation, come back. Regroup. It’ll be time to apply ourselves to the unworkability in the world and turn this planet into Heaven on Earth, the Garden of Eden, a world that works for everyone.

Given that Werner's views are so relevant to the work we're doing today, I'll be writing more about them.

Footnotes

(1) Werner Erhard, *The End of Starvation: Creating an Idea Whose Time has Come*. San Francisco: The Hunger Project, n.d., 3.

(2) Bix Bickson, Vancouver Center Manager, Making a Difference Seminar, March 1981.

(3) Werner in Judy Oringer, “Transforming the Beingsphere,” *Graduate Review*, Feb. 1978, 4.

(4) Werner Erhard in poster for *A Shot Heard Round the World: A World That Works for Everyone*, Spring 1980.

(5) Randy McNamara, est Trainer, Jan. 11, 1981.

(7) Bix Bickson, Vancouver Center Manager, Making a Difference Seminar, March 1981.

(8) Joan Bordow, “Voting,” *Graduate Review*, May/June 1980.

(9) Jesus on *An Hour with an Angel*, January 9, 2012, at <http://goldenageofgaia.com/2012/01/transcript-of-an-hour-with-an-angel-with-jesus-jan-9-2012/>.

(10) Werner in poster for *A Shot Heard Round the World*, *ibid.*

(11) Werner in the *Graduate Review*, February 1979, 7.

(12) Werner in the *Graduate Review*, February 1980.

(13) Werner in poster for *A Shot Heard Round the World*, *ibid.*

A You-and-Me World: The Organizing Principle for a World that Works



Yesterday I looked at the context called “a world that works for everyone,” which was created by Werner Erhard in the 1970s. (1) Today I want to look at the organizing principle that Werner put forth for such a world.

In 1980 Werner referred to that organizing principle when he said “a you-and-me world [is] a world that works for everyone.” (2) I actually vividly remember him saying the following words to describe his vision:

"Sometime around now – it may have happened five years ago or fifty years ago – ... the rules for living successfully on this planet shifted. We can no longer hope to live meaningful, purposeful lives using the rules of a you or me world. It's becoming clearer and clearer to those who will look that in order to live successfully on this planet, we must discover and live by the rules of you and me." (3)

He described this context as “more radical than a revolution.” In place of the exclusionist principles common in society, Werner offered inclusionist principles based on each of us taking responsibility for our world and letting go of our polar, confrontational leanings and dependency on a "savior." He said:

“Here, purpose and meaning in our lives do not come in response to a common enemy or in the wake of a popular leader, but from individuals willing to take on and create purpose and meaning for themselves.

“It is the beginning of a transformation in the quality of life on our planet for each of us, with no one left out. We can choose to make the success of all humanity our personal business.” (4)

The Vietnam War was fresh in everyone’s memory. There was awareness among a few of how the population had been manipulated into going to war. But there was nowhere near the knowledge of the forces that wanted to win control of the world that there is today.

No one suspected what was happening behind closed doors. It took 9/11 to wake many people up.

Werner was talking into a space inhabited by protesters and activists who had begun by marching but ended by burning banks and eventually devastating the downtown areas through which they marched.

No one’s hands seemed clean in those days. Werner seemed alone in emphasizing accountability and integrity.

Werner’s call for a you-and-me society, a world that worked for everyone, with no one left out, was about as challenging a perspective for me as any that I’d ever heard before. It wasn’t simply its global reach that was revolutionary; it’s that it included very many people whom activists at that time regarded with disdain and missed few opportunities to ridicule.

Werner described the kind of world we lived in here:

“The world isn’t friendly to the experience that your life works; the world isn’t friendly to the experience that you have relationships which are meaningful and nurturing. There’s no room for that out there. There’s plenty of room to be very slick and clever and successful. You’re a slick operator? Terrific! The world’s truly friendly to that. But if you’re decent, you’d better hide it.” (5)

Proposing his vision was radical enough. But Werner didn’t stop there. He campaigned for it.

And he wasn't helped as much as we are by rising energy and the prospect of global prosperity and a shift in consciousness.

Our work to create Nova Earth is helped by the uplifting impact of the energies sent to us from the far reaches of space and from other dimensions. But Werner had no such help. He was a lone person facing into all the unworkability that prevailed at the time.

That unworkability included the undermining of foreign economies, the seizure of nations' natural resources by multinational companies, the assassination of leaders of other countries who tried to establish democracy, and constant warfare in every region of the globe, disguised as anti-communist and later anti-terrorist.

No one at the time imagined that all this was a strategy to take control of the world from the people and create a "New World Order."

In 1980 Werner wrote that:

"In this new context, making a difference becomes a way of life – individuals live their lives out of the knowledge that each of us has the responsibility and the power to create a world that works for all of us." (6)

No one that I know suspected at the time that this generation would actually face into a global shift in consciousness. People like Werner did the heavy lifting for this global shift and cleared the space for us to consider forgiveness on a planetary scale.

Facing into the challenge that Werner issued was the first introduction for many of us of what we now know as "unitive consciousness." As Werner put it:

"When we start to examine our assumptions about our relationship with the world, we begin a process that results in a discovery. We discover that not only are we related; we are actually members of a vast human family.

"Along with this discovery comes a deeply experienced sense of responsibility for all family members, and a desire to do something, to make a contribution that will make the world work for everyone." (7)



He and his associates created one organization and workshop after another with incredible speed (the Hunger Project, the Breakthrough Foundation, Hermenet, etc.) to address the challenges of the work. His stated purpose for the Community Workshop was particularly revealing:

“The problems of our times are so massive, so pressing, that they cannot be handled by individuals alone. The time for solitary heroes is over. We can no longer rely on old ways of thinking, old patterns of leadership and followership.

“If we are going to create a world that works for everyone, we must learn to function in communities; to be effective and produce results in participation with others. ...

“The [Community] workshop is an opportunity to be responsible for a convergence of vision and circumstances which results in true community action.” (8)

He held that the world of his time was run on the basis of survival. In fact, the fundamental insight that brought on Werner’s own transformation was his realization that he too was skewed toward survival:

“I saw that the fundamental skew to all knowledge, and to the unenlightened mind, is survival, or, as I put it then, success. All my

knowledge up to then had been skewed toward success, toward making it, toward self-realization, toward all the goals, from material to mystic.

“In the next instant – after I realized that I knew nothing – I realized that I knew everything.” (9)

A survival-oriented world gave rise to a you-or-me way of life (looking out for Number One, as one author described it). “In a you-or-me world, nothing makes a difference,” he said. (10) Trainer Angelo d’Amelio referred to the rules of such a world:

“I know how to win and to make others lose. I know the rules of the ‘you or me’ game. I’ve been trained by society in these rules.” (11)

We could engage in individual acts of kindness and charity that “proved” our benevolence, which Werner would have called "gestures" and “pretense.” But we were not to allow others into the winners’ circle or share our knowledge with them of how to win. Angelo said:

“You can share the fruits of winning but don't share winning itself with them because you [may] have to start wrestling again and, when you do, it's still ‘you or me.’” (12)

In a you-and-me world, “I win by virtue of your winning. It's true but,” Angelo added, “you're not allowed to think in this way. It's not natural. It's naive, stupid.” (13)

We know that the strategy of the CIA at this time was to ridicule those who witnessed UFOs so as to keep us from knowing of the presence of the galactics. That strategy was not limited to one field; it was practised against anyone who tried to make a difference in the society of the times - if they were not assassinated (like John Kennedy, Martin Luther King, Robert Kennedy, Malcolm X, etc.).

Angelo asserted that “a completely-developed, whole human being will naturally select as a context for life that life will work for everyone.” (14) Others at the time were calling this context win/win. The work to make the world such a place was to be found precisely where we stood, he held.

“If you want to make a difference, if you want your life to matter, you must devote yourself to finding out what's wanted and needed where you are.

“You need to go home and find out what's wanted and needed to make the world work where you are, to create a you-and-me world context for life.”
(15)

Today we'd say that a you-and-me world is run on the divine qualities, such as forgiveness, trust and love. We'd talk about how everyone in the world is connected and that our separative consciousness is what caused the problems on our planet.

Werner chose to leave America when Scientology threatened his life and his daughter accused him of sexual assault on the promise of a large bribe (which she never received).

My understanding was that he went to Russia and was largely responsible for glasnost and perestroika and to Northern Ireland where he assisted in achieving peace there. In these years he established the Mastery Foundation and trained peace negotiators and leaders.

I can't think of another person who's labored harder for world peace and for a world established on a firm foundation of workability. There may be people who have but I personally don't know of them.

Now we're on the brink of creating a world that works for everyone, based on the organizing principles of inclusion, universality, non-judgmentalness, etc. In my own view, in many ways, we'll be reaping the crop that Werner sowed.

I certainly acknowledge my debt to the man whose associates turned me completely around the day I walked into that training room. He taught me principles that moulded my thinking like no one else has.

The research for this article comes from the “est Dictionary,” which can be found here: <http://goldenageofgaia.com/spiritual-essays/the-path-of-awareness/est-dictionary/>. Given that Werner's views are so relevant to the work we're doing today, I'll be writing more about them as we go along.

Footnotes

- (1) "Creating a World That Works for Everyone," July 1, 2014, at <http://goldenageofgaia.com/2014/07/01/creating-a-world-that-works-for-everyone/>.
- (2) Werner Erhard, *Graduate Review*, May/June 1980.
- (3) Werner Erhard at the *Werner Event*, c1980.
- (4) Loc. cit.
- (5) Werner Erhard in Morty Lefkoe, "Taking It Out into the World," *Graduate Review*, Feb. 1977.
- (6) Werner Erhard, *Graduate Review*, May/June 1980.
- (7) *Graduate Review*, probably citing Werner, February 1979.
- (8) Werner Erhard quoted in Joan Bordow, "Inventing the Community Workshop," *The Review*, May/June 1982, 5.
- (9) Werner Erhard in W.W. Bartley III. *Werner Erhard: The Transformation of a Man; the Founding of est*. New York: Potter, 1978., 166-8.
- (10) Werner Erhard at the *Werner Event*, c1980.
- (11) Angelo d'Amelio, *Post-Training Event*, Vancouver, Nov. 1979.
- (12) Loc. cit.
- (13) Loc. cit.
- (14) Loc. cit.
- (15) Loc. cit.

No Escaping the Need for World Government

February 9, 2025

<https://goldenageofgaia.com/?p=351912>



To those of us, self-chosen, here to build Nova Earth, sooner or later, we'll need to make a few distinctions around the way we're approaching things.

Usually the time to make those distinctions is not in the middle of a war, but the Mother has charged us with building Nova Earth and not waiting for team dark to be removed from power. (1)

In my view, our part of this removal of the darkness (behavior, not people) from Planet Earth includes exactly these discussions via our gift from our star family, the Internet. And introducing some more workable distinctions into our public discussion seems to be a good starting place.

Here's the first distinction I want to make, thanks to whomever is sending me this information:

Sooner or later we *will* have global government. It's only its form, membership, and relationship to the people that may or will differ from what the dark side is promoting.

Somehow the idea of us travelling through space without having reached the stage of living amicably on Earth first doesn't seem to fit.

The idea also doesn't fit of having no representative, democratic world government we're part of or represent. We *will* need to speak as a people some time in the future, probably very soon after First [public] Contact.

We've been contacting and connecting with our star family (and beyond) for years of course. Not like I think of it in this way often, but I myself have interviewed Ashtar, Ashira, Grener, and other members of our star family. Holy mackerel! When will the world wake up on this one!

But power interests have propagandized and weaponized extraterrestrial contact. On folks of our stature, they use ridicule, sarcasm, and ostracism.

So, as with the Kennedy assassination, 9/11, Covid, Lahaina, etc., we "conspiracy theorists" and "wingnuts" are, by one means or another, dismissed or silenced.



Wrap all that up in a bundle and put in on a shelf. We will *still need* global government.

So, if we're building Nova Earth, we need to start by becoming clear on the fact that there is nothing wrong per se with the notion of "global government." It's how to protect that government from being bribed, blackmailed, corrupted, made subservient to a special interest, robbing the people, trafficking children, etc., that we need to consider and ensure.

It's how to elect people who are honest and have genuine respect for such things as integrity, good health care, and family development, rather than weapons and fifteen-minute cities.

A lot of these problems will be solved over time by the lovelight energies rising to achieve our Ascension. Crime does not exist on the Fifth Dimension, as far as I'm aware. I certainly can't see how it could exist, given the magical experience of what Vidya Frazier recently called "luminescent love" (2) that exists there.

No ordinary desire survives being immersed in that love. No fear, no worry, nothing.

So we're really only concerned with team dark between now and then, after which they peel off and follow their own evolutionary curve back to the One.

So Distinction Number One: We will not escape the need for global government. What we need to ensure is that that government has integrity and obeys the will of the people.

Footnotes

(1)

We'll Laugh and Cry....

Feb. 11, 2023

<https://goldenageofgaia.com/2024/02/11/351934/>



I'm deeply impressed by Vladimir Putin's interview with Tucker Carlson. (1)

Over and over again, Mr. Putin pointed to Russia's openness to peace and the West's rejection of his gestures or overtures.

Why neither he nor Tucker is talking about the deep state, I don't know. But it's enough for me to have the two of them keep going in the direction each is.

Afterward, I watched one or two MSM hatchet jobs and then stopped, feeling discouraged. This is a war for our minds and, unless I have to, as on the Immigration and Refugee Board, (2) I don't want to read deep-state propaganda.

The future that looms is too absolutely wonderful to dwell on the deep state any more than I have to, all things considered.

I don't know whether I'm lucky or afflicted by knowing something of what awaits us. When we find ourselves immersed in the love that we'll then know, we'll laugh. We'll cry. We'll get what the search in life was always for.

We'll laugh and cry some more when we realize that the spiritual heart is an open door to the higher realms. Once opened we share in their love and bliss. All the meditating, all the growth work - we now see what it was all about: To get us here.

The best metaphor of our situation that I've been able to arrive at is a balloon. The balloon represents everything. Now twist off a small part of it, about a fifth as big. That's you; that's me, seemingly individuated from the balloon.

The twist in the balloon is the *hridayam* or heart door, heart aperture, literally heaven's gate. Now untwist the balloon and voila! We're shown to be ... part of Everything! And, finally, Everything Itself.



When the *hridayam* opens, we're re-united with the higher-dimensional world we left in entering third-dimensionality.

We're then awash in a higher-dimensional love the likes of which we may never have seen or felt before.

The love that awaits us then, that I'm feeling at this moment, will make all things apparent, both in taking away any concerns we may have and also in lifting us up to heights where answers seem much more obvious.

I know that entering the space of the open heart is what awaits us as a world. (3)

It's too bad the deep state don't get it and join us. They will, in another lifetime, perhaps in another galaxy, far, far away....

Footnotes

(1) See:

- Suzi Maresca, "Tucker Carlson Interview ~ Vladimir Putin," February 9, 2024, at <https://goldenageofgaia.com/2024/02/09/tucker-carlson-interview-vladimir-putin/>.
- Suzi Maresca, "Tucker Carlson's Putin Interview: Partial Transcript," February 10, 2024, at <https://goldenageofgaia.com/2024/02/10/tucker-carlsons-putin-interview-partial-transcript/>

(2) Where, as a refugee decision-maker, I had to guide myself by what I now see as deep-state propaganda, the State Department's *Country Reports on Human Rights Practices*.

(3) An "open heart" should not be confused with the attitude of open-heartedness. The former is the opening of the aperture that keeps us separate from higher spheres. The latter is an orientation of the mind and heart.

Social Maturity is the New Baseline

March 28, 2013

<https://goldenageofgaia.com/spirituality-into-the-golden-age-of-gaia/the-golden-age-of-gaia/social-maturity-is-the-new-baseline/>



I think we as a society are going through one baseline after another of social behavior. A baseline of behavior for me is one or more norms for behavior that society as a whole agrees on or tends towards.

The Arcturians through Sue Lie described one of them:

"The years of 1996 to 2003 were the darkest times since the fall of Atlantis. These times were even darker than your World Wars because these were times when your entire planet was on the edge of complete domination and/or destruction. That reality still exists, but at a much lower frequency." (1)

I personally would have extended that date past 2003 - perhaps to as late as 2010.

And I'd call the baseline of social behavior the Arcturians were pointing at criminality.

Whether we were aware of it or not, as a world society, I think we were being dragged down into criminal and corrupt behavior by our governments and their agencies.

Government and agency involved themselves in false-flag operations, engineered warfare, the rape of nations, the erosion of civil rights, the drug trade, fraudulent financial operations, chemtrails, pandemics, GMOs, weather warfare, child trafficking, etc.

A steady diet of crime dramas on TV persuaded us that life was not safe. So-called action-hero movies inculcated in us an "us against them" mentality. Much flag-waving lent a veneer of patriotism and respectability to this brand of social manipulation.

Our opinion makers and leaders seemed hell bent to have us descend into violent and opportunistic behavior. We've wholly or partly emerged from that chapter in our history. As the energies pull us higher, so our social behavior seems to be evolving upwards.

I think the next baseline came for everyone who accepted that we were in a unique transformational corridor in time. That next baseline was release. All of us who accept the global shift in consciousness have agreed to release the patterns of behavior that haven't worked.

We've been in this baseline period of release for several years now, some longer than others. We've let go of much of our negativity, conditioning, and constructed self.

I think the baseline of social behavior towards which we're headed is what I'd call social maturity. I'd rather not define what I mean by that because I think a rich discussion can be had that will be educational for all and I'd rather not slant that discussion right off the starting block.

I can say what I sense about it. I sense that mature social behavior is what's left once we release our negative tendencies and social narcissism. It's implicit in

humanity and simply needs the overburden of negativity and irresponsibility removed.

Mature behavior is marked by accountability, harmlessness, forward thinking, and cautiousness. Immature behavior is marked by unaccountability, potential harmfulness, a lack of foresight and a lack of caution.

A mature social order strikes me in its most general form as things getting better and better rather than worse and worse. Social maturity leads to wisdom, love, and harmony. It builds the confidence that allows a society to found workable social institutions that resolve social conflict and ensure the well-being of all a society's citizens.

A society being sent towards its own devolution, as ours was until around, say, three years ago, is a society that cares little for its members apart from looking out for Number One, seeing to me and mine.

Such a society doesn't feel that the commonwealth should pay for its ailing members, that social problems should be addressed by society, or that there should be equality or even freedom except in relation to a person's political and other forms of power.

But a society being guided as ours is towards the divine qualities, socially central of which is compassion, experiences a growing caring for its members. Such a society sees itself as responsible for its ailing members, holds that social problems should be addressed by society, and believes that equality and freedom are independent of a person's political and other forms of power. It sees them as inalienable rights.

Social immaturity seems to suggest the childhood of humanity and social maturity seems to suggest its adulthood. I found myself asking, in relation to social questions that arose for me: What does maturity say? And what the answer to that question was, in any one instance, interested me. I welcome a behavioral baseline of social maturity.

The thought arose in me that social maturity is the minimum level of behavior at the present time that unites us as a civilization headed for Ascension. I have a

strong hunch there'll be other stages that become the baseline later on - or the floor of our common behavior. But this is as far as I think I see at the moment.

Footnotes

(1) "The Arcturians - Living Your Highest Point of Perception," by Suzanne Lie, Dec. 31, 2012, at <https://suzanneliephd.blogspot.co.uk/>.)

The State of Being Called Happiness



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

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

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

I've perpetually kept a lid on it.

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

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

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

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

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

Bad choices.

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

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

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

All roads seem to lead back to it.

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I Want What the Higher Dimensions Have to Offer



I've literally found my voice. The voice I've found is my caring mind or balanced adult.

I was vacuuming and I did something "wrong." Immediately my wounded child felt dejected, collapsing a number of memories into simply giving up. Whoa! That was a quick mood switch! I was clearly triggered.

When I looked into it, I saw that at some point in my life I had given up on anything meaningful happening in my family, as long as it was dominated by Dad.

I gave up thinking that I had anything meaningful to contribute that anyone would be interested in or listen to. What's the use? It's in a constant state of uproar, seen from my vantage point.

And now this new faculty has been recently activated or triggered. I now hear the voice of a balanced adult saying "I care about you, wounded child." And I feel the compassion. This is very, very new to me.

A figment of my imagination? Of course it is. But, after all, I have to live in this inner environment and it's all a figment of my imagination, including you. And, as long as I live in it, it isn't pleasant sharing the bed with a critical parent or a wounded child.

Previously I've done everything I could to keep them out of my awareness, simultaneously acting them out as scripts and records (vasanas, core issues) and thinking that nobody saw me. But now I see these states of mind and hear them clearly, as they compete for my attention. I see them. I need no outside verification now.

I've now found the part of me that can respond genuinely to their requests for my attention. Again this is like a first meeting.

This balanced adult in me feels compassionately for the suffering that both of my other ego states have been subject to.

But, acting as an independent adult, I can now release my attachment to them.

I no longer agree to lower my vibration to meet up with them. I say: Thank you for your service, but I no longer want to be responsible for your welfare. You'll have to raise your vibration now if you want us to talk.

Recently I experienced happiness for the first time in known memory. I realize now that happiness is what I want (the spiritual currency I want to be paid in). And love. And bliss.

I want what the higher dimensions have to offer. I'm going forward.

Glimpses of What Lies Ahead



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

Having newly discovered, or re-discovered perhaps, my balanced adult, (1) I'm now having fun with it.

I spilled a bottle of glue today while transferring it from one bottle to another.

I enjoyed watching myself clean up the mess, moderately. I knew full well (without a barrier of resistance appearing) that I could restore the situation and we could then carry on. I was acting from my balanced adult.

We know what I'm doing, don't we? I'm reparenting myself.

I'm walking myself through the critical-parent and wounded-child scripts and, with thanks for their service, retiring them. They no longer work for me. After celebrating the occasion, I'm moving forward.

In their place, well, quite frankly, I'm relying on what Michael has told me in preparing me for what's up ahead. I'm putting in place what he's taught me. That must be fairly obvious to anyone reading me.

He might as well be my (divine) psychotherapist. He's certainly my teacher. Look at how long it took me to get what he meant by "balance," even though he harks back to it repeatedly? Years. Just short of a decade. I'm supposed to be a fast learner.

Why so long? Because balance and peace, love and bliss are not Third-Dimensional spaces and I was looking for them in the Third Dimension. They are nowhere to be found, there.

There are no words to describe them because Third-Dimensional words have not been invented that capture a higher-dimensional space. I don't think it'll be possible to do so for a while, anyways. For example, I can think of no way of capturing higher-dimensional love, true love, in words. I wouldn't even try any more. (And yet I do, again and again.)

For most of us, when we see or in other ways experience these divine states, we get a glimpse of what lies ahead - encouragement for us to keep going, keep going, keep going.

These moments of discontinuous and expanded comprehension are what I mean by "realized knowledge." Realizations can be big or small. They don't last - until Ascension. But they produce certain knowledge and unforgettable experiences. And they're glimpses of what lies ahead.

Most of us don't recognize them for what they are. They seem to be just wonderful moments (magic moments even) when everything seemed different and we knew a lot. But we see no further significance to them. No big deal.

After Ascension, our hearts are permanently opened in Sahaja Samadhi. Then our vasanas are fried to a crisp. There are now no seeds of future action, no arrows of karma waiting to be launched.

We're released from our bondage to unproductive stimulus/response patterns. We experience this as moksha, mukti, liberation from bondage.

We'll live in a crystal-based (rather than our present carbon-based) body, which we're slowly adapting to now, which neither needs to die or be reborn. Thus we're

released, as the Buddha might say, from bondage to the wheel of birth and death. He called it Nirvana. Names don't matter. It's the same higher state of existence.

Our spiritual experiences are in the end encouragement to keep us moving forward through this slow and gradual time during which the body adapts to the greatly-increased energies, the greater light of the higher dimensions which before long it will be living in.

Footnotes

(1) See “Up from Moan and Groan,” March 6, 2020, at <https://goldenageofgaia.com/?p=306851> and "The Adult State = The Balanced State," March 9, 2020, at <https://goldenageofgaia.com/?p=306854>