

# Grandeur Beyond Grandeur: Toward a Cross-Cultural Spirituality

## Vol. 4: Sadhana



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This book incorporates and supersedes:

*Back to the Basics: Introductory Essays to a Cross-Cultural Spirituality*

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# Volume 4

## ⌘ Sadhana ⌘

## Devotional Attitudes

July 20, 2011

<http://goldenageofgaia.com/2012/07/20/devotional-attitudes/>

*Some people worship God as their child*

I wonder if you'd permit me to address a couple of matters that emerge from answering email. The first is the matter of asking me to cease addressing Archangel Michael as "Lord."

There are several traditional attitudes that people adopt in their devotional relationship with the Divine. Hindus have studied this subject the most deeply, in my opinion.

These attitudes reflect one's own temperament and perceived connection with God or with his angels. One is the friend, another the lover, the parent, the child, etc. And one is the servant.



I am a servant of Archangel Michael. That doesn't mean that you are or have to be. But I am. And to stop addressing Archangel Michael as "Lord" would be like asking me to do something untoward or reprehensible.

Please know that I feel exposed enough as it is having landed in a society that does not value the word "Lord" without taking up that practice myself.

How others proceed is up to them. This is (becoming) a free society, where we don't ask people to conform to our usage, providing theirs is not causing harm.

The use of the word "Lord" in relationship to the archangels meets with a response from my heart, a flood of love, a sense of true proportion.

It honors the very wide gulf there is between the manner in which Archangel Michael sees and the manner in which I see. And it honors the fact that I serve him. It's "proportionate" to me. It feels appropriate or fitting. It may not feel the same to you and I honor that.

In India, where the traditional devotional attitudes toward the Divine are well known, one does not ask a devotee to stop talking to Krishna as if he were one's child. One allows each person to choose the form of their relationship with the Lord.

I'd be happy to see us start doing that in the Western world as well - to allow each person to form their relationship with God in a way they prefer, rather than asking one person not to relate to God or the archangels in the way that he or she wishes.

# A Question of Balance

June 29, 2013

<https://goldenageofgaia.com/2013/06/29/a-question-of-balance/>

A friend was saying that he was talking to his ten-year-old son the other day and mentioned that moderation was a good thing, only to have the son reply: "Except in love, Dad."

Out of the mouths of babes. Although we know the "babes" here right now are anything but babes. Does this not illustrate how the new generation will lead us?

I wanted to mention what I think are some of the exceptions to the notion that all must be in moderation or balance. I do so not pretending to be a spiritual teacher because I'm no such thing. Just a person who loves writing on these themes.

I need to go a little ways back by saying it's my suspicion that a universal law is a universal law simply because God says it is or commands it. It's my view that God's speaking alone causes changes in the universe, in the rules of the game, in the universal laws, etc. Sri Ramakrishna described the situation this way: "He who has made the law can also change it." (1)

Therefore there can be any number of exceptions to any situation, as God wills. His (her, its) will is apparently irresistible.

In a pre-recorded interview with Archangel Michael, he explained that the Mother can call a person back from many dimensions. It isn't necessary, he says, that they go through all dimensions in their return to God.

He added that they actually do go through all dimensions, as it turns out, but at the speed of love. The point is that the Mother and Father can create or change any situation they want. That's the nature of the world we live in.

So it shouldn't come as a surprise that there are exceptions to the counsel to observe moderation in all things.

Krishna talked about one exception and I've referred to this quote before.

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

So God is all we can desire without incurring karma.

If we desire God, we don't have to be moderate in that desire. We can desire God with wild abandon and ecstasy and it won't harm us.

I believe that exception extends to the divine qualities as well as God, God and his (her, its) divine qualities being one and the same. So I think that desiring love, bliss, etc., immoderately also will not harm us.

Jesus hinted at this as well when he said:

"Thou shalt love the Lord the God with all thy heart, and with all thy soul,  
and with all thy mind.

"This is the first and great commandment." (3)

All thy heart, soul and mind seems to suggest loving God to whatever degree one wishes and the strength of that desire is not harmful.

Granted that the Buddha's Middle Way is a path of moderation and balance, the Middle Way seems to relate to the care of the body and mind.

You remember that the Buddha had been an ascetic and was starving his body. When he heard the music teacher say to his student not to tune the vina's strings too tightly because they would break or too loosely because they would not play,

he had a realization that the Middle Way was the best path to what he considered the supreme enlightenment. And it probably is.

Equanimity is also said to be the royal path to God. But equanimity is meant towards the things of the world, not towards God.

Indians particularly reverence the ecstatic saint. St. Francis was called God's fool for his ecstatic love of God. Ecstasy is not a harmful state and yet it is anything but moderate or balanced. And the ecstatic saint is hardly equanimous towards God.

So there are exceptions to the counsel that moderation is best in all things or that balance is always to be preferred. Not apparently in our longing for God.

#### **Footnotes**

(1) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 817.

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

(3) Jesus in Matthew 22:37.

# Balance and the Mystical Heart

Feb. 26, 2012

<https://goldenageofgaia.com/spirituality/back-to-the-basics-2/balance-and-the-mystical-center/>

To push out into the unknown and discuss spiritual matters or anything else in Third Dimensionality, we use language. And using language usually means using metaphors.

A metaphor establishes that something unknown is, in an important way, like something known. We try to push out into the unknown by extending the known. In a certain sense, all that we are doing, really, is reducing the unknown to the known. And the Unknowable can never be known that way.

The value of this approach is that it yields insights; its drawback is that it obscures as much as it reveals, often much more, and in the most critical instance, that of knowing the Unknowable, it yields nothing at all.

Let's look at the manner in which metaphors can obscure relationships.

Take the notion of balance, for instance. We can say that balance is like a teeter-totter. We can compare our ups and downs to a teeter totter out of balance. This leads us to say that we need to bring our moods into balance, into the center.

But in all the years I've been observing myself, I'm not aware of how I can “bring my moods into balance.” For me, this metaphor obscures more than it illuminates.

However, if I see the situation in terms of there being a center, “being in balance” then becomes “remaining in the center” and a better metaphor than bringing our moods into balance becomes one of “letting go” of what keeps us on the extremes or the peripheries and away from the center.

Jesus recently spoke about this type of metaphor of the situation, which has greater advantages than representing balance as a matter of bringing the teeter-totter to the horizontal. He characterized what I've called “letting go” as “relaxing and allowing.”

“You are *already* part of God, so you do not need to strive to become aware of this. Instead, relax and *allow* this state, your natural state to embrace you.

...

“If you will relax and accept them gratefully as they occur you will learn them easily and quickly. If you rile up against them they will just continue to present themselves to you until you do learn them, and this can bring you a considerable amount of pain and suffering.” (1)

Using this metaphor of “letting go” brings us in line with such teachings as the Buddha's that says the primary difficulty we face in remaining in the center are the impacts of craving and aversion or wanting and rejecting. The more we let go of wants and “don't wants,” or desires, or preferences, the easier it becomes to stay in the center.

\* \* \*

And what is it about the center that recommends itself to us? We do we want to remain in balance and in the center?

The matter becomes clearer when we use the more common name for the center: the heart. Here I don't mean the physical heart on the left side of the body, or even the heart chakra. Instead I mean what Hindus call the “hridayam” or spiritual heart. Of it Sri Ramana Maharshi said:

“Call it by any name, God, Self, the Heart or the Seat of Consciousness, it is all the same. The point to be grasped is this, that HEART means the very Core of one’s being, the Centre, without which there is nothing whatever.”  
(2)

Of it, Sri Aurobindo said:

“According to the ancient teaching the seat of the immanent Divine, the hidden Purusha [Divine Person], is in the mystic heart, -- the secret heart-cave, *hridaye guhayam*, as the Upanishads put it, -- and, according to the experience of many Yogins, it is from its depths that there comes the voice or breath of the inner oracle.” (3)

Ramana offered this illuminating description of the heart or center. But we have to remember that this description is from the standpoint of Third Dimensionality and not from that of the absolute truth.

“That from which all thoughts of embodied beings issue forth is called the Heart. All descriptions of it are only mental concepts.

“The 'I'-thought is said to be the root of all thoughts. In brief, that from which the 'I'-thought springs forth is the Heart.

“If the Heart be located in anahata chakra, how does the practice of yoga begin in muladhara?

“This Heart is different from the blood-circulating organ. 'Hridayam' stands for hrit 'the centre which sucks in everything', and ayam 'this' and it thus stands for the Self.

“The location of this Heart is on the right side of the chest, not at all on the left. The light (of awareness) flows from the Heart through sushumna [the spinal canal] to sahasrara [crown chakra]. ...

“The whole universe is in the body and the whole body is in the Heart. hence all the universe is contained in the Heart.

“The universe is nothing but the mind, and the mind is nothing but the Heart. Thus the entire story of the universe culminates in the Heart.

“The Heart is to the body what the sun is to the world. The mind in sahasrara is like the orb of the moon in the world.

“As the sun gives light to the world, even so this Heart gives light to the mind.

“A mortal absent from the Heart perceives only the mind, just as the light of the moon is perceived at night in the absence of the sun.

“Not perceiving that the true source of light is one's own Self, and mentally perceiving objects as apart from oneself, the ignorant one is deluded. ...

“The Supreme is nothing but the Heart. (4)

We know that God is everything and yet Sri Ramana calls the heart the special place of the Supreme. Sri Ramana has said that knowledge of the heart leads to knowledge of the inner universe and the One. The center or heart therefore becomes a special place for us to focus our attention on and know.

Given that focusing our attention on the heart can lead to enlightenment and knowledge of the entire universe, one can speculate that focusing on the center or heart is focusing on the one place that is assured of opening us up more and more. The center or heart comes to be a place of immense interest to anyone of spiritual inclination.

Sri Krishna has said:

“I am all that a man may desire  
Without transgressing  
The law of his nature.” (5)

God is the only thing that can be desired without evoking negative karma. And even God, at the last moment before enlightenment, may need to be surrendered as an idea for us to realize Him (Her or It).

But before that moment, desiring God is the only desire that does not harm. Therefore focusing on the center is a point of focus that cannot harm, but in fact infinitely opens up before us.

Thus, the basic spiritual movement is to turn from the world of the five senses to God the insensible. If the compass is conceived of as having 360 degrees, only one degree – that which points to God – does not harm us or evoke more negative karma.



This same message is conveyed in the metaphor that sees the heart as a swing (jula) that seats only one person. If we place any other object of desire on it than God, God will not sit on our swing.

The more we let go of or detach from worldly desires and remain in the center, the more we are focusing on the heart. Moreover, as it turns out, the more we focus on the heart, the more mature and adult are our responses to events. The more we experience our love and radiate it out to other beings, the more we are focusing on our heart. The more we meditate on the hridayam, the more we are inviting the knowledge of God.

The heart is the doorway to the Kingdom of Heaven. The center is the portal through which we enter into the knowledge of the Self, of who we are. To realize the heart is to fulfil the purpose of life, which is to know our true nature. All good comes from focusing on our heart or remaining in the center.

### Footnotes

(1) “Jesus: Letting Go and Allowing is What Makes it Possible to Reach an Inner Place of Peace,” channeled by John Smallman, February 26, 2012, at <http://johnsmallman2.wordpress.com/2012/02/26/letting-go-and-allowing-is-what-makes-it-possible-to-reach-an-inner-place-of-peace/>.

(2) Sadhu Arunachala [A.W. Chadwick] in *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 81-2.

(3) Sri Aurobindo, *The Synthesis of Yoga*. Pondicherry: Sri Aurobindo Ashram, 1983, 140-1.

(4) Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*. Tiruvannamalai: Sri Ramanashramam, 1977, 25-31.

(5) 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.

# The Enlightenment Stage of Purification

March 22, 2024

<https://goldenageofgaia.com/2024/03/22/the-enlightenment-stage-of-purification/>



How is it possible to build Nova Earth when we and so many others feel so much pain from seeing what's happening in society?

(Notice that I cannot "see" society. "Society" is for me an idea. So I'm feeling pain over an idea. Perhaps make a note of that.)

Well, it's only *not* possible if we *don't* cleanse ourselves, purify ourselves of our issues - a stage of enlightenment (1) known to all sincere religions. Such a stage is also part and parcel of building Nova Earth.

If we were a construction crew, we'd arrive at the site prepared to work. We'd have our construction boots on, our helmet, and our tools.

A lightworker's preparation for our work usually takes the form of purification.

For us that means leaving behind all our core issues (vasanas), resentments, unfinished business, however you want to characterize the mental baggage we drag around day after day. These hold our consciousness to the Third/Fourth Dimension,

wherever the planet may be in location. (2) How to leave it behind is discussed elsewhere. (3)

We use soap and water to cleanse ourselves. I use awareness and emergence in my lightwork in the same way. (4) Self-awareness to increase my sense of personal responsibility and the skills of emergence to furnish me with the courage to go forward.

I'm getting ready.

\*\*\*

How many times have we heard that leaders are waiting in the wings to take over? Whom do you think they're talking about? Us.

I'd like to illustrate how "they" get a hold of us.

One day in 2010 I had a lucid dream of a woman who was around 200 yards away from me. The minute I saw her I rushed to her and we embraced and ... I woke up!

I arranged a reading with ... uhhh, this channel ... uhhh, Linda Dillon ... whom my friend Len recommended. I had to know who that woman was.

Stop the camera.

Just notice that I was given something I'd be sure to respond to. They're reeling me in. Watch for this one with you too.

Roll it.

My twin flame, Annastara, appeared in the reading and gave me a very useful thumbnail sketch of myself.

It whet my appetite. I had to have a second reading.

When we connected the second time, Linda said, "Oh, you're going to like this, Steve. There's someone here who wishes to speak to you."

It was Archangel Michael. And away we went for the next ten years.

THIS is the way they do things. This is what *you* can expect: That, if they want to meet with you, they'll arrange the circumstances. No need to worry.

\*\*\*

Great need to prepare.

I believe that we are to higher-dimensional beings what three-year-old children are to us. Cute, selfish, given to tantrums....

We grow up, get more conscious, and become more "adult" the more we love.

And we'll be getting a great assist from the Mother whose dream ... I mean, Plan ... this is.

Where is the Light of our collective en-light-enment coming from? The Divine Mother tells us:

Divine Mother: Yes, sweet angels of mine, my legion of light, my angels of love, you are in the middle of the Transition. You are in the middle of the Shift. You are riding the waves of love that the Father and I are sending directly into your heart, through the portal of your heart, through the Ascension portal of the planet.

And from there it is diffusing into each of your chakras, into your body, into your brain and yes there is also energy being sent directly through your crown chakra. It is activating not only your pineal, your hypothalamus, your pituitary; it is activating portions of your hemisphere that have never been activated in the human race. (5)

This is big.

We're heading towards a spiritual D Day. As Moses said, the Lord has set the day of your deliverance.

We know what *we* need to do to prepare: Cleanse ourselves of our issues. Forgive everyone. Stop judging. Everything the Company of Heaven has advised us of ... all these years. Now, we just need to do it!

The rest is a banquet, laid on. Better served without warfare, but going ahead regardless.

### **Footnotes**

(1) Known in Buddhism as Sila (right conduct); Christianity as purification; Hinduism (I believe) as dharma (righteous behavior), for some, tapas (austerity), for others; etc.

(2) Matthew distinguishes between our consciousness and the consciousness of the planet. The planet can be in the Fifth Dimension in location while we may be in 3rd/4th Dimension in density of consciousness:

Matthew explains:

"Although Earth and all of her residents are in fourth density location-wise, the majority of the populace still is within third density awareness-wise." (Matthew's Message, October 19, 2014, at <http://www.matthewbooks.com/mattsmessage.htm>.)

"Energy is neutral. It is the thought forms that get attached to energy streamers that are positive—with light—or negative—without light. The forms are created by every being's thoughts, feelings and actions, and collectively those determine a civilization's density, or spiritual and conscious evolvement status. That is one universal definition of density; the other is mass or the location of a mass, and the two don't necessarily go together. That is why Earth, a fifth density soul spiritually and consciously, can be in the initial stages of fourth density location-wise and most of her people are at third-density evolvement status. Animals and plants are absorbing more light than most of humankind; at this moment, the light in people varies from brilliant to just enough to keep bodies alive." (Matthew's Message, Aug. 3, 2014.)

My understanding is that Gaia will not maintain a 3rd/4th-Dimensional presence and so all must go off-planet, in one direction or another.

(3) See "How to Handle Unwanted Feelings: The Upset Clearing Process" in *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2024/02/Vasanas-Preparing-for-Ascension-R11.pdf>

(4) See:

- *Let's Go! Let's Grow! Vol. 1 Awareness* at <https://goldenageofgaia.com/wp-content/uploads/2024/03/Lets-Go-Lets-Grow-V1-Awareness-R10.pdf>
- *Let's Go! Let's Grow! Vol. 4 Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Lets-Go-Lets-Grow-V4-Emergence-R4.pdf>

(5) “Ride the Waves of Love Being Sent to Us by Universal Mother,” May 22, 2012, at <http://goldenageofgaia.com/2012/05/ride-the-waves-of-love-being-sent-to-us-by-universal-mother/> .

# Strangers Pass by Me Constantly, There in the Heart Where I Dwell

June 2, 2022

<https://goldenageofgaia.com/2022/06/02/strangers-pass-by-me-constantly-there-in-the-heart-where-i-dwell/>



Rumors are flying about exposures and arrests. As I watch them, I remember Michael's advice: "Stand back and observe."

I'm glad I choose the middle, emotionally and spiritually speaking. Everyone makes choices in self-presentation and I feel quite comfortable, nestled here in the center, as much as I can manage it.

Spiritually speaking, the middle is the center is the heart. And the heart is the portal to everything higher than this plane we're on. It's also the major source of love for us (though love is everywhere and everything).

I used to say that all good things are to be found in the middle, the center, the heart. Love, bliss, and ecstasy are to be found there. Clear thinking is to be found there. Innocence and purity are to be found there. I'm willing to bet that every divine quality is to be found there. My insides just rippled back an inner smile of agreement.

We operate at our maximum efficiency when stabilized in the middle. We lose ground the fastest when we swing out onto the extremes, as I was liable to do in my younger years.

As long as I remain in the center, I can feel my love and bliss. Swing out to the extremes and I lose touch with them.

After swinging out, I live on the fast-food fare of self-righteousness and self-importance. I make myself right in all circumstances and feel that what I did was a contribution when neither of these is likely to be true.

It does feed me but it's not nourishing and adds weight.

I feel myself in a vigorous wash cycle which I see coming from the increasing love vibrations. Normal practice would be to attribute it to my own efforts at cleansing, but I sincerely doubt that that compares with the impact of the tsunami of love we've been immersed in since probably 2012.

I noticed the other day that my stance was very stable now, indicating a relative easing of issues.

I'm not sure if drawing love up from one's heart works prior to a heart opening. I can't remember what life was like before my heart opened on March 13, 2015. I can only speak from this perspective.

But it certainly does work after.

The obstacle is removed and love flows freely, as it will for all of us soon enough on this Ascension path. The Company of Heaven just gives the press a preview.

I've seen the Self in the deepest part of the heart, the seat of the soul.

Strangers pass by me constantly (the soul, Self, Christ, Atman) and do not see me, there in the heart where I dwell. (1)

All signs point to the middle, the center, the heart as being the place to journey into.



## Footnotes

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

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



# Resting in Simple, Bare Awareness

March 5, 2021

<https://goldenageofgaia.com/2021/03/05/resting-in-simple-bare-awareness/>

We're told that the Alliance and the Company of Heaven could not negate the dark's plan for a pandemic; instead what they did was make use of it.

One of the uses the Alliance made of it was to continue the lockdown to keep people inside while the Alliance took down DUMBs (deep underground military bunkers) around the world, public officials, human-trafficking operations, weather-warfare systems, deep-state labs, etc.

The Company of Heaven, rather than the Alliance, encouraged people to use the lockdown as a pause in which to take stock and create our future direction.

I wanted to take advantage of the pause for that purpose, myself.

Here I am taking stock and creating my future direction (as far as it lies within my power to maneuver, given binding financial and other soul contracts).

To take stock of what I'm interested in, I'll use a scale of 1 to 10, ten being extremely interested and 0 being not at all interested.

As far as worldly possessions go, I can take 'em or leave 'em. I don't want a chateau in the south of France. I don't want to gamble at Monaco. I don't want to own a jet airplane. (1) I give the desire for material possessions a 1/10.

I give metaphysics a 4/10. Even though I know that creation is a wonderful process, I definitely have no great or enduring interest in the metaphysical. That reflects my interest in humanism rather than science, qualitative studies rather than quantitative.

I give the mystical 7/10. I'm definitely interested in the divine qualities; especially, love and truth. I know my long-term task is to discover the reality of the mystery that I am and we are. But that task is not present enough to grip my attention day by day.

Moreover, I'm not, and never have been, interested in ceremony, ritual, etc., even though I respect those who are and know the value of those activities. These pursuits just don't suit me and I'm not worried about missing out. I know that all roads lead to Home.

But the thing which I'm boundlessly interested in and which I give 10/10 to is personal growth and enlightenment. So not just the gradual growth but also the sudden illumination, for which the growth is preparation.

Personal growth includes such topics as awareness, responsibility, self-expression, integrity, transparency, etc.

Even here I specialize in awareness. God for me is SatChitAnanda. Sat is Truth. Chit is Awareness. Ananda is Bliss. Awareness of the Truth brings Bliss.

Now, as I wrote that, I caught a wave of bliss and felt elevated for a moment.

Joseph Campbell said to follow your bliss. I agree with him that bliss is maximally satisfying and optimally elevating and that following it in our work leads to incredible satisfaction.

The Mother advises us only to do that which causes us to want to tap our toes, blissfully.

"Does [the activity you're considering] 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.

"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 - [means] 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." (2)

Writing brings me unbridled growth and so does working out in a growth retreat or workshop, sharing in an enlightenment intensive, meditating in a Zen retreat, rebirthing, body work, etc.

We talk about personal growth, the term "growth" seeming to point to expansion - of our self-confidence, authority, heart consciousness, etc.

But there's another, equally important part of personal growth, which involves going inwards. Sri Ravi Shankar once summarized it beautifully: "Settle into being."

Settle - to allow, to release resistance to, to rest in. Being - Our heart, our soul, our Self. To rest or, to use Ramana's phrase, to "abide" in the Self, which is to say, to abide in love.

Some people love walks in nature; some people love to dive deep in the ocean; I love to rest in awareness of my Self.

You know that I don't regard awareness as neutral, but as dissolutive (my word). Resting in awareness of any unwanted condition causes the condition to lift.

And I burrow down into being by remaining aware of whatever presents itself and allowing it to disappear, removing one layer of the onion after another.

To rest in awareness is my favorite activity and most favored state. Here I am on a ferry, returning from family duties in Victoria, and I'm repeatedly drawn to close my eyes and settle into being.

I let the cares of the moment disappear and calm down, settle down, and rest in simple, bare awareness.

At this moment, life could not better be.

### **Footnotes**

(1) But I do harbor a secret desire to fly in a Supermarine Spitfire.

(2) "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/>.

# **The Divine Qualities and the Awareness Path**

April 11, 2013

<https://goldenageofgaia.com/spirituality/the-path-of-awareness/the-divine-qualities-and-the-awareness-path/>

How does the contribution that the awareness path makes fit in with the Company of Heaven's encouragement to take up the new paradigm of the divine qualities?

If there were no obstacles in our path, a simple taking up of the divine qualities would suffice. The reminder that love is all that's needed would be accurate and sufficient.

But two circumstances make it advisable to add to them the awareness path's complement of skills and insights.

The first is that we're not out of the time of difficulties yet. Given that we remain in the situation of a crumbling economy, preliminary to the introduction of NESARA, lightworkers are themselves faced with difficult financial circumstances.

Whenever financial need arises, whenever the existing resources are not sufficient to see to the needs of all, pressures arise. When the water is lowered in the river, the rocks become visible. When financial resources dip, the rocks in our common social life can become visible. The needs of people can compete and disagreements can arise.

When they do, lightworkers need conflict resolution skills and many of these are provided by the Growth Movement and the awareness path. To be aware of our acts and numbers, to raise to awareness our hidden agendas and investments, to share and say how we feel - all these and other techniques provide the information to resolve conflict and restore harmony.

The second is that lightworkers are joining together across the world and, when people from different backgrounds take up common work, various situations can arise that challenge understanding and invite confusion and disagreement.

One region of the world may see itself as a leader, with prerogatives and privileges, and this may be resented by lightworkers from other areas. Gender issues may arise. Religious issues.

Whenever they do, conflict-resolution tools may be needed and these are supplied by the Growth Movement.

So it isn't that the new paradigm is not where we're headed. It is that the journey to get to where we're headed may feature conflict which the simple assertion of the divine qualities may not address.

I'm not somehow advocating that people forget about the divine qualities and concentrate on using the awareness techniques that reveal to us our automatic and artificial behavior. I'm suggesting that we cultivate the divine qualities and when conflict arises bring in the additional tools of the Growth Movement.



# Awareness of Higher Dimensions

March 28, 2022

<https://goldenageofgaia.com/2022/03/28/awareness-of-higher-dimensions/>



I was triggered by something Archangel Michael said that I partially quoted yesterday. The full quote is:

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. ... A very large quotient, shall we say, of you is living ... in the higher-dimensional realm.

Then there is a part of you that is in the morass of the chaos [of] the lower-dimensional realm because that's where the work is. (1)

I don't believe I'm alone in straddling dimensions. The Divine Mother implies as much here:

"Your Ascension is assured. And each of you are already well within that process. And whether you are acknowledging the shift in realities or not, you are upon a planet, my sentient Gaia, who has anchored herself in the 5th.

“Therefore, whether you are choosing to acknowledge it or not, your being and the ability to access and to expand into that beingness is already primarily anchored in a different dimensional reality.” (2)

That was a general statement made on *An Hour with an Angel*.

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I'm just starting to get a glimmer of the part that is "living ... in the higher-dimensional realm."

Let me use a picture to illustrate how it feels:

#### *Abyss Water Man: Extraterrestrial communication*

The graphic shows an intelligent water column, used by extraterrestrials to announce their presence in a non-threatening way to the terrestrials aboard an underwater research station.

Like the water man or like a Slinky, the front part of me is aware and participating in the Third/Fourth Dimension but the back part of me extends, apparently, into higher dimensions. I feel the latter part as a background of a much higher mood level than what I'm feeling in this front part of my being, the part I present to the world, my everyday consciousness.

### *Slinky*

Except for a very slight degree of background awareness, I've been almost totally unaware of the back part.

But now that I *am* aware of it, I can breathe into it, which usually excites a divine state, if this is what I'm feeling. Yes, it does draw bliss to me.

Oh, this is pleasant. ... The bliss continues. I rest in it.

How tricky this now becomes.

"Our desire is not to separate you from the collective." (3)

"I remind you 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." (4)

To bliss out, to go too much further into it would be to venture too far. There's a working level of bliss which merely ameliorates everything without seducing the person. I remember working with that between Sept. 28, 2015 and mid-January 2016. (5) That's what I'll aim for.

In this divine state, experienced at a "working level," everything is all right. The circumstances are what they are, but the internal experience is quite OK.

To paraphrase Mike Quinsey, everything I'm experiencing is open to you as a lightworker, liberated in other lifetimes, to experience. I hope that sharing my notes assists you to locate the same regions and faculties in yourself. That's what they're meant to do.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020. See "A Longing for Bliss," March 28, 2022, at <https://goldenageofgaia.com/?p=334225>, fn 3.

(2) The Divine Mother on *An Hour with an Angel*, February 4, 2013, at <http://goldenageofgaia.com/2013/02/the-divine-mother-your-ascension-is-underway-part-12/>

(3) AAM, *ibid.*, Nov. 11, 2015.

(4) *Ibid.*, Jan. 18, 2020.

(5) Archangel Michael explained what was occurring, probably for all of us:

Archangel Michael: You have experienced progressively, periods of unity, of transformative love, of ecstasy, of bliss that you feel (and I emphasize feel) come and go.

But every time, you have had this experience it has edged you up a level. So that now you say to me, "Michael, I feel like I have a new baseline. I have a new foundation of happiness."

But you also have a new foundation of knowingness, of understanding, of wisdom, of humility, of tolerance, of kindness. This has all been bringing you to an expanded sense of self and an expanded sense of not only how we operate but how the collective operates. ...

So you are seeing what is the residual for humanity to collectively take that, not only that progressive step, but the snap [Sahaja Samadhi, Ascension itself].

Think of how every time you especially enter the transformative love, that is a snap. It is not the full dramatic snap but it is a snap. Each time you are progressing up what you can think of as a level.

Think of [entering] your love as flying back and forth through the portal. Now sometimes you're aware and sometimes you're asleep. ("Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.)

# Archangel Michael on Going into the Stillness

March 4, 2017

<https://goldenageofgaia.com/2017/03/04/archangel-michael-going-stillness/>

*From our reading through Linda Dillon on Feb. 17, I asked Archangel Michael to comment on what going into the stillness meant and resulted in.*

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

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Steve Beckow: What is the wider significance of going into the stillness and the silence? Now I'm not saying I don't have thoughts on that but I really would like to hear your thoughts.

Archangel Michael: Well, is it a process of union. It is a process of connection and disconnection. It is a process of surrender.

What occurs when you come into the stillness is that you are disconnecting in many ways. We are not severing the cord but you are most certainly disconnecting from what you think of as your current self, and we do not just mean your egoic self.

We mean yourself as you define yourself every day - body, mental capacity, work, play, etc. You are letting that flow away.

Then you are in the stillness, the soup of all. And that cannot really be accomplished or achieved if you are distracted by yourself. So what you are bringing into the silence - even though you don't fully realize it, you aren't fully cognizant - is that you are bringing your true self, your authentic self, your natural self into this place but that is not a conscious process.

In that soup, in that presence of everything, you float for a while because you become part of the soup and part of the observer of the soup so it is where you are the participant/observer but not a very active participant. It is because your essence is there.

Now, it is always there but this is why you bring yourself to come to know this in the silence and in that ability to be your wholeness, the truth of who you are, you then connect and reconnect with Mother/Father One and All.

So it is a disconnect - what you may think of as a stillness - a reconnect that fills you, again, not conscious. It is just a state of beingness because you cannot be the soup and not receive and be nourished by that soup.

And that is what you bring back. And it may feel like bliss, because it is. It may feel like love, because it is. And what comes back with you is this sense of deep peace, of ultimate connection and knowing.

# **The Challenge of the Times**

January 25, 2014

<https://goldenageofgaia.com/2018/09/17/the-challenge-of-the-times-2/>

“Ego” is a Latin word meaning “I.” We use it today to refer to one of the many selves we have, a self that's constructed of thoughts, which is not permanent, and whose survival all our efforts are bent towards.

The purpose of life is to know ourselves, but the self that we know is the soul, also called the Atman by Hindus and the Christ by Christians.

This same Self is itself an offspring, part, spark (these words are all metaphorical) of the Supreme Self. Jesus characterized it as a relationship between the Son and the Father. The Self, Atman or Christ is the Father individuated.

The Self is said to reside in the spiritual heart or hridayam. But the ego resides only in our thoughts. Life is a progressive unveiling of the “I” that we are, moving from no consciousness of self at all, to self-consciousness, to awareness of the soul/Self, to awareness of the Supreme Self/God.

We leapfrog over one less adequate sense of self to another more adequate sense, and then to a more adequate sense than that. We do so by realization. We realize the more umbrageous sense of the Self that we are until we at last "become" that One Self of all. I say "become" because we always were that One Self. We just didn't know it.

When we disappear as a separate Self and are reunited with the Father or Parabrahman, (1) we've achieved the goal of life.

We have a permanent interest in the self that we have and are. Whatever is "I" is what holds our attention, lifetime after lifetime. The depth of our knowledge will vary but the object of our knowledge - the self at whatever level we conceive of it at any moment in time - remains the same.

We often speak of a "false grid" of beliefs that characterize Third Dimensionality and a life determined by the ego. What are some of those false beliefs? If I had my choice of the top three, I'd say separation, survival, and scarcity.

We think that we're separate beings but it turns out that we're all One. This sense of separation sets us up for the errors we commit out of believing the next two concepts.

The second concept is survival. We think that this separate being that we are won't survive death and so we try to extend our lives in any way we can. We focus our attention on seeing that this being and everything it identifies with (that is, "me" and "mine") survives. It identifies itself with our body, family, house, car, job, etc.

But there's really no need to ensure the survival of this being. We're eternal - always were, are, and will be. We never die although we doff this body as we would a suit of clothes.

The third concept is scarcity. We think that everything in our world is scarce and that, as separate beings trying to survive, we must compete for scarce resources. In fact, in the higher dimensions where we're headed, everything is infinitely plentiful and created by thought. There's no lack and no scarcity. And I imagine there would be no scarcity here either if we but changed our way of seeing things.

The separative ego accomplishes survival in the midst of perceived scarcity by engaging in the self-serving bias. That way of being magnifies the self and minimizes others, glorifies itself and detracts from others. It attributes all successes to itself and all failures to others. It embraces all victories and disavows responsibility for all losses.



It judges and dominates others and avoids judgment and domination of itself. It blames others and sidesteps blame of itself.

It builds around the being a constructed self or mask, sells its performances to others, and seeks validation. It manages its image by such strategies as dressing for success, looking out for number one, talking it up, etc.

It creates a story about itself, bending history to the needs of the moment and rehearsing its story wherever possible until the details are polished and arranged to give the desired impression of success, victory, influence, etc.

The ego lives at the peripheries of life. It traffics in extremes, drama, and histrionics.

The Self lives in the centre, in the middle, in the heart and has no truck or trade with extremes, drama, or histrionics.

One who lives in the center is usually characterized by balance, serenity, joy and the other divine qualities.

One who lives on the peripheries and in the extremes usually forfeits these qualities but usually isn't seeking them anyways. The person living on the peripheries and in the extremes is usually seeking money, sensual gratification, and influence.

The ego tends to be selfish; the Self tends to be selfless. When we hear someone blowing their own horn, boasting about their accomplishments, puffing themselves, it usually means that they see themselves as this body, together with its thoughts and feelings, and probably nothing else.

To do so is to take an empirical-materialist view of life that only what we can touch, see, hear and feel is real. Such a view is not enough to allow us to realize our Self and therefore not enough to achieve the purpose of life.

It's up to us as lightworkers and starseeds to go beyond the ego, with its self-serving bias. It's up to us to recognize when we're in the grip of the ego or serving its need for survival. To do so is not an easy thing. Most people *do* actually believe that they are this body, its senses, and its mind and nothing else. And so long as they do so, they're concerned with survival.

But that's the challenge of the times nevertheless - to move beyond the narrow view and to focus more and more deeply on the heart, the centre, the soul. The

challenge is also to live by what the Buddha called the Middle Way of balance and moderation.

There has never been a better time to accomplish these spiritual goals in life than now. Never has it been easier. Never has so much conspired to assure our success in these efforts.

We have to recognize the call of the ego, the cry of the limited, constructed self and set it aside in preference to the heart's most distinct call, which is love.

### **Footnotes**

(1) Parabrahman is what Christians call the Godhead. It's the transcendental Void. But beyond any knowable notions of God, I'm using the word here to mean whatever That is.

# Letting Go of the Local Self

Feb. 23, 2013

<http://goldenageofgaia.com/2013/02/23/letting-go-of-the-local-self/>

Wisdom hath built her temple with the seven pillars. The temple is the body; the seven pillars are probably the seven chakras; and housed within the temple is the Self.

The Ark of the Covenant contains the laws. The Ark is the heart; the laws are the universal laws.

The fire is always burning on the altar. The altar is the body and the fire is love.

The body is the illusion and the Self is the Reality within the illusion. The purpose of life is to see through the illusion to the Reality.

The Self is the flame in the heart, the treasure buried in a field, and the Pearl of great price. It's the big fish among fish, the mustard seed that grew into a great tree, and the firebrand plucked from the burning. The Self is the Mystery of mysteries.

Life itself is like a hall of mirrors, each reflection in a mirror being a false self, a separate self, a local self. Only the one Self is real; all the other selves are reflections of it, illusory, non-existent.

It seems to me that life is a process of letting go of one false, separate and illusory self after another, one local self after another, until all that's left is a generalized Self with no particular claim to any “me” but a claim to being all of us - and more; in fact everything, though unto itself it is no thing.

We leapfrog from Self to No-Self to Self to No-Self at higher and higher dimensions of life, always heading towards the one and only Self/No-Self whose discovery is the end and the beginning of Life.

But always at the center of our journey is a letting go of any local self, anything that appears as a center in favor of a deeper center, which then must be let go of in turn. That which we are cannot be let go of. Therefore anything that can be let go of would be wisely jettisoned.

Life itself is an endless series of invitations to let go of the local self. There's no need to embrace the universal Self, for That we always already are. That Self is the residuum, the default, both the end and origin of life. It can never be let go of. It never leaves us. It *is* us, all of us.

Let go, let go, let go. That could be said to be all there is to do in life if what we want from life is to be and know who we are.

# What is the “Ego” and How Do I Work with It?

Nov. 4, 2019

<https://goldenageofgaia.com/2019/11/04/what-is-the-ego-and-how-do-i-work-with-it/>

”Ego” in Latin means "I."

The sense of ourselves as a being separate from others - but also, alas, separate from God - is what is meant by the particular "body" we call the "ego."

Without our ego, we wouldn't be aware of ourselves. If we weren't aware of ourselves, we wouldn't move up Jacob's Ladder from simple self-consciousness to Self-Consciousness to consciousness of Oneness at journey's end.

According to Sri Ramakrishna:

"The ego is like a pitcher, and Brahman [God] like the ocean -- an infinite expanse of water on all sides.

"The pitcher is set in the ocean. The water is both inside and out; the water is everywhere; yet the pitcher remains. ... As long as the ego remains, 'you' and 'I' remain." (1)

That having been said, "egoism" is different. As Sri Yukteswar Giri has said, "egoism results from a lack of discrimination between the physical body and the real Self." (2) We think of our body as all there is and focus on its survival in a seemingly-competitive world .

The philosophy that arises from a dense sense of separation I've called "social Darwinism" elsewhere. (3) It's the self-serving bias writ large.

The out-of-body experience I had in 1977 gave me the experience and (minor) realization that "I" was not my physical body.

In an instant, I passed over from "a lack of discrimination between the physical body and the real Self" to certainty that I was not the physical body.

I did not pass over to discernment of "the real Self" (a major realization), but I moved away from considering myself to be the physical body.

Sri Shankara tells us that:

"He who believes himself to be acting or experiencing is known as the ego, the individual man. ... When the objects of experience are pleasant, he is happy. When they are unpleasant, he is unhappy.

"Pleasure and pain are characteristics of the individual -- not of the Atman, which is forever blissful." (4)

Our lives are spent seeking pleasure and avoiding pain ... well, when we can! (5) The Buddha called this a life of craving and aversion.

Our pleasures come from achieving power, seeking the bliss of orgasm (i.e., sexuality), acquiring wealth, feeling inspired by a landscape, painting, or music, feeling validated, and so on. Our lives are spent pursuing these and avoiding their opposites.

Sri Ramana tells us that the ego is "the root of all thought." "The ego rising all else will arise." (6) This whole world arises with the sense of our small self or ego. Without the ego arising this world would vanish - or so the theory goes.

What the terrestrial sages don't tell us is that we'd then be in a higher dimension of consciousness from this Third-Dimensional sense we have now; we'd be in at least a Fifth-Dimensional experience of life.

The Third Dimension vibrating more sluggishly than the Fifth would disappear from view, as it does when we transition and pass into the Fourth Dimension or astral world. The "Earth plane" vanishes.

Whence arises the sense of ego? Bhagwan Rajneesh tells us it arises from memory, the accumulated and stored thoughts of events that have happened to us:

"From where does this ego come which thinks, 'I am. I am doing'? It comes through memory. Your memory goes on recording happenings: you are born, you are a child; then youth comes, then you are old.

"Things happen: love happens, hatred happens, and the memory goes on recording it. When you look at the past, the whole accumulated memory becomes your 'I.'" (7)

Krishnamurti expands on this interpretation:

"YOU are this knowledge, you are the things that you have accumulated; you are the gramophone record that is ever repeating what is impressed on it. You are the song, the noise, the chatter of society, of your culture.

"Is there an uncorrupted 'you' apart from all this clatter? This self-centre is now anxious to free itself from the things it has gathered; but the effort it makes to free itself is part of the accumulative process. You have a new record to play, with new words, but your mind is still dull, insensitive." (8)

We try to grasp the objects of pleasure and move away from the objects of pain, Adyashanti tells us.

"Ego is the movement of the mind toward objects of perception, in the form of grasping; and, away from objects, in the form of aversion. This fundamentally is all the ego is.

"This movement of grasping and aversion gives rise to a sense of a separate 'me,' and in turn the sense of 'me' strengthens itself this way. It is this continuous loop of causation that tricks consciousness into a trance of identification.

"Identification with what? Identification with the continuous loop of suffering. After all, who is suffering? The 'me' is suffering. And 'who' is this me? It is nothing more than a sense of self caused by identification with grasping and aversion.

"You see, it's all a creation of the mind, an endless movie, a terrible dream." (9)

What can we do about our situation? Sri Ramakrishna offers one approach:

"You may reason a thousand times, but you cannot get rid of the ego. ... so let the rascal remain as the servant of God, the devotee of God." (10)

Adyashanti offers another:

"Don't try to change the dream, because trying to change it is just another movement in the dream. Look at the dream. Be aware of the dream. That awareness is It.

"Become more interested in the awareness of the dream than in the dream itself. What is that awareness? Who is that awareness? Don't go spouting out an answer, just be the answer. Be It." (11)

I like to think of the two answers as being complementary. The first addresses our relationship with the outside world: If we cannot get rid of the ego, make it the servant of God. Serve God in all we do.

The second addresses our relationship with ourselves and our "inner world." Watch and observe the workings of the ego without changing it, deflecting it, denying it, etc.

That's my native tendency anyways. But the first approach offers us a way of being in the world.

Applying this first approach to post-Reval affairs, for instance, I become a steward of the Mother's wealth. I am in co-creative partnership with Archangel Michael (as are millions of others), by his declaration, although I personally prefer to see myself as his servant. (12)

Someone will point out that I'm taking a dualistic position. This is a time of building Nova Earth and not of my personal realization. If I were to sink into non-dualism, I'd be unable to function in that creative work. So I adopt the dualistic stance of the servant in this lifetime.



You and I and all other lightworkers have come from a higher dimension and will return to it so there is no need for me to scale Jacob's Ladder of consciousness in this lifetime. I'll return to my native dimension later.

But there is a need to serve.

## Footnotes

- (1) Sri Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 708. [Hereafter GSR.]
- (2) Swami Sri Yukteswar Giri, *The Holy Science*. Los Angeles: Self-Realization Fellowship, 1984, 48.
- (3) "Basic Third-Dimensional Illusion: Separate Selves Struggling for Survival amid Seeming Scarcity," at <https://goldenageofgaia.com/?p=296418>
- (4) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 48.
- (5) Life can intervene and we find ourselves in a hospital, unable to avoid pain.
- (6) Ramana Maharshi in Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 38.
- (7) Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 8
- (8) Krishnamurti, J. Krishnamurti, *Commentaries on Living. Third Series*. Wheaton, IL: Theosophical Publishing House, 1970; c1960, 86.
- (9) Adyashanti, "Selling Water by the River," Inner Directions Journal, Fall/Winter, 1999, downloaded from [www.adyashanti.org](http://www.adyashanti.org), 2004.
- (10) Sri Ramakrishna in GSR, 708.
- (11) Adyashanti, "Selling Water by the River," Inner Directions Journal, Fall/Winter, 1999, downloaded from [www.adyashanti.org](http://www.adyashanti.org), 2004.
- (12) I'm not trying to be arrogant. Michael actually wants us to relate to him in the fullest possible partnership. The Company of Heaven generally request that humans take a leadership role in events on Earth.

"We are helping you to co-create in full partnership," he told me in 2013. (Archangel Michael in a personal reading with Steve Beckow, March 8, 2013. Hereafter AAM.)

"Let me be very clear. Decisions and choices are yours. That is what this partnership is about. And you are on Gaia in the physical reality." (AAM, Oct. 2, 2013.)

"The Galactics have no shortage of money and so there will be some very massive projects and the funds will be made available but they will really ask for human leadership in order to not be seen as trying in any way to assume control." (AAM in a personal reading with Kathleen Mary Willis through Linda Dillon, Nov. 13, 2012.)

And my favorite quote for its endearing humor: "We step forward in the fulfilment, you on Earth, on this beloved planet called Gaia, I as your wingman, quite literally." (March 10, 2017.)

Therefore I call myself Michael's partner, rather than his servant, although, again, my native tendency and default would be to consider myself his servant, which of course I am.

# And You Were There

February 26, 2022

<https://goldenageofgaia.com/2022/02/26/and-you-were-there/>

*Credit: [ubetoo.com](https://ubetoo.com)*

I'm amazed that one can feel peaceful at a tumultuous time like this.

But that's the experience I'm being given. And I can only write about what I'm being given.

Now I feel a wisp of love and I acknowledge it. In return it unfolds and I'm immersed in love as well as peace.

I recognize this as my natural state. And with that recognition the two of them anchor in me - or I in them.

In this state, nothing is wrong. Yes, plenty is wrong outside this state and I'm aware of it.

It's just that nothing is wrong inside this bubble of awareness that I am.

I almost feel like I need to ask your permission to be tracking internal events at such a topsy-turvy time. I feel awkward.

However we've been told that all is as it should be. Trust the Divine Plan. When am I going to get around to actually doing that?

Trusting the Plan, I settle into being. "Go up with everybody else, Steve, and write about it." That's my job.

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I can't recall ever having been in two divine states at once so let me describe how I feel.

Peace feels like I weigh a thousand pounds and yet I can move. I feel massive and yet I can do anything as normal.

Love has disappeared for the moment. I'm focused on the experience of peace, of weighing a thousand pounds.

What happens next?

I experience the heaviness. I realize that any heaviness can only be associated with the not-Me.

How could I myself be heavy? I've experienced the incredible lightness of the spirit (1977).

Ordinarily I don't experience the spirit inside the body to the extent that I'm aware of heaviness. It's just what I carry around day in and day out without noticing. But when I'm aware of the spirit inside, then I'm also aware of the heaviness.

Just as I'm the spirit in the body that departs upon death, and not the body itself, so I'm also not the heaviness, whatever it is.

Neti, neti. Not this, not this.

I know that so I have that landmark.

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I therefore rest in the heaviness. I see that the heaviness is all my core issues, habit patterns, memory files - in fact everything that's not-Me.

I turn off my cellphone and begin to meditate. My mind is already quiet and has been for some time.

What I'm doing is having the effect of creating a vortex - which appears like a tunnel - in my field of vision.

I confirm with Michael that I can break off and describe the experience - that's my mission - without losing it. I feel his confirmation.

The vortex, as I return to it, becomes more focused. I realize it's the Atman, the Self, the Christ and say so. I bow before it.

I see myself climbing out of a pile of something. I'm having to wriggle out. Once out I recognize what I've just left behind is my heaviness.

I send that unwanted baggage back to the Mother for refining and recycling.

And then I get the realization: In peace I experience my lightness, within the prison of my heaviness (my physical body and mental/emotional baggage). I initially experienced the heaviness and then separated myself from it and experienced peace free of the drag of my baggage.

I've been calling peace the heaviness, the granite-like substantiality. And it is, at one level. Then at a deeper level still, when the being separates itself from its baggage entirely, there is the incredible lightness of being. Undoubtedly there are many levels after that.

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There still remains cellular memory. And now there are no habit patterns that hide and protect me. I'm like what we used to call at Cold Mountain Institute a "quivering jellyfish." I have no shell. I quiver at the thought of an upset now. I crave peace.

Back to the experience. Simultaneously, peace grew to fill the new space created, like a peacock's feathers expanding. I realized peace, "arrived" in it, and then proceeded to make a few declarations. (Remember: Realization is a divine state like bliss or peace plus a puzzle, a distinction that becomes clear.)

I was taken back in a flash to the Xenia experience where I knew my natural Self was pure and innocent. I asked to be filled up with this divine state because I'm going to need it.

I felt an inrush of confidence. That's how the Company of Heaven does it: They give us what we need when we need it.

I claimed my inheritance because I knew I was going to need it. And then I broke off to write it down.

Being back in my eyes-open, normal state, I found I had no inclination to go back in, this time. I feel refreshed, renewed, confident. I can apply myself to work now.

Where were we?

Now I see how spiritual experiences go. In the past, I could never tell you the duration of any mood or experience I've had. Days? Weeks? Hours? Minutes?

I see now that, once they happen, I'm inclined not to remain there but to come down again into the world and share about them. I'm organized around them being simply momentary.

That means that most of the spiritual experiences that I've had probably did not have significant duration. They happened for the time they did and then they were over because I had no deep inclination to continue them. That was enough, thanks. I feel great. Goodbye.

Mystery solved.

I've just demonstrated that realization is bliss lifting us up or peace freeing us enough that what wasn't clear to us before becomes crystal clear in a moment of dawning awareness at the higher level of consciousness. This whole process I described has been one of that.

And you were there.

# **And Then, Another Bridge**

September 30, 2020

<https://goldenageofgaia.com/2020/09/30/and-then-another-bridge/>

I'm finding there comes a time when a bridge is crossed.

It's one of many bridges, one of them being Ascension itself. (1)

And, like so much else, for the experience to flower, I have to consciously recognize what's happening. I have to move from unconscious awareness of the thing in question to conscious awareness.

The bridge I crossed was between focusing on myself and focusing on the moment. I won't call "focusing" "meditation," but only because of its duration, not because of its impact.

What I'm seeing is that there comes a time in the processing of our vasanas when, when we take a look and see how we're doing, no vasanas come up. (That doesn't mean I don't have any!)

And smoothly and very subtly, my attention begins to switch from looking for them to simply breathing the air and being in the moment. I'm now focusing on ... well, no, I wouldn't call it focusing any more.

And I'm not focusing any longer on "me," conceived of as an individual having likes and dislikes, preferences and issues. It isn't that I don't have them; I do. But I'm no longer focused on them.

Though he was talking about a much higher experience, (2) Franklin Merrell-Wolff used the term "consciousness without an object." And that fits with the way I "be" when I'm in the moment. There is no object of awareness at that moment, just the act of breathing. (3)

Being in the moment was already happening, but I wasn't yet immersed in it, so to speak. Like seeing bliss, recognizing it, and watching it flower inside of me, seeing this one is similar.

So long as it went unrecognized, I experienced it at the level of feeling and not at the level of divine state. It flowered into divine state when I recognized what it was. Oh, that's bliss! Oh, that's peace! Oh, that's abundance!

I have the ability to wrest my attention from the moment, with its divine state, and put it back onto looking for despondency and despair, like a Geiger counter. But the Geiger counter doesn't click.

I haven't really fully gotten that yet. But, when I do, I imagine I'll expand into the moment, cross another bridge, and realize a new land. And then, another bridge....

## Footnotes

(1) Moksha or liberation, by means of an enlightenment event which Ramana Maharshi calls Sahaja Nirvikalpa Samadhi.

"Sahaja is like the river that has linked up with the ocean from which there is no return." (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 90.)

"This is Self-realization, Mukti, or Sahaja Samadhi, the natural, effortless state." (Ramana Maharshi, *ibid.*, 82-3.)

Steve Beckow: I'm trying to understand what level of enlightenment Ascension corresponds to. And I think it's beyond the normal seventh-chakra enlightenment. I think it is what is called — and I'll make this clear to readers — Sahaja Samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for



the chakra system, into the new. So yes, you are correct, in this question and in this statement.

("The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

(2) Michael says that Merrell-Wolff was speaking from a much higher level than 3D when he was inside the body:

Steve: A question about Franklin Merrell-Wolff  
. What level of enlightenment or dimension did he achieve?

Archangel Michael: He primarily operates in the 7th to the 11th.

Steve: Okay. Because he speaks about the transcendental and I don't know if he's pointing to Brahmajana [7th-Chakra enlightenment, jnana], which was the first taste of the transcendental, or beyond the 12th dimension [to the transcendental realm]?

AAM: No, he did not travel beyond [the 11th].

Steve: So, when I read him, and it's such a rich book [*Pathways through to Space*], I don't know how to map the experiences that he talks about. The high indifference, what dimension was that?

AAM: When you think of high indifference, it is not a matter of not caring but it is a matter of the clarity of perspective and the clarity of perspective is a trait of mastery so that is the 11th dimension.

Steve: Isn't that interesting. When did he break away from the third dimension? Which of his experiences was that?

AAM: Actually, he broke away from the restriction, shall we say it that way, of the third dimension long before he ever started to truly practice or write.

Steve: So, he was always doing it as an ascended being?

AAM: That is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.)

(3) I'm reminded of the death of Narcissus as Da Free John describes it. At this moment, I'm not making the world over in my own image because, without experiencing desires or vasanas (what the Buddha called craving and aversion)

right now, no self arises in whose image to make the world over. See “The Death of Narcissus; or, Everything I Do is Trying to Make the World Over in My Own Image,” September 18, 2020, at <https://goldenageofgaia.com/2020/09/18/the-death-of-narcissus-or-everything-i-do-is-trying-to-make-the-world-over-in-my-own-image/>

# **I the Lord am a Jealous God**

March 31, 2022

<https://goldenageofgaia.com/2022/03/31/i-the-lord-am-a-jealous-god/>

## *The Eye of God Nebula*

I could say, "I the Lord am a jealous God."

I could say, "Love is a jealous God."

Or I could say, "The divine states are a jealous God."

In all cases, what I'd be meaning is ... well, let's see by looking at love, although we could take any of the divine states.

If I, who am encased in a dense, physical, carbon-based body, were to be temporarily in the experience of higher-dimensional love right now and then were to have a thought of wanting to seriously harm another, love would disappear at once.

If my body were crystalline, well, then I'd be in the Fifth Dimension and beyond having harmful thoughts. Or maybe I'd be immersed in a Seventh-Dimensional Ocean of Love and beyond ordinary thinking altogether. So the problem we're looking at exists only in dense, physical, carbon-based 3/4D.

If I were temporarily in this transformative/transfigurative love while in my dense physical body and I lost interest in love for some hard-to-conceive reason, bingo!

Love disappears instantly again. It would not have fled in the Fifth, but it does in the physical Third/Fourth.

Let's look at my plight. I made two mistakes. I lost interest. Hence I departed from love.

And I failed to move love, to share it, to go with the flow of it. Love must move. If we lose interest in it or fail to share it, again it disappears. It will return when we return. It's we who left first. Love, thy God, is a jealous God.

The further along the dimensional path we go, the deeper into love and the other divine states we go. I think we'll be experiencing transformative love soon enough.

If we don't want to lose that state too quickly, we may want to remember how they require our total attention and devotion. However, when one experiences the superlative impact of this exalted form of love upon us, why would anyone want to stray?

I thy Lord am a jealous God. Thou shalt have no other gods (desires) before me. But once you've tasted this form of love, I don't believe anyone would want anything else but more of the same.

### **Footnotes**

(1) In the astral Fourth Dimension, we're not encased in a physical body. Therefore life is significantly different there than in our physical 4D. See *New Maps of Heaven* at [https://goldengaiadb.com/index.php?title=New\\_Maps\\_of\\_Heaven](https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven)

# **OK If It Happens; OK If It Doesn't**

March 21, 2013

<https://goldenageofgaia.com/2013/03/21/ok-if-it-happens-ok-if-it-doesnt/>

Just as the notion of balance can confuse us sometimes, so can the notion of detachment.

But before turning to that, I have to make a few points as preamble.

First, as I see it, the purpose of life is for us “fragments” of God to know our true essence. Said another way, the purpose of life is for us to move from unconscious awareness of our identity as God, or as “fragments” of God if you prefer that metaphor, or as children of God, to conscious awareness of it.

When each of us realizes our true identity as God in a moment of enlightenment, God meets God. For that meeting is all of life created.

Second, the most generic statement I can make of spiritual practice, if we accept this statement of the purpose of life, is to say that we're tasked with discerning the Real from the unreal, detaching from the unreal and attaching (or devoting ourselves to) the Real.

Those who follow the path of devotion would love the Real. Those who follow the path of service would serve the Real. Those who follow the path of truth would realize or know the Real. And so on.

The chief difficulty that arises when we think of detachment is that people think that we should detach from the thing itself when what we have to detach from is not the thing itself but our attachment to the thing itself.

The Zen master Hakuin achieved enlightenment, if the story I heard was correct, as a result of hurtling into a mud puddle in the rain. I actually saw an Enlightenment-Intensive leader fall from the last step of a staircase into a mud puddle and laugh and laugh. I presume Hakuin's experience was similar.

*Hakuin's attitude is cited as a model of detachment.*

It's said of Hakuin that someone (a husband, a village elder, I'm not sure who) came to him with a new-born baby and accused him of being the father. They commanded Hakuin to raise the child since it was his. Hakuin said "Ah so," took the child and raised it.

Several years later, when the baby had become a child, someone else (perhaps the wife, perhaps another village elder) came and said that the mother of the child had confessed that Hakuin was not the father and now wanted the child returned. Hakuin said "Ah so" and returned the child without complaint.

Werner Erhard would characterize Hakuin's attitude as letting it be fine if something happens and fine if it doesn't. Hakuin is equanimous with either outcome.

Another way of speaking about this is to say that we detach from our attachment to a certain outcome, not necessarily to the thing itself.

So for instance, it might be fine that I be wealthy but it might set my spiritual practice back if I were attached to wealth. Evidently all of us can look forward to abundance some day but the trick is not to be attached to it.

And the reason for that is that life has been designed. One of its design principles is that we're free to desire anything we want but enlightenment comes only from desiring and realizing God.

Just as we don't necessarily need to detach from the thing itself but just from attachment to the thing itself, so also we don't detach from everything, just from the unreal.

We are meant to attach ourselves to God. If we do so, by the Law of Attraction, we draw God near to us. Of course everything I just said is metaphorical. We don't actually draw God to us. That is a Third-Dimensional way of speaking about the matter.

Nevertheless, God is all that we can attach ourselves to without realizing troublesome consequences. "God" has to be interpreted liberally. "God" also means the divine qualities like compassion devotion, wisdom, etc. And it also means God's saints and sages, who have achieved union with God. So it means God, the godly, the divine, etc.

The rest competes for our love. Everything that is unreal, which is to say temporary, changeable, or lower-vibrational, competes with the Real for our loving attention and does not necessarily lead us to the realization of God. If we were to ask why, in the end, I believe we'd arrive at the conclusion that that is just the way God planned it or designed it.

As long as we attach ourselves to the unreal, so long do we put off the day on which we realize God. God allows us infinite time and the right to choose. S/he constructs universal laws that feed back to us the fruits of our choices and in the face of those returns we may choose again or feel confirmed in our choice. Through interacting with the universal laws, we find ourselves being led inexorably, if over vast stretches of time, back to the Divine embrace. The prodigal child returns home. The wayfarer reaches its destination.

Detachment is a simple act. Simply put, it means letting go. It's no different than the act of dropping a piece of paper into a wastebasket, except that the letting go is done with the will rather than the hands.

But the result is the same. Our connection to the thing is broken. It moves from the center of our attention to the background. All the agendas we had around getting and keeping it are also let go of. And it fades from our minds and hearts.

The more we're able to let go of things, the more our desires decrease. Our needs get downgraded to wants. Our wants get downgraded to preferences. And our preferences get downgraded to simple choices. Soon we find ourselves OK if certain outcomes eventuate and OK if they don't. When we arrive at that point we've become equanimous - or detached.



# An Introduction to Detachment

October 2, 2019

<https://goldenageofgaia.com/2019/10/02/an-introduction-to-detachment/>



I was working one minute and in the midst of a spiritual experience the next.

I've had a few like this in past years. (1) This time I'm being shown what "detachment" feels like.

As in the other experiences, this mood just "came upon me" as I worked. But I recognized it before it departed and so it stayed and enveloped me.

Some of this article was written as it was happening; some in the afterglow; and some is being edited now:

I've been bothering myself that this Fall weather is beautiful and *I should be out there*.

But the furthest I get is looking out from my window.

I don't mean I never get out because I do but ... I could never figure out this reticence to go out, without purpose, into the good weather.

Then today I heard myself say: "What's the difference between standing here and standing there? You're going to be upright on two legs, looking out over a different vista. And ... so?"

At last I put a name to the way I was feeling: "Detached." Up till now I've been ashamed of this nebulous, unnamed feeling, uncomfortable with it, embarrassed by it.

But when I saw it as detachment and experienced it, I changed my vote.

OK, I got it. I now see what the talk is all about.

"Detached" doesn't mean that I'm opposed to anything or hurt or sulking. It's that, all things being equal, nothing exerts a pull on me (beyond the needs of the physical) right now.

I was being given an experience of detachment in a deeper form than ever before. Based on it, I'd say a synonym for what we mean by "detachment" would be "a focus on the eternal."

For me, as you know, the basic spiritual movement is to turn from the world to God. (2)

Keeping this in mind, let me now reword what I just said. What I was able to name as happening to myself (and then experiencing) was detachment from the things of the world because of growing attachment to the eternal.

And this - that I am and feel and seem to be right now - is what detachment looks and feels like to this being: It doesn't make sense to this one standing at the window to go from here to there.

I'm sitting here amazed. I've been resisting this space since forever. I'm still resisting giving into it completely because I worry I'll float off into fantasy land. Not caring about anything: That's not staying with the program.

Another word for "detachment" is "peace." If they aren't one and the same, they come bundled together.

## **Footnotes**

(1) In the past I've been shown mastery, abundance, love, bliss, and peace ... each as a state of consciousness or divine quality - however you choose to see it.

(2) See "The Basic Spiritual Movement," June 12, 2009, in *Back to the Basics: Introductory Essays to a Cross-Cultural Spirituality*, p. 24, at <https://goldenageofgaia.com/wp-content/uploads/2019/09/Back-to-the-Basics-R2.pages.pdf>

# Discrimination, Detachment, and Devotion – Part 1

July 28, 2021

<https://goldenageofgaia.com/2021/07/28/discrimination-detachment-and-devotion-part-1/>



*The higher we go, the better we feel*

There's such chaos outside that I need to clarify for myself my basic values, to remind myself what course I want to steer.

To do that, I'd like to describe a spiritual path that derives from Hinduism. I follow this path myself and consider it to be very effective.

I've said that the basic spiritual movement is turning from the world to God. That is, turning from the world outside to the God inside.

We turn from the distractions of life to the contemplation of the Divine to accomplish the purpose of life - Self-Realization. (1)

This path covers the same ground as that statement but in much more detail. Put in its briefest form it is:

Discriminate between the Real and the unreal; detach from the unreal; and devote yourself to the Real.

I've followed statements of it by Sri Krishna, Sri Shankara and Paramahansa Ramakrishna primarily. Here's Sri Shankara stating it:

"He alone may be considered qualified to seek Brahman [God] who has discrimination, whose mind is turned away from all enjoyments [i.e., detachment], who possesses tranquillity and the kindred virtues, and who feels a longing for liberation [devotion]." (2)

"If discrimination and dispassion are practiced to the exclusion of everything else, the mind will become pure and move toward liberation. Therefore the wise man who seeks liberation must develop both these qualities within himself." (3)

"Seek earnestly for liberation [devotion], and your lust for sense-objects will be rooted out [detachment]. Practice detachment toward all actions. Have faith in the Reality [discrimination]. Devote yourself to the practice of spiritual disciplines, such as hearing the word of Brahman, reasoning and meditating upon it. Thus the mind will be freed from the evil of rajas [busyness; i.e., a busy mind]." (4)

And here's Sri Ramakrishna:

"The gist of the whole thing is that one must develop passionate yearning for God [devotion] and practise discrimination and renunciation [detachment]." (5)

"By meditating on God in solitude the mind acquires knowledge [discrimination], dispassion [detachment], and devotion." (6)

This path gets a bad rep in western society where creative expression is the dominant modality: Let it all hang out. Cool, man, cool.

But, if you think about it for a moment, how else are we going to realize God than if we set other things aside to do it? Whatever we give our attention to is what grows, expands, and manifests.

Critics of this path have often held a basic misconception. They think that its followers shun possessions and experiences, etc.

This path does not require you to give up possessions or experiences. It's the *attachment* to them that needs to be let go of.

Jesus said, where your treasure is, there will your heart be also. I think we'd find that very few of our hearts are really on God much of the time, if we were honest about it. (Mine is not, much of the day, more's the pity.)

Our hearts are more on survival, looking good, catching that man/woman, having enough money, and so on. We're attached to the world and, as long as we are, we have no attention on the God we want to realize if we wish to fulfill the purpose of life.

And we don't have to. We can wander in the world as long as we like. But heaven awaits us.

Starting tomorrow, let's have a commonsensical look at these three elements - an alternative "Life in 3D."

(To be continued tomorrow.)

### Footnotes

(1) See *The Purpose of Life is Enlightenment* at <https://gaog.wpengine.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf> and *Back to the Basics: Introductory Essays to a Cross-Cultural Spirituality* at <https://goldenageofgaia.com/wp-content/uploads/2021/01/Back-to-the-Basics-R2-Cross-Cultural-Spirituality.pages.pdf>

(2) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 35.

(3) Ibid., 60-1.

(4) Ibid., 62.

(5) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 183.

(6) Ibid., 82.

## **Discrimination, Detachment, and Devotion – Part 2**

July 29, 2021

<https://goldenageofgaia.com/2021/07/29/discrimination-detachment-and-devotion-part-2/>

(Continued from Part 1, yesterday.)



### ***(1) Discriminate between the Real and the unreal.***

As was revealed to me in a vision on Feb. 13, 1987, the purpose of life is for us to realize who we are. (1) Before I turn to discrimination proper, I'd like to look at life's purpose.

If we only want to get it intellectually, rather than realize it, I can tell you now. You're God. Did that make a great deal of difference?

Probably not, because it has to be experienced and realized as the Truth before it has a liberating, transforming effect on us.

The reason God created things this way is so that the All could have an experience of itself. (2)

Each time one of us realizes itself as God, God meets God. And for that meeting was everything you see and don't see, universes without end, created.

The higher we climb, the more enjoyable life is. And the most enjoyment of all comes when we either merge with God as the little star in my vision did or stand revealed as God. Our joy is complete.

It isn't as if this game of blind man's buff is in any way harmful to us, except if you think of being consigned to the old Third Dimension as cruel and unusual punishment! Quite the contrary.

I've had brief experiences of states as high as ecstasy and exaltation and they make the wait worthwhile! Just when you thought it couldn't get any better, there's a higher state.



Now turning to discrimination, Sri Ramakrishna defined it as:

"Discrimination is the knowledge of what is real and what is unreal. It is the realization that God alone is the real and eternal Substance, and that all else is unreal, transitory, impermanent." (3)

Krishna explained how it is we lose our discrimination and what that costs us:

"Thinking about sense-objects  
Will attach you to sense-objects;  
Grow attached, and you become addicted;  
Thwart your addiction, it turns to anger;  
Be angry, and you confuse the mind;  
Confuse your mind, you forget the lesson of experience;  
Forget experience, you lose discrimination;  
Lose discrimination, and you miss life's only purpose." (5)

Miss life's only purpose? To sharpen our powers of discernment so that we can discern the Real from the unreal when the time comes.



When we say "turn from the world to God," Krishna has just described the process of being attached to the objects and pleasures of the world and what arises from it. It's this whole process that we want to detach from.

Our attachment to sense-objects (money, sex, status symbols, etc.) sets up longing, confusion, frustration, and anger, usually when we don't get what we want. If the mind is confused and noisy, it cannot recognize the Real when the Real presents Itself.

Whatever the mind is attracted to, it makes real, right, and true. Sociologists call this the self-serving bias.

Once the attachment is no longer there, we wake up to the truth of what we've been thinking and doing.

Thus, when we set out on the path to experience and realize the truth of who we are, our first step is to begin to distinguish the Real from the unreal.



What's "Real" refers to the absolute. Let's start smaller. Let's start with the here and now, with what's *real to us on this plane of existence*.

If, like me, you're on the awareness path, then we begin to enquire into such things as our moods, our attitudes, our action - what *of* them, what *about* them is real and what's not? Byron Katie's path is based on asking this question. (6)

We keep our attention on ourselves. What's really happening here? What's really going on? What's driving me? Where does it come from?

Alternatively, you could follow Sri Ramana's Self-enquiry path and ask who is doing this? Who is feeling this? (7)

We find that, in looking at ourselves, we go deeper and deeper into what we later discover to be the heart, leaving behind the superficial and the unreal.

In this practice the basic premise is that the truth will set you free. The big "T" Truth will set us free from separation/individuality. The small "t" truth will set us free from our upsets, conditions, or vasanas (core issue).

In the course of discerning more and more of what's real, we find our tastes changing. We're no longer drawn to some things and more drawn to others. We're probably ready for step 2.

(To be continued tomorrow.)

### 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) "We do not want anything capitalized." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 12, 2016.)

(3) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 140.

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

(5) See Byron Katie, *Loving What Is: Four Questions that can Change Your Life*. NY: Three Rivers Press, 2002.

(6) See for instance *Who am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Tiruvannamalai: Sri Ramanashram, 1990, 31 pages.

For more of his teachings, see: Arthur Osborne, ed., *The Collected Works of Ramana Maharshi*. <http://www.ramana-maharshi.org>. Downloaded 10 Sept. 2005 [it contains *Who am I?*] and Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi. Three Volumes in One*. Tiruvannamalai: Sri Ramanashram, 2010. Talks between 1935-9.

## Discrimination, Detachment, and Devotion – Part 3

July 30, 2021

<https://goldenageofgaia.com/2021/07/30/discrimination-detachment-and-devotion-part-3/>



*Inelia Benz symbolically models detachment: Calm in the face of the storm*

(Continued from Part 2, yesterday.)

### ***(2) Detach from the unreal.***

After identifying one thing after another that's not true or real, we gradually lose our taste altogether for many things that used to excite us.

Foods we've always loved, drinks, locations, activities - now we find all of our tastes changing and much of the excitement of these things going away.

Also, more and more of our own artifice and stage management may come into view.

The way we present ourselves to others, what face we put on, how we make ourselves up all now become apparent.

We begin to see that the way we're looking at the situation may be neither true nor real. We may be avoiding saying what we think and mean. We may exaggerate and excuse ourselves for doing so.

We may add a few details and subtract a few and feel pretty pleased with ourselves. After all, no one's looking.

Life revolves around certain axes: looking good, being right, feeling up. But these shoes begin to pinch.

Our ordinary ways of being no longer satisfy the deeper we discern between the Real and the unreal.

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Somewhere in the process of detaching, we reach a point where the desires fall silent. I call this stillpoint and it's a launching pad for spiritual experience. (1)

Finally our mind quiets down completely. Everything else goes on - we eat, we drink, we work. But no thoughts arise and, if one does, the mind does not take hold of it.

As it turns out, detachment can be a plus for a lightworker. I once protested to Michael that I knew nothing about money. How could I be a pipeline? He replied that that was not a drawback; it was a plus:

"We know that your desires do not tend towards the physical. And of course that is one of the reasons why you are perfect for flowthrough [or pipeline]. You are not looking for planes and châteaux." (2)

If one isn't attracted to the physical, one is more open to be drawn to the spiritual, in this case in finance. And a built-in longing for liberation adds its impetus, helping one move, slowly but surely, towards the Divine. (3)

As I said earlier, detachment is not detachment from the object, but from attachment to it. We're lightworkers and what Hindu sages would call "householders." We don't seek a life in the forest. We don't practice renunciation of things; we do practice renunciation of earthly attachments.

"Earthly attachments" is such a clumsy phrase. Material pleasures, sensory delights - whatever we want to call the attractions that compete for our attention with the Divine.

As lightworkers, we're here to help others - to serve - and so we'll always be living among objects and attending to their needs.

We don't neglect our tools. But we also don't allow the siren song of life's pleasures to distract us from our main work of assisting with Ascension in the short run and realizing ourselves in the long run.

We're now ready to meet the Divine, which is to say, ourselves.

(Concluded in Part 4, tomorrow.)

### **Footnotes**

(1) See *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Desirelessness-and-the-Still-Mind-3.pdf>

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

(3) "[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.)

For more on this subject, see "Understanding the Longing for Liberation – Part 1/3," October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-13/>

"Understanding the Longing for Liberation – Part 2/3," October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-23/>

"Understanding the Longing for Liberation – Part 3/3," October 17, at <https://goldenageofgaia.com/2016/10/17/understanding-longing-liberation-part-33/>

## Discrimination, Detachment, and Devotion – Part 4

July 31, 2021

<https://goldenageofgaia.com/2021/07/31/discrimination-detachment-and-devotion-part-4/>



*Nothing is achieved in spiritual life without yearning*

(Concluded from Part 3, yesterday.)

### ***(3) Devote yourself to the Real.***

We've developed our powers of discrimination and used them now to discern what is untrue and unreal. And we've detached ourselves from any attachment to these things.

Mentally, emotionally and spiritually we now devote ourselves to - in the case of lightworkers - the service of God. As long as we're in form, that service is ultimately to the Divine Mother.

It's the Mother who creates, preserves, and transforms. The Father is still and silent. The Mother is the facet of God that we have all contact with and whom we serve.

Eventually she'll step aside and reveal the Father to us. That's the last step in our fulfilment of the purpose of life. But until that time we know only the Mother aspect of God.

If we were forest-dwellers, we'd be removing ourselves from all distractions and focusing exclusively on "finding" God. We'd be devoting ourselves single-mindedly to Self-Realization.

But all of us have ascended before and we've set that aside at the Mother's call to participate. Only people who had ascended before would have the "space" to support the Ascension of others; people who had not ascended would be preoccupied with their own ascent.

The Mother once said to me that the ancients believed it was necessary to fast for weeks before seeking a vision of her. But it wasn't necessary.

Previously it was thought necessary for one to renounce worldly things to achieve a level of zealous yearning. Sri Ramakrishna tells us that that does not come until we exhaust our cravings:

"Yearning for God does not come until and unless a person has satisfied his cravings for mundane objects, renounced all attachment to lust and gold, and shunned worldly comforts and enjoyments like filth." (1)

The karmic cycle is wrapping up now, energies are rising, and it isn't as necessary to practice this level of renunciation. A simple letting go of our attachment to things, in my estimation (and I'm not an enlightened man), would suffice.

Sri Ramakrishna's advice to his followers sounds extreme now, but it was fairly standard to serious seekers of his time:

"You must cultivate intense zeal for God. You must feel love for Him and be attracted to Him. ... Yearning is all you need in order to realize Him." (2)

"Cry to the Lord with an intensely-yearning heart and you will certainly see Him. People shed a whole jug of tears for wife and children. They swim in tears for money. But who weeps for God?" (3)

"Nothing whatsoever is achieved in spiritual life without yearning. ... One should feel a yearning for God like the yearning of a man who has lost his job and is wandering from one office to another in search of work. If he is rejected at a certain place which has no vacancy, he goes there again the next day and inquires, 'Is there any vacancy today?'" (4)

God, Sri Ramakrishna has said, cannot resist a devotee who loves her and comes running to him. Intense yearning was the key.

It isn't only Hindus who advised their contemporary readers to desire only God and renounce everything else. Here's Christian mystic Pseudo-Dionysius describing a similarly-strong longing for liberation:

"Intelligent beings ... experience desire, but this has to be interpreted as a divine yearning for that immaterial reality which is beyond all reason and all intelligence.

"It is a strong and sure desire for the clear and impassible contemplation of the transcendent. It is a hunger for an unending, conceptual, and true communion with the spotless and sublime light, of clear and splendid beauty.

"Intemperance then will be an unfailing and unturning power, seen in the pure and unchanging yearning for divine beauty and in the total commitment to the real object of all desire." (5)

Wow. Remember how Michael described peace as being like granite? Pseudo-Dionysius was a peaceful man. And look at the power in his words.

Thus, it isn't a question of getting rid of all desire. It's a question of changing what we desire and that has to come about naturally. It can't be forced.

We want to let go of our attachment to distractions, sensory delights, material pleasures, the names are many. Put all the distractions aside and, in the space thus created, desire God. Desire a divine quality - love, truth, bliss, peace.

Krishna has said:

"I am all that a man may desire  
Without transgressing  
The law of his nature." (6)

The only thing we can want without creating karma as a result is God.



The game is rigged. It's rigged so that everyone wins.

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We've looked at a spiritual practice that can be summarized as "turning from the world to God." We've also looked at the Hindu version of that theme: "Discriminate between the Real and the unreal; detach from the unreal; and devote yourself to the Real."

By turning from the world to God, we mount the dimensional staircase to heaven, Jacob's Ladder of consciousness. We're moving towards realization of our true identity as That which cannot be named or described. That would be the ultimate Ascension or homecoming.

If we're lightworkers, we do that by devoting ourselves to service. If we're more attracted to "truth" or "love," then we devote ourselves to those. All roads lead to God.

Whatever divine form or quality we devote ourselves to, God will appear in that form or as that quality. Meanwhile, our devotion to any form draws us closer and closer to the One.

These are generic statements. But they lie at the heart, I think, of most religions and practices and of the Perennial Philosophy or Ancient Wisdom.

### Footnotes

(1) Paramahansa Ramakrishna in Swami Chetananda, *They Lived with God. Life Stories of Some Devotees of Sri Ramakrishna*. St. Louis: Vedanta Society of St. Louis, 1989, 98.

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 140.

(2) Ibid., 96.

(4) Ibid., 83.

(5) Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysius, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 151.

(6) 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.

# What is Realization? - 1

December 8, 2021

<https://goldenageofgaia.com/2021/12/08/what-is-realization/>



I'm profoundly interested in the subject of realization. And in this time of the Pause, I find myself reflecting on the subject.

As I'll discuss below, realization of our true identity is the purpose of life. It's also the most pleasurable experience I can think of.

But let me not get ahead of myself.

Realization is to the ordinary human being what a pole is to a pole vaulter. It enables us to transcend an obstacle and see life on the other side.

There are minor and major realizations. Not all realizations result in enlightenment. Some are no more than sudden insights or dawning awareness.

Realization itself, in my experience, is the result of the combination of two circumstances: bliss and cognitive dissonance.

If there is no cognitive dissonance, we simply tend to sit passively in bliss, there being few other higher experiences that we can probably think of. In other words, we've arrived.

In terms of realization, bliss lifts us up to a dimensional height from which the answer to our difficulty can be more easily seen. When we see it, we say we've had an "Aha!" moment, a "Eureka!" moment, an insight, or ... a realization.

Cognitive dissonance provides us with a subject of seeing in the space that bliss provides. This table in front of me works. It doesn't need fixing. Therefore it doesn't impinge on my awareness. Consequently when I'm in bliss I probably won't have a thought or realization about the table.

But let's let's pretend my relationship with my best friend is out and that's bothering me. I take that with me into the space of bliss and from the greater height - and of course the ease that bliss lends to everything in and of itself - I see the way through.

I couldn't see the way through before for any number of reasons, some self-serving, some informational, some energetic, etc. But all these dissipate in the higher space of bliss.

In bliss we drop roles like the complainer, the stick in the mud, and the victim - to borrow a few that I played as a kid. They no longer have relevance and are in fact now counter-productive if they ever were truly productive.

Someone once said that, in the space of bliss, what was a problem becomes just a situation. That's so true. We simply look for the way through and then take it and complete the needed tasks. No grumbling. No groaning.

Why? Because bliss leaves us feeling that we have everything we need and want. It's all about feeling wonderful, is it not?

No wonder people in bliss just sit and look. There's nothing more to do. We're there.

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Why am I profoundly interested in the subject of realization? Long-time readers will guess.

The purpose of life, as can be read elsewhere, (1) is enlightenment. The purpose of life is that God should meet God in a moment of our enlightenment.

Enlightenment means the realization of the truth of our identity. When one of us realizes his or her true identity as God, God meets God.

I wonder if this is why sages used to emphasize yearning, a heart troubled for God, as indispensable to enlightenment. (2) The heart troubled for God provides the fuel, the cognitive dissonance. And the bliss that results causes the ignition and explosion of realization.

We realize our Self. Then we realize our Chosen Ideal. Then we realize the Transcendental. Finally, we dissolve in the One ... for a while. (3)

### Footnotes

(1) See *The Purpose of Life is Enlightenment* at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>.

(2) "They make so many pilgrimages and repeat the name of God so much, but why do they not realize anything? It is because they have no longing for God. God reveals Himself to the devotee if only he calls upon Him with a longing heart." (Parahmahansa Ramakrishna in Nikhilananda, Swami, trans. *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 306.) [Hereafter PR in GSR.]

"One attains God when one feels yearning for Him. An intense restlessness is needed. Through it the whole mind goes to God." (PR in GSR, 337.)

"A man does not have to suffer any more if God, in His Grace, removes his doubts and reveals Himself to him. But this grace descends upon him only after he has prayed to God with intense yearning of heart and practised spiritual discipline." (PR in GSR, 116.)

(3) Archangel Michael: When you go home, ... you can reunite in the heart of One. Do not think that you go off on another tangent or another journey simply because

you feel like it or because you are earning your way back to that linear path. You go back out into the universe as a brilliant spark of pure light!

So you come, you return, you gain not only understanding, wisdom, knowledge [in the heart of One] - what you can think of as spiritual regeneration - and then, in concert with many, including your guides and guardian angels and, many times, whoever you are going to be working with - for example, myself or Archangel Raphael - you emerge again. (Archangel Michael, *An Hour with an Angel*, March 26, 2012, at <http://the2012scenario.com/2012/03/archangels-michael-and-gabriel-on-the-angelic-realm-hour-with-an-angel-transcript-march-26-2012/>.)

# The Cat is Out of the Bag

August 25, 2020

<https://goldenageofgaia.com/2020/08/25/the-cat-is-out-of-the-bag/>



For me, there are three levels of reality in our Third/Fourth Dimension (that's where I seem to be).

The first is the intellectual. It includes our body, its emotions, the spirit, and everything else. It's just that it attempts to know them and itself only from the standpoint of ideas. It goes no deeper than that.

That's deep enough for many things, even for governments (especially for governments), but, besides being superficial, spiritually speaking, it's not juicy.

It's like eating raw oatmeal flakes. Without milk. There's no real pleasure in it.

Heavenly pleasure, for me, begins at the experiential level, the second level of reality.

I well remember how six weeks into a three-month encounter group in 1975-6, I ran down the trails shouting at the top of my lungs something I'd just realized: "I'M

OUT OF TOUCH WITH MY FEELINGS!" I shouted, enthusiastically. "I'M OUT OF TOUCH WITH MY FEELINGS!"

It'd taken me half the course to see that. I basked in my feelings after that.

All the juice was in my feelings. At that time, I had no idea of the existence of divine states. So I'd have cited the extreme pleasurable-ness of bliss, not knowing that it was larger than a feeling. (1)

I didn't see then but I do see now how our feelings shape how we act and interact. If I feel happy, I carry out my action one way; if I feel sad, I carry out the same action quite another way.

As an Ascension ethnographer, I'm interested to see the true function of each part of our makeup and I think I'm at last starting to see the role that the feelings play. (2)

A lot of the money we spend, I think, is distinctly in aid of us feeling good, better, best.

One of the things I've learned by studying the human condition over a lifespan is that we plan our activities as couples and families (less so as individuals) so as to feel what I call a "magic moment."

We're on the balcony in the moonlight, overlooking some warm Hawaiian shore. We paid thousands of dollars for this magic moment so nobody better spoil it.

Why I cite this example is that we don't see that all the time we have the capacity to generate that feeling from our very own hearts - right now.

I'm sitting here at this moment drawing transformative love up from my heart and sending it out to the world. I get to experience the love as it passes through me. I don't need to go to Hawaii to feel divine love. I feel it right now.

Feelings give way to divine states the purer we become (that is, the cleaner of our vasanas or core issues we become). And divine states are of course eminently and completely satisfying.

But there's more.

The third level of reality to my way of thinking is the realizational level. Remember that the purpose of life is to know ourselves as God. The purpose is for God to meet God in a moment of our enlightenment.



That operation is one that happens in knowledge. We achieve that knowledge in a moment of realization.

Realizations are of two kinds.

I believe many lightworkers will experience the first kind so that they don't leave divine service; these are the truncated experiences. The Divine Mother and our archangel are, behind the scenes, overseeing our enlightenment experiences so that we don't simply get up and vamoose the ranch.

This might entail the full experience minus one ingredient - most often bliss. Bliss is what lifts us up and allows us to see things from a higher-dimensional level, which we call a "realization." No bliss; no deep realization.

An example would be a Seventh-Chakra enlightenment experience, called Brahmajnana or God-Realization, in which I witnessed the kundalini flow over me like a golden river and enter into the Crown Chakra. But there was no bliss.

I may as well have been watching a movie. Without bliss, I found myself saying, that was all well and good, but what was the purpose of it?

Actually Michael and I discussed it and I believe the subject of some interest. Let me include that discussion in the footnotes. (3)

I think other lightworkers may have a similar experience of truncation because the Company of Heaven doesn't want us trekking off to a cave in the Himalayas.

The second type of realization is the full-on experience, with blissful realization. An example here would be the heart opening I had on March 13, 2015.

At the height of that experience, Michael and the Arcturians tell me, I was in the Seventh Dimension. The love I was experiencing is beyond words. I'm searching my stock of superlatives. The one that fits is "unimaginable."

To be sure, the heart opening itself was a Fourth-Chakra event, which is in the Third/Fourth Dimension. (4) But I think, in the course of the explosion of the inner tsunami of love and the later drowning in the Ocean of Love, I was given a glimpse of how things felt on the Seventh.

I was blessed with long spells of transformative love for the next six months. But only in these first few moments do I think I was in the Seventh Dimension.

I'm having to put the pieces together in this large jigsaw puzzle. Realization doesn't come with a manual or a name card. I have to take a comment from here and match it to a comment from there. It's detective work and I risk being wrong.

How far above experience realization is is implicit in what occurs. I am on the Third/Fourth Dimension having an experience. Suddenly a realization arises, boosting me either higher in that dimension or else to another dimension altogether.

On that new dimension, if we're permitted to remain any length of time, we'll have new experiences until they lead to a new realization; then we descend again and on life goes to its pre-destined outcome.

The experiences happen on the dimension we're on; they, unto themselves, don't take us to a new dimension. Realization does that. Experiences clear the deck for realizations.

An example of that would be a full breath release I had in a rebirthing workshop in February 1987. Before I was like a little Cessna breathing air in through small intakes; after I was like a jumbo-jet engine, sucking air back.

The experience itself didn't lead to a realization. But it cleared the deck and less than a week later I had the vision of the purpose of life. (5)

When realizations raise us to a higher vibratory level or dimension, we then begin the experiential cycle again on that level. Life is characterized by spiritual evolution, all the way back to the One.

Experiences bring us closer to realization, but realization itself, as a class of events, is the real powerhouse. My firm belief is that realization lies in the hands of the Divine Mother and our archangel to administer.

We go through life working these three levels - getting an idea of something, experiencing it, and coming to a realization about it. Then we repeat the cycle again and again.

As we mount Jacob's dimensional ladder of consciousness, we come closer and closer to realizing that, finally, we don't exist; only the One does.

With that final realization, the cat is out of the bag.

## **Footnotes**

(1) The difference is I experience a feeling as being within me and I usually associate it with a region of my body whereas I experience a divine state as being all around me, enveloping me, and saturating me throughout. I'm immersed in bliss, drowned in love.

(2) It took me longer than the Biblical lifespan of a man - three-score years and ten.

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

AAM: Yes. Now it is part of the reset button. Think of it in this way. If you are installing, say, a new program, or you had an old program that kept stalling out three quarters of the way full and you were frustrated as all get out with it. And you are asking for the fullness of the program to come online so you turn off your computer and you restart it.

That is what you did.

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

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

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

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

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

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

(4) Described here:

“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/>

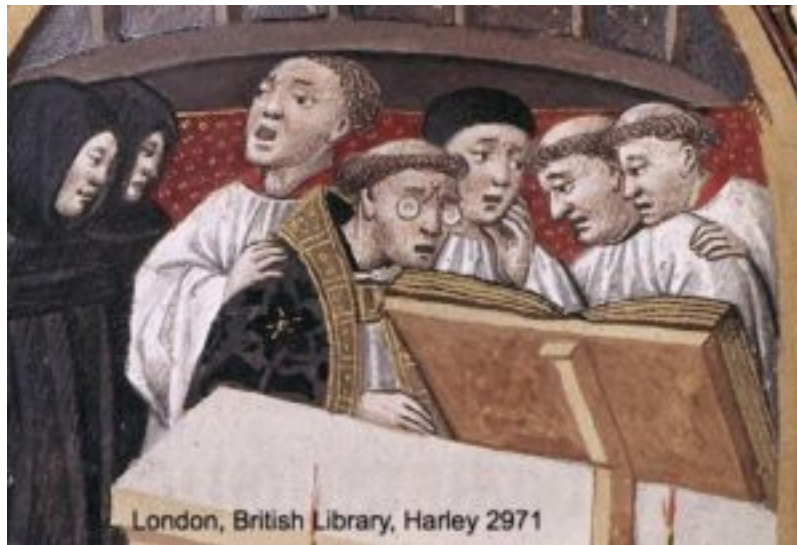
“Activating the Wellspring – Part 2/2,” March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(5) For that, 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/>

# The Ladder of Consciousness: From Intellectuality to Experience to Realization – Part 1/5

January 19, 2020

<https://goldenageofgaia.com/2020/01/19/the-ladder-of-consciousness-from-intellectuality-to-experience-to-realization-part-1-5/>



While events in other parts of the globe command our attention, I still feel the need to follow my own agenda of building a literature that will be helpful to lightworkers later on.

The subject of the ladder of consciousness is basic to my own spiritual practice. I think the subject is both universal and profitably known. I now delve into that subject.

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*“Dear ones, you intellectually understand, but must actually accept that you are so much more than you have been led to believe.” (1)*

This comment in the Arcturian Group’s latest message nudged me to write a series on the difference in impact between intellectual, experiential, and realized knowledge, states of being which form a ladder of consciousness.

## **Intellectual Knowledge Lacks Motivating Power**

I read somewhere - and cannot find the quote - that we make very little progress in any one lifetime in learning the lessons that karma brings us.

If that's so, one of the reasons may be that mere intellectual knowledge lacks the power, the kick, the juice, or motivating power to move us to realize that changes are necessary and to make them.

We have to boost our knowledge from the merely intellectual to the experiential, which, in my opinion, is the first level strong enough to induce us to change and thence to the realizational, which makes change easier and more likely than otherwise.

We say we're "moved to tears" or "won over" by a smile. We're hardwired, I think, to respond to the way we feel. Therefore I assert that the experiential has more power to motivate, than the merely intellectual.

## **Intellectual knowledge is just a first step; Realization the last**

The purpose of life is itself a realization: The realization of our Oneness with God. That is what all this pleasure and pain is building up to, as SaLuSa reminds us.

“Many souls are beginning to understand the purpose of life. It is the realization that you are more than your body, and that life is infinite and that you have your being in the energy that is God.” (2)

Our purpose lies in realizing that we *are* God. *I am* that I AM.

If life is about knowing ourselves as God, it's not about just having intellectual knowledge of it but of having realized knowledge.

Many of our sources have either referred to this in passing or made it explicit. Let's spend a moment listening to them make the case.

“Truth begins as intellectual knowledge, but can never manifest into expression until realized,” the Arcturian Group tell us. (3)

On another occasion, they inform us: “Some continue to understand ONEness as a mental concept or intellectual information, never allowing it to become their attained state of consciousness.” (4)

Elsewhere they add that “knowing a truth intellectually is only the first step toward attaining the consciousness of it.” (5) Realization, as they said, makes it their “attained state of consciousness.”

Tomorrow we'll continue our look at the case they make.

(To be continued in Part 2, tomorrow.)

### **Footnotes**

(1) The Arcturian Group through Marilyn Raffaele, Jan. 12, 2020, at <https://www.onenessofall.com>.

(2) SaLuSa, Dec. 21, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

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

(4) Ibid., Aug. 26, 2018, at <https://goldenageofgaia.com/2018/08/27/arcturian-group-message-via-marilyn-raffaele-8-26-18/>

(5) Ibid., Feb. 10, 2019, at <http://goldenageofgaia.com/2019/02/10/the-arcturian-group-message-via-marilyn-raffaele-feb-10-2019/>

# The Ladder of Consciousness: From Intellectuality to Experience to Realization – Part 2/5

January 20, 2020

<https://goldenageofgaia.com/2020/01/20/the-ladder-of-consciousness-from-intellectuality-to-experience-to-realization-part-2-5/>



(Continued from Part 1, yesterday.)

## Intellectual knowledge its just a first step (continued)

Matthew Ward calls intellectual knowledge "beliefs" and realized knowledge "real knowing":

“Beliefs are formed when the same information is repeated by one or more external sources—parents, peers, teachers, religious leaders, scientists, government officials, mainstream media—and, when you learn that information is not complete or accurate, your beliefs change accordingly.



“Knowing is within, a constant, pervasive, unquestioned ‘rightness’—the merging of soul-level truth and your consciousness.” (1)

I think most if not all of us have had some experience of this certain inner knowing. It's much stronger than our beliefs.

St. Germaine also lays out the difference between the two. He calls realization “spiritual” knowingness of truth.

“A spiritual knowingness of truth is very different to an intellectual knowingness of truth. It may often seem as if you are weak if you admit that you do not understand the truth and will of the Creator but this is a beautiful space that you can enter into, accessing a deep stream of freedom from within your being that offers tremendous expansion and connection with the Creator.

“In many ways it is as if you are letting go of any form of control that you may have upon the world, your reality or being, entering into a space that truly allows you to experience the truth of the Creator.” (2)

I believe St. Germaine is referring here to a very high space that Werner Erhard called "Not Knowing." Others have called it "the Cloud of Unknowing."

In it, we're moved to drop all pretense to knowing what's going on and genuinely relax into not knowing. The answer (the realization) has then the space to show up. Werner called the space of realization, "Natural Knowing." Different names but all pointing to the same thing; in this case, the dynamics of realization.

The Arcturian Group called intellectual knowledge a first step out of the maze we're in:

“An intellectual knowledge of truth is the first step out of this maze, but it must evolve deeper and become an attained state of consciousness. The ego or personal sense of self regardless of how educated or intellectually aware is only able to create change at that level. ...

“Only through one’s conscious alignment with truth, spirit, and the Divine Self can that sacred portal within open and allow the flow of Light that dissolves the dark.” (3)

Intellectual knowledge only has enough power to it to take us so far. Experience and realization lie beyond it.

The “flow of Light that dissolves the dark” is itself realization.

We cannot substitute pretense for realization and hope to get away with it, the Arcturian Group tells us:

“Completeness and wholeness [are] the birthright of every soul, but must become the state of consciousness in order to be experienced. This is the evolutionary journey. To pretend wholeness and completeness without having attained a consciousness of it is to stick one's head in the sand...

“Evolving into a consciousness of completeness is the evolutionary journey.” (4)

I've always found that i cannot fake a higher state of consciousness than I've experienced. And I assume the same can generally be said of others. To pretend to be somewhere other than where I am is to ignore how reality works.

Through the whole discussion runs the thread that realization is the goal of life - a realization of our Oneness with God. Realization is the mechanism and the destination and the reward.

Intellectuality is a first step towards it but not a place at which to stop. As it turns out, the fulfillment of life's purpose impels us to move from intellectuality through experience to realization.

(Continued in Part 3, tomorrow.)

## Footnotes

(1) Matthew's Message, May 30, 2017, at <http://www.matthewbooks.com/mattsmessage.htm>.

(2) "Master Saint Germain: Revelations of Truth," channeled by Natalie Glasson, June 30, 2013 at <http://omna.org>.

(3) "Arcturian Group Message through Marilyn Raffaele, 1/14/18," January 14, 2018, at <http://goldenageofgaia.com/2018/01/14/arcturian-group-message-through-marilyn-raffaele-1-14-18/>.

(4) Arcturian Group, November 9, 2014, at <https://goldenageofgaia.com/2014/11/10/the-arcturian-group-via-marilyn-raffaele-november-9-2014/>



# The Ladder of Consciousness: From Intellectuality to Experience to Realization – Part 3/5

January 21, 2020

<https://goldenageofgaia.com/2020/01/21/the-ladder-of-consciousness-from-intellectuality-to-experience-to-realization-part-3-5/>



*Credit: [today.com](https://www.today.com)*

(Continued from Part 2, yesterday.)

## What is the awakening from intellectuality like?

Saul describes a person awakening from mere intellectuality to a trusting of the gut feeling; that is, from the intellectual to the experiential. I've italicized the change in the conversation, to feeling:

“These ... are the first signs of an awakening - an awakening to the realization that their lives truly have a meaning and purpose beyond everyday reality. They are beginning to *feel a deep longing* for much, much more than life on Earth offers, and yet this *makes no sense* to them. *They are confused and lonely* and lack a trustworthy listener or guide.

“*But their intuition or gut feeling pushes them forward*, insisting that something of great moment is happening, and *they want to know* what it is.

As they search for answers they stumble upon books, blogs, web sites, and magazine articles covering these issues and with which they resonate.

“They meditate and pray, which may well be a new experience for them, and *their sense that their existence does indeed have a meaning strengthens and intensifies*, encouraging them to continue gathering information. As they do so *they start to trust their gut feelings, their intuition, their inner knowing, which they find does not mislead them.*” (1)

Some may not have meditated and prayed; they may have done something else, but chances are they'll now be feeling a sense of awakening, in this case, to experience.

### **What is Realization itself like?**

What then is realization?

I can offer you my opinion.

As a mere novice in the area, I consider realization to be a radical discontinuity in experience combined with a usually-temporary immersion in a divine state such as peace, love, or bliss and an explosive expansion in knowing.

What does it feel like?

I can only describe the first step. Let's listen to folks farther down the road.

The Pleiadians through Barbara Marciniak: “This experience [of realization] involves raising a feeling inside yourself and then, one day, at one moment, in one afternoon, having an overwhelming sense of knowing: having a composition a thousand pages long come alive in five seconds of divine ecstasy.” (2)

Absolutely. She uses a knowledge-based metaphor to make her point.

The Arcturian Group: “There comes a time in everyone's (teacher and student) evolutionary journey when he shifts into a realization of oneness. This may come in an instant after lifetimes of spiritual seeking, or it may be a slow and gradual process.

“This is ascension, the attainment of that state of consciousness that realizes everything Real is perfect and held in place by Divine law and that the ONE is ever manifesting ITSELF... ‘What you see is what you get’ as

the saying goes... Your state of consciousness is interpreting for you the divine ideas embodied within the One.” (3)

So notice: Not an explosion of bliss; not a profound awareness of love, although both of these may come with it, but "a realization of oneness," a knowing.

An inner knowing and a majestic certainty, for as long as it lasts.

Archangel Michael: "It is the feeling, the experience – and might I even say the knowing, the deep knowing – that you are not stuck, you are not limited, you are not confined by what previously has been informationally identified as time and space. You leave that behind and you enter into the flow of the universe, which is how we operate." (4)

Again, with the knowing, the realization that we are not limited or confined comes our entry into the flow of the universe.

I emphasize this because so many superficial treatments of the topic of enlightenment emphasize other aspects of the experience but they don't get across that enlightenment itself is an event that happens in the domain of knowledge, of certain, inner knowing. We *realize* the Truth.

We'll look at Archangel Michael's in-depth discussion of "true knowing" tomorrow.

(Continued in Part 4, tomorrow.)

## Footnotes

(1) Saul, July 5, 2009, at <http://johnsmallman.wordpress.com>

(2) The Pleiadians through Barbara Marciniak, *Bringers of the Dawn: Teachings from the Pleiadians*. Bear & Company, Santa Fe, 1992, 49.

(3) The Arcturian Group, Feb. 10, 2013, at <https://goldenageofgaia.com/2013/02/11/the-arcturian-group-message-february-10-2013/>

(4) “Archangel Michael: I Come to Touch Your Hearts,” Oct. 20, 2016 at <http://goldenageofgaia.com/?p=283272>. Michael here identifies flow as the paradigm of the higher dimensions.

# The Ladder of Consciousness: From Intellectuality to Experience to Realization – Part 4/5

January 22, 2020

<https://goldenageofgaia.com/2020/01/22/the-ladder-of-consciousness-from-intellectuality-to-experience-to-realization-part-4-5/>



(Continued from Part 3, yesterday)

## Archangel Michael's discussion of the ladder of consciousness

Archangel Michael and I discussed the three levels of consciousness on *An Hour with an Angel* in 2017:

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Steve Beckow: Well, you talked about 'truly knowing' and I just wonder if we don't need to clarify something here..., that when you say truly knowing you're not talking about intellectual knowledge, not even talking about having a feeling or an intuition or a sense of something. You're talking about something much deeper than that, right [i.e., realized knowledge]?

Archangel Michael: That is exactly what I am talking about. It is about the true, true knowing, wisdom. It has, well, I would say, nothing, but I will adjust that and say very little to do with emotionality or intellect or the mental body [i.e., experience or intellectuality]. It is heart-and-soul knowing, what you call

realization, what we might even hint at in terms [like] enlightenment, or illumination. (1)

The true knowing will filter through to your feelings and to your intellect and to your beautiful mental body, and reassure the ego and delightful personality that you are [OK]. It is a heart-and-soul knowing. ...

Truly knowing comes from the deepest and the highest part of yourself. It is where the union of your universal self, your higher self, your what you may think of as human self in your soul center comes together to inform you, if you wish to think of it as that, of truth. (2)

He's saying what it is by saying what it's not. I wouldn't even attempt to talk about realization itself. I couldn't speak a word about it because I don't know how to describe it.

I despaired of getting my mind around some of his teachings and shared my feelings with Michael.

Steve: How are we going to understand these things? They are so much higher than we can get our heads around.

Archangel Michael: There has been this slow dawning that has been underway for some time. You've had this experience. There is this slow dawning so that expansion, expansion, expansion, expansion [occurs] and then you reach the point of that expansion - that's stretching - but then you [become] capable of having that "aha" moment. And that "aha" moment is what many have referred to as "turning on the switch."

Steve: Yes, realized knowledge....

AAM: Yes.

Steve: Self-Realization is just a bigger, bigger, bigger, bigger realization but these "aha" moments are still realization, are they not?

AAM: That is correct. (2)

So far, Michael has confirmed the ladder of consciousness - Intellectuality, Experience, and Realization - and has shared that realization itself spans the range from the ordinary "Aha!" moment to merger with the One.

Tomorrow we'll look at the relationship between realization and manifestation.



If we were students of the Advaita Vedanta, the non-dual, we'd never look at such a subject. But we're what Indians would regard as householder servants of the Divine. We use manifestation in building Nova Earth. Hence we look at a subject that we'll probably draw on years from now.

(Concluded in Part 5, tomorrow.)

### **Footnotes**

(1) Just as I've been saying that transformative love has little to do with emotions that we associate with our ordinary states of love, Michael is here saying that realization has little to do with emotions or intellectuality. It exists in a higher domain of reality.

(1) Archangel Michael in "Transcript ~ Archangel Michael: Peace is Love, May 11, 2017," Channeled by Linda Dillon, at <http://goldenageofgaia.com/2017/05/21/transcript-archangel-michael-peace-is-love-may-11-2017/>

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 23, 2016.

# The Ladder of Consciousness: From Intellectuality to Experience to Realization – Part 5/5

January 23, 2020

<https://goldenageofgaia.com/2020/01/23/the-ladder-of-consciousness-from-intellectuality-to-experience-to-realization-part-5-5/>



*Captain Janeway uses a replicator. Later on, we'll be able to manifest.*

(Concluded from Part 4, yesterday.)

*The subject of the ladder of consciousness is basic to my own spiritual practice.*

*Frankly, I think it may be basic to anyone's. Let me discuss how it surfaces in my own practice.*

## **Manifestation doesn't come from intellectual or even experiential knowledge**

As I said yesterday, if I were focused entirely on enlightenment as the object of life, I wouldn't mention the siddhis or psychic powers, such as manifestation. They're regarded by the dedicated seeker after enlightenment as being a distraction.

But we're lightworkers and interested in alleviating poverty and hunger in the world. Manifesting either using devices like the replicator or our own psychic abilities has an importance to us that it doesn't have to the dedicated seeker.

We're not here for our personal enlightenment. We've been enlightened in other lifetimes or we wouldn't be here, helping with an Ascension. We're here for service.

Though many may disagree with me, I find dualism a more useful philosophy to lightworkers than non-dualism. We talk to the Divine Mother, as the dualist would; we don't dismiss our talks as illusion, as the non-dualist might.

With this in mind, let's look at this most-useful power of manifestation, as it ties in with realization.

A mistake we're said to make is to expect the benefits that come from realization to come from intellectual or experiential knowledge; apparently they don't, the Arcturian Group informs us:

“Many in their spiritual enthusiasm, have made the mistake of trying to live the absolute before attaining the consciousness of it. Attaining a consciousness of absolute truth is the evolutionary journey. ... Truth begins as intellectual knowledge, but can never manifest into expression until realized.” (1)

“As with every aspect of spiritual evolution, intellectual knowledge of a truth is only the first step. You cannot sit in the absolute waiting for a bag of money to drop from the sky (although this could happen if you had the consciousness of it).

"Know the truth and then take whatever human footsteps you are guided to take, be it employment or assistance of some sort. Let your actions be what resonates with you, and not what others may be telling you to do for their guidance – as well meaning as it may be – is representative of their state of consciousness and not yours.” (2)

When, in the process of ascending, we become capable of tasting the spaces in the higher realms, our full reward will come, Diane of Sirius tells us. It will sweep away all thoughts of discord.

“Your full rewards will come to you as you begin to ascend, and a peace that knows no equal will settle upon you. No longer will you experience the discord and disharmony that is upon Earth, as in rising up you will

sever your links with the lower vibrations. They will no longer serve you, and your vision will pull you towards the levels of Light that pervade the higher levels. You will find that you are at 'home' within them, and the realization will dawn upon you that you have simply reawakened to what you already knew.” (3)

St. Germaine says that realization realigns the energies more fully to the Creator. I believe he’s talking about a deeper sort of realization than a mere “Aha!”

"A simple realization will create a powerful and magnificent transformation which would realign their energies more fully to the Creator and divine flow of the Universe, allowing a freedom which will be a release and a completion of the lessons of numerous past lifetimes.

“These souls will then feel the energy and essence of transformation and the freedom of the Creator pulsating throughout their being guiding them to support others in doing the same.” (4)

I can speak to that: Realizing higher-dimensional love, a person wants only to communicate it and have others share in it, “guiding them to support others in doing the same.” I know that from experience - and realization.

The Arcturian Group inform us that:

“Where there is an attained consciousness (not intellectual knowledge) of oneness[,] with Divine completeness, there is abundance, for the door has been opened. New and better ideas begin to flow effortlessly to all aspects of life, and those things necessary seem to somehow be there when needed.” (5)

So, if we're lightworkers wondering when we'll be able to manifest, the Arcturian Group has just told us. The door will be opened when we have attained and are complete with oneness. Time to use all we know to help us realize oneness.

They go on to explain:

“Every spiritual idea of Divine Consciousness is embodied within every soul – abundance, joy, peace, wholeness, harmony, completeness etc. etc. The realization (not simply intellectual knowledge) of this is then translated by mind into forms that are understandable and personal to the individual.

“Example; A conscious realization of abundance as being an omnipresent quality of Source will manifest in the forms needed by an individual, forms he can relate to.” (6)

The realization of abundance will bring abundance. I'd assume the realization of peace would bring peace, and so on. That's when we lightworkers will begin to manifest, as far as I can see. (7)

Again, if we were seekers after enlightenment, this discussion would be irrelevant. But as people who'll be building a new Earth, the ability to see our desires for the highest good manifest comes to have more significance.

To summarize, consciousness resembles a ladder in that intellectuality only provides some satisfaction and occupies a lower vibration than the other two; experience - the next step up - provides more satisfaction and is a higher vibration; and realization provides more satisfaction than we can probably imagine and is the highest vibration of the three.

In this series, our sources have discussed the relative merits of each and described what realization is and what the deeper forms of it bring in their train.

Seeing spiritual practice as movement up this ladder is not only useful to people seeking enlightenment or Self-Realization. It's useful to anyone serving the Divine Mother, any lightworker as well.

Knowing about this three-level ladder of consciousness is useful to us spiritually and practically. Since there are levels of realization, its study is just a door in to a much wider field.

## Footnotes

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

(2) Ibid., March 20, 2016, at <http://goldenageofgaia.com/2016/03/21/arcturian-group-via-marilyn-raffaele-march-20-2016/>

- (3) Diane of Sirius, Feb. 2, 2009, at at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).
- (4) "St. Germain: Are You a Member of the Team of Transformation in Embodiment?" Channeled by Natalie Glasson, November 11, 2016, at <https://www.omna.org/latest-weekly-channeled-message/>
- (5) Arcturian Group, May 7, 2017, at <https://goldenageofgaia.com/2017/05/07/arcturian-group-message-through-marilyn-raffaele-for-may-7-2017/>
- (6) Ibid., March 12, 2017, at <https://goldenageofgaia.com/2017/03/12/arcturian-group-message-through-marilyn-raffaele-31217/>
- (7) I emphasize this because many times I've been asked when we'll be able to manifest. After the realization of oneness, which I'd imagine corresponds to Ascension. Just a guess. Until then we pool and share.

## ⌘ Lightworkers ⌘

# How is a Lightworker Different from a Spiritual Seeker?

March 4, 2020

<https://goldenageofgaia.com/2020/03/04/306770/>



*Credit: [OurAscension.com](https://OurAscension.com)*

In my opinion, one way in which the lightworker is different from the spiritual seeker is that the spiritual seeker seeks enlightenment while the lightworker intends to serve, whether enlightenment results or not.

Archangel Michael once made the following distinction in a personal reading:

"When you use the term 'dramatic enlightenment experiences,' you are talking about Nirvana. You are talking about the unity of all with One.

"It is not to say that you will not experience it, but you cannot — well, you can if you wish; if it is your choice - simply remain in that state of unity, of Oneness. But you cannot be fully conscious and in service, in action, if that is where you are." (1)



So we cannot be in service and lost in rapturous contemplation of the One. The two don't go well together for any servant of the Mother; i.e., any lightworker.

Unless experiencing enlightenment *is* part of our mission, we may be called upon to subordinate it to the demands of our service agreements.

The request to put enlightenment to one side can also be mission-specific. For instance, I'm apparently a pillar so I need to stay here till the end. That affects my intentions.

"It is not just desirable, but in fact necessary, crucial - particularly because, Sweet One, I remind you, you are a pillar - that you not venture too far ahead of where people are." (2)

So I'm not rushing ahead or taking shortcuts or hankering to finish the race. I'm just staying with the group because that's what the service contract called "pillar" does. Not rushing ahead is a mission-specific requirement.

A spiritual seeker places nothing ahead of constant spiritual ascension, no matter how far they leave the rest behind.

Franklin Merrell-Wolff would be an ideal example of a modern western spiritual seeker who through determined spiritual practice became an adept and went, Michael tells me, as far as the Eleventh Dimension while still in the body. (3) Unprecedented.

Seekers tend to suspend all service contracts and concentrate on going inward. Or, for a very few, going outward. Pretty soon, they lose their appreciation and desire for that which to them is illusion. This is not the ideal mindset for serving, as Michael pointed out.

Before you think the servant will be left out, the reason we've been selected to serve is that we've been through the Ascension process already.

As the Divine Mother reminds us: "You are angels in form, and you have been birthed even prior to that as the essence of One. So you return to that while keeping your magnificent form." (4)

Or in even more picturesque terms by Archangel Gabrielle: "You are angels in form dancing upon a planet which is an archangel." (5)

"Angels in form" are already ascended.

If we hadn't ascended already, we'd be focused on our own enlightenment; if we have, we can better serve the enlightenment of the ascending collective.

And we'll regain our natural evolutionary level upon finishing this assignment. Probably more: We too will ascend. (6)

So servant or lightworkers will not lose out. We've agreed to be waiters at the banquet of Ascension. (7) We'll get our meal later.

## Footnotes

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

(2) AAM, Jan. 18, 2020.

(3) See for instance, *Pathways Through to Space. A Personal Record of Transformation in Consciousness*. New York: Julian Press, 1973.

Steve: What level of Enlightenment or dimension did [Franklin Merrell-Wolff] achieve?

AAM: He primarily operates in the 7th to the 11th ...

Steve: When did he break away from the third dimension. Which of his experiences was that?

AAM: Actually, he broke away from the restriction, shall we say it that way, of the third dimension long before he ever started to truly practice or write.

Steve: So he was always doing it as an ascended being?

AAM: That is correct. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.)

(4) "The Divine Mother: My Tsunami of Love Will Shift You Permanently.", channeled by Linda Dillon, January 30, 2014, at <http://goldenageofgaia.com/2014/02/the-divine-mother-my-tsunami-of-love-will-shift-you-permanently/>.)

(5) "Video and Transcript ~ Archangel Gabrielle: Cooperation Comes Before Love," April 11, 2017, at <http://goldenageofgaia.com/2017/04/11/video-and-transcript-archangel-gabrielle-cooperation-comes-before-love/>.

(6) Terrestrial and galactic ascended masters discuss the fact that they too will be ascending. Here are the Arcturians for instance:

"We are in the process of shifting our reality. We say 'we' for all dimensions, realities and worlds are shifting into a higher frequency of expression. As it is for the least, it is for the greatest.

"Hence, as the third/fourth dimension releases itself from the shackles of the third dimensional reality of illusion and shifts into the fifth dimension of the light of cosmic truth, all the dimensions above the fifth also shift into their next higher dimensional expression.

"As we make this transition, there is a release, a letting go, of what has been our predominant expression of self. For example, we Arcturians are expanding our baseline frequency from the eighth through tenth dimensions into the eleventh and twelfth dimensions." (The Arcturians through Sue Lie, Multidimensions, Aug. 21, 2014, at <http://suzanneliephd.blogspot.co.uk/2014/08/arcturian-message-being.html>.)

And Gaia's ascended masters:

"Some of you are already aware of the fact that a number of us - the Ascended Masters - are moving into a much higher vibration as a result of our own progress." (Kuthumi, "11:11 Turning of the Tide," Nov. 2, 2008, through Michelle Eloff, Nov. 2008, at <http://spiritlibrary.com/the-lightweaver/1111-turning-of-the-tide>.)

(7) "Starseeds: Waiters at the Banquet of Ascension," April 28, 2016, at <https://goldenageofgaia.com/2016/04/28/starseeds-waiters-at-the-banquet-of-ascension/>

## Service before Enlightenment – Part 1/2

January 29, 2020

<https://goldenageofgaia.com/2020/01/29/service-before-enlightenment-part-1-2/>



In my reading with him on Jan. 18, 2020, Archangel Michael returned at my request to the question of unfoldment.

What he said on this occasion was enough to carry me from simple intellectual knowledge of the reasons for its slow pace to realization (though minor) of what the plan for me is.

I'll discuss his comments tomorrow. But before I do, I'd like to review what Michael and the Mother have previously said.

The reason I discuss it here is that the same circumstances may apply to many lightworkers who've agreed to lead in some area. Their unfoldment may also be toned down or moderated so as not to take them out of synch with those they have agreed to serve or serve with.

This is an intimate subject for me and I share it only to make the point that we lightworkers have already ascended in other lifetimes. I'm going to quote those discussions at length because I think others may find themselves reflected in them.

We've agreed to don the Third-Dimensional body to assist with this Ascension. Therefore we don't have to worry that we'll miss out: we'll return to our ascended state when we finish our service here.

If we weren't ascended already, we'd be concerned with our own Ascension and unable to focus on service. If we'd ascended already, we're more likely to show up willing to serve, in my opinion.

The process of understanding why I was being held back (that was my thought about it) began when I started to suspect my spiritual experiences were being truncated.

When I asked Archangel Michael and the Divine Mother about it, they agreed that the experiences were toned down.

Michael first acknowledged truncating my experience in 2012. That year I had an experience that ordinarily would have been Brahmajnana. (1) But it lacked the dimension of bliss and so was simply like watching a movie. (2) I asked him about it:

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

Archangel Michael: Yes. ... That is what you did.

Steve: Hmm, interesting! ... I felt that it had been muted, toned down.

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

This is not to say that you will not experience that, but you cannot — well, you can if you wish; if it is the choice to - simply remain in that state of unity, of One [and] be fully conscious and in service, in action. (3)

OK. I have now gotten at an intellectual level that I cannot serve and live in the state that Brahmajnana brings on. Mine isn't deep knowledge yet, not deep enough to motivate action. But I've only gotten the matter intellectually.

Michael continued:

So, it is a toning down, if anything. It really is the middle ground. It is the intersection. It is the place where the third is not a memory, but it is not a burden. And you see the clarity of the old dis-illusions, and you see with clarity the sense of oneness.

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

You can think of it as keeping two feet firmly on the ground. (4)

So I now had confirmation that this experience at least had been toned down.

The only part of what he said that really sank in was "you can think of it as keeping two feet firmly on the ground." OK, I added to my understanding the fact that Michael wants me to keep both feet on the ground. That was helpful. But still the whole matter had not completely clicked. It had not reached realization.

Tomorrow I'd like to watch the process deepen as the Divine Mother acknowledges truncating a fourth-chakra enlightenment experience.

(Concluded in Part 2, tomorrow.)

### **Footnotes**

(1) Brahmajnana or God-Realization occurs when the kundalini reaches the seventh chakra. It's also called kevalya nirvikalpa samadhi and is the culminating experience of the Third-Dimensional seven-chakra system.

It's not Ascension, which is a full and permanent heart opening called sahaja samadhi, beyond the seven-chakra system. Buddha called it arahantship, short of Buddhahood.

(2) Bliss lifts us up, making realization possible and deepening the realization the more bliss is experienced.

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

(4) Loc. cit.

## Service before Enlightenment - Part 2/2

Jan. 30, 2020

(<https://goldenageofgaia.com/2020/01/30/service-before-enlightenment-part-2-2/>)



Concluded from Part 1, yesterday.)

The Divine Mother then acknowledged truncating a 2018 fourth-chakra, Sight of the Self experience I had at Xenia Retreat Center:

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

Divine Mother: Slightly, yes.

Steve: I had the thought [it was]. ... The Light I saw should have been brighter than a thousand suns. The fact that it wasn't suggests to me that the experience was truncated. ...

DM: It was not is brilliant as possible, let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: It is to keep you in sync with your readers...

But let me be very clear about that. If you had seen the light as it actually is, yes, a million, billion suns... You would have simply departed. ...

We don't mean die but you would have departed the life that you have designed - yes, with us, for yourself, for the service you are providing - you would have departed and simply said, "I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!" (1)

Yes, what she says is undoubtedly true. So the experiences are truncated to keep me from wandering off to a cave to finish the job. I got that at a deeper level this second time. But not yet up to realization - minor or major.

On Martin Luther King Day 2020, inspired by his address, I got their explanations at the experiential and minor-realization levels (not necessarily as deep as I'd like yet, but deep enough to motivate action).

And I did out of contemplating what Michael said in my last reading, Jan. 18, 2020.

He said:

"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)

Is that why the truncated experiences are happening?

The penny dropped this time.

Of course. I forgot. I'm a pillar. I'm here till the end. I work with the stragglers, the recovering, and the undecided. I need to stay on the same level.

He described me as multidimensional and I protested that I didn't feel multidimensional. He replied:

"A very large quotient, shall we say, of you is living ... in the higher-dimensional realm.

"Then there is a part of you that is in the morass of the chaos and the lower-dimensional realm because that's where the work is." (3)



Ohhhhh-kay! I've been suspecting recently that what Michael says is the case for all of us. We're all of us on at least the Fifth Dimension but we don't realize it yet and so we orient towards the lower dimensions.

Matthew Ward explained our situation here:

"Although Earth and all of her residents are in fourth density location-wise, the majority of the populace still is within third density awareness-wise." (4)

Therefore I exist as the everyday consciousness unaware of the presence of my other dimensional aspects. While I'm ascending, they're descending. OK, I can get that too.

I do sense a deeper quiet within myself than appears on the surface. I feel a deep certainty that things will work out. None of this is decided on the basis of evidence. It's all how I feel and what I'm inwardly certain of. Accessing the certainty and the higher dimensions inside of me is just starting to unfold in me.

The second thing that clicked in what he said was his phrase "because that's where the work is." Of course. Why couldn't I see that?

I agreed to be where the work is.

I assert that you may very well find yourself in the same position as I'm in. You may have experiences that seem to have been toned down or not as spectacular as you might have expected. Perhaps you wonder why things are not going as fast as you'd expect them to.

I believe that a version of what is happening to me is also happening to others, to preserve our ability to serve.

To summarize:

Based on my research, I assert that we lightworkers have come down from higher dimensions, forsaking our states of being and inhabiting Third-Dimensional, human bodies, to assist with this Ascension.

We're already ascended and will return to our realms when we've finished our various voluntary assignments.

While here on Earth, we're not intended to be like the typical seeker after enlightenment, *unless that's specifically in our mission as it will be for some lightworkers.*

This is not a lifetime given to the personal enlightenment of many of us, as noble as that is.

It's a lifetime of service. Enlightenment will come as well, but in our case from participating in this Ascension and from the spiritual practice of karma yoga, seva, or service.

I've also tried to demonstrate going from intellectual knowledge of why the pace of my unfoldment is what it is to experiential knowledge and then to (minor) realized knowledge.

I now realize - not just intellectually know or emotionally feel - that I signed on to be a pillar and a servant and that that determines the pace and extent of my unfoldment.

Finally, the discussions reported here show us that the archangels and the Mother tailor our enlightenment experiences to keep them consistent with our agreed-upon roles and missions. These were negotiated before we were born and in some cases eons ago.

If on the other hand you're a lightworker for whom enlightenment is your mission, knowing the central role the archangels and the Mother play in our enlightenment experiences, I'd be remiss if I failed to point out the advisability of asking them for enlightenment. In a free-will universe, one must "ask and ye shall receive, knock and the door will be opened."

### **Footnotes**

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

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 18, 2020.

(3) Loc. cit.

(4) Matthew's Message, October 19, 2014, at <http://www.matthewbooks.com/mattsmessage.htm>.

# Dual or Non-Dual This Lifetime?

March 7, 2020

<https://goldenageofgaia.com/2020/03/07/dual-or-non-dual-this-lifetime/>



I'm going through a sad parting of the ways backstage between the lifelong non-dual student in me and the dualistic servant.

There are so many reasons why the non-dual is not the path for me this lifetime.

First, I know that my experiences are truncated to keep me here. It's probably the same for any lightworker, anyone, that is, who works for Mother/Father God. The intent is not to have me be enlightened now, but instead be grounded and serve.

If all of us "flew" up into the higher realms, from which we all came, we'd be unable or unwilling to complete our service agreements.

Second, the non-dual is a pursuit of the Absolute. But I already know that my service is with this relative, everyday world. So the stipulations of my service agreement preclude focusing on the Absolute right now.

Third, focusing on the Absolute would have me go inwards and perhaps get transfixed. But my service agreement is not with my inner states, as compelling as

they are. It's with people, outside. An introvert by nature, I'm called to be an extrovert. Archangel Gabrielle once reminded us:

"Your mission and purpose ... is always going to be in concert and interaction with others, whether it is one or one billion, it matters not." (1)

Fourth, this mass/physical Ascension we're involved in invites us to act, as Michael explains:

"When we have said – and many of us have said this – that this is a time of action, of implementation, of moving forward, we mean it literally. We don't simply mean it esoterically.

"We don't simply mean now is the time to take action to clear your vasanas or core issues. We don't simply mean that it is time to decide what your heart desires, although it is.

"It is time to bring forth and demonstrate, by the amazing diversity of talents, what you are capable of doing. Not just talking about, not just visioning, not just hoping for, but what you are capable of doing, demonstrably, in form, upon Gaia now....

"Not doing simply for busy-ness's sake, for to take action without focused clarity and intent in the stillness and the spaciousness of being is meaningless.

"But to move in formulation, in action, in doing with that focused intent of understanding and using the talents that you have brought.

"And every single being upon this planet at this time has brought the fullness, the totality of their soul's design to the planet. They did not leave anything behind.

"So you are well-equipped to take these steps of action, each of you in your own way and it is not an either/or. It is a mosaic and every piece counts." (2)

Our lightwork will be very much a global work, way more than a national or a local. In the pursuit of it, we're being asked to start caring for each other, start sharing with each other, start giving a darn about each other. And allow that to shape our service.

Fifth, I'd rather let go of experiencing Sahaja Samadhi (Ascension) now to work with Archangel Michael. The opportunity to work with him is beyond worldly value.

I've never felt so respected, honored, and cared for by another in my life as by him.

I'll be posting many of the instructions he's given me about how to proceed after the Reval. When I do, just listen to the care he takes with me every step of the way.

Feeling as I do, the path of the servant is more appropriate for me than the path of the non-dual student. But both karma yoga (dual) and jnana yoga (non-dual) lead to the same place. All roads - dual and non-dual - lead to the One.

Nevertheless, these are the reasons why I'm a dualist this lifetime.

### **Footnotes**

(1) Archangel Gabrielle: Cooperation Comes Before Love," April 2, 2017, at <http://goldenageofgaia.com/2017/04/02/archangel-gabrielle-cooperation-comes-before-love/>.

(2) "Archangel Michael on the Purpose of the Reval and Our Future – Part 2/5," Oct. 24, 2016, at <http://goldenageofgaia.com/?p=282807>.

# A Day with the Non-Dual

September 22, 2022

<https://goldenageofgaia.com/2022/09/22/a-day-with-the-non-dual/>



Part of my work as a communicator, according to Michael, is to work for human unity.

I've had a whole morning of human unity I'd like to share, which then progressed into a process of re-choosing the path of the lightworker rather than the lightholder.

I can't remember the sequence of events, but it all started with me writing an article about the spectrum of consciousness and wanting to cite a passage from *The Book of Nothing* by Sosan. (1)

(I think you need to allow me to write stream of consciousness because the words are tumbling out.)

The quote I was looking for was on having no preferences. I went through the whole of *The Book of Nothing* (it's a short book) and didn't find it.

I remembered there were other translations of it online and that the quote may have come from one of those. (2) And eventually I found it.

But reading *The Book of Nothing* in several editions is what was important.

Passages which would have made no sense to me even two years ago made perfect sense now. As just descriptions of what's so. I attribute this to the rising energies.

In the process of reading, I felt hypnotized by what I was hearing. Yes, yes, yes.

It awakened in me memories that were lost to me before. I kept saying to myself: A still mind? I know that. All is oneness? I've seen that in the Ocean of Love.

I saw how this operation for lightworkers may and can unfold. I experienced the process of remembering deep, mystical knowledge.

I felt such certainty over some things that I'd never even remembered until now that it surprised me. How can I feel so certain over something I've never considered before?

We're looking at oneness here so let's use that subject as an example.

Oneness exists on the Absolute level. When consciousness descends, it more and more clouds the spiritual senses and capabilities until oneness is not at all visible or sensible. Listen, if we're starving and some food appears, there's not much chance of oneness surviving at that moment on the Third/Fourth Dimension. Such is density where things like hunger and thirst exist.

As soon as we have higher-dimensional experiences, oneness becomes obvious. Whatever it is we're all immersed in then is the same for all of us. Let's call it love. And whatever the light it is that we all are, that also was one. An intelligent Light immersed in Love. And even that is only halfway up the Real Mountain of the Absolute.

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At this point I felt my consciousness expand in the face of what I was reading. It was reviving memories in me, of who I am.

I continued saying, I know that. I've experienced that. Not to the same degree or extent that either of these two worthy sages has, for sure, but on some level. I also have deeper memories from before this life that are also awakened.

As an aside, it also confirmed for me the hypothesis that we exist in higher circumstances than we may realize. We're in Fifth Dimension now, I believe, but we think we're in Third/Fourth and so the Fifth does not shine through. We continue to build the illusion of the Third/Fourth instead ... in the Fifth. (3)

Matthew discussed this phenomenon some years ago about the Fourth:

"Although Earth and all of her residents are in fourth density location-wise, the majority of the populace still is within third density awareness-wise. " (4)

That is exactly what I think is happening here and happening in a whole range of areas where we believe we are less than we are.

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Here I am, reading a non-dual book and finding myself - a dedicated servant this lifetime - saying: I know that. I've experienced that. I understand that. I felt like a traitor to the Non-Dual.

Nonetheless, every time I said, "I know that," a pre-arranged signal Michael and I have would go off. It went off again and again and again. I took that as his enthusiastic approval of getting in touch with this side of things.

I revelled in the non-dual teachings for most of the rest of the day. And then I knew full well I had to put the books aside. I honor what Michael said:

"[What is needed in lightwork] ... is the middle ground [between unknowing and illumination]. ...

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

"You can think of it as keeping two feet firmly on the ground." (5)

This felt to me like one of those points which, if I took the non-dual fork in the road, enlightenment would come but I'd leave lightwork for lightholding. I wouldn't keep two feet on the ground. Which is not bad. It's just not my soul contract.

The Mother made clear what would have happened, in the course of explaining why she toned down a fourth-chakra enlightenment experience:



"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!'" (6)

She's absolutely right. Which explains why Michael would advise us lightworkers, on interdimensional travel, to "visit; don't stay." (7)

My agreement is to be a lightworker communicator, not a lightholder or lightholder communicator. (8)

Long story short, having put *The Book of Nothing* aside, I returned to research and writing. I'm a lightworker this lifetime, not a lightholder, as attractive and inevitable as that pathway is.

One of the stories about Lao-Tzu was that he was an archivist. He could practice and even teach the Tao and still work. I take that as inspiration.

There's much I can borrow from what I learned today. I can certainly take inspiration from seeing that the destination is "no preferences." I don't need to go that far - and it'd be counterproductive if I did (9) - but it invites reducing my preferences and degree of attachment.

And I've been reminded of how oneness is plain to see and feel in higher dimensions and in the Transcendental. It just isn't plain to see here where such things as hunger and thirst reinforce in us our seemingly-separate interests.

## Footnotes

(1) *The Book of Nothing. A Song of Enlightenment.* Sosan's Hsin Hsin Ming. Translated by Peter Dunn and Peter Jourdan. Kansas City: Andrews McNeel, 2002.

(2) See Seng-Ts'an, *The Mind of Absolute Trust*, at <https://selfdiscoveryportal.com/cmSengTsan.htm>.

(3) Remember that, as far as I'm aware, Ascension happens some time after we enter the Fifth Dimension. The first subplane is like a vestibule or mud room, before entry into the house (ascending).

(4) Matthew's Message, October 19, 2014, at <http://www.matthewbooks.com/mattsmmessage.htm>.

Michael discussed a slightly-different phenomenon with the same effect or result:

AAM: A very large quotient, shall we say, of you is living ... in the higher-dimensional realm. Then there is a part of you that is in fact in the, shall we say, the morass of the chaos in the lower (for lack of a better term) dimensional realm because that is where the work is. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon Jan. 18, 2020.) [Hereafter AAM.]

(5) AAM, Feb. 14, 2012.

(6) DM, Oct. 26, 2018.

(7) AAM, May 6, 2013.

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

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

This is your task and it is a task of change as this planet, in this great chaos, in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose to simply be the love. 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.) [Hereafter DM.]

(9) I'd probably show up as distracted and I *would be* distracted, by my wish to behave appropriate to the non-dual.

Having my head "off in the clouds" would not be seen as appropriate.

I'd probably be asked to make a choice between becoming a monk or serving Ascension as a lightworker.

The same choice I see in reading these books.

# The Divine Qualities of a Steward and Financial Wayshower

June 25, 2016

<https://goldenageofgaia.com/2016/06/25/divine-qualities-steward-financial-wayshower/>



*St. Germaine joined us on An Hour with an Angel in August 2013 and gives us his description of the qualities that he'd like to see in a steward of the Mother's wealth and a financial wayshower.*

Steve Beckow: In the time remaining, could you give us a discussion, a word picture, of the divine qualities that will come into play around the successful and useful handling of money, handling of prosperity?

Can you give us a picture of the person that you want to see emerge in all of us that takes this prosperity and successfully uses it in the way that the Mother, the Company of Heaven and the Council of Love have wanted it to be used?

St. Germaine: I would be pleased to, and I am honored to do so. And I am not painting a picture of an individual who does not know how to have fun, because, dear hearts, I have taught you how to have fun long ago. So, don't forget it!

SB: No, we won't!

St. G.: Purity. Purity is number one. And it is purity of intention, purity of action, purity of thought. It is a sense of selflessness with regard to the collective, but also regarding yourself. Purity is vitally important and your starting point. If you are

feeling any of the whispers of the old grids, then simply let it go and return to your heart of purity.

The second is compassion — yes, even more important than grace or humility. Compassion to see the situations of your next-door neighbor, or the nation next door. To see, not with the eyes of, “Let me assume your burden,” but “Let me assist.” “Let me assist by giving you the tools that you need, that you want, that you select for your freedom journey.” So compassion is very important.

Wisdom. The ability to know, from that place of your heart consciousness, what is desirable, what is... what we would call necessary, and in what balance. You do not give what is not manageable. So you do not give somebody, for example, who has been living on food stamps — God bless them! — you do not give them a million dollars and say, “Good luck.” You give them the wisdom tools, the supports, the infrastructure for them to manage and to grow into the knowing, the wisdom of how to deal with prosperity.

Prudence. That is the balance in all things. It is the balance to know when to extend, when to stay still, and when to withdraw.

So these are the primary qualities that I would ask you to bring forth and that you already have. So let them flow like the golden river, and do not forget, my beloved ones, please, use my violet flame. Allow the torch of freedom to be held high and declare, this day and every day, your deservingness to receive and then to share, to give with your hearts.

This flow-through is going to be rapid. (1) (2)

## **Footnotes**

(1) "St. Germaine: Rivers of Gold Will Flow Freely – Part 2/2," Aug. 15, 2013, at <https://goldenageofgaia.com/2013/08/st-germaine-rivers-of-gold-will-flow-freely-part-22/>.

(2) I think, the flow through from the sources (St. Germaine Trust, Chinese elders, European Royals, etc.) to us lightworkers and out to the world, when the flow starts!

# Financial Wayshowers: Emulate the Divine Qualities and Eliminate the Issues

June 3, 2015

<https://goldenageofgaia.com/2015/06/03/financial-wayshowers-emulate-divine-qualities-eliminate-issues/>



*Credit: [tarbeyah.wordpress.com](http://tarbeyah.wordpress.com)*

I said in an earlier article that the mind works by dominating others. A mind that works to disempower others disempowers itself.

If I'm right, then it'd come as no surprise to say that such a mind, when it looks at society, sees a dismal picture, reflective of its own dismal condition.

It thinks from a condition of lack, limitation and scarcity. It considers world conditions like hunger, poverty, and homelessness as inevitable. And it believes that there are and can be no solutions to the world's difficulties. The mind offers no hope to those who wish to build a new Earth.

The mind is simply too small, too timid, and too self-absorbed to tackle a game as large as building Nova Earth.

Only the heart has the juice, the power, the energy to penetrate through the mind's view of things. The heart does not experience lack, limitation or scarcity. The heart does not consider hunger, poverty, and homelessness as inevitable. The heart considers that there are infinite solutions to all of these problems, simply awaiting the collective will to eradicate them.

The heart is large enough, courageous enough, and selflessly-loving enough to tackle a game as big as building Nova Earth.

Many lightworkers will come into wealth without being in touch with the heart, without feeling love flowing, etc. They may not really feel the reality of having no lack, no inevitability, and endless solutions. How are they to make the leap from the old paradigm of service to self to the new paradigm of service to others?

In circumstances like these, they may need interim measures. I suggest a two-fold interim path: Let me borrow terms from spirituality and call one the *via positiva* and the other the *via negativa*. I'm giving the positive and negative paths new meanings.

My version of the *via positiva* is the road of following on faith the teachings of the ascended masters, celestials and galactics, that cultivating the divine qualities is the way to go until we feel the open flow of love. We follow the guidelines until our hearts break open and we need the guidelines no longer. On the positive path, we're cultivating something, taking positive action.

A second path is the *via negativa*, where we cause our issues (our "vasanas") to disappear by either processing them or else using any of the plethora of techniques that are being suggested these days for that purpose. The elimination of issues is an act of negation. It works to unveil our deeper Self that was always, already there and hidden by the debris of our decisions in life.

So emulate the divine qualities and eliminate the issues. As long as we're not carried along to generosity and integrity by the open flow of love within us, this is the way of being I recommend and I especially recommend it to financial wayshowers. In fact I urge it.

When the Reval hits, we're going to lose some lightworkers. Archangel Michael has cautioned me in a personal reading Dec. 11, 2013:

"Humans have a tendency to change with incredible abundance."

"What you are going to see, and this is something I have talked about, but not truly addressed, and it is one of the issues - vasanas, yes, but also [false] grids - that have delayed the RV time and time again, not simply within your group, obviously, but globally. ...

"We are very aware of human history and how people have a tendency, even with the purest of hearts, to shift and perhaps even go a little crazy." (1)

That numbers of lightworkers would fall away was not something I thought was possible but I'm coming to see that I need to brace myself for the possibility. Our numbers will shrink again.

Meanwhile the Company of Heaven has said that they'll be watching us to see who uses money well and who does not, who shows up for work Monday morning and who does not. (Holidays are OK.) AAM said on this subject:

"Simply know that, where there [will be] gaps and holes [in the ranks of lightworkers who leave with their money], we are waiting to see how the shift is affecting the collective of humanity and the collective of the various foundations and groups.

"So stand back. Be the observer. See the unfoldment as it occurs. ... Simply [know] that you and we are putting people where they need to be." (2)

There may be a continual winnowing down. Many people may count themselves out, going to live in a mansion in Monaco or such like, and leaving the spiritual gene pool for good.

But eventually we'll hit a core of dedicated lightworkers, committed financial wayshowers. What will they be like?

I believe they'll actually be feeling and expressing love and, in the fulness of that feeling, they'll open their arms (prudently) to anyone in genuine need.

They'll be content to be moving forward, however it's accomplished. Any way that works will be followed. No one will want or seek credit. They'll just want the result.

They'll eat, drink, and sleep a world that works. They'll see it as an extension, a universalizing of their own individual love.

They'll see that a world working proceeds from each being attaining workability within themselves and then another and then another until a breakthrough occurs. They'll know that a critical mass in workability is what's needed, not a total conversion.

Only those who can and do hold that vision will be left after a while. And, I think, this will be the core of the ground crew going forward.

### **Footnotes**

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 11, 2013.

(2) Loc. cit.



# **A Higher-Dimensional World Whose Palpable Essence is Transformative Love**

March 6, 2020

<https://goldenageofgaia.com/2020/03/06/a-higher-dimensional-world-whose-palpable-essence-is-transformative-love/>



The object of all my work as a humanitarian philanthropist-to-be is to create a world that works for everyone.

I'm doing it by putting together a package of offerings to every country (not that I'd have the labor in place to deliver on that promise right away; I won't; it'll take time to build the organization).

Nevertheless, a menu of options are what we'll provide: universal basic income; universal medicare; universal accessibility to education; universal childcare; universal elder care; homes for the homeless; lightworker assistance; and national debt retirement.

The monetary flows that go through the pipeline will be redistributed to the world through these programs. This will be the mechanism. (We're looking at history in the making. It gives me the goosebumps to think about it.)

For those of you familiar with the creation formula, this also represents me observing its conditions by taking action consistent with my intention. My

intention is to build a world that works for everyone. Formulating these programs is the step I'm taking consistent with that.

Someone could come forward intent on showing me that the world absolutely does not work for him or her. I got it. However I'm still creating one that does. And will go on creating it. I know it can be done because I've lived - briefly - in that world.

From March 13, 2015, when I had a fourth-chakra heart opening, until Sept. 28, 2015, I lived off and on in a world of transformative love. From Sept. 28 to an undetermined time in February 2016, I lived in a world of bliss, which then gradually faded away.

I therefore can say that the love one feels at that level of existence is of such a radically-transforming nature that one wants for nothing and would not harm a soul while in it.

There'd be no reason for the world not to work out for anyone - at that level of frequency or vibration.

In the higher realms there's no hunger, no thirst, no need for sleep, etc. Our needs are ... well, non-existent.

But just in case, at some point, we'll be able to create by thought. We'll then be able to satisfy any "need" we or anyone else might have, instantaneously.

Let me be clear: In my limited experience, want, need, and lack were unknown in the higher dimensions. In those dimensions, the world works for everyone as a matter of course.

What makes the difference between our everyday world and that world?  
Transformative love.

It's the love that flows in the higher dimension, first as a tsunami, then becoming an ocean of love, that makes that dimension what it is and this dimension what it is.

This then is the template plainly stated: A higher-dimensional world whose palpable essence is transformative love.

We work to create a world in its image, that honors it, in any way we know how.

All my humanitarian philanthropy is aimed at bringing such a world from the higher realms, where Matthew Ward says it already exists, (1) through observance of the universal laws, to Earth, the sooner the better.

### **Footnotes**

(1) "Earth's Golden Age is imminent - and already exists in the continuum." (Matthew's Message, Jan. 4, 2012, at <https://www.matthewbooks.com>.)

"All participants [starseeds, lightworkers] knew that they would be helping to create in linear time a world that already exists in the continuum by virtue of Gaia's manifestation." (Matthew's Message, Oct. 19, 2014.)

## ⌘ Emergence ⌘

# What is Emergence?

Jan. 19, 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.*

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

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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.

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

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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.

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

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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.

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

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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.

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

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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.

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

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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.

# The Significance of Emergence at this Time

Jan. 19, 2013

<https://goldenageofgaia.com/2013/01/19/the-significance-of-emergence-at-this-time/>



Admittedly emergence is something we've done in the past in the face of emergencies, situations that were life-threatening for us or others, occasions on which our freedom or well-being was at stake.

But I'd like to suggest that emergence now becomes an action that may serve us well during this phase of Ascension in which we're told that we're on the Fifth Dimension but not aware of it or anchored there, in it but facing towards the old Third which is familiar to us.

What we're emerging from now is not a threat that faces us, but our own tendencies and vacillations. And whereas emergence before was a process of breakthrough, of standing forth in our truth and courage, it now becomes more a matter of commitment, a matter of manning our levers and pulling ourselves into one realm of being (the Fifth) and out of another (the Third).

Before emergence was useful when we faced the cabal and were tasked with challenging their authority and naming their crimes, which we shrank from out of fear.

But now emergence serves us by providing a means of taking ourselves in hand, emerging from our vasanas or reaction patterns, setting aside our excuses, justifications and denials, blame, criticism and judgement, and emerging into the divine qualities (or "godly ways," as Matthew Ward calls them) that facilitate our entrance and anchoring in the Fifth-Dimensional world that beckon us.

This phase of Ascension requires us to come out of our shells and stand forth in our native being. It requires us to reveal and express ourselves as our truth, love, and commitment. It obliges us to leave aside blame and attack and embrace and love those we meet. It calls upon us to recognize the basic divinity of all we encounter and face them in harmony and unity.

Emergence is emergence from darkness. We don't emerge from divinity. We emerge into it. Divinity is our native being and life does have a direction. That direction is from darkness unto light, untruth to truth, death to immortality. It cannot be said that life is neutral. Life is affirming, loving, embracing.

If we're looking for a tool that will serve us in this next phase of Ascension, as we consolidate and extend the gains won recently and approach the time when we anchor fully in Fifth Dimensionality, among the tools like meditation and living up to the divine qualities, I recommend we include emergence.



## Back to the Basics: Emergence and Balance

March 10, 2012

<https://goldenageofgaia.com/2012/03/10/back-to-the-basics-emergence-and-balance/>



If I were to restate what are for me the basics, my restatement would be incomplete without a word on emergence and balance. These two notions have become so important to me in the last three or four years that I feel a surge of love each time I utter them.

“Emergence” is a word, not the thing itself. You can hang it on your wall, read it every day and nothing will occur from repeating the word.

And to describe what occurs when we do emerge is also difficult. Emergence is a spiritual event. When it happens, it isn't easy to say what just happened – except emergence.

In the split second in which we emerge, we put our fears behind us, cast off our constraints, and stand forth radiantly. We feel our full selves at that moment and radiate peace and confidence.

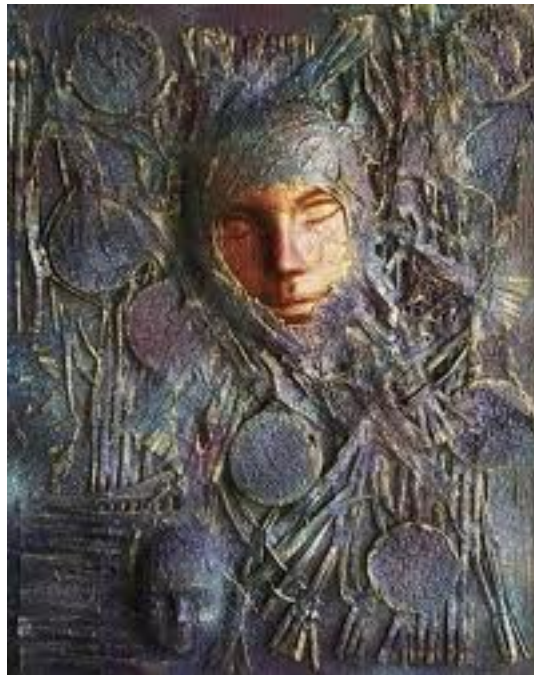
Why do I mention it? Well, in another article I said that enlightenment was the purpose of life. That God should meet God was the reason why all life forms were created.

But most people associate enlightenment with meditation and singing devotional hymns. But we here read and write. What spiritual practice is consistent with reading and writing? In my opinion, emergence is.

Emergence appears to be related to speaking. When we speak our truth fearlessly, we emerge. And so what I'm advising is that we do just that – speak our truth fearlessly and emerge. It's our enlightenment practice, if you will, a practice particularly suited to lightworker communicators.

But the minute I say that I feel the tug from my inner guidance to add: "harmlessly." Humans can turn anything into a weapon, even the truth. And so unless we speak the truth harmlessly, even the truth becomes a lie.

We often emerge by the stands we take, the commitments we make, the promises, declarations, and other forms of soul-speaking that we engage in. We emerge in and through the use of language. What we are doing is using the very medium of language as our enlightenment practice. If Zen is a transmission outside of language, then emergence is a transmission inside of language.



Emergence means we are fully here, fully present. Given that the dark ones on this planet intended to defeat and enslave us through financial manipulation and the

erosion of constitutional rights (which they sold us as a “war on terror”), our emergence from the bonds of fear is no less than a social revolution.

Occupy, Arab Spring, We Won't Pay and Wikileaks are all forms of social emergence. So when I say to you “emerge,” I'm counselling revolution. I'm probably being more seditious than you could possibly imagine, at least in the eyes of the cabal. (1)

Emergence is service of the Divine Plan. And what is the Divine Plan for this time? The ending of duality on the planet and the rise of unity – and more particularly unitive consciousness. And all of that leads us to the second essential notion – balance.

Emergence does not persist forever. Yesterday's emergence would not buy you a cup of coffee today. We need to emerge daily. But what causes emergence to persist for even a short while is balance.

I don't personally conceive of balance as a teeter-totter or a set of scales. Balance for me is not a question of up or down or more or less weight. It's a question of being in one's center or not.

I theorize that emergence persists in direct proportion to balance. To the extent that I can remain in the center, emergence persists. Remaining in the center is a function of the reduction of desires for worldly things and pleasures. Worldly desires are what pull me away from my center. When my desires are quiet, I remain in the center.

The more desires I have, the more I seem to exist on the peripheries. And the peripheries are really what we think of as “up” and “down.” When my desires are quieted, my mind is quieted and I remain quietly in the heart or passively in the center.

I have no right to call myself a spiritual teacher. Spiritual teachers are enlightened and I am not, At least not in this lifetime. Like all starseeds I come from a higher dimension, or so I'm told. And so chances are that I've been enlightened in another lifetime but wear blinkers in this one to serve Ascension. Even though I'm not a teacher and don't aspire to be one, the Boss (AAM) has said that I would soon be writing on spiritual themes and so it has developed.



My spiritual path is to “be with and observe” all unwanted conditions, upsets, resistances, and incompletions. And the more I be with and observe their rising, persistence and passing away, the more my mind grows quiet and I remain in the center.

Groundedness and centeredness are, I believe, synonyms for balance. Maturity is as well. The Boss has said time and time again that balance is an essential quality for Ascension.

If balance meant not too much of this and not too much of that, then why would the Boss urge balance for Ascension? But when we remember that balance means remaining quietly in the heart, the role it may play becomes clearer. If we're balanced, we're complete with Third Dimensionality and not holding onto this old setting and its pleasures and attachments. We're free to fly, as the Boss would say.

So emergence calls us out of our fears and balance releases our hold on the Third Dimension. Emerge and balance, emerge and balance. Turn away from this dimension that we're leaving and set our sites, in a grounded and centered manner, on the new dimension that looms out in front of us.

Balance and emerge, balance and emerge. Move forward one step at a time and then consolidate. That's what it feels like I've been doing for as long as I can remember and as far as I can see it works.

And so if you were to ask me what I've been doing this last month, perhaps the shortest possible answer I could give would be to balance and emerge. The circumstances have been challenging. I've been stretched and strained. I've blown a few situations, lost my way, fallen and picked myself up again. I've overstretched myself, failed even in many of my smaller undertakings. But all the while I've

concentrated on emerging from those circumstances and then recovering my balance.

Life is good and it promises to become a whole lot better very soon. But good or bad, the way I plan to meet it is by emerging and balancing, balancing and emerging.

### **Footnotes**

(1) In fact, Archangel Michael told me in a reading on March 8 that the Canadian equivalent of the CIA was observing me and considered me to be a rabble-rouser. Well, there you go. Obviously something I'm doing is working!

## Just Starting Out

June 27, 2022

<https://goldenageofgaia.com/2022/06/27/just-starting-out/>



One could see the process of uncovering or revealing the Self as akin to moulting.

The crab doesn't find itself. It moults a confining shell.

If we go off in search of the Self, we're busying the very one we want to "find."

"I'm searching for the Self." "Go away. I'm busy." "What are you busy doing?"  
"Searching for myself."

In fact, what's more relevant is that there's an overburden of vasanas (core issues, early childhood trauma) and archaic behavior patterns (originally born of vasanas but now independent) that sit on top of the Self and hide it.

All of what I'm saying is metaphoric, of course; nothing "sits on top of" the Self. But how otherwise could I speak than with metaphors?

For a decade now I've been going through a very public evolution. It's involved completing my vasanas; dropping my archaic reaction patterns, without putting anything in their place; and then committing myself to the divine qualities and living through a bumpy transition.

This is the phase of Ascension that Buddhists call sila, dharma, or right conduct. Ascension itself they call Buddhahood.

Committing to the divine qualities is committing to right conduct. For the troll under the bridge, this is not a small thing.

Prior to that, mired in my own early childhood trauma, I was at war with everyone. Just plain at war. Bitter. Edgy. Had a chip on my shoulder, my Dad used to say.

The source of the vasana? I tell myself: No one came to my aid when, as a twelve-year-old, I reported the domestic abuse in our family. I ended up being reprimanded and threatened into silence.

I was the typical model student on the outside, seething with anger and resentment towards the whole world on the inside. Fortunately I was guided towards healthy outlets like encounter groups, communication workshops, and enlightenment intensives.

But for the last decade I've been completing my vasanas in real time, so to speak. Looking back on it, I think the degree of exposure or transparency it required accelerated the process.

The point is I arrived at a degree of stillness of the ego/lower mind which has proven to be a launching platform for spiritual experiences.

One of them was the sight of the Self. As the Divine Mother shared, the experience was toned down, truncated. The light was not brighter, as she said, than a million, billion suns. (1)

But the experience for me was, nonetheless, like the baseball runner sliding into home base from third. I'd gotten home. Not as deeply as I might like but I was home. For the first time in this lifetime.

Clearing vasanas and taking a stand for the future (eg., in my case, a commitment to the divine qualities) worked. I made it perhaps as far home as I'm meant to go, given my soul contract, as the Mother emphasized, to be a writer and not a spiritual teacher this lifetime.

There's been a lot of assistance from the other side. Moreover, the love energies are ever rising on the planet. As a result, I think, everything about spiritual practice these days is easier.

Concentration in meditation is easier. Access to love and bliss is easier. And so on.

But I don't know. There are no maps or graphs or statistics to confirm our experiences. I can only go on my own sense and what others share.

I'm beginning to get an overall sense of my work this lifetime. Not completely or crystal clear, but an inkling. Like a pinball that rebounds from paddle to paddle, I went hither and yon to get here. This is what it took. Or at least what I put myself through.

No more. I'm retiring the personality who struggled so hard, with my blessings and gratitude, and allowing out *whatever* is down there - experience or barrier - awaiting its turn. It's my work to push my edge, press on, experience what lies ahead.

One of our star family said that, to them, 80-90 years old is just starting out in life. So I'm just starting out. New growth, fresh start, waiting challenges.

### **Footnotes**

(1) Steve: The experience [of the Self] at Xenia [Retreat Center], Mother, was that truncated?

Divine Mother: Slightly, yes.

Steve: I had the thought [it was]. ... The Light I saw should have been brighter than a thousand suns. The fact that it wasn't suggests to me that the experience was truncated. ...

DM: It was not as brilliant as possible, let us put it that way.

Steve: Alright... And again, the reason is to keep me in sync with my readers?

DM: To keep you in sync with your readers. But let me be very clear.... If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

We don't mean die but you would have departed the life that you have designed - yes, with us - for yourself, for the service you are providing - you would have



departed and simply said, 'I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!'" (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

# I Don't Need Props, Lines, and Costumes to Do Me

June 24, 2022

<https://goldenageofgaia.com/2022/06/24/i-dont-need-props-lines-and-costumes-to-do-me/>



*What's my line?*

I can now see counterproductive behavior patterns as they arise. Before I committed to the divine qualities, they'd arise largely invisibly.

That was because I approved of them. Now they work against my new commitment and so are in conflict with me.

When they arise now and seek my attention, I don't agree to give it and so they pass from unconscious awareness ("taking no notice of them") to conscious awareness (refusing to give further attention to them).

This is all part of the process that's unleashed by what the growth movement called "calling yourself on your own number." I called myself on my allegiance to hostile and disagreeable ways and transferred my allegiance to the divine qualities.

Now patterns of behavior which were justified before as "just me" are seen for what they are (hostile manipulations) and it becomes more difficult to run them. I'm describing that difficulty as we speak.

Once anything is raised to awareness, if it's malintentioned, it becomes harder to run. Now our conscience gets involved bigtime.

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I'm actually seeing behavior patterns arise often now - because of my vote switch (or change of commitment). I watch one response after another go off that mirrors how I'd have been some time ago. Oh my. What a pain in the ass I was.

My profound regrets to everyone who had to put up with me.

I've learned how not to be. Nowadays when I see these manipulations arising, I just drop them. No argument. No explanation.

It's curious to see all the fireworks - records, vasanas, patterns - go off in me without me allowing them my allegiance or attention any more. I'm a jukebox at the moment, with no one listening.

But it's also satisfying that I'm both not acting them out and also able to simply let them fall without feeling I need to put anything in their place.

The obligation to have something to put in the place of counterproductive behavior is what sent me to so many therapists over the years.

I actually don't need to have anything to put in their place. I actually don't need props, lines, and costumes, as a friend says, to do me.

I don't have to fix me. I don't have to make me better. I just have to let go of what doesn't work. What is there when I do that is what I've wanted all along. (1) It'll solve all perceived problems.

### **Footnotes**

(1) The Self.

# ⌘ Saints and Sages, Archangels and Seraphim ⌘

## Did the Buddha Believe in God?

Dec. 22, 2010

<http://goldenageofgaia.com/2010/09/22/did-the-buddha-believe-in-god/>



I wanted to share what arose for me out of a friendly discussion with a Buddhist acquaintance of mine over whether the Buddha had a conception of God. Some people believe that he had none.

I personally don't share that view and thought it would be enjoyable to review some of the statements in which he appears to acknowledge a belief in God – well, not a belief really, as we think of it, because Buddha would have experienced God directly and profoundly and passed beyond belief.

Far from being a non-believer in God, the Buddha acknowledged “one common essence” (1) which he, with his deeply-penetrating spiritual insight, was able to see

and know. As far as I can see, this "one common essence" was God, as he implies in this further statement:

“If we examine the origin of anything in all the universe, we find that it is but a manifestation of some primal essence. Even the tiny leaves of herbs, knots of threads, everything, if we examine them carefully we find that there is some essence in its originality.

“Even open space is not nothingness. How can it be then that the wonderful, pure, tranquil and enlightened Mind, which is the source of all conceptions of manifested phenomena, should have no essence of itself?”  
(2)

In my view, the phrases "one common essence" and “primal essence” suggest knowledge of God.



*Bernadette Roberts*

To the best of my knowledge, the Buddha used Vipassana meditation to look ever more deeply into the structure of his own mind, and, when he reached the point where no wave (or *vrutti*) arose in it, he saw his own “essence” or “nature.” Having seen it, he could declare:

“The Essential Intuitive Mind [possesses] its own mysterious Enlightening Nature, and ... the attainment to this Essential Intuitive Mind unveils this mysterious Enlightening Nature.” (3)

I take this “mysterious enlightening nature” again to be God.

According to him, were there no God, “primal essence” or “mysterious enlightening nature,” there could be no possible escape from the self with its threefold suffering of sickness, old age, and death. He describes that “essence” with negatives.

“Monks, there is a not-born, a not-become, a not-made, a not-compounded. Monks, if that unborn, not-become, not-made, not-compounded were not, there would be apparent no escape from this, here, that is born, become, made, compounded.” (4)

Keep in mind that the Buddha, by the time he left for the forest, had already studied with great Hindu saints. He had by then achieved Brahmajnana, the enlightenment that comes with the rise of the kundalini to the Seventh or Crown Chakra. Yet he still detected movement in the mind and remained unsatisfied.

He turned down the offer of his guru to become his successor and inherit the ashram, preferring instead to become a mendicant and finish the work of enlightenment.

During his sojourn in the forest, he set out to eliminate all waves in the mind and, when he did so, he achieved a level of enlightenment which I believe to have been sahaja samadhi (although I could be wrong).

It’s a permanent state of enlightenment which occurs when the kundalini passes beyond the Seventh Chakra and opens the spiritual heart-aperture or hridayam (not the Fourth or Heart Chakra).

In my opinion, other achievers of sahaja include Sri Ramana Maharshi, Bernadette Roberts, and Franklin Merrell-Woolf.

The Buddha could now say “I have obtained deliverance by the extinction of self.” (5)

If he had only attained Brahmajnana, the “self” he extinguished would be the “lower self” or ego. But the self he transcended was more than that. He had extinguished the Higher “Self” and attained what Bernadette Roberts called the “No-Self.” This the Buddha referred to as “supreme Enlightenment.” (6)

Referring to her own experiences, Bernadette Roberts, another modern-day Buddha, explains that level of enlightenment this way:

“I came upon a permanent state in which there was no self, not even a higher self, a true self, or anything that could be called a self. Clearly, I had fallen outside my own, as well as the traditional, frame of reference when I came upon a path that seemed to begin where the writers on the contemplative life had left off.” (7)

The Buddha's guru was unable to take him past Brahmajnana so the Buddha needed to go off into the forest to complete his journey.

Two millennia later, Bernadette Roberts was unable to find a teacher who could help her complete the journey, and, like the Buddha before her, went off into the forest and finished the task herself. (8)

## **Footnotes**

(1) The Buddha in Dwight Goddard, *A Buddhist Bible*. Boston: Beacon Press, 1966; c1938, 283.

(2) Ibid., 126.

(3) Ibid., 182.



(4) The Buddha in Trevor Ling, *The Buddha's Philosophy of Man. Early Indian Buddhist Dialogues*. London, etc.: Dent, 1981, xiii. (Hereafter BPM.)

(5) The Buddha to Upaka, the first monk he met after enlightenment, in Paul Carus, *The Gospel of Buddha According to Old Records*. Tucson: Omen Press, 1972, 37.

(6) The Buddha in BPM, 154.

(7) Bernadette Roberts, *The Experience of No-Self. A Contemplative Journey*. Boston and London: Shamballa, 1985, 10. (Hereafter ENS.)

(8) See Bernadette Roberts, ENS and *Path to No-Self*. Boston and London: Shamballa, 1985.

## All Religions Respect Jesus, 2014

December 24, 2014

<http://goldenageofgaia.com/2014/12/24/all-religions-respect-jesus/>



We often talk about a "personal relationship" with Jesus. I'm not a Christian but I *am* a great admirer of Jesus and have been all my life.

Might I contribute a reflection on my own personal relationship with him?

For reasons I didn't know then, I'd been reading the classics from a very early age.

Of the classics dealing with spirituality, the *Tao Teh Ching*, the *Bhagavad Gita*, and the lives of the Zen masters particularly spoke to me at that time.

The *Bhagavad-Gita* was highly-comprehensible on the nature of Reality. The *Tao* was enticingly mystical and revealing. And the lives of the Zen masters were inspiring and invigorating.

But the only book that had all three qualities combined in it, along with many other rich rewards, was the *New Testament* of the *Bible*, the books of Jesus.

The epitomization of reality that Jesus was capable of would not leave me and explained in a nutshell so much that other teachers took pages to discuss.

There's a story of a Zen monk who was shown the *New Testament*, read it and said of Jesus that he was not far from enlightenment. Sri Ramakrishna acknowledged Jesus as an avatar and merged with him on one occasion. (1)

All religions respect Jesus. It seems to me that if each named the spiritual master they most preferred after their own lineage, most would say Jesus.

His sayings are a common body of utterances among the religions of the world. Very seldom do they need explanation. Often they're produced as the last word on the subject.

Moreover, Jesus has not been given his full due. Some religions look down on dualism as the equivalent of candy to interest the spiritual babe. And Jesus is often called a dualist. But I say he is not.

What's the difference between calling the levels of reality the Father, Son and Holy Ghost and calling them Brahman, Atman and Shakti? There's none. The reality being pointed at is the same.

The Father is Brahman; the Holy Ghost is Shakti (Energy), the Divine Mother. The Son is the Atman, the self, soul, Christ, Pearl of Great Price, mustard seed that grew into a great tree. Where is anything that would offend a non-dualist?

If one can speak of Brahman, Atman and Shakti and be seen as a non-dualist, why not the same if he uses the terms Father, Son and Holy Ghost?

Jesus described the relations between the Father and Son or Brahman and Atman in unforgettable single sentence teachings: I and my Father are one; though we are one, my Father is greater than I; he is in me and I am in Him. What is he talking about here?

Brahman and Atman are one. No Hindu would dispute that.

Though one, Brahman is greater than the Atman. The Atman is a fragment (metaphorically speaking) of Brahman, a part rather than the whole.

Brahman is in me as the Atman, Christ or soul in the heart. I am in Him in the sense that He is all there is and so I must be in Him.

In the simplest of terms, Jesus has described relationships that books of erudite scholarship were written to explain. I know I benefited from them and used them as my standard for many years.

Or his parables, each of which was an explanation in kernel form of the steps to enlightenment.

For instance, a man found a treasure buried in a field. The body is the field and the treasure is the Self, soul, Christ or Atman "buried" in the heart of the field.

The man having found the treasure means the man has seen the Self in fourth-chakra enlightenment. It's seen as a discrete light - the Christ, the Pearl of great price, the Great Fish among fish, the measure of meal that leavens the whole loaf.

He covered up the treasure. By that he means that the treasure, the vision of the Self disappears. The sight of the Atman or Self is temporary prior to the advanced stage of enlightenment called sahaja samadhi, which we'll be experiencing once we're deeply within the Fifth Dimension.

He went away and sold all he had and bought the field. The man sat down and divested himself of all desires (sold all he had) save the single desire to fully realize and "possess" the Self. Meditating on that alone, he gradually moves on to the Realization of the Self of All, the Father in sahaja samadhi. At this point, he has "bought the field."

Again, priceless mystical knowledge in the very simplest of terms yet unmistakable to the student who knows even a little about enlightenment, a bridge for the inquirer to get quickly oriented to the new land of spirituality. Whenever people ask me for a quick introduction to spirituality, I tell them to read Jesus.

So much of what was attributed to Jesus was written in code. The parables are good examples of that. Once we know the key to the code - which is the fact that this same Trinity is what all of us must realize before we graduate

from one rung of evolution to the next - we have the Rosetta Stone that allows us to understand what's being said in many other religions.

This knowledge is a foundation block in building a cross-cultural spirituality. With it we can see that all of us worship the same Father/Mother God. And all of us are the Christ. Or, if you prefer, the Atman, Self or soul.

Jesus was on *An Hour with an Angel* some time ago and expressed regret for the enmity that exists between Christians and Muslims.

"The criticisms that are anchored – and we mean anchored, not aimed – at those of Islam are unjust. They are judgmental. They are unfair. They are not of peace. They are not of love.

"It is a darkness that pervades much of the light. And what it does is it [foments] hatred, which eliminates the opportunity for the very thing Michael and I work for, which is peace on Earth." (2)

If Jesus bears no ill will towards Muslims, if he knows that the charges against them for many acts of "terrorism" which our own governments perpetrated are false, how can we remain in enmity?

Avatars commonly bear the title "the Prince of Peace." Jesus was not the first avatar among the Jews. Melchizedek also was called the King of Salem, or Prince of Shalom, or Prince of Peace. (3) He also was an avatar. The designation Prince of Peace pays honor to the stillness of their minds, the utter and deep calm or tranquility which they manifest. But Jesus was also a tireless seeker of peace in the world as well.

Jesus' religion is usually thought of as a religion of love but it could as arguably be called a religion of peace, as he here illustrates:

"It is time, during this phase, to make peace with your brethren, because in that you make peace with the third. If you say to me, 'Lord, I can never love someone of Islam, someone who is Hindu, someone who is Jain,' this will not do. It is all; it is not highly selective. It does not mean that you agree with everything they do, they say. But there is an honoring of their divinity, and their devotion." (4)

No one's teachings on any mystical subject come as quickly to mind as his do and none have proven to be as common a standard against which I measure other spiritual utterances.

We're fortunate to hear him so regularly through such competent channels as John Smallman and Pamela Krebbe and also on our radio programs.

Let me say here and now that no religious figure, with the exception of Sri Ramakrishna, has been as influential in informing my approach to things as Jesus has. I serve Archangel Michael but my admiration for Jesus remains boundless.

### **Footnotes**

(1) "Was Jesus an Incarnation of God?" at <http://goldenageofgaia.com/spiritual-essays/cross-cultural-spirituality/was-jesus-an-incarnation-of-god/>

(2) "Transcript of Interview with Jesus on Biblical Mysteries, Dec. 20, 2011" at <http://goldenageofgaia.com/ascension-as-of-2012/the-masters-speak/transcript-of-interview-with-jesus-on-biblical-mysteries-dec-20-2011-2/>

(3) "And Melchizedek king of Salem brought forth bread and wine: and he was the priest of the most high God." (Genesis 14: 18.)

(4) "Transcript of Interview with Jesus on Biblical Mysteries, Dec. 20, 2011," at <http://goldenageofgaia.com/ascension-as-of-2012/the-masters-speak/transcript-of-interview-with-jesus-on-biblical-mysteries-dec-20-2011-2/>

## Jesus was a Non-Dualist

Mar. 8, 2011

<http://goldenageofgaia.com/spirituality/cross-cultural-spirituality/jesus-nondualist/>



Many people consider that Jesus was a dualist. He talked about a Father and a Holy Ghost as if they were outside himself and represented himself as a Son.

He said his Father was greater than he, even though they were one. He said that the Father had given all things into his hands and sent him out into the world with a task to do.

He said many other things that seemed to suggest that the Father existed as an objective reality from which he, Jesus, was somehow separate. And yet he was the Son of that Father and sent on a mission, etc.

But let us examine the situation a little more deeply.

Hindu Advaita (non-dual) Vedantists (teachers of the non-dual Upanishads or Vedanta) are looked upon as non-dualists. They speak of Brahman, Atman, and Maya or Shakti.

Brahman is the only Reality and is mysteriously individuated as Atman, or Brahman-within-the-individual. All of us are illusory forms, created by Maya or Shakti, the energy of Brahman. Shakti differs from Brahman as movement differs from rest, sound from silence, and form from formlessness.

Are we agreed?

Well, I contend that what Vedantists called Brahman, Jesus called the Father; what Vedantists called Atman, Jesus called the Son; and what Vedantists called Maya or Shakti, Jesus called the Holy Ghost. Put in equation form, Father, Son and Holy Ghost = Brahman, Atman, and Shakti. Jesus spoke of a Holy Family but in actuality he only spoke of the same three levels of Reality that the Advaitins spoke of.

If Vedantists are non-dualists, why is not Jesus so considered? Do different names make any difference? I don't think so.

When Jesus said "I am the truth, the way, and the life," in my opinion, he did not mean "I, Jesus." He meant the I, the Self, the individuated Brahman, which he called the Christ, the Savior, the Prince of Peace.

Of course the I, Self, or Atman *is* the Savior. Knowledge of the Self brings salvation, liberation, redemption from physical birth and death. But it must be known as one with the Father. It is the Prince of Peace because perfect knowledge of it does bring peace, a peace which passeth understanding.

This Atman or Christ is seen in a moment of enlightenment and is known to be the "truth." Meditation on it is the "way" to knowledge of Brahman or the Father. And that knowledge, when perfected, leads to "life," by which he meant not needing to go more out of the temple; i.e., liberation from the need to leave the higher realms and be reborn into this realm of matter, *mater*, Mother or Shakti, the Holy Ghost.

To illustrate that "I am the way, the truth, and the life," he gave parable after parable, all of which say the same thing. A man (woman, child) was digging in a field (the body), came across a great treasure (in the heart), buried it up again, went away, collected all his wealth, sold it, and bought the field. A man (woman, child) saw a pearl of great price, went away, sold all that he had, and bought the pearl. A man put a measure of meal in a loaf and it leavened the whole loaf. A man planted a mustard seed and it grew into a great tree. They



all say the same thing. They tell us how to get to God, how to realize Brahman or the Father, etc.

Jesus knew that his generation would as a whole not use his knowledge well and so he hid his wisdom in parables.

Let's look at one of these.

*A man was digging in a field....*

A person was practicing spiritual disciplines, in the haphazard way that we all do, meditating one day, forgetting to meditate the next day, carousing, having a spiritual discussion....

*... when he came across a great treasure...*

When he saw the light of the Atman or Christ, at a time of God's own choosing. When the kundalini energy rose to the Fourth Chakra he saw a discrete point of light, which we know as the Self, the Atman, the Son of God or Christ.

*... he covered up that treasure...*

He reflected on that experience and resolved to become more focused in his practice.

*... he went away and sold all he had....*

The sight of the Atman, Self, or Christ ceased and the man wanted it back. He began to practice spiritual discipline in a far more focused manner. He let go of all other desires than owning the treasure of the sight of the Atman, Self, or Christ. He began to meditate exclusively on the Light he had seen.

*... and returned and purchased the field.*

After many days, weeks, months, and perhaps years of meditating exclusively and constantly on the discrete Light, it grew into a Light that transcended creation, transcended form, transcended everything he knew as reality. In an experience called sahaja (or permanent) nirvikalpa samadhi, he realized a Light that transcended creation or form and this time it did not leave him.

Perhaps a seeker does not meditate but follows another path, such as service or devotion. But the following of whatever path he takes becomes more focused and concentrated.

The Son has now "led" the seeker to the Father. Atman has become Brahman. I and the Father are One. The truth has provided a way to the life. The "I" of the Atman or Christ has shown itself to be the truth, the way, and the life - the truth of the Father, the way to the Father, and the life afforded by permanent knowledge of the Father.

Nothing I have said yet shows Jesus to have been a dualist, but a non-dualist.

Perhaps someone among readers had a question about this. Perhaps someone wanted to know how the teachings of Jesus are consistent with what all other religions are saying. Perhaps someone said how can I be a Christian and read the rest of the material on this website? I don't know.

But there it is. In my view, Jesus was as much a non-dualist as Krishna. And as much a dualist since dualism is in reality simply an earlier view of spirituality than non-dualism, just as Grade 6 is an earlier view than Grade 7. Dualism is contained in Non-Dualism, as we see here.

Yes, there is only one God and the One has become the many. No, Jesus did not deny non-dualism and set up a dualistic path in contradistinction to non-dualism by recognizing a Father, a Son, and a Holy Ghost. Yes, Christianity and Hinduism say the same thing in different words. And the same could be said for Christianity and Buddhism, Islam, Taoism, etc.

There is a Perennial Philosophy, an ancient wisdom, a fount of spirituality underlying all religions which is the source of all teachings. There is a Reality which all great teachers contemplate, realize, and then find their own unique way of describing. Words are different but Reality is the same. Jesus was as much a non-dualist as any of the rishis.

## **I am the Light of the World**



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“I am the Light of the World,” Dec. 25, 2010, at <http://goldenageofgaia.com/spirituality/cross-cultural-spirituality/i-am-the-light-of-the-world/>

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Merry Christmas (2010) to everyone as we celebrate the birth of one who was, in more than one sense, the Light of the World.

The main respect in which this could be said of Jesus is that he incarnated the Light of the world. When he said, “I am the Light of the world,” (1) he was referring to the Light of the immortal Self, known to Hindus as the Atman, to Buddhists as our original face. Hindus referred to the Light as Brahman-within-the-individual, God-within-the-person. Christians referred to it as the only-begotten Son.

It is the Prince of Peace, the Messiah, the Savior of humanity and all life.

Jesus talked about this mystical Light throughout his ministry, calling it the Pearl of great price, the Treasure buried in a field, the mustard seed that grows into a great tree, the measure of meal that leavens the whole loaf.

His parables were discussions of how, once we saw the Son of God in meditation, we would sell all other desires, meditate on it, and buy the whole field. That is, when we concentrated on it alone, the Christ Light became the Light of the Father, transcending all of creation and bestowing on us eternal life.

To the spiritual seeker, it would prove to be the Good Shepherd, the only door to the Kingdom of Heaven, the eye of the needle.



Jesus embodied it. He was it while others only saw it. But even merely seeing it changed one's whole life, as Jan Ruusbroec, the 14th-century mystic, tells us:

“In the abyss of this darkness in which the loving spirit has died to itself, God's revelation and eternal life have their origin, for in this darkness an incomprehensible light is born and shines forth; this is the Son of God, in whom a person becomes able to see and to contemplate eternal life.” (2)

Ruusbroec sells all that he has - all his other desires - and retains only the desire to contemplate this Light, until it becomes for him the Light of the Father, as he reveals here:

“It is Christ, the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father, without which there is no light in heaven or on earth.” (3)

Richard Rolle, Ruusbroec's contemporary, depicts the fate of the mystic who has become “perfectly converted to Christ”; i.e., has followed the Light of the Christ to the Light of the Father.

“When a man is perfectly converted to Christ, he will hold in contempt all things that are transient, but keep a tight hold on his longing for his Maker – as far as is given to mortals, who have to allow for the corruption of the flesh. And then, not surprisingly because of this vigorous effort, he sees with the inward eye heaven open, as it were, and all the inhabitants there.

"Then it is that he feels that warmth most sweet, burning like a fire. He is filled with wonderful sweetness, and glories in jubilant song. Here indeed is charity perfected, and no one can know what it is like unless he lays hold of it; and he who does never loses it. But lives in sweetness and dies in safety.” (4)

The sixth-century mystic Pseudo-Dionysius also knew this consummation and described it in similarly glowing terms.

“In time to come, when we are incorruptible and immortal, when we have come at last to the blessed inheritance of being like Christ, then, as scripture says, 'we shall always be with the Lord.' In most holy contemplation we shall be ever filled with the sight of God shining gloriously around us as once it shone for the disciples at the divine transfiguration.

"And there we shall be, our minds away from passion and from earth, and we shall have a conceptual gift of light from him and, somehow, in a way we

cannot know, we shall be united with him and, our understanding carried away, blessedly happy, we shall be struck by his blazing light. Marvellously, our minds will be like those in the heavens above. We shall be 'equal to angels and sons of God, being sons of the resurrection.'" (5)

To guide us to this blessed consummation is the reason why Jesus chose to be born.

The Light of the Christ is the Light of the world, the Light of the Son, one with the Light of the Father. This is what Jesus meant when he said "I and the Father are one." (6)

The Light of the Father is greater than the Light of the Son, as Jesus said: "My Father is greater than I." (7) The Light of the Father resides in our heart and we reside in the Father since God is everything, which is what Jesus was pointing to when he said: "The Father is in me, and I in him." (8)

Jesus also said: "I am the way, the truth, and the life." (9) Meditating on the Light is the way to God. The Light of the Father is the truth of life. And knowing that truth deeply, in the experience of sahaja nirvikalpa samadhi (10) – that is the state of enlightenment that is sahaja or natural. It frees us from the need to be born into physical matter again, the sense in which it bestows "eternal life." (11) Thus the Light of the world is the way, the truth, and the life,

Jesus knew that the masses would not understand him or his disciples and, misinterpreting what they said, might turn on them and rend them. Therefore he advised his disciples not to cast their pearls before swine.

He himself could not find among the elders of Israel people who understood the mystical truths he taught, asking Nicodemus, "Art thou a master of Israel, and knowest not these things?" (12)

On another occasion, he spoke a parable to his disciples, who thought they knew what he said, but they showed by their response that they did not.

"I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father.

“His disciples said unto him, Lo, now speakest thou plainly, and speakest no proverb.” (13)

But Jesus has spoken a proverb, which had several layers of meaning, as all his proverbs did. Besides the obvious one which the disciples apprehend is another in which Jesus is declaring that he is an Incarnation of God, a descender to Earth and not an ascender like the disciples.

A third level of meaning is that all life comes from the Father into the world and then leaves it, upon final enlightenment, and returns to and merges with the Father again. This is not at all the plain speaking the disciples thought it was.

That he incarnated the Christ Light is not the only level of meaning in which Jesus could be said to be the Light of the world. His incredibly-profound, epigrammatic teachings made him the Light of the world in a pedagogical sense too.

His parables were designed to last for centuries, providing nugget-like texts which enlightened masters could use to introduce their longer explanations of mystical secrets to initiated students. They were not designed for the masses who had ears but could not hear.

So many who hear his teachings retain a lasting impression. I remember reading of a Zen master who, upon being told a few of the teachings of Jesus, said, ah, this man is not far from satori.

He commands the respect of earthly sages - and of galactics. When SaLuSa wants to explain what will occur for us in 2012, he uses Jesus as his example.

“You are soon to be released from your temporary quarantine on Earth, and allowed to experience the freedom of the Cosmos. By then you will have achieved a level of Christ consciousness, and will be expressing yourselves through Unconditional Love.

“This is the reason the Christed Ones such as Jesus came to Earth, to show you what could be achieved by living in Love and Light. The Earth is a great testing ground for those who aspire to reach such levels.” (14)

When he wishes to reassure us that the galactics will be joined by the Masters, he again uses Jesus as his example.

“The Masters ... wait in readiness to return to Earth. You might say that the big guns are waiting to appear to you and that is correct, as the truth will sound be more acceptable when it comes from those who are familiar to you.

“Jesus and many Angelic Beings such as Archangel Michael will address you and the words will carry a powerful energy, that will leave you in no doubt that they come to you with Love and Light.” (15)

And when he wants to lay out what the galactics are here to teach us, he once more uses Jesus as his example.

“Jesus came not to start a religion, but show by his example the way Man should live. He was the perfect example of One who lived his word, and when he preached love that is exactly what he was - Love Incarnate.

“There is nothing else in your lives that is of such importance, and it starts by loving Self and then others. Since you are All One, why would you treat another part of yourself any differently from anyone else?

“Your principal lesson is to be able to express Unconditional Love, and when you can do so you can claim to have found the Way. We know that it is not easy to suddenly view life quite differently to what you have been used to, but if you are to progress you will need to change your beliefs.” (16)

I'm not convinced that SaLuSa used Jesus as an example simply because SaLuSa may have been sent to speak primarily to westerners, the vast majority of whom are Christians. I think he, like so many other spiritual figures of whom I'm aware,



is genuinely inclined to be reverential toward Jesus because Jesus calls out that level of respect from so many who hear his teachings.

Thus, Jesus was the Light of the world in many profound respects. He incarnated the Christ Light at its most expansive. His life was a standard of perfection in its outworking and his teachings so perfect in their truthfulness and aptness that all who hear him, to the best of my knowledge, pay him deference.

The universal regard in which Jesus is held is testimony to the truth of his statement that he was in a deeply-meaningful way the Light of the world.

### **Footnotes**

(1) John 8: 12

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

(3) Ibid., 74.

(4) Richard Rolle, *The Fire of Love*, trans. Clifton Wolters. Harmondsworth: Penguin, 1981; c1972, 106-7.

(5) Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysius, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 52-3.

(6) John 10: 30.

(7) John 14: 28.

(8) John 10:38.

(9) John 14: 6.

(10) To learn about this level of enlightenment, go to this webpage and search on “sahaja”: <http://www.angelfire.com/space2/light11/fdl/e1.html>

(11) We are eternal no matter at what stage of enlightenment we may be at. But we also need to be reborn into matter until such time as we achieve sahaja and liberation. Achieving liberation is what is meant by Jesus's special use of the term "eternal life."

(12) John 3: 10.

(13) John 16:28-9.

(14) SaLuSa, Feb, 1, 2010, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(15) SaLuSa, March 22, 2010.

(16) SaLuSa, Apr. 5, 2010.

# Happy Birthday, Jesus!

December 25, 2011



The blessed one whose birthday we celebrate on December 25, though he himself says that it happened on another date, (1) spent his whole life re-establishing for his generation the way to God. As such he fulfilled the purpose of all avatars or "descents of the Divine" into form. Sri Krishna said of avatars:

"When goodness grows weak,  
When evil increases,  
I make myself a body,  
In every age I come back  
To deliver the holy,  
To destroy the sin of the sinner,  
To establish righteousness." (2)

Of Jesus, Sri Ramakrishna, himself a divine Incarnation, said: "Why, I look upon him as an Avatara." (3) However as our knowledge of avatars increases, we see distinctions that can be made that explain much about Jesus.

Apparently, an avatar is like a Babushka doll. The outer vehicle is the human form - Jesus. Inside that form is another form that overlights the human - in Jesus's case, Sananda Kumara. And on the very inside is the Divine descent. For this reason, Sri Ramakrishna said: "Here are two beings. One is She and the other is Her devotee." (4) The "She" is the Divine Mother or Holy Spirit, Sri Ramakrishna's favorite form of God.

I once asked Archangel Michael if my analogy of a Babushka doll was accurate and he said it was. I also asked him if Sananda and Jesus were one and the same or different and he said different though united in their mission.

So the answer to the debate on was Jesus human or divine is "both" if we're talking about Jesus as an incarnation of God. Jesus himself did not descend from God, unless we're speaking of the way in which we all do. But God did descend into Jesus and not in any way he can be said to descend into us

Moreover, Jesus has also settled the question of whether or not his was a virgin birth or immaculate conception as Sri Ramakrishna's (5) was. I quote from the interview with Jesus on *An Hour with an Angel*:

Steve: Sri Ramakrishna was born of a virgin birth, as far as I'm aware, and I believe that Zoroaster or Zarathustra was as well. Is it accurate to say that you, yourself, were born of a virgin birth or an immaculate conception in the same way that Sri Ramakrishna was?

Jesus: Yes, that is correct.

S: Would you mind spending just a few minutes with our listeners telling them how such a thing can be? I'll share on the blog site about Sri Ramakrishna's virgin birth, but how can that be, given that we believe that the male and the female cells must merge?

J: Because there is – what you think of as your human reproductive ways are very useful, but it is not the only way that conception takes place. We have talked, earlier, a little bit about inspiration, and about how that can burn and explode. Well, joy can explode within the womb, within the female, if she is of a nature that is in complete alignment, as this one was. She was prepared diligently, throughout her entire life.

So it was by the spark of the, yes, the Holy Spirit, but also of the Father. It was the joy outpouring that there would be an embodiment of light. That embodiment of light, we do not say it could not come from Joseph, but it did not come from Joseph. He did not have the wherewithal for that level of energy, of what you can think of as lightning, to enter in and to fertilize. (6)

It is not a difficult thing. It is only the humans – the other beings understand it perfectly – the humans have always been reticent to understand that one can be so filled with light that it can create new life.

Many of Jesus' teachings, as he himself tells us, (7) were misunderstood, none more than the statement that "I am the way, the truth and the life. None comes unto the Father except by me." As he explained to me in our interview:

"When I have used the term 'I am,' I was aligning with All, with Source, with Father/Mother/One. That is the alignment. And if you, Steve, or listeners, say, 'I am the truth,' then you have aligned with that, and you have become that." (8)

The "I am" could be said to be the same, I think, as the Self, which is one with the All-Self, which is why many masters offer us a variation on this theme:

Al-Ghazzali: "Knowledge of self is the key to knowledge of God, according to the saying: 'He who knows himself knows God.'" (9)

Bodhidharma: "To attain enlightenment without seeing your nature is impossible." (10)

Ibn Arabi: "To know God is not an easy matter, until one becomes a knower of one's self." (11)

St. Catherine of Genoa: "My Me is God, nor do I recognize any other Me except my God Himself." (12)

Knowing what Jesus intended, can we not now see these sayings as identical?

So far from Jesus making an exclusivist claim to being the only one who could lead a soul to God, he was making the same statement as numerous other sages, pointing to the Kingdom of Heaven within, the Self, as the only road to God.

The "I am" or Self *is* the way to God. It *is* the Truth of God. Sell all you have (all other desires but for God) and meditate on that Self and you will purchase the treasure, inherit the Earth. win for yourself all things, as we can be said to do in part upon Ascension. The Self will then have become the life - the end of the need to be reborn into the matter of this Third Dimension.

Many people write learned tomes about spiritual subjects, but no one has been able to epitomize spiritual truth in a few sentences the way Jesus has. His epigrams and parables are cited by masters of all religions. My favorite example is the Zen master who read the New Testament and said that the man who spoke it was not far from enlightenment. Perhaps the Zen master also was not far from enlightenment.

In January I hope to be permitted to interview Jesus again. This time we'll discuss the events of his life because they are much in dispute. Was he born in a manger? Did he marry Mary Magdalene? Did he "die" on the cross? Let's let him tell us.

Both Jesus and Sananda are here today. Some say that Jesus is Hierarch of the Great White Brotherhood (13) that Sanat Kumara, Lord of the World, founded. (14) Sananda says that he himself is Supreme Commander of the Ashtar Command and of the ascended masters of the Great White Brotherhood. (15) Both play a commanding role though the exact manner in which they split the task is not known.

Jesus spoke often of the end times but the greater portion of his teachings explained the purpose of life (to enter the Kingdom of Heaven or merge with God) and how to achieve it. This goal persists beyond the Ascension we'll experience before another year is up.

Our journey goes on until we return to the Source of all that is, from which we came.

"Everything that exists is moving back to the Source," SaLuSa says. (16) The teachings that Jesus bequeathed us offer one of the best roadmaps of the endless journey and will probably be equally useful to us in the Golden Age which he foresaw and described as they are to us now.

## Footnotes

(1) "I am glad, and honored, that so many do take time at this juncture of year, at the solstice, to honor my birth. It is not the exact birth date, but that does not matter." ("Transcript of Interview with Jesus on Biblical Mysteries, Dec. 20, 2011," at <http://goldenageofgaia.com/world-disclosure-day/the-masters-speak/transcript-of-interview-with-jesus-on-biblical-mysteries-dec-20-2011/>)

(2) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 50.

(3) Paramahansa Ramakrishna in Swami Prabhavananda. *First Meetings with Sri Ramakrishna*. Madras: Sri Ramakrishna Math, 1987 , 106-7.

(4) PR in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 71.

(5) “[One] day when she was was standing with Dhani before the Shiva temple adjacent to her house, she saw a flood of celestial light issue from the image of Lord Shiva and dart towards her. She was about to speak of the phenomenon to her friend, when the light entered her body and completely overpowered her, rendering her unconscious. Dhani nursed her back to consciousness and, gearing her whole story,m was at first puzzled and then took it as a nervous disease, But Chandra felt as if she were with child.” (*Life of Sri Ramakrishna*. Calcutta: Advaita Ashram, 1977, 9.)

I might add that Chandra’s husband, Khudiram, was away in Gaya at the time so he could not possibly have participated in Sri Ramakrishna’s inception. There he also had a vision of Sri Vishnu, advising him that a child would be born to him: “That night he had a strange dream. He felt himself transported again to the temple of Gadhadar where in the solemn silence of the sacred precincts, he found his forefathers feasting with gladdened hearts on the oblations.

“Suddenly a divine effulgence filled the room and the spirits of the departed fell reverently on their knees before a luminous Person seated on a throne. The effulgent one beckoned to Khudiram, who came forward and, with a heart full of devotion, prostrated himself. Addressing Khurdiram in a tone of great sweetness, He said: ‘I am well pleased at your sincere devotion. I am born again and again to chastise the wicked and protect the virtuous. This time I shall be born in your cottage and accept you as My father.’ Khudiram was struck dumb with awe.” (Ibid., 8.)

(6) "Transcript of Interview with Jesus," *ibid.*

(7) "I have said, many, many things have been misunderstood or misquoted." ("Transcript of Interview with Jesus," *ibid.*)

(8) "Transcript of Interview with Jesus," *ibid.*

(9) Al-Ghazzali, *The Alchemy of Happiness*. trans. Claud Field. Lahore: ASHRAF, 1971; c1964, 19.

(10) Bodhidharma in Pine, Red, trans., *The Zen Teachings of Bodhidharma*. Port Townsend, WA, Empty Bowl, 1987, 9.

(11) Muhyidden Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d, 3.

(12) St Catherine of Genoa in Huxley, Aldous, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 11.

(13) " You know, Jesus Christ is not actually in the White Brotherhood. He is not in any of the hierarchies. He *is* the Hierarch." (H.P. Blavatsky in Robert R. Leichtman through the mediumship of D. Kendrick Johnson, H.P. *Blavatsky Returns*. Columbus, OH: Ariel Press, 1980, 48.)

(14) "Sanat Kumara," Wikipedia, at [http://en.wikipedia.org/wiki/Sanat\\_Kumara](http://en.wikipedia.org/wiki/Sanat_Kumara).

(15) "Within this Earth sphere of activity I am the Supreme Commander over all of the Ashtar Command and its activities. and over the Ascended Masters of the Great White Brotherhood." (Eric Klein, *Crystal Stair: A Guide to the Ascension*, 25.)

(16) SaLuSa, May 20, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)



# Matthew Ward Reveals the Source of His Knowledge about Jesus

Jan. 14, 2014

<https://goldenageofgaia.com/disclosure/channels-and-sources/matthew-ward-reveals-the-source-of-his-knowledge-about-jesus/>



The fact that Matthew is St. Matthew is a secret that Suzy shared some years ago. I'm glad that Matthew is making it public because it explains a great deal about his views.

When he says "Now I am speaking as Matthew only," (1) he means that he isn't at that moment speaking as the spirit circle that channels information through him, which comprises at times beings of a higher dimensionality.

Most spirit guides, like Silver Birch or Imperator for example, are collective efforts involving spirits at various levels of development. Or to put it another way, are spirits who are assisted and whose knowledge may be augmented by other collaborative sources. (2)

Just as Matthew sets the record straight about much that appears in the New Testament, the prophet Malachi, who appeared to the Rev. Stanton Moses under the pseudonym "Imperator" in the 1870s, set the record straight on the Old Testament.

Malachi showed how the accounts of Old-Testament prophets, for instance, were impacted by their personalities and don't always deserve the credence we extend to

them. You may wish to see what he has to say about the veracity and biases of these earlier parts of the Bible. (3)

It's a time of huge revisions and revelations. Stephen Cook crystallized the desire of many of us that the wall of misinformation and denial now end. A new wave of public figures, Pope Francis being the most obvious, are at work removing the barriers to accurate knowledge and information. And whistleblowers are coming forward in all areas.

I don't know if you've noticed a slow and subtle shift in the entertainment industry. While many movies don't look obviously different, some are focusing on situations we face.

I saw an obvious example of that Friday night: *Saving Mr. Banks*. There a woman works to clear the rubble that stands between her vasanas and false grids and happiness in life. I couldn't help thinking of the clearing that all of us are doing as I watched her unconsciousness begin to lift and her barriers begin to fall.

Coming back to Matthew, he writes:

*"Think not that I am come to send peace on earth: I came not to send peace, but a sword"—that was in conflict with all of his teachings."* (4)

How is it we didn't see that? Why would Jesus say that he comes to make war on anyone?

Many of the revelations only Matthew could know about, such as the fact that the Sermon on the Mount was constructed from his notes of many comments by Jesus.

Why did I not put together that the Sermon on the Mount, as represented in Matthew was described in Chapters 5, 6, and 7 while Jesus meeting Matthew was described in Chapter 9?

There were no newspapers in those days. How could Matthew have written an account of what was said?

Now begins the process of stripping away all the false teachings in the Bible and many will be stunned by what they learn. Some will choose to transition, as Matthew told us two years ago, rather than entertain that their views are so mistaken.

"Many whose religious or scientific beliefs are the foundation of their lives will choose to depart rather than accept the forthcoming truths that differ profoundly from what they were taught." (5)

Matthew does not take to task or take issue with any who believes in what he considers the mistaken version of things to be found in the Bible. He says:

"Nor does anything I have said mean that people who believe the Bible is God's word are diminished in goodness of heart—they only are misinformed. Every soul has its own journey into the light of truth and there is no time limit—the life of the soul is eternal. If persons you love dearly aren't on the same pathway as you, confidently continue on yours and respect their divine right to choose theirs." (6)

Now we have two accounts of the life of Jesus - and have had for some time. Matthew denies the reality of the crucifixion and denies that Mary would have sailed to France and later Great Britain by herself after Jesus' alleged death.

But Jesus himself, and Mary, through numerous sources, have stated that the crucifixion did happen. And this has always been one of the main differences between Matthew's account and those of others.

I'm often torn at seeing gulfs open up between sources that we all love and cherish. I wish they weren't there but there they are. We'll see what we can do to find out what's true in the situation.

The dilemma of sorting out the truth is one that will face us continually in the time ahead. It isn't simply the fundamentalists who'll have trouble accepting radically-new versions of events that are sacred to us. All of us probably will.

## Footnotes

(1) Matthew's Message, Jan. 5, 2014, at <https://www.matthewbooks.com/mattsmmessage.htm>.

(2) For instance, here is Ethel Mclean commenting on a spirit circle functioning as teachers:

"It requires the undivided attention of a vast number of workers on this side to establish and maintain a channel of communication of this strength and clarity. Not only workers from this sphere, but the co-operation and skill of many highly-evolved souls from the Spheres of Light have combined in this work." (Ethel

McLean in Lesley May, med., *Letters from Mother. A Family Biography in Two Worlds*. Ed. Edmund Bentley. London: Psychic Press, 1964, 85.)

"Conveying these messages to you has been a big undertaking. It has required a great deal of team work. We are all grateful for the help we have received from the many people who have been involved." (Ethel McLean, *ibid.*, 117.)

(3) See "Imperator's New Revelation" at <https://www.angelfire.com/space2/light11/nmh/imperator1.html>. Particularly "The False Shell of Orthodoxy" and "From Earliest Times to Jesus."

(4) Matthew's Message, Jan. 5, 2013.

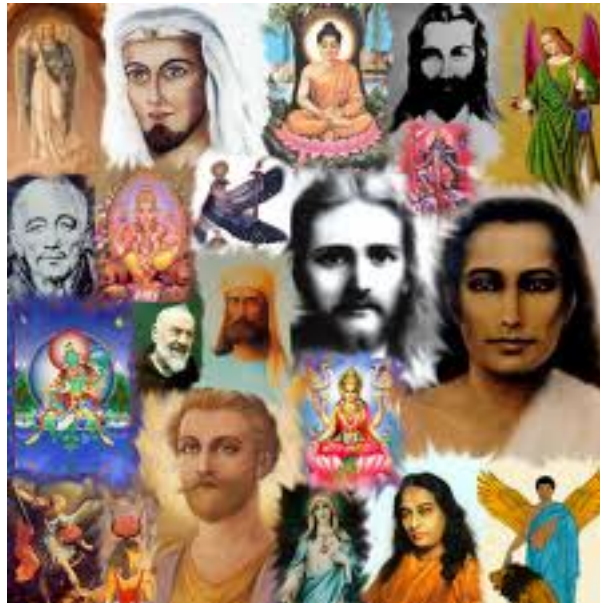
(5) Loc. cit.

(6) Loc. cit.

## Who is the Company of Heaven? – Part 1/2

November 28, 2016

<http://goldenageofgaia.com/2016/11/28/company-heaven-part-12/>



*Most versions of the Company of Heaven stress figures we know about, such as Earth's ascended masters, although archangels and avatars are included here.*

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We commonly hear of the "Company of Heaven," but do we really know who's being referred to?

Is the term meant to embrace all angels, archangels, seraphim, and ascended beings, galactic as well as terrestrial?

Or is it used just to indicate those helping with the Ascension of Earth?

Does it include others?

Let's review what our sources say about the composition of the Company of Heaven.

In a future post, I'd like to look at their command structure, if "command structure" is an appropriate term in the higher dimensions.

Mike Quinsey's sources tell us that "there are powers in the higher dimensions that control events on Earth, and also ensure that the wishes of the people are upheld."

(1) That seems to suggest that there is such a structure.

SaLuSa through Mike revealed to us that "the Forces of Light have never gathered together on Earth in such numbers for millennia of time. This is of course in accordance with the Divine Plan." (2)

Who are these higher powers and who's gathering in numbers? And why? What is the Plan?

SaLuSa tells us: "Although individuals have always been able to ascend, it will be the first time that mass ascension on this scale has been attempted." (3) The Plan therefore is for a mass *and* physical Ascension. Definitely a departure from the individual, post-mortem ascensions in the past.

Archangel Michael reminds us that our Ascension will trigger Ascensions all over the universe: "Do not forget, sweet angel, that this is the beginning, the domino effect of many planetary ascensions." (4)

Our planetary logos, Sanat Kumara, explains:

Steve Beckow: But isn't the whole universe ascending, Raj? We're not the only planet, are we?

Sanat Kumara: You're first in line.

SB: Ah! So we're the first planet to ascend. Is that what you mean?

SK: Yes. (5)

Some accounts are generic, but still suggest who is here. For instance, the Divine Mother - the active side of the Father/Mother One - gave us a generic accounting of the Company of Heaven, in the course of telling us how enlightenment reaches us.

“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.” (6)

Indeed, there isn't. Viewed from the standpoint of our personal enlightenment, this is one listing of the Company of Heaven. She offered a second on the same occasion, more tailored to Ascension:

“Just as you all have outer form and have said, ‘Mother, let us assist, let us help,’ so the seraphim, the cherubim, the archangels, the legions of angels, every ascended, enlightened being, your star brothers and sisters ... are all acting as transmitters.” (7)

In the descriptions we've read so far, we may notice that they cover primarily angels and humans.

We don't hear of faeries often, or elves, or spirits of fire, earth, air, water, etc. I'm sure they're part of it, but I think the attention is being kept on the realms that are most acceptable to humans - human ascended masters, human galactics, archangels assuming human form (as Archangel Michael did with me on two occasions), etc. (8)

The Arcturians list some of the galactic civilizations here to help us:

“The beloved members of the Pleiades, Sirius, Arcturus, Andromeda and Antares, as well as the Brotherhood and Sisterhood of Light, the Angelic Kingdom, the Ascended Masters, and the awakened members of Earth have all joined together to assist Gaia in the fulfillment of Her transformation.” (9)

Many more civilizations are here than just these; Venus, most prominently. But the main contingents seem to come from the star systems the Arcturians listed.

SaLuSa extends the term "Company of Heaven" to include the folks on Earth's Fourth and Fifth Dimensions, via the afterlife, who are helping lightworkers on Earth - our closest friends and relatives.

“I am SaLuSa from Sirius, and pass on great blessings and love from the members of the Galactic Federation. We want to see you sail through what

remains of the cycle of Duality, and we will be there with you to give every assistance.

“We will not of course be the only ones, as *there are many souls from the Spirit World supporting you now*. Plus your Angelic Beings that have exceptional powers if they need to use them, who are already protecting you as they have since your birth upon Earth.” (10) [*My italics.*]

(Concluded in Part 2, below.)

## Footnotes

(1) Mike Quinsey, July 8, 2016, at [http://www.treeofthegoldenlight.com/Mike%20Quinsey/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/Mike%20Quinsey/Channeled_Messages_by_Mike_Quinsey.htm)

(2) SaLuSa, Feb. 28, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(3) SaLuSa, Dec. 12, 2012. Since the time this article was written, we’ve since learned that our Ascension opens a new region of the universe, where as dimensions are accessible once past the Third; everyone else in the universe will ascend into that space, using our Ascension as a template.

(4) Archangel Michael in personal reading with Steve Beckow through Linda Dillon, March 24, 2015.

(5) “It Is a New Day: Sanat Kumara on Pope Francis, the Process of Ascension, the Earth’s Place in Ascension, Etc.,” March 13, 2013, at <http://goldenageofgaia.com/2013/03/it-is-a-new-day-sanat-kumara-on-pope-francis-the-process-of-ascension-the-earths-place-in-ascension-etc/>

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

We're incredibly privileged to have the information directly from her of how Light is passed down from her to us. I regard this as sacred information directly from the Divine Mother. We may not fully appreciate the honor.

It's hard to hold the honor of it in one's consciousness for more than a few seconds, so addicted are we to variety.

(7) Loc. cit.



(8) On one occasion, I came out of my apartment to encounter a man standing around ten feet away, looking into at the door. I had never encountered anyone simply standing looking into our front door before and, puzzled, I looked back over my shoulder after I had passed him. He had disappeared in a matter of a second or two. My wife (ex) and I went around the block but couldn't find a trace of him anywhere. I asked AAM in a reading if that was him and he said it was.

He looked exactly like an old friend, Mark Orich, who had died years earlier. He had brown hair tied in a ponytail. The closest likeness I've been able to come across among someone people might know would be Keanu Reeves, only softer features.

I encountered him again, with the very same likeness, when I awoke in a lucid dream on board a galactic ship. I was in the cafeteria listening to people when I suddenly heard a voice so melodic that I couldn't ignore it. I turned in my seat and asked, "Are you Archangel Michael?" He looked the same as he had before - ponytail, Mark's features.

I sat spellbound, listening to him. Suddenly he arose from his seat and his form became diaphanous at the legs. As he moved over top of me, I leaned back, and he breathed into my mouth, which woke me up.

I asked him later what he had breathed into me, and he replied, "Love. To help you remember what you saw when when you awoke."

With my memory what it is these days, I can't remember the year. Probably 2013. These incidents are mentioned elsewhere on the blog.

(9) The Arcturians, Sept. 13, 2008, at [http://www.galacticfriends.com/index.php?option=com\\_content&task=view&id=3425&Itemid=92](http://www.galacticfriends.com/index.php?option=com_content&task=view&id=3425&Itemid=92)

Here's Goldenlight's list:

“In addition to the mass consciousness of Earth, you have the assistance of many higher beings such as us from the Angelic realms, us from the Pleiadian realms, others from all the other star systems, Ascended Masters, and many other benevolent beings.” ("Council of Angels and Pleiadian Council via Goldenlight ~ The Global Reset of all Systems in Preparation for the Golden Age on Earth," channeled by Goldenlight, July 25, 2013 at <http://thegoldenlightchannel.com>.)

Atmos of Sirius also gives us a short catalogue, restricting his mention of the galactics of the Galactic Federation of Light, although they're not the only extraterrestrial coalition here:

“The Galactic Federation, along with the White Brotherhood and Elders, are the principal players in the process of preparing you not just for these final years to 2012, but beyond.” (Atmos, Aug. 28, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

(10) SaLuSa, Oct. 26, 2011.

## Who is the Company of Heaven? – Part 2/2

November 3, 2016

<http://goldenageofgaia.com/2016/11/03/company-heaven-part-22/>



(Concluded from Part 1, above.)

Should we think this description far-fetched, I can testify that I know several embodied seraphim and archangels, described as such by Archangel Michael in readings I've had with him.

I can cite one now because she transitioned. Rosey, the patron of InLight Radio for a number of years, left us some time ago now. According to AAM, she was a golden seraphim.

Seraphim incarnating is a first, AA Michael explains:

Archangel Michael: The seraphim have never been involved before.

Steve Beckow: Hm-hmm. What has changed?

AAM: The Mother's desire to have completion of this Ascension process.  
(13)

I've even met an incarnated Elohim - self-proclaimed, but AAM upheld her claim. So we lightworkers are also included within the term "Company of Heaven."

We know why we came. Why did the galactics come? Their service to us, SaLuSa tells us, “is based upon unconditional love. We see your true selves as beautiful Beings of Light, and your potential of returning to being the gods that you are.” (14)

Indeed, I'm sure we will.

In summary, the Company of Heaven is a term used to refer to all higher-dimensional orders of beings - mostly human and angelic, embodied and not embodied - who are cooperating to carry out this first mass and physical Ascension in a round of Ascensions involving the whole universe.

The term specifically includes terrestrial and galactic ascended masters, angels, archangels, and seraphim. But another significant and often-overlooked component is those galactic humans, angels, archangels, and seraphim who've taken the body. That's us lightworkers.

Most of us have no conception of our true situation. I wouldn't either if I didn't have access to AAM to question and corroborate with.

But as we progress along the Ascension path - slowly, so as not to overtax our bodies - I'm led to believe that we'll eventually know, to our amazement. (15)

## **Footnotes**

(1) Mike Quinsey, July 8, 2016, at [http://www.treeofthegoldenlight.com/Mike%20Quinsey/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/Mike%20Quinsey/Channeled_Messages_by_Mike_Quinsey.htm)

(2) SaLuSa, Feb. 28, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(3) SaLuSa, Dec. 12, 2012.

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

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others from all the other star systems, Ascended Masters, and many other benevolent beings.” (“Council of Angels and Pleiadian Council via Goldenlight ~ The Global Reset of all Systems in Preparation for the Golden Age on Earth,” channeled by Goldenlight, July 25, 2013 at <http://thegoldenlightchannel.com>.)

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(10) SaLuSa, Oct. 26, 2011.

(11) "Archangel Michael: You're Now Ready to Know Who is Here," April 10, 2013, at <http://goldenageofgaia.com/2013/04/archangel-michael-youre-now-ready-to-know-who-is-here/>

(12) SaLuSa, April 13, 2012.

(13) "Archangel Michael: We are All Aligned with the Heart, Mind and Will of One," channeled by Linda Dillon, January 23, 2014, at <http://goldenageofgaia.com/2014/01/25/archangel-michael-we-are-all-aligned-with-the-heart-mind-and-will-of-one/>

(14) SaLuSa, Oct. 26, 2011.

(15) We now know: See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/04/An-Explosion-in-the-Meaning-of-Humanness-4.pdf>

OK, OK, I know you wanna know: Everyone born at this time is an angelic.

# Who are the Seraphim?

July 7, 2018

<http://goldenageofgaia.com/2018/07/07/who-are-the-seraphim/>



Seraph Credit: Majestic Dragonfly

*Especially noteworthy in this cross-cultural essay on the Seraphim is the fact that Archangel Michael assists the work of cross-cultural spirituality by validating the equation of a trio of terms that the seraph are known by:*

“I wish to say something about the seraphim. Because often we have also spoken about the angels of pink and how they are the defenders of the throne of God. So understand the defenders of the throne of God, the pinks, and the seraphim are one and the same.”

*This information can really only be corroborated by the Divine Mother, Archangels, or Seraphim themselves.*

---

The participation of the seraphim in our Ascension, to the extent that several of them have incarnated, is apparently a first. Archangel Michael said this about it:

Steve Beckow: I'm hearing more and more about the seraphim being involved in our Ascension. But ordinarily, before that, I wouldn't have thought of the seraphim as being involved.

Archangel Michael: The seraphim have never been involved before.

SB: Hmmm. What has changed?

AAM: The Mother's desire to have completion of this Ascension process.  
(1)

What a privilege to have them with us.

Rosy, who paid the costs for InLight Radio for several years, was an incarnated seraph. She died of cancer and is now participating, in a lustrous golden body if I recall correctly, from the other side.

What do we know about the seraphim? Everything I learned from the early Christian Fathers has been overtaken by the accounts Michael has given me.

For instance, I read long ago that there is a hierarchy among angels - angels, archangels on up to cherubim and seraphim. Wrong. There isn't.

It's like a circle and each has a different mission. None is less than another.

Then who are the seraphim? Michael addressed the subject:

Archangel Michael: The seraphim were the first form of the angelics. Now does that mean that every being started as a seraph? No.

What it means is that some of those sparks of light, in the expression of what they wish to become which were beings formed basically of pure light, of love, stayed as close as possible to home, as it were. That was their choice.



I wish to say something about the seraphim. Because often we have also spoken about the angels of pink and how they are the defenders of the throne of God. So understand the defenders of the throne of God, the pinks, and the seraphim are one and the same. (2)

He's connected three terms - defenders of the throne, pinks, and seraphim - for me. That is very helpful to me as a student of cross-cultural spirituality.

Frequently orders of beings like seraphim are written about under multiple names and it helps to have the connections made ... by an archangel.

Here, in describing the Seraphim, he acknowledges that the “mysteries” are described in different ways in different religious traditions. He adds a description of the Trinity from a Christian perspective.

“The seraphim are those that surround the throne, the essence, the beingness of One, of Source, of Mother/Father/Son [Steve: Shakti/ Brahman/Atman] — however you define that. And that is depending on your tradition and your religious or philosophical understanding.” (3)

Traditions and understandings are what need to be brought into alignment with truth, iff a cross-cultural spirituality is to arise.

On another occasion we also discussed who came first - seraph or archangel?

Archangel Michael: Creation ... [stages?] a race and the gun goes off. Who crosses that line first?

Well, it is the seraphim. But neck and neck with the archangels! Now we have said this - the seraphim, the archangels, the angels, the elohim, everybody is similar in terms of that beginning.

So you cannot say that the archangels (as much as I would like to!) came first and that we were the foundation of the Mother's work. Are we part and parcel and pivotal in that work? Of course we are! But no, we did not come first. (4)

But even so, where can we find more detail on the seraphim? Let me cite a passage from Michael where he went into the subject much more deeply.

It's long but it'll answer some of our questions. I'll put extra material in the footnote:

Archangel Michael: The mighty seraphim ... are simply beings of bright, wondrous light, fully aware, fully cognizant.

And while all angelic beings face the center, the center of course being the Mother, the Father, the One, but mostly the Mother, the seraphim keep their attention more clearly focused towards the Mother rather than turned out towards the universe, the multiverse, the cosmos, countries, nations, people, beings.

In many ways you can think of them as the defenders of the throne. They are magnificent. And there is nothing that they do not see or perceive.

What you think of as their voice is simply music. It is music of the spheres. It is the sound of the universe. It is the beauty of all. The seraphim, even in my reference point, are phenomenal and very, very sacred and holy.

It is very rare, might I say exceedingly rare, for a seraph to leave the throne, not that there are not enough of them to take care, because there are. But there are seraphim that have come to Earth at this time and assumed human form to work with this cause of transformation of Gaia and of the human collective.

And this is done - in my words, not in theirs - as an act of service, and might I say, sacrifice, because it is such a dramatic adjustment to their field, to their energy, to who they are.

Very often those who are seraphim will have little or no memory of having been on Earth or elsewhere in previous lives, or it is quite limited. They always come in phenomenal concentrated purpose on direction and service to the Mother.

Now, you say, "Well, how do I work with the seraphim?" Sing. Now, if you were to look to what you think of as religious texts, you would, say, pray, but also remember, my friends, that many of the original prayers were sung.

And it is songs of praise, of humility, of asking for help. And it tends to be help of a universal nature, the transformative assistance, although we are not suggesting that a seraph or a group of seraphim will not attend to an individual if they are so moved or directed and guided.

The seraphim that are upon the Earth are those that you can think of as communicators, directors, those who are doing large planetary work. They have a difference in the cast of their light, that if you pay attention you can see that their fields - for those of you who see auric fields - are quite different and distinct. And of course many of them are pink. (5)

Michael is describing seraphim in and out of form. All are gathered here in service to the Divine Mother working shoulder-to-shoulder with us. Therefore the Mother wasn't being merely poetic when she said:

"If you come upon a seraph at the gate, do not worry! They are on duty waiting for you.

"They'll take your hand and they will unfurl your wings, and remind you who you are.

"So who are you? Who is this group, now particularly, this group of — might I call you light-bearers, love-bearers? — who lead the way. You are ancient souls, coming from every corner of the universe, every realm, every what you think of as dimension, who have said, 'We can do this.'" (6)

Every corner, realm, and dimension. Just wait till the blinkers come off.

What will we find? The Divine Mother tells us:

"Many of you have become reassured or confused, ... about, oh, there are masters on Earth, there are angels on Earth, there are archangels on Earth. And who am I, and how do I fit in?

"My beloveds, you fit in perfectly, because who do you think these masters and angels and archangels and seraphs are? They are you, either a part of you or the totality of you.

"The time for underestimating your beloved self is over. And what that means is the time of stepping in the shadows, of thinking that you are under cover is also over. Each of you carries divine might.

"How [often] have we spoken of this. It is not your next-door neighbor or the person down the street or the leader in Ottawa or Washington or Geneva that carries might. It is each and every one of you." (7)

When the masks come off, we'll be in for a great surprise.

So, yes, if you meet a seraph at the gate, not to worry. They're transmuting energy, going to global trouble spots, taking on collective illnesses, etc.

They might be your neighbors. The Mother says they might include you.

### **Footnotes**

(1) Archangel Michael: We are All Aligned with the Heart, Mind and Will of One," Jan. 25, 2014, at <http://goldenageofgaia.com/2014/01/25/archangel-michael-we-are-all-aligned-with-the-heart-mind-and-will-of-one>.

(2) "Archangel Michael on the Angelic Kingdom," June 13, 2014, at <http://goldenageofgaia.com/2014/06/13/archangel-michael-on-the-angelic-kingdom/>.

Whenever the commonality of names is established - such as defenders of the throne, pinks, and seraphim - it allows people like me to connect bodies of literature. So it's a great help to me when the angelics or the Mother do this.

The last time the Mother helped me out by identifying that Brahma, Vishnu, and Shiva = rajas, sattwa, and thamas = akar, ukar, makar (Aum) = a subset of the Mother's Aum vibration. It's incredibly important for a student of cross-cultural spirituality to have these connections be made, these dots connected.

(3) Archangel Michael in "Archangels Michael and Gabrielle on the Angelic Realm: Hour with an Angel Transcript, March 26, 2012," at <http://goldenageofgaia.com/ascension-as-of-2012/what-role-are-the-angels-playing/archangels-michael-and-gabrielle-on-the-angelic-realm-hour-with-an-angel-transcript-march-26-2012/>.

(4) Spiritus sancti = Holy breath = Holy Spirit. Spiritus in Latin = psyche in Greek = breath in English.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 30, 2015.

(6) "Archangel Michael: The First Form You Assumed was Angelic," July 7, 2013, at <http://goldenageofgaia.com/ascension-as-of-2012/what-role-are-the-angels-playing/archangel-michael-the-first-form-you-assumed-was-angelic/>.

For those hopelessly hooked on the seraphim, here is more from Michael on the subject:

Archangel Michael: Let us speak of the mighty seraphim. Now, when my sister [Gabrielle] and I have said that we bow to each other, it is important that you realize that we all bow to each other. ...

These are amazing beings in any reality. Their powers are mighty, and their beingness is mighty. Now, you have need to understand that the Godhead has surrounded themselves with the most beautiful, with the highest energy. And so, these are beings of adoration and these are beings that you will often hear us refer to as those of the pink ray—it is pink-gold, actually. And their purpose is simply to be in attendance, in adoration. They are the singers of hosanna and praise.

Now, why we wish to speak of this—and interrupt me if you wish—the seraphim have never truly spent much time or attention on focusing upon the planet, or certainly upon humankind, for that has not been their purpose, that is not who they are.

But at this time of magnificent unfoldment, at this time of the anchoring of the plan of the blessed Mother/Father/One, they have slightly turned their head[s] and their attention to humanity in order to assist with the fulfillment of this plan. And, unheard of, some of them have even taken on human form. This has never occurred before.

And so, some of you are encountering these mighty angels of pink, and you really do not know what to do with them, because externally they are huge. You can even perceive their wings, their six layers of wings, their fierce independence, their enormous beauty and grace, and their core of independence, their core of steel, because they are very clear about who they are. And they really do not need human direction. They really do not need any direction! (Archangel Michael in "Archangels Michael and Gabrielle on the Angelic Realm: Hour with an Angel Transcript, March 26, 2012," at <http://goldenageofgaia.com/ascension-as-of-2012/what-role-are-the-angels-playing/archangels-michael-and-gabrielle-on-the-angelic-realm-hour-with-an-angel-transcript-march-26-2012/>.)

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

(8) "The Divine Mother: Each and Every One of You Carries Divine Might, Part 1/2," June 17, 2013, at <http://goldenageofgaia.com/2013/06/the-divine-mother-each-and-every-one-of-you-carries-divine-might-part-12>.