

Let's Go! Let's Grow!  
The Renaissance of Human Growth  
Vol. 3. Communication



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## Introduction to *The Cycle of Conflict*



This book fulfills a promise I made to myself when I was a young child. I was tired of watching my Mom and Dad “start in on each other.” I promised myself that I wouldn’t be this way when I grew up.

I call this “intergenerational transfer.” Michael calls it “legacy behaviour.” It’s my job to end it.

Actually I made myself a few promises. I promised myself that I wouldn’t “keep the family secrets,” which, aside from perpetual bickering was that Dad was beating Mom up.

This vasana or core issue is what lies behind my accent on transparency. I’m not a secret keeper and have no ambitions to become one - except in the line of duty.

Another promise I made was to my Mother. One day when I was around seven, my brother Paul and I were listening to Mom and Dad arguing downstairs, when I heard my Dad wallop my Mother and her fall unconscious to the ground.

I was heartbroken and said to my Mom, I can’t help you now, Mom, but I will some day. I fulfilled that promise in eight years listening to refugee claims - specializing in gender issues. But that’s another story.

If we could find the exit points from the cycle of abuse/conflict, that would serve both my Mom and Dad. Because he was every bit as much a prisoner of his past as she was a prisoner of his present.

I won't go into his past but it was a lifetime of violence, danger, and struggle. I can understand why he was "not going to take any lip" from me.

I left off hating my Dad when I saw how useful his treatment of me was. It reawakened my past-life military spirit. It had me support and appreciate the position of the underdog. It had me find a way out of being a prisoner to my issues and upsets, which exit route became a book. (1)

It's all my movie in the end, my cosmic mirror, just as it's yours. Since I'm not going to be leaving the blue marble any time soon, I'm rewriting the script.

### **Footnotes**

(1) See *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Vasanas-Preparing-for-Ascension-R9.pdf>



# ⌘ Communication ⌘

## A Framework of Communication

April 10, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/a-framework-of-communication/>



*Raven meeting hall at Cold Mountain Institute resident fellowship without people*

I'd like to begin the work of creating a communicational framework that may serve us as lightworkers in the cooperative work that lies ahead.

The framework I use here was developed by the growth movement and was proper to the awareness path. We used to call the work we did on that path "the awareness game."

The photos that accompany this article are of Cold Mountain Institute on Cortes Island, British Columbia, where three-month resident fellowships were staged and people were trained in the awareness game. And the discussion that follows is what we learned about the awareness path in a typical three-month resident fellowship program at CMI.

Awareness is probably a path born of eastern culture, but taken up wholeheartedly in the 1970s by western culture. It has certain agreed-upon features that I'll be drawing on in discussions from here on in because, in a nutshell, I think these concepts do the job. They're the precipitate of the collective wisdom of many workshop leaders or what we used to call "circuit riders."

So here are notions of communication as viewed from the awareness path.



*... and with people*

## **Sharing**

In the awareness game, our communications were called "shares." I imagine the name reminded us that this was not a competitive or conflictual exercise but a cooperative and collaborative one. We were sharing ourselves with others.

In the same way that the universal greeting is an open and upraised palm, showing that we had no weapons in our hands, so the universal communication was to share information about ourselves that it was important for others to have, rather than holding it back or hiding it.

The word "share" reminded us of the basic move in the awareness game - the act of sharing. Sharing set the tone, defined the action, and predicted the outcome of much that occurred on the awareness path.

Sharing was seen as the great leveller. All shares were born equal. The share of a prince was as meaningful and important as the share of a pauper. Where we met was in our shares and listening to the shares of all never ceased to interest and enrich us.

## **Staying with Myself**

In the awareness game, we generally stayed with a discussion of "me." That may be why its adherents were satirized as the "Me Generation." The reason behind that resolve was that we were weaning ourselves from minding our neighbor's business and placing the attention on our own.

What I had to share about was me and what you had to share about was you. What I'm the expert in is me. What I have to give is me. No one knows as much about me as I do and I'm the last word in what is true for and meaningful to me. All of these matters were accepted as self-evident on the awareness path.

A second reason we stayed with me was that we realized that the object of life was to know ourselves and the more we studied and knew about ourselves, the more we advanced the real work of life. After a while followers of the awareness path felt increasingly interested in seeing their own ways and raising their own investments and agendas to awareness. Even their rackets and vasanas became endlessly fascinating. While some people might collect baseball cards or china figurines, the followers of the awareness path collected awarenesses of themselves.

## **Being Responsible for Myself**

I recall distinctly that the more a person could be responsible for their deeds and misdeeds, their accomplishments and dropped balls, the more people generally looked up to them on the awareness path. I remember being amazed at what some people were willing to be responsible for and share.

Newbies to encounter groups would be found to hide and deny things, to stutter and stammer when asked a question about their responsibility in something.

But oldie yogis were acknowledging things that made my cheeks burn and "owning" things that I ordinarily would regard as my deepest, darkest secrets. Fairly soon into an encounter group, the boundaries of what were kept secret shrank and shrank until it seemed there were no boundaries left. What a person said outside the group, how they made love, what their intentions were - nothing was off-limits to be revealed and to be "called on."



*The Lodge, Cold Mountain Institute*

If we wanted to hold onto feeling victimized, then we denied our responsibility in things. But that was a powerless position. If we wanted to experience our own power, then we needed to acknowledge our responsibility in matters.

Gradually we began to experience our responsibility for the state of our being, our neighborhood, our city, our province, our world. And as we did so, our sense of personal power grew.

### **Stating How We Feel**

Special importance in the awareness game was placed on communicating how we felt. That was the piece that most of us ordinarily left out of our communications and the piece that most of us most dearly wanted to know.

We said what we thought, what was right, what seemed appropriate, but we dropped out on saying how we felt. And it's how we felt about something that seemed to drive what we did.

We backed away from something if we felt uncomfortable with it. We attacked someone if we felt angry towards them. We avoided what we hated, approached what we love, etc.

Our choices, our desires, our movements all seemed to be determined by how we felt.



*Most dorms were fully co-ed*

And if you really look and listen to other people, you'll see that they take action or respond to us once they know how we feel. So how we feel often shows up as what's missing in most of our conversations and sharing our feelings voluntarily, like taking responsibility, was viewed as the mark of an experienced practitioner.

I remember running down the path at Cold Mountain Institute six weeks into the program suddenly aware that I was out of touch with my feelings. It was like a revelation from God and I was shouting at the top of my lungs "I got it! I'm out of touch with my feelings!" From that point on I could become aware of more and more of how I felt, just as a child becomes aware of more and more words. Life suddenly got very exciting and interesting. I entered a world of self-observation which has fascinated me ever since.

### **The Rule of Four**

Another matter we dropped out on was that we often considered what we wanted and didn't want and failed to canvas what the other person wanted and didn't want. We got to see how preoccupied we were with self.

Or we may have canvassed them on what they wanted and considered what we wanted as well, without considering that there might be things they didn't want.

In sharing communication, we made sure we considered all four positions before making a final decision. We didn't leave one of the four positions out.

## **Listening**

When we listened to another, we didn't interrupt them with advice, cut them off, tell them what they should do, etc. We didn't try to fix or improve them. We allowed them to speak their piece and accepted that what they said was how things were and would be for them. If it wasn't how things were for them, that was too bad for them. It wasn't something we "took on."

The deeper the listening, the deeper the sharing. We treated what others said as chapter headings and allowed them to go into as much detail as they wanted. What were they driving at? What cried out to be said? What was the communication in its fulness? Listening became as enjoyable an activity as sharing.

For every person who shared there had to be someone who listened. Without listening, there really could be no sharing.

## **Acceptance**

We extended to them acceptance for the ways they were and the ways they were not. We didn't require them to be a certain way, hold a certain belief, endorse what we endorsed, or avoid what we avoided. We allowed them to be just as they were and just as they were not.

## **Equanimity**

And finally we allowed the choices of others to be OK if they did do something and OK if they didn't. We didn't force an outcome on them.

I'm not saying I lived up to all these ways of being. In fact I didn't. I fell and failed as often as the next person. But I still regard these as desirable goals.

So let me stop there having outlined the framework in which many of the discussions that follow will, I hope, take place.

# Common Core of Communications

October 18, 2017

<https://goldenageofgaia.com/2017/10/18/common-core-of-communications/>



*Credit: Indiana University Southeast Communications Studies Dept.*

The community of lightworkers, loveholders, and other servants of the Divine Mother seem to have a common core of communications and then they branch out in different directions.

One is into health; another is into the environment; another is into gender equality.

One is into mysticism; the other is into macrobiotics; another is into crystals.

But all share a central core of communicational context and content.

What is some of that context and content?

All know a consciousness shift is going on. All know the future will be better. All know that our neighbors from other planets and galaxies are here to assist us at this time.

All know that we on Earth were headed for disaster without their assistance.

\*\*\*

Where we get into trouble, if you'll permit me to express an opinion, is where we try to pull the other over onto our path, rather than recognizing that they have their own contribution to make, their own path to tread, etc. That unique contribution, which is our sacred purpose, results in all the different branches that grow out of the fertile central communicational core.



New-Age blogsites, radio shows, speaker panels, books, Youtube videos, etc. are propagating ideas that enter into the collective consciousness as well as into everyday media and begin the process of entrainment.

Humans looking for something new and meaningful are led to these ideas. I've heard Michael discuss him leading people to relevant ideas several times. And someone consistently suggests ideas to me that have had the power to spark minor realizations.

That having been said, I don't think it an effective use of the lightworker resource - as I said in a previous article - to ask lightworkers to cluster in one company more than is necessary. Not like it needs to be rigorously avoided either; I'm just offering one opinion.

There are so few of us vis-a-vis the global population that I think it possibly better to spread ourselves out as much as possible, like leaven in a loaf. But of course you be your own guide.

Each lightworker, I think, has their own sacred purpose. Each has their own unique contribution to make to the tapestry of the whole.

I don't think it's meant that Bob is to follow Marcia's path necessarily. It's meant that Bob follow Bob's path. And Marcia, Marcia's.

If we could just allow each other our own way, we could avoid turning things into a spiralling tug-of-war. As Michael said, not "either/or" but "and."

Meanwhile we have this solid core of common communicational context and content that makes our working lives together as lightworkers unique and mutually satisfying.

The entrainment that occurs with the rest of humanity - leading to preparedness for Ascension, Disclosure, and prosperity - will naturally evolve from the ongoing discussion coming from this communicational core, I think.

# Getting to the Heart of the Matter: Creating a New Culture of Communication

March 25, 20216

<https://goldenageofgaia.com/2016/03/25/getting-heart-matter-creating-new-culture-communication/>



*Credit: [www.soyouhaveagirlfriend.com](http://www.soyouhaveagirlfriend.com)*

We're creating a new culture of communication, whether we're completely aware of it or not.

As the energies rise, we leave behind such things as chit chat and begin to hunger for communication that gets much more deeply and directly to the heart of the matter.

As a follower of the path of awareness, I'm watching myself communicate and I see I use two types of communication.

The first I'd call "bonding" communication; the second, "action" communication.

I have to say before setting out that what I earlier called "committed speaking" can be used in either of these two forms of communication. I can make a declaration, make a promise, or take a stand as an act of bonding or as one of action.

Think of bonding communication and action communication as two rooms we're building in the house called "Communication." Committed speaking is a tool - a hammer or a saw - that we use in building those rooms.

### **Communication for Bonding**

Predominantly bonding communication has me ensure safety and reveal myself (authenticity, transparency, visibility). Bonding communication can itself be divided down into at least two types of messages: "sharing" and "committed speaking."

"Sharing" usually involves my sharing my noticeings of myself (around my thoughts, feelings, and behavior) or giving feedback to another of my noticeings about them (subject to correction of my interpretations, of course). Sharing may also mean sharing my love, compassion, or attention.

Werner Erhard used to say: When all is said and done, all that's left to say is "I love you." Maybe we could start with "I love you" as the quintessential share.

However, the insipid "I love you./I love you too" exchange that we so often had in Third-Dimensional society, for me, doesn't qualify as what I mean when I say "I love you."

Many instances of "I love you./I love you too" are contrived. They seem to serve as an Early Warning System for one mate to check the other out, particularly to check out their vocal tone. Lukewarm? Enthusiastic? Resentful?

When I say "I love you," I feel the love, palpably, arising from my heart and flowing out towards the other person. I consider that "the new normal," something we'll all feel not so long from now.

If I don't feel the love, I don't say "I love you." I might thank someone for sharing that they love me, but I don't shoot back, "I love you too."

Other examples of shares are: "I notice that I still feel nervous around you because of..." "I see myself get excited as the hour approaches when I can speak with you." "I feel afraid of you now." These statements tell the other person where we're at and, most importantly, how we feel.

Letting the other person know how we feel is perhaps the most important thing we can communicate. (1) Other people make the decision to do what it is we're asking, I believe, based on what they know of how we feel.

"I'm not very upset. Just a little." "I'm infuriated." "I feel dismayed." This is the information people need to know, if we want them to do something for us.

"I will never harm you" is an example of committed speaking in the service of bonding. It's a promise of safety. "I am the stand that your life work out." "I am here to see that you have what you need in life." "I want for you what you want for you." "I respect your free will." "I will listen to you." These are also examples of committed speaking designed to promote bonding.

Of course if any of these statements is made without a deep connection to it, if it's simply mouthed, it has no power and no value. I'm presupposing that a person of integrity makes these statements and that that person is good for their word.

### **Communication for Action**

Action communication promotes committed action. "My purpose in this life is to build a world that works." "I am the stand that gender persecution end on this planet by Jan. 1, 2018." "I am committed to seeing that this country have a free and universal medical care system by June 1, 2017." "I will work for universally-free education." "I call for an end to hostilities throughout the world by July 1, 2016." These are examples of communication designed to promote action.

When someone speaks from a place of commitment, in my experience, it organizes the space. It's as if all the world was simply waiting for someone to speak from a committed place. Take promises, declarations, stands, and assertions and infuse them with love and compassion and you have the yin and the yang of life, androgeny, the marriage of the divine female and the divine male, action (Shakti, Mother) while not leaving the balance point, the stillness (Shiva, Father).

How many people have I talked to who've said they can no longer stand the chit-chat? They're ready to scream.

Communication that promotes bonding and committed action is the answer.

And we lightworkers are the ones to create a new culture of communication. Clear, committed, and self-revealing.

### **Footnotes**

(1) "I feel that..." and "I feel like..." are not feelings. They're thoughts. They don't carry the same weight as a description of how we feel.

# The Elements of Workable Communication

May 4, 2014

<https://goldenageofgaia.com/2014/05/04/the-elements-of-workable-communication%E2%80%8F/>



*A friend asked me to write down what I considered to be the elements of workable communication.*

*This list could be added to, I'm sure. I haven't been religiously practicing these guidelines myself because this way of speaking has been largely lost.*

*What that means is that there are no partners any more to communicate this way with and so it gradually falls into disuse. And starting it up again is a large task. But I think it's probably time to consider the subject.*

*It was my experience long ago that very few people had the pluck and stamina to communicate in the ways described here. It requires a great deal of courage to reveal oneself when those around you are playing their cards close to their chest. It takes a great deal of willingness to plough through misunderstanding after misunderstanding until clarity is reached. Many people are unwilling to stay the course, but the rewards are great.*

## **The Nature of Workable Communication**

Workable communication does not assume that someone is sick and needs to get better. It doesn't treat the communicator as a patient who gives up responsibility and initiative to a practitioner, but as a fully capable, responsible and empowered actor and initiator. The growth movement assumes wellness and works up from there.

## **The Reason for It**

If we're to successfully build Nova Earth together, we need a common communicational ground of being. I recommend this ground of being, with additions as they appear. But it's not an easy system to learn and it requires courage to practice it, more courage than a lot of people want to give to such things.

## **What Workable Communication Promotes**

Workable communication promotes success by maximizing clarity, responsibility, transparency, and harmony in work, relationship, and recreation through ways of speaking and listening that work. In this article I only discuss speaking.

## ***Guidelines for Speaking***

### **(1) Do's**

Stay in the here and now: Be present.

Speak directly to the person involved.

Be honest: tell the truth at all times at the deepest possible level.

Speak clearly; eliminate ambiguity.

Check out your impressions. *If something feels untoward, check to see that you heard it correctly before acting.*

Speak for yourself: use "I" statements. *In workable interpersonal communication, we use "I" statements but I can't see a way to avoid using the word "you" in guidelines.*

Be responsible for your thoughts and feelings, choices and actions.

State what you're aware of; be aware of your own body language.

Share feelings; don't disguise thoughts as feelings. *"I feel disheartened" is expressing a feeling but "I feel that you did this" is not.*

Turn questions into statements. *Questions allow us to hide our motives and intentions, which is why many people use them.*

Own your own judgements and agendas, opinions and manipulations.

Call yourself on your numbers, rackets, and strategies - before others do. *To call myself on my number without waiting for another to call me was always viewed in the growth movement as an accomplishment.*

State the status of your knowledge (thought, belief, feeling, opinion, hunch, etc.). *The most common cause of fights between people communicating is giving the impression that we know something that it's impossible to know and that can only be a hunch or a feeling or an intuition. The question people ask us is: "How do you know?" And often we actually don't know.*

Use Perro. *Intergalactic language of diplomacy: factual statements.*

State and call yourself on your self-serving intentions and agendas.

Say what you mean and mean what you say.

Take stands.

Declare yourself.

Make promises.

Try on and test out what others say about you. *See if it fits; if it does, own it.*

Say what you're afraid of saying. Say what you're determined not to say. *Unless it puts you in personal danger or jeopardy.*

Share the withhold.



“To withhold secrets requires a tightened body; it requires curtailment of spontaneity lest the secrets be revealed; it requires vigilance, shallow breathing, physical exertion, and a preoccupation with your own safety. This results in your missing all sorts of stimuli because your body mind is not relaxed enough to allow them in.” (William C. Schutz, *Elements of Encounter: A Body-Mind Approach*. Big Sur: Joy Press, 1973, 16.)

"Censor" yourself when necessary. *There are some withholds that cannot be shared without harming another or yourself. In these instances, perhaps say: "I'm censoring myself." To do so identifies there is a withhold but declares that important considerations persuade you not to share it.*

Observe the rule of four. *The rule of four means that there are four matters to be considered in any communication: (1) What I want; (2) What I don't want; (3) What you want; (4) What you don't want. Be clear whether what you're communicating is something you want or don't want or what you think the other person wants or doesn't want. Don't say "It's OK" if you know that it isn't OK for the other person; say "It's OK for me." This, for me, is the second most common cause of fights.*

## **(2) Don't's**

Don't "mess" with another's share. *Don't tell them what they "should" do. Don't express pity for them, etc. Don't fix them or advise them. Allow their share to be.*

Don't analyze; describe

Avoid noncommittal words like I'm curious, interested, etc.

Avoid blame.

Avoid absolutes (always, never) and globalisms (everyone, the whole world).

Avoid embellishments and superlatives.

Avoid gossip and sidebarring. *Gossip and sidebarring are negative assessments of others, shared with third parties to isolate the person concerned. Share them only with the person concerned. Therapeutic discussions are OK, provided they really are therapeutic.*

Avoid using pronouns without clear referents (it, they, that) ; state the referent.

*Now a note from me: Reading a list like this leads to intellectual knowledge but it probably does not lead to experiential knowledge. And only experiential knowledge is deep enough to cause shifts in perspective, approach, etc. I may discuss some of these categories in future articles. And I may also discuss workable communication in listening; this list only discusses speaking.*

*If you think about what is said here, you may see how utterly different these ways of speaking are than what is commonly accepted in society today. But they're also vastly more effective. If we're to build Nova Earth together, wholesale revamping of the way we talk to each other may very well be needed. And I could be wrong.*

*Finally, I would not be surprised to hear that most of the elements described here are actually Fifth-Dimensional ways of communicating. But again I don't know that for a fact.*

## Principled Communication – 1/4

Dec. 4, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/principled-communication-14/>



I've always regarded myself as my own laboratory, subject, experiment, and appraiser. I watch how I do things and then test out what happens and look for improvements.

Doing things this way, for me, is part and parcel of the awareness path and of consciousness-raising.

That being said, I've lived most of my life as a hermit and have brought tendencies with me into the "real" world that were formed out of years of solitude and aren't necessarily the most productive or workable.

Because our missions are important, the stakes have gone up from a few decades ago in the experiments I run, their outcomes, and the improvements I seek.

I face the same ever-increasing need that many of us do - to play an always-expanding role. Therefore I'm less inclined these days to accept the kind of haphazard results I might have been satisfied with in years gone by.

At this moment the focus of my attention is on my communication.

Ury and Fischer, in *Getting to Yes*, spoke about principle-based negotiation. What they were saying, if I understand them correctly, was that successful negotiations between two parties depended on basing them on principles rather than personalities; that is, on universal realities rather than on whims, desires, agendas, etc. Today we call these “principles” the “divine qualities.”

Perhaps I can give an illustration from my hearing-room experience. In a sense, a hearing is a negotiation when viewed from some perspectives (not from others).

I've said before that, when I presided over a refugee-determination hearing, I used to mentally place a set of the scales of justice between me and the claimant. This set of scales was based on a small clock that my ex-wife gave me when I was appointed a Member of the Immigration and Refugee Board of Canada. The small clock was embedded in the base of a miniature set of the scales of justice.

I used to imagine the scales of justice in front of me to remind myself to make all my communications fair. In my view, fairness was the principle that prevailed in the justice system.

There are other “principles” or “divine qualities” which we've been asked to use to weigh our thoughts, words, and deeds against - love, compassion, generosity.

However unlike in past times, we actually really need to act on the matter now and not just have it be a good thing to do one day, some day. The events that we're engaged in nowadays require that we begin to base our thoughts, words and deeds on these divine principles or qualities.

I'd like to look at some of them as applied to communication in the next few articles in this series.

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

## Principled Communication – 2/4

Dec. 4, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/principled-communication-24/>



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

Lately, I seem to have been entering into more and more conversations and communications that have serious consequences or can lead to serious outcomes. And because of this, I seem to be wanting to focus more attention on ways of communicating.

Many of us, I think, base our communicational style, especially in negotiation, on the use of forcefulness. The manner in which we often may deal with opposition is, in Werner Erhard's words, to resist, resent and revenge.

### **Force**

Many of us may find that we attempt to "get our way" by applying pressure. We may try to force the outcome. We may dangle rewards before the other person or issue warnings and threats of penalties for non-compliance, so to speak. We may engage in a tug of war, wishing to prevail over the other rather than reach a mutually-satisfying agreement.

### **Resist**

If we don't like what we're hearing, we may resist by denying affirmation, regard, or respect. We may withhold good-quality attention, criticize, be dismissive, etc. We may imply that the other person is crazy, unwise or ungrounded. We may seek advantage and use various ploys to get it.

## **Resent**

If someone else uses these tactics against us, we may generate resentment and feel aggrieved, abused, hard done by, etc. Typically we call this a “victim” mentality. We store up this resentment as muscular tension in the body ("holding patterns") and as vasanas in the mind, that are triggered at the right moment and "justify" our acting self-righteously and punitively.

## **Revenge**

We may “get even” with the person who “crossed us.” We “teach them a lesson.” We “show them what’s what” or "who's who." We get our own back, show them a thing or two, or exact our pound of flesh. We all know the justifications we use for getting even with someone we think has harmed us.

Looking at myself for a moment, I see that this communicational system simply doesn't work for me any more. It never did, but that I didn't see. And what's even more interesting is that there are no more big boys and girls that I can turn to to provide solutions. I've reached the age where I *am* a big boy, so to speak.

Nor is there time any more to learn. I have to actualize the learnings I myself have already gleaned over a lifetime. The time for action is here. The time for learning, at least for me, is to a greater or lesser degree gone. At least for doing things like reading books and attending workshops.

So there's this moment of truth happening for me in which I sense that I need to bring forward all that I've learned over a lifetime's coursework. And I need to do it now.

There's a little whimpering that happens when I see this, a little bit of wistfulness, a sigh, and then I hitch up my trousers and get back to work.

(Continued in [Part 3](#).)

## Principled Communication – 3/4

Dec. 4, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/principled-communication-34/>



*My idea of a masterful communicator: Jill Bolte-Taylor*

(Continued from [Part 2.](#))

There are three steps I like to take with my own process of communication to skirt the pitfalls of a force-based communicational style.

- I own my communication.
- I state the status of my knowledge.
- I identify the principle upon which I base the communication.
- 

### **Owning My Communication**

So often I state something as factual which is not factual. I imply that “This is the way things are” when what I really mean is that “This is the way I see things.”

The difference between the two is that, if my communicational partner accepts the first kind of statement, they've implicitly accepted a viewpoint as a fact. And that can grate and cause discomfort.

So the first thing I need to do is to put myself in the picture by owning the statements I make. I need to remove the statement from the realm of the absolute ("This is the way it is") and re-anchor it in the relative ("This is the way I see it"). I need to show that I'm aware that I'm seeing the matter from this vantage point, that it may show up differently when seen from another vantage point.

To do that, I say: "I see the matter this way," "according to my point of view," "in my opinion," etc.

I need to insert myself into my communications, own them, and identify myself as the source of my own authority for saying what I do.

### **Stating the Status of My Knowledge**

A second matter is related. It also takes communication out of the realm of the absolute and re-anchors it in the relative and that is to state the status of my knowledge.

Am I in touch with God and know what I say as an absolute truth, given to me by God, who is standing right there in front of me (can't you see her?) and telling me what's so? Probably not.

If this isn't the case, how do I know what I say I know? Well, usually I don't and I make that plainer by saying what the exact status of my statement is.

I heard this. I intuited that. I feel this. I believe that. I don't know. I just have a hunch about this other thing. I'd be very surprised if this other matter were not true, but I don't know for sure.

Most fights begin with "How do *you* know that?" People I listen to don't like to hear statements made as absolute fact when they have a huge suspicion that they're no such thing.

For me, then, it's necessary give the status of my knowledge: I think, I feel, I hear, I sense, I know.



If I did not accurately state the status of my knowledge in the refugee hearing room (which was always taped for the record) and in my decisions, if I put out as fact what was really conjecture on my part, that could be grounds for the Federal Court overturning my decision on appeal.

When I had my vision experience in 1987, I was left saying “the purpose of life is enlightenment.” I was also left knowing for sure that there was only one thing I knew at that moment and that that statement ("the purpose of life is enlightenment") was the one and only thing I knew. But I knew I knew. But just that one thing.

All the rest was beliefs, conjectures, hunches, guesses, intuitions - all the rest! That was very humbling for me to see.

In my view, most communicational fights start with the statement “How do you know?” Someone has stated something as if it were factual and the other person does not accept the statement as factual.

They now want to know the status of the other person’s knowledge. We can reduce the number of fights we get into by stating the status of our knowledge at the outset.

### **Stating the Principle We Agree on**

Agreeing on a principle that forms the basis or foundation of our conversation provides a sounder and stronger foundation for a successful communication than basing it on personalities. Basing it on the latter invites criticism and blame. It's no longer a case of someone being greedy or uncaring. It's a case of whether a demand or a statement is generous or compassionate. The focus and any conclusions or decisions reaches as a result of it are taken off the personal and onto the principle or divine quality.

Some people may say, well, in the first point you said to personalize the conversation and now you're saying to depersonalize it. What gives?

I as the speaker own my communications but, when you and I disagree, we resolve our differences based on principle, not personalities. I give you the benefit of knowing where I stand but you respect my person by not opposing what I say on

the ground of how you perceive my personality, but on how you perceive the principles that govern our negotiations.

Put another way, I'm honest about what I'm putting out, but, when you disagree with what I put out, you don't make an *ad hominem* or personal attack; you direct your opposition to a principle which what I'm saying does not seem to accord with.

The conversation now is no longer person-based but principle-based. I find this brings the temperature down and focuses attention on a matter that we all have an inner sense of: a principle or divine quality.

If someone wanted me to point to a person who communicates in this way, I might offer Marianne Williamson or Jill Bolte-Taylor. Let me post Jill's "Stroke of Insight" here to illustrate a masterful communicator.

[youtube]<https://www.youtube.com/watch?v=UyyjU8fzEYU>[/youtube]

(Concluded in [Part 4](#).)

## Principled Communication – 4/4

Dec. 4, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/principled-communication-44/>



(Continued from [Part 3.](#))

### Going First

There's another matter that I know I can no longer dodge - or probably any of us for that matter.

How many times have we asked ourselves why the other person doesn't go first in risking, taking a new path, or stepping aside? Why must we go first?

In saying go first, I mean in the risky things rather than the safe, in giving rather than receiving, etc.

We cast ourselves as followers rather than leaders. We see others as older than us, wiser, richer, more powerful, etc. and want them to lead the way in the grey, uncertain areas of life.

Or, operating out of the old communicational framework, we want to go first in receiving and second in giving. But the time has now arrived when we need to go first in giving and second in receiving. (I hear Archangel Michael saying, "No, you need to see to yourself as well. Don't leave yourself out. That will not work.")

So perhaps I should amend that to "after having ensured the basics for ourselves, we need to go first in giving."

There comes a moment when we see and know that our turn has come. We are the leaders now and the younger generation will soon be the new leaders. Considerations like "older, wiser, richer" go out the window.

We see that if we want to accomplish what lies ahead of us, *we* need to go first in risking and giving. First in conceding, first in acknowledging our errors, first in giving way.

This is what a service-to-others society means - OK, OK - for me! - and what distinguishes it from a service-to-self society. We cannot be any longer fixated on looking out for Number One. We have to take others into consideration or there'll be nothing "nova" about Nova Earth.

Going first can be a lonely and vulnerable place. Archangel Michael in my reading with him on November 19 told me that a situation in my life had arisen in part because he wanted me to see what could happen when a person enters public life.

He wanted me to protect myself while at the same time remaining vulnerable.

That's a tall order. Usually we protect ourselves by retreating into invulnerability, but now we have to manage a balancing act: protecting ourselves while remaining open, transparent, vulnerable.

[youtube]<https://www.youtube.com/watch?v=UEDBnKahuNs>[/youtube]

### *An Example of Going First in Risking*

Going first exposes oneself. Often, to be vulnerable, one has to give up the desire to gain the advantage in a negotiation, that one has to make oneself visible and open to attack in many more situations than one would hitherto. But going first in

giving and allowing is a feature of growing up; I think every parent knows that. And spiritual maturity is a requisite for getting involved in building Nova Earth.

(It's risky for me to say that! How many times will my own behavior be measured against the criteria I discuss here? Am I not handing my critics a loaded gun? But I feel the need to "go first." And I won't allow my fears to stop me.)

This is the lifetime, and the time in that lifetime, where all of us need to decide whether we want to continue hiding or, as AAM said in *An Hour with an Angel*, expose ourselves and engage. (1)

Either we accept the challenge now of going first in generosity, compassion and vulnerability or we acknowledge that we really never intended to and have simply been imagining helping to build Nova Earth without ever really intending to build it.

For me this is an impactful realization. It says goodbye to childhood, goodbye to advantage, goodbye to comfort.

It says hello to humility, hello to discomfort, hello to maturity.

Rites of passage are like that. They test and prove but they also oblige us to let go of a more privileged, safer and comfortable way of being. The phase of things that we're entering into now may not at all times be comfortable, safe or privileged. But it's what we came for.

There's no longer any time to say that we'll be leaders in a New Age approaching, as I used to say in the Galactic Roundtable discussion group in 2009. We *are* the leaders now. Our time has arrived.

And always our new leadership will show up first in the deft and competent or maladept and incompetent ways we communicate.

In fact, for most of us reading this, our new leadership may almost entirely be conveyed in communication. Almost 90% of the contribution we make, and I say this as my opinion rather than a fact, is contained in our communications. When we operate on a global stage, it's not an unrealistic thing to see that we as leaders are what we speak. We are our word. We are our promises. We are our declarations. We are our assertions.

That is the way of leaders ... in my opinion.

### **Footnotes**

(1) "Archangel Michael: I See You! I Love You! I Will Engage," at <https://goldenageofgaia.com/spiritual-essays/the-role-of-twin-flames/archangel-michael-i-see-you-i-love-you-i-will-engage/>.

# Our Transformational Toolbox: Committed Speaking - Part 1/2

Aug. 30, 2018

<https://goldenageofgaia.com/2018/08/30/our-transformational-toolbox-committed-speaking-part-1-2/>



Some days ago, I fell into a funk from endless waiting. Fears of survival arose.

And I had to pull myself out.

I asked myself how I was going to do that.

I received the following message in the local Safeway, "I cannot let another day go by without writing something against pedophilia." (1) I was completely dumbstruck. Who said that?

The thought did not come from me. But when I tried it on, it fit. It described a way I was feeling so I adopted it.

It had already adopted me. When I reached home, I could not write on anything other than pedophilia. Leave our kids alone, you bullies. It was that basic. I still feel the grrrr's when I say it. A real Braveheart moment.

I'd like to leave aside the actual issue of stopping pedophilia and look at the process it was embedded in.

The articles I wrote did in fact pull me out of my funk. It's that way whenever I write articles like that. They shake me out of my bed of lethargy which I think of as "tolerance."

What's behind them is a mechanism of transformation that I really want to focus on here, as a tool in our transformational toolbox.

Werner Erhard called it "committed speaking." It has the power to "call us forth" or "presence the Self," as he'd say.

All three phrases are describing the same process, which, like all processes, is wordless and has no name. I call it, as Werner did, "transformation," because that's what the process is and results in. In my case, it had the power, the juice, to transform my experience - from a funk to fully present.

I can give you a second example of a transformational process. "Blessing" is such a process. When I go from blaming to blessing, it's as if, as in *Stargate*, I walk through a wall of heavy water and am out the other side.

"Committed speaking" means I express what I'm committed to. I express my commitment. And I come from it and honor it.

And that's indeed what happened at the Safeway. Beneficial results came almost immediately. The next day I realized the transformative quality of blessing and the next morning I landed up in a quiet mind.

Committed speaking does presence the Self.

Leave our children alone. It isn't OK anywhere on the planet to be abusing our children and it must stop. Everywhere on Earth.

It's as if committed speaking is a pole that allows us to vault over the wall of our resistance. The wall is based on some fear that's arisen in us. My fear was that, if this waiting period went on much longer, we might not be able to hang on. For me, I'm in a real test of faith.

The arising of the thought "I cannot let another day pass..." altered my mode and mood, my step, my routine, my part in the duet of One, as Ramesh Balsekar calls it.

It was a colossal "withhold," a secret, which I tied up my energy protecting. I can't stand what's happening to our children. Why does the world not stop what it's



doing immediately and take all necessary action to stop the harmful practices today? Who is delinquent? Who refuses to investigate?

It interrupted what was happening within me, took my focus off it, and refocused me on a noble goal that had been bothering me more than I could bear, anyways. This was the last straw. I fairly exploded when I let my energy out. But it was also the grain of sand that became a pearl.

Now is the time for committed speaking.

(Concluded in Part 2, tomorrow.)

### **Footnotes**

(1). I may have one or two words wrong. The memory of the wording is fading.

## **Our Transformational Toolbox: Committed Speaking - Part 2/2**

Aug. 31, 2018

<https://goldenageofgaia.com/2018/08/31/our-transformational-toolbox-committed-speaking-part-2-2/>



(Concluded from Part 1, yesterday.)

Committed speaking: How does it work?

To speak in a committed manner cuts through my fear, just as stamping my foot does. It calls Me forth. It presences the Self in a startling manner. I startle myself out of my lethargy in the same way that the sudden appearance of a commanding officer might.

That pulls me out of fear, depression, and dismay instantly.

The committed speaking in the Safeway pulled me out of the fear of survival that I had fallen into. Which happens every month round about this time.

And this "startle" effect set in motion a train of events.

The same thing (transformation) happened with blessing. First came committed speaking; then came blessing.

I was thinking about forgiveness regarding a distant relative; the next moment I heard "bless her." I have no native concept of blessing so the suggestion must have come from somewhere else.

And I did bless her and everyone else I could think of.

I was amazed to find that my mood shifted from being the troll under the bridge to being a normal, useful, loving citizen of this land.

The shift in my attitude was instantaneous when I shifted my perspective from forgiving to blessing. (1)

"Forgiving" assumes there's something wrong. "Blessing" is a pure bestowal of love energy on another, no fault, no blame, nothing wrong.

Blessing is the divine posture. The divine is a perpetual outflow of loving energy and sees nothing to forgive. (2)

Blessing as a mode of connecting with the world was so basic a shift in attitude for me that it utterly transformed my experience.

I was amazed at what I'd discovered ... or stumbled upon ... or been led to.

But as if that were not enough, the next morning I awoke to another miracle. I now had a quiet mind. And quiet emotions too. What a blessing that was. I who blessed the night before was blessed the morning after.

This progression of events, this unfoldment began with committed speaking and ended in a quiet mind (for however long it lasts). (3)

I don't think this progression of events would have happened in Werner's day (except very rarely). The vibrations were much denser than they are now. This for me shows up like distinctly-credible and -palpable evidence that the vibrations on this planet have risen.

I went through a process of unfoldment and thus can speak from experience. Committed speaking is the particular mechanism I used to call myself forth in this instance.

BUT at every step of the way, the leap vaulting I was doing was noticeable. The process was both faster and easier than it would have been thirty years ago. That may apply no matter what spiritual approach we use.

Another piece of evidence that the vibrations have risen - and again, as you'd expect with me, the evidence is internal - is the instant disappearance of feelings like worry, shame, and fear, perhaps a year ago.

Things are changing. In my opinion, the level of consciousness on the planet must be increasing for spiritual growth to be this fast.

For me, the important thing for now is to notice the mechanism by which spiritual unfoldment occurred: Through the use of committed speaking, I called myself forth or presenced my Self (my Higher Self, my soul, whatever it was) and thereby emerged (as my Self) from a Third-Dimensional funk over lack.

### **Footnotes**

(1) My inner experience "moves me" to alter or switch - in a most genuine way - my attitude and spirit; i.e., to willingly undergo transformation.

I experienced transformation twice during this process. The first occurred upon the realization that "blessing" was a divine modality and the second arose from speaking my commitment. Both of these are for me transformational practices and ways out of fear, dismay, and depression.

(2) Although the Divine Mother does forgive everything:

Kathleen: You forgive everyone so we forgive everyone.

Divine Mother: That is correct. No matter how heinous the crime, the action, it is forgiven. (Divine Mother to Kathleen Mary Willis through Linda Dillon, April 25th 2015.)

(3) In philosophy this line of evidence and inquiry might be called *verstehen* and "verifiable by me." It's inner evidence - discoveries, understandings, Aha! moments.

## Creating a Common Vocabulary – Part 1/2

January 28, 2024

<https://goldenageofgaia.com/?p=351480>



In creating a cross-cultural, interdimensional spirituality, we may find that we don't have a unified, integrated vocabulary with which to speak, across all cultural and religious boundaries, of the same phenomena in consciousness.

We're going to have to build one. And a large part of that work will be connecting the dots among the prevailing terrestrial and off-planet bodies of knowledge.

I'd like to connect three dots here. What I call "emergence," I assert, is the same as what Werner Erhard called "transformation," "going above the line between unconscious and conscious awareness," and "presencing the Self."

It's also the same as what Archangel Michael and the Mother call "ignitions," "stair steps," and, using my word, "snaps."

This article is too small a vehicle for me to do more than point at the correspondences and start the discussion. In a future article I'll compare them in more detail.

## **Emergence**

I defined emergence in 2013 as:

“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....

“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.” (1)

Emergence or standing forth happens in an instant. It happens because we find within ourselves what it takes (whom it takes?) to leave behind the victim, the abused child, the helpless one and stand forth as the peerless beings we are.

It happens because we take a stand on ourselves, call ourselves forth, etc.

## **Transformation**

The sudden breakthrough in consciousness that Werner Erhard calls “transformation” is the same sudden breakthrough in consciousness I’m pointing to. We suddenly emerge from whatever it is that’s holding us back, usually as a result of a flash of insight, recognition, or realization - major or minor.

The est Network describes it here:

"What happens in the training is a transformation – an essential shift in the context in which the facts, circumstances, and positions of one’s life are held.

“While it may take forever to alter the facts or content of one’s life, it actually only takes an instant to transform the context in which those facts are held – and to realize fully that the ability to transform is actually available to us at any moment.” (2)

What occurs as a result is that we, in Werner’s words, “go above the line” separating unconscious from conscious awareness. Let’s hear the notion applied to communication, by Communications Workshop leader Jed Naylor:

“Above the line [is] conscious awareness, experienced experience.

“Below the line [is] unconscious awareness, unexperienced experience.”  
(3)

“Above the line one is experiencing the other person’s experience. Below the line one is showing sympathy.” (4)

“Above the line there is the harmonious, intentional recreation of the other’s experience. Below the line is the exchange of agreed-upon symbols.” (5)

The result of the momentary transformation or emergence is that we stand forth now, for as long as the experience lasts, as more of the Self than we did (the process goes on almost forever).

Elsewhere, I made a list of several ways of presencing or calling forth the Self, mostly from Werner:

### **Ways to Presence the Self**

#### ***The Short Form***

1. Love

#### ***To Emerge, Unfold***

1. Share yourself; tell the truth; say what's so - harmlessly.
2. Share a withhold; expose yourself.
3. Wake up; be with someone; get present.
4. Take a stand; declare and commit yourself; recommit to your commitment.
5. Serve; make a difference; do something that really matters.

## *To Return to Wholeness, Integrity*

1. Be with it; sit with it like a brick in your lap; fully experience it; complete a barrier or an experience.
2. Be responsible for something you're disowning.
3. Clean up a perpetration; apologize; come clean; make amends
4. Stop avoiding something you're avoiding.
5. Get it, get off it, and get on with it; recreate it and get past it.
6. Forgive a perpetration.
7. Come from love. (6)

Transformations or emergences can be minor or major, everyday or earth-shaking. Short of Ascension, their impact will usually be temporary, although there are some lingering effects, as we'll hear Michael say, tomorrow.

What's the impact of this? We can now connect two bodies of literature, both claiming to speak about the process that leads to raising our consciousness, level by level:

Emergence = Transformation

### **Footnotes**

(1) "What is Emergence?" January 19, 2013, at <https://goldenageofgaia.com/2013/01/19/what-is-emergence/>

(2) Questions people ask about the est Training. San Francisco: est, 1977, n.p.

(3) est Communications Workshop Leader Jed Naylor, Oct. 1980.

(4) Loc. cit.

(5) Loc. cit.

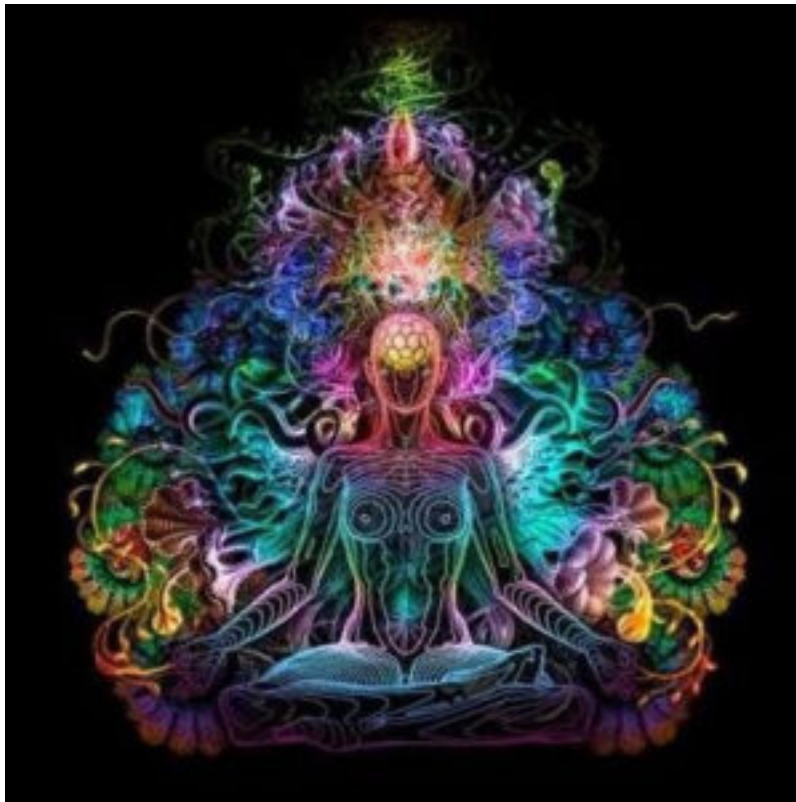
(6) "Why Is It So Hard to Do the Right Thing?" July 28, 2017, at <http://goldenageofgaia.com/2017/07/28/why-is-it-so-hard-to-do-the-right-thing-2/>.



## Creating a Common Vocabulary - Part 2/2

Jan. 28, 2024

<https://goldenageofgaia.com/2024/01/28/creating-a-common-vocabulary-part-2-2/>



(Concluded from Part 1, yesterday.)

### **Ignitions**

Let me introduce a third correspondence now, with what Archangel Michael calls “ignitions” or what I called “snaps.”

Here he calls these sudden discontinuities in consciousness “ignitions”:

Archangel Michael: You are simply growing into your expansion. That is really the substance of it. You are on a very fast track of expansion and that is why you are also experiencing the flare-ups, the ignitions. But as

you do so with each ignition you will also feel a greater sense of substance of who you really are. It is true [also] of the collective. (3)

I ask him about what I call "snaps":

Steve: I get that [Ascension] is gradual and then there's a sudden snap or many snaps; for instance, Brahmajnana [7th-chakra enlightenment] could be considered a snap. But before the way I saw it was that we simply would move forward in a gradual way and then we'd experience Sahaja Samadhi and then it's over. ...

Archangel Michael: Think of it in this way. You have experienced progressively, periods of unity [?D], of transformative love [7D], of ecstasy [12D], of bliss [8D] that you feel (and I emphasize feel) comes and goes.

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. (1)

He continues, using my metaphor of a "snap."

Archangel Michael: 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 [Ascension] portal. Now sometimes you're aware and sometimes you're asleep and sometimes you're off with me. That is what you are doing and that is what humanity is doing. (2)

Feeling lifted up a level is the lingering impact of an ignition or snap. Enhanced confidence and strength accompanies it.

But again, these two are what I mean by emergence was well. The impact of these snaps is that we emerge further from whatever is keeping our magnificence obscured.

### **Connecting the Three Dots**

We can now expand our connections

Emergence = Transformation = Ignitions

Emergence, transformation, or ignition is one portal into the higher dimensions. Other portals are the present moment, the heart, and the chakras. I'm sure there are many others as well.

Classical enlightenment theory deals only with the seven chakras. But the Mother tells us, all matters related to Ascension, all matters related to where we're going are beyond the seven-chakra system:

Divine Mother: Yes, it is beyond what you think of [as being] with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the [seven] chakra system, into the new. (4)

We're starting where terrestrial sages left off.

### **Footnotes**

(1) "Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>.

Note:

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

Archangel Michael: It is the seventh dimension.

Steve: Then what dimension is bliss?

AAM: It is between eight and nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

AAM: Then you have moved beyond [the twelve dimensions]. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.) (Hereafter AAM.)

(2) "Archangel Michael on Snaps, Expansion, and Ascension," June 6, 2017, at <https://goldenageofgaia.com/2017/06/06/archangel-michael-on-snaps-expansion-and-ascension/>

(3) AAM, May 6, 2013.

(4) "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/>.

# Communicate, Connect, and Correct in a Time of Restricted Movement

Jan. 30, 2024

<https://goldenageofgaia.com/2024/01/30/communicate-connect-and-correct-in-a-time-of-restricted-movement/>



*Austrian activist Max Schrems, "the law student who took on Facebook,"  
correcting European privacy laws*

Because of events outside and because the Earth Alliance has asked us not to impede their movements, our sphere of activity may be restricted at some point and for an undetermined length of time.

I invite us to use the time to communicate, connect, and correct anything we know about of what's happening.

We're said to be digital warriors. We're also said to be warriors of peace and truth. Let's put that energy to work.

## **Communicate**

Let's start communicating. Publicly, not with me. I'd sink under the email.

No matter the medium. No matter the offering. Art, music, photography, podcasts, whatever. Start to use what the Internet offers.

Take a stand for your own freedom of expression. Come online. Express yourself.

You can't write? Aggregate news. Post the latest stories on a thread or line of discussion on your site, like *Frontline Doctors* does, for instance.

## **Connect**

Through your communication, build online communities like Michael Ney is doing from Australia (1) and Arn Allingham (Zingdad) from South Africa. (2) Both of them building online communities.

Connect with birds of a feather, others interested in the same topic and doing the same research or other form of service.

Start your own online community, discussion group, forum, or similar "nest" for birds of a feather.

My work is best done in isolation so I leave this area to Mike, Arn, and those who follow in their footsteps.

## **Correct**

If tracking the news, post the corrected version on your site.

The truth is standalone. It doesn't need an army or money to maintain itself. It outlasts a lie. It continues to exist in the Akashic records. It cannot be erased or undone. The truth will endure.

A lie needs constant vigilance, maintenance, and damage control to continue to be accepted and endure, if even for a time. It puts constraints on our behavior, which truth doesn't ordinarily do. (3)

We're witness to a vast empire, founded on evil and lies, crumbling before our eyes. Evil is not a firm foundation in a world arising from, preserved by, and dissolving into love.

I'm not suggesting you slug it out with others. That for me would be a distraction and a detour. Speak through your site. Offer the corrected version from your sources. In a time of paid shills and "fact-checkers," we may need to ignore the criticism and ridicule.

Add to our evolving knowledge. Leave the stultifying public debate to those seeking "profile," to use Michael's word. (4)

I started this site on Wordpress in 2009 with no introduction, a basic knowledge of html, and that was it. Other than that, I was a writer, not an IT guy.

But I find everything about Wordpress straightforward and easy to use, for a predominantly-print journalist.

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Communicate, connect, and correct is like us addressing the wounds of society. While the patient is lying down, metaphorically speaking, the army of white cells (us) is healing its wounds. That's the order of the day in my books.

These things are something we lightworkers can do. It can be done under restricted circumstances. It keeps us out of harm's way and out of the white hats' way. It's what we're doing and seem to love to do anyway. (5)

When I think of the number of public swindles and false-flag operations that has gone down in my lifetime - the Kennedy assassination, the moon landing, Watergate, the Tonkin Bay incident, 9/11, Covid-19, climate change, weather warfare, chemtrails, etc., etc. - I believe we could use a "giant leap" for humanity right about now!

We are that giant leap!

### **Footnotes**

(1) Michael Ney is the founder of *Beyond Being Human*, reachable at <https://beyondbeinghuman.org/>.

(2) Arn Allingham (Zingdad) channels Adamu, is building ONEtribe, and is reachable at zingdad@gmail.com. See <https://www.youtube.com/watch?v=yW46QIDSLqQ>.

(3) Restraints may be necessary in wartime or other emergencies.

(4) Archangel Michael: As you assume profile – whether it is because of money or notoriety or political power or financial power, it matters not – it gives you a sense of being elevated. We would encourage you to take the elevator to the basement. Start there. (Archangel Michael in. a personal reading with Steve Beckow through Linda Dillon, July 22, 2016.)

(5) If you're reading this, you're already print-oriented and user-savvy. Take the next step.



# The Company of Heaven's Communication Strategy – Part 1/2

June 23, 2016

<https://goldenageofgaia.com/2016/06/23/company-heavens-communication-strategy-part-12/>



Lao Tzu said on *Heavenly Blessings* in 2013:

“We have not spoken of this before because it was not yet time.” (1)

Not yet time? Haven't spoken of it before? What else has the Company of Heaven (CoH) not spoken of before? Is it possible for us to know their communications strategy?

In an interview with the *Light Agenda's* Stephen Cook in 2012, Archangel Michael told Stephen that “information is not always a gift” and gave us four reasons why the Company of Heaven would not communicate something:

“Sometimes we could give you information and it would make absolutely no sense. ... When we have information of such portent that we know you won't understand, we tend to download it. ...

“There are other things that it is simply not for your highest good to know, either because you would turn away or halt your journey, or you would take a different road. ...

“[Moreover, if we tell you what lies ahead] you [won’t] live your life. You don’t participate and do everything that you intended to experience and do within your incarnation. ...

“Also, there is an assumption that we only have good news, that we always have good news. From where we sit, we are aware of tragedy, of death, of diversions in the path. Why would we tell you about that?” (2)

Sometimes the problem lies with our lack of balance, as AAM describes here. He begins by describing who’s here.

“You have gathered from far and wide, seraphs, archangels, those from the Outer Forces, the Inner Forces. It is a gathering the magnitude of which you are just glimpsing.” (3)

When we ask him “Well, Lord, why have you not spoken of this before?” he responds:

“Because you weren’t ready. Period. Within that sense of lack of self-worth and the ego out of control, you weren’t ready to have this conversation. You weren’t ready to be in that place of the balance, which is the place that you create from.” (4)

So swinging into the extremes of self-denigration and self-promotion keep us from being able to hear, understand or benefit from what the CoH might share. Where they see these conditions, they refrain from sharing about the deeper matters.

If we look on the other side of the ledger, he described the information the CoH would or does tend to give us: “In terms of a general sharing of information, we give you information that you can first understand and that will prod you along. ... Sometimes we will give you information because it will catalyze you to your next step.” (5)

Unfortunately we're attempting to glean a broad picture of a subject which, in this case, the Company of Heaven only refers to in occasional comments here and

there. So it isn't possible to see the whole of the subject yet. Additional research by others will be needed to fill in the blanks.

In one of those comments, AAM explained that the CoH tends to feed us information in bite-sized packages:

“In terms of human comprehension in this moment we need to feed or allow the opening of the understandings to the human Collective – we’re talking about the broad Collective now – to be in ‘bites’ that they can chew, swallow and integrate.” (6)

They may at times offer us information that they know we won’t understand. The Divine Mother explains why.

“There are parts of this, ... that you may not fully comprehend.

“Then you may say to me, ‘Well, Mother, why would you even speak of it?’ I speak of it as I speak of many things. I plant the seed, not merely of knowing, but of remembrance within me.

“As you water it with my clarity and grace, purity and love, it will sprout and it will grow, and you will come to know and understand, and expand in ways that are wondrous to you, to all, to me.” (7)

Archangel Michael gave us a glimpse into the different communicational ways the CoH might bring something forth.

“Sometimes it is slightly hidden. Sometimes it is a bit of a puzzle. Sometimes it is not immediately clear and other times it is crystal clear and it is presented on a silver platter arranged amongst the roses.

“And we will present these types of things, this variety of things, of situations, opportunities, growth patterns, etc. to humanity time and time and time again. (8)

“Too often, far too often, the offering is not accepted or picked up,” he tells us. “It is a gift not only to you but to us when the offering, when the opportunity, when the growth potential is seen, accepted, acted upon, nurtured and taken up.” (9)

What we can discern at this point is that the Company of Heaven's communications are definitely planned and guided. As the energies rise, the vibrations refine, and our capacities expand, they feed us more and more details of the picture of what's transpiring all around us.

(To be concluded in Part 2.)

### **Footnotes**

(1) "Transcript: Lao Tzu on Humility on Heavenly Blessings," April 26, 2013, at <https://goldenageofgaia.com/2013/04/transcript-lao-tzu-on-humility-on-heavenly-blessings/>

(2) "Transcript: Archangel Michael – The Light Agenda, December 19 2012, Final Episode," Dec. 20, 2012, at <https://goldenageofgaia.com/2012/12/20/transcript-archangel-michael-the-light-agenda-december-19-2012-final-episode/>.

(3) "Archangel Michael: You're Now Ready to Know Who is Here," April 10, 2013, at <https://goldenageofgaia.com/2013/04/archangel-michael-youre-now-ready-to-know-who-is-here/>

(4) Loc. cit.

(5) "Transcript: Archangel Michael – The Light Agenda," *ibid.*

(6) Archangel Michael in a personal reading with Andrew Eardsley through Linda Dillon, on April 15, 2016. (Hereafter, AAM.)

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

(8) AAM, Sept. 30, 2015.

(9) Loc. cit.

# The Company of Heaven's Communication Strategy – Part 2/2

June 24, 2016

<https://goldenageofgaia.com/2016/06/24/company-heavens-communication-strategy-part-22/>



(Concluded from Part 1.)

In terms of their communication strategy, when, why and how do they intervene with us as individuals?

The Arcturian Group gives an example. In this instance of intervention, they don't communicate with us by words. When our spiritual longings begin to open up, they tell us, “you may be guided to a book or a class as new directions unfold for you.”

(1)

Another of the times they intervene, the Arcturian Group tells us, is when we need a wake-up call. They give the example of us clinging to old beliefs.

“Old beliefs are often held long after they no longer serve, simply because an individual has never felt it important to take a good look at himself or

question his belief system. This is when a 'wake up call' may manifest."  
(2)

Archangel Michael implied that my prostate surgery was just such a wake-up call - to get me to stop, rest and relax.

"My beloved brother, if you had moved [at] the speed of light and love that you were travelling at prior to this invasive surgery, and then all the shifts began, you would have, for a period of time, been running at the speed of light and love but your physical body would have had difficulty keeping up.

"So two things have happened. Well, a number of things have happened. First of all you have been forced - invited? - Into a period of reconstitution of a rest, of remembering what rest feels like; not just because of pain. ...

"Was it important to have the seeds of cancer removed? Yes. But even more important was to have you come pretty much to stillness." (3)

Seeing how little attention I was paying to things like rest and relaxation and then seeing its results as well, which he's been talking to me about for years, was definitely a wake-up call for me.

He's sharing this information with me, but ordinarily we wouldn't know about these interventions.

The Arcturians offer an example of the rigid and demeaning beliefs that were forced on us in the past, that we're now emerging from, with the help of their wake-up calls.

“You are Divine beings in your real identity and therefore have infinite sources of ideas and ways of doing and being. The problem has been that you have not known this and most were not ready to know this until now. In your ignorance you have believed yourselves to be less than the lowest.

“Churches taught that you were worms in the dust until you performed certain rituals or believed certain doctrines. In your ignorance, you accepted this, freely giving your power to those who would then claim it

for themselves, convincing you that only they knew what was best for you.” (4)

As our understanding increases, their strategy changes. The CoH now engage us in more of a discussion than a soliloquy, as Sanat Kumara revealed:

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

On another occasion he informed us that “we are at the point where we can have this broader, deeper conversation on the meaning of the journey.” (6)

AAM also informed us that “we have not spoken of this of a great deal but now you’re in a place where you will understand exactly what I am saying.” (7)

“Because of the expansion that you are experiencing, your being, not merely your mind or your heart consciousness, or your emotional body, but the totality of your being is more prepared to receive and integrate the information that I speak of now.” (8)

The CoH has been holding back some discussions until we'd expanded to a place where we could understand them. And as the energies rise, we're becoming better able to do that and act as their partners.

As another indication of our progress, the Arcturian Group told us, “you have gone beyond needing others to tell you what is truth and what is not – you have achieved that state of consciousness where you can be taught from within.” (9)

Being led, being guided, being inspired from within are now open to us as avenues of learning. Hindus would say that the Atman (the inner Self or Christ) *is* the guru. We are now ready to be taught by the Atman, our Highest Self. We can feel its urgings.

Some of us may find the CoH's truths too difficult to grasp. What are they talking about anyways? If so, who do they recommend we consult?

AAM says, under those circumstances, we should turn to terrestrial enlightened sages, most of whom, he says, communicate the intermediate truth, the truth short of that which they'd know if they'd have had Sahaja Samadhi. (10)

“Do not despair, Beloveds, if you have been led to our current teachings and they prove to be too difficult to understand.

“Our many messengers of Light [terrestrial sages] have labored tirelessly to bring forth our wisdom teachings that address the basic tenets of spirituality through the many intermediate levels, and now to the current advanced cosmic teachings.

“If you will seek out these past messages, you will find your own level of understanding and you may comfortably proceed from that level forward.”  
(11)

If that interests you, a bibliography of one of these groups - enlightened sages - can be found here: [https://goldengaiadb.com/FDL\\_Bibliography](https://goldengaiadb.com/FDL_Bibliography)

And their enlightenment teachings can be found here: [From Darkness Into Light](#)

An example of higher-dimensional beings addressing terrestrials in a format intended for the general population (i.e., intermediate knowledge) can be found in *New Maps of Heaven* here: [https://goldengaiadb.com/Reincarnation\\_and\\_the\\_Purpose\\_of\\_Life](https://goldengaiadb.com/Reincarnation_and_the_Purpose_of_Life).

These are channeled messages from an earlier era. They're more of an introductory nature, but on the same topics discussed, more recently, here; eg., Silver Birch, White Cloud, etc.

In summary, there are things that the Company of Heaven will not convey to us. There are matters which because we've made ourselves less than or more than, they've refrained from communicating until we have the necessary balance. There are matters which we weren't intellectually ready for before which we are ready for now.

They've tended to feed us information in bite-sized packages. Sometimes they deliberately feed us info that we cannot understand to tantalize us and set us to



work figuring things out. Sometimes they cause a book to drop before us to send us in new directions or give us a wake-up call when we need it.

Now our progress means they can have a dialogue with us rather than only a soliloquy.

For those of us who cannot comprehend the whole of their message, they recommend that we start with our terrestrial sages or earlier channels and work up to their non-dual, universal teachings.

### **Footnotes**

(1) The Arcturian Group, April 12, 2015, at <https://at https://www.onenessofall.com/>

(2) Personal Reading with Archangel Michael and Steve Beckow through Linda Dillon, May 27, 2016. (Hereafter, AAM.)

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

(4) Ibid., Aug. 16, 2011.

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

(6) "Transcript: Sanat Kumara" The Only Litmus Test is Love," at <https://goldenageofgaia.com/2015/04/10/sanat-kumara-the-only-litmus-test-is-love/>

(7) AAM, March 13, 2015.

(8) AAM, Jan. 3, 2014.

(9) The Arcturian Group, Aug. 3, 2014.

(10) Very few of our sages have achieved Sahaja Samadhi, which is the stage of enlightenment that all achieve once we're some distance into the Fifth Dimension. Those who know only Brahmajnana, a lesser stage, are said to be "halfway up the mountain." They're not liberated until Sahaja.

(11) "Archangel Michael – 'Hold Steady, Beloveds,'" transmitted through Ronna Herman, Feb. 28, 2013, at <https://www.ronnastar.com/messages-aam/latest.html>

## Archangel Michael on Archangelic Communication

September 7, 2016

<https://goldenageofgaia.com/2016/09/07/archangel-michael-archangelic-communication/>



*Sometimes people have readings, not with Linda, and come back with reports that their channeled source has criticized me.*

*Apart from the bruised ego, I don't think an archangel would say negative things about a terrestrial.*

*I asked Archangel Michael in my last reading what happened in the two instances I was made aware of and requested that the archangel who was alleged to have made the comments attend and clarify what had occurred.*

*If I were to name the archangel, I would be identifying the channel as well, and I'd like to avoid that.*

*Here's Archangel Michael's answer on whether it's credible to think that an archangel would pan a terrestrial in a reading with a third party.*

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*From Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 2, 2016.*

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Archangel Michael: Make no mistake about it. None of us - not [ascended] master or Angel, Archangel, or Seraphim, in the true clarity of our beingness, would nay-say any being. Let us be clear about this.

Now the individuals [seeking the reading] have and can have influence - shall we put it that way - upon a channel and then there is the human translation factor as well. So in some ways there is a double whammy, if you would.

We do not speak in this way, shape, or form. It is not of love. It is not of wholeness. It is not who we are.

Yes, when you are in harm's way, when you are about to press the button on the war machine, there is intervention at times. The intervention comes in the middle, not prior to.

But we do not give these dark, maligned readings. It is that simple.

So if this impression was not present, both within the receiver and the channel, it would not come forth this way. It is not of truth and it is not of love.

Z, this bright Archangel, is an ally and that is how he wishes to be considered and treated. Not as foe, not as enemy, not as a nay-sayer, not as a human, (1) and certainly not as one that has need to be taken to task.

If there are issues that have need to be clarified, it would be with A [channel] or B and C [persons seeking the reading]. So when you hear - and you have heard a variety of things - this type of information, you have been correct to simply go to your heart, and your mind for that matter, and say, "Does this feel or ring true to me"?

It is not that you do not know your own shadow self. It is not that you have not done your work.

[It is] that [that] is simply not an area that we talk about to a third or fourth or fifth party. It is not our way. And it is not the way of service. It is not the way of love and it is not what the Mother dictates.

This is a very good litmus test for you in many regards because you and I are also the gatekeepers of this beautiful platform [Golden Age of Gaia]. So when it does not feel as truth, as expansion, as love, then we would suggest that you simply dismiss, forgive and continue on.

Steve: Okay, let me leave it at that then and thank you very much to you and to [Archangel] Z for clarifying that for me.

AAM: We both give you our love.

Steve: Thank you very much. Thank you, Z.

### **Footnotes**

(1) To be a 3D human would be to be conflict prone. Not something found among transcendent archangels.

# **A Concise Guide to Nonviolent Communication**

Fred Burks, September 7, 2019

<https://goldenageofgaia.com/2019/09/07/a-concise-guide-to-nonviolent-communication/>



[https://www.wanttoknow.info/inspiration/nonviolent\\_communication\\_summary\\_nvc](https://www.wanttoknow.info/inspiration/nonviolent_communication_summary_nvc)

Dear friends,

## **Nonviolent Communication Summary**

Nonviolent communication (NVC) is one of the most powerful tools available for transforming our lives and world. The below summary provides a concise explanation and easy-to-follow instructions for how to use these techniques to better manage interpersonal conflicts that come up in your life.

I highly recommend, before reading the summary below, that you watch the inspiring 10-minute video of NVC founder Marshall Rosenberg available [here](#).

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These principles have been incredibly helpful to me in dealing with challenging relationship situations in my life.

With very best wishes,

Fred Burks for the PEERS empowerment websites

Note: Marshall Rosenberg sadly died of prostate cancer on Feb. 7, 2015.

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## **Nonviolent Communication Primer**

By Inbal and Miki Kashtan

### ***Introduction to Nonviolent Communication***

Nonviolent Communication (NVC) has been described as a language of compassion, as a tool for positive social change. NVC gives us the tools to understand what triggers us, to take responsibility for our reactions, and to deepen our connection with ourselves and others, thereby transforming our habitual responses to life. Ultimately, it involves a radical change in how we think about life and meaning.

Nonviolent Communication is based on a fundamental principle: Underlying all human actions are needs that people are seeking to meet. Understanding and acknowledging these needs can create a shared basis for connection, cooperation, and more harmonious relationships on both a personal and global level. Understanding each other at the level of our needs creates this possibility because, on the deeper levels, the similarities between us outweigh the differences, giving rise to greater compassion.

When we focus on needs – without interpreting or conveying criticism, blame, or demands – our deeper creativity flourishes, and solutions arise that were previously blocked from our awareness. At this depth, conflicts and misunderstandings can be resolved with greater ease.

The language of Nonviolent Communication includes two parts: honestly expressing ourselves to others, and empathically hearing others. Both are expressed through four components - observations, feelings, needs, and requests – though observations and requests may or may not be articulated.

Practicing NVC involves distinguishing these components from judgments, interpretations, and demands, and learning to embody the consciousness embedded in these components. This compassionate approach allows us to express ourselves and hear ourselves and others in ways more likely to foster understanding and connection. It allows us to support everyone involved in getting their needs met, and to nurture in all of us a joy in giving and in receiving.

The practice also includes empathic connection with ourselves - "self-empathy." The purpose of self-empathy is to support us in maintaining connection with our own needs, thus encouraging us to choose our actions and responses based on self-connection and self-acceptance.

NVC was developed by Dr. Marshall B. Rosenberg, who has introduced it to individuals and organizations world-wide. It has been used between warring tribes and in war-torn countries; in schools, prisons, and corporations; in health care, social change, and government institutions; and in intimate personal relationships. Hundreds of certified trainers and many more non-certified trainers around the world are sharing NVC in their communities.

### ***The Components of Nonviolent Communication***

#### *1. Observations*

Observations are what we see or hear that we identify as the stimulus to our reactions. Our aim is to describe what we are reacting to concretely, specifically and neutrally, much as a video camera might capture the moment. This helps create a shared reality with the other person. The observation gives the context for our expression of feelings and needs.

The key to making an observation is to separate our own judgments, evaluations or interpretations from our description of what happened. For example, if we say: "You're rude," the other person may disagree, while if we say: "When you walked in you did not say hello to me," the other person is more likely to recognize the moment that is described.

When we are able to describe what we see or hear in observation language without mixing in evaluation, we raise the likelihood that the person listening to us will



hear this first step without immediately wanting to respond, and will be more willing to hear our feelings and needs.

Learning to translate judgments and interpretations into observation language moves us away from right/wrong thinking. It helps us take responsibility for our reactions by directing our attention to our needs as the source of our feelings, rather than to the faults of the other person. In this way, observations – paving the way towards greater connection with ourselves and with others – emerge as a crucial building block towards more meaningful connection.

## *2. Feelings*

Feelings represent our emotional experience and physical sensations associated with our needs that have been met or that remain unmet. Our aim is to identify, name and connect with those feelings. The key to identifying and expressing feelings is to focus on words that describe our inner experience rather than words that describe our interpretations of people's actions.

For example: "I feel lonely" describes an inner experience, while "I feel like you don't love me" describes an interpretation of how the other person may be feeling. When we express our feelings, we continue the process of taking responsibility for our experience, which helps others hear what's important to us with less likelihood of hearing criticism or blame of themselves. This increases the likelihood that they will respond in a way that meets both our needs.

A list of feelings to explore is available [here](#).

## *3. Needs*

Our needs are an expression of our deepest shared humanity. All human beings share key needs for survival: hydration, nourishment, rest, shelter, and connection to name a few. We also share many other needs, though we may experience them to varying degrees, and may experience them more or less intensely at various times.

In the context of Nonviolent Communication, needs refer to what is most alive in us: our core values and deepest human longings. Understanding, naming, and connecting with our needs helps us improve our relationship with ourselves, as

well as foster understanding with others, so we are all more likely to take actions that meet everyone's needs.

The key to identifying, expressing, and connecting with needs is to focus on words that describe shared human experience rather than words that describe the particular strategies to meet those needs. Whenever we include a person, a location, an action, a time, or an object in our expression of what we want, we are describing a strategy rather than a need.

For example: "I want you to come to my birthday party" may be a particular strategy to meet a need for love and connection. In this case, we have a person, an action, and an implied time and location in the original statement.

The internal shift from focusing on a specific strategy to connecting with underlying needs often results in a sense of power and liberation. We are encouraged to free ourselves from being attached to one particular strategy by identifying the underlying needs and exploring alternative strategies.

Feelings arise when our needs are met or not met, which happens at every moment of life. Our feelings are related to the trigger, but they are not caused by the trigger: their source is our own met or unmet needs. By connecting our feelings with our needs, therefore, we take full responsibility for our feelings, freeing us and others from fault and blame.

And by expressing our unique experience in the moment of a shared human reality of needs, we create the most likely opportunity for another person to see our humanity and to experience empathy and understanding for us.

A list of needs to explore is available here. It is offered as a resource for identifying and experiencing your own needs and guessing others' needs. The needs on this list appear in their most abstract, general and universal form. Each person can find inside herself or himself the specific nuance and flavor of these broader categories, which will describe more fully her or his experience.

#### *4. Requests*

In order to meet our needs, we make requests to assess how likely we are to get cooperation for particular strategies we have in mind for meeting our needs. Our

aim is to identify and express a specific action that we believe will serve this purpose, and then check with others involved about their willingness to participate in meeting our needs in this way.

In a given moment, it is our connection with another that determines the quality of their response to our request. Therefore, when using NVC, our requests are "connection requests," intended to foster connection and understanding and to determine whether we have sufficiently connected to move to a "solution request."

An example of a connection request might be: "Would you tell me how you feel about this?" An example of a solution request might be "Would you be willing to take your shoes off when you come in the house?" The spirit of requests relies on our willingness to hear a "no" and to continue to work with ourselves or others to find ways to meet everyone's needs.

Whether we are making a request or a demand is often evident by our response when our request is denied. A denied demand will lead to punitive consequences; a denied request most often will lead to further dialogue. We recognize that "no" is an expression of some need that is preventing the other person from saying "yes".

If we trust that through dialogue we can find strategies to meet both of our needs, "no" is simply information to alert us that saying yes to our request may be too costly in terms of the other person's needs. We can then continue to seek connection and understanding to allow additional strategies to arise that will work to meet more needs.

To increase the likelihood that our requests will be understood, we attempt to use language that is as concrete and doable as possible, and that is truly a request rather than a demand. For example, "I would like you to always come on time" is unlikely to be doable, while "Would you be willing to spend 15 minutes with me talking about what may help you arrive at 9 am to our meetings?" is concrete and doable.

While a person may assent to the former expression ("Yes, I'll always come on time"), our deeper needs – for connection, confidence, trust, responsibility, respect, or others - are likely to remain unmet. If someone agrees to our request out of fear, guilt, shame, obligation, or the desire for reward, this compromises the quality of connection and trust between us.

When we are able to express a clear request, we raise the likelihood that the person listening to us will feel that they are given a realistic choice in their response. As a consequence, while we may not gain immediate assent to our wishes, we are more likely to get our needs met over time because we are building trust that everyone's needs matter. Within an atmosphere of such trust, goodwill increases, and with it a willingness to support each other in getting our needs met.

Learning to make clear requests and shifting our consciousness to making requests in place of demands are very challenging skills for most people. Many find the request part to be the hardest, because of what we call a "crisis of imagination" – a difficulty in identifying a strategy that could actually meet our needs without being at the expense of the needs of others.

Even before considering the needs of others, the very act of coming up with what we call a positive, doable request is challenging. We are habituated to thinking in terms of what we want people to stop doing ("don't yell at me"), and how we want them to be ("treat me with respect") rather than what we want them to do ("Would you be willing to lower your voice or talk later?").

With time, and a deeper connection to our needs, our creativity expands to imagine and embrace more strategies. This fourth step in NVC of making a concrete request is critical to our ability to create the life we want. In particular, shifting from demands to requests entails a leap in focus and in faith: we shift from focusing on getting our needs met, to focusing on the quality of connection that will allow both of our needs to truly matter, and ultimately also to be met.

## **Empathy**

Expressing our own observations, feelings, needs and requests to others is one part of Nonviolent Communication. The second part is empathy: the process of connecting with another by guessing their feelings and needs.

Empathic connection can sometimes happen silently, but in times of conflict, verbally communicating to another person that we understand their feelings and that their needs matter to us can be a powerful turning point in problem situations.

Demonstrating that we have such understanding doesn't mean we have to sacrifice our own needs. Connecting empathically with another person can be a catalyst to

meeting our needs for understanding, connection, contribution, or others. At the same time, empathy can be a powerful tool to meet the other person's needs. The ability to understand and express the other person's feelings can aid us in finding strategies that meet both of our needs.

The language of NVC often helps us relate with others, but the heart of empathy is in our ability to compassionately connect with our own and others' humanity. Offering our empathic presence, in this sense, is a means through which we can meet our own needs. It is a gift to another person and to ourselves of our full presence.

When we use NVC to connect empathically, we use the same four components in the form of a question, since we can never be certain of what is going on inside the other. We respect that the other person is the ultimate authority on what is going on for them.

Our empathy may meet other people's needs for understanding, or it may spark their own self-discovery. We may ask something like:

- Observation: When you [see, hear, etc] ....
- Feeling: Are you feeling .....
- Need: Because you need .....
- Request: And would you like .....?

In an ongoing process of dialogue, there is often no need to mention either the observation (it is usually clear in the context of communication) or the request (since we are already acting on an assumed request for empathy). We might get to guessing a request only after we have connected more and are ready to explore strategies.

In the process of sharing empathy between two people, if both parties are able to connect at the level of feelings and needs, a transformation often happens in which one or both parties experience a shift in attention. This can lead to a shift of needs or generate new reserves of kindness and generosity. In seemingly impossible situations, it can even open us to remarkable bursts of creative solutions that were unimaginable when clouded by disconnection.

## **Self-Empathy**

Both expression of our own feelings and needs, and empathic guesses of others' feelings and needs are grounded in a particular awareness which is at the heart of nonviolent communication. This awareness is nurtured by the practice of self-empathy.

In self-empathy, we bring the same compassionate attention to ourselves that we give to others when listening to them using NVC. This means listening through any interpretations and judgments of ourselves that we are making in order to clarify how we are feeling and what we are needing.

This inner awareness and clarity supports us in expressing ourselves to others, or receiving them with empathy. It allows us to make a request to ourselves about where we want to focus our attention.

The practice of NVC entails an intention to connect compassionately both with ourselves and with others, and an ability to keep our attention in the present moment - which includes being aware that sometimes in this present moment we are recalling the past, or imagining a future possibility.

Often self-empathy comes easy, as we access our sensations, emotions and needs, to attune to how we are. However, in moments of conflict or reactivity to others, we may find ourselves reluctant to access an intention to connect compassionately, and we may falter in our capacity to attend to the present moment.

Self-empathy at times like this has the power to transform our disconnected state of being and return us to our compassionate intention and present-oriented attention. With practice, many people find that self-empathy alone sometimes resolves inner conflicts and conflicts with others as it transforms our experience of life.

### Summary of Principles of Nonviolent Communication

(From <https://www.wikihow.com/Practice-Nonviolent-Communication>)

State concrete actions you observe in yourself or the other person.

State the feeling that the observation is triggering in you. Or, guess what the other person is feeling, and ask.

State the need that is the cause of that feeling. Or, guess the need that caused the feeling in the other person, and ask.

Make a concrete request for action to meet the need just identified.

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The above is a slightly edited version posted here with permission. Please contact the Kashtans if you are interested in posting this material elsewhere. For the Center for Nonviolent Communication website, see [www.cnvc.org](http://www.cnvc.org). For an inspiring 10-minute video of NVC founder Marshall Rosenberg click [here](#).

The above is an essay from one of the free Personal Growth Courses offered by PEERS

## ⌘ Sharing ⌘



# Sharing the Truth

Dec. 8, 2009

*Introductory message at the commencement of Share 11 (Share the Truth):*

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-the-truth/>



No matter how much truth I see, hear or know, there is virtually always more truth to go.

Life is arranged in dimensions of truth. The dimension of truth that my awareness is centered in at the moment is known as the "Third Dimension" or "Third Density." Having my being centered there limits the degree of truth that I'm able to become aware of.

In all of my wanderings through dimensions of truth, what is important to me is my truth.

That is not to say that another's truth is not important.

But the arena in which my knowing of truth expands is inside myself. As Jesus said, "the Kingdom of Heaven is within." To know God, I must first know myself - the truth of myself - which, in the end, turns out to be God.

The aim of my communications to others, at least in the beginning of my establishing relations with them, is to share the truth of myself.

I want that aim to be to share the truth of myself as transparently and deeply as I can.

I think of a "share" as being the communicating of the truth of myself.

A "share" is not my view of you. It isn't my advice for you. It has nothing to do with you and everything to do with me.

Why is this exercise so valuable? Here again I turn to the Master. Jesus said: "The truth shall make you free." My telling the truth about myself releases me from the grip of any unfinished business I have in the area in question.

The truth causes release or relief. Why it is that way you'd have to ask the Creator. For the Creator made the world so that truth releases and falsehood ensnares.

Since the purpose of life is enlightenment, or the knowledge of ultimate Truth, which is the knowledge of the Creator Itself, I can well imagine why life would be designed so that the Truth would set us free.

But, just as in the big picture, knowing the ultimate Truth sets us free from the need to be reborn and unites us with God, so in the small picture of my own life, the simple truth of my circumstances sets me free from the unwanted conditions that a lack of truth has set up for me.

That's what makes the process of sharing my truth so valuable.

The way out of unwanted conditions and old business is to tell the truth - my truth.

That truth will set me free.

And so I share myself with you, deeper and deeper.

And, in that process, I experience more and more release. Who I am, underneath the masks and the repertoires, becomes revealed. I stand forth as the One I am.

Later, once our relationship is established on the basis of the truth of who we are, we take up our tools and create whatever it is we came together for.

We work as a team to make workable an element of the world's unworkability. We serve the Divine Plan, in some way that our relationship makes possible.

Having shared the truth together, having "gotten to know each other" as our truths, having smoked the metaphorical peace pipe together, we have a solid foundation for our work together.

# All Shares Are Born Equal

March 6, 2009

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/all-shares-are-born-equal/>



A “share” happens when I tell the truth about myself. That truth may be a felt truth, a believed truth, a known truth, a perceived truth, etc. What one share holds in common with another is its relationship to the truth – my truth.

I use “shares” as the major tool of my emergence. I use my shares to strip off layer after layer of the onion of self-protection until what is left is nothing but transparency.

I retreat from sharing when I feel my survival, or the survival of anything with which I identify, seems at stake. The more I’m into survival, the less I share, unless I break through (i.e., emerge).

Usually when I haven’t shared, the reason is the same: I fear you. I fear what you will do to me. I fear giving you information about myself. I’m protecting myself from you.

A share is not a download of factual information. It is not a scientific assertion. It is not the “truth” about someone else. A share is the truth about me, from me, to you. Your share would be the truth about you, from you, to me.

My share is neither more nor less important than yours. As far as I’m concerned, all shares are born equal. Shares are the great equalizer. King or commoner, everyone has a truth to tell. I seldom tire of listening to your truth.

A share is only “verifiable by me.” I’m the expert on what I’m feeling inside this rental unit. You may know my habits, my acts, my opinions, but you’ll probably never know the truth for me.

And even if you think you do, whether or not that is actually the truth for me is something only I can say. Even if I lie, I remain the last word on what the truth really is for me.

Where I’m at with my life is where I’m at. It is neither better nor worse than where you’re at with yours. All of us go through the same steps from God to God. Some of us were released as sparks earlier than others. But all travel the same general road to the same specific Destination.

If I am in Seattle and you are in Chicago, if my time zone is Pacific Standard and yours is whatever it is, what difference? The same with shares.

Something shared is past. Release comes only from the next share. The value that I receive from sharing is not something I can put in a piggy bank. Yesterday’s share is gone. Everything now rests on the share of this moment.

I know when I’ve shared the truth because I feel release. The truth has set me free. I know when I haven’t shared the truth because I feel stress. Moving away from the truth has further bound me.

My share, to be of any value, does not rip your face off. Since a share is about myself, staying with myself is one sure way to see that harmlessness prevails. Sharing maximizes harmlessness. If my sharing harms, there is no value to it.

Sharing takes me away from blame-based communication by centering my attention on me. I hear your share. I acknowledge it and mirror it back to you. Then

I respond with how it is for me. After a while, I no longer mind your business. The increasing release I feel from sharing captures my attention.

Hopefully you will no longer mind my business too, but the bigger gain is simply for me to keep on sharing no matter what you do.

Shares have their time and place. The traffic cop and the bus driver may not want to share with me. Air traffic controllers do not share with each other. I wouldn't want a medic to collapse in tears at the sight of suffering, sharing how it is for him or her.

President Obama may, on occasion, not want to be transparent for the good of the nation. Not all the world's business can be conducted through sharing, although an increase in sharing probably wouldn't hurt.

Emergence is the name of the game for me. Your emergence is what I'm here for (mine too). I am a space to receive your share and in which the truth of mine arises.

# The Design Principle that Underlies Sharing

July 26, 2011

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-design-principle-that-underlies-sharing/>



Life has a design. There are principles that underlie that design and we can know those principles.

I suggest that one of the design principles of life is a longing for liberation that keeps the individual moving through lifetime after lifetime towards God, seeking God, thirsting for God.

Another design principle is reincarnation, which sees an individual incarnate, “live” for a while, leave the body, rest for a while on the Astral or Mental Planes, and then reincarnate.

A third principle is that life is designed to return to us what we do to another, for our education. This principle is called a natural law, the Law of Karma. But all of these are design principles of life.

The design principle I'd like to discuss here is the one that underlies the process of sharing and ensures that sharing has its effect on us.

That design principle is encapsulated in the following sentence from Jesus: The truth will set you free.

Sharing means sharing the truth about yourself, or about a situation you're in, or something else personal to you. It doesn't mean sharing about Joe or Mary. "Hey, Joe cheats at cards. Hey, Mary is married and has a lover." Not sharing. Gossiping.



Why does the truth set us free generally? Because it reflects the fact that what life is all about is finding out the truth about ourselves, which, if we do, sets us free from needing to exist "separately" from God.

Apparently God wanted to know Him/Her/Itself and so He/She/It created life forms and assigned them the purpose of knowing themselves. Each time a life form knows itself, God meets God, and for that meeting was all of life created.

This I know from my vision experience in 1987. (1) I know only one thing in life and that is this: The purpose of life is enlightenment. I know that for certain and that's the only thing I know for certain. I knew that as communicated by Someone, accompanied by bliss, and known without doubt. But it is the only thing in life I know without doubt.

The purpose of life is that we should know the truth of our authentic nature, our original face. We are God. You are God. I am God. That plant is God. Everything is God.

God so designed life, in my opinion, that each time we discover more about the truth of ourselves, we're set more free from some unwanted condition we're in.





More truth, more freedom, until we realize the Absolute Truth and we are Absolutely Free.

Let me repeat that because it's important: If we share a small truth, it will set us free from a small condition; a big truth and it will set us free from a big condition; the Absolute Truth and it will set us free absolutely from all conditions. Previously that was one way for the individual to become enlightened and, I presume, eventually to ascend to a higher dimension.

Sharing is telling the truth. No truth, no release. If I want to know if what I shared was the truth, all I need to do is see if I feel increased relief or release. No release, no truth.

It's very simple to do and very simple to check. Hey, I shared? Any release? No, well, that wasn't the truth. What is the truth? Let me look.

So the object of sharing is to introduce truth into matters. Here is the truth about me, as far as I can see it, as far as I'm aware of it, etc.

When I share the truth about me, when I share the dirty little secrets about me that I hide (as Werner Erhard used to put it), which are dirty only because I refuse to share them, I am set free from ignorance, or withholding, or suppression, or inhibition.

Werner used to say: Put the truth in the place of the truth and the unwanted condition disappears.

So one of the values of a discussion group, especially one on Ascension, is that I get to share about me in here.

“Hey, I'm scared to share.”

“Hey, I have this important job and, when I do it, I don't know what I'm doing and I think I'll get fired if I reveal that.” (You probably will.)

“Hey, I think tomorrow I'm going to wake up and the world will be gone.”

Whatever the withheld information or the deep, dark secret is.

Our power is tied up in our secrets. They run us. They keep us small. We tie up a great deal of energy in deflecting attention from them instead of just acknowledging them. We use up a lot of energy hiding from the truth.

“Hey, I think I'm gay.”

“I'm afraid of burning in hell.”

“I've actually been aboard a spacecraft.”

“I'm not from this planet.”

Whatever. Our power is tied up in our secrets. Sharing the truth should, if I'm correct, set us free from inhibition, suppression, fear, denial, drama, make-believe, and any other condition that has us be out of alignment with ourself, the truth, and the world.



*Very young children don't know how to lie.  
But unfortunately they learn*

Now for the caveats. First caveat: You don't want to share where sharing will place you in jeopardy.

I'm not going to go to the airport, approach the TSA grope, and shout: "There is no war on terror. There never was a war on terror. 9/11 was a CIA, black-ops, false-flag operation. Rogue elements of the government are the 'terrorists.'" Not smart. Don't share with the TSA.

Not smart to share what will bring you ridicule. "Hey, I'm from the 115th Dimension." Not smart to share. Guaranteed to bring ridicule.

And there are other shares, secrets, and situations that are not smart to be shared. So one does need to be prudent. And the individual is responsible for exercising that prudence.

Second caveat: If you share from a victim place, you're only perverting the process of sharing. If you share and your share is a lie, if you'll forgive me for being blunt, then no pass.

For me to lie and then say, "Hey, I experienced no release, but I shared." No pass. No "Go." No \$200.

I have to share the truth or this process will not work. To represent myself as a victim, unless I really am a victim (say, of crime), is not the truth of my situation. For instance, "you made me do it": not usually the truth. No pass, no release, no \$200.

And there are other caveats, which I'll share whenever I remember them. I just know there are others.

Sharing the truth (the meaning of "Share11," by the way) is, in my view, the way of the Fifth Dimension, of Ascension, and the New Paradigm. At least I'm willing to bet my last paper dollar on it.

We've heard the Company of Light say that Fifth-Dimensional beings speak only the truth. Here is SaLuSa on the matter:

"Would you really expect us at our level to tell other than the truth? I doubt it, as you are sufficiently evolved to recognize the truth in what we give

you. We are your mentors and in a dimension that you are soon to rise up to, where only the truth exists. It is such that the truth is naturally spoken in all matters, and even if we could speak otherwise it would be immediately recognized for what it was.

“That will be one lesson that you could work on now as humans are prone to talk around the truth, or present it in such a way that it is hardly recognizable. Try it until you never give it a second thought, as it is clearly not easy to suddenly change the habits you have developed. Remember also that in the higher dimensions it is impossible for a lie to be undetected in as much that your thoughts can be read. It is easier to be truthful once you are there and find that no one is judging another person, as Unconditional Love does not seek to condemn or find fault.” (2)

Well, QED, huh? (Quod est demonstratum: This is shown,demonstrated, or proven - I think!)

So, if I'm recommending sharing the truth in here, it's as a preparation for all that comes later.

No, we cannot see your aura to know if you're telling the truth. But you can feel the impact of your share on yourself and so *you'll know* if what you said was the truth or not. Share the truth about yourself. And, for those who listen, don't fix, don't counsel, don't commiserate. Don't take someone's truth and fiddle with it. Acknowledge the share and allow it to raise a share in you, which it's then your turn to communicate. Sharing together, we emerge from a culture of secrets and lies together.

## Footnotes

(1) Described at <https://www.angelfire.com/space2/light11/epilog.html>

(2) SaLuSa, Apr. 20, 2011, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

## Sharing and the Levels of Communication

February 5, 2024

<https://goldenageofgaia.com/?p=351634>



In our quest to contribute to healing the wounds of society, we're looking at ways of communicating that might work better than what we're doing right now.

Where it all goes, where it all leads is in the direction of the acceptance and agreement to live by the divine qualities. That's the matter in short.

Why is that? You should be tired of hearing me say this by now: The purpose of life is to know who we truly are. When we find out who we truly are, God meets God and for the pleasure of that meeting - as if God looked in a mirror - was all of this created.

Being like God - living up to the standard of the divine qualities - brings us closer to God.

Hey, you want your money back? Guess what? Given who you truly are, this is your purpose too.

Besides, you'd be walking out on the greatest show on Earth ... or anywhere else for that matter! You'd kick yourself later!



The growth movement gave the name "sharing" to communication, of whatever type, that goes deeper than superficial observations and aims at revealing our truth and being seen, heard, etc.

Let me therefore map onto our notion of "sharing" our notion of the three levels of knowledge - or in this case of communication.

I hypothesize the existence of three levels of communication: (A) The intellectual, (B) The experiential, and (C) The realizational.

Intellectual knowledge is an exchange of ideas only, usually spare in emotional content. The emotional context usually does not draw comment, but is tacitly accepted - enthusiasm, sadness, confidence, etc.

In terms of inner experience, intellectual communication by itself does not usually lift us to higher-dimensional realms. *We* may ascend to them because our "enlightenment board" on the other side (1) has decided that, overall, this is the time. But our ascension will probably not have been triggered by our intellectual practices *per se*.

Intellectuality is dualistic. It often gets bogged down in right/wrong, good/bad, which seem to be the highest distinctions that it can agree on.

It invites separation by its very nature: subject + verb + object. And separation invites egocentrism, the self-serving bias, etc.

I don't find intellectuality sustaining, personally. Not once you've tasted higher-dimensional love. That new knowledge lets the air out of the balloon of beliefs and feelings that holds our love of intellectuality in place and we tend to fall silent more often now.



Experiential knowledge is more immediate, direct and sustaining. We feel. We respond.

We're aware of how we feel. It may be hard to communicate, but other experientialists know what we mean and what we're trying to communicate. And we bond and cooperate with them in a way that intellectuals usually do not. And we wonder what the intellectuals are all arguing about.

Most people in our society don't appear to know how or what they feel. As someone once put it, we have a low emotional IQ.

Our society doesn't seem to reward experiential knowledge. We've become a self-serving society, publicly at least. And, in my opinion, what serves self-servingness is talking a good game and managing our image. That's where our energy seems largely to be going these days, as I see it.

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Realized knowledge, such as an "Aha!" moment, is not mystical. It consists of (A) a problem and (B) bliss. Bliss lifts us up to a place of freedom from stress and expansiveness such that what we could not see earlier is easily seen now. Problems become simply situations that one must see themselves through - and does, gladly.

If we don't have something we're looking at, when bliss lifts us up, we tend more often to simply sit and enjoy the state. I never get tired of bliss.

Bliss sustains and rewards us for all life's efforts. (3) Whatever it took to get us to that place, we express our gratitude to and for.

If there's more - and of course there is - we need no more convincing, We're enrolled, Lead, kindly Light.

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We get to choose where on that map of communication we want to locate ourselves. Or we may choose to shift from one to the other.

I need to communicate with you so I remain for the most part in the intellectual. But either during writing, or before or after, I can breathe bliss up again from my heart and refresh myself.

The ability to do that comes with a fourth-chakra heart opening, the most junior of enlightenment experiences. (4) Remember all of us are angelic and thus beyond the dimensional enlightenment spectrum.

Since I must communicate in a way that's easily understood, even though I've sampled experiences all the way to the Twelfth Dimension, (5) they've been toned down, truncated in most cases in that they lacked the bliss which would have lifted me to the realizational level.

Experientialists state that they aren't understood by intellectuals. Intellectuals state that they don't know what the experientialists are talking about. And it gets worse the higher up the ladder of consciousness we go.

People with realized knowledge are often unable to communicate their experience or knowledge to those around them. First of all there aren't words for the experience itself; only its impact on us.

Secondly there's nothing in the Third Dimensional world to compare higher-dimensional experiences to, except very metaphorically. To illustrate: Realization is like a starburst of understanding.

OK, I've introduced the two notions. Let me leave the subject there and pick up later.

### **Footnotes**

(1) Usually, our higher Self, the Mother, our archangel, our twin flame, and our guides. See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Our-Enlightenment-Partnership-4.pdf>

(2) I'm leaving aside a brief moment in the Transcendental, which I called "exaltation." See: *The Consciousness State of Exaltation* at <https://goldenageofgaia.com/wp-content/uploads/2024/01/Consciousness-State-of-Exaltation-4.pdf>

(3) "The reward of all action is to found in enlightenment." (Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 54.)



(4) See:

- "Submerged in Love," March 14, 2015, in An Ascension Ethnography at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>, and after.
- "Activating the Wellspring – Part 1/2," March 14, 2015, in An Ascension Ethnography at <https://goldenageofgaia.com/wp-content/uploads/2023/08/An-Ascension-Ethnography-12.pdf>, 87-93.

(5) Steve: what dimension is bliss?

Archangel Michael: It is between Eight and Nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

AAM: Then you have moved beyond. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.) (Hereafter, AAM.)

Archangel Michael: What you are doing, you are pulling the 5th into what you think of as your reality [3rd/4th], the qualities of mastery [11th] without setting yourself apart from the masses [3rd/4th/5th].

You ... are teaching others that they can access the mastery [11th] and still be in the Christ Consciousness [7th], in the expanded awareness in the physical form [5th or cleaned-up 3rd] and in the love [7th]. (AAM, May 6, 2013.)

Lord Arcturus: It is highly beneficial - and this is where mutuality comes in - that you would have, not only the intelligence but the perspective of the higher dimensions (it is not a hierarchy but it is different).

And so the perspective say of the ninth dimension is very different than the perspective of say the third, the fifth or the seventh dimension.

Because it is very important that humanity realize, as they are in their unfoldment to a grander plan, that the seventh dimension is not the end of the road, not the be all and end all.

And so, [you having] some of the perspective, the experience, the knowing, the intelligence of different dimensionality is highly beneficial in helping them move into that higher-dimensional anchoring. (Lord Arcturus in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019.)

# Intimacy and Transparency

Oct. 5, 2014

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/intimacy-and-transparency/>



The Divine Mother at the Union and Reunion Gathering at Lake Tahoe challenged us to take up the task of creating intimacy in the world. Intimacy is essential for sacred partnership. Without it, we exist in two solitudes.

Intimacy consists of personal transparency in sharing plus dedicated and active reception in listening. Today I'd like to look at transparency.

Let me give you an example of what is not intimate in communication. I was in a relationship once with a woman who would get tired at a party, say nothing, and then shame me later because she "had to" be at the party for an hour longer than she wanted and I didn't notice that she wanted to leave.

When I asked her why she didn't say anything about the matter, she'd respond that I should "just know" where she was at and implied that I was insensitive in not being able to read her mind.

Archangel Michael once called this position passive aggressive, less visible than active aggressive. (1)

I'd say that the whole science of communication is based on the premise that it's potentially or actually unworkable to assume that another person should just know where we're at.

The Growth Movement is about taking personal responsibility for our condition and well-being, communicating what we want and hearing what other people want.

A very desirable place to end up is communicating in such a way that we become, as far as is prudent in a world still marred by corrupt public officials, etc., transparent.

You've heard it said that telling the truth eliminates the need to remember, right? It certainly eliminates the need to keep one's story straight. It also eliminates the need to polish one's image, to manipulate others, to strategize, plot, plan, and so on.

You've also heard it said: what a tangled web we weave when first we practice to deceive. Deception takes work at every step; transparency takes no work. It's economical of energy.

We simply say what's there for us right here and right now.

In the world we're headed for, we'll be able to see everything about another person through several means: (1) we'll be able to read their auras and (2) we'll be able to hear or see their thoughts. In the Fifth-Dimensional world and higher, "thoughts are things."

Remember what the Arcturians told the members of Sue Lie's Multidimensional Leaders workshop? What we call "imagination" in the Third Dimension they call "creative thought" in the Fifth. (2) What we think there appears.

So why not get a head start on the way of life that's coming down the pike and be transparently truthful?

I can tell you that practising transparency increases the amount of bliss you feel in your life. Practicing opacity - being guarded, playing it safe, dissimulating, being

excessively and inappropriately diplomatic, etc. - ties us up in knots, with all the disbenefits that arise then.

The more tension we place in our bodies by lying or hiding and creating muscular holding patterns (what Eckhart Tolle calls "the pain body"), (3) the lower our awareness goes. The lower our awareness goes, the more bestial, lethargic and vulgar we become (Hindus call this state *thamasic*).

Awareness is an attribute of God, along with love, bliss, joy, and sentient existence. The more we hide and make things up, the deeper into the illusion we go.

Transparency is the answer to hiding, dissimulating, lowering our awareness, etc. Practising transparency in a thorough-going manner leads to squeaky-clean integrity and is a wonderful state. It's also our native state in the Fifth Dimension.

Hey, how easy is it to say "I perpetrated against you" or "I gossiped about you" or "I cursed you to my parents"? It can be very tough but once over we experience such relief. est Trainer Randy McNamara once said that "it takes an instant to tell the truth and it's like cutting yourself off at the knees." (4)

There can be terrific momentary pain when acknowledging the truth and the action can seem counter-intuitive. But then one is free of the penalties and baggage of hiding and lying.

Back in 1981, Randy followed that comment with this one: "The real power comes when you call yourself on yourself." (5) In the Growth Movement, it was one thing to allow others to call you on your numbers. But it was a whole other plateau to call yourself.

If people were willing to call themselves first, rather than waiting to be called, they became truly independent of the external moral apparatus and a totally-responsible person.

Psychologist John Enright described what happens when we raise our rackets, acts, and numbers to awareness, in a manner that's very close to Randy's observation:

"Unawareness leads to momentary relief and continuing pain; awareness leads to momentary pain and continuing relief." (6)

Transparency means to let others know us deeply, truly as we are. (7) It means to stand "etherically naked," as Archangel Michael said. (8) Plotinus described the work of freeing oneself from the stone of one's self-image, constructed self, machinations, strategies, etc.:

"Do as does the sculptor of a statue that is to be beautified: he cuts away here, he smooths it there, he makes this line lighter, this other one purer, until he disengages beautiful lineaments in the marble. Do you this, too. Cut away all that is excessive. straighten all that is crooked, bring light to all that is overcast, labor to make all one radiance of beauty. Never cease 'working at the statue' until there shines out upon you from it the divine sheen of virtue." (9)

What results from freeing one's spirit from the block of dissimulation and image management, he described here:

"Have you become like this? Do you see yourself, abiding within yourself, in pure solitude? Does nothing now remain to shatter that interior unity, nor anything cling to your authentic self? Are you entirely that sole true light which is not contained by space, not confined to any circumscribed form, not diffused as something without term, but ever immeasurable as something greater than all measure and something more than all quantity? Do you see yourself in this state? Then you have become vision itself.

“Be of good heart. Remaining here, you have ascended aloft. You need a guide no longer. Strain and see.” (10)

The chipping away at the statue could be called emergence from the constructed self, the image we've cultivated that stands in for ourselves, the bands of muscular tension or holding patterns that keep our awareness low, our vasanas, core issues and false grids. Polishing the statue, for me, means becoming transparent in our communication.

There's much, much more to say about transparency but it'd be best to stop here for today.

## Footnotes

- (1) Personal reading with Archangel Michael and Steve Beckow through Linda Dillon, Sept. 28, 2014.
- (2) "Wisdom and Long Life," Sept. 29, 2014, at <https://goldenageofgaia.com/2014/09/29/wisdom-and-long-life-2/>.
- (3) "Living in Presence With Your Emotional Pain Body," June 10, 2010, at [https://www.huffingtonpost.com/eckhart-tolle/living-in-presence-with-y\\_b\\_753114.html](https://www.huffingtonpost.com/eckhart-tolle/living-in-presence-with-y_b_753114.html).
- (4) est Trainer Randy McNamara, est Training, 11 Jan. 1981.
- (5) Loc. cit.
- (6) John Enright, Awareness, Responsibility and Communication Course, Cold Mountain Institute, January 20, 1979.
- (7) "I want You to Know Me Deeply, Truly as I Am," Sep[t. 13, 2014, at <https://goldenageofgaia.com/2014/09/13/i-want-you-to-know-me-deeply-truly-as-i-am/>.
- (8) "Archangel Michael: I See You! I Love You! I Will Engage," Nov. 7, 2013, at <https://goldenageofgaia.com/spiritual-essays/the-role-of-twin-flames/archangel-michael-i-see-you-i-love-you-i-will-engage/>.
- (9) Plotinus in Elmer O'Brien, *Essential Plotinus*, 40-3, as reproduced in "Plotinus on "Remaining Here, Ascending Aloft," Aug. 16, 2011, at <https://goldenageofgaia.com/2011/08/16/plotinus-on-ascending-aloft/>.
- (10) Loc. cit.

# The Importance of Sharing Deeply

Sept. 16, 2014

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-importance-of-sharing-deeply/>



There are some topics that are so obvious that many people - well, I know I do - forget to lay them on the table.

The need to share deeply is one of them.

So many of our conversations are pastimes. I recall vividly how, listening to others in the lunchroom at work, so much of what I'd hear was what a person likes and dislikes. I like mauve but I don't like green. I like cherries but I don't like lemons. I love Athens but I hate Cairo. On and on goes this listing of likes and dislikes.

Or what I used to call howdido conversations. The boss said this to me and I said that to him. That oughtta show him. I made this great speech and everyone congratulated me. I wrote this wonderful report and everyone applauded it.

So often we seem to speak from two solitudes. One person shares what amounts to smalltalk while the other person doesn't listen - and then we switch roles. We only seem to increase our solitude by our conversations.





When I turn on the TV these days, I'm almost physically sick. Murder, death, kill as the *Demolition Man* said. Movies where people scream; news where people frown; and ads where people smile beatifically. All of it serving someone else's agenda and me willingly watching it. Am I insane? Yet?

My taste for the superficial is dropping like a rock, probably because of the Tsunami of Love. My hunger for the profound is going up like a rocket.

I want you to to know me deeply, truly as I am, and I want to know you deeply, truly as you are. (1) And that desire just grows by leaps and bounds each day.

Why does it matter? Well, the purpose of life is for me to know myself in my true nature. (2) Not just my likes and dislikes. Not just my accomplishments and other people's appreciation or lack of appreciation of them.

If that's the purpose of life, if that's the circumstance around which life was designed and organized and revolves, then it would follow that I'd want to know you also in as deep a fashion as possible. It would follow that the very way I'm constructed would revolve around knowing you and me profoundly.

How do I know that what I'm telling you is profound? How would I know that what you're telling me is deep?

Because I'm moved by it. I melt upon hearing it. Or I shift my inner state.



I relent where I've been resistant. I act where I've been passive. I feel love where before all I felt was mild interest. The desire to know and be known is perhaps the deepest urge in me. Even sex, as wonderful as orgasm is, is simply a way to achieve that deep knowing and connection.

Only deep sharing is nourishing. And only deep listening draws in the full value from that nutritious food.

The time for superficiality is over. Yes, don't encounter the bus driver, as they'd have said at Cold Mountain. Don't drag every passer-by into your deepest, most intimate communication. Knowing when to share deeply takes prudence and sensitivity.

Often our guidance tells us when it's time to reveal ourselves, take off the mask, and make ourselves known.

Share a withhold. Tell us who you are. Reveal yourself.

Remove the mask. Stop playing it safe. Step out and risk being open and transparent.

This is an Ascension practice as much as loving and generosity are.

## Footnotes

(1) "I Want You to Know Me Deeply, Truly as I Am" at <https://goldenageofgaia.com/2014/09/13/i-want-you-to-know-me-deeply-truly-as-i-am/>.

(2) "Life is not at a standstill. You are riding an escalator that keeps going and never stops. There is another floor to rise to. You can get off for a while, yet only for a while. You can stay for a while, yet only a while. You cannot sit still for very long. Life will nudge you, prod you, stir you, get you going. In the world lies movement waiting, and so you move. What you are looking for is your original place in the sun. You are looking to locate all that you are at the same time as you haven't lost any of Who You Are or Where You Are. It only seems so. Within this seeming so, you have to move on. You explore your traction in life and the meaning of it all. You are almost there, here. You have almost discovered yourself and, therefore, you have almost discovered your Identity and Mine.

"You are right on the verge. What holds you back? Nothing. Why do you think you are held back? Because you haven't looked around the whole vista of yourself as yet. You may have astigmatism or near-sightedness. To some degree, you battle an inability to see all that is around you and all that is within you.

"You will meet this Knowingness fully and sigh, 'Yes, this is it. This is Who I AM and have been all along.'" (Heavenletter #5045 You Are a Photographer of the World, September 17, 2014.)

## New Ways of Communicating

November 26, 2020

<https://goldenageofgaia.com/2020/11/26/315220/>



There have been many discussions of new ways of communicating. I'd like to add to that discussion, drawing on my experience of the growth movement of the Seventies.

I'd like to illustrate here one element in the way we used to communicate - what we'd have termed "calling yourself on your own number."

Usually we hide what we're up to. But the growth movement encouraged us to share everything, especially the things we didn't want to share. It was very empowering to be all cleaned out.

So I'm about to call myself on a number I'm running, which I just glimpsed.

I saw it through the filter Werner Erhard provided in the est Training. He talked about stages of character development. You may feel reactivated by one of the names, but he meant it clinically, technically.

He described a stage called "disloyalty." At this stage we judge. We gossip. We're always on the lookout for something better.

I saw myself being disloyal and raised it to awareness.

I'm not talking about serious, off-with-your-head disloyalty. This is relatively small, everyday stuff here.

What happened was this:

President Trump was rumored to have fired Sidney Powell. When I first heard the news, I was shocked. I heard myself say, "There are limits to my loyalty." Hearing myself say that, I was shocked a second time. I looked at other areas of my life and noticed a similar lack of strong commitment, a willingness to leave a "lost cause" or "sinking ship."

Of course the fact that one may be being disloyal is something that's usually denied, kept well hidden, ruled out of bounds for discussion.

When I asked my mind to mirror back to me the original incident that underlay this vein of (mild) disloyalty, (1) I heard the sentence: "I don't need anybody." And I flashed on my Dad kicking me under the table at dinner time.

The conclusion I reached was "You can't win around this man." The decision I reached was "I'm not letting him close to me." Gradually that became "I'm not letting anyone close to me." And still later: "I don't need anyone."

That's not fertile ground for loyalty to grow in.

I allow myself to experience whatever arises as a result of locating the original incident. (2)

I see myself avoiding contact, staying away from people.

This all dovetails with my seemingly-lifelong commitment to being a writer, a communicator. A person doing this job needs ample free time for research, reflection, etc. So not needing anyone played into my mission.

Alright, I've raised this element of my repertoire to awareness. I can do no more with it at the moment but I don't need to. Now that I recognize what it looks, sounds, and feels like, it'll be difficult to run this number again without laughing at myself. I'm aware of it now.

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I continue to watch and notice that I also have a side that's very loyal. What's common to both of them is that they exist on the extremes, not in the middle where balance and groundedness lie.

This means something.... Why am I ungrounded in the area of loyalty?

Because I never bonded with my Father. Or if I did, I broke every bond I created after a kick or a slap or a shout.

Here's another area for reparenting. I need to provide for myself the missing experience of bondedness. No sense waiting for the outside world to do it for me; I need to assume the adult side of me and reparent the wounded child.

I look deeper. If I haven't developed bonding with the male side of life, and I already know I'm defensive, even hostile, what does all this point to?

What level of social development would I assign myself to? Clearly, it'd have to be at looking out for Number One - that is, self-servingness.

That being the bigger picture, I take the puzzle piece called "disloyalty" and see if it fits anywhere. And yes, it does fit. The two go together. Disloyalty is born of self-servingness.

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And now I've "shared" about it, which is the final step in this way of communicating. Not lecturing, advising, praising ourselves, etc., but sharing our own experience, what we learned from it, how it has affected us.

In this case, I called myself on my own number of disloyalty. Why wait for someone else to do it? And, yes, I'm still living. I didn't die from it. Sharing can be this easy. (3) It's scary before we do it and a relief after.

In my view, we have to free ourselves from our addiction to combative, controlling, right/wrong communication patterns. This way of communicating is one alternative.

And, yes, I'm trying to develop a lexicon of communication. I'd like us all to communicate by taking personal responsibility for everything we think, feel, do and remember. It truly works whereas blame and shame do not.

I love the awareness path. It pays dividends in increased joy, bliss, love, peace, and harmony. Not in some distant future either, but right here, right now.

### **Footnotes**

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

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

(2) I'm working with the vasana using every tool available to me. At times I ask the mind to give me information the same way we ask "Siri." At times I make a logical deduction and see if it fits. I'll know if it's the truth from the release of tension: The truth will set me free. But I keep burrowing into the vasana and "being with" whatever arises.

(3) We used to think of ourselves as comparing notes, comparing experiences. I don't talk about you; I talk about me. You don't talk about me; you talk about you. And we go deeper and deeper into who we are, together, unfolding, revealing, showing up.

## Heartfelt Communication – Part 1/2

April 5, 2014

<https://goldenageofgaia.com/2014/04/05/heartfelt-communication-part-12/>



*The second reading will be posted Monday.*

Two team members have had readings in which Archangel Michael discussed "heartfelt communication." We just realized that he spoke to both of us about the same subject. That must say it's in the wind.

I'm going to post the conversation I had with him about it and the second extract will follow. I'm told the second one is wise guidance as well.

If anyone has had readings with Archangel Michael that touch on subjects of importance, as the one that follows does, and they're willing to have them be posted, can they send them along please? This is hidden wisdom that needs to see the light of day.

Communication for me, and I think I can say for him, is not simply the propulsion of words between two people. It's "getting" the other person and revealing oneself at the deepest level possible.

It's a way of being and a way of extending who we are. It's critical to what I've often called emergence. (1) And emergence is what we're doing right now in the face of the Tsunami of Love. Or whatever you'd like to call the rising vibrations that so many of the channels are speaking about.



Communication involves harmlessness and truthfulness, compassion and commitment. It involves transparency but without being annoying.

I'm writing about communication at this time because I feel we need to recover the lost art of what Archangel Michael here calls "heartfelt communication."

The conversation begins with Archangel Michael responding to me after I said that I was going to say a certain thing, similar to what he had just said, but I wasn't quick enough to formulate it. He replies:

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Archangel Michael: Dear heart, we don't expect you to have everything clearly formulated. That's what human conversation both subtle and actual is about. It is about comparing notes. (1) Not in judgment, but in discernment and arriving at deeper or more joyous or higher [levels].

S: I should write about that. It may be that people have forgotten it.

AAM: What has happened, well, you are correct. The true art - and it is an art and it can be measured in science, in your science - the true art of heart communication, well, if it hasn't been completely lost, it has certainly been very distorted within the old Third.

Now what is happening with sacred unions is there is this opportunity. And we mean all kinds of sacred unions. What is being opened is the opportunity to renew and rediscover and raise the bar in terms of heart communication.

So that all the dross is eliminated. So that there truly is ... and it is not to override the mind because the mind is a complement; it is brilliant; it is intended to be analytical. But it's also not to override the heart. It's to stand in partnership with the heart.

Human beings in this realm have chosen, and of course it is part of the Mother's Design that you have, verbal, oral, sound communication. And within those sounds is so much energy.

You know that when someone grunts at you, or laughs with you, the different realm and space. There is the dismissive "What?" Or the engaging "What?"

And [the engaging "What?"] is how you enter into heart communication. Granted it is telepathic but that is the level at which your star brothers and sisters communicate.

There is no room for artifice. And there is no room for the subtext.

S: When the message is passed along in the vocal tone rather than the words? Oh, I hate that. [Grumbles and snarls.]

AAM: There is no room for it. That is not where you are going.

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Who says that we're not getting mentored? That the celestials are not guiding us? Here we're being given a whole new way of communicating, just as he gave us earlier a whole new way of relating. (3)

Let the heart and mind work together to deliver and receive love. That is heartfelt communication for me.

I'm not there yet but I'm very interested. He's definitely caught my ear.

### **Footnotes**

(1) See the articles under "Emergence" at <https://goldenageofgaia.com/spiritual-essays/emergence-2/>.

(2) Comparing notes means me sharing what I've been discovering and you sharing what you've been discovering. But there is more to this comment than that.

This is an example of him showing me that he knows about me. He knows my thoughts. He knows that I've been writing and talking about sharing ourselves and comparing notes. But this reading took place before I wrote that article.

However I was already writing it in my mind. It shows the archangels' ability to know what's in another's mind. And to me these hints that he gives are "evidentiary." They prove that we're talking to whomever and whatever the spiritual being is, in this case, Archangel Michael. I post both articles today because they are related.

(3) His words are in "Some Suggestions to Spiritual Couples" at <https://goldenageofgaia.com/2014/04/03/some-suggestions-for-sacred-couples/> and "Welcome to the New Paradigm" at <https://goldenageofgaia.com/2014/04/04/welcome-to-the-new-paradigm-2/>.

## Heartfelt Communication – Part 2/2

April 7, 2014

<https://goldenageofgaia.com/2014/04/07/heartfelt-communication-part-22/>



*I originally planned to post just an excerpt from this reading, the part that narrowly describes heartfelt communication.*

*But the larger discussion is relevant to what's transpiring for so many of us as we enter sacred partnerships and become project partners that I thought it best to post the whole segment.*

*For those who may not be able to have a reading with Archangel Michael or another celestial or guide, this is a typical example of one. Thanks to XX for allowing me to post it.*

*If anyone else has any transcripts or excerpts that they're willing to share with me to increase our treasure trove of AAM or others' comments, I'd be grateful to receive them through "Contact Us."*

### **April 2, 2014 Reading with XX and Archangel Michael through Linda Dillon**

Archangel Michael: Human heart to heart, sacred union relationships, whether they are family or friends or partnerships or distant relatives across the globe or across the Galaxy are pivotal, critical, important.

So, yes, it is important to understand particularly in terms of the human race - not the Galactics, they know how to communicate - but in the human realm there are

so many variations on what people believe and the methods and the fashion in which they choose to communicate.

I am not suggesting that they are not communicating their truth or the truth as they see or perceive it. I am simply suggesting that the methods by which human beings communicate are almost as diverse as the animal kingdom or the flower kingdom or the mineral kingdom.

So there many styles and this is something that your Galactic Brothers and Sisters have already gone through and they learned that the various styles of communication are not good or bad. They are merely different and that the key to this is allowing the evolution so that communication of any sort whether it is I would like to buy a bottle of milk or I would like to invest a 100 million dollars, have the same energy of heart connection so that is what you and your partner have been learning.

But what I am saying is that the lessons, the understandings, the mirrors, the reflections and the forms of communication have need to be understood, approached, integrated, shifted, changed, expanded because that is part of how the human race is to be in a heart-conscious condition and communicate in that manner, not shifting to the mental or the emotional or the egoic.

And it comes from an appreciation, not of burying, pretending that your needs do not exist, your desires do not exist or allowing the other person's needs, desires or opinion to over-ride you. It simply comes from meeting in the middle, quite literally.

XX: Okay, so that is sharing?

AAM: It is sharing. It is not settling. It is sharing. It is not one is right, one is wrong.

XX: Sharing how one feels?

AAM: How one feels, how one views what is occurring because each of you are looking through different lenses but when you are looking through the lens consistently of the heart consciousness then you are going to start seeing the same

thing and you have need to be able to see it, identify it, laugh at it and release it or look at it, identify it, build on it because it is worth keeping and continue on.

A difference in perspective is value-added not a challenge to authority. All opinions, points of view, experiences, heart murmurs, whispers are welcome to be shared. They do not need to be the same vision. They do not need to be the same perception but they do need to be heard.

XX: Some voices are stronger than others.

AAM: Some are stronger but that does not mean --- the loudest voice is not the voice that carries the day and that is what everybody on Gaia is learning. The strongest voice has been traditionally the voice with the biggest guns or the most money. That is not acceptable so you do not want to in the microcosm which you are doing for the macrocosm create a situation where the strongest voice is the deciding voice.

It is important because the one who has the whisper may have the most brilliant insight, not always but it will always be value added. Some are very coherent and eloquent in how they use language and that is a gift and it is not a gift that we would wish to detract from.

But there are also times when the individual receives and, as you have said to the channel, has difficulty in translating the complete picture, the vision into immediate eloquence of language.

That does not make it less precious. It means that you allow each other the latitude and the time to express. And in expression we are not merely speaking of verbal expression because when you are given the floor for example, there is what comes out of your mouth.

But truly what is important is what your field is communicating and, when your field is communicating brilliance and love and acceptance and inspiration and new approaches, then that will be communicated to the group because they have agreed to give you the floor and listen and not just listen to your words but the totality of your being. It is a new way and it is The Way.

And you know, you have lived in a world, and you still do to some extent, where everything has been rush, rush, rush, deadlines, deadlines, deadlines and I know that is part of the collective frustration with us, with the Company of Heaven, with the Council [of Love], that we do not necessarily work with the same reference to time.

Now we understand your time. God invented it and so it is not that we are not aware of it, but we do not have the same feeling or experience of hurrying someone to say what they need to say and get on with it.

When we communicate we allow the energy and the messages that are truly subtle to flow. That is why for example while we are even having this channeling, there are words but the true communication is in the energy we send you, the energy between the words or in the letters.

It is the heart connection and that is what human beings are learning and what they have need to allow sufficient time.

You would not expect a kindergarten person to recite an entire Samuel Beckett play so you are in kindergarten, collectively, humanly, in terms of this level of communication, so to say. If we have only 10 minutes to talk, it doesn't work and it most certainly doesn't work if there is only listening for the words and not the energy and the heart.

## Deepening Our Communication - Part 1/2

May 8, 2018

<https://goldenageofgaia.com/2018/05/08/deepening-our-communication-part-1-2/>



*Raven Meeting House, Cold Mountain Institute*

I'd say it's almost become a hunger in me to seek the company of people who communicate as deeply as we did in the growth-movement era of the 1970s.

The best workshop I did then was a three-month encounter group at Cold Mountain Institute, now Hollyhock.

If anything we today have gone back in time, our communication today being as superficial as the Anything Goes 1920s.

Because we don't know how the other person feels or what they deeply want and because we don't inquire, we can't always make enlightened decisions.

In my view, we only use a small percentage of the communicational spectrum today

Our superficiality has been carefully planned in some instances and is the result of technology in other instances.

The growth movement, as I tell the story, was clobbered by the Recession of the early 1980s. No one had money after that to do serious growth work or support



circuit riders (1) or growth centers. And that Recession we now see was planned by a cabal wanting by any means to bring the public into servitude. (2)

The recovery from that recession was jobless. Hundreds of thousands of people were shed from jobs with no care given to their long-term survival. "Downsizing," we called it. Workers had been replaced by machines, with no social responsibility for their wellness thereafter.

One writer summed up the moral bankruptcy of the socially-injurious automation of those days:

"Stop finding yourself, pal: It's time to get back to work -- if you still have a job, that is." (3)

The same writer offered this pessimistic appraisal of the need of the moment:

"Thinking seriously about the important role of the individual in the corporation, as we began to do in the late 1980s, was a useful and overdue exercise. But after that short-lived burst of introspection, coming hard on the heels of the materialistic excesses of the past decade, business leaders appear to be driven again. Driven to fight off the demons of recession, inefficiency and global competition and to swing the pendulum back to career-obsessed workaholism. Business is hell, so let's get on with it." (4)

"[A recent full-page ad in The Wall Street Journal ... reads:] "He who hesitates is lunch." (5)

And we did stop finding ourselves and got a job, so to speak. We turned our backs on the growth movement to keep bread on the table. And the growth movement disappeared.

The second hit to communication came from the spread of technologies that take us out of the real world and anchor our satisfaction in the virtual world. We're becoming socially shallow, superficial - or at least I am. Hardest to pull ourselves away from is our cellphones.

The upshot is that nowadays we don't communicate very deeply. We don't bond with each other. We don't get to know each other. Our minds accept easy

explanations for each other's behavior. We're satisfied with the intimacy that comes from quarreling or withholding.

We left behind a really healthy community of well-functioning communicators.

And I want it back.

I'm willing to do my share of the work to get it back. Let me start today.

(Concluded in Part 2, below.)

### **Footnotes**

(1) Circuit riders are workshop leaders who went from growth center to growth center offering their workshops or programs. There were some brilliant circuit riders, the best of them being John Enright. But all were good.

(2) Chemtrails, fluoride, EMP, weather warfare, pharmaceuticals, pandemics, toxic vaccines, on and on the list of attacks on the public goes.

(2) David Olive, "The New Hard Line," Report on Business Magazine, October, 1991, 153

(4) Ibid., 156.

(4) Ibid., 15.

## Deepening Our Communication – Part 2/2

May 8, 2018

<https://goldenageofgaia.com/2018/05/08/deepening-our-communication-part-2-2/>



*The Lodge, Cold Mountain Institute*

(Concluded from Part 1, above.)

Let me start with the basics.

The basis of the growth model of communication was the desirability of transparency.

Not carrying around withholds (secrets), getting something out constructively if it's proving an obstacle (banging a pillow if we have to), trying on what other people feed back to us, calling ourselves on our own numbers, etc. We were whistle-clean.

Sharing our feelings, (1) sharing our secrets, confessing attraction, acknowledging another's attraction, sharing our fantasies, pushing our edge, etc. We knew each other more deeply than most of our spouses did.

We explored communication up and down, inside and out. And we reached a point of such intimacy with each other that words need not be spoken. It was blissful for the density of those times.



Not only would I like to see our speaking go deeper and get more intimate; I'd also like to see us deepen our listening.

These days it's often undeveloped, unsophisticated, and I wish it weren't. Our attention span seems more limited than it was. Frequently we only allow the other person a sentence or two before interrupting.

Hearing each other is also a precious thing to me - as a communicator, as a person who follows a path of awareness and self-expression. (2) No advice, no distracting questions - just pure, bare listening.

Someone listened to me that way the other day and I was able to get everything that was bothering me out on the table. The puzzle became a picture.

My temperature went down. My feeling of ease returned. Good listening is a gift from heaven.

On the last day at Cold Mountain Institute, no one said a thing. We all sat on the steps of the Lodge eating our farewell lunch. There was nothing more to be said. What there was to say was said wordlessly.

I'm asserting my divine right to live the way I wish to live and to seek out others who also wish to live that way. And, communicationally, that'd be much different than the way we're living at the moment - much deeper, much broader, much more intimate, with much fewer taboos.

I miss this communicational intimacy. I doubt there are many people in the world who remember it. Never mind keeping the memories of wars alive. Keep the memory of communicational breakthroughs and workable technologies alive.

We could be in a place of completion and satisfaction as a society and deepening our communication is the way to do it.

## **Footnotes**

(1) I've said this before but I'd like to say it again if you'd allow me: The most important thing for us to communicate - which starts the conversation moving deeper - is how we feel. It's knowing how we feel that will cause people to decide to act or not act.

(2) As the runt of the litter, who was seldom listened to, getting a hearing became an important issue for me.

## Share Until You Feel It

April 25, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/share-until-you-feel-it/>



*This message was posted to the 2012 Scenario Discussion Group, but may be valid here as well.*

For me, the brass ring in a discussion group is sharing and listening and perhaps I can expand a wee bit on what I mean by both.

Sharing is me sharing myself. I could have said sharing my truth. And the value of my share for me and for others goes up the deeper the share reflects my truth or the deeper the truth I share.

Some mentioned here that their molecules were vibrating and perhaps I could coattail on that and say that sharing until my molecules vibrate is what I seek to do. A deep share can literally shake the rust off my metal.

So for instance I get down into my deeper truth when I say that I so want the world to work out. And the way to have the world work out, for me anyways, is to lessen everything unworkable about myself. So my sense of entitlement, of me-first, of wanting my share or my cut, of wanting be known and liked - all these are facets of unworkability that belong to me and compete with my interest in having the world work out.

The more I reveal myself in here, the more I move myself and perhaps even move you. The more transparent I am, the more often things work out. What I'm in here for is to tell you who I am deeply, the deeper the better.

And the converse is also true. What my mission is in here as far as you're concerned is to hear you, get you, listen to the deepest truth you want to share and make sure that you know that I heard you.

I'm not here to reassure you (not really) or to advise you or fix you. I think very, very few people actually need fixing. At essence, none of us is broken. What we do need is to have an opportunity to unconceal ourselves, to be known for our deepest truth, to have that truth be heard.

When I've spoken my truth deeply, I emerge from my shell. I stand forth as my truth or my stand, in the strength that is native to me and simply remains for the most part concealed by my withholds and image management.

I could try to "look good" in here but of what value is that? That's the way of the world and at most it results in applause. But it does nothing for me in terms of the real purpose of life, which is to know myself as I really am and to be known as That to others.

So I encourage people not to hide in here, not to present us with an image, but really to reveal ourselves and risk the buffeting that can sometimes come from that. Our participation here is not trivial. It's not mundane. It's preparation for Ascension. It's polishing the inner statue until it shines forth.

That's different from applying makeup to the statue or dressing it up. It's letting the native sheen of the statue shine forth.

Tell us who you are. Who you really are, deep down. Share until you feel it. Tell us what you've longed to say and have never had a place to say it.

And for our part, let's hear you without advising you or fixing you but with bare listening and ample comprehension.

## Sharing as a Sacred Activity

Aug. 18, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-as-a-sacred-activity/>



A lot of my life recently has been about what I call “sharing.” Many people may think I mean "giving" by that, but that's not what I mean.

Sharing is the process of sharing ourselves, making ourselves known to another in important ways, conveying our truth of the moment to another.

I know that people have their eyes on the skies at the moment. But I've been given a different assignment and that involves going inwards and sharing what I see. It's coupled with a second assignment, which all of us have, which involves clearing and a process of clearing also often involves sharing.

Sharing is for me an eternally-interesting process because it brings king and commoner together, on the same level. Your share is as important to you as my share is to me. And your truth is as valid as my truth. Sharing our truths is the great leveller. Everyone is equal in their share.

And you see that in so many movies, for instance. There is action. All is up and all is down. Fortunes rise and fortunes fall. And then comes the scene in which two actors share and all inequality is lost for the moment. They're equal in their shares.



All shares are born equal because all shares are rooted in truth. Truth, it seems to me, has no shades or degrees. As Gandhi said, truth is truth. It's digital, not analog. On or off. Yes or no.

And what is true and important for you is what I want to know.

I actually don't care all that much for what another likes and doesn't like. But isn't that the content of many conversations? I don't like purple but I do like green. I hate garlic but I crave curry.

The second most common conversation I call "howdidido?" We sit around the lunchroom and rehearse how we did with the boss, or coworkers, or our spouse. We manicure our stories until we have them just right and then we substitute them for the truth. Our object is to "look good," rather than know the truth.

Ho hum. Nothing much elevating or liberating there.

Life doesn't boil down to what we like and don't like. It isn't about what the Buddha would have called our cravings and aversions. It also doesn't boil down to our estimations of how we're doing.

But a share will set us free because the truth will set us free. Life was designed that way, in my view.

What's true for you and me and what ground we stand on – life is shaped by topics such as these. The truth I know. My "stand" is what I can be counted on for. Truth and stand - these two are what's there for me to communicate.

Some time ago, I wrote the following about shares and it remains true for me:

I use my "shares" as the major tool of my emergence. I use my shares to strip off layer after layer of the onion of self-protection until what is left is nothing but transparency.

Something shared is past. Yesterday's share is dead. The value that I receive from sharing is not something I can put in a piggy bank. Release comes only from the next share. Everything rests on the share of this moment. And this moment. And this moment.

I know when I've shared the truth because I feel release. The truth has set me free. I know when I haven't shared the truth because I feel stress. Moving away from the truth has further bound me. I can use this fact to navigate towards the truth: more stress and I'm moving farther from the truth; less stress and I'm moving closer to it.

My share, to be of any value, cannot rip your face off. If my sharing harms, there's no value to it. Since a share is about myself, staying with myself is one sure way to see that harmlessness prevails. Sharing maximizes the chances of harmlessness.

Shares have their time and place. The traffic cop and bus driver may not want to share with me. Air traffic controllers don't share with each other. I wouldn't want a medic to collapse in tears at the sight of suffering, sharing how it is for him or her.

President Obama may, on occasion, not want to be transparent for the good of the nation. Not all the world's business can be conducted in the open and through sharing, although an increase in sharing probably wouldn't hurt.

Emergence is the name of the game for me. Your emergence is what I'm here for (mine too). I'm a space to receive your share and in which the truth of mine arises.

## A Contribution to New Spiritual Partners – Sharing

Nov. 11, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/a-contribution-to-new-spiritual-partners-2/>



### *The goal*

Now let me share about sharing, if you would.

### **Sharing**

By “sharing,” I don't mean equal giving and receiving. Although I do in part.

I mean sharing ourselves, making ourselves known to each other, getting across who we are in the matter.

Archangel Michael called it standing there “etherically naked.” (1) It involves being willing to be open, neutral, and transparent before our partner, without hiding.

We agree to share everything important about ourselves. It actually gets to be fun. We use our sharing to go deeper and deeper into relationship. We peel back the layers and reveal ourselves.

But not many people do this today. It sometimes looks like a lost art.

## **How to Share**

We often don't share this way and we don't know what we're missing. So much of it is don't know don't know.

We share news. We share encouragement. But we don't really get down to brass tacks and share ourselves.

Share your more profound thoughts (not all your thoughts) but all your emotions. Actually say "I feel sad" when you feel sad. Give your partner the information that they need to see to your needs.

I've noticed that a great number of people don't know how they're feeling. Or if they think they know, they express a thought in the guise of a feeling. "I feel that you should." Not a feeling. Not even a share. Does not give the needed information and tells the other what to do.

Most people will only take a step on our behalf after they know how we feel about a situation. Sharing our feelings, as feelings, is perhaps the most important aspect of sharing for me.

The very first poem I wrote began with: "I want you to know me deeply, truly as I am." That's always been my motivation behind sharing. And that's always been what I've wanted to share. Myself deeply. (And that's what I try to do here.)

We need to know each other deeply and to be known deeply as well. And that can only come from self-revelation matched by equal self-revelation. No hiding here.

Or ask ourselves what are we hiding? Why are we hiding it? What is left unexpressed? What is consciously and continually dropped out on? Who are we in the matter of our own life? And then share it. All this needs to be known and explored.

I'd say most of us know about 15% of our partners. But this is now slated to change. We're moving into a higher-dimensional life where sharing ourselves will be natural. It's just this in-between time we need to navigate.

## **Just Share Yourself**

When people start sharing, they find out that everyone's share is equal. Sharing is the great leveller. The prince and the commoner are equal in their shares.

Everyone's share is verifiable only by themselves. It isn't a case of anyone being wrong. Everyone's share is their share.

I don't care how we share ourselves - whether it's through words or hugs or whatever. Just share yourself. If we do, then I'm happy.

That combination of listening and sharing is for me the *sine qua non* of successful relating - that without which, there is nothing. It's a firm foundation and an indispensable tool.

That's what I want for myself. That's what I'd wish for anybody. This way of communicating is for me a human being fulfilling their promise to the Mother around relationship. It's the New You, as Linda calls it, and the way of the future.

## **Footnotes**

(1) "Archangel Michael: I See You! I Love You! I Will Engage," at <https://goldenageofgaia.com/2013/11/notes-from-archangel-michaels-discussion-of-sacred-partnership/>.

# Sharing – What, How, and Why?

Nov. 8, 2010

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-what-how-and-why/>



*Credit: dreamstime.com*

*Originally posted on Galactic Roundtable discussion group, March 4, 2009.*

I thought Lucille hit the benefits of “sharing” right on the head the other day when she said:

“This sharing brings up loving feelings.” (Message 323, GRT-CIP.)

Emergence itself brings up loving feelings and emergence happens when we share our little guts out.

But there can be a fly in the ointment. Suppose we want to share something like Tony did:

“I finally ‘awoke’ a couple months back and realized that I'm an Indigo Starseed. I'm scared right now because I don't know where I came from and even more so, especially being unemployed, I'm scared that I don't have a direction in life. Nothing. Nada. Ask me what I'd REALLY like to be doing and I couldn't tell you.” (Message 1698, GRT.)

Tony is grappling with a condition that is not generally considered “positive” (fear), touches off discomfort in some, triggers concern and a caring response from others, and results in replies that have as their purpose what some psychologists call “fixing” the speaker.

Fixing responses generally say to the speaker, “You should (do/think/say) this and then you’ll (feel/be/do) better.”

But, if you really look deeply, fixing responses come from the underlying assumption that the wheel is broken and needs fixing – that there is something wrong with the person that needs being made better.

What the people whose advice I follow say is that “fixing” responses tend to shut down the process of further sharing.

First of all, people do not want others to think there is something wrong with them and may back away from sharing further.

Or they may back away from sharing something that might be interpreted negatively and so they don’t swing out and tell the full truth. Sharing becomes dressed up in “positive,” Polyanna garb.

Or they hear advice that may be irrelevant or upsetting and stop sharing because they don’t want to have to disagree with the person making the suggestions.

I know some of us work with people and believe that we are being compassionate and helping people by telling them what they “should” do.

*But on a board where we’re preparing for a New Age by cleaning some of the rubble (unfinished business) out of our lives, the depth to which we can go, I think, will be determined by the length to which people listen and respond without fixing.*

Another response I'd like to avoid is the one-liner response that expresses sympathy. I can go along with one line of sympathy if it is an intro to your own share. (I don't favour it, but I can live with it.)

But I'd most recommend just leaving the other person with their share. Leave them having been heard by us.

If we do, we create a clean and safe space in which that person will go as far towards self-revelation and ending unfinished business as they are ever going to do.

Now notice Lynn's response to Tony. (Message 1698, GRT.)

Lynn replied by sharing her own fears after having found out that she was a Starseed. Now that is an outcome I would hope to see from sharing – that it triggers another person to look deeply into their own situation and clear away some rubble of their own.

A workable response to a share is to share yourself. What does the original share trigger in you? What did you see? That is perfectly fair game.

Say it without including any advice on what the original speaker "should" do. If you really want to keep it clean, drop the expression of sympathy too. Just share what the original share triggered in you, knowing that all shares, positive or negative, are a step towards completion.

Just listen to the person sharing and "get" where they are coming from or, if it triggers something in us, share what got triggered without judging, evaluating, or advising the original person.

If we approach sharing in this manner, we'll go as deep in our communications here as it's possible to go.

Will you join me in an experiment for three months? Try the approach out that I just described and let's see at the end of three months how it worked.

If a share comes in that has the quality of telling a person what they "should" do, "fixing" them, or sympathizing with them (without adding a share of one's own), the moderators will ask you to send that response to the person directly.



At the end of three months (June 4), let's talk about whether the experiment provided useful results or not. Sound good?

I'll add a few more points about sharing later because it is a fascinating process. It's our main means of emerging here.

If there are members who work with people and know what I'm talking about, perhaps you could share your knowledge on the subject as well.

## Outrageously Happy to See Sharing Happening



April 29, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/outrageously-happy-to-see-sharing-happening/>

*Excerpt only*

Sharing is a process of truth-telling, self-revelation. Sharing is me telling you what's so for me, not what's so for you. Sharing has nothing to do with me minding your business. It has everything to do with me sharing who I am in the matter so you know.

Not necessarily my opinions, perhaps sometimes. But what is for me the truth of the matter, as I see it.

Sharing is completed by someone else feeding back what they got that we shared or what came up for them about themselves so (1) we can get the mirroring ourselves and (2) we can see that we were heard. Sometimes we only know the truth when we speak it. We get to hear it going by, so to speak, hot off the press.

And so unless we can speak it, and unless someone can hear it without messing with our share, we never get to know the truth of the matter.

When that point of sharing and feeding back happens, sharing is really doing what it's meant to do: reveal the truth of us to us at exactly the same time it reveals the truth of us to you.

This process, as far as I'm concerned, was at the heart of the Growth Movement.

It's a beautiful process and I've never actually seen it arise in a group so I am as happy as anyone else to watch it arise now - right over there. (Where? <https://groups.yahoo.com/group/GoldenGaia/>.)

What is it not? It has nothing to do with trying to advise or fix another. We actually do not need fixing.

If we simply concentrated on sourcing our own vasanas and leaving the comfort of our acts behind for the wonderful discomfort of simply being who we are in the matter, everything would unravel for us and well-being, happiness and satisfaction with life would return. And sharing is the social means by which we guide ourselves to release our vasanas and step out of the constructed self.

Sharing is not the only form of communication. A supervisor may need to address someone else's business. A psychotherapist may need to counsel. Not saying that. But I think that sharing is the most constructive and productive social form of discourse.

# Very Best Practices

Aug. 5, 2012

<https://goldenageofgaia.com/2012/08/05/very-best-practices/>



Apparently we're moving through a time of maximum exposure of everything negative in ourselves, in society, in our families, in our work places.

All the more reason why we try to make the very best mileage by following the very best practices.

I have my own idea of what some of those very best practices are. You will have your own idea. Let's share.

## **(1) Use neutral language.**

The very first mutually-agreed-upon information we receive about each other comes with what we say or read. It comes with words. Granted that body language can lead to suppositions, our impressions from body language are firmed up and confirmed by what is said in words.

If this is the case, then does it not make sense for us to use neutral words? Does not so much of the drama and turmoil come when we use words with a strong valence, pro or con? What Archangel Michael called Perro, the ancient diplomatic language that is based on neutrality, was devised to repair the damage from the intergalactic wars. It was found that speaking in ways that were simply descriptive and true caused the least amount of fallout. Can we not learn from this?

## **(2) Share**

A "share" is something specific. It's a statement made that tells us something about us. It doesn't usually tell us something about the other guy. It doesn't usually convey simply bloodless, juiceless information. It reveals us to others.

A share comes from transparency. It allows us to be known. So much of what is said today is designed to prevent us being known, to hide our true intentions, to fool others or throw them off the scent.

But a share makes the content of our heart known. It clears away the rubble and debris and allows our love to flow between each other. It makes us known and making ourselves known promotes emergence, unfoldment, blossoming. Tell me who you are. That is all I want to know. I want to know you and be known deeply. The time is past for hiding. The time has arrived to be known.

## **(3) Take a stand**

Under this planet's former management, much depended on being flexible, not committing oneself, being master of the cut and fill. But when a new world is a-building, much depends on what we can be accountable for, what we're committed to, and what we support from principle and under all circumstances.

We now need to be known by our stands. What do you stand for? What is your life a demonstration of? What are you here to support? And what can we count on you for in realization of your purpose? What is your stand? And who are you as a stand?

## **(4) Break through**

All that holds us in our shell is overcome by our own efforts. The ways in which we break free of our shell are unknown to us, just as how we ride a bicycle is

unknown to us. We know them when we do them and once we know them we never lose our ability to do them. Emergence or breaking through is one of those arts that cannot be described in words but is known once we do it. We have a will, which cannot be touched or seen, but has its own laws of movement.

And when we exercise that will to come out of our shells, we break through our suppression and inhibitions. Break through. Emerge. Come out of your shell. Now is the time when we need you, unimpeded, in the fulness of your glory. Break through your resistance by the exercise of your will. Become a player in the creation of this new world, however you do that, whatever role you choose.

### **(5) Love**

Love is the universal solvent of difficulties and the universal glue of relationship. Love holds the atoms together. It holds people together. Love stimulates growth more than the sun does. The very nature of light is love. We are given the free will to reject love, but only a failure to thrive results. Nonetheless love will not let us die as beings. Love is eternal.

Love assumes all roles and plays all parts. Only love lasts. Anything we create with love that is grotesque breaks down, falls apart, and returns to its native state.

All our processes - thinking, feeling, acting - informed with love cause us to unfold and the world to progress. And all the world's progress only leads back to the unveiling, the revealing of love. So why fight the way life was designed? Why cause the engine to falter because we won't use it the way it was intended to be used? Simply love and we conform to life's design and purpose. Love, love and more love and we return to our original state of innocence.

If the purpose of life is to know our true nature, and to be our true nature is to know our true nature, then be your true nature, which is love.

## ⌘ Listening ⌘

# Listening with the Heart

Dec. 29, 2014

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/listening-with-the-heart/>



*Written in 1987*

Streetcar going by.  
I remember that song.  
"Did I hear you say  
You completed the job?"

What made the energy so low in here?  
Am I only listening with the ear?

How dull things get when I hear that way. I think to myself:  
"Can't you say something new?  
Something different or true?  
Why do you think I don't listen to you?"

Some of the time I get to be right.  
The times when I'm not,



I hide or we fight.  
But something is missing in all of this.  
Without it we grow apart.

How describe that thing?  
A reaching out.  
A listening with the heart.  
When I listen that way,  
She seems glad that I know  
How she feels down deep inside.

Not just a listening with the ear,  
Where I catch her meaning and drift.  
There's so much more  
She seems hungry to say  
And won't without knowing I'm here.

Not caught up in my thoughts,  
Or wanting a smoke,  
Or ogling the woman next door,  
Or wondering why I don't love her these days  
The way I did at the start.

With the heart, I listen in support of her,  
In a way that buoys her in life, In a way that raises the strength in her,  
That feeds her and says she's alright.

I want to hear the all of her,  
What lies under and over the words.  
The sigh in her voice,  
The ebb and the flow,  
Her poise when she's clear and relaxed.

I want to hear the rhythm of her,  
Her song, her ballet,  
The playing of her.  
I want to know the the life of her,  
To enter and sit in her home.

## A Contribution to New Spiritual Partners – Listening

Nov. 11, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/a-contribution-to-new-spiritual-partners-1/>



*The best listener*

Archangel Michael said in *An Hour with an Angel* that the Company of Heaven is bringing spiritual partners together ... and not gradually but as quickly as people can handle. (1)

I look at what he says and want to serve that part of the Plan.

And so I say to myself: how can I contribute to that? And the way in which I see I can contribute is to share about listening and sharing. Because adequate listening and sharing is for me the basis of a successful relationship.

Let me begin with listening.

## **My Mother's Listening**

I can't remember a single word my mother ever said to me or to anyone else. But everyone loved her.

Why? Because she listened.

She could get right down there with you through all your trials and tribulations because that's what her listening was: feeling what you were feeling, getting what you were getting, getting it down to her bones. As deep as one could go. A deep recreation of another's experience.

When somebody listens to me that way, I'm able to get everything out on the table, all the pieces, all the chapters of the book. I see what the lay of the land is, what I've been missing or what's eluded me for as long as it has.

I have a sunburst of understanding, an "Aha!" moment and realization. The pieces of the puzzle fall into place. And I feel a great deal of release. The truth has set me free. And you've facilitated that process through your listening.

That's what listening is for me.

## **Magic Happens When We Listen**

As far as I know, the vast majority of people turn their ear to their partner and listen while going over the shopping list in their mind. Their hearing doesn't amount to much. It doesn't lead to anyone's understanding. And it doesn't lead to release.

Their partner ends up feeling that they haven't been listened to, no one cares enough to listen to them, etc. And then the arguments start.

To really listen to another, one has to put aside one's ego and agenda and that is hard for most of us to do. We inject our opinions. We advise the other. We intrude ourselves into their process. We don't give them much of a turn. That's standard in our society.

But when I as a listener find myself able to put my ego and agenda aside and really hear another person, I know something magical occurs.

Sharing that flash of understanding with another, that release from problems that may have been plaguing them for years, that's truly a magic moment for me. Isn't that what most psychiatrists and psychologists are hired to do? Help us release ourselves from our pain?

When I was studying to be a therapist in Sociology, I offered my services as a counsellor on a voluntary basis, just to see what was involved in the process. And my experience was that all the advice I had to give nobody wanted. I was exhausting myself finding new advice. Everyone resisted. Problem-solving therapy wasn't working for me.

And then what they wanted hit me. They wanted listening.

I changed my footing and began to listen. I penetrated listening as a skill about as much as I've penetrated anything. I listened for as long as was needed. And I found myself and the people around me rewarded.

I awoke to the value of listening, a gift from my mother.

### **How to Listen**

I say it's time for us all to start listening this way.

Listen to the words. Listen to the tone. Look at what the eyes say, what the hands say. Listen for patterns - motifs, themes, persistent complaints. Allow the full shape and weight of what's happening to dawn on us. And feed back the real deal-breakers.

Really get your partner's experience, as far as is safe. Be there with your partner as long as they need. And then mirror back your understanding to them, sparingly, pointedly.

Regard each sentence as a possible chapter heading. It may take several passes before they finish: one pass for the story (what happened); one pass for the emotions (how you feel); one pass for review (what you may have missed).

Listen without an agenda save serving your partner. Listen neutrally. Don't jump in with your opinion. Refrain from advising. Let your partner solve their own problem. Just get them.

Allow them to get the full story out, until they have that sunburst of understanding, that moment of recognition of what is really going on here.

Then you can stop.

Listen that far and I'd call that superior. Probably more remains, but I'd call that a great starter! (2)

I'm not aware of anything more important or a greater gift that could be given. I draw the attention of new couples first then to what I consider the very valuable contribution of listening.

### **Footnotes**

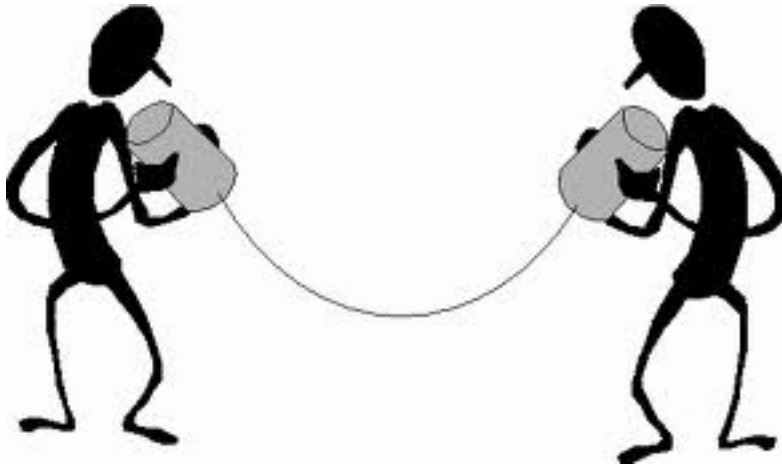
(1) "Archangel Michael: I See You! I Love You! I Will Engage," at <https://goldenageofgaia.com/2013/11/notes-from-archangel-michaels-discussion-of-sacred-partnership/>.

(2) In many cases, your listening will be invisible so don't expect anyone to thank you. The more invisible it is, the better. Let your partner go the moment they've reached release. Don't engage them in more conversation and don't go back into the upset. The contribution of this kind of deep listening makes it well worth the effort. You can see I'm enthusiastic about it.

## Sharing = Communication + Listening

Oct. 23, 2010

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-communication-listening/>



Sharing involves communicating and listening. One person communicates and the other person listens and, when the speaker is done and has been heard, they reverse positions.

What's there to communicate is anything that's there for us. The brass ring in communication is emergence; that is, stepping out of our shells and saying how things are for us.

The booby prize is telling another person how it should be for them. That will only start a brawl and does not forward the action in any way that I'm aware of.

However, listening and feeding back what we hear forwards the action.

If we're triggered, perhaps don't respond to another from that space for a number of reasons.

First, if we're triggered, almost guaranteed that our awareness is down, especially our self-awareness. Tension and awareness vary inversely to each other.



Second, almost guaranteed that our judgment is impaired.

Third, almost guaranteed that our response will be offensive and just lead to a feud, one that will grow and grow and take in everything, until a major falling out results.

Is that not how we've done things for perhaps most of our lives? Isn't that why things have not worked out for us if they haven't?

If we're reactivated by what someone says, almost guaranteed that a vasana has been triggered – a behavioral pattern that's anchored to some past event, some ancient hurt, which the other person's unwitting statement has jiggled loose.

Given the rising energies, we can expect more and more of our vasanas to rise to the surface to be cleared, but they won't be cleared by identifying with them, projecting them onto others, and starting a war. They'll be further energized and we'll become more rigid as a result.

They'll be cleared by owning them, standing in the face of them, observing them, locating where they're anchored to our past, and allowing them to play themselves out until they're gone.

We're lightworkers here, using the time together to bounce off each other, clear ourselves of our rigidities, keep abreast of what's going on and prepare for the busy and exciting times ahead.

Our egos served their purpose when we were cavemen; they helped us stay alive and divide work into roles and tasks and so on. But they're relics now and have lost their usefulness.

They will survive into 5D in the sense that we'll retain individuality but they won't survive as devices that keep us separate.

I'm biased in this area because, between communication and listening, I think the least understood skill and the one that brings the greatest benefit is listening.

When we listen to another, we get what they say and feed back our understanding so that the other gets that we got them. I value listening and I know that others do as well because they say so. It's the greatest gift I can give another.

In communication, I value transparency and depth. I want you to know me deeply and I want to know you deeply as well. Shallow fights and disagreements are valued on TV and in films but in real life they lack juice. Deep sharing has juice.



## Being a Second Self to Another

June 27, 2014

<https://goldenageofgaia.com/spirituality/on-processing-vasanas/being-a-second-self-to-another/>



*It's the vasana talking*

When I discuss a topic, it's no surprise that I get email on it.

So when I source a vasana publicly, I often find myself discussing vasanas with other people either via email or Skype. And, aside from all the benefits that result from that, I learn additional things about the ways in which our characters are formed.

These matters could be aired if we could find someone who'd allow us the listening time that we so badly need when we're trapped in an upset. But very few people in our society have as yet cottoned to the importance and value of committed listening, much to my sadness.

However, if one can find a good listener, then one gets to march back through time and see how and why our characters were put together the way they are. The path we see is not necessarily a straight line. It has its detours and byways, but it's nevertheless the path that we followed.

It was laid down in the face of trying, disappointing, and/or threatening circumstances, which induced us to reach conclusions about ourselves, others, life, etc. Once having concluded what we did, we then made decisions about how we'd act in the future. This is the point at which the twig is bent and the tree inclined.

Worse, if we went through numerous repeats of the upsetting circumstances, we can reinforce these conclusions and decisions so often that we become what Werner Erhard called "a guy in a diner" - a windbag, a corralized and fossilized type of character, endlessly sitting in a rocking chair, repeating platitudes.

People let us down in threatening circumstances, people failed to deliver on their promises to us, parents refused to play their role, people repeatedly cheated us or cheated on us.

The various strong emotions we felt can show up in the etheric realm as the seeds of medical conditions and disorders. But we, looking from the vantage point of the present, haven't been able to see why we are where we are or do what we do.

But when the whole history of events and the litany of let-downs and upsets is known, we see the map of the territory. We see how we got from there to here.

Most people, when they face someone in a vasana, get mad, get insulted, act coldly, or say something confronting. Very few ignore the emotion and just get what the upset person is saying.

Fewer still invite the upset person to sit down and talk about it or ask questions and then sit for an hour or even two hours to hear the answers. Even those people who listen for a while can get bored and make remarks designed to close the conversation down. Others lapse into advice.

If they did, they'd allow that person to see the journey they took into further and further complication and disturbance, until, in many cases, it surfaced as diseases and disorders.

In my estimation, the fifty-minute hour seldom works - and if there are any psychiatrists and psychotherapists reading this, perhaps hear me, if you would; I mean no disrespect. It's too short a time. It's eaten up by opening shares, arrangements, payment, etc. People need open-ended time if they're really going to get into the heart of the matter.

And people may take a while to get into the heart of the matter. I've listened for hours to people in upsets.

When they're into the discussion, they usually become committed to the exploration and the last thing they want to hear is "Time's up! See you next week!" Ouch! That in itself often shows up like a perpetration.

Moreover, many professionals are oriented towards offering solutions, sometimes unwanted, instead of just getting what the patient or client wants to say. In some cases, they may be geared towards figuring out what medications to prescribe and their line of questioning may be oriented towards that rather than being open to what the patient or client wants to say in an agenda-less environment.

If we can just give people the time they need and listen - yes, we may need to make a comment now and then to clarify or to show that we have our ante in the game or even to remind the speaker audibly that someone is there and following them - then people have the one resource they need to really get at what's troubling them.

They have the opportunity and help to lay everything out on the table and see the connections, the progressive development of the difficulty, whether emotional or physical, and how we ended up where we are. Almost always, they arrive at an "Aha!" that clarifies the matter and sets them free of it. (It may take repeated cuts to do so.)

Listening is not simply aiming your ear in the direction of the speaker and ingesting words which you later dump from your mind, the quicker the better. Listening is recreating in your mental and emotional field the experiences that the speaker is describing, being a second Self, going through what they're going through, if only partially.

It isn't taking matters on so deeply that you develop symptoms! But it is tasting the experience, getting the feel of it, and seeing how you'd feel if that happened to

you. And seeing where those experiences might lead. It's more intimate than the listening most people do but not dysfunctional in that we take on the condition.

Our society caters to our needs and pleasures. It produces food, clothing, etc. It offers vacations, thrills, etc.

But it doesn't seem to cater as much or as well to the really basic requirements we have to be emotionally and spiritually well. Or if it does, it doesn't allow such an expense to end up being paid for by medicare or tax money. And many people therefore can't afford what's available.

I hope that someday professional listeners get paid under medicare or funded as education is. But right now listening is not accepted as a therapy. (And I know some people will respond that "psychotherapy is paid listening." See above on that.)

Finally, I can think of no exercise that leads to love and unitive consciousness more, better or easier than listening. Being a second Self for another allows us to share their lives and to understand deeply how it is they got where they are. I feel bonded with those I listen to. I get to know them better than their own relatives may. It's therefore, in my opinion, an honor and a privilege to give someone the gift of listening. I frankly see it is tantamount to a sacrament in service of the Mother.

## Maximum Danger; Minimum Risk

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/maximum-danger-minimum-risk/>



*The Golden Ear Award*

I had a reading with Archangel Michael on Friday and he said we'd emerge from the Tsunami of Love “addicted to love.” The next wave is being called “the perfect storm.”

But a lot of what'll come up for some people during some of that process - me included - are their core issues, major vasanas, etc.

The most important skill at this time that I can think of to assist anyone who's hurting is listening. And there's more to listening than meets the ear. I'd like to discuss some aspects of it, in this and perhaps future articles.

Listening has the power to turn the puzzle into a picture and cause a realization ... and more. It has the power to set the speaker free from the unwanted condition.

When I was studying listening back in the 1980s, I used to say that what we aimed for was allowing the speaker to present their most basic upsets, conundrums, etc. (maximum danger) in a manner that posed the least possible risk (minimum risk).

### **Maximum Danger: Minimum Risk. MXD:MNR**

What does it mean to listen in a manner that poses minimum risk? It means to serve as a Second Self, a "sacred partner," we'd say these days. We double, or quadruple, the person's ability to see into themselves by seeing along with them, feeling along with them. and realizing along with them. It means to listen closely but with a light touch. And it gives them the feeling of strength and courage to look at things (MXD) they might not have been willing to look at before.

The Second Self that we act as is outside the upset and holds the space for the speaker to turn the puzzle into a picture. It allows the speaker the opportunity to put everything on the table and see what they've been missing up till now.

Very few people get the opportunity to be listened to long enough to get out all that's really troubling them. Most people interrupt after a few sentences. Or they take the ball and run with it ("run away with another's share"). Or they succumb to a need to feel useful and important and give in to the desire to counsel, console, advise - everything but listen.

When I was practising to be a counsellor in my Sociology Ph.D years, I followed Problem-Solving Therapy but quickly saw that very few people were buying my solutions. After much frustration, I saw that most people simply wanted to be heard.

So I threw my solutions out the window. No one was buying them anyways. I may as well have been selling water by the river. And I began to listen.

I threw away my need to feel important and instrumental in the success of their inquiry, which they were perfectly capable of running themselves, if only someone cared to listen. I simply set about following what they were saying and "recreating" (creating anew within myself, experiencing) whatever it was they wanted to look at

and feel. I might mirror back how it felt to see things the way they did. But just briefly.

I had a commitment to the truth but I also had a commitment to acting naturally. Being myself. Being who I am.

Everything they said to me was a chapter heading. I could have encouraged them to unroll any heading and had to be watchful for what was being said that was really the key. A word, a metaphor, a conclusion, a decision - you never knew when the one thing would be said that was crucial to their release from the unwanted condition.

Periodically I'd share something myself, a very small intervention, just to show that I had my hat in the ring. I didn't redirect them. I didn't take over their process. I didn't say to them "Go into your heart. Get out of your head." Everyone goes into their heart once they get a head of steam going. Their heart is where they want to get to. No one needs to be schooled in that. We're love-seeking machines.

I simply got each thing that was said and waited for the one key piece to mirror back to them.

I'd mirror back from time to time my understanding of what was said, how they looked, what they seemed to be feeling. I'd watch gestures, body language, listen to tones, the rise and fall of their voice. I might periodically hear a favorite expression or hear a significant pause, which I'd mirror back. Anything could cause the breakthrough.

Feelings are particularly important to mirror back because our mind files our upsets under "feeling" headings.

Mirroring is foolproof because, if I get it wrong, they correct me. So whether or not I get their drift the first time, I'm sure to get it as a result of their correction.

Everything they said I held in confidentiality. Nothing they said would I bring back to them in a way that was confrontive.

Never would I disagree with what they were saying because I felt in my bones that they knew what they wanted to say. They only lacked a listener, not a sense of where they needed to go with things. It wasn't that they lacked understanding of

what was happening. It was more that they lacked someone who cared enough to invest the time to hear them completely.

If only they could get the whole story out, they could see what they were dealing with.

Listening is the greatest gift one person can give another. Listening is the alchemy of transformation and the speaker is himself or herself the alchemist. We're simply the catalyst.

Listening is a very humble act. If the person got their "Aha!" all they really wanted to do was to rush out the door and tell their loved ones what they had seen. Mission accomplished. Some left without saying thank you.

Good listening is invisible. The number of people who said I was a brilliant conversationalist was legion, when all I did was listen. What conversation? Listening is not a conversation. It's the other person speaking.

Once they achieved release, I never took them back into the upset. To do so would have been to recreate the unwanted condition all over again. Release was what we aimed for and the truth of their situation was what would set them free.

The secret, if there is one, was to have a light touch, be non-threatening, be Maximum Danger: Minimum Risk. I am the listener. I think of this as "having a light touch" or "being light." That is my mission. To be Light.



# The Power of Listening

Aug. 12, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-power-of-listening/>



When I studied counselling for my Sociology Ph.D. program in the 1980s, I relied on Problem Solving Therapy. There I was at the side of the road trying to sell my solutions to other people, hawking my wares, and getting nowhere.

People didn't want my solutions. They wanted to tell their story. They wanted me to listen. And if I didn't they resisted and rebelled.

So, after frustrating myself no end trying to peddle my answers, I finally fell silent and began to listen. And I listened and I listened. Four hours of listening. Five hours. Eight hours once (just to prove a point to myself).

And what happened was that people's puzzles began to become pictures. Suddenly after talking and talking, a person would light up and go "Aha!" They now saw what they had been overlooking all these years.

With that, they were up from their chair and out the door. They just wanted to communicate what they had discovered. At last they now knew what had been driving them.

You recall, perhaps, that I left my Sociology Ph.D. program because I had a vision of the entire journey of an individual soul from God to God. That came about because I applied a notion of listening theory to life.

I had been listening to people as a form of restorative therapy and saw that when they found the missing piece to their puzzle, the puzzle became a picture.

I said to the universe, "If it's true that people's early lives are a puzzle, which then becomes a picture, could it be that life itself is a puzzle? And, if so, what is the picture that life is?"

I didn't expect an answer but instantly the front window of my car disappeared and I was left staring at a working model of life.

What I'm saying here isn't about that vision. It's about listening itself.

I've seen very few upsets that yielded to Problem-Solving Therapy, but few upsets that didn't yield to listening. To put the matter another way, in my view, "fixing" does not set us free, but the truth does. And the truth emerges through getting a full chance to say what's so for us to a committed listener.

Listening is one of the rarest gems around. Very few people listen. And of those who listen, very few really, really listen, I mean, listen for clues, listen for metaphors, listen to the tone of voice, listen to the feelings, watch the hand movements, look for hidden commands - there's so much to listen to and any one piece can be the one that completes the puzzle.

Like the woman who said that she used to walk into the ocean, found it cold, and would quickly run out again. Was that the way she was in relationship? And pop. She got why it was that she constantly left relationships after only a few months.

Or the number of people who have sicknesses that reflect statements like "pain in the neck," "pain in the backside," etc. Or all the people who've been called "lazy no-good good-for-nothings" and are now Type A personalities or "worthless tramps" who are now totally-indispensable members of any team they join. (How does that happen? (1)

But some of the keys are that people have to have a long enough go at it, they have to have our undivided attention, they need feedback that shows we're keeping up

with them, they could use mirroring - not too much mirroring, not too many interruptions. They need something from us every so often to show that we have a hand in the game - so we may wish to share just a foreshortened version of something that reveals an aspect of us, just to show we're a player.

But mostly it's a good long go at it that people want. So many people have never been listened to. It's sad really. Enough listening to really follow some leads where they want to pursue and a willingness to stick with it until the picture emerges.

If you listen well, people usually know nothing about it. They may say that they enjoyed having a conversation with us or that we're a brilliant conversationalist. But very often they don't know what happened.

My mother was a brilliant listener. I cannot tell you anything she ever might have said but everyone loved her and came over to Mrs. Beckow's house when she "put on a pot of coffee."

I can truly say that there are very few things I enjoy doing more than listening. It's one of the best gifts one person can give another. It's one of the most closely guarded secrets in human society. And it has more power to heal than anything I know on the Third Dimension. If the cabal knew the power of listening, they might have patented it. Or banned it.

There's nothing more satisfying that I know of than looking at someone's face light up because they now know the matter that has escaped them all their life and made their life hell.

## **Footnotes**

(1) It's called "living a script."

## The Power of Listening – Part 1/3

Oct. 20, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-power-of-listening-part-13/>



*In my doctoral program at the University of British Columbia, before a powerful spiritual experience had me leave university to study enlightenment, I was training to be a restorative listener.*

*I was convinced, and still am, that what the world lacks most, besides those who can love, is those who can listen. For any who like me cherish listening, here's a paper written back in those times on the power of listening. In three parts.*

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### *Safe Listening*

Create a safe, secure environment for speaking, free from interruptions and distractions. Take the phone off the hook. Close the door. Put a sign up saying “Do Not Disturb.” Have enough water, glasses, and kleenex. Visit the washroom beforehand. Have a pad and pencil to make notes for things to do later, rather than getting up and doing them.

If you have made an appointment for restorative listening, avoid making any other appointments that evening. Avoid having to say to your speaker that you must go.

Stay with your listening once begun. Buckle up and go along for the ride. Don't get up repeatedly or make a phone call. Ask permission if you need to go to the bathroom. Don't interrupt to ask. Wait until you make a comment and then tack it on.

Be sure you and the speaker have an agreed-upon "contract." Be sure to have the contract straight before you begin. If you agree not to leave a person until release, then don't.

*Make the other person the number one focus in your life from starting point to release.*

Do not take the spotlight off then listener lest you break the spell or destroy their concentration. If you must interrupt, make your interruption short. If you must comment, comment quickly.

Neither interrupt the speaker nor ask questions that break the flow of the narrative. If you positively need to interrupt, ask their permission first and keep it short. Your job is to assist the string of incidents and responses to come out, not to show how wise you are, not to follow your own avenues of investigation, not even to investigate. You are there to see what the message is your speaker wants to convey to you. The speaker usually will not know what that message is, in the beginning. Together you piece it together and then you "get" or understand it. Your job also is to mirror back your understanding, at significant junctures, so that the speaker, who is in the thick of it, can also see what you see. Together, both of you piece the puzzle together until the puzzle becomes an picture.

Identify 100 percent with the speaker. Don't listen for credibility. Don't judge the appearance of the self-serving bias. Look underneath the spoken word to the secret speaking that the speaker may not even be aware of. Ask yourself: "If this were me, what would I be wanting to convey? What would I want other people to know most?" Use the information contained in your own answer to guide your further listening. If you come up with an interesting piece of information, on motive or message, confirm with the speaker whether it is applicable to him or her.

Do not set the topic for the speaker to speak on. Let them set the topic. However, expect them to talk about a normal time followed by an upset and then consequences which flowed from the upset. Don't impose your point of view on the speaker. Just listen with nothing added. Listen to discover the speaker's point of view and the full picture.

Some speakers speak from ache to ache. First they notice a pain in their neck and talk until it is released. Then they notice their shoulders sagging and talk until the weight has been removed. Then they notice an ache in their heart and talk until that is released. Each ache is the equivalent of a point being made. Allow them to proceed in the manner they wish or are used to.

*Listen from the gross to the subtle, the bundled to the unbundled.*

Accept whatever they may say as the very next thing to be said, no matter how it sounds to you. Accept that it was constructed as a string and the logic of construction may not be apparent to you and may be as simple as "and then, and then, and then." Think of their points as being dishes that arrive by a dumbwaiter. One dish arrives, and then another, and then another, with no other logic than linear sequence.

*Treat what is said as a series of linked comments. As soon as one comment is finished, look for the next link and draw it out.*

Let them take deeper and deeper cuts at their story. For it to be fully told, they may need to take one narrative cut, in which all events are told; one emotional cut, in which their response to events is told; then one contextual cut, in which they shorten it up and see if they understand the whole picture; etc.

*Get the emotional truth first and the actual truth later, if necessary.*

Build your understanding from the progressive sharing of the speaker. Check out how your developing understanding matches their intention in sharing – ask yourself -- and the speaker -- if you are on the right track.

Refrain from blaming or hassling the speaker. Don't encounter them or tell them they are full of malarkey. Don't contest the speaker's interpretation. Don't use

anything the other says against him (or her). Express no hostility. Put aside your own agenda. Earn the other's trust and keep it.

Put your own agenda aside. Don't ask questions that deflect the speaker from his or her train of thought. If you see the slightest sign of resistance, drop your point and go back to the last point of agreement. An exception might be where you think you can catapult them forward by tying some things together but refrain from doing even this in the face of resistance. Be flexible and drop your own point as soon as resistance is encountered. If you get something wrong or space out, acknowledge it and go back to the last point of agreement again.

Keep yourself out of the process. Refrain from trying to make a point that arises from or handles your own discomfort. Handle it silently yourself or put it aside. Keep your questions short, devoid of theory, devoid of excuses. Speak Peter Rabbit English. Don't hang the speaker up by using theoretical language or latinate diction. Don't draw attention to yourself or say something cute or flashy. The whole process should be focussed on the other person.

Refrain from asking a question so that it jerks the other person out of their process by leaving them wondering what you said or where you're coming from. Be plain and simple. Refrain from saying out of the blue something like "Do you hate men?" Say instead "I'm curious to know if events left you hating men." Accept whatever answer they give you as true. If it is not true in the beginning, when they see your trust in them, they will soon begin to tell the truth.

Refrain from asking a question like, "I don't mean to imply that you don't know best for yourself, but could it be that the secret of what was happening lies in what he did after you did what you did?" Ask instead: "What was his reaction?"

Accept that many statements they make will be a mixture of truth and falsity or truth and exaggeration. Hold to that part of what they said that was true. Just go with that and ignore the rest. Or interpret what they say so that the truth is extracted and ask them if your understanding is correct.

Treat the speaker's message as a jigsaw puzzle which you are determined to reconstruct. Be curious. Make the translation. Crack the code. Supply what's missing. If the speaker is dramatic and exaggerates, divide by two or ten or whatever factor you need to. If the speaker understates, multiply by two or ten. If

the speaker is accurate verbally but ingenuine emotionally, supply the emotional truth, and vice versa. Discover the missing pieces that will turn the puzzle into a picture.

Follow every spoken word. Hear the point that is being made, the point that is being implied, and the point underneath it all. Have the other person see that you see the point that is being made. Do not raise the implied point until the time is right and then, if they ask you how you arrived at that understanding, put it down to a hunch. Do not imply that the speaker is speaking on many levels lest you jam the person into their head instead of leaving them vulnerable and open. Speak to the commitment implied in the point underneath it all. Make it right. Accept it.

Sociologists talk about speakers forming their identity in part on the listener's reaction to what they are saying. If the listener radiates shame, the speaker may stop and change the subject. If the listener radiates admiration, the speaker may wax more eloquent and expansive.

Therefore, to ensure that the speaker will say whatever is necessary to be said, keep your response neutral. See that you avoid excessive or dramatic responses that will push or pull the speaker away from, what is there to be said naturally. A speaker may cave in in the face of your emotional display. Caving in is not release.

Refrain from rushing the process. Watch for their cues as to your own shakiness in listening. They may remove eye contact from you, not because they are involved in a certain mental process, but because you seem restless and they are confused. Or they may feel you are invoking premature closure, and they don't want to stop. In this case, drop your agenda and return solidly to listening. They will return eye contact as soon as they receive and confirm your indications of steadfastness.

Words indicating closure include "OK." "Well..." Spoken at the wrong juncture, they can seriously trouble the speaker. Watch their use or else clarify that you were not intending to close the session.

There is a litmus test for whether our listening has been successful: Is the person in release? The truth will set the speaker free. Follow increasing release to the final consummation of freedom from the upset. They will only get at this deep truth in the fact of deep and committed listening.



If in our listening, we stop short of listening, the speaker will fall short of release. It is as if we waited two hours for the fireworks show, listened to the announcer describe the show and the pyrotechnics experts who were going to stage it, and then went home before the fireworks happened. We may leave the person literally aching.

Do not listen past release. Following release, let the speaker simply to end the session and depart. Allow them to be in whatever space they are in. Do not ask for acknowledgment, either directly or indirectly. Leave them with the insights and understandings they have arrived at: that is what you have worked so produce so don't now bury those fragile insights under excessive talk or self-centred need.

Whatever you do, do not carry the speaker back into the upset by asking for clarification of a certain point or trying to compare the upset with another facet of the person known to you, etc. Let them go. Let them see that release comes from sharing and listening.

If we drive a person back into the original upset with our questions, they may settle back into their original emotional state and forget what they arrived at, so powerful is the trancelike quality of the puzzle.

### *Second Pass at the same topic*

Listen fully and closely, but without rigidity. Full, close listening is one of the best ways to help a person through an upset. As a graduate student, I was used to being with upset people. I saw them come back from the precipice when I listened to three things: (1) the history of the incident, (2) the present-day consequences for the speaker, and (3) how they feel about it all.

Listen until release occurs. An upset may lift at any stage of the conversation – during description of the incident, of the consequences, or of the emotional response to events. A missing piece may suddenly fall in place (“THAT’s why he did it!”). Or the big picture may be seen in its entirety in a moment of insight (“Gosh, I see the WHOLE THING!”). When an upset lifts, I say the person is in release.

I know people are in release when they break into a smile. They may glimpse the missing piece that will put them into release, but not feel able to allow themselves

to settle into really acknowledging what they have seen. Often they have just the sheepish trace of a grin. It's my job to say, "What was that that you just saw?" When they acknowledge it, the grin becomes a broad smile; the secret is out; the conversation is over. The truth, as Jesus said, has made them free.

People in release are flexible, present, alive. People in upset are mechanical, absent, withdrawn. What then is the acid test that listening has worked? The speaker will be in release.

If listeners continue probing past this point, they can send the speaker back into the upset and they can forget the insight that brought them release. It's better to stop at that moment and allow them to be with what they have seen. Therefore, listen until, but not past, release. Ask, "Was there anything else?" to ensure full listening. If not, close off and let the person return to their life.

The better your listening, the less credit you'll receive. If you've really made a difference, it will show up as totally invisible. The speaker will have the sense of having uncovered everything themselves. Your role will not show up. At best they may thank you for listening. But your true contribution is seldom known.

The best listeners make the process seem effortless, as if a string of words miraculously flowed from the speaker's mouth, regardless of the fact that they started out with lockjaw. Resist the temptation to be acknowledged by someone in release. Send them on their way, lest you create a new upset.

*The best listeners pull the words out with delicacy and finesse in a continuous, steady manner.*

Don't miss a point in the argument. You may have to back the speaker up to make sure that you don't fail to comprehend a point. But if you allow them to continue while you have missed something, your confusion will shine through and they will feel frustrated. Ask their pardon. Explain why you've missed a step. Ask them to repeat it and then allow them to move on.

*The listener's job is to hear and understand every sentence and every word. Confirm your understanding if you're unclear.*

Listen to resistance; then go with it rather than against it. If the person refuses to discuss an obvious aspect of the subject, allow them the space to refuse. If the speaker resists your interpretation, don't force it upon them. Drop it and drop it completely. Be prepared to stand there not comprehending. Listening is not a place for know-it-alls. It's a deeply humbling experience.

If you try to sell your interpretation to a resistance speaker, they may close down. Let it go and go back to the last point of agreement and begin again. Watch for the delicate signs of resistance – the clouded brow, slowed-down delivery, drooping shoulders, etc. The discussion needs to be about them, not you. Exception: Occasionally supplying a revealing anecdote about yourself may free them up when they feel too exposed to continue. They may stop and stare at you blankly, too scared to go further out on the skinny branches alone. At that time, you're showing that you too are willing to be vulnerable and they may need to see you have a stake in the process too before they are willing to continue or to go deeper.

Listen to layers. One may be the speaker's thoughts; another, their feelings; another, their druthers; and another what REALLY upset them. Listening is often multi-dimensional in real-time. It may be linear; then jump to a synthesis when an insight suddenly arises; then proceed again from a totally-altered standpoint. The listener has to move with the alterations and so must be nimble and unattached in their listening.

Listen to the full score. People communicate in an orchestrated fashion. They put some of the score in words. Some of it is in vocal tone, pitch, looks, gestures, intensity. They may grimace, roll their eyes, weave like a dancer, stab the air. Often we don't hear the music because we're simply listening to the words. Good listening means paying attention to the total performance, the full production, the complete score.

Speak a common language. Though we speak English to each other, there is a sense in which we still talk different languages. One person may speak parenting; another, the Wild Country. If one person speaks computerese, speak it back if you can. Talk with byte. Learn the person's program. Know his or her operating system. If someone else speaks Whistlerian, then head straight down the hill (watching for moguls), be willing to jump, and go for the gold. If you can't understand their language, propose another. "Do you like football? Good. Well,

when the quarterback doesn't know where the wide-end receiver is after the ball is hupped....” Etc. Communication is difficult without a common language.

### *How not to Listen to an Upset*

Using mixed messages that deny or minimize. The worst thing in the world to say to an upset person is: “Don't be upset.” Since they're ALREADY upset, they may feel crazy and react.

Giving advice. Most listeners give up the impact of their listening by hiving off too soon into advice. Make sure you've listened fully before you advise. Better still: hold the advice and just get the beef. Good listening almost always makes advice unnecessary.

Having no time or space. Listening is difficult when you put aside too little time for it or talk in a busy setting. If you really want another person to open up, choose a relaxed and quiet place and a time free from interruptions.

### *What is the Source of an Upset*

When human beings are beyond upsets, they can expect the heavens to open wide and angels in chariots to descend, whisking them off to God. Upsets are a hazard of modern-day people being human. Our contribution can lie in helping people find the source of the upset or see the total picture so that the upset can lift.

The real source of an upset usually lies buried in the long-distant past. The source of most upsets seems to lie between birth and age, perhaps, ten. Seldom is the source of a serious upset in the present. The chief players in these early, original upsets is usually the members of our immediate family and our very best and earliest acquaintances. The present culprit usually turns out simply to be a stand-in.

Most upsets yield when we understand the person's present situation. If upset people are plunged into early-learned ways of meeting a threat — getting even, being snide, ignoring others, freezing others out — just acknowledge what they day (remembering that tomorrow it may happen to you) and get the full communication.

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

## The Power of Listening – Part 2/3

Oct. 20, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-power-of-listening-part-23/>



(Continued from [Part 1](#))

### *Listening Shows We Care*

Listening is probably the easiest and most appreciated way to show we care. The deeper we go in our listening, up to the point of release, the more the person feels cared for.

### *Listening Strategies*

When speaking, a person can push an edge, pull it, or be with it. Any way will work and the possession of three strategies ought to allow one to overcome all obstacles to insight and understanding.

People bring up points repeatedly because they don't feel heard the first time or because they are not sure themselves where they want to go with the subject and are awaiting clarifying feedback.

We can take successive passes at listening to another. Often the first pass allows the speaker to make sense of something. But often the puzzle does not become a picture until they make at least one more pass, during which they explore the emotional truth of the subject. They may also make a third pass to see if anything has been left out. But when they experience release, they usually have no trouble stopping. Once they have experienced release, often all they wish to do is rush home and tell their partners what they have discovered. I usually let them depart as soon as they experience release.

### *What to Listen for*

When we communicate with one another, we use more than just the spoken word to get our message across. We use vocal tone, pitch, gesture, spacing, and silence. Moreover, we couch our messages in metaphors and images, whether consciously or not. All of these the listener must be able to catch. The listener must spread his net widely to trap it all.

#### Historical Clues

The story/history

The buried memories

#### Contextual Clues

Conceptual framework

Feelings

Likes and dislikes

Acts, scripts, and records

Issues, outcomes, and decisions

Investments

Intentions

Interpretations

#### Vocal Cues

Tone

Pitch

Intensity

Behavioral Clues  
Expressions  
Gestures  
Moves  
Costumes  
Settings  
Spacing  
Timing  
Verbal Clues  
Metaphors  
Imagery  
Slang and jargon  
Comparisons  
Emphases and pauses  
Issues and Problems

The difference between issues and problems is that issues are general, subjective, personal, and not measurable while problems are specific, objective, impersonal, and measurable.

### *Advising*

You'll get as much as you do until the point where you kick in with counselling, advice, or coaching. Once you begin to advise, the speaker is blocked, the train of thought is broken, and the speaker stops.

### *Listening to Oneself*

Unfortunately, good listeners are hard to come by. Until they are not, you may need to furnish yourself with the listening you need.

There are a number of ways to describe the process of listening to yourself. You could call it a two-handed internal conversation. You could say you make an object of yourself.

Any way you characterize it, you play both speaker and listener internally. Give it all you've got because you yourself need listening more than anyone, if you're to be there for another.

## *Listening as a Gift*

The greatest boon to any relationship is the gift of listening.

### *The Building Blocks of Communication*

Misunderstanding can lead the speaker into frustration. A lack of attention from the listener may lead the speaker into irritation. A lack of grounding may lead the speaker into resignation.

When these outcomes occur, the speaker may feel cheated and incomplete. Or the person may feel despondent, thinking that he or she is not worth listening to. The key to the success of listening is for the listener to want to listen completely, fully, 100 percent. Often to do this, the listener must create the speaker's undeveloped communication as a mystery, a puzzle, a conundrum, which the listener has an acute interest in helping to reveal or know.

In the days that I was considering counselling as a career, I would often problem solve with my clients. I would listen to them for a while and then suggest a line of action. But I continually saw people refuse to entertain my solutions and insist instead on finishing their story – even if I had what I considered to be the right answer! Telling the story seemed much more important to them than solving what I regarded as a problem. When I finally relaxed and saw listening itself as the proper approach to the speaker's need, I found them solving their own "problems." All I needed to do was listen. This was definitely an easier way of counselling than problem-solving, which I had always found quite stressful.

Say goodbye in here to problem-solving or advising. Your job as counsellors is about to become 100 percent more effective and 100 percent easier. You are about to become listeners.

You probably weren't taught listening in the family or in school (few of us were). Listening is more than simply turning one's face in another's direction and catching words thrown at us. That's communicational baseball, at most a precursor of listening. Listening means deeply and fully hearing another's thoughts and feelings, understanding their meaning and intention, seeing what they want and don't want, what they need and don't need, without judging or evaluating.



Listening often involves unravelling a jumble. Or it may require developing the “chapter headings” people so often speak in. Or it may mean “cracking their code.” Only when it’s safe to talk will it usually be rewarding to listen. Given deadlines and interruptions, it’s usually hard to have people speak from their heart and harder still to listen deeply. But, if the listening space is safe and free from distractions, the more willing will people be to reveal themselves in speaking.

### *When to Listen*

People want to talk often when they experience too much joy or too much upset. When they’re wild about an accomplishment or down about something that happened, they want to talk about it. They may not stop until you acknowledge that you have heard them and what you heard. Joy-full people who aren’t heard often grind their feelings down and suppress themselves. Then they say that no one cares at work, no matter how well they do.

People also want to be listened to when they’re upset. An upset occurs when you feel your button suddenly pushed – alarms go off and you feel yourself suddenly irritated, mad, or frustrated. Some experience their upsets with storm and thunder. Others go more deeply into themselves and experience their upsets silently. Some glare; others stare with glassy eyes. Few expect to encounter someone who can listen and who cares to.

An upset is a present-time interruption in well-being that is, in some important way, related to earlier, similar events. An issue is a strongly-held preference regarding a way of being or acting that conditions our acting and thinking in the future. An interpretation is a persistent view of one’s self and the world that establishes the “box” within which thinking and acting take place.

Restorative listening involves recognizing when an individual is caught in an upset, gripped by an issue, or imprisoned within an interpretation. It involves knowing when to listen and when to stop listening. And it involves using a range of approaches to facilitate the speaker’s sharing in such a manner that the speaker himself or herself moves towards release.

An upset usually follows a loss or defeat of some kind. It can follow blocked momentum, frustrated expectations, or thwarted intentions. People in an upset experience strong emotions carrying them to far up or too far down for them to

maintain unblocked relationship with others and with themselves. People in upset usually relate by tensing the musculature of their bodies, reducing their awareness, or withholding communication or participation. They may retreat into an act or role that has for them value as a survival strategy.

An upset usually grows until we reach a peak of emotional experience. We often say or do things which are normally suppressed. Although we think our present circumstances determine how we respond, listening shows us that our response is predominantly coloured by our past experiences. We cast contemporary people in past roles belonging to parents or friends, making them stand-ins, and saying things to them that properly should be said to the originals of their type.

After fully expressing ourselves from inside the upset, we may feel temporary relief, but we leave a vast trail of damage and residue in our path, like a tornado that has ripped through town. We may have gone out of relationship with loved ones and now must work our way back in. We may feel obliged to make our damaging actions right and cause further damage. We may have committed ourselves to courses of action that we later regret. Our family and friends may hold us at arm's length afterwards. In some cases, our treasured relationships may end.

The course of an upset is as follows. In the flow of time, something is said or done that triggers us. We feel an upsurge of strong emotion. We block others and begin to act according to a role. We withhold. We reach a peak and explode. After the release of our explosion, we gradually return to normal, only to survey the damage that we have done.

If we experience repeated major upsets, we may reach a breaking point. We draw a conclusion about affairs or life. From our conclusion, we create an interpretation of life. We make numerous decisions based on our conclusion and interpretation. Soon these matters result in a rule being formed and issues arising which tell us how we are to behave in future so as to avoid falling into the same upsets again. These conditioned ways of acting become our identity, the "box" from which we do not stray. As listeners, we can listen for all these clues to the "box" in which the speaker has imprisoned himself.

*See the Other Objectively*

You can only hope to find a lasting solution to a conflict if you have learned to see the other objectively, but, at the same time, to experience his difficulties subjectively. (Former U.N. Secretary-General Dag Hammarskjöld in Diane Dreher, *The Tao of Inner Peace*. New York: Harper, 1990, 236.)

(Continued in [Part 3](#))

## The Power of Listening – Part 3/3

Oct. 20, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-power-of-listening-part-33/>



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

### *Listening as Wisdom*

The Chinese word for a wise person, sheng jen, means literally "one who listens." International mediators Arnold Gerstein and James Reagan stress the importance of listening in their book, *Win-Win*. Peace activist Joanna Rogers Macy has called listening "the most powerful tool in peacemaking and any other kind of social change work." (Diane Dreher, *The Tao of Inner Peace*. New York: Harper, 1990, 243.)

### *Compassionate Clarity*

A key reason for knowing yourself with compassionate clarity is so you can hear another person without your stuff getting in the way. (George Mumford, sports psychologist and meditator, A.G., "Deep Listening," *O Magazine*, May 2001, 239.)

### *Opening the heart*

We're talking about sacrifice here. Listening involves opening your heart, and the heart can get broken very easily. (George Mumford, sports psychologist and meditator, A.G., "Deep Listening," O Magazine, May 2001, 239.)

### *Self-control*

There has to be a certain self-control, whereby you're able to stay open without the layers of opinions, likes, dislikes, and labels. That's very difficult because you must put all your views and belief systems in abeyance. (George Mumford, sports psychologist and meditator, A.G., "Deep Listening," O Magazine, May 2001, 239.)

### *Vulnerability*

The other person has to be willing to be vulnerable as well, willing to give up something. (George Mumford, sports psychologist and meditator, A.G., "Deep Listening," O Magazine, May 2001, 239.)

### *Results of Listening*

When people are heard, they feel honored and respected. They can extend caring and courtesy to others who have different points of view. And so a variety of viewpoints and perspectives can be considered. The best decisions are made when this happens. ...

When the ideas of people are not heard and they are not included in the decision-making process, they feel that no one cares about them. When children or adults feel cut off and uncared for, they react in hurt and angry ways. Any action that is taken on their behalf will be resented, if not opposed. (Paul Ferrini, EM, 77.)

Many of us believe that we listen, but it's not true. Listening, if we did it deeply and fully, would totally transform our lives. (Paul Ferrini, EM, 79.)

### *Everyone wants to be heard*

All any one wants is to be heard, to be cared about and respected. These are universal human concerns. As a husband or wife, we should extend this caring and respect to our partner. As a parent, we should extend it to our children. As a

community, we should extend it to all our members: rich or poor, black or white, able-bodied or disabled. (Paul Ferrini, EM, 78.)

### *Listening cannot be forced*

Even when we agree that others should have a voice [in the decisions that affect them], it doesn't mean that we are willing to listen. And, unless we are willing to listen, what does having a voice mean? What does free speech mean if we are always putting our hands over our ears?

Our society says that everyone has a right to speak, but it cannot make us listen. It cannot insure that we will hear what others say to us or that they will hear what we say to them. Hearing has always been optional. It has always been a matter of choice. (Paul Ferrini, EM, 78-9.)

Hearing others is a form of loving [others]. And love has never been successfully legislated. You cannot make somebody love another person, nor can you make someone listen to another. (Paul Ferrini, EM, 79.)

### *Listening is not Judging*

If judgments come up, remember that you aren't listening: you're judging. (Paul Ferrini, EM, 79.)

### *Listening is not Responding*

Don't respond in any way except to acknowledge that you have heard. If you are responding, you have stopped listening. (Paul Ferrini, EM, 79.)

### *We Usually Don't Listen*

We think that we hear one another, but we don't listen very long or very deeply to each other. We are easily distracted by our own thoughts or by events happening in our environment. (Paul Ferrini, EM, 80.)

When we really "hear," we feel acceptance, compassion, love, respect. We don't want to give the other person a lecture or try to fix him or her. We just feel good that the person felt safe enough to communicate honestly with us. (Paul Ferrini, EM, 80.)

When we really “hear” another person, we hear ourselves. We know it could be us talking. There is that equality. There is that rapport. (Paul Ferrini, EM, 80.)

*Listen to the truth, openly and deeply, without:*

Being impatient

Ignoring the other person

Listening to our own thoughts

Defending

Deflecting

Playing "broken record"

Playing "twenty questions"

Discounting

Denying

Justifying or

Excusing.

*Listener as Mirror*

If a person is to get through blocks and phobias, I have to remain calm when they reveal themselves to me. I am like a looking glass in which they judge their acts through observing my response. So if I respond with alarm or disgust, they may feel quite self-conscious and ashamed and be unable to go deeper.

*Listening for the Truth*

The test of whether listening has been successful is whether release has occurred. Jesus said, the truth will make you free. And telling the truth to a committed listener will also set us free. If one has not experienced release, one has not told some aspect of the truth that must be told. There is more to go.

We're not listening for games, ulterior motives, the self-serving bias, image management, the dark side or shadow side. We're listening for the truth and the truth alone. And the test for it is release.

Identify the various messages contained in the speaking and choose which to go with.

### *Calm, Receptive and Connected*

Only by remaining calm, receptive, and connected is the speaker induced to go deeply into the truth.

### *Feedback*

Feedback is used (1) to confirm our guesses or hunches about what the speaker is saying, and (2) to mirror back the listener's impressions. Here some useful ways of feeding back:

Sounds/sounds like x

You sound/you sound like x

Looks/looks like x

You look/you look like x

I hear you/your x

I see you/your x

I'd feel x about y; how do you feel?

I'd think x about y; what do you think?

I'd want to x; is that what you want?

I'd feel x; is that how you feel?

What I'm hearing you say is X.

### *Drawing the Speaker Out*

Some useful prompts are:

How do you feel about...?

What do you think about...?

What would you like to do?

I'd feel...; is that how you feel?

I'd think...; is that what you think?

I'd want do...; is that what you want to do?

What would you have done if ... occurred?

Tell me more about...?

Can you elaborate on...?

I'm not sure I understand.... Can you give me more details?

I'm curious to know about....



Are you willing to...?  
So you're saying....  
So you feel...?  
So you think....  
So you're saying....  
So what happened for you was....  
Is that the whole story?  
Tell me about it.  
I'd like to hear about it.  
I'm not going anywhere.  
I'm listening.

### *Last Point of Agreement*

(1) When listening is out of synch and a breakdown occurs, go back to the last point of agreement. Wherever you can agree you last understood each other start again there and continue.

(2) When I encounter resistance from a speaker to a question I've proposed, I abandon it and return to the last point of agreement. I keep backing up until I find the path of least resistance. I take the decrease in resistance (or increase in ease) to mean that we are back on the right track, in terms of the speaker wanting to be known.

The same steps can be taken to call up forgiveness in ourselves. When we see that another has invited and won our forgiveness, we too can back up and find the last point of agreement. Both the speaker and the injured party seem quite content just recovering the last point where we agreed, without blame or resentment, and starting again.

### *Speaking as a Listener*

Many people consider effective speaking to be the crown of communicational skills. I consider it to be effective listening.

# The Power of Listening to a Skeptical Person

Dec. 19, 2014

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/the-power-of-listening-to-a-skeptical-person/>



I was reading what [Galactic Roundtable] discussion group members were saying about partners who may not share our perspective or support our beliefs. So many of us know what it's like to talk to a skeptical person. Maybe this is a good time to mention something that may be relevant here.

There are many ways to "be with" a person. Sharing our heart and listening are two of them. We all of us enjoy sharing, I know. We'd like to be known for who we are. Unexpressed joy, excitement, and enthusiasm can be an upset, just as much as unexpressed frustration, irritation, etc.

But when we cannot share, perhaps we could remember that sharing is only one road to satisfaction. A second road is listening.

We often fail to consider the value of listening and the way in which listening opens people up. We also don't consider the contribution listening makes to us - the

joy we feel on contributing to another's wellbeing and seeing them released from pain and stress.

So, if I can't share in a situation because my partner is skeptical, what I do is switch to listening. Different road to the same destination of fulfilment.

I could write a book on what it means to listen. I listen to the tone of a message, the pitch, the emotion, the metaphors used, on and on. And what I listen for is the secret speaking.

But I don't try to interpret or project my meanings on another. I look for evidence of that secret speaking in what I just outlined and mirror back only this evidence.

I hear every statement said as a chapter heading and allow the person to develop each chapter.

I'm listening for understanding and not to advise, counsel, control, influence, etc. In fact I refrain from advising or fixing and simply "get" the other person. This is what makes listening listening.

I mirror back what I hear but not so often as to interrupt and only to show the person that I'm listening, If I've successfully mirrored back, then that particular section of what needs to be said will now be released because the person speaking knows they've been heard.

So I would listen, "get" the person's communication, mirror back what I heard, listen, get, mirror back, listen, get, mirror back, until the person has completely finished saying what they need to say and experience release.

I only ask questions when I need clarification. I don't send the speaker in a different direction than the one they want to go in by asking an intrusive or agenda-setting question. I allow them to set the agenda.

I can see where my listening is proving successful. The truth sets a person free. If I'm listening well, the person is getting more and more at the truth of the situation and will be showing more and more signs of release (being set free). They'll be perking up. Their enthusiasm will be returning, and so on.

I "follow that release." I overlook statements made that take the person deeper into the upset unless that's where they want to go. But I listen most closely to what brings release.

Eventually the person sees what there is to be seen from speaking and emerges from the down space they were in.

I take listening seriously. I give all my attention to it when I'm doing it. I know it works to relieve stress in another. And I know that it's a worthy service.

I listen to my intimates, for as long as they need. And I don't claim credit when they're done. I simply let them go to whatever is next for them.

Once a person has spoken so much that the puzzle they are dealing with has become a picture, an "Aha!", a realization, then I leave them alone. I don't send them back into the upset by asking further questions about it. I get that the work is done, the result has been achieved, and the subject at the heart of the upset should now be let go of. I allow them to leave, do what they want, remain in silence, etc., as they choose.

I personally experience as much satisfaction from listening as I do from speaking - often much more. Because listening is serving and serving raises love and compassion in oneself.

Very few people, when you listen, are aware of what you're doing. Later they say that you are a really good speaker, not even realizing that you said very few words, that they did all the talking. They gravitate towards you after that, aware that something happened with you but not knowing precisely what it was.

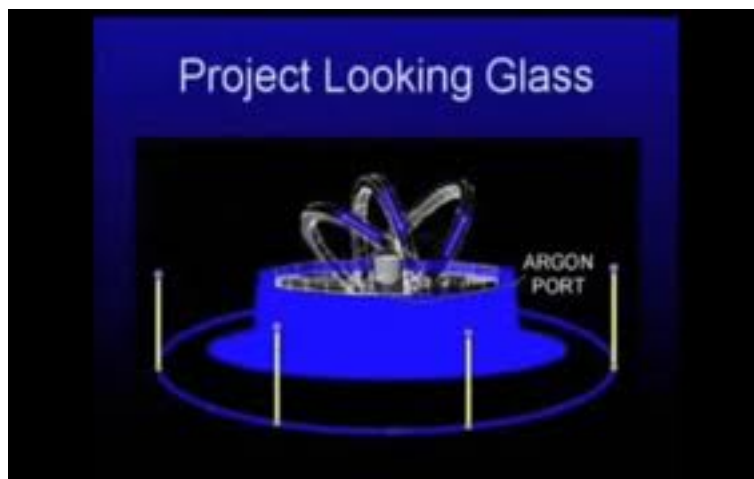
So if you want a low-stress way of serving your skeptical partners, of getting through this last amount of time before abundance kicks in and the full truth of 9/11 and other events is known, consider listening to your spouses rather than sharing. Sharing may not be in the cards right now but listening is always supremely valuable. And it's probably the best contribution you can make at the moment.

# ⌘ Galactic Communication ⌘

# Galactic Methods of Communication

March 6, 2014

<https://goldenageofgaia.com/2014/03/06/galactic-methods-of-communication/>



*The Looking Glass, which allows for future viewing, is a sequestered galactic technology*

Let's look at developments in communication technology in the months and years ahead. Again the galactics have not reached the point of sharing information about their communication technology in detail. They offer only tantalizing highlights.

Some of the need for communication technology will disappear when we acquire telepathic capabilities, as Natalie Glasson's sources suggest.

“With time, awareness, observation and empowerment, you may realise you do not need some forms of technology any longer. For example, you may not need a phone because you may have developed telepathic transmission or travelling through energetic dimensions.” (1)

The beginnings of telepathic communication between individuals will slowly take form, Hilarion tells us, “and this will lead to exciting developments in all areas of communication and technology.” (2)

“Many new devices will be created and distributed throughout the world. These will help those on Earth to communicate more clearly and even more quickly than before, not only with the inhabitants upon the planet but also with the star nations as they are recognized as kin.” (3)

We won't watch television any more. SaLuSa describes what will replace it: “Television as you understand it now will be eventually superseded by holographic images that are of course 3D, and in their experimental stage on Earth already.” (4)

Galactic methods of communication, SaLuSa informs us, are advanced enough to “put anyone in touch with whomsoever they wish, [so] no one will miss out on information necessary to them.” (5)

New communications technology will not be harmful to the body Matthew Ward tells us.

“Current wireless communication instruments that are harmful to brains will not operate in higher vibratory planes, and harmless instruments with the same capabilities and more will become available.” (6)

The computers the galactics use are far more advanced than ours, SaLuSa reveals. And they are alive, which may be hard for us to appreciate or understand.

“We come to share our knowledge with you, and your professional people and engineers will enjoy the chance to use our advanced technologies. As you might expect we are so far ahead of you in computer technology that you be in awe of the advancements that have been made.

“They live and have a mind of their own, and are so sophisticated compared to your level of understanding. They will be there for your comfort and carry out what you would call the menial tasks.” (7)

On another occasion he tells us that they “have magnificent computers that literally have a mind of their own.”

“Yours by comparison are very basic, but serve your requirements for present. All of the new technologies will be yours to use to speed up the changes, and establish a communications network that will seemingly

overcome the impossible. Distance will be no obstacle wherever you are in the world.” (8)

The Pleiadians through Wes Annac tell us that we’ve just begun to recognize that such technology exists and its use has only recently become permissible.

“The pairing of consciousness [with technology] is something that has just begun to be recognized and allowed for your mainstream world again.” (9)

They explain a little bit more about the pairing of consciousness on another occasion:

“You’ll funnel aspects of your consciousness into the technology you’ll be given, which has been known about on your world and suppressed for nearly a century. The technology many of you may choose to utilize will be sentient aspects of your consciousness, and will be endowed with your perceptions.” (10)

We’re ready now to use technology like this for the good of humanity, he says.

“You are undoubtedly ready for such a quantum leap forward, and you will apply such knowledge for the good of all Mankind. Hitherto your own advancements have been held back for the benefit of the privileged few, and often it has been for military purposes only.” (11)

The Earth has been quarantined by star nations for many years now because of our tendency to export our warlike ways wherever we go. And we have already gone to the Moon and Mars via the secret space fleet, Solar Warden, which the cabal has not admitted to yet.

We already are in possession of much communication technology that has been gifted to us by galactic visitors but the military has for the most part sequestered it. That and much new technology will soon be released, to the benefit of all humanity.

## **Footnotes**

(1) “Akina of the Pleiades: Spiritual Metamorphosis,” channeled by Natalie Glasson, January 30, 2014 at <https://omna.org>.



- (2) Hilarion, December 22, 2013, at <https://www.therainbowscribe.com/hilarionsweeklymessage.htm>
- (3) Loc. cit.
- (4) SaLuSa, April 17, 2009.,at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm) .
- (5) SaLuSa, Apr. 7, 2010.
- (6) Matthew’s Message, Aug. 11, 2011, at <https://www.matthewbooks.com/mattsmessage.htm>
- (7) SaLuSa, Nov. 7, 2008.
- (8) SaLuSa, April 17, 2009.
- (9) The Pleiadian High Council, “Suppressed Revelations and Impending Changes,” channeled through Wes Annac, April 1, 2012 at <https://tinyurl.com/7bac88z>.
- (10) “SanJAsKa and the Pleiadian High Council: Continual Revolutions of Peace and Love,” channeled by Wes Annac, August 20, 2013 at <https://aquariusparadigm.com>.
- (11) SaLuSa, Nov. 7, 2008.

## Do You Speak Perro?

October 9, 2014

<https://goldenageofgaia.com/2014/10/09/do-you-speak-perro/>



Perro is a way of speaking that all of us who are working together to build Nova Earth will need to cultivate. You won't find it practiced much in public life because so many public figures today are venal, suborned, egotistical, etc., I'm sorry to say.

I really wish I could say differently but corruption is still rampant in our society, and especially in our public leaders. (No, not Obama. Sorry. I don't agree.)

Just look at the judges found to be taking bribes for sentencing young offenders guilty of minor charges to Whackenhut prisons. Politicians are violating young children sent to them by Boystown. (1) Priests and bishops turn out to be pedophiles. Diplomats are on the take. Our world is a mess and speaking Perro is one attempt to emerge from it.

So now down to an informal attempt to outline it.

Perro was a form of speaking developed after the devastation of the Intergalactic Wars to see that no star wars like them happened again. It was a way of seeing that

things went forward in a manner that did not generate additional conflict but sidestepped it.



*Try speaking Perro to a Sirian*

There are usually only imperfect examples of it that happen in 3D because very, very few people are behaving or can behave consistently higher-dimensionally. Our dense bodies work against us. Social pressure and conditioning draw us back into conflict. Our vasantas and core issues trigger us.

Dr. Spock is a caricature of it. Capt. Kirk is a better representation. Sometimes military officers achieve it, but then they blow it with outbursts and egotistical displays.

Sometimes diplomats achieve it but then they scuttle it with their venality and other forms of corruption. You can't speak Perro and not come from a clean place in your life. I don't think it's possible.

According to Archangel Michael, we used it in our hearing rooms at the Immigration and Refugee Board of Canada.

I'd describe the way we spoke as impartial, neutral, unembellished, straightforward, and descriptive. I'd have to recapture it. I'm a wee bit out of practice. But if your life is in danger, as a refugee's is, you'd want the person at the front of the room to speak Perro.

We had to speak that way or the Federal Court of Canada would have overturned us. I was only overturned twice in 1,500 decisions. I worked hard for that.

At the IRB, we were denied all contact with the public so long as we were Members. A close relative once became entangled in a court case and I was forbidden from even calling her or having coffee with her. I could have explained many things to her but contact was strictly forbidden.

And you know what? I agree. That's how we kept Canadian law (for the greatest part) clean. And my relative understood.



*Jack Webb of Dragnet: Just the facts, Ma'am*

The best example of it remains a judge. Another good example is the proponents of "Non-Violent Communication."

It involves communicating only the truth, and that, using factual language, from a place of balance, consideration, and moderation. Not easy to do.

It involves what Dragnet's Det. Jack Webb called "the facts, ma'am, just the facts." It involves "the truth, the whole truth, and nothing but the truth."

So if I were to define it, I'd say: Perro involves a way of speaking that sees us express the factual truth - and only that - in a way free of drama and an intent to wound, full of balance and compassion, with sufficient open and active listening to discern what's true and important for the other person.

The more investments we have, the harder it is to stay with Perro.

The more the other person appears to us strange, threatening and dishonest, the more difficult it is.

Some of our sources ask us if we're willing to give up our bodies to surrender to what is happening. Jesus told us to turn the other cheek and love our enemies. These examples suggest how difficult it is to be Perro, never mind speak it. But it describes the road ahead. That's where we're going.

### **Footnotes**

(1) See "The Price of Silence is Too High," March 5, 2013, at <https://goldenageofgaia.com/2013/03/05/the-price-of-silence-is-too-high/> and "Why Do We Report Torture and Sexual Misconduct?" at <https://goldenageofgaia.com/archive/etiquette/why-do-we-report-torture-and-sexual-misconduct/>. Also Google Boystown and pedophilia.

## Perro: An Ancient Intergalactic Language of Diplomacy

April 12, 2012

<https://goldenageofgaia.com/2012/04/12/perro-an-ancient-intergalactic-language-of-diplomacy/>



In a reading I had with Archangel Michael April 10 through Linda Dillon, one of the matters he discussed with me was the need to practice the use of neutral language as we begin to form our teams and projects. The farther we got in our practice of this, he said, the better able we would be to avoid conflict with each other.

He described an ancient intergalactic language which he called "Perro," which is a diplomatic language that was invented to prevent hostilities erupting, apparently after the intergalactic war.

Here's what he said about Perro.

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Archangel Michael: Long ago, slightly after the intergalactic war, when peace was being formulated, there was a form of conversation that was developed by the unified forces, the intergalactic council, and this language was called Perro.

And what this language is, and it is something that perhaps we could share with you and that [you] could practice, is using language without any emotional charge at all. It takes time and patience to do this. But what you are doing is conveying purity of information. So when you are in situations that might be volatile, or stressful, or filled with drama, reach an agreement, a rule of engagement, that you will use Perro so that the emotional charge behind the words is dropped.

Steve: Is that the same as what I call neutral language, Lord?

AAM: Yes, you remember using Perro from that time.

S: Oh, OK. Because you have to use [neutral language] in the courtroom.

AAM: Yes, you do. And it is a way for information, even points of view, to be communicated, but without the emotional charge or the devastation. It is in this way that the intergalactics came to be able to communicate with each other without the horrors of war attached. It is a very useful form even to this day.

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I can't discuss Perro itself. Aside from what AAM has said, there are no other sources on the matter.

But I can say a little bit about the use of neutral language. In the hearing room where I sat as a refugee adjudicator, if one did not use neutral language, one's decisions could be reviewed by the Federal Court from an apprehension of bias. There are several aspects to neutral and non-neutral language.

### **Positive or Negative Valence**

An unduly positive or negative manner of speaking, in the refugee hearing room, could be the basis for an apprehension of bias and an overturning of the decision. We were encouraged to use language that was purely and barely descriptive, without any leaning this way or that. I can tell you that it takes a tremendous amount of searching to find the word that simply describes without taking one into promotion of opposition to a cause.

But the results are worth it because one can thereby remain centered and balanced while making a fateful or important decision such as whether one can remain in the

country of asylum, which is the place where judgement undoubtedly should come from. In the end, it isn't a concern that one's decisions should stand that motivated the adjudicator. Because refugee decisions can mean the difference between life and death for the claimant, it was a concern for getting the decision right and a calm and balanced place was the best place to come from if one wanted to get the decision right.

If we observe ourselves when we use strongly positive or negative language, we might see ourselves becoming what AAM called strongly emotionally charged. The use of neutral language does not lead to a strong emotional charge. The strong emotional charge is what draws us out onto the extremes and can, if anything will, unhinge our judgment.

### **Irrelevant Adjectives**

The use of the irrelevant adjective is something that Felix Cohen and other legal scholars focussed attention on a half century or more ago. To say "the Negro senator for New York," for instance, is to use an irrelevant adjective (except in a very, very few situations). The adjective is true, but it probably has no business being in the sentence.

Many times in journalism, also, the color of a criminal might be cited when the criminal was black but not when they were white. Focusing attention on a person's religion when religion is irrelevant, or gender, or class is disguised as factual but may also be irrelevant and intended to harm. Using language this way is a rhetorical device which has no place in communication where I think we're going to.

### **Non-Categorical Language**

Avoiding categorical or absolute language serves to reduce the temperature of a discussion and increase its accuracy. Words like "always," "never," "all" or "none" "every," "must," and "have to" are absolute and often meet with resistance from the listener. In my own personal experience, the majority of instances of absolute language are inaccurate but reflect more a desire to dominate or control by asserting rightness or more clarity than might otherwise be warranted.



## **And, Finally, the Status of Knowledge**

And it may not be a part of "Perro" to state the status of our knowledge, but if we're looking to reduce conflict or avoid hostilities, it's one of the wisest practices that I'm aware of. It was a required feature of courtroom speaking to state the status of one's knowledge. If one represented a matter as something one knew when it was really hearsay or a guess, that too was a reviewable error.

Stating the status of knowledge involves prefacing a statement with how one knew what one communicated or what the extent of one's knowledge was: "I think," "I believe," "I feel," "I sense," "I intuit," "I heard," etc. The most common fight in our discussion groups, it seems to me, is someone saying to another: "How do YOU know?" What that calls for from us is a statement of the status of our knowledge. I prefer to state that status anyways, without being asked. OK. Almost always.

When and if I hear more about Perro, I'll share it because it sounds like a useful tool as we create our projects and teams in preparation for Ascension.

## Perro 101 and Heartfelt Communication 102

August 1, 2015

<https://goldenageofgaia.com/2015/08/01/perro-101-and-heartfelt-communication-102/>



Credit: [historicalhorizons.org](http://historicalhorizons.org)

Archangel Michael has been urging us to become leaders. He reminds us that, if Gaians don't do so, an important piece of the tapestry will be missing.

So it's no surprise that we also see him and others of the Company of Heaven emphasizing communication, a vital aspect of leadership.

Galea, Communication Officer aboard the Neptune, made a distinction recently between Perro and heart-to-heart communication that I found very helpful. And I wanted to review that distinction with you. She told *Heavenly Blessings* host Suzi Maresca:

"As you know, sweet Suzie, the language of Perro is informational, factual[. It] has no tinge of this heart-centeredness. But within that, the heart-centeredness is the understanding that the individuals involved in the communication are not at a place emotionally, mentally, physically, etcetera, to engage in such a depth or a genuine level of communication."

Most forces fighting in galactic wars probably were in no condition to speak lovingly. Speaking factually was a compromise.

"Perro was developed... oh, thousands, several twenty thousands of years ago during... well, the end of the intergalactic conflagration. And it was introduced in the very beginning of the intergalactic negotiations, as a way for various planetary and galactic systems to be able to state their situation and the facts without the emotional charge." (1)

Det. Jack Webb of *Dragnet* was famous for saying, "Just the facts, ma'am," with an expressionless face. That attitude is Perro. Archangel Michael told me that we spoke Perro in my hearing room at the Immigration and Refugee Board. We used neutral words, refrained from judging before all the evidence was in, and accorded everyone in the room equal status and respect.

Where we departed from Perro was that we allowed the emotional aspect of a claimant's experience to be heard. I assume that Perro doesn't venture into those waters. Galea continues:

"You can well imagine, with entire planetary systems and their civilisations destroyed – and the belief that each planet was right – that there was a need for a non-charged form of communication, that eventually led to a true ability to be able to enter into an expanded form of communication – which is what we do with you right now.

"Now, the reason I mention Perro this morning is that it is useful still upon planets where there is a strong presence of conflict, because there is this, can we say, incorrect assumption by various beings – whether it is interpersonal, intergovernmental, intercultural, it matters not – that they are the sole proprietors of Truth.

"And, of course, there is only one Truth. And the journey for all of us, for all beings, is to remove the lenses, the filters that take the Truth and then apply it in ways that are convenient."

Galea talks freely in ways I could not speak in my hearing room. "There is only one truth, sir, and, when we remove our filters...." My decision would have been thrown out by a higher court in record time. So the grounds or basis for doing

things this way might not be something that our society, as it exists today, would go along with, just yet. Galea adds:

"Perro still has a role in terms of communication upon beloved Gaia. But we, in our conversations – which we are truly treasuring... This is the best assignment I have ever had! And we want to be able, and we will continue to speak in the true form of communication – heart-to-heart."

You can call it heart-to-heart communication or speaking from the heart. You can call it drawing on heart awareness or heart consciousness. No matter what you call it, it's speaking from the fount of love.

To speak of the "heart" I consider to be a slightly more western practice and to speak of the "Self" a slightly more eastern. But they're both the same: the heart and the Self are one.

However modern audiences probably warm up more to discussions of the heart, which is why I think the Company of Heaven has spoken almost exclusively in terms of it. Discussions of the Self are few and far between in the channeled literature.

Galea goes on to say:

"We speak to the collective, but we also speak – always – to each person's heart: that there is a recognition of the heart awareness and the universal desire, not only to be acknowledged or accepted, honoured – but to be loved."

This way of communicating is to be found around the multiverse, she says:

"This is not unique to your civilisation. It is an intergalactic, inter-universal, multi-universal, Omniverse, way of being. And even in situations where the frequencies or the vibrations or the Light quotients – however you consider this – may not be identical or completely compatible, by approaching communication in this way from a personal heart-centeredness, we have found that the doors of true relationship [have flung open?]....

"Because that is the entire purpose of communication: it is first and foremost the anchoring, the establishment and the [continuation] of relationship. Yes, of course, we use communication in many forms to share information, science, culture, healing – it matters not. But our first priority in any form of communication is relationship."

Heart-felt communication begets and sustains relationship. Now this is all new to me. Less than a year ago I would have heard these words blankly and I still feel as if I'm tightrope-walking in this area. Galea adds:

"[Heart-to-heart] is the way that we communicate with you, and with one another, whether it is fleet to fleet, planet to planet, species to species – it is from that place of astounding reverence, respect for the individual or the collective that we talk to. And that is borne out of also knowing innately the deep respect and reverence for our sacred self."

It sounds to me as if both ways of communicating have their usefulness. I've noticed in my readings with Archangel Michael that he'll be very sweet and loving at one moment and then, when a difficult informational question is asked of him, he'll assume a much more factual and neutral tone. That may be an example of switching from one form of communication to the other.

We're being challenged, in this new Galactic University we're all enrolled in, to learn Perro 101 and Heartfelt Communication 102. We have the schoolbooks out and the term ends so quickly it sets our heads a-spin. A month from now, it'll be on to the next topic as we prepare to welcome the new neighbors and get on with the business of building a new world and a new life.

### **Footnotes**

(1) "Transcript: Galea, Communications Officer ~ Part 4, July 14, 2015" at <https://goldenageofgaia.com/2015/07/23/transcript-galea-communications-officer-part-4-july-14-2015/>. All other quotations are from the same source.

# Perro Leads to Saedor

August 23, 2016

<https://goldenageofgaia.com/2016/08/23/perro-leads-saedor/>



Credit: [www.equippingministries.org](http://www.equippingministries.org)

*What leads to what?*

In my opinion, Perro leads to Saedor.

Perro is a form of galactic speaking developed after the intergalactic wars to establish the truth of a matter without straying into emotions. It's plain and neutral speaking of the truth - just the facts, ma'am.

Saedor is the language of love, spoken from a place of universal, transformative love. Although it may be triggered by thoughts of a loved one, it itself is a flow (coming up from the heart) that takes in everyone.

Real love cannot be cribbed or confined. It has to flow. While a burst of love can be channeled, say, to one's self, the flow of love it's a part of cannot be stopped up or contained. It cannot be restricted to some and not to others.

Linda Dillon described Saedor this way:

"Saedor (say-door) is communication that is heart centered and balanced and comes from a knowing of Truth. It contains allowance for emotion, factual information and collective or personal history or experience (causal body) but is based on the tacit agreement of both speaker(s) and listener(s) that the intent is to share, express, exchange, and grow in the mutuality of understanding. Saedor is what you think of as heart-centered or heart-conscious communication. It is the language of universal Love, which acknowledges the sanctity of every being and the sacredness of the gift of language." (1)

Balanced and heart-centered are the same. The heart is the center and can only be experienced by one who is perfectly balanced - in the center.

Being that centered would be, I believe (not like I know), an open sesame to the heart. An open heart is what we want and, by those words, I mean a particular condition. The obstacle which keeps most people's hearts closed needs to be removed. I don't know how one would do that.

But this heart-centered consciousness and communication that Linda is describing is all leading up to the individual experiencing a flow of transformative love from their own heart, after that heart "opens." (2)

In my experience, speaking Perro leads to speaking Saedor.

Jesus defines Perro for us.

"Perro is language with no charge or emotion attached. Perro is the language of simply information. Some of you may think of this as non-violent communication, but in a spectrum, non-violent communication is actually further along. Perro simply means, 'The facts, ma'am, nothing but the facts!' And so that is how you tend to communicate. (3)

Consistently speaking Perro has two elements to it: (A) Stating the facts (B) from a neutral place, without spin, without intent to harm.

Even the truth or facts can be discussed in a manner that causes harm - casts an aspersion, ridicules, mocks, undermines. The truth can be used for malevolent purposes. Many dictators have.

I resonate when I hear the pure truth spoken about a situation, without intent to spin, manipulate or harm. I look upon it as the kind of communication that the fewest number of people might take exception to. They might if they were a mob, or something like that, but under normal circumstances the truth seems to appeal to something in people, to strike a chord.

Or maybe it's how people look who speak the truth or how they speak.

Some people may resist the truth but that's something they add to the situation. The truth itself, once known, seems to have the effect of setting us free from whatever conditions come along with misinformation, disinformation, and withholding.

Without having a foundation of truth between us, for me anyways, all is confusion, hesitation, uncertainty. Nothing lasting results from our collaboration.

I certainly know that from processing my vasanas or core issues. The truth of the vasana, once known, released me from the condition that lay at the vasana's heart - regret, sadness, jealousy, envy, hatred, etc.

Once we're free of our vasanas and the conditioning that arises from them, by continuously speaking Perro we're left in our natural and normal state, which is love. Communicating from that space is Saedor. Perro has led us to Saedor.

### **Footnotes**

(1) Linda Dillon, "The Forms of Intergalactic Language," Aug. 2, 2015, at <https://goldenageofgaia.com/2015/08/02/the-forms-of-intergalactic-language/>

(2) I don't mean to imply that anyone is somehow "close-hearted." Not at all. What I mean by "open heart" is spiritually very particular and has nothing to do with our attitudes, actions, etc. Even after seventh-chakra enlightenment (Brahmajnana), our hearts still close again, in most cases. Only after Sahaja Samadhi do they remain open, the hallmark of permanent residence in the Fifth Dimension.

(3) "Transcript: Yeshua Discusses Relationships on Heavenly Blessings," channeled by Linda Dillon, February 4, 2014, at <https://goldenageofgaia.com/2014/02/transcript-yeshua-discusses-relationships-on-heavenly-blessings-february-4-2014/>



**⌘ Calling Oneself and Others  
on Our Numbers ⌘**

# The Worst Possible Virus: The Inner Hitler

September 17, 2020

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



When tension increases, awareness decreases.

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

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

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

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

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

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

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

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

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

*Time to switch hats to the ethnographer.*

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

*The recognition caused re-examination. And reparenting.*

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

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

(2) Such as the Mother describes here:

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

SB: Sort of like stair steps?

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

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

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

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

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

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

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

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

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

## **But I AM Entitled!**

December 7, 2023

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



*But I AM entitled!*

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Footnotes**

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

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

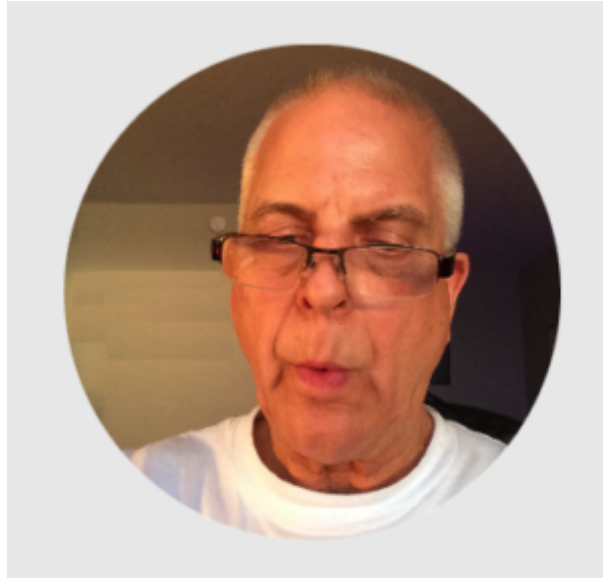
Archangel Michael: It is the seventh dimension. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.)



## Satisfied Single, Happy Hermit, I Wanna Write

February 9, 2024

<https://goldenageofgaia.com/?p=351846>



*Do Not Disturb: Writer in Heaven*

I read a beautiful column by a friend today. I'll post it a little later.

She guides herself by noting what she resonates with. She yearns for more. I took the liberty of leaving a comment, which I don't want to miss posting here as well. Who knows where this advice comes from?

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Beautiful column, dear heart.

Have you asked your enlightenment Board of Directors for a fourth-chakra heart opening? (1)

Your Board of Directors consists of the Divine Mother, your archangel, your 7D Higher Self, and your guides. They must be asked according to the Law of

Freewill.

After that, begin to draw love up from your heart on your inbreath and, on your outbreath, send it out to the world. Love must flow; we experience it as it flows through us out to someone else.

You're now priming the pump.

When your hridayam or heart door opens, you'll experience a love that will answer all your questions. Nothing will remain after that of worries, hopes, or fears. No desire will remain except for more, higher, and deeper.

Namaste,

Steve

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At the same time, afterwards, it triggered a massive, massive vasana (or core issue) (2) in me and it's this vasana that I'd also like to share about.

I share in the hopes that my publicly-processing a vasana proves helpful to others. (Why else would I bare my soul in public?)

Completing our upsets and issues is part of the growth movement. So see me as sitting in a circle in an encounter group and it's my turn to share.



I would never be this wordy in an encounter group. However, it's more appropriate here.

I can only share it as it comes out from me and it's coming out as a cosmic rant. What follows has been a source of inner conflict (cognitive dissonance) for more than fifty years.

The upset starts when I say to myself, hey, in making these comments [to my friend], I'm only sharing my experience. I have no desire to misrepresent myself as a spiritual teacher.

Click! Boom! Nuuuuuuuuuuuuuuuuuuuuuu-clear explosion!!!!

[The vasana explodes. Why I don't know yet.]

On comes a mental video about "spiritual teachers." Buckle up.

I hear myself read the riot act: As I said at the outset and still hold to now:

- I'm neither qualified to be a spiritual teacher nor do I wish to be one.
- I'm a writer who wishes to share his views with you on subjects of mutual interest and listen to yours as lightworker equals and spiritual adults.

OK, there's some issue here that has me say that, right? So what's the issue?

I hear myself start into a well-rehearsed story. And this is the part of processing the vasana where the person sharing just needs to talk, just needs to share their story, to get to the bottom of it. They need to lay everything out on the table to see what it is they're facing.

Our role here is listening without interrupting - and *not advising*.

I say to myself: I have no desire to be a spiritual teacher. They do a lot of talking, interact with a lot of students, and that amount of social contact does not appeal to me. I need quiet to write.

I want to be a spiritual writer. That's a true statement. It's always been true and I've simply tried to swallow it and compromise with what was expected of me - profession, married, kids, grandkids, on and on, endlessly.

It's taken me 78 years to draw a line between me and social conventions. I don't seek a wife and 2.8 children, a house, and a white picket fence. Like *Calamity Jane*, I never have and never will.

I'd have saved a few women a lot of misery if I'd have realized it back then and stuck with what I'd always wanted. I've been two-timing on my real love, which is writing.

As I said to my brother as I got dressed for my first marriage, I don't think I want to do this. And I was so right! Unpopular but right.

A degree of social contact that interferes with my writing I do not seek. It's nothing personal.

I'm determined in this lifetime to test the hypothesis that what I absolutely love to do is what the Mother also wants me to do. And I love to write!

Abandon all hope, ye who enter here! Unless ye be quiet as a churchmouse and don't interrupt me.

There. I've said it. I feel a burden lifted from me. I'll suffer the consequences, gladly.

Thank you for allowing me a rant that's been with me for decades. I hope my working away at the vasana proves helpful to you.

### **Footnotes**

(1) See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Our-Enlightenment-Partnership-4.pdf>

(2) On vasanas or core issues, see *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Vasanas-Preparing-for-Ascension-R9.pdf>

## ⌘ Pitfalls ⌘

## Finding Blame is like Making War on a Person

May 29, 2022

<https://goldenageofgaia.com/2022/05/29/finding-blame-is-making-war-on-a-person/>



*Gotcha!*

*All our love goes out to the families of the murdered children in Robb Elementary School in Uvalde, Texas.*

I'm quite serious about needing to clean up as many of my vasanas as I can and the reaction patterns they give rise to, before the Reval.

I watched a biography of Hitler the other day by French historians. One comment stayed with me. Guillaume Pretty said:

"I'd say that Hitler was a man trying to gamble and that, at the start, the fact that he neglects the whole dimension of strategic tactics, the type of ground logistical problems, all of these oversights don't catch up with Hitler the war lord.

"And then, one day, all of these conditions for war, which should allow a war leader to grow, catch up with him, and from then on, all his bets systematically fail." (1)

A good example would be Hitler's confidence that all that was needed was to kick in the door and the whole rotten Soviet structure would come tumbling down.

That bias led the German Wehrmacht not to prepare for winter. Hitler defeated his enemies in summer and even survived winters in western Europe.

But Russian winters were so severe, the distances so long, and Russian roads so poor that the winters seemed to undo everything the Nazis gained in their previous summer offensive. Troops froze, horses died, machines wouldn't start whereas the Russians were prepared.

Hitler's approach was traceable to a vasana or core issue he had with a political group (communists), not to any tangible facts on the ground.

The moral of this story is that unprocessed vasanas and the ideas and reaction patterns they give rise to may return to haunt us later, after we begin our lightwork following the Reval. (2)

And the price of failure then will be so much higher than it is now.

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Here's an example of a counterproductive way that I just noticed today, which will haunt me later if I don't cleanse myself of it. I'm doing what the growth movement would term "calling myself on my own number."

I saw a wood shaving on the carpet. When I saw it, I began to "investigate." But I watched myself "investigate."

I have an artist friend who was working here and I saw that I had a head of steam for investigating as long as my search was pointing in the direction of my friend as the suspect.

The minute I suspected myself, having fixed the wooden table earlier that day and shavings probably having fallen off, the investigation was finished, ended, terminated. Nothing more need be said. Get out the vacuum cleaner and clean it up.

Sociologists call this the self-serving bias. I blame others but I don't blame myself.



A year ago I'd have recommended that I create some program of action that provided a second route to follow to alter counterproductive behavior: Problem-solving therapy. That search for alternatives could be long; the new discipline onerous. I didn't get very far going this route back then.

I've since discovered an easier route, which I've discussed before: Once I'm aware of my pattern, just stop.

Stop investigating to affix blame. Humble out. Drop the entitlement.

I don't have to put anything in its place. I don't even have to *do* anything - more than just stop. (This is my adult speaking; he's reparenting me.)

I love how simple it is. If I was seven and my Mom was standing in front of me, that's what she'd say to me: "Steve, just stop." And I'd get it. Somewhere between seven and now, I lost the message.

I don't need to have a new prescription to put in its place. The behavior is dysfunctional, counterproductive, with or without an alternative. It simply needs to go and inner peace be restored.

Finding blame is like making war on another, a war, I think, that we all too often wage in relationships.

### **Footnotes**

(1) Guillaume Pretty, "1942: The Year The Germans Lost The War | Hitler's Lost Battles," *Timeline*, at [youtube.com/watch?v=BuBIpe0f91w].

(2) To process vasanas, see "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.



## Talking on Two Levels: Two Solitudes?

May 4, 2023

<https://goldenageofgaia.com/wp-admin/post.php?post=343820&action=edit>



*Was there ever really a time of public peace?*

Here we are worrying about family and friendship splits over political issues and we face another obstacle in communication: People communicating on two different levels and just not getting their ideas across.

For the first time in my life I became aware, mid-conversation, that I was having one of these discussions with another person. The other person was talking from the intellectual level and it was all about right/wrong, good/bad.

I was talking from the experiential level and it was all about how does it feel? Does that feeling work for you? And there seemed no way to make the two ends meet, so to speak.

Again and again the other person recounted the grounds upon which they said they were right. For everything that was questionable, there were self-serving excuses. You know. The ones we all have?

We always seem to want to appear to be right in our own eyes, until we don't. Until we discover the benefits of personal responsibility rather than settling for appearing right. Then a great weight falls from our shoulders.

Until then all is image management and the most we can hope for, I think, is the ephemeral satisfaction that comes from being right. In terms of relationships, all we can hope for is shifting alliances. She's good. Now she's *done* something and so she's now bad. Now I hang out with these guys, who are good. Now they did something....

We settle for alliances of the good and right, as we define them, with daily updates. That's all life becomes, it seems to me.

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I've compared the intellectual level (by itself) on occasion to eating dry oatmeal. The best it seems to get at the intellectual level is sharing between friends where we trade our likes and dislikes and deep secrets (usually gossip). Not much nourishment there.

We use our conversations as opportunities to hone our story so that we have "all our ducks in a row." Never mind the truth. Once we have our story where we want it, it becomes set in stone.

Life at the experiential level at least has more juice. It's like hot oatmeal with milk, berries, cashew nuts and maple syrup. There's much to like.

Life at the realizational level is indescribable. At least to my pen.

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At Cold Mountain Institute in 1975-6, we resident fellows spent three months in an encounter group, living from the experiential level, and, in my opinion, it was as good as it gets on Planet Earth - at that time or since. (1)

We cleared the decks of everything between us and stood there without armor. I guess I hunger for that degree of transparency and harmlessness again. And all the clearing of vasanas or core issues I've done since then is only to have that state of beingness - like a hollow bamboo - back again.

I know that, once this ... I love Kathleen's word ... "disarray" is over and we're blessed by the Ring of Fire, (2) we'll be living from that state as a society. The more we are, the more the world will work for everyone. (3)

And, within days or weeks of gaining that state, we'll probably just accept it as normal. And largely forget that only for a few brief moments in our history (like the early Fifties) and in a very few places has a state of public peace - even if it was illusory - ever really been "normal."

### **Footnotes**

(1) The est Training had the better technology for eradicating "records" or vasanas/core issues, but the space of the Cold Mountain Resident Fellowship was exquisite. If you had three months and a few thousand dollars to get there.

(2) See *Ring of Fire, Wave of Love* at <https://goldenageofgaia.com/wp-content/uploads/2022/09/Ring-of-Fire-Wave-of-Love-R7.pdf>

(3) The phrase originated with Werner Erhard.

## Should We or Should We Not Listen to Stories?

July 6, 2014

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/should-we-or-should-we-not-listen-to-stories/>



A reader asked what I think is an important question that I'd like to share here. He said:

"At some point (sometimes) in the listening process it seems like the speaker is merely going in circles. That is, s/he is just continuing (wallowing?) in their 'story.' To simply continue listening, at that point, feels like I am being of little service; rather, maybe even being an enabler.

"Many teachers have helped me the most by choosing not to listen when 'my story' becomes too long winded....since this can keep me further entrenched in the illusion.

"So, while I do hugely value listening, I wonder how these approaches are compatible."

In my experience, if the person is going in circles, they're either trying to get what lies at the heart of the vasana (archaic and obsolete reaction pattern born of earlier traumatic incidents) and are having difficulty or they wish to be fed back to before they move on (perhaps because what they're saying is important and they don't

want us to overlook it or perhaps because they need to know we're listening before they reveal more). They may be hovering on the brink of plunging into the heart of the matter.

Repetition could signal an important juncture reached. Shall I trust this listener or not? Dare I venture into deeper waters? The worst thing they may fear is that they'll go deep and we'll stand up and say "Time's up!"

We can always ask: "Is there significance to the fact that you're repeating yourself? Is it something I should not miss noticing?"

Every sentence a person says when talking about an unwanted condition or vasana can be treated as a chapter heading with a lot more under it if we'll listen. But we need to demonstrate that we're listening to the speaker; hence, appropriate feedback is essential. We need to demonstrate that we're there for them and that we're committed to getting to the bottom of the upset.

It could also be that the speaker is putting out an organizing principle, usually a metaphor, that they're not sure is an organizing principle and so they're waiting for us to respond to it. Or they may not get the significance of the point but sense that it's significant in some unknown way (and so they repeat and repeat).

Example: J: "In Newfoundland, we'd go into the sea and it was so cold that we'd just get our feet wet and immediately come out." Steve: "Is that how you are in relationship?" (Aha moment follows. The truth has set her free.)

I treat everything a person says in a listening session as significant. If it isn't, when the person sees I'm listening that way, they usually leap at the opportunity and go deeper anyways. I observe and may remark on body posture, hand, face and bodily gestures, pattern of rising and falling intonation, emphases, slang, everything. Never in an obtrusive manner, but with gentle questions, which I quickly abandon if offense is taken. And not so much feedback that I redirect them away from what they're wanting to say.

I know that the conventional wisdom is not to listen to story. But what we're offering the other is a chance to lay everything on the table so they can see the whole depth and breadth of their situation and what it guards them from, fosters in them, loses them, wins them, etc. Somewhere in there is an "Aha!"

When I counseled people using Problem-Solving Therapy, most did not listen to me. They simply wanted to tell their story. So why fight it? Somewhere in the story lies the key to release. And it's vastly easier and more efficient than to keep coming up with solutions nobody wants.

So I don't support the view that we shouldn't listen to story. Most people who advise against listening to story, I think, are saying they don't feel they have time to listen long. If they don't, I question whether their listening will be effective. Rushing listening diminishes its value.

Story has been formed out of the vasana and constitutes the breadcrumbs that will lead them and us out of the deep, dark forest. We just have to be adept enough to work with it and committed enough to stay with it.

The reward is great. And they will seldom get the same opportunity or results from a practitioner who uses the fifty-minute hour.

PS. Back then I didn't know how to source a vasana. But now I might say: "Ask your mind to send you up a picture of what earlier, similar situation this present incident relates to and take the first image you get." The mind is an obedient servant and will send up an image, often fast, so we need to grab it as it passes by.

Then I would ask them to tell me about that incident, how they feel, etc. That incident is usually at the heart of the vasana.

## Third-Dimensional Communication and Behavior

April 12, 2012

<https://goldenageofgaia.com/2012/04/12/third-dimensional-communication-and-behavior/>



*Lucille Ball, I Love Lucy*

As we approach a time when we'll be communicating with galactic beings of higher dimensionality, it becomes desirable to actually look at our communication and behavior patterns at present and see where we might want to institute changes.

In my opinion, so many of the difficulties we've had as a world trace back to our everyday communication and behavior patterns in the first place.

The starting place for those difficulties, again in my view, is irresponsible communications. The epitome of them is to discuss, and especially to gossip about or criticize, a person absent to the discussion we're having. This kind of water-cooler communication leads to and perpetuates divisiveness and distrust.

One of the rather painful exercises we used to do in a three-month encounter group that I took in 1975 was to go to a person we gossiped about and report what we had said. Oooo, that hurt.

The greater lesson was not to gossip at all, but to reserve our beefs and gripes to be expressed to the person concerned or not at all. That kept our communication clean.

The second difficulty arose out of the first and that was that, when we criticized someone behind their back, we were then left with what the est Network called a "withhold." We now had a secret to guard and part of our energy, instead of being open and flowing, was now given over to protecting our secret. Someone once said that we didn't need a memory if we always told the truth and had no secrets. Said another way, transparency eliminates the need for secrets and for remembering.

One of my favorite shows when I was a child was *I Love Lucy*. And the plot of *I Love Lucy* was always the same: Lucy began the program by telling a little white lie. And, when questioned, she covered up by telling another little white lie. And then another. And then she needed to tell a big white lie to throw her questioner off the track. And so it went until at last she broke down and confessed the lie and the reason for it.

Lucy would feign a look (see above) of fear of exposure and reluctance to be lying on the one hand, but a fear of telling the truth and suffering the consequences on the other. She could exactly balance the two and therein lay the genius of her comic portrayals.

She typified the way so many people at that time were actually communicating that it seemed incredibly hilarious. It allowed us all to acknowledge the broken way we communicated but at a low cost to ourselves.

As a student of the path of awareness, I observe myself, including when I lie. It's a peculiar thing. Covering up a lie or hiding a malignant secret seems to cause the energy to fold back on itself. We speak of "tying up our energy" in our lies. We tie up our energy in hiding our lying in the first place and in remembering to keep the lie a secret in the second.



As time goes by, we find we've obliged ourselves to shut down our awareness to maintain the lie. Then comes the time when awareness begins to force itself upon us. Of this time, enlightened psychologist John Enright said: "Unawareness leads to momentary relief and continuing pain; awareness leads to momentary pain and continuing relief." (1) est Trainer Randy McNamara said something vaguely similar: "It takes an instant to tell the truth and it's like cutting yourself off at the knees." (2) He might have added that not telling the truth is like having perpetual bursitis.

I well know the experience of coughing up the truth. There is tremendous pain that arises as we are just about to do it and then the pain rapidly drains away. The alternative is not to tell the truth and then the pain lasts, at a lower and duller level, forever.

I can certainly tell you that the wider one becomes known, the more criticism one invites and the more frightening it becomes to tell the truth and to have the truth be known about oneself. I, for instance, do not take frustration well and it was recently pointed out to me that I can be disrespectful to checkout clerks, etc., if I am not served to my satisfaction or at a speed I'd like. That's true.

And it extends much further than that. Patterns like these have a habit of growing and spreading. They seldom remain stable; gradually they spread and take over the house.

I'm aware that I imbibed my parents' dislike generally for being kept waiting. And I feel very right and justified while I'm acting out around being kept waiting so I come across as bullet-proof in the matter. And this is only one area of my acting out.

But the bullet-proofing is a lie and the maintenance of the lie costs me a huge amount. I lose my chance to be impeccable and lead a squeaky-clean life - well, we now would call that a Fifth-Dimensional or ascended life. I build myself a rap sheet and lose my self-esteem. I lose aliveness, spontaneity, and full self-expression. We really seldom have a conception of what it costs us to perpetrate something as simple as a lie.

And finally the weight of all my lies, all my perpetrations, weighs on me like a wet blanket. I feel totally smothered by the weight of all my lies. Or so it seems.

This same frustration becomes an angry streak when indulged too often. And I notice that, when I can't force the other person to do what I want, over which I'm frustrated, I respond by simply pouring on more force. I do more of what didn't work in the first place. And, predictably, it doesn't work either.

Perpetrations like these are such commonplace ways of being that they go on and on below awareness. Here I am, 65, and still responding in as automatic and wooden a way to life as I did when I was a child. No wonder some of the people we listen to here say that we often make very little progress from lifetime to lifetime. My life may as well be a serial like *I Love Lucy*. And it makes it clear as well why serials like *I Love Lucy* were so popular: because they really did seem to portray how things were for many of us.

It very well could be that we've entered a time when the really big changes are coming to an end - the cabal is banished, war stops, we are awakened. And now begins the really hard work, the slog, of turning the attention inward and tackling all the low-grade perpetrations, weaknesses and vices that the necessity to fight to free ourselves allowed to remain hidden.

### **Footnotes**

(1) John Enright, Awareness, Responsibility and Communication Workshop, Cold Mountain Institute, Jan. 20, 1979.

(2) est Trainer Randy McNamara, est Training, Jan. 11, 1981.

## 3D vs 5D Communication Revisited

April 13, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/3d-vs-5d-communication-revisited/>



As we begin to create our teams and projects, the whole subject of how we work together becomes important, which is why I'm discussing matters like communication at this time.

Whenever the discussion of communication is raised, the sticking point seems to be around what is and what is not "gossiping." I've just had a long conversation with a reader about the subject, which I've had with others as well. Let me see if I can describe what is 3D about gossiping and what a better way would be.

Third Dimensionality is all about duality, polarity, separateness, division. Fifth Dimensionality is all about unity, commonality, collective endeavor.

Communication that erects barriers among us, that divides us, separates us, stresses what keeps us apart, etc., is what allows Third Dimensionality to continue and prevents us from moving on to Fifth Dimensionality - or is one of the things that prevents us.

In Third Dimensionality, what we do is criticize and complain about each other, but usually we don't do that to the person we have the criticism or complaint about. We do it with our friends, associates, family, etc. and the criticism or complaint seldom gets to the only person who can do something about it - the person the criticism or complaint is about.

Operating in this way erects barriers in the office, fractures teams, and inhibits projects. But the practice is all but invisible because we think that we should have the right to criticize and complain about others as part of our generalized free will. Well, we certainly do have the right to conduct ourselves as we wish. It isn't that we don't.

It's more that the impact of conducting ourselves in this way is to introduce unworkability into our team and project processes. What is that unworkability, specifically?



(1) The person being complained about usually never knows what the basis of the complaint is and therefore cannot do anything about it. They are often subjected to containment, obstruction, rejection and ostracism without knowing that they are or why they have been. Nothing is done in the light of day. The fact that they only wake up gradually to the fact that barriers have been erected against them leads to disillusionment and distrust. It often sees the one treated in this way departing the team and never knowing exactly why that outcome seemed advisable or came

about. All remains simply speculation and reaction to the feeling of not being wanted.

(2) One by one, the people with whom we have disagreements are hived off from the circle of our good regard and lose their place upon the team, until the team is degraded. The team's abilities shrink. Good personnel are lost. And the team itself subjects itself to the politics of hostility and unworkability rather than the prospects of collegiality and workability. Ultimately the team can fail or be destroyed and people scratch their heads, wondering how that happened.

This is a "normal" occurrence with offices, teams and projects in Third Dimensionality.

There's nothing amiss in discussing another if the discussion is empowering, ennobling, cooperative, etc. These discussions forward the action and contribute to the team's or project's success. They promote unity and therefore unity consciousness and are, in my view, consistent with where we're headed into Fifth Dimensionality.

But "gossiping," or what I call negative sidebar discussions, are disempowering, debasing, uncooperative, etc. They promote disunity and disharmony and are old paradigm. They tend more towards keeping us anchored in the same divisive or polar ways of being predominant in Third Dimensionality.

For me, therefore, a better way is to refuse to gossip with or about another. As it happens, at present, when I tend towards gossip, the inner voice intervenes and gives me a jolt - and I stop my forward motion. If the criticism is indeed something that stands between me and another, then I take it to the other to get the matter cleared and out of the way. But I don't deliver it to anyone who can't do anything about the matter. I deliver it to the one who has that power - the person concerned. I find that works best for me.

I may still choose to associate with some and not with others, work closer with some and not with others. But the matter is a choice and not the result of persistent barriers I've erected as the result of gossip. I can change that choice at any time whereas, when gossip sits in the space and is withheld, I'm usually bound by my decision to gossip and withhold. I've erected an invisible barrier which then dictates to me what comes next.

The last comment on this subject: I don't know if it's the same for you, but whatever comes out of my mouth, I usually make right thereafter. If I say that I don't like X or Y, I usually bind myself forever after to making that assertion right. I remain consistent with my statement. I justify it. I excuse myself from taking a second look at the matter.

Thus, when I say I don't like someone else or criticize them, I tend to make that statement right as well. But if I refrain from criticizing, the matter in question can recede into the background of forgetfulness and I haven't made a bookmark around it or a record of it. That to me is another reason for refraining from criticizing others - to deprive me of that bookmark or record.

## Some Suggestions on Communication

Nov. 2, 2011

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/some-suggestions-on-communication-2/>



As we prepare to play our roles in upcoming events, I'd like to take a look for a moment at a few communicational strategies that may help us express ourselves as effectively as possible while in a disagreement or other situation of potential conflict.

I've certainly relied on them and they've saved me in some situations where the going seemed rough and yet communication was still expected. Where I've failed, I've usually chosen not to follow one of them, to my regret.

So here are some suggestions from me. Any suggestions you care to share on the subject would be welcomed.

### **(1) Use Neutral Language**

When we're estimating the facets of another's work that we don't support, we seem to cause the least amount of damage, residue or fallout if we use neutral language. We always have choice in our selection of language. We can choose positive,

negative, or neutral words. If we choose positive or negative, we're actually biasing our communication (which is fine if that's what we want to do), but if we want to leave readers free to choose for themselves, then the best choice may be neutral words.

Let's see if I can give an example. I can say a person lies but the use of the word "lies" seems to rankle friend and foe. Foe because no one likes to be called a liar; friend because, I suppose, no friend wants to be dragged into a battle unnecessarily and calling someone a liar is at least likely to trigger a battle.

Or I can say that I personally don't believe what the other person says, although I defend their right to say it. To say "I don't believe you" seems to give far less offense. The second one is the neutral and less offensive way to say something that is pretty difficult to say and hear.

I actually observe myself these days when I write looking for the simplest (1) neutral word I can find when I write. I spend time over each sentence and watch for a little alarm bell going off as I read the construction. If I find a word that's negative, I swap it for one that's neutral. I personally think the investment pays off.

## **(2) Stay Away from Absolutes**

Stay away from absolutes by making each statement as specific as possible. Is it specific to you? To a time or place? To a realm of discourse or a range of concepts? If it is, state the parameters. "In my opinion." "If you live in the Western World." "To a person of Christian background." Etc.

To use the words "is" or "are" without modifiers or qualifiers often has our listeners or readers hear the statement as an absolute. And we tend to feel uncomfortable in the face of absolute statements, except from Jesus or Buddha (and most of us are not [yet] Jesus or Buddha). "Politicians are crooks." Absolute statement. "The charge of corruption has been leveled against a large number of politicians lately." The latter is more specific in terms of time, allegation, context, etc. There are other ways we can be as specific as possible, such as using words like "usually" or "around here" or whatever tends to give an idea of extent in time or place.

Thank you to my high-school science teacher who taught me to make relative statements wherever possible rather than absolutes - to leave room for doubt. He



taught me to say "it seems" rather than "it is." If we say "political debate today seems to bring little comfort" rather than "political debate brings little comfort," somehow that makes the statement go down easier in the ears of listener or reader. In *almost* all [avoiding an absolute] situations, it seems [leaving room for doubt] to work better if we avoid absolutes.

### **(3) State the Status of Knowledge**

I personally like to avoid statements that don't give the status of my knowledge. I had the value of that shown to me when sitting on the refugee bench. If I made a statement that suggested I *knew* something when I'd only *heard* it or *surmised* it, I could be overturned by the courts that supervised our decision-making. So I always had to state the status of my knowledge and state it precisely and carefully.

Here are different statuses of knowledge: "I know," "I heard," "I feel," "I think," "I believe," "I guess," "I intuit," "I sense." The most common fight over anything arises because another person says "How do *YOU* know?" And off the argument goes. These arguments can be avoided by saying what the extent of our knowledge is, where it comes from, etc.

It also seems to lessen the impact of a statement, and I'm chiefly concerned here with so-called negative statements such as allegations and the like, to add "in my opinion," "in my view," "the way I see it." That way we're not only giving the status of our knowledge but we're also showing that we're not trying to state an absolute.

### **(4) Share**

When we make negative allegations, as sometimes we must, it's wise to remember that blame and shame create residue. Instead of blaming and shaming, we might want to state how a matter affects, impacts, or rests with us. We might want to share the difficulty it creates for us. Or share about ourselves, rather than about the other.

Blame can usually be detected by a "you" statement. Quite frankly, I do my best to eliminate the word "you" from my vocabulary (except where I'm talking to you, as here) because many if not most people automatically prepare themselves for blame when they hear "you." I tend to use "we" instead.

Sharing increases transparency and really, in the last analysis, I think we want to make ourselves known rather than to stifle or harm another. So why not frame our communications transparently and make ourselves known by sharing ourselves? The first poem I ever wrote, which I'm sure was channeled, began with the line: "I want you to know me deeply, truly as I am." I still share that same valuing of transparency.

Sharing is the alternative to blaming, shaming, fixing, counselling. The equivalent of sharing when you're the receiving partner is listening. And again the unworkable alternative to listening is fixing, advising, counselling, etc. "You should do this." "You need to look at that." No, just listen. Get the other person. And then feed back what you think you heard to get confirmation and (2) to show you actually did hear the other. Don't feed back so often that you're interrupting, as I did with AA Michael, at which point he said, kindly: "Yes, I would *like* to respond to that."

For me, listening is the most precious and the rarest commodity in the world of communication. It's largely an undiscovered commodity and I've waited what seems like my whole life to hear that it has been discovered - but I haven't heard or seen that yet. Hopefully in the New Age, listening and sharing will become the new order of the day, the new paradigm in communication.

[By now, in this article, you should be able to pick out me using neutral language, avoiding absolutes, stating the status of my knowledge, and sharing.]

Talking and writing in these ways, to the best of my knowledge [status of knowledge, avoiding an absolute], seems [avoiding an absolute] to lower the temperature in our written and spoken communications. And I think [status of knowledge, sharing] we badly need to lower the temperature, whether speaking to friends and wanting to avoid being misunderstood or speaking to "foes" and wanting to avoid a nasty battle.

## **Footnotes**

(1) On choosing the simplest word, I had a neighbour when I worked in a personnel department who would throw his banana peel over the divider if I used a Latinate word and say to me, "Steve, Peter Rabbit English!" Thank you, Don, for training me.

# Triangling

Oct. 17, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/triangling/>



Given the extent to which we're rising into new vibrations and the extent to which lightworkers are meeting and making new connections, one subject arises that I feel the need to broach. And that's the subject of "triangling."

I've been in conversation with one reader who valued the discussion we had about the subject so I'm risking putting it out there more generally.

I know what I'm about to say is a bit controversial and I apologize. But it's a situation that can arise and needs to be considered, especially at a time when we may experience increased ability to meet people and greater love within ourselves that may lead to new relationships.

Triangling is a word that group therapists use to denote three people in a relationship built for two. The third person is usually an ex-spouse or a former

lover. My discussion is restricted to those three-people relations that are clearly dysfunctional, not to healthy relations. If three people can get along in a healthy and mature manner, then this article is not about them.

As lightworkers, we're called upon, and will be more and more called upon, to be doing service work and, I think, we cannot afford to be enmeshed in circumstances that are deadening and disabling.

A triangle is deadening. I'm not saying that one should not be in relationship with a former lover or spouse. Not at all. But if the "ex" inserts themselves into a relationship and makes mischief, it can become a tar baby that cannot be gotten rid of and takes everybody down with it. Which in certain circumstances (getting fewer these days, I acknowledge), some people may wish to have happen.

A triangle takes the simplicity out of relationship and makes it complex. Instead of there being one conversation between two people there are now three conversations (still) between two people. Complexity goes up geometrically, so to speak. And, unless the three people are in one room together, the ability to relate what was said, get all three to act in a common way on decisions arrived at, etc., etc, can bring matters to a standstill.

And, while most of us are mature adults as well as lightworkers, and would not insert mischief into our former relationships, some of us are not. Triangling is one of the most common pitfalls for people generally, but it can be crippling for lightworkers.

A triangle (as opposed to a non-triangling three-people relationship) is founded in drama. If we cannot have what we want, then having drama in our lives at least maintains our connection with the people we see ourselves as having "lost" and provides diversion, color and interest. But for the couple wanting to consolidate their new connection, it can be an ongoing obstruction and prevent the bonding that's so necessary when two people meet.

That means that the new relationship is off to a shaky start and may never "set." Which again may be what the third person wants and in triangling is certainly what they want.

The number of people who can lose someone and make the adjustment in a mature manner is certainly smaller than we might wish. It's growing larger, surely, but there still are some who have trouble with the adjustment and resort to triangling.

The blandishments that are made to keep the triangle going, the subtle blame, the manipulations, and so on, can neutralize a lightworker's ability to love or serve.

A triangle is inherently stable for people whose relationship is in trouble. The man with a mistress is more able to tolerate his wife, for instance, if he can bleed off the energy by seeing his mistress. Seeing the mistress is what allows his marriage to continue.

But if the married person is seeing another and the other wants a stable and permanent relationship, the triangling is guaranteeing that that may never happen. It is in fact having the opposite effect of allowing the married person to get by by bleeding off bad energy and making bad conditions bearable.

Why do people in a new relationship resort to or allow triangling? Many people do because it results in what they think is the lowest cost for themselves.

Married men may have a mistress. (I'm not suggesting anyone do that, by the way. I'm just using the example). They may do it because it results in the triangling man not having to divorce his wife and pay a heavy divorce settlement. It may allow the man to remain married "for the sake of the kids." It may provide him with enough love to stay with a person he genuinely cares for. There are all kinds of reasons for triangling.

Some former lovers and spouses prevail on others to continue a triangle because they want to keep hold of an "ex" and appeal to the goal of remaining friends, being spiritual, etc., where they really aren't as concerned with remaining friends as keeping their hold over their "ex."

It's not my place to advise people. I have no shingle outside my door. I have no expertise. I don't want to be considered a spiritual teacher, which I'm not and am not qualified to be. But I'm just cautioning people, and especially lightworkers, that, if you see yourself getting embedded in a triangle, to get out of the triangle (not saying out of the relationship).

Hopefully these days a former relationship can appreciate a couple's desire to avoid triangling. We should be by now able to see and hear when a connection is becoming a triangle and be fully committed to the success of the new couple and willing to stand aside to avoid anything like that even theoretically occurring.

I would hope that a circumstance like this, which was ablaze in the early Seventies, during a period of "free love," which was a crippling disaster for many people and their relationships, has quieted down and is no longer a problem. But, as GD is fond of saying, I just wanted to "name it."

## Tell Others But Just Enough

Oct. 31, 2010

<https://goldenageofgaia.com/spirituality-into-the-golden-age-of-gaia/2012-for-beginners/tell-others-but-just-enough/>



What should we be telling others? How should we approach the task of informing friends and relatives what lies ahead? Should we force our views on others or tell them everything we know? A reader asked the question and the galatics and spiritual hierarchy provide the answer.

SaLuSa welcomes our participation in awakening others.

"There is much you can do as individuals. These are confusing times and it helps to let others know the greater plan, and more importantly how the heavenly forces are with you. Speak when the opportunity arises, as so many are in a state of utter confusion and despair. If you feel confident of the outcome, your energy will help others and have a calming effect." (1)

"With your knowledge, you can also help others to get through the remaining months of this cycle.

"We wish everyone knew of the Golden Age that is almost upon you, one that brings Love and Light and your release from the pull of the lower vibrations, an Age that is a tribute to the love and glory of God, and the Creator." (2)

SaLuSa's colleague, Ker-On of Venus, also encourages us to share what we know.

"Those of the Light can be of immense service to others, who have little or no knowledge of the meaning of what is occurring upon Earth. Where the opportunity arises let it be known that the changes are for the good of everyone, and open their eyes to what has been taking place." (3)

The Sirian Council of One suggests that we concentrate our efforts on showing how we welcome events and reminding others that they are safe.

"You are all streamed together traveling on the collective highways of light. Share your light, dear ones. Help spread the magnificence. Prepare for our event with a welcoming heart. Share that heart with others. Look into the eyes of another and let them know that they are safe. " (4)



SaLuSa advises us not to shock or overwhelm others and only to volunteer information when asked. He reminds us that a great deal of information will be provided at a later time.



"Many awakened souls seek ways of helping others find their path, and that is welcomed at a time when some are making their first tentative search for the truth. It is recommended that you help when asked, but in replying do not shock them by trying to feed them too much at the time. Slow progress is far better that allows for information to be carefully considered, and not in any way forced upon them.

"There will a continual stream of revelations once we can communicate with you through your media, and with those early changes you can expect a whole series of programs designed to awaken you." (5)

"Be of good cheer, and when the opportunity arises share your knowledge about coming events with those who express some interest. Try not to flood someone with too much information at the time; it may otherwise cause them to ignore it all. "(6)

He suggests that there is no need to force anyone and reminds us that people imbibe information from our actions as well as our words.

"Without being seen to try and impose your views upon others, both your word and actions are subconsciously noted. With the nearness of the end times, such contacts are so necessary to awaken those who still live in the lower vibrations. There is of course the greater awakening that is affecting the Human Race as a whole, but the energies being beamed to Earth take time to lift people up." (7)



Matthew Ward also cautions us: "By all means offer to share your awareness with those who are interested, but please do not try to impose it upon those who are not —just as you would feel uncomfortable being force-fed opinions that conflict with your innate knowingness, so would be those who are committed to their beliefs that differ from yours."

(8)

The White-Winged Collective Consciousness of Nine advises us to share just enough so as not to stifle the individual's self-discovery process.

"Speak your knowledge as you know it to those who are receptive. Deliver just enough so that the recipient of your knowledge may embark on a journey of his own. For whilst keeping knowledge to oneself stops flow and hinders growth....giving too much knowledge hinders growth also by not allowing discoveries and realisations to be made by the individual.

"If you are standing in alignment as a Wayshower, Lightworker or teacher of the new consciousness you will know how to introduce these new concepts to the unaware. Their own connection to the divine will do the rest." (9)

SaLuSa reminds us not to feel disheartened if our efforts prove of no use.

"Do not be too concerned if you cannot help certain people in their understanding, as some will find the truth too overwhelming for their comprehension. At least before they leave this dimension such souls will have some knowledge of Ascension. It will find a place deep in their subconsciousness, only to be remembered when another opportunity comes along to uplift them. Your consciousness retains all experiences, to be used knowingly or not according to their value to you at the time." (10)

The galactics remind us that they force no choices on anyone and neither should we.

"Although Ascension is an ongoing process, it is not forced upon anyone. God will not take away your freewill to choose your own pathway, and other options exist. So those who are unready for Ascension will proceed

onto a different path, to continue their experiences according to their preference.

"Many will stay in this present dimension, but not in this Universe which is ascending in its totality. ... No souls are lost or destined to remain in the lowest dimensions, as evolution is a continual process." (11)

"Since you are infinite souls and in reality there is no such thing as time because it is all in the Now, you can spend as much time as you desire at any one level. So, Dear Ones, do not be too concerned if those souls close to you appear to be content where they stand at present. Certainly if their lessons have not yet been completed, they will want to do so before they move on." (12)

What will happen to those who choose not to ascend? SaLuSa tells us:

"Where an individual soul is not ready to receive them, arrangements are made for their placement where they can continue as they wish.

"This normally means lifting them off Earth and allowing them to continue their experiences at a similar level. Freewill operates at all times, and is essential to give you freedom of choice where your own evolution is concerned." (13)

"No individual can be left behind as there is no such thing, as each soul determines their own path and is always progressing. You move in the direction that fits your needs and provides the required experience to continue evolving." (14)

Matthew also turns his attention to this question and consoles us.

"Please do not feel sad if persons dear to your heart choose not to awaken in this lifetime. Respect their goodness and honesty in the knowing that it is neither your responsibility nor right to try to change their choice to slumber on. After a lifetime in spirit, they will reincarnate in a third-density world with another opportunity to see the light and evolve spiritually; and, as the independent yet inseparable souls you all are, during

bodies' sleep time you will have reunions with your beloved people in places where your and their vibrations permit. (15)

But Matthew warns us that it's impossible to determine who leaves for what reason so we may as well refrain from wondering when we see someone leaving ahead of Ascension.

"There is no way for you to distinguish between light-filled individuals who leave Earth lifetimes in accordance with soul contracts, those who choose to leave rather than accept the truth about religions, and persons whose bodies' viability is snuffed out because they lack the light to survive in the vibratory level Earth entered." (16)

We should not expect a mass exodus, Matthew informs us, because none will happen.

"Since there are varying light frequencies in individuals, there can be no mass exodus of those who are darkly-inclined at some specific point in Earth's ascension. Each such person will transition from this lifetime when Earth reaches an energy plane that exceeds that individual's frequency and physical death will come from any of the same causes that exist now." (17)

In summary we are encouraged to share, but only when invited and only enough to whet the appetite and not so much as to overwhelm. We are warned that many may choose to leave rather than to ascend and, among them, it may be impossible to determine who leaves for what reason. Thus we may as well refrain from attempting to surmise the reasons for departure.

### **Footnotes**

(1) SaLuSa, Nov. 26, 2008, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(2) Ibid., June 18, 2010.

(3) Ker-On of Venus, Oct. 3, 2008, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

- (4) Message from the Sirian Council of One, emailed Oct. 5, 2008, by Mark Huber, machube@comcast.net.
- (5) SaLuSa, May 24, 2010.
- (6) Ibid., Nov. 4, 2009.
- (7) Ibid., Sept. 1, 2010.
- (8) Matthew Ward, March 29, 2010, at <https://www.matthewbooks.com/mattsmmessage.htm>
- (9) The White-Winged Collective Consciousness of Nine, "What does Earth Ascension really mean?" through Magenta Pixie, Oct. 4, 2008, at <https://www.lightworkers.org/content/48417/alignment-earth-ascension>
- (10) SaLuSa, Feb. 18, 2009.
- (11) Ibid., Aug. 27, 2010.
- (12) Ibid., Aug. 9, 2010.
- (13) Ibid., March 31, 2010.
- (14) Ibid., March 8, 2010.
- (15) Matthew's Mesaage, March 29, 2010.
- (16) Ibid., Aug. 13, 2010.
- (17) Ibid., March 29, 2010.

# Normative Requests and Effective Communication

Aug. 28, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/normative-requests-and-effective-communication/>



*The kinds of discussions we'll soon be having will put a premium on effective communication*

I've written in the past about the process of sharing and listening as I see it. As we come together in meet-ups, discussion groups, and lightworker projects, we'll be encountering more and more situations in which we'll need to communicate effectively with each other.

Avoiding disagreements in person or flame wars in discussion groups will become ever more important, especially as events unfold, we become flat-out busy and Ascension approaches.

I've already discussed the desirability of using neutral language and stating the status of our knowledge. (1) These are very important techniques to cut down on the number of disagreements we have.

Here I'd like to discuss the desirability of avoiding "normative" requests wherever possible (and I acknowledge that they are also desirable in certain contexts, as will be discussed below).

A normative request is a request made of someone that says what they "should" do. It may be phrased as a response to truth, a virtue, higher dimensionality, God, our angels, etc. No matter how it's phrased or on what basis it's made, it requests that another behave or speak a certain way and not another way.

Just as people often bridle or rebel when we use loaded or charged words or when we say something we're guessing about as if we absolutely know the truth of it, so people may also bridle when we "tell them what to do." Very few people enjoy being told how to think or speak. And, as we move toward a period of individual sovereignty, fewer and fewer people will want to be told what they "should" or "shouldn't" do or say.

Many people are so used to speaking in terms of shoulds (or injunctions) that they don't even notice they're doing it. In some cultures it's an established way of communicating and would be all but invisible to speakers. But we quickly find, when we join together in groups, and more so when our groups are cross-cultural as they are more and more with Internet connectivity, that telling another what they must or should do elicits hostility, resentment, and resistance.

I mentioned some time ago the system of communication that involves judgment, blame and sidebarring. Normative discussions are a part of that way of communicating. In my view, that style of communication has never worked in our society and is responsible for the undoing or breakdown of most good lightworker projects. It will never work in the future and, if I understand the matter correctly, will not accompany us into the new world.

It also kills off the process I call "sharing" and that is a shame because sharing is juicy, alive and nourishing. Normative requests and the discussions they lead to are so often dry, dead, and draining.

There are two responses which are consistent with providing fertile ground for sharing. One is to feed back to the speaker our understanding of what was said. "I hear that you're concerned with X." "You sound irritated." "I understand that you look upon such-and-such a situation in such-and-such a way." Feeding back gives the speaker the sense of being heard, received and understood.

And the other response is to share ourselves in response to the first person's share. By "sharing ourselves" I mean to share how we ourselves see a matter or to share

about ourselves - but, in both cases, without resorting to blaming or judgmental comments on another.

To be mature and responsible, as I see it, is to choose to remain with ourselves when we look at matters such as who is responsible for an outcome. It's to choose to see ourselves as source of the outcome, not because we absolutely are but because looking at our input is the best possible contribution we can make to the success of the outcome. It's to see our input as crucial to the outcome for the value that contributes to the overall effort.

Now having said all that, let me now say that normative discussions may also serve a purpose under certain circumstances. To use norms in some cases may be useful to, as Ramakrishna might say, use a thorn to remove a thorn - after which we throw both thorns away. For instance, we sometimes have to use normative behavior to eliminate unnecessary or excessive normative behavior.

For instance, in encounter groups, we used to suggest to a person who was blaming another to "stay with yourself." Or in a discussion group, a moderator may need to intervene with a member to ask them not to make normative demands on other members lest they dry up sharing. Both these interventions are themselves normative.

Spiritual teachers justify them by saying that it's necessary to build a fence around a seedling so that the cattle will not trample it. We may have to intervene normatively to stop normative discussions. And we also may need to enforce some norms to protect freedom of speech generally. Interestingly when we as moderators do that, the discussion-group member concerned often responds that we are violating his or her freedom of speech so let me look at that allegation for a moment.

I was obliged to reflect on matters like these as an adjudicator of human-rights or refugee claims. I feel comfortable saying that the protection of the freedom of speech of one person often, if not always, involves a restriction on the freedom of speech of another.

There is no freedom that I'm aware of that is not purchased without a restriction on some word or deed. If there were, there would be no need to protect that freedom;



it would just be the way things are and therefore invisible. We wouldn't need charters of human rights, conventions, declarations, laws, etc.

To allow person A to speak freely may mean prohibiting the freedom of speech of person B who advocates, say, death to people of one religion, sending people of one ethnic group "back to where they belong," burning someone's house down, and similar threats. Freedom of speech must be protected and protection involves restricting the freedom of speech of those who would harm others or take away from them freedom of speech, assembly, religion, etc.

So, yes, we as a society actually do put restrictions on freedom of speech to protect freedom of speech. It isn't somehow contradictory to be somewhat normative to eliminate from discussion normative demands or to protect freedom. It's probably unavoidable. At least that's the way I see it and I could be wrong.

It's my greatest hope that we as lightworkers can leave behind the way of speaking that draws on excessive norms, judging, blaming and sidebarring and take up the way of speaking that draws on sharing, listening, and feeding back. I hope my request is seen to be reasonable and that you join me in wanting to transition from the one way of communicating to the other.

## **Footnotes**

(1) Further discussion of a lot of these points can be found in the articles listed here: "Communication: Sharing and Listening," at <https://goldenageofgaia.com/ascension/communication-sharing-and-listening/> There are discussion of the use of some of these techniques such as the status of knowledge and use of neutral language to be found in the articles listed under "Starseeds and Other Lightworkers" at <https://goldenageofgaia.com/lightworkers/>

See also Archangel Michael on "Perro: An Ancient Intergalactic Language of Diplomacy," at <https://goldenageofgaia.com/creating-a-global-conversation/perro-an-ancient-intergalactic-language-of-diplomacy/>

## ⌘ The Cycle of Conflict ⌘

# The Cycle of Conflict is a Two-Handed Path

Sept. 18, 2023

<https://goldenageofgaia.com/2023/09/18/cycle-of-conflict-a-two-handed-path/>



The cycle of conflict is a two-handed script. It usually reflects a power differential.

One party rages; the other party is silent. One party is repentant; the other party resistant.

Both hands are needed for the cycle to continue.

Usually ours are inherited patterns, what Michael once called "legacy behavior." Intergenerational transfer, sociologists call it. Whatever the case, we're stuck with the patterns.

They become habitual. When the original situation that triggered them passes, the habit pattern remains.

Now the raging partner rages just as a normal reflex and the silent partner, the same. In their new relationships, their patterns only feed the cycle.

The silent one needs to speak and listen. The raging one needs to stop and speak and listen. They need to set groundrules and keep to them.

They both need to start communicating with how they feel, then on to what their situation is, and end with what they want to see happen. Start with that as a means of escaping the conflict.

Doing this without resorting to blaming and shaming will be the challenge. Both partners cooperation is essential for this process to work.

We need to remember that a lot of what is second nature to us may be offensive to others. Just because we're used to some ways of being and doing doesn't make them necessarily acceptable. Now these unacceptable ways need to be raised to awareness, either by us ourselves or by listening to feedback.

It's hard to raise to awareness our taken-for-granted patterns. That's where the practice of self-awareness pays off: The basic agreement on the awareness path is to remain aware of ourselves and share what we see with others (if asked). (1) So we're already primed to notice the barely-visible.

Over the long term, recognition or awareness is enough. But if we want quicker release from the matter, then asking the mind to mirror back the original incident and experiencing that through to completion assumes importance. (2)

My hope, my dream is that the rising love energies will make emergence from our issues and scripts a much easier process than it is now. The more love we feel - real love, transformative love - (3) the more we'll flow through life.

## **Footnotes**

(1) See *On Transformative Awareness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Transformative-Awareness-9.pdf>

(2) "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, in *Vasanas: Preparing for Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf>

(3) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

# The Cycle of Conflict is a Relationship Killer

Sept. 19, 2023

<https://goldenageofgaia.com/2023/09/19/the-cycle-of-conflict-is-a-relationship-killer/>



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

Every relationship I've ever lost, I've lost to an inability or unwillingness on my part or someone else's to handle conflict.

I'm tempted to say that we don't have "relationships." We have connections that are wonderful to begin with and then are choked off by the cycle of conflict and die.

You hear that Jim and Jane are having troubles. Oh, they're back together again. No, they're having troubles again. No, they're back. No, they've separated for good now.

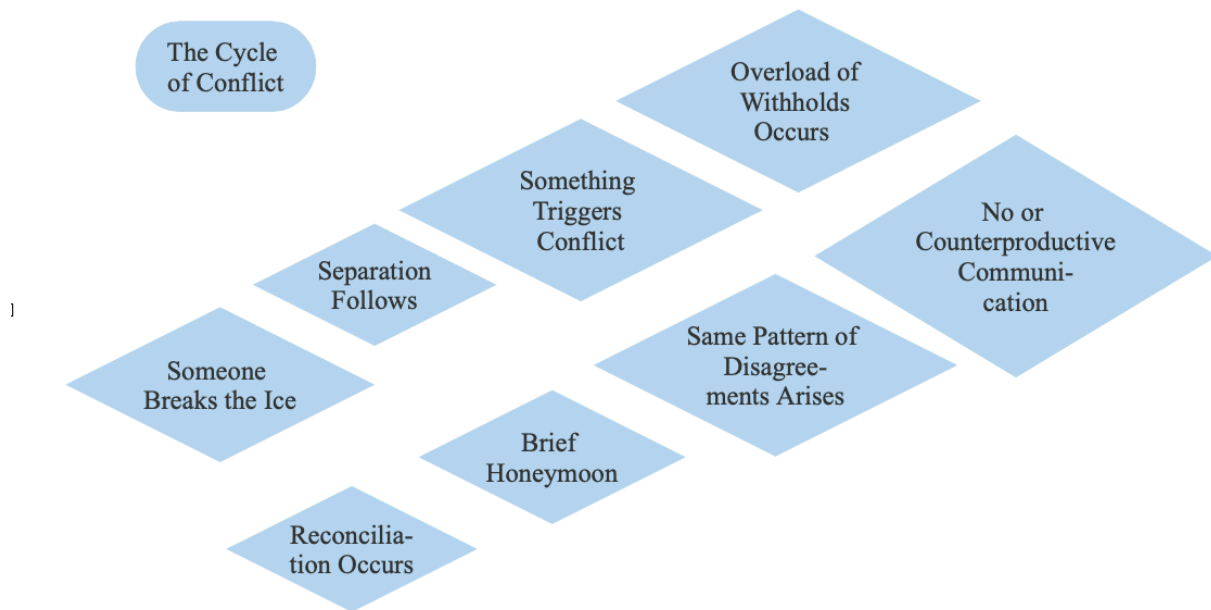
Does that not sound familiar? I can name several couples exactly like that that I know - in fact, every couple who've ever separated. One of those repeat participants would be me.

No, we weren't taught the way out in schools. I went to countless therapists, psychiatrists, etc., etc., and didn't learn a thing.

The teachers that worked were in the growth movement. They were the ones ploughing new ground.

Ben Wong, Jock McKeen, Werner Erhard, Claude Bernier, the circuit riders, I could go on and on. I acknowledge your contribution to me. I say what I say next as the result of what you (and my guides) taught me.

Let me re-introduce my graphic here.



Conflict arises when we don't get what we want or need and there's no good and apparent reason why not.

Conflict arises when "delicate" subjects are avoided and yet must be addressed.

Conflict arises when one person does not care for another, not really, when people of good intent feel taken advantage of, when a person feels unlistened to, disrespected, unvalued.

When any or all of these conditions are present, we find our love for a person pitted against our desire or need for our request for support or change to be at least addressed, if not granted.

I'm only talking about those requests for support that are not listened to or not granted and we feel they should or need to be. These are at the heart of the conflict.

When the desire and the "access denied" both persist, frustration builds. The pressure of our withheld communications begins to distract us. If our intention to deliver the communication is thwarted again and again, more pressure is added.

Until something occurs that ignites an explosion. A triggering comment. A gesture or word of disrespect, a lack of appreciation, anything sets it off.

I'm serious about talking about this subject. I'd like everyone in our lightworker family here to get this cycle down to our toes. This is a relationship-killer and it needn't be happening.

We must have it be gone from our arsenal ... errrr ... repertoire of communicational strategies.

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To review, first, what happens in this cycle is that discussion of a matter is left until one party is ready to blow. That in itself is not a great strategy.

Communication needs to happen sooner and on a regular basis until it becomes second nature. Until it flows, as it did with us after three months of encounter at Cold Mountain Institute.

Second, we have to be committed to this process - or get out of the relationship and save those who are committed a lot of trouble.



I know what love is (1) and I know that love cannot flourish in a relationship that doesn't handle conflict.

If you're a drama queen, this may be the wrong nest for you. I'm only speaking to the committed. I know, I know. Tough words.

But we *are* in the middle of a war; we need to communicate; and we can't afford to watch frustration build in our lightworker relationships, not with a Reval coming.

Third, the speaker needs to communicate the information that's vital. That is:

- (A) How we're feeling
- (B) What we want to see happen
- (C) What our situation is
- (D) What role we're willing to play
- (E) What we need from the other person.

The other person needs to listen - really listen. (2) Not do two things at once. Not deny the person a face to speak to. Not be doing our shopping list in our head.

The listener now knows how the other person feels, which they can use to gauge the urgency of the situation. They know what the other person wants and what their situation is. They know what the speaker is doing and willing to do in the future about the situation and what help they need.

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I'm only going to deal with "opening up" communication here. I'm not inspired, because that's what's happening, to discuss how the listener might want or need to respond to address or avoid conflict.

That inspiration hasn't come through yet. You'll be the first to know: "This just in!"

Unless a person is committed to drama, going about communicating in a sincere and open way, without blaming or shaming, when a want or need comes up and

being met and received by the other with a corresponding degree of sincerity should take the process of frustration build-up out of the relationship.

There is then the other side of the exchange: What we do with the communication. I'll know more about that when the information comes in.

Seriously I have my capacity overload limit. Where's my coffee? One thing at a time here!

### **Footnotes**

(1) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

(2) See:

- *Are You Listening?* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Are-You-Listening-R5.pdf>
- *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>
- *The Value of Listening* at <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Value-of-Listening-3.pdf>

## Leaving the Cycle of Conflict

Aug. 18, 2023

<https://goldenageofgaia.com/?p=347146>



There isn't much we can do, individually, about the conflict building outside of us.

But we know there's more at play than meets any ground-level eye (ours included).

And we know that it's guided by universal laws. One of them is the Law of Balance, also called As Within so Without, As Above so Below.

Conflict without. In Earth's history, it's been cyclical. It surely must mirror the conflict within contemporary leaders.

As I watch the conflict arise within me, I see - and remember - how often in my life I've been embroiled in cyclical conflict. Heavens, my first fourteen years were nothing but one long cycle of conflict, veering into a cycle of abuse at times.

I have within me the cycle of conflict. I've long wanted to address the subject and with the mayhem outside of us at present, this may be the ideal time.

In the next few articles, I'd like to look at a cycle of conflict that I think a lot of us may recognize.

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The rising love energies are said to be bringing conflict to the surface wherever it exists. None of it can come with us when we ascend.

All of it must rise to the surface, be experienced, learned from, and released. Or, if we attach ourselves to it and hold onto it, we may have to wait for the next bus.

My family followed a cycle of conflict, erupting into catastrophic abuse on three occasions.

I inherited a two-handed script that incorporated both their lines and moods.

I'm now seeing that many people in relationship follow the same cycle; hence my desire to have a look at it as a subject.

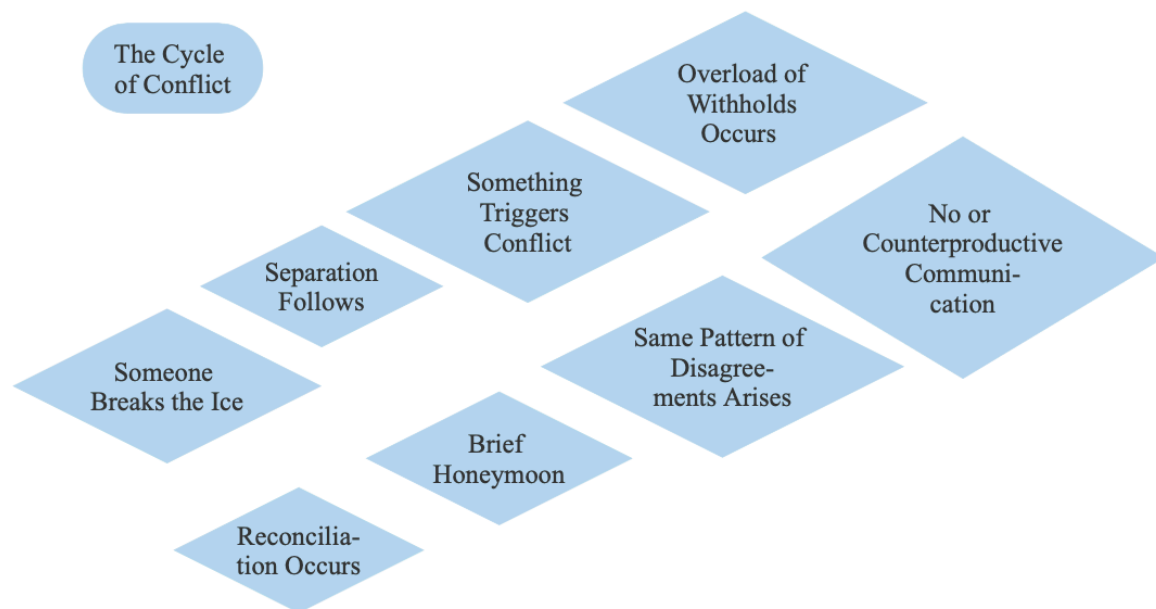
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Again, I'm talking about ongoing domestic conflict that never reaches the level of violence, but does reach the level of hostile and continual bickering that never gets resolved.

The first thing that needs to happen to get beyond it if we're in it is, in my opinion, to become aware of it. The graphic, below, is a description of how the cycle of conflict works and how my family operated.

Here's what occurs. There's an argument, a blow-up, an explosion. Then there's a time of separation, a cooling-off period.

Finally someone breaks the ice. Then there's a reconciliation, a brief period of getting along, broken by some disagreements that were never resolved.



Let's pause here for a moment. Those disagreements, if they're discussed at all, are discussed in good/bad, right/wrong terms, without either side taking personal responsibility. A lot of name calling, raised voices. People refuse to talk - or listen.

If we stay with good/bad, right/wrong, then the withholds - the things we're not sharing which generate resentment in us - mount. When they become too many to manage and any little spark is applied, we explode.

Then we separate and remain in our corners until someone breaks the ice. And away we go, all over again, less hopeful, less optimistic and ... *nothing has changed*....

Thereafter, we make several unproductive choices. I'd like to go over them, and possible ways out, in the next few articles.

## Right/Wrong Not a Way Out

Aug. 19, 2023

<https://goldenageofgaia.com/2023/08/19/347152/>



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

I was talking yesterday about the cycle of conflict and breaking free from it. Let me start with some background.

### **Carousel of Tears**

I spent my first fourteen formative years on this carousel of tears I call a cycle of conflict.

It was a never-ending loop which usually ended in divorce. I've seen very few people trapped in the cycle of conflict who emerged with their relationship intact. And they don't know why because they "always got back together again."

Back then, we not only had no insights into how to end the conflict; we couldn't even see its cyclical nature.

## Becoming Our Parents

Having seen the cost to my family of the cycle of conflict, I made myself a promise that I would stop the family inheritance, the intergenerational transfer that Michael once called "legacy behavior."

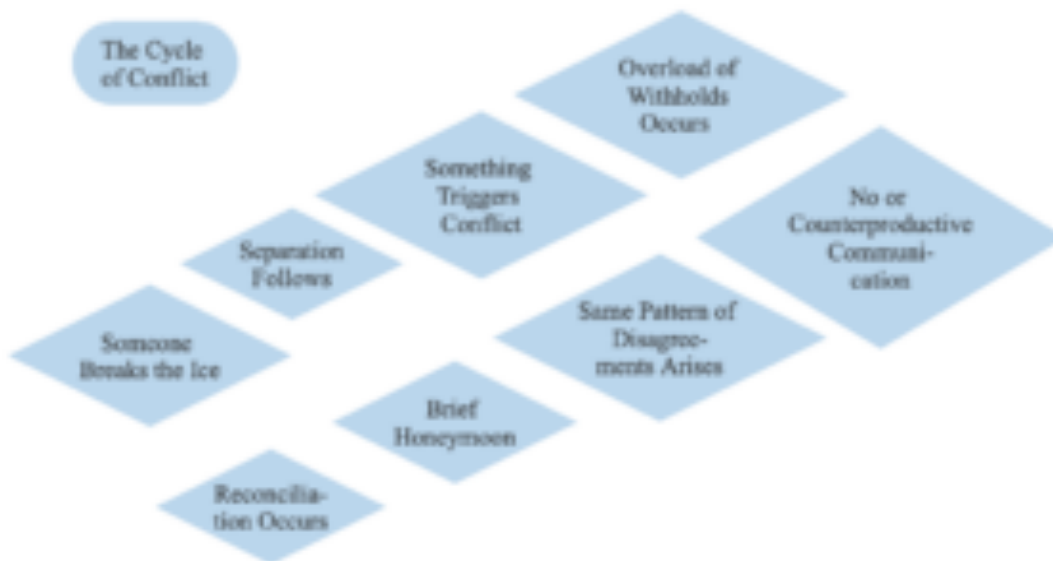
But I mentioned to you earlier that the legacy behavior was the only movie I had in my head.

When we "become our Father," what really is happening is that we're reaching back into our memory banks and bringing forward as our mode of behavior the only movie all of us have - what our Dad or Mom did.

And we don't see what we're doing happening for the same reason we may not pay attention to what's happening in our world. We're busy doing other things.

That's how we become our parent.

Just that one matter alone - not becoming our parents - takes a high degree of awareness and an unwillingness to respond automatically in order to break the pattern. And, no, I'm still down here in the trenches on these matters, working away with everyone else.



## **Never Seem to Learn and Nothing Changes**

Another feature of the cycle of conflict is that we never seem to learn. Instead, we seem to focus on and congratulate ourselves for getting back together again.

For me, getting back together again is *a* significant event but it's not *the* significant event.

*The* significant event is recognizing that we're caught in a cycle of conflict that only ever brings heartache and resolving to exit it.

So long as we fool ourselves that reconciliation is the big win, we may not do the work to break the cycle.

Everyone promises not to do it again and off we go, not communicating or communicating unproductively. The same issues arise. The frustration begins and is worse because we thought we had the issue handled. All it takes is a spark.

Is this not the theme of countless Hollywood movies?



## Productive and Unproductive Communication



### No or Unproductive Communication

When we won't communicate at all or communicate with blame and shame or other unproductive strategies, the other person tends to clam up. Then the issues and withholds (undelivered communications) start to build up.

If nothing changes or gets better ever, the person may just one day up and leave.

Someone told me the other day of a man who left for soccer practice one day and then suddenly needed to return to get his cellphone. There he saw his wife's brother moving all her stuff out. This was the first the husband knew about it.

It's my belief that people who go round and round this unfortunate loop, comforting themselves that them getting back together is the main thing, one day just eventually quit, like the player's wife. Or find that their partner has just quit, like the player.

Going round and round is wearing and dull. One day we stop caring. Past that, we just want out.

## **Good/Bad, Right/Wrong**

I'd like to focus on one type of unproductive discussion we have which I call good/bad, right/wrong.

One reason why I don't advise discussing matters from the intellectual level is because they so often devolve into good/bad, right/wrong. And that can become like quicksand, into which we sink ... and disappear.

We argue incessantly about factors that aren't even what motivate us into action.

In right/wrong, you say A and I say B. And we both defend our positions.

But if we switched places, dollars to donuts I'd be saying A and you'd be saying B. All seems to depend on our point of view, our vantage point, where we sit, and not on the truth of the matter.

Again, in our zero sum thinking, if we're right, someone else has to be wrong. That leaves a lot of bruises and other residue, often festering and contributing in turn to another turn of the carousel.

Discussion seldom gets above good/bad, right/wrong and thus proves fruitless and stultifying. It leads nowhere and simply exhausts everyone. We need to up-level it to the experiential level and focus on how we feel.

## **Communicating How We Feel**

Communicating how we feel is the information the other needs to know regarding whether to act or not. (1) "I'm concerned." No action. "I'm helpless. Please! Somebody!" Concerted action! Our feelings are the factor that motivate us to action.

Communicating how we feel has other advantages. First, it's verifiable by me. Only I feel what I feel. And only I know how I feel. It isn't something that can be messed with. I'm the expert on the subject.

But many people, if I asked them how they're feeling, might not know what to answer. How would I know what I'm feeling? Where would I look? I don't know how I feel.

Our ability to maneuver in this territory may be limited at the moment, but I'm certain our emotional IQ will rise dramatically in the weeks and months ahead.

## **Feedback**

Sincerely trying on feedback is also needed. Without our partner being able to deliver feedback, again, the situation might never change.

The ordinary tendency is to rebuff feedback, deny it, contest it, and in other ways resist it. That ultimately leads to lethargy in us and resistance in our partner.

What is lethargy? I'm asleep and I'm asleep to the fact that I'm asleep. In Hinduism, this condition is called the guna or cosmic force of thamas.

If you really observe thamas or lethargy, you'll see it's like a blanket that smothers everything but the most basic of actions and interactions.

How do we "receive" feedback? Try it on. Test it out. See if it fits. If it does, own it.

Tomorrow we look at true reconciliation.

## **Footnotes**

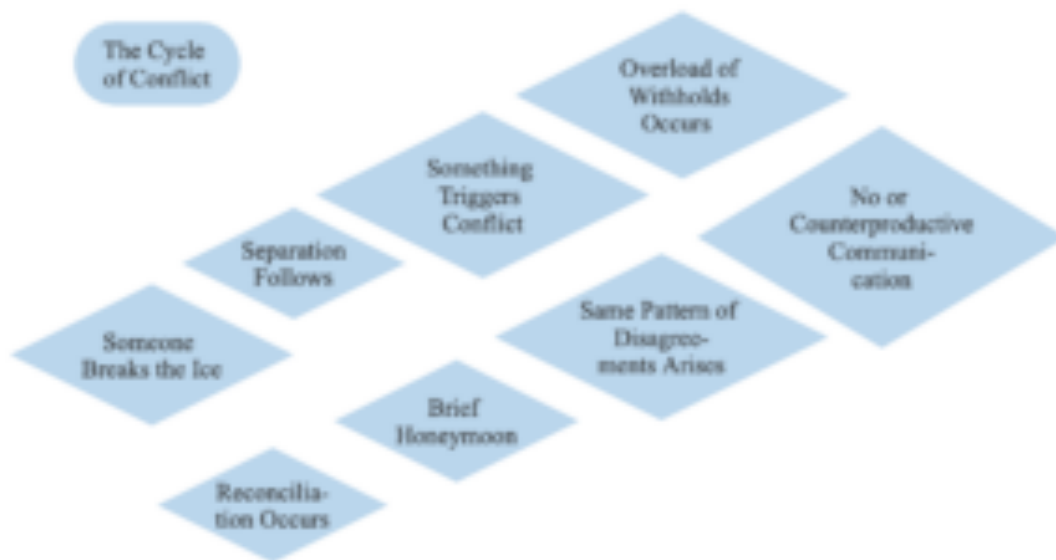
(1) On the value of listening, see:

- *Are You Listening?* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Are-You-Listening-R5.pdf>
- *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>
- *The Value of Listening* at <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Value-of-Listening-3.pdf>

# I Need to Know How You Feel

Sept. 9, 2023

<https://goldenageofgaia.com/?p=347778>



I shudder when I think of all the years I spent in the cycle of conflict, not knowing how to get out of whatever situation I was in.

I had no idea where the exit door was. I was going mad going round and round the same circle day after day.

Even now I know that both people to an interaction need to cooperate or the cycle will continue.

And how routinely do we - have I - turned down growth opportunities? Many of us become what psychologists describe as "help-refusing complainers." We have no intention of moving. We just don't want to be criticized for it so we have our excuses ready.

After the Reval, one fantasy I have is building as many growth centers in cities as Carnegie built libraries.

Let's get communication happening again. Loving, supportive, transparent communication.

Remember I have, in all this, a model of enlightenment that I follow. In it, there are three levels of reality that we live in: Intellectual, experiential, and realizational.

As long as the kundalini is quiet, we live in a world of ideas. When the kundalini reaches the fourth chakra, our heart opens, which is a preview of Ascension. Ascension itself is a full and permanent heart opening. (1)

We now live in a realm that knows and can tap into higher-dimensional love. And we go deeper and deeper into that - we mount the staircase again and again - until the condition of Realization becomes permanent. (2) We are now ascended and hence interdimensional. (3)

There's nothing wrong with the intellectual. It's just dry eating and not very nourishing. As a vehicle of science, it's fine. As a vehicle of interpersonal communication, it soon gets corrupted, being based on dualism, into good/bad, right/wrong. Then nothing moves. Flow stops. We are locked in a world devoid of feeling.

If you want me to do something, I need to know how you feel. Just curious? OK. Stand down. Worried sick and need you to do something? Gotcha. Right away.

I need to know how you feel.

OK, not a Marine on patrol. I'm talking about what happens when the guns fall silent.

And the deeper we go with how we feel, the higher goes the kundalini. And when the kundalini reaches the fourth chakra, boom! We have a heart opening, and NOW we know what love is. (4)

This proves to be our gateway to the divine states - love, bliss, peace, mastery, abundance, joy, ecstasy - all prove to be accessible once the portal to the higher dimensions that we call the "heart" is opened.

Meanwhile, it's our Higher Self, the Mother, our guides and archangel that are guiding the action. (5)

We must get deeper, richer, more experiential communication happening again as it was in the 1970s, before the deep state shut it down. (6)

The shared experiences that result when transparent, heartfelt communication occurs is what will bring the global community back together again after the departure of the darkness. That's when it will be the most needed.

### **Footnotes**

(1) "The first transcendental enlightenment experience occurs when the kundalini reaches the seventh chakra. Buddhists call it becoming an arahant. Hindus call it Brahmajnana (God-Realization) and nirvikalpa samadhi (samadhi without form; i.e., transcendental samadhi).

"The arahant becomes a buddha, the Brahmajnani becomes a jivan-mukta (liberated while alive) when the energy moves farther and permanently and fully opens the heart. Not the heart chakra, but the heart. The hridayam or heart aperture opens as it did in the earlier heart opening but now remains open.

"The resulting torrent of love incinerates the vasanas or core issues. In the earlier heart opening, which I imagine is not as strong as Sahaja, the vasanas were held at bay for the length of the experience. But they were not eliminated. Now they are.

"This latter state is what classical scholars would call mukti or liberation. It's what completes our Ascension experience." ("Enlightenment in Context," August 31, 2017, at <http://goldenageofgaia.com/2017/08/31/enlightenment-in-context/>.)

(2) Steve: So it's possible to have two fourth-chakra events or maybe even more possibly?

Archangel Michael: It is possible to have multiple chakra events throughout your lifetimes, sweet one. Again, what you are thinking of is a limitation. Something is activated or not activated. Think in terms of open, open, open, open, bigger, bigger, bigger. So yes, you might have several events. You should have several events! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019.)

(3) AAM: [We're in a] shift from the old 3rd dimensional human being, to, can we say, a global, interdimensional, transdimensional, galactic human. ("Archangel Michael: It's Time to Let Go of the Old," Oct. 22, 2012, at <http://the2012scenario.com/the-2012-scenario/what-role-are-the-angels-playing/archangel-michael-its-time-to-let-go-of-the-old/>.)

(4) Read in *An Ascension Ethnography*, after March 15, 2015. At <https://goldenageofgaia.com/wp-content/uploads/2023/08/An-Ascension-Ethnography-12.pdf>. Also: search on "heart opening."

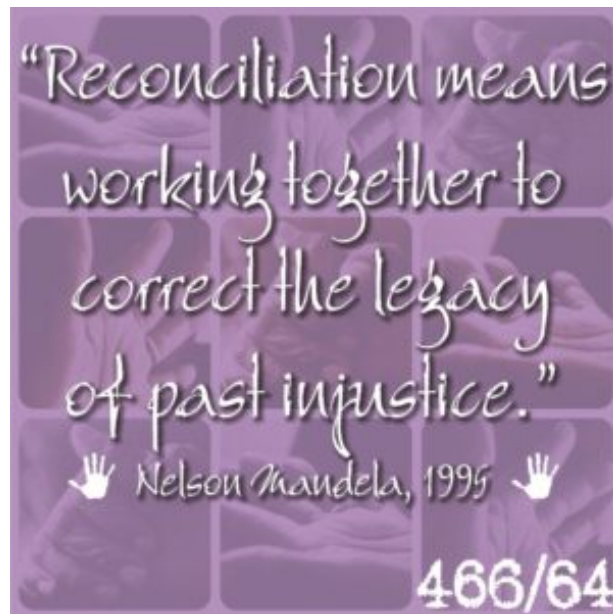
(5) See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2023/06/Our-Enlightenment-Partnership-3.pdf>

(6) With the recession of 1982 and its jobless recovery due to automation.

# True Reconciliation Means Working Together

Sept. 1, 2023

<https://goldenageofgaia.com/?p=347467>



## Adhere to Agreed-Upon Rules and Boundaries

These will vary from relationship to relationship. But no physical violence or shouting should be one of them.

## True Reconciliation

As Nelson Mandella says, "reconciliation means working together to correct the legacy of past injustices."

To exit the cycle peacefully and productively takes mutual commitment and work of the kind Nelson probably had in mind.

I emphasize "working together."

With work and cooperation, I believe the cycle of conflict, which is the experience of countless couples with its "legacy of past injustices," can be ended.



If we won't do the work necessary to emerge from our own domestic conflict, how will we emerge from our global conflict?

### **Wishlist**

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

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

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

(A) Tell the truth, harmlessly but accurately, and drop the games, acts, rackets, etc.

(B) Stay away from right/wrong, good/bad.

(C) Share how we feel, how we're impacted, and what we want.

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

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

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

Tomorrow we conclude by looking at the process of leaving the cycle of conflict when you're single.

# Exiting the Cycle as a Single

September 2, 2024

<https://goldenageofgaia.com/?p=347152>



## Exiting the Cycle as a Single

I'm a satisfied single ... ok, a happy hermit ... and so I don't have the opportunity to pursue the exit points from the cycle of conflict with anyone.

I have to make changes in myself, which is probably all we need to do anyways!

So my first contribution to ending the cycle of conflict in myself is going to be:

*To examine what it means to "get mad."*

There's a trigger point on one side of which I'm not mad and on the other side of which, I am. Why is it not an easy thing for me to just rule out crossing the line?

I know why. My Dad yelled at me from inches away from my face when I was seven and I shattered .... It took fifty years to put Humpty together again. During those years, I did notice that I fused back together again when I got mad. So I came to value "getting mad." I was myself again.

It was only the other person who didn't like it.

So that's where my below-consciousness embracing of "getting mad" comes from.

Now that I see that, I can let it go. On the other side of it, I feel fine embracing boundaries.

My second contribution is:

*To examine what it means to take personal responsibility for my life.*

Whenever I blame another person or accept blame from another person, I'm reproducing my Father's thoughtless pattern. My Father was reproducing my Grandfather's. I knew my Grandpa.

I need to take responsibility for the pattern and end it in me.

To take complete responsibility for my life - if not for what happens to me necessarily, but definitely for my response - that's a goal worth aiming for. And that too, I think, would interrupt the cycle of conflict.

It's as if we all have virtual-reality headmasks on and yet we star in each other's holodrama. The game decides what our partners do but we decide our responses. All along it remains our virtual-reality game.

This is all my game.

Meanwhile, bless Mom and Dad. They did the best they could with a pretty bad hand.

# I Don't Need to Handle the Other Person's Conflict

Sept. 28, 2024

<https://goldenageofgaia.com/2024/09/28/the-new-interdimensional-space-which-this-generation-pioneered/>



*Credit: [soberrecovery.com](http://soberrecovery.com)*

My work with the cycle of conflict continues and enters a new phase.

In working with the cycle as a satisfied single, a happy hermit, I've seen that, in one respect, the cycle is irrelevant to me.

As long as there is conflict inside of me, I'll see conflict outside. As within, so without. I don't need to handle the other person's conflict; I only need to handle my own.

If I want to leave the cycle of conflict, **I** have to leave it; that is, step away from my own outward-projected conflict. Never mind what others do. If I don't exit it, it'll always be around.

So, entering this phase, I lose interest for the moment in how to do it in relationship. I now want to know how to do it (period).

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Again the answer is so blazingly simple, it brings tears to my eyes.

You don't have to click-bait through seven screens to find it or earn a degree from MIT in the subject.

How do I end the cycle of conflict. How do I leave it?

The answer is: When an intention of conflict arises and moves me to action, stop it and drop it.

That's it. You can send me \$1,000 now if you like.

Just stop it and drop it.

Gawd, how simple can it be.....?

Just stop the forward motion and let it go. You don't have to have something to put in its place.

In my opinion, your heart will do the rest.

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You know we're being bombarded with love energies by civilizations we'd reverence if we knew of them. The Mother describes her "normal" delivery system:

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

I imagine that the impact of this bombardment is that our hearts, if relieved of the burden of our issues and upsets (vasanas), which is something only we can do, (2) would flower under this divine tsunami of love.

## Footnotes

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

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

# Your Cycle is Yours; Mine is Mine; and Mine is Closed for Business

September 29, 2023

<https://goldenageofgaia.com/2023/09/29/your-cycle-is-yours-mine-is-mine-and-mine-is-closed-for-business/>



I continue to work with the cycle of conflict because I'll soon be a CEO and won't have the time to work on it then that I do now.

I'm working in wide brushstrokes too because I don't think it could possibly be too much longer before the emergency broadcasts. But then again, as Michel said, we probably don't appreciate the depths of the depravity we face. (1)

Meanwhile, the white hats, I think, can't allow the whole shooting match to collapse. We have to blow the whistle sometime before the economic infrastructure disappears below the waves.

I know our danger in the world appears to be mounting. Earthquake weapons in the South Pole. Warnings of weather events all over the globe. Whoever it was who described these times as ending in a near-death experience knew something.

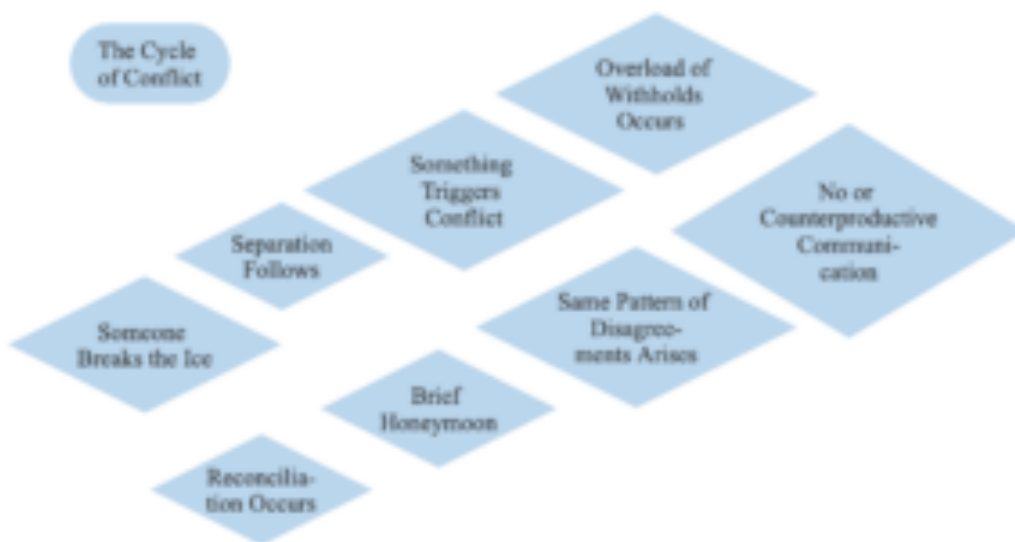
However the galactic forces, bolstered by the celestials, among whom all of us incarnated angels number ourselves, (2) will prevail. Mira reassured us of this recently:

"This will not go on forever. We know that it feels endless and sometimes it can be exasperating. Remember the old story is going away opening the gateway for the whole New Earth in the 5th dimension and higher.

"What you see now is changing from moment to moment and day by day. You are no longer in the third dimension. The old way of life has disappeared. Let it go! It was not serving you or the rest of life on the planet. It was only serving those who are serving themselves.

"They will no longer be able to withstand this high frequency of love in the quantum energy of the Earth." (3)

There is a divine plan (4) and there is an Alliance plan. (5) The former will see that the latter will prevail.



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In the meantime, my best contribution is to eliminate conflict within me.

I'm taking further the notion that it only takes one to break the cycle of conflict. What I'm doing we used to call "pushing my edge."

I just had a disagreement with a friend, which became explosive, and now we're in the separation and ice-breaking part. And I'm observing.



What I saw was that, it's really irrelevant what happens with the other person. What's relevant is what I do with any and all of it.

Fortunately my friend and I are "into" reconciliation and moving on so it was over by the next morning.

I heard my guidance say, "not you or anyone else is allowed on my cycle of conflict. I've closed it down, except for emergency use. And I'm not climbing aboard yours."

OMG. I would not have been able to see any of this if I were still running my cycle. I'd be into generating justifications, denials, excuses, etc. I'd be into image management: I'd always have to look right and good.

My motives would be unexamined but their tendency would be towards domination.

And I would not be able to see any of it because I was invested in it. It'd be like water to the fish.

Wow, I feel tuckered out just writing this. As I write, I'm going through what I'm describing. Or vice versa.

I don't have to do anything with the other person's input. I just have to see to my own. Their cycle is their cycle, even though it's hard to see that in everyday interaction, and my cycle is my own. (6)

I'm both declaring my independence of other people's cycles and hanging my own back up in the closet where it belongs.

### **Footnote**

(1) Archangel Michael: Many of you – and you, beloved, included – look at situations and you say, 'Well, how can it get much worse?' That is because you, and many, come from a place of love and purity of intent.

But you also know that everything that has need to be eliminated, everything that has need to be relinquished, everything that needs to be healed in this cesspool that we call 'chaos' has need to come to the surface.

Otherwise – and this has happened many, many times in human history – what happens is there is a belief, there is a healing, an accommodation, a remedy, and then the human collective tends to think, ‘Okay, now it is cleaned up. Now it is healed. Now it is done.’ But the core – the core issues [i.e., the vasanās] – of the collective, and of course of the individuals, have not been addressed, and therefore it simply settles in and it festers. ("Archangel Michael on Why All This Conflict is Occurring," September 28, 2023, at <https://goldenageofgaia.com/?p=348361>.)

As with the individual cycle of conflict, nothing changes. So we keep going round and round. This era, things will change.

(2) On our angelic status, see *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>

(3) "A Message from Mira the Pleiadian through Valerie Donner, July 6, 2023," at <https://goldenageofgaia.com/2023/07/06/a-message-from-mira-the-pleiadian-through-valerie-donner-july-6-2023/>.

(4) Divine Mother: [I am speaking about] those in ... positions where control and abuse of power have been rampant. That will not be the platform [from] which integration of the various galaxies [into the new region of space] takes place. That is not the Plan.

I know very clearly, sweet one, as do you, if it is not [in] my Plan, then it will not occur. ( The Divine Mother in “Enter the Delegations – Part 2/3,” May 5, 2019, at <http://goldenageofgaia.com/2019/05/05/enter-the-delegations-part-2-3/>.)

See [Grandeur Beyond Grandeur: Toward a Cross-Cultural Spirituality Vol. 2: What is the Divine Plan?](#)

More on the divine, celestial, and galactic plan is found here:

- [The End of Darkness on Earth: the Dawning of the Light](#)
- [The Hidden War: Stopping the Illuminati](#)

(5) On the Alliance Plan, see:

- "Program Guide to Tonight's Performance from Juan O. Savin," October 29, 2022, at <https://goldenageofgaia.com/2022/10/29/program-guide-to-tonights-performance-from-juan-o-savin/>
- "Ezra Cohen-Watnick: Spelling It Out 1 Time," October 28, 2022, at <https://goldenageofgaia.com/2022/10/28/ezra-cohen-watnick-spelling-it-out-1-time-2/>

(6) I had this flash of recognition that my therapist brother Paul knew this and did not climb aboard other people's carousel of tears or cycle of conflict.

# Walking Out of the Cycle of Conflict

September 30, 2023

<https://goldenageofgaia.com/?p=348418>



*Credit: corehike.org*

I've said that I'm approaching exiting the cycle of conflict as how I believe a successful CEO would.

I call doing this work of exiting the cycle voluntarily (without being required to) "pushing my edge." As I do so, the insights start popping.

The chief insight is about how I use resentment.

A ball was recently dropped on an online booking and it caused a major upset and then the situation was resolved. But I was left bruised by what a painful dropped ball it was and with a strong desire to see it doesn't happen again. I began to resent.

And then I sat with it, unaccustomed as I am. And I watched as I glued myself to the issue, went over it again and again, perfected my story, none of which felt very good.

I saw that I resorted to resentment as if I were attaching a flag to a file: Dangerous Traitor. Eliminate ASAP. By any means available (hatred, deception, rejection). Character wars are all out wars, you know. (Just kidding. Well, somewhat.)

And I realized that doing this would not make me a successful CEO. It would make me unsuccessful. This is what Hitler and all the Nazis did and why they could never get organized at the top of the hierarchy.

All of this has to go in me. This is the one I'm responsible for. I'm monarch over my own domain, responsible for all I think and do. (1)

Fortunately I know enough to just stop acting on the thought, stop the behavior, just stop. That cuts through the bafflegab.

And Michael has supplied me with the litmus test: Does it feel like love? No. Then don't do it.

Easy peasy. It's just doing it which in the past has escaped me. Like my daily sadhana. Great intentions.

Yesterday I also chose not-conflict in a different situation. This is not the usual me. I'm a fighter, scrapper, protector.

One of the things I noticed is that leaving the upset to the day it happened showed up like good policy given where I'll be going. This resolution arose from observing myself winding up to resent.

On the earlier occasion, yesterday, I heard Michael saying in memory, is it of love? If not, don't do it. Acting on that I didn't do what I felt perfectly entitled to do. That was a good litmus test

I also recall saying I value our relationship more than inciting a squabble.

So I'm in new territory. This is me, trudging uphill in the growth work it's taking to emerge from the cycle of conflict. You're watching it in real time.

I won't have time later on to do as much work as I can now, with as much concentration, and any mistakes I make then will be much costlier.

### **Footnotes**

(1) I call the work I'm doing here "reparenting." Relevant to this discussion are these books:

- *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf>
- *Leaving the Cycle of Conflict* at <https://goldenageofgaia.com/wp-content/uploads/2024/09/Leaving-the-Cycle-of-Conflict-18.pdf>

# The Absence of Evil Intention, the Fullness of Empty Mind

November 26, 2023

<https://goldenageofgaia.com/2023/11/26/the-absence-of-evil-intention-the-fullness-of-empty-mind/>



*Hidehiko Ochiai, a modern Zen master in karate, is an example of one who taught the absence of evil intention*

In asking us not to choose sides, the Company of Heaven is asking us something that a Zen master might ask a student.

The Zen master requires of the student the absence of evil intention. It's absent when the student breaks through to a higher plane of being from which one can defend, but in which there is only love in the action, not evil intention.

Consequently, there are no "sides." There is only stimulus-response.

Kick comes in. Respond.

Fist comes in. Respond.

Without evil intention.



I've had such a lot of trouble with this one because I'm committed. I'm committed to freedom with peace and dignity. I'm committed to defending others against harm. I'm committed to the Mother's Plan, while having the temperament of a warrior.

And so I ask myself: How can I be committed and not take sides?

If we're to figure the puzzle out, we have to look at levels of consciousness.

What happens for the Zen master's student is that, keeping his instruction in mind to let go of all evil intention, they break through one day to a higher plane of consciousness, to what Zen adepts call "quiet mind."

The mind may be quiet, but the heart flows with love. The student experiences themselves as a fullness of love that can never be denied again. And they're now entering - or trying to enter - into action from that fullness of "empty" mind.

Being in that love, the student can be said to have reached a place of absence of evil intention. That's a higher level of being than we normally operate from. Higher Fourth Dimension? I don't know. Fifth? Ditto. It doesn't come with a road map.

It's rare before Ascension that a person experiences a higher plane and the experience lasts. Ascension itself is a full and permanent heart opening. Before that we have temporary experiences of all kinds - temporary heart openings, realizations, visions, etc. - which leave their mark. Our hearts may remain open for a time but eventually only to a lesser degree.

Whatever the case, no evil intention can live in that love when it arises. Let me put it another way: As long as we're in the experience of that love, no evil intention is able to arise in our minds. (1)





When the Zen student acts, therefore, they act without ego involvement or judgment, without their accompanying act and script.

This higher plane they're on sees them leave the ego-mind. That's what they broke through on. (1) They act without an "act." They talk without a "script."

That's what makes their action clean, with no residue: They act and it's complete when it's done.

In asking us not to choose sides, the Company of Heaven is putting us through the same training, the same discipline as a Zen student.

Act, yes. Honor your commitments, yes. See matters from the point of view of the ego-mind? No.

It doesn't have to be elegant. When we see an evil intention arise, just drop it as you would a stone. That's all it takes.

Simply refraining from ill-intended action without being in that state of higher love feels artificial. And it is. But it's one step closer to being in the state itself.

There's more chance of a realization when one acts from the discipline - even if mechanical - than if one does not. It may "grow on us." It may "become second nature." Our guides may give us an experience - if we ask for it. Etc.

And it'll certainly benefit those around us because what I just described is another exit route from the cycle of conflict. (2)

### **Footnotes**

(1) One can leave the ego-mind all at once, as in a breakthrough experience, or gradually, as with a new parent or a new teacher, for example.

One of the differences between a feeling and a divine state is that many things can disrupt a feeling - "You made me mad" - but nothing can interrupt a divine state unless we choose to allow it to. Another difference is that a feeling happens inside of us while we are immersed in a divine state.

(2) See *Leaving the Cycle of Conflict* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/Leaving-the-Cycle-of-Conflict-21.pdf>

# The Cycle of Giving and Receiving Love Replaces the Cycle of Conflict

Oct. 3, 2023

<https://goldenageofgaia.com/2023/10/03/archangel-michael-2/>



I had a running discussion with Archangel Michael about whether love could be sent and received from one person to the other.

I had previously believed that you can't send love like a postal letter to another person. And then Matthew Ward said, no, you can. This discussion with Michael flows out of that initial Message from Matthew.

He also confirms several points that I experienced but would have liked confirmed. Chief was that love must flow. Here he confirms that.

He also underscores the importance of the cycle of giving and receiving love in relationship. If one person is not giving or receiving, an imbalance develops that usually leads to ... wait for it ... the cycle of conflict. (1)

The cycle of giving and receiving love is the long-term answer to the cycle of conflict.

When the former cycle is not operating, imbalance sets in and we may not be able to reach the state of higher-dimensional or transformative love. We often then lapse into disappointment and the cycle of conflict.

I'll use emphasis to mark what for me were his central confirmations.

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Archangel Michael in a personal reading with Steve Beckow, April 30, 2019.

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Archangel Michael: *Love is a fluid energy. It has need to flow* and so, when it does not flow, it becomes... Well, as you put it, it can become dry and brittle. It has need to be given and received above, below, within, without and in every which way.

Now very often, in fact normally, in the realm of human affairs, what occurs is that *there is an ebb and flow* and it is usually, actually, uneven. But while you may give, for example, 80% and the person receiving is only giving 20%, it balances out. Then they come to 60% and you are at 40%.

And then eventually, what happens there is this, *not just a 50-50... It is very rarely a 50-50. But the ebb and flow is there. And so when the flow is not there, then the love is not being received and it makes one in human or in any realm, sweet one, feel less than.*

Steve: Makes the person loving feel less than?

AAM: Yes. And it also makes the person not receiving the love and the weight [with which] it is given and it is shared, feel less than. Because what happens is they feel that they are stealing or incompetent at receiving and sharing.

*So the factor here that the Mother has taught you about is the free-will aspect of love. That love is freely given and freely received; exchanged, exchanged, and exchanged, in the infinite flow.*

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I can't resist jumping in on this last point.

First of all, in my view, love is freely given because it is endless and flows in our hearts. So there is no sense of ever running out of it.

Secondly, the love we feel is so wonderful and uplifting that all we want to do is to share it with others. To receive transformative love back would be fantastic but seldom occurs. Not yet, anyways. Not until the Ring of Fire! And then whoopee!

## Footnotes

(1) See *Leaving The Cycle of Conflict* at <https://goldenageofgaia.com/wp-content/uploads/2024/09/Leaving-the-Cycle-of-Conflict-18.pdf>

