

Let's Go! Let's Grow!
The Renaissance of Human Growth
Vol. 5. Growth



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Replacing *Are We There Yet?* and *Growth, Balance, and the Adult State*

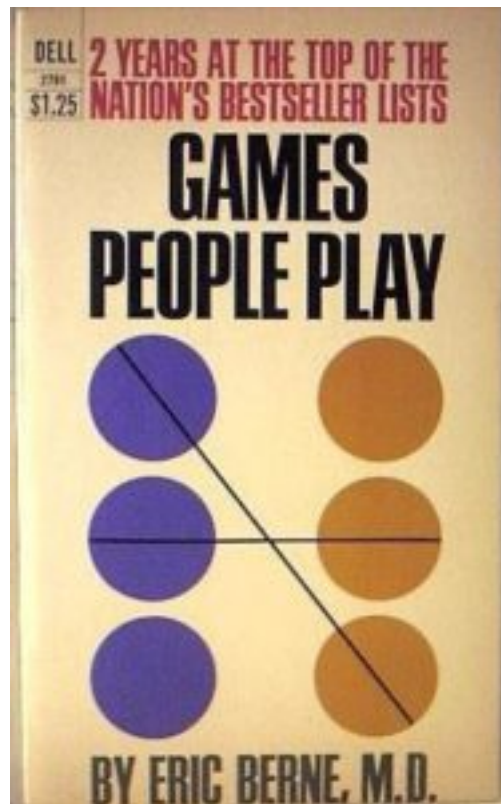
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“I Think You Only Read Introductions”

December 6, 2022

<https://goldenageofgaia.com/2022/12/06/i-think-you-only-read-introductions/>



By way of introduction, allow me to trace my interest in growth work.

It was a key event for me in 1974 to read Eric Berne's *Games People Play*. (1)

That book showed me that one could study and classify patterned behavior in humans. I've had an abiding interest in that subject, allegedly not having been this way all too often.

I looked at behavior from every conceivable angle - sociology, anthropology, psychology, folkloristics, kinesics, proxemics, etc., etc. Anything that could help me see the patterns in human behavior, I read. ... Errrr... Well, I read in part.

My thesis adviser once said to me, "Steve, I think you only read the introductions to books." He was largely right. I was interested only in the theory; not the application. And that was usually given in the introduction.

Wherever there was a choice between the local and the general, I chose the general. I wanted to know how it all worked, not the details of construction, etc. How did it all fit together? What drove what?

The book *Ascension Ethnography* is my periodic report. (2)

And while we're here, let me add two new theorems to it. (3)

Theorem 3: Love is everything.

Why do I say this? Because twice in my life I've found myself in a higher-dimensional Ocean of Love (Maré, the Ocean of Love; hence Mary, an Incarnation of the Mother) and love was everything.

Theorem 4: The prime architect of our behavior is our thoughts; the prime motivator is our feelings. (4)

Because I've identified a lot of patterns, seen how the constructed self works, looked at the self-serving bias from all angles, etc., I've been able to observe these in myself.

Given that I started out at age seven with a shattered personality, like Humpty Dumpty, I needed to put myself back together again. (5) This that I'm describing was that work. (6)

Nowadays, I can see myself choosing the path of conflict and coming forth with right/wrong - and just stop. Nothing to substitute. Just stop.

I have a chance at polishing the statue now. (7) I have a chance at running a group of companies.

To rephrase Krishnamurti, knowledge of the ways of the self is necessary to clear away the brush that hides knowledge of the Self.

This is what I chose to do instead of buying a house or owning a (fancy) car. I spent the money on workshops and readings. I have to say I'm exceedingly pleased with the choice. And I suspect there was guidance behind it, every step of the way. (8)

Footnotes

(1) Eric Berne, *Games People Play: The Psychology of Human Relationships*. London: Penguin, 1964.

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

(3) Theorems One and Two are:

Theorem 1: An increase in bodily tension results in a decrease in awareness; a decrease in bodily tension results in an increase in awareness.

Theorem 2: Becoming a global leader requires a letting go of fear.

(4) I've reached that conclusion based on watching others and myself since 1974. The 9D Arcturian Council put the matter this way:

"We are always in the pursuit of the highest vibrational state of being that we have ever known. It is an all-encompassing pursuit that helps us to be better at serving all of you, but it is also a selfish pursuit. *We want to feel as good as we can feel* and move as close to Source as we can possibly be, and *we do it for the joy of the experience*, as well as the challenge of reaching for new heights." (The 9D Arcturian Council, Channeled by Daniel Scranton "Make Earth Unrecognizable by the End of 2021," Kathleen Willis to Steve Beckow email, July 19, 2021.) [My emphasis.]

(5) See "From the Humpty Dumpty Man to Here: Completing the Fear of Being Wrong," June 5, 2019, at <https://goldenageofgaia.com/2019/06/05/300939/> and "Embodiment: There Can Only Be One – Part 1/2," August 26, 2020, at <https://goldenageofgaia.com/2020/08/26/embodiment-there-can-only-be-one-part-1-2/>

(6) I'm reminded of the galactics' work of soul retrieval. See Matthew's Message, Dec. 1, 2022.

(7) On polishing the statue, see “Plotinus on 'Remaining Here, Ascending Aloft,’” August 16, 2011, at <https://goldenageofgaia.com/2011/08/16/plotinus-on-ascending-aloft/>

(8) As an illustration of how far back the miraculous help goes, Michael has told me of a time when he prevented me from being electrocuted:

Steve: In around 1969 in Ottawa, I snipped the wire from my car’s block heater to an outlet in my home. I pulled the wire out from the block heater and snipped it. Well, that’s exactly the opposite of what I should be doing. I should be pulling it out of the building and then snipping it, right?

AAM: Correct.

Steve: I should’ve been electrocuted! Did you have a hand in that? Tell me what you did or what happened?

AAM: Well, it was not a major undertaking, Sweet One, to simply prevent the flow of electricity. So, yes, it was not your time. You were, shall we say, young and foolish.

Steve: I was totally asleep to have done that! Oh my gosh! Isn’t that interesting! Thank you for that.

AAM: You are more than welcome

Steve: I don’t know how I just reconciled it so easily at the time.

AAM: Because there were no consequences! Because the consequences would have been quite dire.

Steve: Well what would they have been? Dying, right?

AAM: Correct. (AAM, Feb. 14, 2019.)

It's most likely and makes most sense that his watchful eye would have been there from the beginning.

Growth, Balance, and the Adult State

I Want What the Higher Dimensions Have to Offer

March 15, 2020

<https://goldenageofgaia.com/2020/03/15/i-want-what-the-higher-dimensions-have-to-offer/>



I've literally found my voice. The voice I've found is my caring mind or balanced adult.

I was vacuuming and I did something "wrong." Immediately my wounded child felt dejected, collapsing a number of memories into simply giving up. Whoa! That was a quick mood switch! I was clearly triggered.

When I looked into it, I saw that at some point in my life I had given up on anything meaningful happening in my family, as long as it was dominated by Dad.

I gave up thinking that I had anything meaningful to contribute that anyone would be interested in or listen to. What's the use? It's in a constant state of uproar, seen from my vantage point.

And now this new faculty has been recently activated or triggered. I now hear the voice of a balanced adult saying "I care about you, wounded child." And I feel the compassion. This is very, very new to me.

A figment of my imagination? Of course it is. But, after all, I have to live in this inner environment and it's all a figment of my imagination, including you. And, as long as I live in it, it isn't pleasant sharing the bed with a critical parent or a wounded child.

Previously I've done everything I could to keep them out of my awareness, simultaneously acting them out as scripts and records (vasanas, core issues) and thinking that nobody saw me. But now I see these states of mind and hear them clearly, as they compete for my attention. I see them. I need no outside verification now.

I've now found the part of me that can respond genuinely to their requests for my attention. Again this is like a first meeting.

This balanced adult in me feels compassionately for the suffering that both of my other ego states have been subject to.

But, acting as an independent adult, I can now release my attachment to them.

I no longer agree to lower my vibration to meet up with them. I say: Thank you for your service, but I no longer want to be responsible for your welfare. You'll have to raise your vibration now if you want us to talk.

Recently I experienced happiness for the first time in known memory. I realize now that happiness is what I want (the spiritual currency I want to be paid in). And love. And bliss.

I want what the higher dimensions have to offer. I'm going forward.

The Space of Abundance

Feb. 20, 2020

<https://goldenageofgaia.com/2020/02/20/306309/>



There are a multitude of states of consciousness, I'm sure. Why would there not be? Everything is consciousness.

Abundance is a higher-dimensional state of consciousness just as mastery and bliss, love and peace are.

Abundance as a state, like love, cannot be discussed. It lives in another, higher dimension and our words don't capture that realm of experience.

Metaphorically speaking, they don't reach that far. They're insufficient to capture the essence of the experience.

I've never found words for higher-dimensional love, for instance. It's as far removed from my everyday experience as an airplane flying at 30,000 feet is from me.

So abundance too. But I can describe the space of abundance. When I feel abundant, I feel confident. I feel unworried, relaxed. There are no barriers to my experience of other states of consciousness like happiness or peace.

I move ahead with the discussion of things boldly and clearly and leave it to others to work out the details. I think this is what Archangel Michael means when he refers to money as being creative. I create with money as if painting and leave the details to those whose job that is. I do it when I feel abundant.



I imagine myself in a meeting discussing at a values level the ideal shape of the world - egalitarian, compassionate, responsible, etc.

From those values, the programs to implement them cascade and flow. Universal basic incomes, universal medicare, universal debt retirement, universal child care, universal seniors care, etc.

Planet-wide, culturally-sensitive, in support of the locally-desired outcome. But raising the standard of living worldwide, responsibly and wisely.

My saying this arises from years and years of studying what Michael has been telling me in my readings about being a funder, a flowthrough, a pipeline. I haven't spent a day on the job and yet already I'm thinking as if I had.

We reach a pinnacle of relatedness to a topic in the time when we study it. In the years that follow we rely on what we learned back then to decipher the present.

This last period for me has been spent studying and imagining the flows of immense amounts of wealth on a global scale. Michael remarked to me on one occasion:

Archangel Michael: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (1)

I am indeed just getting the first glimpses of it. And many others are in partnership with him or the other celestials as well.

Not like I knew what the result would be starting out in my study. In the beginning, I just wanted to know what my job was.

But the result is that I'm becoming able to think on a global level, as tentative as my first thoughts are. I'm restricted to the flow of money, but within that domain and acting as an envisioner I'm feeling more and more competent.

I'm not afraid to think from that vantage point any longer. Archangel Michael has given me enough reassurance to make the leap. Yes, I did require a lot of handholding.

This whole process comes from reading and rereading what he has to say about financial service or stewardship. One comes to see things from a much wider, broader level through assimilating his words.

I'm seeing things from an altogether different angle now. I experience abundance, not as a condition, but as a state of consciousness.

Heavens, how lucky I am.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018.

The State of Being Called Happiness

Feb. 21, 2020

<https://goldenageofgaia.com/2020/02/21/the-state-of-being-called-happiness/>



A few days ago, I found myself in the state of consciousness called abundance. I've just had another major breakthrough this evening.

I suddenly realized - out of nowhere, though probably guided - that I didn't allow myself to feel happy.

I swear I don't remember a time in my life when I've actually allowed myself to deeply feel that way.

I've perpetually kept a lid on it.

The very next moment after I realized this, I felt overwhelmingly happy.

And not just as a feeling. In the same way that I discovered that peace was like granite, solid and stable, (1) so for a brief moment was happiness the same - solid, strong, stable - much deeper than a simple feeling. But I'll continue to use the word "feeling" because I have no other word for this deep a consciousness state.

The feeling was totally novel to me. (2) I was flooded with memories of people inviting me to feel happy and me responding irritably. I swear I never knew why I responded that way, never even thought anything was amiss.

But some time ago, in the distant past, I must have felt so hurt, so traumatized that I distanced myself from happiness. I locked it away somewhere and led an essentially unhappy life.

As I reflect on this, I see me feeling happy upon entering the car for a trip; and Mom telling me to settle down. Dad would give me the back of his hand for acting silly.

Bad choices.

What have I done to myself? How could I never have seen this?

Or are we just getting deeper and deeper into our vasanās, our core issues as the energies rise?

But for now, and for as long as it lasts, (3) I feel happy. And look! Happiness leads back to love.

All roads seem to lead back to it.

In all the years I've been writing about love, I never connected it to happiness. Happiness was literally elbowed off the stage by dismay, sadness, regret, and hopelessness, all feelings that arose out of conflict with Dad.

I'm now at least in bliss, blending into ecstasy. Happiness is a door into all of these!

I notice that bliss and happiness are very compatible. They blend into each other.

Happiness is in the moment. Like love, happiness is a higher-dimensional or transformative space.

Like love, the minute I go into unawareness of it, it disappears. As with bliss, I really have to sit here, just enjoying it, to get the full effect.

I'm happy and I have no reason for being so. It's independent of the circumstances. I feel like Scrooge waking up on Christmas Day.

I don't know how long this experience will last. It came out of nowhere and may as likely disappear into it again.

But for however long it lasts, I'm going to savor it.

For the first time in my life that I can remember, I'm happy. (4)

Footnotes

(1) Here's an account of peace being like granite:

"Immediately I found myself sinking into a deep, deep sense of peace, way down deep. I ended up in a place that was absolutely solid. It was as if I were standing on a slab of granite.

"Later again, in *An Hour with an Angel*, Michael also described peace as being like stone and I remarked that that was my experience as well. I would have expected downy softness.

"The solidity of the ground under my feet probably reflected my own inner stability, which seems to be a gift of true peace when it becomes permanent.

"This peace passed understanding in the sense that the mind was so still I'd have to describe it as inactive, archived, taken offline. There was no such act as understanding going on because the mind was decommissioned.

"Of course the experience passed, as all do short of Ascension." ("The Peace that Passeth Understanding," July 18, 2017, at <http://goldenageofgaia.com/2017/07/18/the-peace-that-passeth-understanding/>.)

Archangel Michael: So, when you think of things that you should do, are supposed to do, might do, and it doesn't ignite that fire of excitement, and that granite of peace, then you are being given an important piece of information, which is 'look elsewhere.' Is that clear?" ("Transcript ~ Archangel Michael: You Have Chosen to Be the New Paradigm of Love, May 31, 2018," June 7, 2018 at <http://>

[goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/.](http://goldenageofgaia.com/2018/06/07/transcript-archangel-michael-you-have-chosen-to-be-the-new-paradigm-of-love-may-31-2018/))

(2) Here's what AAM had to say about the experience, a day after I'd had it:

Archangel Michael: You may have noticed, Sweet One, that happiness has a large role to play at this moment.

Steve: Well, I'm just connecting with happiness myself. I don't think I've allowed myself to be happy in decades!

AAM: It has been a very long time. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 20, 2020.)

(2) I woke up the next morning and the experience had left me.

(3) A few days after writing this article, I read this passage from Saul, which I so agree with:

"Happiness is carefree, joyful, limitless, and inspiring. When you are happy you can do much more because you have boundless energy and enthusiasm for life, and that happiness, which is firmly established within you, uplifts and encourages those with whom you interact. You have all experienced the joy of watching small children bubbling over with happiness and have then been delightedly unable to suppress your own resultant good spirits. Learn from them then, embrace the moment, and have fun." (Saul, Aug. 10, 2014, at <http://johnsmallman.wordpress.com>.)

When They Jumped, They Flew

June 1, 2015

<https://goldenageofgaia.com/2015/06/01/when-they-jumped-they-flew/>



Credit: imgkid.com

Some columns are harder to write than others. Much of what's happening to us, when communicated, sounds like bragging or strutting. But again, even that needs to be communicated. So here goes on this one.

I feel myself expanding. It's the most subtle movement I've ever felt. And I take it that it's the next place to go.

I first noticed it recently when I looked at all I'd be doing after the Reval. I'll be setting up four new organizations, each with a different focus, and sitting on the board of a fifth, ostensibly helping out as much as I can.

In addition to all of this, AAM has said that writing remains my prime commitment.

I think of the cartoons of the Sixties showing what Gestaltist Fritz Perls called Top Dog and Underdog. Top Dog is how we present ourselves. Underdog is what we're really thinking and feeling.

Top Dog is saying "I can do this." Underdog is screaming "Eeeeeeeeeeee-yikes!!!"



Top Dog/Underdog Credit: Mordi Gerstein

I expect myself to do all this with as much grace as I can muster. I'll have to let go of such things as the need for a lot of free and private time. This introvert will probably experience the full glare of public scrutiny, which could be daunting. And there's always the fear of making a grievous and costly mistake.

If I were not raising love from within myself, I don't know where I'd get the juice, the energy, to carry on.

The inner system, whose successful functioning depends on access to the love that arises from within, is taking shape almost too subtly to be seen. It can only be sensed or felt.

I was looking at this crazy situation I've willingly created for myself, this seemingly-impossible lifestyle and how it can be made to work. And it was then that I detected this ... I want to say ... expanding force inside myself.

In the face of sensing it, I had the confident feeling that I'll be able to handle this, that I have powers within myself that I know not of, that'll expand to allow me to do the job.

SaLuSa predicted this occurrence this past February:

"Most of you are but shadows of your real selves and as consciousness levels continue to rise, you will learn more about your real selves. You are far greater than you imagine or are even prepared to believe, but the truth will 'feel' right as deep down you know the real you is a Being of Light. Whilst in the lower dimensions you have been acting from a limited consciousness, but it is now expanding due to the higher vibrations. ...

"The real you is multi-talented and fully experienced to deal with life on Earth, but better still to move into the higher dimensions." (1)



Doing the seemingly impossible. Credit: Lucasfilm

The Divine Mother also assured us:

"You may not know the fullness of your spectrum of your divinity, but dear hearts, I do.

"So, I give you, I instill within your very core, greater clarity, not only that you will know yourself and the wonder of yourself more clearly, but that you will see and know and understand and be guided in phenomenal clarity of where to step, how to proceed, what is not only not going to divert you but what will take you directly to your heart's desires, to your highest creations." (2)

For me, this sense of expansion and confidence isn't intellectual knowledge. It isn't realized knowledge either. Right now it exists for me as experiential knowledge. I *feel it* within myself, as the Mother and SaLuSa suggested. I have an inner experience of confidence and calm in the face of circumstances that seem totally amazing and unbelievable.

If it were up to realized knowledge, I'd expect a transformation, an alteration in context and substance, in the way I regard myself. That appears to be a bit down the road.

I'm reminded of a friend's favorite quote: "When they jumped, they flew." I get the message: I can do this. I know not how, from this vantage point, but I sense, I know, I can.

Footnotes

(1) SaLuSa, Feb. 6, 2015, at https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

(2) "The Divine Mother via Linda Dillon: Reaching New Heights," May 18, 2015, at <https://goldenageofgaia.com/2015/05/18/divine-mother-via-linda-dillon-reaching-new-heights/>.

Healing the Dissociative Split

March 2, 2021

<https://goldenageofgaia.com/2021/03/02/318291/>



An unflattering view of the dissociative split.

I'm always pleasantly surprised when someone writes in and says that troll article really resonated with me; I don't think I'd call mine a troll, but waking up to a low emotional baseline I can relate to.

Heavens, I write awareness/stream of consciousness in the hope beyond hope that it resonates with others and helps them to free themselves from ancient issues and upsets.

So I'm tickled pink that you resonated with it.

But that isn't why I came on here tonight. I came on here to discuss what I think might turn out to be a common condition that disempowers us and may need to be corrected.

If Ascension were to come tomorrow, then problem solved. (1) What I say here only applies between now and then.

That common condition is disassociation and I'd like to focus particularly on the dissociation between a private and a public side of ourselves. The graphic at the top illustrates it. (2)

There are actually two conversations going on with us. I get the shivers saying this because my own dissociation resolved itself into the condition I'm about to describe. (3)

The two conversations are the one we have with ourselves and the one we have with others. they go on in series, to use electrical terms, not in parallel.

I call this a public/private split and, in my estimation, lots of us have it. We're not the same when we're talking with others as we are when we're talking with ourselves. We have two faces.

The content of both may be - I'm tempted to say will be - different. And they may not be at all aware of each other. We may slide from one to the other, never questioning the change in personality, not sensing that anything is wrong.

We may do this commonly, but if we want to achieve the kind of purity that has us know who we are - which is pure - then these things begin to matter.

When life becomes about keeping a secret, we lose touch with our spontaneity, aliveness, full self-expression, etc. We become about caution, prudence, deflection, etc. We act strategically where before we were simply open.

That's with others. But when we act differently outside than the way we talk to ourselves inside, we go out of alignment.

It's as if a fault line in our personality has just opened up. We've become a house divided, that cannot stand. At least not in the face of the Ascension energies. We haven't a firm enough foundation.

So a higher than normal level of integrity is called for from us - to integrate not only our aspects and past lives, as the Council of Love has talked about, but also any personality splits we have hanging around.

Integrity = integration = not dissociated in any way, restored, completed. We've put Humpty Dumpty back together again.

Being reintegrated results in a return of confidence, patience, discernment, on and on. The difference between dissociation and integration is the difference between a wire that won't carry a charge and a wire that will.

I'm willing to bet money that this reunion of these two parts of ourselves, which I think is the lot of many people, will be THE event that most contributes to world peace.

I do not doubt that invoking the Divine Mother and the Laws of Intention, Sacred Purpose, and the Attraction would be very effective in healing any dissociation, any splits within ourselves and reintegrating us.

Footnotes

(1) I don't anticipate it coming before our bodies are prepared for the higher energies and the world situation has worked itself out. But I don't want to wait. I've tasted these delights. I want more.

(2) We used to call this kind of graphic Top Dog/Underdog.

(3) After my Dad yelled at me from inches in front of my face when I was seven, I shattered into a thousand pieces. After I became aware of being dissociated in 1986, I used to think of myself as the Humpty Dumpty Man.

The completion of the vasana around my Dad I now believe to be the triggering in this lifetime of a vasana of hatred and anger derived from a lifetime as a military commander. I have this lifetime to clear that karma.

Revisiting Self-Control, Self-Mastery

December 2, 2018

<https://goldenageofgaia.com/2018/12/02/revisiting-self-control-self-mastery/>



A depiction of Top Dog/Underdog

The shortest way to mastering every thought and feeling (1) - in order to work with the galactics - is to take command of myself; that is, to practice self-mastery or self-control.

How would I normally accomplish the task? Go through each thought and feeling individually? It would take too long.

By assuming command of myself - self-mastery, self-control - I probably cut the time involved by an order of magnitude.

As the runt of the litter, I needed to get my message across somehow. I grew up specializing in menacing glances and resistant behavior. Self-control was never my strong suit.

So coming upon the need for self-mastery, self-control as an adult is a new approach for me.

In my growth-movement days, self-expression was preferred to self-control, creative expression to creative repression.

But the galactics - like the Arcturians here - often point out to us the need for self-control. The following quote is long but very germane.

Everything they say here mirrors my experience of taking charge of myself. Notice their reference to what I've called "I the watcher." (2)

"As this shift continually accelerates your consciousness, you will gain a new perspective on your physical world. This higher viewpoint will enable you to perceive your 3D reality from 'up above it' rather than 'stuck within it.' In other words, you will be able observe your ego from your Higher SELF.

"Once your Multidimensional SELF is in charge, you will be able to make some important decisions that make YOU the creator of your life. You will also become aware of many of your higher dimensional, alternate or parallel realities. ...

"As you regain a higher perspective of your life, many of your priorities will change. Your ego will no longer tell you to let go of your meditations and creative expression so that you can 'get back to the business of your real life.'

"With your Higher SELF at the helm, you will realize that what you have perceived as 'just your imagination' is actually your real life. Then slowly, or quickly, you will want to 'let go' of many of our your lower frequency chores, responsibilities and jobs.

"In this manner, you can more easily remain in the unconditional light and love of the fifth dimension. Of course you will still 'take care of 3D

business,' but your priorities will greatly alter as your consciousness expands into the higher dimensions." (3)

Everything said about "your Multidimensional SELF ... in charge" and "your Higher Self at the helm" mirrors my experience.

Many years ago, I'd never have entertained the advice that Peggy Black and the Team give us here. But now I do.

"When these thoughts of discouragement arise shake them off as quickly as possible. We would like to invite you to practice feeling good for no reason. Look for ways to uplift your own personal energy field. This is one of the most important self-mastery skills that you can call forth. So no matter what is occurring in your personal life or the global arenas, find areas in which you can practice your gratitude. ...

"The vibration and frequency of gratitude is truly a game changer. Your entire field of energy shifts even if it is just a microscopic shift and a fleeting sense of thankfulness." (4)

Is mine an example of an outdated belief that needs to be dropped? Do I need to engage in patterns of behavior that I'd never have looked at after Cold Mountain like deflecting? Changing the subject? Talking over top of an upset (discouragement)?

Apparently yes. The higher-dimensional vibrations allow us to shift our mood now whereas deep third-density vibrations did not.

Here, Hilarion discusses the disappearing need for "tedious and painstaking" processing:

At this point in the unfoldment of the Divine Plan, the law of grace is in effect and humanity is being blessed by the neutralization of any repetitive thoughts that come unbidden from the very depths of their being.

"These core issues invariably have their roots in a previous existence as life was experienced through a physical incarnation. ...

"Gone are the days of tedious and painstaking efforts to become filled with more light quotient, for this is now a moment-by-moment occurrence as more light fills the planet and the strides being made in the advancement of the Divine Plan are beyond our wildest expectations.

"Many underlying changes are taking place within the structures of the old paradigm and are quietly being replaced by new systems which allow the rights of all to come into consideration." (5)

If our core issues are falling away as vibrations rise, why master every thought and feeling? There are many obvious reasons - getting along with the galactics, avoiding misunderstandings, participating appropriately in galactic discussions and decision-making, etc.

Let's look at a few that are not as obvious.

The first is that the galactics are telepathic and can read our thoughts and see what we're thinking and feeling.

You remember the famous cartoon *Top Dog/Underdog*, where a person is saying one thing and his inner state is depicted as saying something altogether different (usually depicted as a screaming baby)? The galactics would be able to see our insincerity instantly. So that's a compelling non-obvious reason for self-mastery.

The second is a touchy subject - pun intended. Our emotional vibrations and levels of cleanliness can prove disturbing to them. One galactic even confided that he had to clean himself when he returned to ship after even a short visit to Earth.

"Each of us who does make short landings has to undergo a thorough cleansing process before we are allowed back on our mother ships where we reside, so as not to contaminate our own living quarters. We do not say these things to shame you, but to let you know that there remain some differences in our living environments that make it difficult for both sides to come together as one." (6)

Michael confirms the fact that galactics on the ground have been getting sick:

"Many of the Galactics and Inter-galactics, what we and they have referred to as, "the boots on the ground," have been recalled. They have been ill and illness is

something that has never occurred to most of them, ever. So the frequency has been difficult." (7)

Agarthan Princess Sharula Dux revealed that "in Telos there is no judgment of others, and we have telepathy between minds. Most people on the surface have judgmental thoughts, and these are physically painful to a Telosian." (8)

That may be a side of things that we haven't thought about and may not wish to think about. But we can contribute to their comfort by at least mastering every negative thought and feeling.

I've noticed that whenever I feel victimized, whenever I have a poor-me thought, whenever I feel weak and beaten down, I've forgotten that I'm the master of my internal states.

I know the literature of the Sixties and Seventies objected to any form of external control. But I think in the process we lost sight of the necessity for internal control - self-control.

As we ponder working with the galactics to build Nova Earth, self-mastery, self-control, self command are becoming subjects, in my opinion, that we may need to revisit.

Footnotes

(1) "You will be called upon to master EVERY thought and feeling. ...

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

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

And another:

"You must see yourself. You must be aware of what you are thinking, what you are saying, what you are doing and WHY. Why are you thinking that? Why are you saying that? Why are you doing that?" ("Message from the Arcturians: Walking

The NOW,” channelled by Suzanne Lie. March 27, 2014, at <https://suzanneliephd.blogspot.co.uk/>.)

For more on "Self-Mastery" see https://goldengaiadb.com/index.php?title=The_New_Paradigm_is_the_Divine_Qualities#Self-Mastery.2FSelf-Control

(2) See "Len Satov: The Watcher: Loving, Non-Judgmental Awareness," at <https://goldenageofgaia.com/2018/06/30/len-satov-watcher-loving-non-judgmental-awareness/>

(3) Sue Lie, "Being A Multidimensional Leader," Aug. 2014, at <https://www.multidimensions.com/multidimensional-leadership-school/>.

(4) "The Team: Dedicated and Practiced Skill," as received by Peggy Black, September 15, 2014 <https://www.morningmessages.com>. This is Kathleen's advice as well, to practice, forgiveness, compassion, and gratitude.

(5) Hilarion, February 2, 2014, at <https://www.therainbowscribe.com/hilarionsweeklymessage.htm>

(6) “The Council of Nine: True Change Starts From Within Self,” channelled by Eliza Ayres (aka Tazjima Amariah Kumara), June 4, 2014 at bluedragonjournal.com.

(7) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 24, 2015.

(8) "Interview with an Agarthan Royal – Part 3/4," December 3, 2018, at <https://goldenageofgaia.com/2018/12/03/interview-with-an-agarthan-royal-part-3-4/>

Sourcing a Vasana of Fear

November 17, 2017

<https://goldenageofgaia.com/2017/11/17/sourcing-a-vasana-of-fear-part-12/>



As I go through the book on universal law, editing and taking out memorable quotes, I came across this one from Ashira:

"Do not judge. Do not start to quantify who is Illuminati, who is cabal, who is in containment, who is not in trust, who is the religious right, who is the fanatic. Every person on your planet, billions and billions, all came with the fullness of their soul design, with the sacred soul purpose to be part of this Ascension and Shift." (1)

I don't say this as if it's a pat on the back - or a self-sabotaging slap either. I say it as a simple statement of fact and a baseline of truth to serve as a reference point: I do not come from the place that Ashira describes here.

I do judge. Every day. On the bus, on foot, sitting at my desk, I judge.

I do quantify who is Illuminati, cabal, religious right, fanatics, etc.

I'm not able to come from the place that recognizes all as having come in the fulness of their soul design to be part of this Shift.

Kathleen, having forgiven everyone in her life, apologized to others, and processed every vasana that so much as ripples through her, fits this description. (A vasana is a core issue.)

I could say I have a warrior's anger towards them, but underneath that anger (see lower left of the Top Dog/Underdog cartoon, right) is a fearful lad. Terribly, terribly fearful.

What seems to be the very first need for me to do is to experience that fear to completion. I call that "sourcing" a vasana.

In what follows, I process what I think is "a fear" - the fear of obliteration - but which turns out to be fear itself. The account that follows is written in the moment:

I don't even have to ask myself where this fear originates. I immediately see myself facing my Dad, as a young boy, with him screaming his head off at me at almost no distance from my face.

That - psychologically and emotionally - blew me away and I remained dissociated for the next fifty years.

That is where this level of fear, that I detect deep within myself, became fixed in stone in me, the backdrop and background of all my actions. My wife used to call it my "scared wolf look."

That's the moment frozen in time. The original and deepest early-childhood trauma for me, bending the twig and inclining the tree towards fear.

I have the "pleasant" task of re-experiencing that moment - now, as an adult, able to observe, and with all the knowledge I've gathered since then.

I'm now re-experiencing my original trauma. I'm experiencing Dad yelling at me.

I don't think I opened my eyes when he yelled at me. I think I kept them closed because I was already on stimulation overload. But I think I also didn't want to see what my Dad looked like at that moment. I didn't want to have a photograph.

Nevertheless, the process he initiated with his shouting at close range resulted in me checking out. I just let go of any hold on my personality, letting his shouting blow it to smithereens. It disappeared. No, not "never to return." It returned in a thousand shards, a thousand pieces.

Thereafter my life became a Hall of Mirrors. I was only "versions" of myself. I was several masks made out of cracked glass, glued together. I was never on firm ground. I lacked confidence. I was a made-up persona or constructed self, which I thereafter tried to sell to people.

Those who loved me, had compassion on me, or wanted something from me bought it; those who did not, did not. And I moved in my own self-reinforcing ways.

But it certainly wouldn't work today for many reasons.

I've passed through stages of recovery, just as so many other lightworkers have, many for far more serious injuries than mine (sexual abuse, for instance). After attending many workshops, at age 46, I became aware that there were multiple "me's," that I was dissociated.

From that time to age 58, I attended many more workshops aimed at discovering or uncovering who I am (enlightenment intensives). I again saw more and more and, as each piece was recognized and experienced, it disappeared.

At age 58, I fused back together again (it took a blazing white heat), thanks to the help of my brother, Paul, who's a family therapist.

In the process of recovery from dissociation, you could look at that fusing as having now reached a zeropoint. The territory I just left was unpleasant; the territory I entered was much more pleasant. Things were getting better now.

From that moment on, one becomes involved in coaxing the inner traumatized child to come back out and play.

In that new process, one is constantly building confidence in being one's Self, speaking as one's Self, trusting one's Self. (You heard Michael say in a recent broadcast that I had issues with trusting. I do.)

Every time I push my own edges with you, here, I feel more confident to go the next mile. And the next mile. And the next mile. It takes years to build up confidence to lead, find a way, and talk about it.

No commander on a battlefield will win who lacks confidence in the outcome.

And social leadership in reconstructing the world - in building Nova Earth - especially if you have no particular background for it, is the same. It takes confidence.

So past the zeropoint, where one has put Humpty Dumpty together again, the rest of the journey becomes about regaining confidence.

Footnotes

(1) “Cmdr. Ashira of UFOG talks about the Universal Laws and how/when to use them...,” May 9, 2014, at <https://counciloflove.com/2014/05/cmdr-ashira-of-ufog-talks-about-the-universal-laws-and-howwhen-to-use-them/>.

Drowning in an Ocean of Love

March 1, 2020

<https://goldenageofgaia.com/2020/03/01/drowning-in-an-ocean-of-love/>



... inside the heart

Someone's "shouting" in my inner ear.

Alright, alright! Where's my computer?

"Love lies below everything."

Thank you. Yes. Everything I've ever known.

If we think we've found something higher than love? We can be assured that it's but a waystation on the road to love. There *is* nothing higher than love. Or deeper. Not in my books.

We may have to dig through more debris. Or forgive ourselves more and move on.

Here's my overall thesis: Love is One without a Second. Love is everything, a truth more obvious in the higher dimensions than ours. That's to me a fundamental truth.

From Love in Stillness came Love in Motion. And from the union of the two issued all else. This is a description of the Trinity - Father [Love in Stillness], Son [all else, life forms, creation], and Holy Ghost [Love in Movement] = Brahman, Atman, and Shakti. From the union of Father/Mother God came all else. The "all else" includes you, me, and all other life forms.

Imagine pouring molten gold into three statues. One is the God the Father [Stillness]. The other is God the Mother [Movement] and the third is us [a marriage of Stillness and Movement]. We are the "all else," a divine spark in a body made by the Mother. All three (Father, Mother, Child, if I may use that terminology) are made of the same gold - love.

I thy Lord am a jealous god. Yes, love flees the instant I take my attention off it. It disappears in the presence of an ill thought. It's a jealous god.

Be still and know that I am God. Yes, super-stillness would very likely lead to Self-Recognition. And drowning in an Ocean of Love. We would be still but love would flow through us and immerse us.

The Adult State = The Balanced State

March 11, 2020

<https://goldenageofgaia.com/2020/03/11/the-adult-state-the-balanced-state/>



When we venture into the unknown, balance is important! Often it'll seem as if we're holding the rope. Credit: Giacomond by Quint Buchholz

Having been reminded yesterday of the mind's ability to divide itself into parts, sides, or voices, (1) I identified three persistent voices that were key in forming my everyday life experience.

I'll use Eric Berne's terms for them: a child, parent, and adult ego or consciousness state. Berne explains:

"That is your Parent' means: 'You are now in the same state of mind as one of your parents (or a parental substitute) used to be, and you are responding as he would, with the same posture, gestures, vocabulary, feelings, etc.'

"That is your Adult' means: 'You have just made an autonomous, objective appraisal of the situation and are stating these thought-processes, or the problems you perceive, or the conclusions you have come to, in a non-prejudicial manner.'

"That is your Child' means: 'The manner and intent of your reactions is the same as it would have been when you were a very little boy or girl.'" (2)

In this regard, the Arcturians have said two things in readings that relate to the formation of my sensitivity to criticism and blame:

"Because you were to work with Ascension, you were called upon to create a reality in which you went to the depths of the depths [with your Father] while you also experienced great love [from your Mother]." (3)

"You've been trained since childhood to hear the faintest whisper of darkness." (4)

This resonates with me. My child's discouragement and my critical parent are strong. I have both recordings. (5) I have to emerge from both.

This morning I awoke at 6:00 AM, telling myself that I should get up (parent ego state). I wanted to sleep more and so felt guilty and dismayed (child ego state).

But this was the first time I've ever woken up and seen the dynamic of a guilt-inducing parent state and a dismayed child. I watched myself actually walk through those steps. And the truth set me free from the upset.

My life has been about climbing out of playing these two roles: a critical inner voice (the parent) and a beaten-down inner voice (the child). I now see that the way out is to let go of both of these and to summon up a third and balanced inner voice (the adult).

That's what started this whole exploration. I noticed an adult voice that took command of a situation. I had never heard this voice before. I recognized it as an adult voice and that immediately threw into stark relief the two voices I'd been listening to. I now saw them as my parent and child ego states, arguing.

What Berne calls "adult" Sanat Kumara and Archangel Michael call "balanced."

Sanat Kumara said that achieving balance was what the universal laws are all about.

"The purpose of the law, the foundation of the law, is balance. It is to assist you, to guide you — and all beings — to the place of balance. That is the reason for Universal Law." (9)

I'm beginning to see why.

Michael defined "balance" here:

AAM: We ... want you to be balanced.

Steve: What does it mean to be balanced?

AAM: It means to be in your heart only and completely. It means to have your feet firmly planted in this dimension and Earth, because that is where the work is. And it means to refer to your head and not to be led, and certainly not to be influenced by fear or false reality. (5)

He stressed the importance of balance in building Nova Earth.

"Everything in balance. Everything in moderation. That is how one proceeds in creating Nova Earth and Nova Community.

"It is the paying attention to what is truly important and that is what you have been doing, by the way. There is not a distraction of bringing energy or the energy of judgment or criticism to that which is not vitally important." (6)

The balanced or adult voice does not judge, he says.

"[The balanced voice] does not judge. It does not condemn. It does not choose sides. It comes from a place of equality and openness." (7)

The Company of Heaven can play hardball when they need a certain outcome to come about. In 2018 Michael, for example, confessed to clearing the decks around me so that my ability to make balanced decisions as a pipeline would not in any way be compromised:

"One of the things we have done with your consent ... has been this clearing up of the space around you. ...

"We don't want you to feel or to be beholden – financially, emotionally or spiritually – to anybody. ...

"We are setting up ways in which this, can we almost say, removes you from those heartstrings so that there is wisdom and balance and an understanding of the higher good [in your decision-making]." (8)

Tough love. But it shows us that the Company of Heaven are serious about our post-Reval work. They want to see us balanced.

It's ironic that I should end up accepting Eric Berne's terms for this important work of emerging from childhood trauma into balance. Berne was the author who first set my feet on this path of personal growth and emergence from childhood patterns.

When I read *Games People Play*, I had a tremendous "Aha!" and knew that I had found my life's work. This was 1974.

By then I'd already completed a career as an historian and was looking for what was next. After reading Berne, I ended up on my final adventure as a budding academic, becoming a Sociology grad student, ever searching for the meaning of our patterns of behavior.

I now see that what Berne called "adult" and what Michael calls "balanced" are one and the same and the desirable state for a lightworker to be in.

Later

Now that I'm aware of this distinction and dynamic, I find myself going through the day identifying "child ego state," "parent ego state," "child," "parent," whenever they go off, and then letting go. Prior to this I wouldn't have known what was happening to me; only that I felt dismayed. Now I know.

My wounded-child consciousness seems always expecting to be put down. It despairs of things being different. This is its programming.

I'm discouraged - and dismayed. I then feel depressed over feeling dismayed and on and on the daisy chain of thoughts and emotions goes.

Rather than feeling depressed all these years, I can now observe the child or parent ego state arising, experience any part of it that needs experiencing, and let it go. I'm no longer it. I'm no longer in it. I'm outside of it. The almost-automatic identification of me with those feelings was doing me no earthly good.

However, unless I'd had an explanation, which Eric Berne provided, I'd have gone on forever in a cycle of dismay and depression. Now, having a reliable map (transactional analysis) to the terrain (vasanas, early childhood trauma), (10) I can traverse it much more easily and quickly.

Footnotes

(1) "Up from Moan and Groan," March 6, 2020, at <https://goldenageofgaia.com/?p=306851>

(2) Eric Berne, *Games People Play. The Psychology of Human Relationships*. Secaucus, NJ: Castle Books: 1971; c1964, 24.

(3) The Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 16, 2013.

(4) Ibid., July 22, 2014.

(5) That may explain why people say underneath an angry man lies a frightened child. The way I see it is that we have both recordings in our mind's library: Our role and the angry parent's role.

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.

(6) Ibid., Oct. 18, 2017.

(7) Ibid., March 3, 2011.

(8) Ibid., May 2, 2018.

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

(10) I realize I'm not doing Berne's original theories justice. The parent ego state is not uniformly negative; it can be nurturing and compassionate as well. And so with the child ego state.

I'm focusing mainly on the hurt and harm that people wrestle with as a result of early-childhood trauma and I'm very selectively borrowing from Eric Berne to provide a model for dealing with one aspect of it.

An example of another tool not linked to Transactional Analysis? Jesus provided one: He said that the truth shall make you free. That maxim provides a useful way of measuring if we're on the right track in what we see about a vasana. If what we see is true, we should be experiencing increasing freedom. If not, then we're barking up the wrong tree.

The spiritual basis of my work with vasanas lies in the writings of Sri Ramana Maharshi. See for instance Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990; Sri Ramana Maharshi, *Spiritual Instruction of Bhagavan Sri Ramana Maharshi*. Eighth Edition. Tiruvannamalai: Sri Ramanasramam, 1974; and Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961.

In Search of the Balanced Adult

March 13, 2020

<https://goldenageofgaia.com/2020/03/13/in-search-of-the-balanced-adult/>



My work with the three consciousness states (parent, adult, child) is bringing one insight after another.

I see that my parent and child, locked in conflict, have created all the rubble and guilt that I carry around with me.

And they ... OK, I ... create more rubble and guilt every new day.

Only now the pain from perpetrating as a parent or child is nearly unbearable. And it's instantaneous. This declining ability to stand my own vasanas is what propels me in my search of the balanced adult, if I may coin a phrase.

I have to keep reminding myself: I know that the human being is pure and innocent in their original, created state (the soul, Christ, Atman). The balanced adult is a reflection of the pure and innocent Self. Why is it hard for me to imagine?

The critical parent and wounded child are not facets of the pure and innocent Self. They are misconstructions of the human mind. They can go. And the fact that they do go reveals them as not eternal and thus not of the Self.

After World War III between the critical parent and wounded child has ended, what is left standing is the balanced adult.

And WWIII doesn't even have to end. I just have to step outside it and observe it. Change the channel. Turn off the inner TV. Self-produced fake news.

The real news is with the balanced adult.

Us as We've Always Wanted to Be

December 6, 2023

<https://goldenageofgaia.com/2023/12/06/us-as-weve-always-wanted-to-be/>



I'm late for dinnnnnnneerrrrr..... Extreme sports

On every occasion I meet someone new who's of a younger generation, I'm impressed.

I just talked with a younger woman in Africa who awakened to Ascension 2-3 years ago. Already she's teaching online about it.

Whoa! That is fast.

Or the young empath who feels the vibrations of others so deeply that she can't ride a bus.

Or all the Youtube videos of younger folks pushing every edge in adrenalin/ extreme sports. I'm dazzled.

And if you think we had to fight against tough odds as lightworkers among a sleeping world, consider what they face.

The permanent jobs we had, with benefit plans and pensions? Non-existent for them. No corporations, with advancement, increasing salaries, and employment security. No career safe from AI.

In some respects they may as well be in a barren workscape, when you compare it with the one we had ... and complained about.

They already live in an exchange economy. It's we that don't.

They'll grow up without any experience of office culture – being on time, keeping promises, closing the communicational loop, reporting where one can be reached – all of these are routine matters to a generation that worked in an office and didn't consider it anything unusual.

It seems it was. We were trained in ways of working together, towards a common goal, ways that weren't even visible to me until I observed those raised in a post-automation economy.

Universal basic income will end their financial insecurity. Other sources of funds will, I hope, release their pent-up creativity. I salute them in every respect for remaining consciously alive through all they've had to go through just to “make it.”



I spent an evening going through accounts of the executions of deep-state leaders. I'm saddened that we choose to execute anyone, especially when events in consciousness (the Ring of Fire, Ascension) are so close that the Mother will see to their future disposition without our involvement.

She may do it through the galactic halls of justice, as SaLuSa notes:

“Bear in mind that whatever happens where your dark ones are concerned, they will stand in the Halls of Justice before they start a new experience.”
(1)

Politicians, media personalities, military officers, etc. – all went before a military tribunal, armed with extensive files of evidence – bank records, recorded calls, email, witnesses. Just this one phase of the Alliance's operations seems mammoth.

The task ahead also seems unimaginable. The corruption goes on to such a local level, I think we have to see it revealed and realize the extent of it, but I think the

final outcome will be the dying off of the dark ones in the face of, probably, the Ring of Fire, Wave of Love, Singularity, Solar Flare, etc.

We could afford to wait. They'll die of heart attacks or any other exit means that presents itself.

That isn't going to happen tomorrow. We only need to get through the time between now and then. And that's where the work of the military tribunals comes in.



If I understand the matter, their law precedes civilian law. They continue to function when civil law is corrupted, breaks down, or ceases to be administered for other reasons.

In many if not most cases of the leading dark ones I've seen, one common theme is that ordinary courts would not touch their cases or, if they did, they rendered a corrupted verdict.

In headlines yesterday: A \$500 fine for burning down a Wendy's Restaurant. A man defending himself with a gun against four burglars, with his grandmother and daughter in the house, is arrested by the police. In this environment, civilian law administration and enforcement appear to have broken down.

I sound like a broken record but I anticipate all of it being addressed by the Ring of Fire. I don't think that the heart that harbors evil intention will be able to survive the pressure on it to open to love. Their suffering, I'm led to believe, will get ever more intense the more refined the vibrations become.

So we have built-in guarantees of significant changes. Just not right this minute.

I have an edge in having had a lengthy experience in 2015 of what awaits us. The love and other divine qualities that we then can feel – and that I felt for the most part of 2015 – is not only worth waiting for. It also instantly erases from our minds any suffering we may have experienced.

It's just as if the curtain goes down on suffering. And it opens up on us as we've always wanted to feel and always wanted to be.

Footnotes

(1) SaLuSa, Dec. 10, 2008.

Growth Work

How to Handle Unwanted Feelings: The Upset Clearing Process

December 29, 2018

<https://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>.



A listener to *An Hour with an Angel* wanted to know how we deal with the negative feelings like hatred and vengefulness that arise when we remember what the dark side has done to us – causing death and destruction and other forms of suffering. How do we deal with our emotions without wanting to lynch the dark ones?

We could if we wanted address it using the "cognitive" approach: by educating ourselves on the accurate situation we're in as Matthew, SaLuSa, Saul, Hilarion, and others have revealed it to us. That would involve us seeing that we created the dark ones from our own dark side and that if we withdraw our attention from the dark ones we move away from them and reach a point where we no longer have to be in their world or dimension.

We could use the growth movement answers such as hitting a pillow, shouting in our car, punching a punching bag, expressing ourselves with the same degree and kind of emotion as the upset.

We could use Ho'oponopono and forgiveness. These are all fine.

However, readers here know that I recommend a process that I've called the upset clearing process. Using this, we "source," or get to the bottom of, the original upset. When we've reached the source of the upset and completed the experience at the base of it, the upset disappears and often will not return to bother us.

There is a part of me that sighs when I introduce this subject. Because, although it sounds straightforward, it's not entirely straightforward. Many people don't know how to work the process. Many fail to locate an image of their earlier upset. Many fail to grab the first image that flies by their minds. Some don't know how to "be with" the image. Some try to move the process forward when they should be passively observing.

There are many reasons why we may find ourselves unable to make the process work and I don't know what to do about that through the medium of writing. If I were standing beside another person, I could guide them through the process. But writing? Not obvious how I'd do it.

That doesn't mean the process doesn't work. It just means I don't know how to accomplish the task in writing.

Nonetheless, I'll lay the process out in the hopes that some of it will ring a bell and either you'll be able to make use of it yourself or else find a setting in which the process is used and get face-to-face instruction in it. I have to say that it took me years to learn it and then do it enough times that many of my major upsets have lifted.

The aim of using this process is that, instead of correcting the ignorance that holds the situation in place or instead of expressing ourselves until the upset lifts (if it does), we complete the experience of the piece of old business that has us see the world and respond as we do. The process is the same as what Krishnamurti called "passive awareness" and Eckhart Tolle calls "practising presence."

It is covered by innumerable articles in the subsection "Preparing for Ascension" in the righthand column. I've probably written about nothing else more than the upset clearing process because I know how freeing it is. At the end of this article I'll list the other articles that treat it.

I learned this process from encounter-group leaders, Werner Erhard, John Enright, Vipassana meditation, and enlightenment intensives. It has many names but has been discussed in the channeled messages that we've been reading for the last two years, all of which say, in brief, "complete your unfinished business."

The Upset Clearing Process

1. Name or Describe the Upset

We cannot process an upset that is not already happening so value your upsets when they happen. What usually happens for me is that I get upset and begin winding up to attack the other person (who "upset me," right?). Then, in a flash, I realize I'm in an upset.

I stop what I'm doing, take a deep breath, and begin the upset clearing process instead of attacking the other.

I begin by identifying the upset in any way that does the job for me. "I don't like other people attacking my friends." "I don't like it when the guy next door warbles in his awful voice." "I don't like being served cold food."

2. Identify the Accompanying Feeling

When these things happen I feel (rageful, ready to scream, irritated). I take a moment to fully experience the feeling I've named. I breathe into it. I let it fill me up.

3. Locate the Earlier, Similar Incident

What troubles us about the incident is almost never the present situation. It is usually an incident from the distant past which was so difficult for us that we stepped out of the flow of life and stopped experiencing there. Often we made a binding decision of the form "I will always" or "I will never." What we must do now is take ourselves back to that discrete moment in history when the traumatizing event happened.

So I ask myself for an image, word, phrase, thought, or memory that will identify that original incident. Now here is where most people go off the track. The image comes shooting by them and they do not notice it. Or else they don't like the first image that comes to their mind but dismiss it for one reason or another and look for a second image.

No, the mind works perfectly to send you the image asked for. Take the first image that comes shooting across your mind. Passively be with it. Stay with that image and allow it to tell its story to you. Feel the feelings that arise, no matter how unpleasant they may be. This is a crucial element of the upset clearing process.

If you feel like crying, cry. If you feel like shouting and can shout, then do that. Etc. Remain there, being with and observing the feeling and the incident for as long as required until you feel it gradually lift. Continue to remain with it until you're completely restored to Self.

When it lifts you've completed the experience - this time. You may have to repeat it, but at least once you've allowed it to play itself out it may loosen its grip on you. And it may not. It may require a number of repetitions of the process but the upset will finally lift and you'll be rid of it. If you project your feelings onto others and act out your upset, you just energize the upset and hold onto it for the next time. But this way, you've taken a step towards completing it, "sourcing" it, or "flattening" it.

No emotion or thought lasts forever. All have a beginning, a middle, and an end, which is why sages say "This too shall pass." If we allow an upset to pass through us without getting behind it, acting it out, and projecting it onto others, it will complete itself, disappear, and release its grip on us. Doing that is the way to complete unfinished business and, in this instance, Mimi, free yourself from hatred of the dark and vengefulness.



Now that's easy to say, but the fact of the matter is that it took me 23 enlightenment intensives, several repetitions of the est Training, three months of encounter groups, and numerous other workshops to release some of the major upsets in my life. So it isn't necessarily something we can accomplish overnight. But it is the road out of the forest and with the energy rising on the planet it just may be that clearing upsets becomes easier as we go along. I wouldn't be surprised if that was

the case. Moreover, the galactics will assist us to release our unfinished business; I'm sure of it.

One last thing: karma and issues are different. Our karma will be forgiven us; our issues perhaps not. Our karma is the lessons that are destined to come to us later in this lifetime or another lifetime. But our issues are right here with us now. It's the difference between the movers saying they will move your household furnishings (karma) but not your backpack (issues). If you have a heavy backpack, then there may be much labor involved in moving it. The movers leave that to you.

So, whether you can make this process work or not, whether you can't make it work right now but will be able to later, this is the way out of feelings like vengefulness and hatred.

Drama, Drama, Drama Until We're Complete

Dec. 14, 2023

<https://goldenageofgaia.com/2024/12/14/drama-drama-drama-until-were-complete/>



What else is there to do but get what we want or create drama? (Just kidding! Just kidding!)

And now for a change of pace....

I don't know about you, but I'm always looking for what drives me. And when I think I've found it, I then look to see if that's common with others, as in a pattern, trend, custom, rule, etc. Or is it just an aberrant thought, sent my way by the collective consciousness and my own longings?

I mentioned a long time ago how my spiritual journey began with reading Eric Berne's *Games People Play*. (1) I'd always been aware of patterns in behavior, but here was someone writing about them. That started me going.

Behind the search to know more that resulted was the basic thought, what drives human beings? What is the simplest, most general statement that I can make of that drive?

I think this is it.

(A) I/You

(B) Want/Don't want

(C) Pleasure/Not pain.

There it is, in its simplest, most basic form. Looks too darned obvious to say, huh?

Now take that and limit it to food and you have many of our conversations. I like hot and spicy. I can't stand cloying sweetness.

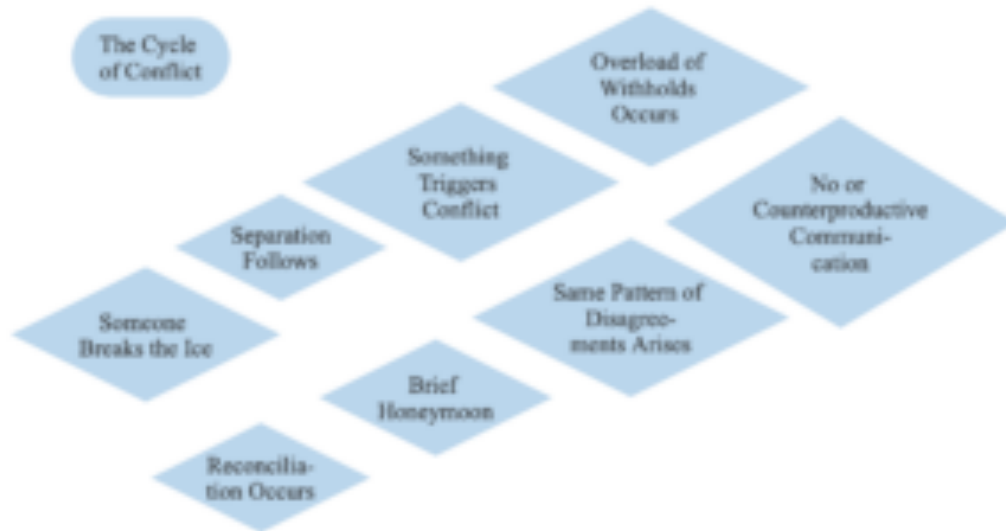
Limit it to vacations? I like a hot climate, but not too hot. And I really like a country where I can reach up and pick my lunch or desert. Like a mango or papaya.

Introduce another partner into our life-as-a-production and it gets infinitely more complicated the very first time I don't get what I want. If not getting what I want is a pattern and persists, we may enter the cycle of conflict and fight over it the way we've been programmed and trained to do since childhood. (2) Like the way our parents and their parents did?

I'm thinking again about the cycle of conflict because I nearly went another round with a friend. But we both did what we needed to not to make conflict-inviting moves and managed to stay out of it. That is the first time I've seen that happen *with another*.

Where are the entry points to exit the cycle of conflict once it's begun?

In answering that, I have to say that after the Reval, I'll be a CEO. I'm aware that it won't work for me to ask others to do growth work I'm perfectly capable of doing myself. To try to create hierarchy is distinctly not going with the flow of the times.



So the entry points I offer here are primarily what I can do, not what others can do. Sorry. Just fyi.

- (1) I can be a servant and serve you (karma yoga) or I can ask for 50/50 give and take, to avoid resentment (principled negotiation, universal law of balance).
- (2) I can reduce my wants to preferences and my preferences to "OK yes, OK no" (divine quality of detachment).
- (3) I can raise my pleasure-seeking/pain-avoiding pattern to awareness and just remain aware of it; awareness will do the rest (Path of Awareness).

Or I can just laugh at myself, at all of us who think that any of this is real or has consequences, save that which we and others bestow on it. Otherwise, none.

None, none, none.

Drama, drama, drama until we're complete. Michael called drama a human cancer:

Archangel Michael: So, you are through yourself and your writing, through demonstration, showing how to let go of drama — this cancer, the largest human addiction. (3)

And we're complete when and only when we say so and have reached a deep place in ourselves where we really mean it.

Reaching completion could be instantaneous if we really believed that outcome possible, or, as Matthew Ward said in another connection, if "it is not [so believed] ... all the changes will be a process." (4)

After Ascension, I predict that that process, which takes time and effort now, will be as simple as deciding what to eat; all our resistance will be gone. Then changes, I think, will be instantaneous.

Footnotes

(1) See "I Think You Only Read Introductions," December 6, 2022, at <https://goldenageofgaia.com/2022/12/06/i-think-you-only-read-introductions/>

(2) See *Leaving the Cycle of Conflict* at <https://goldenageofgaia.com/wp-content/uploads/2023/11/Leaving-the-Cycle-of-Conflict-21.pdf>

(3) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 25, 2013.

(4) Matthew's Messages, Oct. 22, 2008, at <https://www.matthewbooks.com>.

We Go Too Fast to See the Operations of the Mind

February 26, 2023

<https://goldenageofgaia.com/2023/02/26/we-go-too-fast-to-see-the-operations-of-the-mind/>



With the world appearing headed for (a mock) world-warlike confrontation, I find myself in a world apart, in the midst of an insight, scribbling away to catch my thoughts.

I watched the insight or realization happen. In fact I'm still in it.

A little background. Not too much!

I've taken up a hobby of painting unusual bottles with a kind of glitter paint that you buy in a dollar store? Allows me to relax my brain.

I began to paint the sides of a bottle I had with gold glitter paint. There's more glue than glitter in the paint and so I had to put on one coat after another to get the look of solid, glittering gold.

As I did so, the insights began rolling off me.

Painting one coat after another seemed to me like cultivating a virtue or divine quality - say, of kindness. It's one act after another after another, if one is a lightworker and thus modelling behavior. (1)

This is an unusual metaphor for me. Usually I think of taking one layer after another off, as in unburdening myself of issues.

After a while the paint of kindness begins to stick and becomes layered on a person. Soon, I imagined, kindness would become automatic with no more need for intervention.

Remember that this is the troll under the bridge learning kindness. I'm reparenting myself. You probably know this but I'm learning it late in life.

This thought of kindness sticking through repetition hit me as a realization and I saw that I had the ability to stop the camera and watch the realization unfold, almost frame by frame.

I saw that my emotions rose, carrying or lifting me up to a level where I could now see what I could not before. (2)

When I got the further idea to paint the top or neck of the bottle with dark-blue glitter instead of gold, my excitement and enthusiasm skyrocketed. That skyrocketing emotion allowed me to see from a still higher level.

The elevation of my mood or feelings was opening up my mental capacities. They set the tone for my thoughts on what to do, which designed the practical steps. These were submitted to my feelings again and either passed muster or not.

Some actions are so unquestionably acceptable to us that they become automatic; an example would be putting food in our mouths.

But if we pulled those actions apart or, better still, stopped the camera, we'd see ourselves presiding - OMG, this is the Oversoul that I experienced at a 2011 Vipassana retreat - (3) over action that required our intervention. Automatic actions required no intervention. (4)

I see myself presiding over action so clearly. And upon seeing it, my feeling of accountability, responsibility for myself goes way up. I can hardly think of moving for the increased sense of responsibility.

We're just going too fast to see the operations of the mind. But it operates, regardless of whether we're aware of what it's doing or not.

My mind operates on automatic until it hits a quandary and then it seeks the participation of the observer, the Oversoul. The observer behaves like a superintendent or manager.

Am I, the observer, not watching the monarch rule over their domain of functional competence and authority? As long as things are flowing, and they remain untriggered, the monarch is at rest. When a problem arises or they become triggered, the observer intervenes and takes action.

Wow. The experience has passed but I watched myself slow down and the workings of the mind become discernible. I much enjoyed life lived at that speed.

Footnotes

(1) It also probably communicates better than teaching could. It isn't preaching about it, but modelling it that's probably more effective.

I'd expect this to be an example of what Sri Ramana would call a "good" *vasana*, one that would last through Ascension.

"*Vasanas* which do not obstruct Self-Realization remain [after Self-Realization]. In Yoga Vasistha two classes of *vasanas* are distinguished: those of enjoyment and those of bondage. The former remain even after *Mukti* [Ascension] is attained, but the latter are destroyed by it. Attachment is the cause of binding *vasanas*, but enjoyment without attachment does not bind and continues even in *Sahaja*. (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 89.)

(2) Remember that, during my 1987 vision of the purpose of life, it was bliss that lifted me up so high that I could intuitively know each participant in the vision and what it all meant. See “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(3) At this moment in my writing, I realized that my Oversoul was at that moment speaking.

At a meditation retreat, March 2011, I had an experience of my Oversoul. The experience was truncated in that it lacked bliss. Nevertheless, I experienced myself as moving without moving, doing without doing, speaking without speaking. I asked Michael about it:

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

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

S: So that was an experience of the Oversoul.

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

The Arcturians have said that "Seventh [Dimension] is your Oversoul." (Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 17, 2013.)

(4) This seems to me to be a good description of how the mind works in general.

No Need to Wither Away

March 9, 2024

<https://goldenageofgaia.com/2024/03/09/no-need-to-wither-away/>



I've just had a conversation with someone whose son is having emotional difficulties. I don't want to go into details because (A) I don't want to identify the person and (B) I don't want to create an impression that I somehow have credentials to be dispensing advice.

We all contribute what we have. Mine is philosophical speculation.

Interestingly, my life history does give me some first-hand experience in the area I'm about to venture into.

It's my philosophical speculation that, when criticized repeatedly at a young age, we go inward. I imagine that statement shows up as obvious to most people.

We hide. We erect walls of excuses, denials, and justifications for self-protection. We don't ask for help or join in team efforts. Etc.

I was criticized in a hurtful manner by a man who was criticized himself. It helped along a tendency, which I can see in past lives, of seeking solitude, concentration and independence - monk, mathematical philosopher, etc.

When my Dad shouted at me from inches away from my face and I dissociated, it just sealed the bargain. I had no confidence after that to sally forth.

I'm describing this for this person, as an instance of how it can arise that a person could let go of society and turn inwards.

This isolated condition does not stop a person. It just makes things harder and colors our performance. (1) It also keeps us from experiencing our own love.

It results in loneliness, awkwardness, hopelessness, and more. And getting out of it can be a long process if you don't know what's happening or what can help.

OK, Act 1, Scene 2.

As a thoroughly-unqualified individual expressing his unasked-for opinion, I call this condition a problem with emergence. (See downloads, below.) A problem with standing forth, showing up, being here now.

We're adult now, with a need to solve our problems more quickly than we might have had as a child. I see the need of the moment as being to re-emerge, to come out from the fortress we've erected and to do it more quickly than we might have if we were still a child.

We also may find we need to re-parent ourselves. More on that on another occasion.

Emergence is not a process taught in school. It was only taught in expensive growth courses in the 1970s!

As a person who went through the process, one of the best ways to do it for me was the Outward-Bound model. I didn't do Outward Bound itself. I did what was then the est Six Day Course, which had many of the same features (and then some). (2)

This kind of physically-challenging course can cause a breakthrough and emergence. We say "we found ourselves." We've emerged from our shell. We now know how we did it - once. We resolve to do it again. And again.

A second way was the give-and-take of an encounter group. That could bring about a mental and emotional breakthrough, an inner/outer emergence. (3)

The Growth Movement was full of breakthrough processes. Whether that literature still exists somewhere (perhaps the Library of Congress) is an open question.

While we may not at present have many elements of the Growth Movement around, after the Reval, I'll be starting them up again in my local community (Vancouver). With that, we'll have more of the mechanisms we need to help people emerge from their psychic wounds. (4)

Whether the prod is physical as in the Outward-Bound model or mental and emotional as in encounter groups, what happens is the circumstances are created for our Adult consciousness to stand forth, to call itself forth, and take charge.

Act 1, Scene 3.

I said "Adult" consciousness. What do I mean by that term? Let me explain.

The state that's called forth is going to be increasingly more of our Higher Self.

But let me use, instead, the terminology which Eric Berne, founder of Transactional Analysis, coined in the Sixties to refer to it.

He saw three "ego states." I prefer to call them "consciousness states": Parent, Adult, and Child. I refer you to his numerous books on Transactional Analysis itself on the Parent and Child consciousness states. I want to zero in here on the "Adult" consciousness state.

The "Adult" consciousness state is everything we've been discussing in these pages. It's balanced, centered, grounded, etc. It's the Higher Self making itself known and felt, as far as I can see.

What emerges is, by definition, what was already there. We already are and have all we'll ever need.

When we're in this Adult/emerged state, as Werner Erhard said, we do what works and what we do works. This state starts out friendly to the divine qualities and ends up immersed in them.



Act 1, Scene 4.

Emergence, to take a large subject and squeeze the juice out of it, is the very act of standing forth, of accessing our Adult and allowing it to take charge.

The Adult that stands forth will not allow itself to be confined. It insists on truth and compassion in its own treatment of others and asks it of others as well.

This Adult state loves, listens, and learns as it moves through life. Eventually it taps into the artesian well of love that eternally arises in the opened heart.

That spring cannot flow freely in us when we're walled off and turned away from others. It has nowhere to go and love must flow. It awaits our opening up.

This just in! An even more hopeful avenue is on the verge of opening up: med beds. Are they not being presently used on children who were more than just criticized? And do they not erase negative memories?

Finally, in the background to all this is what gives us the most hope: the continually-ascending energies. The very ones bringing all this to the surface are also the very ones that will dissipate it, if we only hang tight.

Curtain falls. End of story. Resumption of life.

Footnotes

(1) I was helped in making refugee decisions by "knowing what it felt like."

(2) There are many more personally-challenging growth programs that I'm not aware of. When people say the armed forces builds character, emergence is the process they're pointing at. That pre-supposes the armed forces themselves being honorable which, as we know, is regrettably not the case everywhere on Earth.

(3) A third way would be Enlightenment Intensives. That's too large a subject for me to get into here.

(4) That "more" would include bodywork, bioenergetics, psychodrama, role reconstruction, etc. However, all of this may now be pre-empted by med beds! We'll have to see!

A Basic Change of Opinion

Feb. 28, 2020

<https://goldenageofgaia.com/2020/02/28/a-basic-change-of-opinion/>



I'd like to continue a thread. It's about the importance of how we feel.

I often feel like an anthropologist, studying customs in the North American culture to which I belong because all seems so new.

Apparently I've only been here eight times and, yes, it does feel new to me.

I have absolutely no awareness of any other culture but ours - on or off planet. But following the path of awareness is where in spirituality you'd expect to find a curious newbie and a wannabe anthropologist.

I notice things. I also know I'm being fed thoughts and have caught "them" in the act on one or two occasions. For instance, I have a very loud and high-pitched ringing in my ears right now, which tells me that Michael is here. (1)

And I'm always trying to take these noticeings and explain what sociologists call "the definition of the situation" and what I'll call "what's going on here?"

So I had a "what's going on here?" moment today, listening to music. I observed myself changing my mood based on a thought having changed. The music reminded me of someone and the minute I remembered her I was swept away by love. (2)

A minute before I'd been listening to different music and grumbling about daily issues. Oh my Gawd, it was so much more enjoyable to be swept away by love. But I saw that *I did it*. I caused the change in feeling by changing my thought.

I let go of the daily issues and began thinking about an angelic being whom I love. My mood changed like that!

And yet, if I were feeling an unpleasant way like humiliated or lonely, I'd be thinking to myself that I need to feel that way until it lifts. I need to stay with the experience. I need to be with it.

In actuality that isn't totally true.

If I change the focus of my attention, I actually can change my mood.

For years, I regarded this as dodging the issue. By staying with the experience, I was getting at the root of the matter. But I now feel the tug of weightier matters and I no longer have the time to go the long route, as useful as it is.

I'd like to leave that noticing for a moment, to show you how the process of consciousness works. The next thing to arise was a stray issue, triggered by noticing I no longer had time to process.

I now engaged with the issue that my time was no longer my own. I'm in service now. I feel regret, wistfulness, sorrow.

I've lost control ... or yielded control ... of my time. That goes along with - it's implicit in - service.

So let me count. I now have agreed to stay to the end, yielded expectations of enlightenment, and given over control of my time. Those are big sacrifices, what the Arcturians would call "big initiations."

It demonstrates that service will ask certain things of us. We're called upon to make sacrifices. And they're sometimes not small.

OK, that illustrates how one thought follows another - triggered or not - in a stream of consciousness. My private life is just moving from one thought and the mood it brings to the next. At least that's the way it is on Earth in 4D.

Returning now to my overall theme, I do have some control over my feelings. I can change a thought that has negative energy streamers attached to it to one that has positive.

I'm not arguing about the rights and wrongs of seeing things that way. I'm simply observing what shows up for me like fact. Changing our thoughts can change our feelings. (3) If we don't want to feel the way we do, then among the many strategies we can use, the quick one is to change our thoughts.

When I'm standing in front of a group of government officials and corporate officers and we're contemplating how to bring a universal basic income to Canada and I'm feeling grumpy, I'll remember this.

Footnotes

(1) Steve: How do I know when you are whispering in my ear?

Archangel Michael: Often it is prefaced by a high-pitched ring.

S: Oh, I hear that all the time.

AAM: Yes, I know.

S: [laughing] Are you here all the time?

AAM: Yes, I am. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 18, 2011.)

(2) Here's an example of mood-changing music. See if you can listen to Ennio Morricone's *Theme from the Mission* and not have your mood shifted.

[audio mp3="<https://goldenageofgaia.com/wp-content/uploads/2020/02/Ennio-Morricone-The-Mission-Main-Theme-Morricone-Conducts-Morricone.mp3>"]

I have never watched *The Mission*, just so you know. I only know this piece of music from it.

(4) I acknowledge that certain vasanas or core issues may not yield to changing our thoughts. For those, there is the upset clearing process at “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

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

I Go Another Way

March 5, 2020

<https://goldenageofgaia.com/2020/03/05/i-go-another-way/>



Credit: fggam.org

Over and over I return to the sense I have that our responses to our feelings are the major drivers in our lives.

I watch myself move from one feeling to another - from happiness to irritation, from concern to relaxation - and what I notice about myself is my extreme reaction in the face of any one particular feeling.

If I'm irritated, I'm super-irritated. If I'm happy, I'm super-happy. I'm not at all balanced in my responses to feelings that arise.

These responses to my internal states are what others see. They determine the particular mask I might choose to wear with people. I'm either denying or embracing my exaggerated responses.

They determine my lines, costumes, gestures, etc. Collectively they contribute a great deal to what others perceive of as "my personality" and what I see as my "constructed self."

I'm like a stimulus/response machine reacting excessively to my feelings. Do I want to continue this way?



No, I don't. I'd like to break the stimulus/response pattern by inserting a moment of reflection between them: Stimulus/reflection/response. That would balance the two.

By interposing the observer into the stimulus/response equation, I hope to break the momentum, apply the brakes, and limit the extreme, unbalanced response to any one feeling. Well, that's my hope, my intention.

Otherwise, I'm simply treating the symptom. What's the root cause of the matter?

I look and see that it's simply a case of intergenerational transfer. I copied one of my Dad's patterns.

So no more stimulus/response to errant feelings. I'm not my feelings. I'm not run by my emotions, no matter how productive it is to know and experience them.

Responding to them unthinkingly hasn't proven productive for me. I repent. I "go another way."

I invoke Sanat Kumara and the Law of Elimination to take this unwanted habit pattern from me.

Even a Bad Day can be Rich in Understandings

December 20, 2023

<https://goldenageofgaia.com/2023/12/20/even-a-bad-day-can-be-rich-in-understandings/>



Punch comes in. Credit: sandovalkarate.net

I'm not sure I can say "all martial arts exercises," but I *can* say "all karate exercises" begin with a defensive move, never an offensive move. Always with a block, never with a kick or punch.

Besides not being taught how to attack, a karate student is taught only to use the minimum force needed to subdue the opponent. And never to become emotionally entangled with or triggered by the attacker.

It was always designed to protect the unarmed and defenseless against tyranny, but never to tyrannize.

Come to think of it, in all the fights I was in, I never punched or kicked a single person. I always stopped my punches or kicks an inch in front of their faces and whipped it back. (That was my training.) And I always found that enough to decide the issue.

I wrote about this earlier under the topic, the absence of evil intention. (1)

I'm especially speaking to men, but I wish I were speaking to more and more women because of the security and confidence that knowing how to defend ourselves brings.

Interestingly I was just looking at this yesterday, noticing as I shopped that I was still a seething mass of likes and dislikes. Leave me alone. Get out of my way. Etc.

In no way do I demonstrate an absence of evil intention. I'm only up to being honest about not demonstrating it!!!!

Someone else would say, "I'm having a bad day." But I see it as much more than that.

I have a residual troll in me - I wouldn't even glorify it by calling it a "bad boy." I don't even *get up to* "bad boy." Just a grumpy old f@rt.

This being Christmastime, you could call it a domesticated grinch.

And when he comes out from under the bridge, life is one big grumble. Grumble this, grumble that. Gaaawwwddd..... Give me a break.

I watched myself the other day, having a chat with a friend. I was framing one ego-based, self-serving comment after another or else I was grumbling about something. It was one or the other. That's all that was on the menu.

Oh, and listening. I did a lot more listening, which is more satisfying anyways.

Both kinds of comments were ego-based, survival-oriented. I just didn't say them. But it took work and commitment to walk by the opportunity to trot out my best lines. Seventy-seven years of saying these meaningless, self-serving comments is hard to break.

Maintaining one's everyday self - whatever you want to call it - in the positive, non-victimized, creative space takes work. Being a troll, as I'm seeing in my everyday interactions, takes no work. Just let it fly.

I see the troll as a puppet of the ego, one of the many roles or faces the ego may assume in everyday interaction.

So, yes, I've moved my house from negative territory to positive, but the furniture is still the same.

And there's nothing to do. No reason to panic. Awareness does it all.

Just keep raising it to awareness and let awareness dissolve it. Or let it go at its own pace and time, without prolonging its stay by wrestling with it.

Note to self: Even a bad day can be rich in understandings.

Footnotes

(1) "The Absence of Evil Intention, the Fullness of Empty Mind," November 26, 2023, at <https://goldenageofgaia.com/2023/11/26/the-absence-of-evil-intention-the-fullness-of-empty-mind/>

Maintaining the Connection: Therein Lies the Work

September 1, 2023

<https://goldenageofgaia.com/2023/09/01/maintaining-the-connection-therein-lies-the-work/>



The best representation I've found of my Higher Self as he appeared to me (1)

The degree of influence of the Higher (Seventh-Dimensional) Self, the Oversoul, on us seems to determine the degree to which we can be stalwart, valiant, determined.

The extent of courage of the Higher Self is such that we can "import it" or "borrow from it" - perhaps, "draw on it" may be a better metaphor.

I say this after a few days of observing myself following my experience of drawing my Higher Self to me. My Higher Self is blissful, relaxed, finished with all harmful thoughts, philosophical about all the fumbles and lapses I've made in this lifetime.

I've seen one person in documentaries that resembles him but he was a wartime personality and I don't want to stir up old passions by mentioning him. I have him in mind when I want to draw on an example. (I just remembered a second.)

His example seems to suggest that it's possible for the Higher Self to shine through these dense bodies.

And certainly the emergencies of wartime would offer ample motivation to reach back into our heights or depths to find our courage. Witness Medal of Honor winners. (2)



After Lahaina, the rumor is that we're now officially at war with the deep-state faction of government and the military. Let this be the opportunity for so many of us to reach back and find our Higher Self.

Our doing that, I believe, signals our Board of Directors (3) that we're ready to experience the closer influence of our Higher Self.

I saw my Higher Self in vision in 2017 (one of two experiences) and merged with it. I described that experience as being like water soaking into blotting paper. (4)

I don't think it was by my efforts that that happened. In my opinion, my Board of Directors determined the time was right. And then they metered out my contact and everything else about it so that I wouldn't fly off to another planet.

That's my hunch, based on past performance.

Now it's a matter of identification. Just as with love and bliss or anything else, if I forget about my Higher Self and don't keep polishing my armor, so to speak, my Higher Self will gradually disappear from my experience.

It's up to me to identify with him and come from him if I want the connection, eventually, to be permanent.

Therein lies the work.

That is, if not for the fact that we'll all ascend and thereafter have, if my understanding is correct, unimpeded access to our Higher Self.

Footnotes

(1) He appeared to me as a knight in shining armor, seated on a white horse, with a lance. Kathleen had a similar vision. I felt incredibly privileged to have been given such a sight.

For an account of the vision, see “Is This What You’re Looking for?” – Part 1/2” in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/08/An-Ascension-Ethnography-12.pdf>

(2) A third example: *Hacksaw Ridge*, the story of a pacifist medic and Medal of Honor winner.

(3) My Board of Directors includes the Divine Mother, Archangel Michael, the Lord Arcturus, my twin flame, my Guides, and my Higher Self.

See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2023/06/Our-Enlightenment-Partnership-3.pdf>

(4) Here's Michael discussing the variables that went into giving me a heart opening:

Archangel Michael: This [heart opening] occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence....

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

So, if the will, either actively or subconsciously, is actually choosing to still engage in the issues or the drama, then although we are standing at readiness and still penetrating you, that open door is not there. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015. Also “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.)

Changing Unworkability into Workability on a Planetary Scale

October 20, 2023

<https://goldenageofgaia.com/2023/10/20/changing-unworkability-into-workability-on-a-planetary-scale/>



I'm doing an exercise of invoking the Divine Mother and the Law of Elimination and sending my lower-back and knee pain back to her for repurposing, with my blessing for the work it did.

What work?

It showed me what it was like to be old, invalid, dependent. I knew it would be a lesson with a limit. Unless the Mother restores me, med beds will. I only have to suffer till then. But it's so educational.

I got to see that last, missing piece to the drama - what it's like for those who really believe they're old and really believe they're going to die.

And for that I'm truly grateful.

What's my report? Oh, it's awful. Going from being upright and able one moment to being hunched over and disabled the next? Crushing blow to one's self-identity,

pride, imaginative reach, everything. Your world shrinks from miles to mere blocks.

And the pain. Sharp, stabbing pain. Or your knee suddenly gives way and you nearly tumble forward. And the fatigue of walking in ways maximally designed to avoid pain. I think this is the very way cripples were created in earlier ages. Simple arthritis.

Nowadays we have pain clinics and all manner of remedies, most of which I must be taking!!!! But I know that med beds will relieve me so I just have a short ways to go.

After the Reval, the lesson won't be lost on me. I'll have an understanding of how it must be for so many of our seniors.

At some point - Ascension or earlier - there won't be old age. There never was death - of the spirit - but now there won't even be a loss of the physical body either. I imagine there may be some people reading that last sentence for whom it doesn't make sense. It will upon Ascension.

Med beds will cure the illness - mental and physical - of old age. G/NESARA will eliminate poverty and want with universal basic incomes. Replicators will provide us with food. Free energy, Starlink, and anti-gravity transportation will allow us to live anywhere. Sophisticated technology returns "garbage" to ... nothingness.

One by one the problems we face today will be eliminated. We're changing unworkability into workability on a planetary scale, thanks to the various abundance programs that are planned. (1)

What could be the effect on life then?

I predict that there'll be no holding back the creative energy that will then be released. There'll be no holding back the appreciation for what all people are doing and bringing forth.

Humanity will blossom and blossom and blossom. And other civilizations will follow the trail that we blaze.

Oh, and yes, my pain throughout my body has disappeared (for now) as a result of invoking the Divine Mother. Hallelujah.

If it lasts, I imagine it'll be because she considers that I've learned what I needed to from the condition.

Footnotes

(1) See "A Single Reval or Waves of Abundance?" Oct. 2, 2022, at <https://goldenageofgaia.com/2022/10/02/a-single-reval-or-waves-of-abundance/> and in *What's Next? Vol. 1: The Reval Itself* at <https://goldenageofgaia.com/wp-content/uploads/2023/09/Whats-Next-1-3.pdf>

On changing unworkability to workability, see:

- “The Principles of Largescale Employment Projects – Part 1/2,” at <https://goldenageofgaia.com/2018/10/30/the-principles-of-largescale-employment-projects-part-1-2/>
- “The Principles of Largescale Employment Projects – Part 2/2,” at <https://goldenageofgaia.com/2018/01/03/the-principles-of-largescale-employment-projects-part-2-2/>

Two Words for It: Just Stop!

May 24, 2019

<https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>



Credit: auction.Catawiki.com

I went through an amazing process this morning. And I went through it sitting at my computer, in the midst of writing something else.

I switched over and began recording my thoughts after each had happened. The results were quite remarkable for me.

I'm in the course of writing an article and I got up off my chair to get something.

As I did so I felt random fear. In the background of my consciousness but always there.

Big Steve slid into the driver's seat and said to Little Steve, in the most affectionate tones: "Don't be afraid, Steve."

Little Steve is my Wounded Child and Big Steve is my Adult, my Higher Self. Neither is my everyday consciousness (1) but either can take control of it and be in the driver's seat for a time.

You're watching my Adult mend the wounds of my Wounded Child. Only "I" can do this and this is it happening: Reparenting in progress. Neurosurgery.

I (Little Steve, Wounded Child) was so glad to be reassured by someone. I found myself relaxing from an undetected but constant background state of fear that I've been living in since forever. Peace returned. Or, more precisely: I returned to peace.

Almost immediately, I had a second thought: I can no longer afford a hateful thought. Where it came from I don't know. But perhaps a hateful thought is what brings conflict, after which I live in fear. Perhaps they're all connected. That would make sense to me.

And the answer to having a hateful thought was, once it was noticed, just stop. Again where this answer came from I know not.

Just stop.

That's the solution to all our negative thoughts and actions, is it not?

Have we as a society lost our self-control mechanism? Our suppression button altogether? Have the many massacres engineered by the dark side to discourage us caused us to give up hope?

Supposing you have that thought. Then, just stop. Let it go. Experience any feelings that come up, which is the equivalent of saying "listen" to them, and let them go as well. And drop any ideas of hateful action. (2)

The default you fall back into ends up in original innocence so you've nothing to fear from letting negative thoughts go.

Hard-core reparenting. Emotional boot camp for myself, intransigent kamikaze that I've been.

I paused and looked back on what had just happened. I noticed how contrived it all was.

I was the one creating the hate and fear - Little Steve, my Wounded Child - and I was the only one capable of taking it away.

Am I not the sorcerer's apprentice? Can anyone trust me with the creative wand after all the hate and fear I've created for myself? Maybe not.

Has not the entire population of this planet become a collective sorcerer's apprentice in a way?

Let's look at one collective item only: Take the islands of plastic garbage floating on the high seas, washing up on islands like the Cocos, and being found in the Challenger Deep (is nowhere too deep?)? Are we all not implicated?

Have we not run amok in many fields as a human race - pharmaceuticals, drugs, GMOs, pesticides, toxic vaccines, chemtrails, deforestation, weather warfare, etc.?

And the answer for all of it is? In my view? Just stop.

Footnotes

(1) I know. I know. That IS the Self.

(2) The Buddha: Do only wholesome actions; refrain from unwholesome actions; and purify the mind.

Stop. Just Stop

July 4, 2022

<https://goldenageofgaia.com/2022/07/04/stop-just-stop/>



Just stop!

One of the values that has been systematically attacked since the Second World War is the value of decency.

On the scale of values, "decency" for me ranks higher than, say, "reasonable." Can we discuss?

To my way of thinking, reasonable is like the cake and decency is like the icing. Decency is a slice of "reasonable" plus a layer of personal attention, caring, compassion.

A reasonable person I expect fairness or justice from; nothing more. A decent person I expect a degree of extra caring from; this is someone I can talk to, confide in.

Our sense of decency has been under attack on every conceivable front for decades. Tattoos, rap music, ripped jeans, cancel culture, adrenochrome, Satanism, on and on go the ways that our sense of decency has come under attack and been undermined. Beyond Satanism I can conceive of no worse.

The normal response to what I'm saying is to go into opposition with whomever is seen as cancelling our culture of decency.

I'm not about to ask you to go into opposition to anything. What we resist persists.

You know I value balance, the center, the middle, the heart, the Self. I decline to advise any kind of extreme behavior. I'm not asking you to take a step away from where you are now.

Those of you who know me know that I discovered in my personal work a few years back that I was held back by the belief that I had to have something to put in place of a harmful behavior pattern before I dropped it. So I was always busy looking for the alternative and got distracted. Thus I never changed.

Then one day I saw I could just stop. It was a revolution, which I've described elsewhere. (1)

I did not have to have something to put in place of something else I was doing that was harmful. All I needed to do was stop. And I stopped. And I stopped. In the middle of sentences I stopped.



And so I'm saying here as well: What we need to do as individuals and as a global society is ... stop.

I didn't say "what our neighbor needs to do"; I said "we." Never mind our neighbor. Those were the bad old days of blame and shame, also fanned by the cabals and cartels to divide and conquer.

Stop listening to rap music. Rap music was promoted to create conflict and crime that would lead to incarcerations; the people behind rap music own shares in for-profit prisons. (2) Rap music exudes violence.

Tattoos, ripped jeans - the people who make the fashions want to depress and alienate you and they've succeeded.

Satanism is the worst. Adrenochrome production through child torture and murder is all part of it. Terrible, terrible things are being practiced in and under our world, the ground having been prepared by the multifront attack on our basic decency.

We know who's doing it and rounding them up is being handled by the global white-hat military behind the cover of a lot of nuclear play-acting. We don't need to worry about that. Those that are with us are far stronger than those who are against us.

What we need to do is to stop the transfer of a culture of malevolence by stopping practicing it.

Only those who insist on transmitting the malevolent values of a Satanist society - to call a spade a spade - will suffer eventually. Those who change course and leave ship will - I hope and trust - find society ready to welcome them back. We all have been saint and sinner in this life and others. I know I have.

In the meantime I request that everyone who wishes to, commit to bringing the culture of decency back in our own lives in every way we can. Surely we've had a deep enough experience as a global society of what life is like when malevolence rules. Mass murder becomes genocide becomes omnicide.

Time now to reverse course and come back.

Or not and be left behind.

Footnotes

(1) "Two Words for It: Just Stop!" May 24, 2019, at <https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>

(2) See "The Secret Meeting that Changed Rap Music and Destroyed a Generation," June 30, 2020, at <https://goldenageofgaia.com/2020/06/30/the-secret-meeting-that-changed-rap-music-and-destroyed-a-generation-4/>

A Miner Striking Paydirt

Aug. 22, 2022

<https://goldenageofgaia.com/2022/08/22/337558/>



The reach of my observation keeps increasing. I'm now watching a decision I made some time ago extend itself throughout my consciousness.

This is something that would have gone on in the background of obviousness, to use Werner Erhart's phrase, a short while ago.

In an unknown past, I reached the conclusion that, when I'm thinking or speaking negatively, I don't have to have something to put in its place. I just need to stop. That's the naked insight.

Just this morning I saw myself extend the reach of that statement to "you don't have to have something to put in place of negative behavior either. Here too, you just have to stop."

So, just to be clear, it had left the place of essentially personal guidance and entered the domain of public interaction - applied awareness. What that said to me is that I have assimilated the first insight and am now applying it. I watched myself do it.

To watch the flow of my consciousness as if I'm a chef picking up a pan and placing it somewhere else was awesome. For someone on the path of awareness.

And another thing.

I saw something fundamental about my moods. In the past, when something of importance happened that sent me deeper into myself to absorb it, I'd automatically feel fear. An initial and strange iciness. Hesitation.

When I now go deeper to have a look, I feel only peace. Not anything else. Just peace.

This is such a big change for me that I want to shout it from the rooftop

It proves to me that underneath the overburden of vasanas (or core issues) we are innocent and pure.

Also, seeing that I encounter purity and innocence when I go deeper makes a huge difference in moving from not trusting myself to trusting myself.

It's probably mostly due to the rising energies but being on the awareness path is starting to pay dividends as well.

I've gone down through a few of my Number One vasanas recently - around my Mother's death and Dad shouting at me until my personality shattered. Can it be, as Michael said in 2015 regarding love, that I've cleared the space for both this acuity of observation and the extended dropping of negativity? (1)

Previously I knew I was being negative. At best I'd be forcing and manipulating others to agree. At worst I'd be engaged in constant damage control.

Now I don't have to do any of that. I can just stop and be me.

Have I cleared the passageway between my ordinary self and my pure and innocent Self? Wouldn't I like to think that I have. I'm not sure.

I have no manual to consult. Whatever it means, I feel like weeping to have encountered my purity and innocence again when I went deeper. (2) It's like a miner striking paydirt.

I shall bury the treasure again, where I found it in my neighbor's field. I shall return to the world and sell all I have and buy that field. (3)

Footnotes

(1) "This [heart opening] occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence. What we mean by this is simply, think of it in spatial reality, time and space reality: you have created the space for this [energy of love] to, not only pass by you like a passing breeze or a rain, but to anchor within you because there is a sense of this spaciousness within thee." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.)

That spaciousness is a result of clearing one's vasanas: See *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Vasanas-Preparing-for-Ascension-R10.pdf>

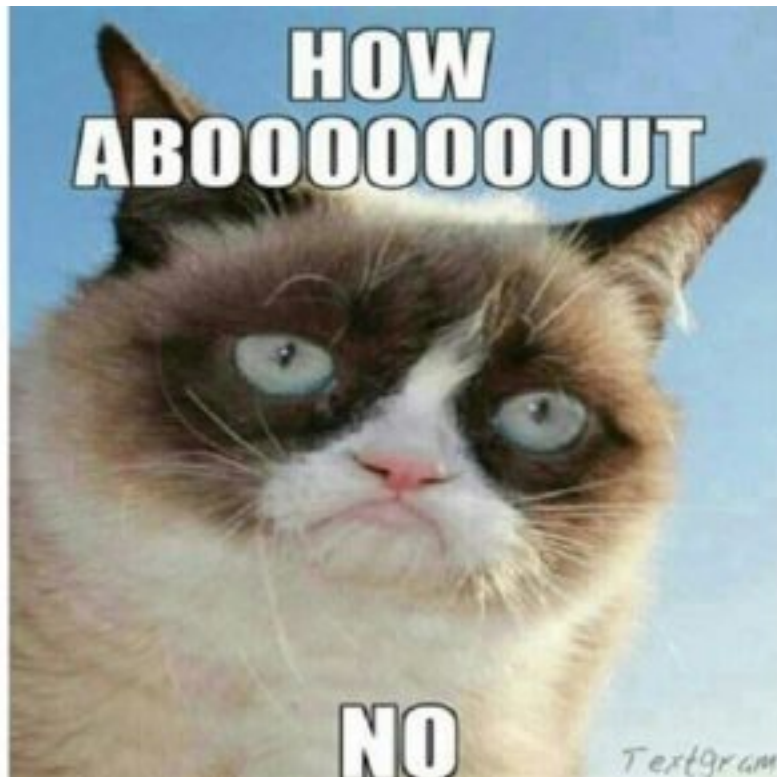
Don't overlook watching a deeper level of consciousness acting on my everyday consciousness to have me stop the behavior. We call this the rise of conscience. Is it our Higher Self, now called back to us for this Ascension?

(2) The first time would have been at Xenia. I've experienced the Oversoul, on the other hand, twice. See *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>

(2) Buying that field is Ascension. Having felt the purity and innocence of the Self at Xenia, and then lost the experience again as will always happen short of Ascension (burying the treasure again), I let go of all other desires (sell all I have) to permanently know and feel the Self in Ascension (buying that field).

See "We Are, All of Us, Innocent and Pure," April 7, 2020, at <https://goldenageofgaia.com/2020/04/07/307247/> and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

How Aboooooout No?



Credit: Vitamin-ha.com

The number of demands on me in my life - if you add in everything that now flows from a Healthy Heart Program after my bypass - is unsustainable.

And, after the Reval, it'll only escalate. So sooner or later in my life I'm going to have to discover the secret to managing a huge workload.

It has to be a simple answer because the problem of overwork has probably been with us since the dawn of civilization and is independent of local circumstances; i.e., faced by all of humanity.

I'm pretty sure the answer lies in my relationship to the word "no."

We interrupt this broadcast.... I just received - and saw I received - a lightning-fast inner movie.

It traced the problem back from hating to say "no" in the present moment to feeling as if I had few friends in junior high school to seeing myself as a father-hater in earlier life.

I saw that the latter started when I was seven and my Dad slugged my Mother. It was like a line of emotional lineage going back in time.

OK, no need to spend years and thousands of dollars analyzing it. My mind is capable of showing me the right picture. I get the origin of hating to say "no."

So I see myself as a father-hater who does not deserve friends. Therefore I don't want to annoy the friends I have by saying "no" to them. This is the decision and conclusion I reached about myself. (I'm dissecting a vasana or core issue here.)

End of story. Finding out what's truly happening doesn't have to be long and drawn-out affair. The mind tells us instantly what's happening by throwing up an image - or a movie. It isn't rocket science.

How do I know I handled the upset - part of the issue - by recognizing and acknowledging what I saw?

Because the truth will set us free. Not only liberate us from the Third Dimension of life and death, but also free us from our upset.

If what I saw was the truth and I embraced it, the truth would set me free from the upset. The more of the truth I see, the more freed-up I am from the upset. If I feel more upset, then that which I saw was not the truth. Time to try again.

Feeling release, I don't see that there's any need to go further. In fact doing so risks stumbling back into the upset that I just emerged from.

That doesn't take care of the problem; it only takes care of the upset around the problem. The problem remains: I have too much to do and can't do it all.

But it does mean I can now face saying "no" without upset.

Make Every Moment Sacred

June 10, 2023

<https://goldenageofgaia.com/2023/06/10/make-every-moment-sacred/>



The Divine Mother incarnated as Mary the Mother of Jesus

I've been drawn to read the Mother's messages through Linda lately, (1) not for any reason that I'm aware of.

No one interrupted the broadcast and said, "Now a message from the Mother." I just felt drawn to it and everything else showed up like a distraction.

It's slow going reading the Mother because I'm taking every second or third paragraph out and putting it in a dictionary somewhere. So I'm usually all over the place and making slow progress.

However the increase in the fertility of my thought from just reading it is noteworthy.

I'm always on the lookout for the Compelling Thought - the thought that arises, encapsulates the truth, and brings the realization that will set me free?

I don't think the problem lies in the Mother not sending these thoughts. I think the problem lies in us ... OK, OK, me ... not having the courage, the interest, or the selflessness to catch them when they fly by and make them our own.

Here's an example. I think the following thought, which arose in my mind, couldn't have come from me (I'm not there yet): "Make every moment sacred."

I feel certain that would do it - and I'm not there yet. Of course, what would be the point of having the thought if I was there? These thoughts usually help me decide where to go next.

Even if I may not be there yet (and I hear Sitara saying, "Don't make that thought concrete"), I'm very much interested in putting one toe into the pond.

Make every moment sacred.... Hmmmm.... What does that look like?

Lao Tzu? Sosa? Buddha?

Jesus through John? FoL/Blossom? Arcturians/Marilyn?

It's not a question of capability. A little child is capable.

It's a question of willingness.

Several voices arise in response to the challenge, but let me continue with that tomorrow.

Hmmmm.....

Footnotes

(1) See *It's All a Journey of Love: The Divine Mother in Her Own Words* at

The Challenge and the Response; or, Caught in the Trap of Awareness

June 11, 2023

<https://goldenageofgaia.com/2023/06/11/345485/>



Trumpets please!

Several voices arise in response to the challenge that the Compelling Thought ("Make every moment sacred") brings. (1)

The first voice to rise is lethargic, what Hindus call thamasic. I can't be bothered. Ahhhh, go away. Honey, what's on the other channels?

The second voice is curious.

Hmmmm.... One agrees or declines. No fault, no blame. Just not our stop (yet) on the overall adventure. But i n t e r e s t i n n n n g g g g....

The third voice is inquisitive. We begin to enquire....

So, OK, let's see. Make every moment sacred. What is "sacred"? Never mind looking it up. What is "sacred" to you?

I can imagine the Mother walking beside me every moment and me not doing anything improper, disrespectful, unworthy, etc. That would make every moment sacred.

Well, she always walks "beside" each and every one of us anyways so it's really a matter of having the courage to recognize it rather than wanting it or not.

To be clear, whether we recognize that the Mother walks with each and every one of us or not, she does.

But recognizing that threatens all my investments and interests that are not of a sacred nature. This is cutting right to the quick.

However, even having the thought and not letting it fly by starts the process. Insidious. It eats away at you.

Watch me now wrestle with it. Well, this moment is sacred, but not that moment. Not while you're driving, romancing, charming the boss, etc. Around and around I go, dancing with the awareness of how I spend every moment.

I'm caught in the trap of awareness. Once we know, we cannot unknow. Awareness begins its work.

Footnotes

(1) See "Make Every Moment Sacred," June 10, 2023, at <https://goldenageofgaia.com/?p=345483>

Co-Creative Partners with the Company of Heaven

June 12, 2023

<https://goldenageofgaia.com/2023/06/12/co-creative-partners-with-the-company-of-heaven/>



I've just had a paradigmatic breakthrough. (1) As you read this, perhaps remember the breakthrough process. Breakthrough is preceded by increasingly-uncomfortable and ever-building cognitive dissonance or inner conflict. Finally we have a moment when the dissonance becomes too great. We throw the paradigm aside and look newly.

Often this can be during a spiritual experience, which allows us to see things from a higher vantage point, where answers are more obvious.

Sometimes it means taking a stand on ourselves and transcending the limitations we've imposed on ourselves.

And sometimes, as with me today, it means dropping resistance to an idea and assuming personal responsibility for the new role.

It was only yesterday that I joked about having a "Compelling Thought." (2)

Today I had one.

A thought Michael (3) first implanted in my mind in 2011 passed from a mere idea to a realization, a "get," a conscious awareness. Put another way, it passed from the intellectual to the realizational level. (4)

Well, what was "it" I got?

I got that I signed on before birth to consciously be one of Michael's co-creative partners on Earth at this time of Ascension and in the area of communication (5) - and more recently finance - and that that entailed certain responsibilities and disciplines that I hadn't even considered till now, let alone explored. (6)

I got this on a personal and not a general level. Michael put the matter clearly:

Archangel Michael: Well, sweet angels, there is still a need for people, whether you are earth-keeper or portal, wayshower or starseed, there will always be need for people, individuals, and groups, who will step forward and say, I can do that. I can take the lead because this is within the realm of my competence.

I understand what is required. I am ready, willing, able, excited, interested, enthusiastic to do this. (7)

This exactly describes part of the process I went through to emerge "owning" my co-creative partnership with Michael.

I can do this. This is within my realm of competence, when you look back on all I've studied, experienced, and written. I'm ready, willing, able, and excited.

I experienced a moment of seeing clearly what I had agreed to before birth and reaffirming my agreement now from a very deep level. I "owned" the co-creative partnership. There was no piece of me holding back.

I'm no longer a victim of it (Oh, I have to do this; apparently I agreed to it), but a co-creator and owner of it (this is my mission. This is my work).

Michael explains that the Mighty Ones are in co-creative partnership with everyone, but can only work with those who are aware of them and their agreement:

Archangel Michael: Are we [archangels] in partnership with every being on the planet? Yes. But it is difficult when you are in a partnership and the other person does not realize it. So we are working with those who realize we are in partnership. And so that is why we are having these conversations. (8)

So there's the reason we're having these readings: Because we can work in partnership consciously, with the underlying hope that I'll write on "partnership" to encourage others. Which is precisely what I'm doing!

We're role modelling, me not overly consciously, but him by design.

And I'm not saying this gives me stature or brings me benefits. I'm saying it gives me added responsibilities. I love how he put the matter:

Archangel Michael: As you assume profile – whether it is because of money or notoriety or political power or financial power, it matters not – it gives you a sense of being elevated. We would encourage you to take the elevator to the basement. (9)

If that statement offends you, try it on. Test it out. See if it fits. If it does fit, own it. That's personal responsibility.

Thus, the whole matter became real for me today. I'm in the Army now, Ma, the Blue Army. Reporting for duty. I handed myself a commission.

I say this without necessarily feeling I have a good grasp of any of it. No recent recruit knows the ropes. Nor do I. I'm in boot camp on how to serve.

You heard Michael acknowledge that the same partnership is available to everyone on the planet. Jump aboard! Assert your co-creative partnership with your archangel now. I think I can safely say they're waiting for it.

I hear in my inner ear the emphasized word "partnership." In 2020, Michael predicted:

Archangel Michael: As things are shifting, as the, shall we call it, new awareness, heightened awareness, interdimensional reality - because that is truly what we are talking about - as this truly anchors, not only in the heart,

but in the thought patterns, the behaviour patterns of human beings, the idea of working with an Archangel is in fact going to be commonplace.

This sense of division is going to actually quite quickly disappear. The idea of a punishing deity that you need to earn favour with, curry favour with will change into the true knowing of what has always been the case, which is partnership. (10)

Thus, joining "stewardship" as a paradigm of post-Reval humanitarian philanthropy is "partnership" as a new paradigm for our work with the Company of Heaven.

Footnotes

(1) On the subject of paradigmatic breakthroughs, see *Paradigmatic Breakthrough: Essays in New-Age Philosophy* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Paradigmatic-Breakthrough-11-1.pdf>

(2) See "Make Every Moment Sacred," June 10, 2023, at <https://goldenageofgaia.com/2023/06/10/make-every-moment-sacred/> and "The Challenge and the Response; or, Caught in the Trap of Awareness," June 11, 2023, at <https://goldenageofgaia.com/?p=345485>

(3) Steve: I didn't know if I was being too familiar.

Archangel Michael: You know what? We want you to be familiar. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 3, 2017.) (Hereafter AAM.)

(4) On the levels of reality, see "Who's Behind the Curtain?" February 13, 2023, at <https://goldenageofgaia.com/category/news/spirituality/intellectual-experiential-realized-knowledge/>.

"Truth begins as intellectual knowledge, but can never manifest into expression until realized." ("The Arcturian Group via Marilyn Raffaele. January 10, 2016," January 11, 2016, at <https://goldenageofgaia.com/2016/01/11/the-arcturian-group-via-marilyn-raffaele-january-10-2016/>.)

(5) Divine Mother: Divine Mother: You have chosen long long ago with me, with Annastara [my twin flame], with ME KI AL, to be a communicator and an agent of change. (Divine Mother in a personal reading with Steve Beckow, April 30, 2019.) (Hereafter DM.)

DM: It does not matter whether somebody says they are channeling Hilarion or Mickey Mouse. You know that you are serving my beloved Michael and I would like to suggest to you, Sweet One, not to distract you, but you are also serving me. (DM, Oct. 26, 2018.)

Archangel Michael: Ours is a co-creative partnership. (AAM, Aug. 2, 2017.)

AAM: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 17, 2018.)

AAM: Beloved brother, our platform, our conjoint mission as teachers, as channels, as authors, as co-creators of Peace on Earth, of Nova Being and Nova Earth, do not think, do not feel (no, I do not control anything about you, nor would I ever wish to) but do not think or feel for one moment that there is any hiatus or departure from the purpose, the method, and the methodology of this platform. (AAM, Nov. 11, 2015.)

(6) Chief of which the Arcturians through Sue Lie made me aware of: That of mastering every thought and feeling.

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

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

Hence our [incarnated] leaders are having to totally hone this mastery of energy NOW. (Arcturians through Suzanne Lie, Nov. 8, 2013.)

(7) "Transcript: Archangel Michael – On Mastery and Leadership Part 2," May 23, 2015, at <http://goldenageofgaia.com/?p=258317>

(8) “Archangel Michael: A Global Reset of Values, Part 2/2, ” channeled by Linda Dillon, September 16, 2013, at <http://goldenageofgaia.com/2013/09/archangel-michael-a-global-reset-of-values-part-22/>.)

(9) AAM, July 22, 2016.

(10) Ibid., May 13, 2020.

I Alone Do That for Myself

Not posted.



Credit: www.tweetspeakpoetry.com/

Leaving aside the numbers of guides around us and restricting our attention to our everyday consciousness, I maintain that each of us cannot escape feeling alone.

We take steps to multiply our effectiveness by cooperating with each other in common cause. But at the end of the day, when we lay our head upon the pillow (and our partner is asleep), we are again alone.

Well ... not quite.

If we were really honest, we'd acknowledge that our minds operate like a collection of voices.

Some therapists allude to this by talking about "constant comment" and "the critic on your shoulder." It can as well be the admirer on our shoulder. We have the ability to talk and listen to ourselves.

Not to mention our poor guides, trying to get a word in edgewise in this environment of "constant comment." There are lots of voices in there vying for the attention of us, the eternal observer.

So in that particular inner sense, we're never alone. The airwaves are never silent. The mind is never still.

Nevertheless we're "alone" in the external sense. We come to see our lives through this everyday filter. A sense of duality inevitably results.

As a separate-seeming being, I begin to feel abandoned and afraid, unnoticed and powerless.

All of this in most of us is going on below conscious awareness. As far as we're concerned, in our everyday, outer-oriented consciousness, we're just stumbling along and everything is fine.

But there's always this yawning inner fear of emptiness, nothingness, aloneness. And there's always this inner conversation about it.



Consciousness to the rescue.

We have the soul ability to fluidly operate our consciousness. One minute, I can be in my Parent consciousness state and the next in my Adult or Child. There's no need to change costumes or fly to another location.

And I don't have to restrict myself to these three. Consciousness is capable of infinitely inventing. The same rules that apply in the outer world of events do not apply in the inner world of consciousness.

Eric Berne assembled the many voices of the mind under three major headings: Parent, Adult, and Child.

Our culture channels our expression. In our culture the Parent and Child roles are well-established and honored. The Adult role is less well-defined or understood because it's not situationally-determined. (1)

Berne's categories become important as we begin to rebuild our deconstructed selves. I call this process "reparenting." I believe it happens after we've cleared away some of our vasanas or core issues and have a little space.

We get to choose - consciously now - how we want our lives to show up.

One afternoon I was lost in thought about this matter when, in the next second, an inner voice chimed in: "I will take care of you."

I recognized this as my Adult consciousness. Imagine circuits sizzling and lights popping and suddenly we're back online. That's what it was like.

The Adult proved immediately to be a very useful and helpful fellow. It's very opportune that it's come back online now, given what lies ahead. For years it's been in the closet, but its time has surely come.

I'm being told at this very moment that the trigger for the Adult coming back online is us taking personal responsibility for our lives. OK, that's probably by inspiration. Thank you, my guides.

So our Adult begins with us taking personal responsibility for our wellbeing. If we have an active imagination - and imagination is creative on the Fifth Dimension - we can think of ourselves as being many people and one of us takes the initiative to organize the rest, benevolently. This is our Adult.

The Adult is accountable, proactive, and self-generating. The Adult is mature, balanced, and generous.

We're taking back our power if, until now, we've vested it in someone outside ourselves. We're taking it back as part of reparenting ourselves.

So I (the eternal observer) now allow the Adult to take the lead and carve out for me a lifestyle that serves me, given that I seem to be alone. (2)

I could go on, but you get my drift.

I'm only alone on the lower dimensions of consciousness, away from the ocean of transformative love. In that ocean, one sees immediately that love is everything and that love connects us seemingly-separate beings.

As long as I appear to be alone, as long as I need to be in these lower dimensions, I will assume responsibility for my wellbeing. I will see to it that I have what I need. I will be accountable for it.

I'm no longer looking for a wonderful and kind parent to love me or for allies against a dangerous world. Assuming it's even needed, I alone do that for myself.

Footnotes

(1) My status as a Child or Parent is, in the first instance, situationally determined. My status as an Adult is much less so. The "Adult" I'm referring to is not determined by a legal age or status.

(2) Ever since an out-of-body-experience in 1977, I lost my fear of death. And some part of my fear of aloneness went as well.

Up from Moan and Groan

Releasing the Sorrow Bundle

February 28, 2024

<https://goldenageofgaia.com/2024/02/28/releasing-the-sorrow-bundle/>



A native sorrow bundle - off to the Mother!

You'll have to excuse me. For the first time, I'm dictating an article. What a trip this is!

I wanted to say that I don't feel the same certainty I did several years ago about some events. I know I'm choosing to feel uncertain. It's probably that I'm tired of waiting.

I do appreciate the monumental and complex nature of the task that presents itself to us - and even more so to the star civilizations that are shepherding us through this ascension.

My *knowing* tells me everything is on track and on target. There must therefore be something in me that's refusing to be certain.

And almost immediately, the thought arises, from my Guiding Light I choose to think, that all of my learned behavior, all of my vasanās (core issues), resentments, regrets, guilt, etc., sit on top of it.

Holy mackerel! How am I going to get through this LaBrea tar pit?

I cannot get through it on my own. I have to wrap it up - in a sorrow bundle! - and send it back to the Mother for repositing. The task is beyond me.

And it's especially beyond me given the workload now and what responsibilities I'll soon have, etc. Certifiably beyond me.

So what to do?

I invoke the universal laws of sacred purpose, intention, grace, and karmic dispensation, and the Divine Mother and Archangel Michael to take this bundle away from me and leave me in certain knowing.

I resolve later to visit the Lords of Karma and ask to be released from my remaining karma.

I *know* the answer is inside of me. And I *know* that the answer will turn out to be to release my own bundle once and for all. And that in turn will require total forgiveness.

Release it deeply. Truly release it. Not anything faked. I have to, at the very deepest level, let go of it all. And there will be no fooling myself. I know when holding is still there.

I know when my breath is constrained. I know when my chest is tight. I know when my gaze is deflected, mirrors my suspicion, etc. We're too far along for me to be fooling myself.

I want to be free of the last remnants of holding.

When I say that, I don't mean in the context of social interaction. That would be too much for me. My mission is difficult enough as it is, requiring a great deal of non-interrupted quiet time. I could not write - I know that now - if I interacted with numerous people.

So not first in social interaction.

It'll have to be in the privacy of my room, here with you, from now till the Reval, at which point I can afford a few amenities.

If I want to make progress towards certain knowing, I need to accentuate my monkish tendencies for the moment, go inward, and let go.

Top Dog/Underdog Responds

Not posted



Top Dog/Underdog was a classic cartoon from the Sixties, I believe. It had many variations, such as the one above ("Identities": I looked for a better version but this is all I have or can find!)

Fundamentally what it communicated was that there was a disconnect between how we feel and how we present ourselves.

I was reminded of the disconnect after I had a disagreement recently that became loud. I'm watching what I do with the aftermath.

Underdog feels mistreated, angry, and vengeful. He's running through a hundred responses from regretful to aggressive, trying each one on for size and estimating the consequences, foreseen and unforeseen.

Whatever Underdog decides is what Topdog will do. It may however be a subterfuge and unrevealing of our true feeling or intention. We may be hiding our true intentions.

Why, this is a performance I'm staging. It has all the reality of a Broadway musical.

I can choose to respond in any way I want and this event allows me to pose as the injured party. Mustn't waste an opportunity like that!

All of this is born of the lifetime residual malice that Underdog feels.

Well, this is the way it normally goes. But a CEO can't be wreaking vengeance.

I do need to experience the upset to completion if I'm not to harbor resentments.

Nothing like a shock like that to shake everything up and offer an opportunity to know and release more upsets and issues.

The Caring Mind, the Adult State

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/the-caring-mind-the-adult-state/>



Credit: lisaswritopia.com

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

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

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

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

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

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

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

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

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

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

Later.

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

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

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

Still later

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

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

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

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

From Self-Loathing to Self-Pride

March 2, 2020

<https://goldenageofgaia.com/2020/03/02/306713/>



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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

Being the Pilot, not the Passenger

December 28, 2023

<https://goldenageofgaia.com/2023/12/28/being-the-pilot-not-the-passenger/>



Over the Xmas holidays I watched *Groundhog Day* with a friend and was greatly impacted. It made a point about core issues or vasanas that I can't help calling attention to.

"Vasanas" is a Vedantic term for the reaction patterns we've formed based on earlier, similar, traumatic incidents. (1)

The premise of the story, as the notes say, is that "a narcissistic, self-centered weatherman [Bill Murray] finds himself in a time loop on Groundhog Day." The day keeps repeating itself.

Where I'm going in describing its plot is to reveal the silver lining of vasanas. In escaping them, we retain the skills we developed, which enrich us. Bill Murray, in polishing his act every day, then abandoning it, only to find it's become a part of him, illustrates this.

Add a love interest, the weatherman's new producer, Andie McDowell, and Bill Murray starts to use this time loop, this repeating day to woo her. He makes note of what she likes and doesn't like and presents whatever that is to her, more refined each day.

At this point I have to add a distinction that Werner Erhard would make between "at cause" and "at effect" because it forms the key to our explanation of what's happening here.

If I do something because I want to, love to, or choose to, I'm usually "at cause" with it.

If I do something because I have to, should do, or have been told to, I'm usually "at effect" with it.

The former is powerful, effective, and rewarding; the latter is draining, demoralizing, and self-defeating.

Bill Murray is at effect with wooing Angie and she calls him on his lack of authenticity. She sees him presenting a polished act to her and wants none of it.

In our terms, he hasn't shifted from being at effect with what he's doing to being at cause. In a word he seems phoney, unconvincing, ingenuine. He's being called upon to "produce the goods."

If these were Birds of Paradise, the female would just have rejected the male suitor. (2)

But instead what we watch is that magic moment in all of what we used to call "breakthrough movies," (3) the moment when the actor has an epiphany, transformational moment, or realization, and the solution to the problem they've been confronting presents itself. (4)

When that happens they usually shift from doing what they're doing at effect to doing it (or not) at cause. (5)

We now say "they've arrived" in life. They're now *here*. They've shown up on the scene and usually, when they do, that's the turning point, the breakthrough in the movie.

In *Groundhog Day*, having done all the things which a thoughtful lover would do and then abandoning it as an act or script he was following, Bill found that the thoughtfulness underneath it remained. Unforeseen, it had become a part of him.

He WAS now thoughtful, kind, and helpful.

And this has a profound significance for our examination of core issues or vasanas.

To illustrate it more, let me re-tell a second story.

Remember the story of the boy who lived on top of a mountain and, when his Dad drove down the mountain to the town every day, he had no other means of transportation?

He was isolated and needed a back-up to his Dad in case he or the family were ever in trouble. So he became a networker - the local helpmeet for any circumstance.

And when he grew up, he remained a consummate networker, but, at some point he saw what he was doing, called himself on it, and ... stopped doing networking from effect.

But he continued to do it, more moderately, from cause. He had become that way of being. It was now a part of him.

Instead of being extreme in it, however, he was now calmer, more reasonable, and more self-controlled. And, in my eyes anyways, it much better suited him, rather than the frantic helper he previously had been.

And this is the silver lining of vasanas and why I write this article.

In escaping them, we develop skills that remain with us once we move from cause to effect with them. They now enrich us, rather than draining us. We're now able to be the pilot, not the passenger of our personal plane.

Footnotes

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

(2) See <https://www.youtube.com/watch?v=nWfyw51DQfU>.

(3) *Officer and a Gentleman* is another example. Breakthrough movies were as much of a genre in the Sixties and Seventies as any genre today.

(4) They then either take it and act on it and we have a movie or don't and no one gives another thought to it. It becomes, in the narrative of life, "the road not taken."

On the more general process being described, see *Paradigmatic Breakthrough: Essays in New-Age Philosophy* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Paradigmatic-Breakthrough-12.pdf>

(5) Breakthrough moments are common not only to romance movies but to other genres as well. An awakening, epiphany, onset of resolve is a common event in movies. Some are major; some are minor, but they're nevertheless a staple.

Breaking the Self-Serving Cycle

May 7, 2023

<https://goldenageofgaia.com/2023/05/07/breaking-the-self-serving-cycle-2/>



Peter the Great

As living, breathing beings, while in human form (as opposed to angelic form), (1) in my view, we create ourselves.

Some people call what we create a "personality" or an "ego." ("Ego" means "I.") I think of it as a constructed self, a product of our own conditioning.

As human beings, we don't act by stimulus/response. Because we're cultural animals, (2) we act by stimulus/*thought*/response. I think of thought as the cultural gap.

The way we condition ourselves is that we observe the stimulus, in the cultural gap, make conclusions about it, and decide how we'll respond now and in the future. Then we act.

If we were lions, we'd never catch anything. We'd probably sit around and talk about it.

Some of these components may happen in a fraction of a second. What we decide becomes the planks out of which we build our personality

Every element of what I've just said deserves separate study.

The stimulus of our thought and action - the motivator - is usually our feelings. The Buddha called the principal troublemakers the polar opposites "craving and aversion."

Like/don't like, love/hate, want/detest decide the matter and then we ransack Heaven and Earth for "reasons" to explain and justify why we just thought and acted the way we did.

Meanwhile we go back and forth between avoiding what we don't like and getting what we like. Life becomes a continual cycling between the two.

Trauma-based reactions I've called vasanas, (3) to link it up with Vedanta (4) generally and Sri Ramana Maharshi in particular. (5) Vasanas (VAH-sa-nas) are our core issues, old baggage, resentments, gunnysack, whatever you want to call our unfinished business.

These fear-based responses, especially, chisel the form of the statue, our David, our masterpiece, that we become. (I think I'm a master at being me.) Some like our creation; others don't.

You may call the self we project onto the world the personality, the constructed self, or the ego. It's all about survival.

As it works its way through life and the world, it creates a self-serving story of its own exploits and misfortunes.

It tries its story out on all and sundry, modifies the parts that don't fly, and then presents the final product to the world.

"Here's why I didn't get my Ph.d. at the University of Toronto. Here's why I didn't get my Ph.d. at the University of BC. It wasn't me. Empirical materialism. Couldn't live with restraints. Went on to write many books."

We glorify ourselves in our own story. Where we vanquished our foe, our input was crucial. Where we faltered or lost, we couldn't help it. Praise us; under no circumstances blame us.



Marcel the Man Crusher

Blame us and you "cross the line." You're now not a friend but an enemy and we switch to a different protocol.

How much learning can there be in a life constructed and constricted in this way? How much real love, which doesn't show up in a lie? How does such a life line up with the purpose of life?

I'll come to the latter in a moment.

I notice that we spend our conscious years undoing all these conclusions, decisions, and constructions that form our personality. Try something new, the Company of Heaven invites us. Creak, creak, creak. We move painfully in that direction.

So there I am, a walking stimulus/thought/response machine, constructing his self-serving story telling the world how he saved it from its peril. I explain my misfortunes as the subtly-implied incompetence of others and the group's rise to success and fame as a result of my own contribution.

Ah me. Another day, another *douleur* (pain ... in the rear). (6)

How to break this cycle and become a free and spontaneous human being? Well, first of all, fear not. Ascension will do it and every day we draw closer to that.

So, as with so many other things these days, we're only talking about the time between now and then.

What to do?



Too good for the likes of you

Remember what Krishnamurti said: "Without first knowing yourself, how can you know that which is true? Illusion is inevitable without self-knowledge." (7)

He wasn't talking about Self-Knowledge. He was talking about getting to know the ways of the personality, the small-s self.

Because those are what you are not.

On the path of awareness? Watch. Observe the ways of the personality. It can be fun. "Oh, here I am being self-serving. What will I say this time?" (8)

What else to observe? One critical thing is our vasanas - our trauma-based reactions, as I mentioned earlier.

Vedantists like Sri Ramana consider vasanas to be the *seeds* of future action (karma).

Ascension, which is Sahaja Nirvikalpa Samadhi, burns those seeds to a crisp. We're freed from our karma or need to act.

Without observing and understanding the personality or constructed self and its ways, there's no way to be able to distinguish the real Self out from it when we encounter it.



Krishna said: "Lose discrimination, and you miss life's only purpose." (9) Why would he say that?

I said we'd come to it: Well, what *is* life's purpose? To realize who we are. Why? When one of us realizes its true identity, in that moment, God meets God. And for that meeting was all of this created. (10)

If that's life's purpose, how is it accomplished? Well, in the tradition to which Krishna was directing his remarks, he was saying that we accomplish life's purpose by discriminating between the Real and the unreal (neti, neti - not this, not this), detaching from the unreal, and attaching to the Real.

We begin to piece together the "seeds" of our action. We begin to see the personality, the statue, the constructed self and its modes of operation. That is *not* who we are. Neti, neti. Not this, not this.

In a moment of our seeing and distinguishing it out, I predict we'll realize the Self behind the personality. (11)



One desire does not hurt us, Krishna says:

I am all that a man may desire
Without transgressing
The law of his nature. (12)

When we desire God and contribute that to the makeup of our constructed self, it frees us rather than restraining us. By the Law of Attraction, we draw closer and closer to the One and Realization.

We help that along by first discriminating between everything unreal and the Real. Life helps us do that.

We discover a very well-planned life, with soul contracts and missions, (13) that keeps us moving toward Self-Realization and conscious Re-union with the One. (14)

That's the spiritual alternative to dressing up our created, constructed self, selling our story of its accomplishments to the world, and having a "very good life." Going this route, we may never awaken to the alternative.

Hopefully we're leaving self-servingness behind. When we're washed by the love in the higher realms - the real River Jordan - we'll forget about it completely.

Footnotes

(1) Divine Mother: Let me be clear. There is not one being – human, starseed, hybrid or earthkeeper – that is not one of my Angelic Beings. And it matters not whether you belong to the Legion of Michael or the Tribe of Uriel, the Praisers of Metatron or the Truth Speakers of Gabrielle. It does not matter your colour, your hue. You are my Angels, birthed from my being – birthed not only from my womb, but from my heart. (“The Mother’s Clarion Call to All of Humanity!” April 20, 2020, at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.)

See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Explosion-in-the-Meaning-of-Humanness-11.pdf>

(2) As a cultural historian by profession, I define culture as an organization of ideas, manifest in act and artifact though consisting of neither, by means of which Third-Dimensional humans make sense of their world and take purposeful action.

(3) On vasanas or core issues, see *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Vasanas-Preparing-for-Ascension-R2.pdf>.

(4) Vedanta refers to the *Vedas*, the non-dual portion of the Hindu scripture, the *Upanishads*.

(5) See for example "Vasanas (Latent Tendencies)" at https://goldengaiadb.com/index.php?title=V#Vasanas_.28Latent_Tendencies.29

(6) I have to stop saying that. That's probably how I got arthritis in the hip in the first place.

(7) J. Krishnamurti, *Commentaries on Living. First Series*. Bombay, etc.: B.I. Publications, 1972; c1974, 1, 20.

(8) I love the icebreaker exercise group leader John Enright used in his workshops: Turn to the person on your right and tell him or her how you're going to manage your impression in here today - what manipulations you'll use, what qualities you'll project.

(9) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 42.

(10) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-3.pdf>

(11) Not like I have any basis for predicting such an outcome. I am not an enlightened man and hence not a spiritual teacher. I just love to write.

Sri Ramakrishna compared the situation of an aspirant who chooses an unqualified teacher to a garter snake trying to swallow a frog. The garter snake cannot swallow it but won't let go; the frog is not swallowed and they both die.

However, if a king cobra (a qualified spiritual teacher) comes along, it swallows the frog in one gulp.

(12) Sri Krishna in *Bhagavad-Gita*, *ibid.*, 71.

(13) See What is a Soul Contract? at <https://goldenageofgaia.com/wp-content/uploads/2021/07/What-is-a-Soul-Contract.pdf>

(14) As if we could ever leave the One, where would we go?

This Hesitancy to Trust

August 12, 2022

<https://goldenageofgaia.com/2022/08/12/this-hesitancy-to-trust/>



While looking for something else, I came across this sentence from Michael:

"This hesitancy to trust ... is also, of course, as you well know, a hesitancy to trust oneself, to trust that in fact what you feel about yourself is trustworthy." (1)

When I read it I nearly swooned. At that moment I felt that hesitancy to trust myself and trembled.

It wasn't something special. It wasn't anything particularly personal.

It was simply a case of a general "hesitancy to trust" anything. It was feeling the "hesitancy to trust" that had me nearly swoon. My gosh, he's right.

I know where it comes from. I felt myself so deeply disappointed by the number of times a trip we had planned was cancelled or overshadowed by Mom and Dad's quarrelling that I swore never to trust anyone again. That thought exactly fits the way I feel and so I feel release (the truth will set you free).

I keep returning to this passage from Guillaume Prettly about Hitler:

“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.” (2)

I keep getting its meaning more deeply. Hitler had the German populace behind him. He'd sold his ideology of German superiority to the country and based his invasion of Russia on it. He had only to kick in the door and the whole building would come tumbling down, he said.

This was the bet he made that ignored reality on the ground. Hitler's bets began to fail when the Soviets successfully resisted the Nazis. And from that moment on, unwillingness to admit his fatal flaw (letting ideology dictate his military strategy and tactics) led to his eventual downfall.

In my case, I'm hesitant to trust. Instead I gamble that other person will "win me over." If they do that, I say they care about me and I trust them. If they don't, I say the opposite.

This hesitancy to trust can become a fatal flaw. My response is (A) to process it (3) and (B) to just stop. When the thought arises, let it go and stop any forward motion. That's all that needs to be done.

I'm seeing this clearly at this moment although five minutes ago I wouldn't have been aware of any of it.

I'm hesitant to trust and I create a strategy and tactics based on that foundation, all designed to, by however devious a means, get what I want.

Now that I've identified a "hesitancy to trust," I see that I can recognize it as it arises and choose not to go along with it. This too shall pass and it does. This is the benefit of the awareness path: increasing clarity of mind, decreasing obstacles to love by just being with a feeling or mood until it disappears.

Later....

Whether it was a result of writing this article or not, a few days later I actually had the experience of moving from not trusting a person to trusting them. It happened in an instant. The experience was truly liberating.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 15, 2017.

(2) Guillaume Pretty, “1942: The Year The Germans Lost The War | Hitler’s Lost Battles,” *Timeline*, at [youtube.com/watch?v=BuBIpe0f91w], in “Finding Blame is like Making War on a Person,” May 29, 2022, at <https://goldenageofgaia.com/2022/05/29/finding-blame-is-making-war-on-a-person/>.

(3) Upset clearing process

The Path of Awareness

Introduction to Transformative Awareness

November 13, 2022

<https://goldenageofgaia.com/2022/11/13/introduction-to-transformational-awareness-download/>



This is an introduction to a book on the awareness path. That book looks at how awareness works to dissolve knots in consciousness (the truth will set you free), what the joys of awareness are, and how awareness fits with the Divine Plan.

Jesus: You have to realize that consciousness is something very powerful. It is much more than a passive registering of an emotion - consciousness is an intense creative force. ...

Consciousness is not something static; things do not remain as they are. You will notice that if you do not nourish the energy of the emotion or of your judgment about it, they will gradually dissipate. ...

Awareness transforms – it is the major instrument for change. (1)

Awareness cannot be described in terms of something else It's *sui generis* - a phenomenon unto itself; irreducible - and it's also everything that is and is not.

The facet of it that probably interests us is its capacity to know. It intrudes itself into different dimensions of being by inhabiting a body capable of operating in that dimension.

Currently I inhabit many bodies, culminating in the spirit-with-many-bodies inhabiting a physical one. My spirit is "inside" this physical body, looking out through its eyes, smelling through its nose, eating through its mouth, and so on.

I, the observer, the eternal point of awareness in all that transpires, receive all the information generated by my actions in this physical body. I make all decisions after receiving it.

I then watch and feel what results and amend my action plan if necessary. In this fashion I go through life, experiencing and learning.



To what end? Good question. Because there is an end, an aim, an object to life.

I was shown that object in a vision I had on Feb. 13, 1987. I saw the entire life journey of a single soul, from God to God. I was left with the words in my ear: "The purpose of life is enlightenment." (2)

The purpose of life is that God should meet God in a moment of our enlightenment and for that purpose was all of this made.

The major contribution we make to God meeting God, in my opinion, is purification. Cleansing ourselves of our core issues, old baggage, unfinished business is what reveals our pure and innocent Self underneath.

And the way to do that that I follow is the path of awareness, in which the truth of what we feel, think, and do is raised to consciousness, the truth being relied on to set us free from the issue.

In all my forty plus years following the awareness path, I have only two theorems to offer:

(1) The truth will set you free.

Not only from cosmic ignorance, but also from daily upsets. We can therefore use the fact of whether we're feeling increasing relief or increasing frustration as a guide to whether we're uncovering the truth or not.

(2) Awareness varies inversely with muscular tension in the body.

When tension goes up, awareness goes down. When tension goes down, awareness goes up. That puts an increased importance on relaxation and a stress-free environment. But, like everything else, not when taken to extremes.



The one agreement I'm aware of on the awareness path is to remain aware of ourselves. Whatever we do, we have one particle of attention on what we're doing, how we're doing it, what other thoughts we have, what feelings arise, etc.

After the heart opens and love courses through us, we remember to share that love with ourselves, to paint our field of awareness with it, and then to send it on out to the world.

Now what we get to observe is a being filled with love and life takes a great leap upwards and onwards.

The Truth of who we are will set us free from our felt separation from God.

The truth of what we face in everyday life will set us free from all the knots and tangles we get ourselves in on a daily basis.

I am peace.

I am love.

I am awareness of the truth.

If I were to start the whole journey over, I would again choose the path of awareness as the simplest and quickest path through the jungle to love and peace.

Awareness transforms.

Experiencing love and peace transforms awareness.

Footnotes

(1) "Jeshua: The Third Way" at <http://goldenageofgaia.com/2014/01/jeshua-the-third-way/>.

(2) For a description of the vision, see "The Purpose of Life is Enlightenment – Ch. 13 – Epilogue," August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

Why Transformative Awareness?

November 15, 2022

<https://goldenageofgaia.com/2022/11/15/339941/>



Download *On Transformative Awareness* here: <https://goldenageofgaia.com/wp-content/uploads/2022/11/Transformative-Awareness-9.pdf>

I was in the course of updating, expanding, and polishing *Transformative Awareness* when I came across a reference to "going above the line."

I made a footnote in the text and the footnote rapidly became an article. Let me explain the term and, in the course of doing so, also explain the wider term, transformative awareness.

“Above the line” is an est term for moving internally from a state of unconscious awareness to a state of conscious awareness. We go above an imaginary line separating unconscious awareness from conscious awareness. We are "above the line." We now use the term "awakening" to do the same work.

It can happen as a result of an "Aha!" or realization or it can happen as the result of telling the truth at a very deep level, taking a stand, declaring oneself, making an important promise, etc.

Somewhere I have a list of ways to presence the Self or go above the line. I'll enter it in a footnote. (1)

It's really what we mean when we say we "woke up." We use that term nowadays to relate to awakening on a single issue whereas it originally meant awakening from one state of consciousness to another.

This movement from unconscious to conscious awareness Werner called transformation and it's an event in awareness; hence my use of the term "Transformative Awareness."

OK, having said that, let me now hook it up to the purpose of life and I'll let it be at that.

The purpose of all life is that God should meet God in a moment of our enlightenment. "O thou I," said Bayazid in the moment of realization. Was it Bayzid speaking or was it God? (2)

What is that an event in? Awareness. We distinguish out the Real from the not real. We discriminate. Discriminating is an event in consciousness. Another name for consciousness is awareness.

It's our awareness that will carry us across the bridge of separation. It's our awareness that will unlock love and everything else in its train.

We don't have to be Olympic athletes or Einsteins (forgive me, Albert). All of us are, were, and always will be aware. We just need to sharpen it and use it wisely and without judgment. The design of life will take care of the rest. (3)

Footnotes

(1) Ways to Presence the Self

The short form

1. Love

To Emerge, Unfold

1. Share yourself; tell the truth; say what's so.
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.

(2) "I went from God to God, until they cried from me in me, 'O thou I!'" (Bayazid of Bistun in Aldous Huxley, *The Perennial Philosophy*. New York, etc.: Harper and Row, 1970; c1944, 12.)

(3) "At a certain point, when we have done all we can [to bring about an abiding union with the divine], the divine steps in and takes over." (Bernadette Roberts, "The Path to No-Self" in Stephan Bodian, ed. *Timeless Visions, Healing Voices*. Freedom, CA: Crossing Press, 1991, 131.)

"Your efforts can extend only thus far. Then the Beyond will take care of itself. You are helpless there. No effort can reach it." (Sri Ramana Maharshi, *Talks with*

Sri Ramana Maharshi, Question 197. Downloaded from <https://www.ramana-maharshi.org/books.html>, 31 August 2005.)

If You Begin with Yourself, You'll End with the Divine

October 12, 2023

<https://goldenageofgaia.com/2023/10/12/348682/>



My incompletions and failures are staring me in the face at this moment. It's all my own contribution to the cycle of conflict. I have no complaint. I need to see this.

What's happening? At the very deepest level? Way away from surface manifestations.

I'd have to give you some background related to my "hand in the game"; that is, my mission.

I need to refer to a discussion that Michael and I had in 2019:

Steve: Did you bring on the onset of MSSA (1) to have me relax and just spend some time in the hospital?

AAM: Yes.

Steve: I thought you did! Oh, boy. That is so funny!

AAM: There is a part of you, even when we suggested to you that timeout was required, that doesn't know what that means.

Steve: Yes, that's right. That's why you called me "wildcard" to [Blue Star], right?

AAM: Yes and your Higher Self, your Universal Self has given permission for these overrides.

Steve: I thought it was funny when it happened. I could see your hand in it.
(2)

I know what he means by "a part of you, even when we suggested to you that timeout was required, ... doesn't know what that means." I own that part of me. I *like* that part of me. I like to work. I like to gallop.

And it's only been in recent years - buoyed up by your support for this kind of journalism - that I've been willing to share in the way that I *am* sharing, blemishes and all, to the degree that I am. You know me better than my family and friends.

If I were ridiculed by the mockingbird press, I probably would lose heart under the barrage. So I go as far in sharing as is advisable under the conditions we're living under. (3) Later that hindrance will be gone.

I never share about another person. That's not my business. (4)

That's a preamble to this.

I can only explain what's happening as being that my inner capabilities far exceed what the human body can tolerate. And I know it. And whenever my forward motion, my desire to just gallop - shall I call it that? - is blocked, I project my anger outwards.

I'm frustrated at having to go as slow as I need to to remain connected to the outside world. Not to go to the Himalayas. Not to "finish the job." Not to break my soul contract to go up with everyone else and write about it.

The extent to which I'm working reflects who I am. The state of the body doesn't. ... Wahhhlllll, except that my attitude (as the troll under the bridge) created it. This is my reward, until med beds set me free. But it doesn't reflect my attitude today ... or does it?

The troll is brittle and I get to experience the brittle bodily karma attached to that state of mind. Usually that happens the following lifetime but we're tying up loose ends (pun intended) in one lifetime here.

I speculate that once I'm no longer brittle - once I flow - my back condition mmmmaaaayyyy unwind. As it is, because of the disc being displaced, the radiated pain is what's really troublesome. And that's not something EES or a chiropractor can fix. I await med beds.

Arthritis is no fun and my heart goes out to anyone with joint pain. Overnight you become disabled. OK, crippled. Hobbling around with a cane. No fun at all.

A recovering troll wanting to escape the cycle of conflict and barely aware of it, I haven't mastered the conditions of living with the rest of the world while working at the speed I think is normal.

Which turns out not to be normal. (Big discovery.) And doesn't sit well with sociable people.

I thought it *was* normal. What did I know? I only live in me.

While working at the speed and length of time I like, I've taken until today to learn to get along with another person even to a degree, rather than hiding at my computer and grimacing at each passerby. (OK, I exaggerate.)

It took me 76 years and 11 months to even see that I was living in the middle of a cycle of conflict.

And then to see ... guess what? Where I go, it goes. OMG. I'm still recovering from that one.

Seventy-seven years to break the crust of the cycle of conflict, into which I was born and from which I haven't found the decisive exit door yet.

So I'm just feeling out-and-out dismayed right now. I didn't make it again this year.

But I will by 78.

"If you begin with yourself, you will end with the divine....," the sage said. (5)

I believe him. I know he's right. I just want to be there.

Footnotes

(1) MSSA, methicillin-susceptible *Staphylococcus aureus*, as opposed to the more serious variety, MRSA, methicillin-resistant *Staphylococcus aureus*.

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 26, 2019. (Hereafter AAM.)

(3) Archangel Michael: You, as with so many, have been kept under cover. (AAM, Feb. 11, 2011.)

AAM: We want you flying under the radar. (AAM, Aug. 2, 2017.)

Steve: Are there things I could say [after the Reval] that might place me in jeopardy?

AAM: That is correct. You do not want to make yourself a bull's eye, dear heart. (AAM, Aug. 27, 2013.)

AAM: Now are you mightily protected? Well, my friend, if I cannot protect you, nobody can. ...

Of course you are safe. What you don't want is to be bothered. (AAM, Sept. 2, 2016.)

AAM: When you are in a different position [after the Reval], you will not share so much personal detail because, dearest heart, we have guaranteed that you are protected. Well, sometimes being protected means that you keep quiet.

Steve: Yes, yes, yes, I have to do my part. And it's going to be a challenge, Lord, because sometimes I just want to blurt it out.

AAM: I know.

Steve: What can we do?

AAM: I will muffle you.

Steve: Okay, good! That's what I need. ("Archangel Michael: Dream Big," Jan. 14, 2017, at <http://goldenageofgaia.com/2017/01/14/archangel-michael-dreaming-big/>.)

(4) Bhagwan Shree Rajneesh: If you begin with yourself, you will end with the divine, because that is your other part, the other pole. But begin from this bank; do not begin from the other, where you are not. You cannot begin from there. Begin from where you are.

The deeper you go, the less you will be. The more you know yourself, the less you will be a self, and once you have come to a total understanding about yourself, you will be annihilated. You will go into nonexistence, you will be a total negativity. You will be not. And in that not, in that total negation, you will know the grace that is always falling, that is always raining down from eternity. You will know the love that is always around you. It has always been there, but you have not paid any attention to it. Be annihilated, and you will become aware of it. (Bhagwan Shree Rajneesh, *I am the Gate. The Meaning of Initiation and Discipleship*. New York, etc.: Harper Colophon, 1977; c1975, 83.)

This is the foundational basis of the path of awareness.

(5) Loc. cit.

Using Awareness to Experience Self-Worth – Part 1/2

November 11, 2023

<https://goldenageofgaia.com/2023/11/11/using-awareness-to-experience-self-worth-part-1-2/>



Divine Mother, may we find blessed relief this 11/11 from the oppressive conditions that beset our world.

I think courting a breakthrough in self-worth is a fitting subject for 11/11. I hope you agree.

I'm not a spiritual teacher nor do I have ambitions to be anything but a writer. But I also would like to see a re-awakening of the growth movement. And I'm tired of waiting for someone else to do it. If not me, who?

Cast the Question

I think spiritual and growth commentators might agree with me that our primary affliction as a world is a lack of self-worth.

In my opinion, it isn't a lack of strength, imagination, resources, or any of the skills and faculties that can be "cultivated." It's a failure to appreciate ourselves, who we are, and what we might be capable of if we recognized and empowered our self.

Without that, our sense of self-worth lies neglected and hidden. Behind a locked door, so to speak. I'd like to talk about how to use our self-awareness to unlock that door.

A lot of the growth movement has to do with increasing and using our self-awareness. How many sages say we can't know the Self until we know the self? My own me is God and I recognize no other God than me. (A conundrum.) Seek the Self inwards. Etc. (1)

Why are we seeking *Self-Realization* if not through *self-awareness*? What other awareness would lead to realization of the Self?

Being aware of others is not what it's about, although that may happen incidentally.

If you want to take a step on the path of awareness towards a fuller appreciation of self-worth with me, then I recommend a simple but powerful exercise adapted from Enlightenment Intensives and widely used in workshops.

I believe they in turn adapted it from Ramana Maharshi, whose original question was "Who am I?" (2)

I'd like to adapt that and make the question: "What is my self-worth?" The exercise is to ask the question repeatedly and take the first answer you get.

Just "cast" the question as you would a fishing line and await an answer. And cast it again, and again, with intervals, intending that you as your Higher Self, or your archangel, or the Mother answer.

You may want to invoke the Mother and the universal laws of as above so below, change, and sacred purpose to give you an experience of your self-worth.

We are God. This is strictly a family matter

We're freeing up our sense of self-worth from the hammerlock that all our core issues and upsets, resentments and rules have on it. And from our ignorance that all of us are God.

I, the Self, have been underneath all the overburden. My experience of the purity and innocence of the Self at Xenia Retreat Center let yet another cat out of the bag. (3)

It happened on Sept. 18, 2018. I saw the Self and felt my own native, natural purity and innocence, an experience that I'll never forget and that no one can take from me.

What I saw and felt was deeply personal. Let's put that deeply-personal affirmation of self-worth at one end of the spectrum. At the extreme other end is the fact that each of us is God.

How can that be, you ask? How can it not be?

Could there be God, who is everything, and Steve Beckow, who is... uhhh.... No, God is everything including you and me. (4)

Therefore, ultimately, our self-worth is beyond estimation. On one level, the questioning very quickly reaches a point of ridiculousness. How do we measure God's worth? In dollars? You see what I mean?

So we're now both clearing away the obstructions to an experience of self worth by casting the question but we're also clearing up our misunderstanding. We are God. This is strictly a family matter.

But notice that in getting there, we had fun casting the question and seeing what the response was. And we cleared away numerous obstacles to feeling our self-worth. We've sharpened our awareness, probably gotten rid of a lot of lethargy. (5) This is better than push-ups.

Burrow down through the barriers

So we're casting the question and we got a barrier? We burst into tears.

Great. Observe it, get its message - really get it - and bless it. Then let it depart on its own time and at its own speed.

Ask the question again. Another barrier? Great. And on we go.

The awareness path is portable. You can do it while cooking, on the bus, at the supermarket. And doing it sharpens your awareness rather than dulling it with outside attractions.

Burrow down through the barriers. What is my self-worth? Take the first answer you get.

Observing, understanding, blessing, and letting go of any barrier that arises. Not this, not this, not this. (6)

You got an experience? Great. Be with it. Allow it to expand.

And keep going regardless. You'll know when to stop. I guarantee: You won't have to ask anybody.

A voyage of self-discovery

When I discovered that I was, underneath all my issues and upsets, pure and innocent. I was so relieved!!! I was not born in sin. I was born in innocence. That issue was now decided.

A restoration of that purity and innocence is where we're headed.

In part 2, I'd like to quote Plotinus' description of an alternate awareness process to the same destination, which will demonstrate, I hope, that we terrestrials have been walking the awareness path to Self-Realization for millennia.

Thank you for coming along with me on a voyage of self-discovery.

(Concluded in Part 2, below.)

Footnotes

(1) Our job in all our lives is one of discrimination: We are discriminating out from all that is unreal the one thing that is real - God. Physical life is where we develop our discrimination to the level where we can do that.

(2) See Anon., *Who Am I? The Teachings of Bhagavan Sri Ramana Maharshi*. Sarasota, FL: Ramana Publications, 1990 and Arthur Osborne, ed., *The Collected Works of Ramana Maharshi*. <http://www.ramana-maharshi.org>. Downloaded 10 Sept. 2005.

(3) The original cast out of the bag was discovering I was not my body in the 1977 OOB. Another cast out of the bag was learning the nature of transformative love in the 2015 heart opening. We also call these realizations.

(4) Let's leave aside the matter that, if I am God as you are, then by extension I must be everyone else. Archangel Michael Me, Mother Me, I like St. Germaine Me.

Feet on the ground, Steve. No senior enlightenment experiences until the guests have been served. Just saying....

(5) (What Hindus know as the guna of thamas.

(6) Neti, net, neti (not this, not this, not this) - the practice of non-dualism.

"As long as one has not realized God, one should renounce the world, following the process of 'Neti, neti.'" (Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 328.)

Brahmajnana, Jnana = Seventh-chakra enlightenment; still in Third Dimension

Ascension, Vijnana = Beyond the 3D chakra system. Full and permanent heart opening, portal to higher dimensions

For more, see:

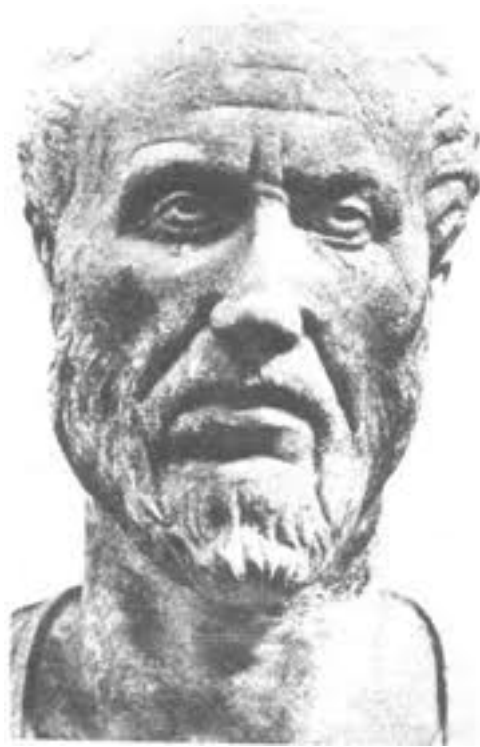
- *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-3.pdf>

- *Gateway to Higher Dimensionality Vol. 1: Introduction to Ascension* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Gateway-to-Higher-Dimensionality-V1-R4.pdf>
- *Grandeur Beyond Grandeur: Toward a Cross-Cultural Spirituality Vol. 2: What is the Divine Plan?* at <https://goldenageofgaia.com/wp-content/uploads/2023/07/Grandeur-Beyond-Grandeur-2-5.pdf>

Using Awareness to Experience Self-Worth – Part 2/2

November 11, 2023

<https://goldenageofgaia.com/2023/11/11/using-awareness-to-experience-self-worth-part-2-2/>



In my view, what we're doing with our awareness is what Plotinus characterized as polishing the statue. We're removing a film or residue from the aggregate of all our upsets and revealing the Self beneath.

This is known to all religions as the purification phase of enlightenment. It may take different forms.

Is the state that Plotinus describes here not where all of us would be happy landing?

Plotinus in Elmer O'Brien, ed., *The Essential Plotinus. Representative Treatises from the Enneads*. Toronto: New American Library, 1964, 40-3.

“Let him who can arise, withdraw into himself, forego all that is known by the eyes, turn aside forever from the bodily beauty that was once his joy. He must not hanker after the graceful shapes that appear in bodies, but know them for copies, for trceries, for shadows, and hasten away towards that which they bespeak. ...

“Withdraw into yourself and look. ... 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....

“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.”

Once All the Barriers Fell

February 2, 2020

<https://goldenageofgaia.com/2020/02/02/once-all-the-barriers-fell/>



The encounter hall at Cold Mountain Institute

On the awareness path of the growth movement in the Seventies, we'd talk a lot about "pushing your edge."

If we were going to grow, we had to rid ourselves of our unwanted baggage. We had to follow some form of cleansing or purifying process. And for us that often meant to "own" something. To tell the truth. To drop all pretence.

Calling ourselves on our own numbers drew high praise in the subtle hierarchy of a growth or encounter group. All of that would be examples of pushing our edge.

What was the edge? The edge was the boundary of consciousness where knowing gave way to not knowing, feeling to not feeling. When I'm at the limits of my knowledge or feeling, I'm at my edge.

Another image it conjures up is a sharp blade that a person is pushing into something, like cheese for instance. We are pushing the edge of the blade of awareness as it does its work of having us be alive, satisfied, and complete.

The growth movement knew that intellectual knowledge could only take us so far and so they heavily emphasized experiential knowledge. How you felt was paramount.

Realized knowledge was viewed as a little mystical, other-worldly, and was only mentioned by very senior students. The rest of us kept our attention on the here and now, the down-to-earth, this now moment.

Pushing our edge was agreeing to go into the unknown not knowing, to be willing to risk, to be open, to be vulnerable. We pushed our edge by sharing our deepest thoughts, feelings, and intentions. We pushed our edge by trying something new or feared. All of us emerged from our shells. We dropped our masks and numbers.

What I realized the other day is that I still to this day am pushing my edge. That's the metaphor that keeps me returning to completing my vasanas or core issues, what has me look the next sunrise at what still holds me back, etc. In my mind, I'm constantly pushing my edge.

Then we had a whole line of justification for giving ourselves a break, kicking back, relaxing, cooling off. Growth incorporated both sides. It was a definite lifestyle with its ardent advocates.

That lifestyle was very honest and highly experiential, very satisfying and always dynamic. I've never felt more alive than I did at that time.

Evidently the impact on me goes deep if here I am many years later still responding to the invitation to push my edge.

I miss the challenge of those days, the close bonds, and the love we shared once all the barriers fell.

The Philosophy of Awareness

The Outer and the Inner

March 29, 2020

<https://goldenageofgaia.com/2020/03/29/the-outer-and-the-inner/>



I suggested earlier that we all help the planet out and voluntarily quarantine ourselves for two weeks. (1)

Well, here we all are, voluntarily and involuntarily quarantined, in a laboratory experiment in isolation and social distancing.

You're free for the evening, right? Humor me then. Let's pretend we're sociology students.

I'm exploring what the impact of being in a "pandemic" is. Some things it brings up we regard as "problems" that "need solution" (speaking sociologically). Other things are merely interesting and some even helpful. What is it bringing up for me?

As I look at myself, I see what is proving to be the hardest thing to handle is the degree to which the pandemic obliges me to take "the outer" into account.

I get to see just how introspective I really am: The degree is thrown into stark relief by the necessities of these events. You can't argue with a pandemic. You could lose your freedom.

I think that everyone has a certain preference for how much time they want to spend in the outer vs the inner; how much in contemplation and reflection and how much in action and interaction. (2)

I have a young friend who seems always on the go. She's very much focused on the outer.

Meanwhile I'm almost entirely focused on the inner.

I notice that my friends are introspective, self-aware. We spend a lot of time just being. Not much to talk about. Not very exciting to an active person.

Prior to the pandemic, I was spending a vast amount of time on the inner - contemplative, introspective. Now Coronavirus obliges me to break habits and stay focussed on the external, etc. I need to be aware. I need to watch out. Don't touch this and don't touch that.

Have you washed your hands? Please don't hand currency to me; use plastic. Stay six feet away from me, sir. What? Are you trying to kill me, dude?

The level of drama appears to be high and a lot of deep, deep issues seem to be arising on the wave of fear that cries of "pandemic" bring. All of this is what I'm noticing.

It's like getting multiple electric shocks to a contemplative to be out in the world right now.

But that's not the only external demands made on my essentially-introspective nature. And now I switch from the sociologist to the problem solver.

Everything has shut down. No restaurants. No coffee shops. There aren't even any bathrooms open. This also calls for rapid adjustment on my part, wrenching my focus from the inner to the outer. I can't ignore this one. (3)

That means I get no break from my own cooking. Mother, this is torture. Get me outta here.

So I'm now going to take my "free time" (my non-work time, the time I have to play with) and create a distinction between (1) the time within it I'm allotting myself to be introspective and alone (i.e., to write) and (2) the time I'm allotting myself to be externally-focused and self-aware in the midst of a pandemic.

To do this, I need some kind of structure. So I'm going to create it myself. Here we go.

What I mandate, what I decree is that, in the time I spend outside my apartment in my "free time," I will be externally-focused and self-aware. When I shut this door and go outside, I am externally alert and personally responsible.

I decree that the time I spend inside my apartment, I can set aside the outside world and "settle into being," as Pandit Ravi Shankar put it. When I shut this door and go inside, I am internally-focused and self-aware.

I agree with myself to keep the two worlds separate - one is my public, interactive world, so to speak, and the other is my private, writing world.

This in itself will be another major shift for me and I could fall back into unconsciousness. I don't want to. This is important.

I personally need this kind of structure to remain balanced and relaxed, awake and alert in an unstable situation such as we commonly face today.

Footnotes

(1) It stops the spread of the virus. But it also gets all of us out of the way for the takedown of the cabal, which I think is happening "behind the scenes." Everyone locked down means no false-flag fatalities, no school shootings, etc. It gives the positive military the opportunity to "drain the swamp." We get out of their way.

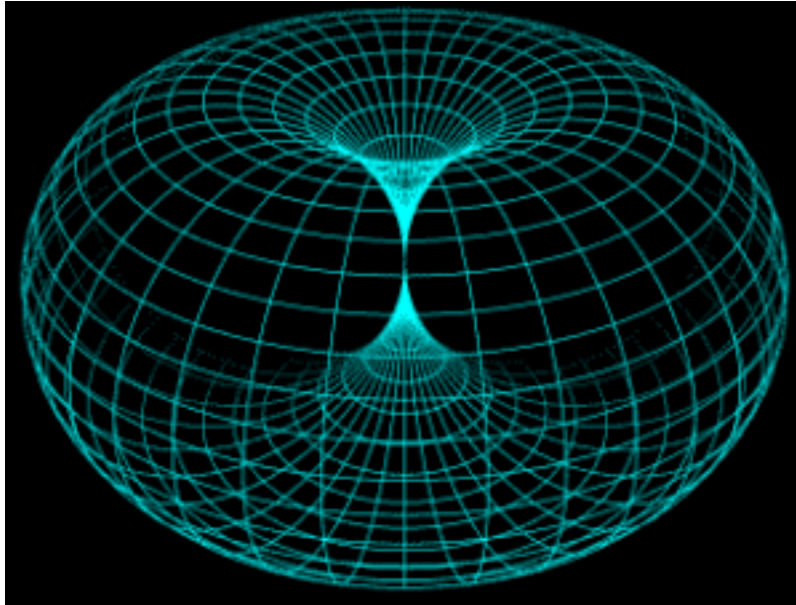
(2) Hindus will recognize this as the distinction between the sattwaguna and the rajoguna, the pure and contemplative and the busy and accomplished.

(3) My prostate operation in 2016 left me needing to get to washrooms with fair dispatch. No bathrooms open limits my range of mobility. Now I'm *really* isolated, I think to myself.

Everyone's a Star and Our Practice is Our Everyday Life

Dec, 26, 2023

<https://goldenageofgaia.com/2023/12/26/everyones-a-star-and-our-practice-is-our-everyday-life/>



I'm having a flow of inspired thought that's going faster than I can capture.

I grab this inspiration from the flow as it passes by me: Everyone's a star and our practice is our everyday life.

Wow. I like that one. It resonates.

Let me expand it here, while also staying aware of the background flow.

Think of the matter this way. All of us, as I saw in my vision in 1987, are on the same One Journey: From God to God. (1) Everyone. And that journey has the same One Destination.

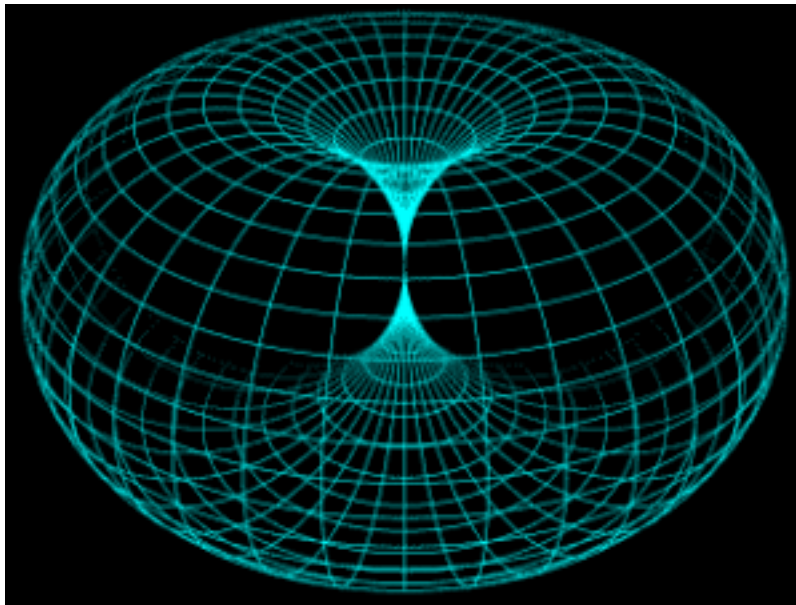
The folks on the train behind us: they'll be at the destination a day later than us. The folks on the train ahead of us? They'll be at it a day earlier.

It doesn't matter where we are on the One Journey. There's no stigma attached to being on tomorrow's train. We'll all get there. I've quoted Sri Ramakrishna before on the matter:

"All will surely realize God. All will be liberated. It may be that some get their meal in the morning, some at noon, and some in the evening; but none will go without food. All, without any exception, will certainly know the real Self." (2)

Knowing the real Self *is* the destination, is it not?

Here's another depiction. Think of a toroidal field, because, in a sense, this is exactly what our situation is. Siri, give me a toroidal field please:



Credit: lifeharmonized.com

Thank you.

Mother/Father God lies at the center. What the figure partially depicts is that everything emanating from the center returns to the center again. Voilà! Precisely what I'm saying, is it not?

Jesus described that One Journey here:

“I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father.” (3)

Yes, exactly what an object in a toroidal field does, does it not?

Where the One Journey from God to God varies is in what Archangel Uriel called "scenic detours." (4) I may decide I want to spend a lifetime on a beach in Fiji, sipping ... Starbucks Frappacinos. Given that my other lifetimes have been quite active, that might be seen as a scenic detour.

An Indian sage once said we have as much free will as a tethered cow. Yes, the longing for liberation guarantees that we not stray too far but return to the One Journey again. (5)

Even Jesus consented to become one strand of a toroidal field. Follow me, he said. No more scenic detours. Back to Mother/Father God. Back to the One.

Completing that One Journey is the purpose of life. Why? So that Mother/Father God can have the pleasure of meeting, yes, us, but equally importantly, themselves. When one of us realizes God, at that instant, God meets God.

Sri Ramakrishna, like Jesus, a descent of God into a body, poked fun at that ultimate moment:

"When Siva realizes his own Self, He dances about in joy exclaiming, 'What am I! What am I!'" (6)

For this moment of joy was all of creation made.

In my vision I saw a small golden star jet out from a large golden sun. It was that star that completed the toroidal journey from God to God. Every one of us is that star.

Mastering the divine qualities is our overall spiritual practice and the longing for liberation keeps us at that practice. No matter what the scene that presents itself,

everyday or state occasion, every one of them is an occasion to practice the divine qualities.

I submit this as my proof that everyone's a star and our practice is our everyday life.

Footnotes

(1) For an account of the vision see “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue” in *The Purpose of Life is Enlightenment* at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 818. (Hereafter, GSR.)

(3) Jesus in Matthew 16:28.

(4) "Dear friends, our hope is that what you choose to do is to go straight forward and not take any more, shall we say, scenic detours." ("Archangel Uriel: I Assist Individuals in Their Journey into Enlightenment," December 15, 2014, at <https://goldenageofgaia.com/2014/12/15/archangel-Uriel-i-assist-individuals-in-their-journey-into-enlightenment/>.)

(5) On the longing for liberation, see:

- "Ch. 7. The Longing for Liberation" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>
- “Understanding the Longing for Liberation – Part 1/3,” October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-13/>
- “Understanding the Longing for Liberation – Part 2/3,” October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-23/>
- “Understanding the Longing for Liberation – Part 3/3,” October 17, 2016, at

(6) Paramahansa Ramakrishna, GSR, 393.

For more of this discussion, see:

Grandeur Beyond Grandeur: Toward a Cross-Cultural Spirituality Vol. 1: What is It? at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Grandeur-Beyond-Grandeur-1-9.pdf>.

And *Lightworkers: Creating a World that Works for Everyone Volume 1/3: Waiters at the Banquet of Ascension* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Lightworkers-1-7.pdf>

We're All of Us Natives

December 17, 2023

<https://goldenageofgaia.com/2023/12/17/were-all-of-us-natives/>



The Divine Mother asks us:

Divine Mother: What is the new foundation upon which Nova Earth is built?

It is the 13 Blessings and Virtues [the divine qualities] that we gifted you so long ago. This is the core of everything you will value and bring forth in the new reality. This is the foundation of what you create and co-create with us.

(1)

If we're asking ourselves what our mission is, not all of us have access to a medium to find out from the One we serve, but here the Mother reveals the more general mission we all have: To live from the divine qualities.

I know my missions. To be a communicator of truth, love, and peace; later, a humanitarian philanthropist; later still, a liaison between our star family and us, wherever a liaison is needed. Then I get discharged for 200 years. Then it's on to the next Ascension, with many of you. (2)

We're an Ascension team. (3) As Sanat Kumara said, this is not our first rodeo.

Sanat Kumara: Oh yes. We are old friends. There are some, what would you call them, newbies upon the planet and they have mostly traveled from various sectors of the universe, but most of us, my friends...we have been at this in and out of various forms for a long time. No, you have this saying upon your planet, "This is not our first rodeo." (4)



To ascend is to love. To ascend is to expand. To ascend is to be like God.

To love and be like God in all the other ways of the divine qualities is to constantly refine, expand, ascend. It is the purification phase that the ancient sages spoke about (purification, concentration, illumination).

Don't forget we're all angels. Not once upon a time. No, now. The Divine Mother is clear on the matter:

Divine Mother: Let me be clear. There is not one being – human, starseed, hybrid or earthkeeper – that is not one of my Angelic Beings. And it matters not whether you belong to the Legion of Michael or the Tribe of Uriel, the Praisers of Metatron or the Truth Speakers of Gabrielle. It does not matter your colour, your hue. You are my Angels, birthed from my being – birthed not only from my womb, but from my heart. (5)

I hear you saying but she must mean we were originally angels - long ago, not now.

No, no. No wiggle room. Michael is precise:

Archangel Michael: At this ... moment of ascension and shift, all present upon the planet, from what has been judged as the most egregious to the most saintly, are angelics. (6)

From what we consider the most egregious to the most saintly. What's to misunderstand? On another occasion he said:

Archangel Michael: To use your phraseology, there are no day laborers on Earth at this time. None. Now, do you realize what I am saying to you? That the mother who sits by the brazier burner in India or walks the Kalahari in Africa or dances in the street in Rio all have chosen to congregate on this magnificent planet, Gaia, at this time? ...

So, yes. 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. (7)

The Mother sent all angels so that the newness and challenges of this groundbreaking Ascension would not overtax the ones ascending. Michael declares it here:

AAM: The angelic abilities, are present in the human race, in the individual human form at this time, so that the leap into Nova Being is in fact not as great as it might have been in other ages. (8)

Is possessiveness arising? Keep in mind: This planet was originally designed to be a place where angels could come and experience love. Says Jesus:

Jesus: Often we have talked to you, and particularly my beloved Mother has talked to you, about the creation of this wonderful planet of Gaia and how it was created as a planet of Love and a planet of peace, my friends.
...

In the very creation and the essence of this mighty being called Gaia was the formation of a place, a physical experience of such diversity and incredible beauty that the angels would come and play here and know what it was to have a physical experience of Love. (9)

We angels are native to this planet. Yes, we who are incarnated right now. You....
Me.... All of us....

We're all its native inhabitants. We're called the Creator Race. (10) The Mother exhorts us:

Divine Mother: Go forth...each of you...as Nova Beings, as Creator Race, as angels in form, as hybrids in form, as portals and gatekeepers and Earthkeepers. It matters not, beloveds, how you identify yourselves or even how you are identified throughout the multiverse, the omniverse. (11)

None of us owns the Earth. There's a Hindu joke that God laughs when a man says "I own this property. This property is mine." We own nothing as we'll see when we transition (if we do) (12) and try to take it with us! We all hold our property in stewardship to the Mother.



So what do we go to this spiritual university called Earth for? What did the Mother say? To learn to think, feel, and be the divine qualities.

She's the Queen Bee. She directs the overall action. And she sends us to build Nova Earth on the basis of the extension of the divine qualities which she herself possesses and shares freely and consistently.

She wishes us to design, build, and live from the divine qualities. She wants us to imbue the products of our work or our services with those same qualities.

Listen. I know what lethargy feels like. I've actually seen lethargy blanket my intention and remove it from consideration, as I shared with you at the time. (13)

We need to rouse ourselves from our lethargy now. We call that "awakening"; it's a different way of seeing the subject.

We need to shake off our lethargy, begin communicating, begin organizing, begin acting - all on the basis of the divine qualities. That's the one assignment all of us share.

If you say to yourself, what do I do if or when I awaken? There's always communicating. Begin finding your tribe online and start communicating. That's easy to do. Let the hive be abuzz as hives should be.

We're all of us natives - native inhabitants of Planet Earth, native angels, Earth's Creator Race. We have the opportunity to bind up the wounds that other generations have created.

Footnotes

(1) Linda Dillon, "Chapter 3 - The 13th Octave Blessings & Virtues" in *The Great Awakening. A Spiritual Primer*. Port Lucie, FL: Linda Dillon, 2012.

Linda tells us:

"The energy of the Blessings and Virtues has grown enormously over the past couple of years as humanity awakens and comes to understand not only do the old paradigms and belief systems not work, but a life built upon a foundation of love is necessary if we are to anchor fully in the higher dimensions.

"That is what the Blessings and Virtues are – they are your foundation for the practical living of a life based in love." (Linda Dillon, *The New You: Emerging into then Brilliance of Humanity's Heart Consciousness*. Port St. Lucie: 2013.)

(2) Archangel Michael: When you complete this mission, you are allowed to have 200 years off. But what you do with that is up to you, dear one! You will certainly have full access to your inter-dimensionality. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 18, 2012.) [Hereafter AAM.]

S: The next assignment is in the Seventh Dimension?

AAM: You will have a choice of planetary systems. This is just the warm-up for [that] Ascension. It is to bring a further rising of vibrations to those throughout the Universe. (AAM, Sept. 13, 2011.)

(3) We are grateful to you for all that you've done being the best of the very best of ascension teams. You are the chosen ones and you are deeply loved and appreciated throughout all of creation. ("Mira from the Pleiadian High Council

through Valerie Donner, March 31, 2023,” April 1, 2023, at <https://goldenageofgaia.com/2023/04/01/mira-from-the-pleiadian-high-council-through-valerie-donner-march-31-2023/>.)

(4) “Sanat Kumara: Universal Law, Operating System for Nova Earth,” via Linda Dillon, July 21, 2017, at <http://goldenageofgaia.com/2017/07/21/video-transcript-sanat-kumara-universal-law-operating-system-for-nova-earth/>.

(5) “The Mother’s Clarion Call to All of Humanity!” April 20, 2020, at <https://goldenageofgaia.com/2020/04/20/the-mothers-clarion-call-to-all-of-humanity/>.

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

(7) Loc. cit.

(8) AAM, Sept. 16, 2020.

(9) Jesus Sananda, “Earth’s Creator Race,” June 21, 2010, at <https://counciloflove.com/2010/06/earth%E2%80%99s-creator-race/>.

(10) Archangel Michael: You’re Now Ready to Know Who is Here,” *ibid.*

When Michael says "Creator Race," exactly what kind of being were they ... uh, are they ... uhhhh, are we?

Steve: Exactly who is the Creator Race? It’s transcendental beings, is that correct?

Archangel Michael: It is beings that assumed a humanoid form with what you can think of as full awareness; so not with the limitations, the blinkers, that the current race of humans have. ...

Steve: The Mother created this race?

AAM: Yes. (“Archangel Michael: Understanding the Divine Gift of Will,” September 22, 2016, at <http://goldenageofgaia.com/2016/09/30/transcript-archangel-michael-understand-divine-gift-will-ahwaa-september-22-2016/>.)

(11) “Universal Mother Mary – You are the Fulfillment of The Promise, May 8, 2020,” at <https://goldenageofgaia.com/2020/05/08/universal-mother-mary-you-are-the-fulfillment-of-the-promise/>.

(12) Ascension beyond the Fourth Dimension we're in sees an end to birth and death. That's why it's called *moksha*, *mukti*, liberation.

(13) "The Blanketing Mechanism Called Lethargy," October 2, 2023, at <https://goldenageofgaia.com/2023/10/02/the-blanketing-mechanism-called-lethargy/>

Today? Tomorrow? Better Than? Worse Than?

Jan. 2, 2024

<https://goldenageofgaia.com/2024/01/02/today-tomorrow-better-than-worse-than/>



Leaves daily

I found myself dwelling on a matter we recently discussed.

Let me develop this thought if you would.

I want to take a train, with a roomette, across the US. I go to book a roomette on such-and-such a train, which travels daily across the continent.

I have a choice. I can leave today, or tomorrow, or the next day.

I look outside and see the people boarding the train (make-believe) and think to myself that tomorrow it'll be the same general type of people boarding. The next day, the same. Hmmmm.... Not much help there.

Is it better to leave today, tomorrow, or the next day? Is it worse than? Does leaving today make me a worse person than the person who left ahead of me? Better than?

Say I was born from Mother God on a Friday and you were born the next Wednesday, does my earlier departure make me better than you? Or vice versa?

We're both sparks of God, small golden stars of the One Golden Sun. (1)

All of us are on the same train. It travels from God to God. Some are born from God earlier, so to speak, and some later.

Since we're all angels, (2) let's restrict our attention to the angelic kingdom alone out of all kingdoms. Michael says:

Archangel Michael: This is something that we have never really talked about before. In the Mother's infinite creation there are still billions of those sparks of light being birthed to this day.

Steve Beckow: And these were the seraphim or all of the angels?

AAM: No, all the angelics, if you take it as a very large group. (3)

Is the angel born on a Friday superior to the angel born on the next Wednesday? Do you see the dilemma?

There are no day laborers on Earth today (4) since we're all here to play our role in Ascension. Therefore, because a person left God a year after we did, and so has not learned some school-of-hard-knocks lessons that we have, is that a reason to look down on them?

This is going to get harder and harder as we encounter people indoctrinated about vaccines whom we may need to serve because of vaccine injuries. Our service may be medical, financial, social service, etc. It may be difficult to hold our peace.

Or known deep stagers whom we may also need to serve (in courts, first responders, military, etc.). It'll be part of our work to remember that they've simply taken the train a few days after us.

The point of departure and destination are the same for everyone: From God to God. (4) The difference between us at the beginning and us at the end can be summarized in one word: Self-Realization.

I was in the kitchen, about to make coffee at 6:30 am this morning and I was fairly gripped by the throat and dragged to the computer to write this article.

Thank you, Guiding Light. Back to my morning Joe.

Ahoy, matey! Pull anchor!

Into the New Year!

Footnotes

(1) The reference is to the figures in my vision in 1987. See “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue” in *The Purpose of Life is Enlightenment* at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) 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) “Archangel Michael on the Angelic Kingdom (Repost),” Aug. 11, 2017, at <http://goldenageofgaia.com/2017/08/11/archangel-michael-on-the-angelic-kingdom-repost/>.

(4) Archangel Michael: To use your phraseology, there are no day laborers on Earth at this time. None. Now, do you realize what I am saying to you? That the mother who sits by the brazier burner in India or walks the Kalahari in Africa or dances in the street in Rio all have chosen to congregate on this magnificent planet, Gaia, at this time? ...

So, yes. 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. (Archangel Michael: You're Now Ready to Know Who is Here," April 10, 2013, at [http://goldenageofgaia.com/2013/04/archangel-michael-youre-now-ready-to-know-who-is-here/.](http://goldenageofgaia.com/2013/04/archangel-michael-youre-now-ready-to-know-who-is-here/))

(5) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-3.pdf>

We Need to Kickstart Our Culture

February 6, 2023

<https://goldenageofgaia.com/2023/02/06/we-need-to-kickstart-a-culture/>



Raven meeting room at Cold Mountain Institute, 1976, where I had many breakthroughs and a couple of transformational experiences

A New York psychologist once discussed what he called "reality suction." What he meant by that is that each of us is trying to suck the other into our own reality.

I have reality suction going on with a young millennial friend whom I'm busily trying to suck into my reality even as she is equally energetically trying to suck me into hers.

Years ago I would have resisted and she probably would have as well. But this time around, I remembered my late brother's example.

He would never have resisted or criticized another. He accepted all realities and encouraged everyone along the path of their own choosing.

With that in mind, I'm not resisting the reality she wants to suck me into. I'm learning about a few subjects I never thought about before.

I notice that resistance to me has dropped away. As within, so without.

We ... OK, I ... probably have to learn all over again how to connect and get along with people. So many connections are dissolving over disagreements of conscience right now. Election fraud/no election fraud. Biden/Trump. Vaxxed/Un-vaxxed. Pro-life/Pro-choice. Climate concerned/Not climate concerned. On and on.

This is not dividing us. It's splintering us. As it was probably designed to do. We're weak when we're divided. And that's the general idea for the ones who are stirring the pot.



Things seemed so beautiful and promising in the Seventies in the growth movement. We were open, transparent, and nourished.

Things are so splintered now that the thought of making the climb to recover and advance in creating social bonds and connections seems overwhelming to me. But that's what we have to do.

And it won't come about by resisting each other, but by listening, hearing with compassion, and accepting the other person as they are and for what they are.

We need to bring forward the growth technologies of the Seventies - encounter, psychodrama, bioenergetics, bodywork, rule reconstruction, on and on. We need to push our edge in the area of growth. And keep pushing it.

I can think of a few group leaders I'd like to see come out of retirement to help us.

We need to kickstart our culture.

Spirituality and Growth

May 11, 2021

<https://goldenageofgaia.com/2021/05/11/spirituality-and-growth/>



"This means something" Credit: Close Encounters of the Third Kind.

There exists a spectrum to how spiritual evolution is accomplished.

At one end is what can be purely called "spirituality"; at the other, what can be purely called "growth."

What's the difference between the two as terrestrials practiced them?

Well, of course, everyone will have their own opinion and that's as it should be. In my opinion, the difference between them is that growth works through the body to enlightenment and spirituality focuses more on what's beyond the body and attaining that.

Spirituality doesn't ignore the body but the interest of spiritual people seems to lie more on what's beyond it, beyond our everyday life, our senses, our memories.

Growth work doesn't ignore God and the Self. It sees such measures as releasing muscular holding patterns and the belief systems that causes them as pathways to Self and God.

Some spiritual people view growth people as being crude and elementary. Some growth people view spiritual people as having their heads in the clouds.

I personally think it's purely a matter of preference and both are valuable approaches to spiritual evolution.

Maybe you like the way you feel when you have a full breath release in rebirthing or a full body release in bioenergetics. And growth work is what you want to stay with for now.

Maybe you did growth work earlier and had a peak experience, which gave you a taste of bliss. You heard that bliss is higher-dimensional and now want to know - what is all this?

This means something, you find yourself saying, over and over. And it does. It means the world.

Genuine Spiritual Growth, not Fakery

Dec. 27, 2023

<https://goldenageofgaia.com/2023/12/27/genuine-spiritual-growth-not-fakery/>



We think of people dying from the toxic vaccines, but what we don't think about are people left horribly maimed.

I heard the case of a woman who is fully vaccinated and boosted and has just been diagnosed with a rare form of cancer that invades the face and, if left untreated, invades the brain.

The doctors said that, whatever the results from here on in, there would be some disfigurement. What a future. (Med beds.)

Of course it isn't the vaccine. Of course not.

What a challenge before us. We the unvaccinated will now work the hospitals treating the vaccine injured. (Until med beds.)

In every case I've heard of, when medically examined, none of the deep-state actors has been found to have taken the vaccine.

We've been railed at and vilified - for exactly the crime the cabal is guilty of, genocide - by precisely these people for not taking a vaccine they made sure not to take.

Many of the deep-state makers and promoters of vaccines have met their fate. I'm not sure what the crime was. In a common sense way, I'd imagine it was genocide.

And now we'll need to turn around and treat the vaccine injured.

Why should we do it?

Because there's a wonderful opportunity for incredible spiritual growth here. If we follow the model and example of the devolutionaries, if I may coin a phrase, we'll also devolve. That isn't what we ... OK, I ... want, is it?

Because we ... I'm not alone, am I? ... want to follow the example being held out before us in channeled messages. (1)

Because the others that condemned us and now require treatment are showing us an unhealed place in ourselves which can only be healed when up to the surface and in surface consciousness. Focus on healing the unhealed part of ourselves, I say.

And thank the others for helping to bring it to our attention so it could be healed.

I dislike giving advice. And I don't like people giving me advice. That comes from events with my father. And I don't ... errr, advise ... anyone to follow my example.

Better to learn how to advise ... or maybe freely suggest ... something wisely. That's what advice should be anyways, according to me.

What I do with advice freely given, if I don't agree with it right away, is store it away. I act on it when I hear the same advice from a second person or source. Why do I do that? I don't know. I know I do it though.

Confirmation? Corroboration? Significance? Etc. Is anyone else upset about this?

The subject becomes important now because I think we'll see a flood of building the new and a tributary of that flood will, I think, be giving advice. And some people may be aggressive in their advice-giving. And we may react to their aggression and not consider their advice because of it. And we may miss opportunities we'd rather we didn't.

What has me say this is that I feel sobered by a particular situation I read about. It involved the martial scene we enter inevitably when a nation is at war.

In modern warfare, you never know what you'll encounter and how little time you have to react. The Alliance is committed to legality wherever the circumstances are not life-threatening or don't require a lethal response from us.

But what I commonly read is a phrase which says a great deal: "There will be no second chances." If a person draws, they're immediately dispatched. Not wounded. Not given a second chance.

The same with opportunities to confess, opportunities to switch sides, plea deals, etc. If they're turned down, there is no second chance.

Feeding into this change of stance is, I think, the fact that warfare has become so technological that responses have to be lightning quick.

The legal research is done before an arrest is made, but no (second) chances are given after setting in motion serving the warrant. Alliance agents and pilots have been killed. None of it is being reported in the mainstream news. Life and death are at stake in taking down the cabal.

The deep state cannot prevail but they can destroy and kill. The Alliance is trying to minimize the casualties and destruction by keeping things as quiet as possible but they are draining the swamp nonetheless.

Someone is taking the blanket and really shaking it. And our job right now, as far as I can see it, is to endure and help out ... if you'd allow me to suggest it.

Keep in mind: Our star family, keeping things within bounds and always moving towards Ascension, will not allow the explosion of nuclear bombs in space. And most nuclear weapons are launched into space. (2) And they also won't permit a world war.

What a challenge - to treat the vaccine-injured. And what an opportunity for spiritual growth. Genuine spiritual growth, not fakery.

Footnotes

(1) If you respond by ridiculing channeled messages, know that you're following an old and corrupt paradigm [ridicule], which has consequences.

(2) On this matter and for background, see:

- *There Will be No Nuclear War for the World* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/No-Nuclear-War-R4.pdf>
- *The End of Darkness on Earth: the Dawning of the Light* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/The-End-of-Darkness-5.pdf>
- *The Hidden War: Stopping the Illuminati* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/The-Hidden-War-R8-1.pdf>

Glimpses of What Lies Ahead

March 10, 2020

<https://goldenageofgaia.com/2020/03/10/glimpses-of-what-lies-ahead/>



In my 1987 vision, if I'd have looked into the past or into the future, down the tube the golden star was traversing (lifetimes in matter, mater, Mother), the view would have looked like the Nautilus shell, above, receding in time.

Having newly discovered, or re-discovered perhaps, my balanced adult, (1) I'm now having fun with it.

I spilled a bottle of glue today while transferring it from one bottle to another.

I enjoyed watching myself clean up the mess, moderately. I knew full well (without a barrier of resistance appearing) that I could restore the situation and we could then carry on. I was acting from my balanced adult.

We know what I'm doing, don't we? I'm reparenting myself.

I'm walking myself through the critical-parent and wounded-child scripts and, with thanks for their service, retiring them. They no longer work for me. After celebrating the occasion, I'm moving forward.

In their place, well, quite frankly, I'm relying on what Michael has told me in preparing me for what's up ahead. I'm putting in place what he's taught me. That must be fairly obvious to anyone reading me.

He might as well be my (divine) psychotherapist. He's certainly my teacher. Look at how long it took me to get what he meant by "balance," even though he harks back to it repeatedly? Years. Just short of a decade. I'm supposed to be a fast learner.

Why so long? Because balance and peace, love and bliss are not Third-Dimensional spaces and I was looking for them in the Third Dimension. They are nowhere to be found, there.

There are no words to describe them because Third-Dimensional words have not been invented that capture a higher-dimensional space. I don't think it'll be possible to do so for a while, anyways. For example, I can think of no way of capturing higher-dimensional love, true love, in words. I wouldn't even try any more. (And yet I do, again and again.)

For most of us, when we see or in other ways experience these divine states, we get a glimpse of what lies ahead - encouragement for us to keep going, keep going, keep going.

These moments of discontinuous and expanded comprehension are what I mean by "realized knowledge." Realizations can be big or small. They don't last - until Ascension. But they produce certain knowledge and unforgettable experiences. And they're glimpses of what lies ahead.

Most of us don't recognize them for what they are. They seem to be just wonderful moments (magic moments even) when everything seemed different and we knew a lot. But we see no further significance to them. No big deal.

After Ascension, our hearts are permanently opened in Sahaja Samadhi. Then our vasanas are fried to a crisp. There are now no seeds of future action, no arrows of karma waiting to be launched.

We're released from our bondage to unproductive stimulus/response patterns. We experience this as moksha, mukti, liberation from bondage.

We'll live in a crystal-based (rather than our present carbon-based) body, which we're slowly adapting to now, which neither needs to die or be reborn. Thus we're released, as the Buddha might say, from bondage to the wheel of birth and death. He called it Nirvana. Names don't matter. It's the same higher state of existence.

Our spiritual experiences are in the end encouragement to keep us moving forward through this slow and gradual time during which the body adapts to the greatly-increased energies, the greater light of the higher dimensions which before long it will be living in.

Footnotes

(1) See "Up from Moan and Groan," March 6, 2020, at <https://goldenageofgaia.com/?p=306851> and "The Adult State = The Balanced State," March 9, 2020, at <https://goldenageofgaia.com/?p=306854>

Our Future and Our Destiny: Are We There Yet?

March 19, 2020

<https://goldenageofgaia.com/2020/03/19/our-future-and-our-destiny-are-we-there-yet/>



It took me years and years to realize that what was making me mad was not the person standing in front of me but a person who stood in front of me decades and decades ago.

On that occasion years ago I reached a conclusion about life and a decision on how I would act in the future. This is how a vasana or core issue gets started.

It's taken me more years to realize that how we feel is the most important motivator in our lives. And more to realize that I have the power to change how I feel.

I'm not a victim of my feelings. Granted a thought may have generated the feeling, I don't have to remain depressed, dejected, disappointed, unless I want to. And I seldom want to.

It doesn't work to plaster a smile over a feeling. But, given that many feelings and moods change with things I do anyways, I can choose to do things that will alter my feelings.

Those they don't alter, I can process using the upset clearing process. (1)

It was accepted practice in the Growth Movement to stay with our feelings. But where I'll be going (and many others will as well), I won't have the time or luxury of going the long way around. I have to find another way forward.

If I feel dejected, I often choose to act in ways that are consistent with it. The same with many, not all, feelings. But I've been experimenting lately with ways of changing the way I feel. Listening to inspiring music is one; creating a new writing project is another; thinking of someone I love is a third.

Once the feeling changes, I marvel at what I was thinking of doing (or had done) by acting on that feeling.

These are only stop-gap measures. Once we shift, based on my visits to these realms, we'll be in love and bliss 24/7. Thus it's not a pipe dream to say we want to live in love permanently and fully. It's our future and our destiny.

Knowing this, does it not make sense that I'd be impatient to get there and trying every means to achieve that space? Once we would have said that I was denying reality and burying my head in the sand.

But is it denying reality to say that I want to be at our destination as soon as I can? Have we not been saying that since childhood? (Are we there yet?)

The love and bliss I'm talking about, as you know, is a world apart from what we think of as love and bliss. It'd be like Mom telling me orange Kool-Aid is freshly-squeezed orange juice. Not.

What awaits us is definitely more than 99.99% of the population may or will have experienced. OK, 99.98%. To say it's "out of this world" is an understatement. It's all this world desires.

Maybe knowing this is what has me no longer settle for feeling dejected or depressed. Whether it be that I listen to these feelings until they lift or change the tune, I want more of what I know is coming. I want the Light at the end of the tunnel. (2)

Are we there yet?

Footnotes

(1) “How to Handle Unwanted Feelings: The Upset Clearing Process,” December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

(2) The Light of the Self in the seat of the soul, the end of the tunnel of the heart