

There is No Greater Gift than Listening - Vol. 4. Sharing and Listening



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Vancouver: Golden Age of Gaia, 2024; c2023

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⌘ Principled Communication ⌘

Principled Communication – 1/4

Dec. 4, 2013

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

Principled Communication – 2/4

Dec. 4, 2013

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



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

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

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

Force

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

Resist

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

Resent

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

Revenge

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

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

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

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

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

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

Principled Communication – 3/4

Dec. 4, 2013

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



My idea of a masterful communicator: Jill Bolte-Taylor

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

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

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

Owning My Communication

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

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

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

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

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

Stating the Status of My Knowledge

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

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

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

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

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

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

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

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

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

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

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

Stating the Principle We Agree on

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

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

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

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

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

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

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

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

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

Principled Communication – 4/4

Dec. 4, 2013

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



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

Going First

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

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

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

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

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

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

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

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

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

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

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

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

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

An Example of Going First in Risking

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

Productive and Unproductive Communication



No or Unproductive Communication

When we won't communicate at all or communicate with blame and shame or other unproductive strategies, the other person tends to clam up. Then the issues and withholds (undelivered communications) start to build up.

If nothing changes or gets better ever, the person may just one day up and leave.

Someone told me the other day of a man who left for soccer practice one day and then suddenly needed to return to get his cellphone. There he saw his wife's brother moving all her stuff out. This was the first the husband knew about it.

It's my belief that people who go round and round this unfortunate loop, comforting themselves that them getting back together is the main thing, one day just eventually quit, like the player's wife. Or find that their partner has just quit, like the player.

Going round and round is wearing and dull. One day we stop caring. Past that, we just want out.

Good/Bad, Right/Wrong

I'd like to focus on one type of unproductive discussion we have which I call good/bad, right/wrong.

One reason why I don't advise discussing matters from the intellectual level is because they so often devolve into good/bad, right/wrong. And that can become like quicksand, into which we sink ... and disappear.

We argue incessantly about factors that aren't even what motivate us into action.

In right/wrong, you say A and I say B. And we both defend our positions.

But if we switched places, dollars to donuts I'd be saying A and you'd be saying B. All seems to depend on our point of view, our vantage point, where we sit, and not on the truth of the matter.

Again, in our zero sum thinking, if we're right, someone else has to be wrong. That leaves a lot of bruises and other residue, often festering and contributing in turn to another turn of the carousel.

Discussion seldom gets above good/bad, right/wrong and thus proves fruitless and stultifying. It leads nowhere and simply exhausts everyone. We need to up-level it to the experiential level and focus on how we feel.

Communicating How We Feel

Communicating how we feel is the information the other needs to know regarding whether to act or not. (1) "I'm concerned." No action. "I'm helpless. Please! Somebody!" Concerted action! Our feelings are the factor that motivate us to action.

Communicating how we feel has other advantages. First, it's verifiable by me. Only I feel what I feel. And only I know how I feel. It isn't something that can be messed with. I'm the expert on the subject.

But many people, if I asked them how they're feeling, might not know what to answer. How would I know what I'm feeling? Where would I look? I don't know how I feel.

Our ability to maneuver in this territory may be limited at the moment, but I'm certain our emotional IQ will rise dramatically in the weeks and months ahead.

Feedback

Sincerely trying on feedback is also needed. Without our partner being able to deliver feedback, again, the situation might never change.

The ordinary tendency is to rebuff feedback, deny it, contest it, and in other ways resist it. That ultimately leads to lethargy in us and resistance in our partner.

What is lethargy? I'm asleep and I'm asleep to the fact that I'm asleep. In Hinduism, this condition is called the guna or cosmic force of thamas.

If you really observe thamas or lethargy, you'll see it's like a blanket that smothers everything but the most basic of actions and interactions.

How do we "receive" feedback? Try it on. Test it out. See if it fits. If it does, own it.

Tomorrow we look at true reconciliation.

Footnotes

(1) On the value of listening, see:

- *Are You Listening?* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Are-You-Listening-R5.pdf>
- *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>
- *The Value of Listening* at <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Value-of-Listening-3.pdf>

Our Transformational Toolbox: Committed Speaking - Part 1/2

Aug. 30, 2018

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



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

And I had to pull myself out.

I asked myself how I was going to do that.

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

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

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

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

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

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

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

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

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

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

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

Committed speaking does presence the Self.

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

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

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

It was a colossal "withhold," a secret, which I tied up my energy protecting. I can't stand what's happening to our children. Why does the world not stop what it's doing immediately and take all necessary action to stop the harmful practices today? Who is delinquent? Who refuses to investigate?

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

Now is the time for committed speaking.

(Concluded in Part 2, tomorrow.)

Footnotes

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

Our Transformational Toolbox: Committed Speaking - Part 2/2

Aug. 31, 2018

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



(Concluded from Part 1, yesterday.)

Committed speaking: How does it work?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

(2) Although the Divine Mother does forgive everything:

Kathleen: You forgive everyone so we forgive everyone.

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

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

⌘ All Shares are Born Equal ⌘

The Design Principle that Underlies Sharing

July 26, 2011

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



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

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

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

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

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

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

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



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

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

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

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

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



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

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

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

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

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

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

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

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

“Hey, I'm scared to share.”

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

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

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

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

“Hey, I think I'm gay.”

“I'm afraid of burning in hell.”

“I've actually been aboard a spacecraft.”

“I'm not from this planet.”

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

(2) SaLuSa, Apr. 20, 2011, at https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

All Shares Are Born Equal

March 6, 2009

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sharing – What, How, and Why?

Nov. 8, 2010

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-what-how-and-why/>



Credit: dreamstime.com

Originally posted on Galactic Roundtable discussion group, March 4, 2009.

I thought Lucille hit the benefits of “sharing” right on the head the other day when she said:

“This sharing brings up loving feelings.” (Message 323, GRT-CIP.)

Emergence itself brings up loving feelings and emergence happens when we share our little guts out.

But there can be a fly in the ointment. Suppose we want to share something like Tony did:

“I finally ‘awoke’ a couple months back and realized that I'm an Indigo Starseed. I'm scared right now because I don't know where I came from and even more so, especially being unemployed, I'm scared that I don't have a direction in life. Nothing. Nada. Ask me what I'd REALLY like to be doing and I couldn't tell you.” (Message 1698, GRT.)

Tony is grappling with a condition that is not generally considered “positive” (fear), touches off discomfort in some, triggers concern and a caring response from others, and results in replies that have as their purpose what some psychologists call “fixing” the speaker.

Fixing responses generally say to the speaker, “You should (do/think/say) this and then you’ll (feel/be/do) better.”

But, if you really look deeply, fixing responses come from the underlying assumption that the wheel is broken and needs fixing – that there is something wrong with the person that needs being made better.

What the people whose advice I follow say is that “fixing” responses tend to shut down the process of further sharing.

First of all, people do not want others to think there is something wrong with them and may back away from sharing further.

Or they may back away from sharing something that might be interpreted negatively and so they don’t swing out and tell the full truth. Sharing becomes dressed up in “positive,” Polyanna garb.

Or they hear advice that may be irrelevant or upsetting and stop sharing because they don’t want to have to disagree with the person making the suggestions.

I know some of us work with people and believe that we are being compassionate and helping people by telling them what they “should” do.

But on a board where we’re preparing for a New Age by cleaning some of the rubble (unfinished business) out of our lives, the depth to which we can go, I think, will be determined by the length to which people listen and respond without fixing.

Another response I'd like to avoid is the one-liner response that expresses sympathy. I can go along with one line of sympathy if it is an intro to your own share. (I don't favour it, but I can live with it.)

But I'd most recommend just leaving the other person with their share. Leave them having been heard by us.

If we do, we create a clean and safe space in which that person will go as far towards self-revelation and ending unfinished business as they are ever going to do.

Now notice Lynn's response to Tony. (Message 1698, GRT.)

Lynn replied by sharing her own fears after having found out that she was a Starseed. Now that is an outcome I would hope to see from sharing – that it triggers another person to look deeply into their own situation and clear away some rubble of their own.

A workable response to a share is to share yourself. What does the original share trigger in you? What did you see? That is perfectly fair game.

Say it without including any advice on what the original speaker "should" do. If you really want to keep it clean, drop the expression of sympathy too. Just share what the original share triggered in you, knowing that all shares, positive or negative, are a step towards completion.

Just listen to the person sharing and "get" where they are coming from or, if it triggers something in us, share what got triggered without judging, evaluating, or advising the original person.

If we approach sharing in this manner, we'll go as deep in our communications here as it's possible to go.

Will you join me in an experiment for three months? Try the approach out that I just described and let's see at the end of three months how it worked.

If a share comes in that has the quality of telling a person what they "should" do, "fixing" them, or sympathizing with them (without adding a share of one's own), the moderators will ask you to send that response to the person directly.

At the end of three months (June 4), let's talk about whether the experiment provided useful results or not. Sound good?

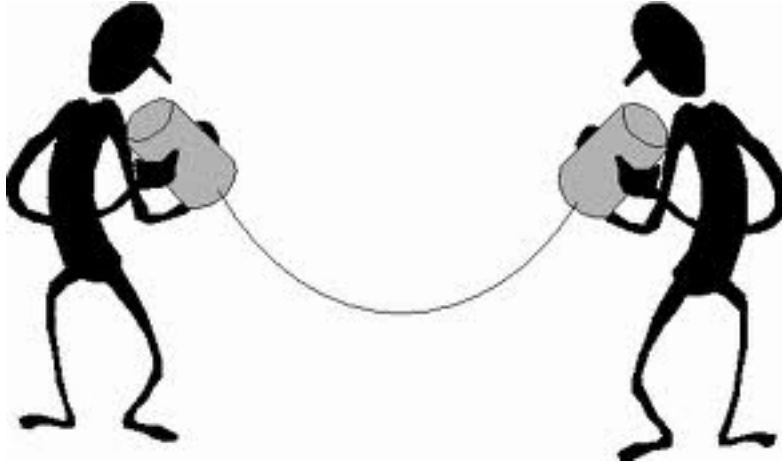
I'll add a few more points about sharing later because it is a fascinating process. It's our main means of emerging here.

If there are members who work with people and know what I'm talking about, perhaps you could share your knowledge on the subject as well.

Sharing = Communication + Listening

Oct. 23, 2010

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



Sharing involves communicating and listening. One person communicates and the other person listens and, when the speaker is done and has been heard, they reverse positions.

What's there to communicate is anything that's there for us. The brass ring in communication is emergence; that is, stepping out of our shells and saying how things are for us.

The booby prize is telling another person how it should be for them. That will only start a brawl and does not forward the action in any way that I'm aware of.

However, listening and feeding back what we hear forwards the action.

If we're triggered, perhaps don't respond to another from that space for a number of reasons.

First, if we're triggered, almost guaranteed that our awareness is down, especially our self-awareness. Tension and awareness vary inversely to each other.



Second, almost guaranteed that our judgment is impaired.

Third, almost guaranteed that our response will be offensive and just lead to a feud, one that will grow and grow and take in everything, until a major falling out results.

Is that not how we've done things for perhaps most of our lives? Isn't that why things have not worked out for us if they haven't?

If we're reactivated by what someone says, almost guaranteed that a vasana has been triggered – a behavioral pattern that's anchored to some past event, some ancient hurt, which the other person's unwitting statement has jiggled loose.

Given the rising energies, we can expect more and more of our vasanas to rise to the surface to be cleared, but they won't be cleared by identifying with them, projecting them onto others, and starting a war. They'll be further energized and we'll become more rigid as a result.

They'll be cleared by owning them, standing in the face of them, observing them, locating where they're anchored to our past, and allowing them to play themselves out until they're gone.

We're lightworkers here, using the time together to bounce off each other, clear ourselves of our rigidities, keep abreast of what's going on and prepare for the busy and exciting times ahead.

Our egos served their purpose when we were cavemen; they helped us stay alive and divide work into roles and tasks and so on. But they're relics now and have lost their usefulness.

They will survive into 5D in the sense that we'll retain individuality but they won't survive as devices that keep us separate.

I'm biased in this area because, between communication and listening, I think the least understood skill and the one that brings the greatest benefit is listening.

When we listen to another, we get what they say and feed back our understanding so that the other gets that we got them. I value listening and I know that others do as well because they say so. It's the greatest gift I can give another.

In communication, I value transparency and depth. I want you to know me deeply and I want to know you deeply as well. Shallow fights and disagreements are valued on TV and in films but in real life they lack juice. Deep sharing has juice.

Sharing and Listening as Steps to Unitive Consciousness

May 5, 2013

<https://goldenageofgaia.com/2013/05/05/sharing-and-listening-as-steps-to-unitive-consciousness/>



The primary reason I share is to persuade others to share. Hiding would be far easier and more comfortable.

According to me, sharing and listening are what are missing in our world and I say that as a person who's had first-hand experience in the area.

The three-month residential workshop that I did at Cold Mountain Institute (the Canadian equivalent of Esalen) was a crash course in sharing and listening. If I were to boil down to the one common denominator that potpourri of workshops was about, sharing and listening is what I would say.

What do I mean by sharing? Well, I don't mean gossiping or judging or advising or persuading. I do mean describing how it is for you. Sharing is descriptive. Here's where I am. Here's what's happening for me, Here's how I feel. Here's what pains me. Here's what makes me bliss out.

And by listening I also don't mean advising, coaching, persuading, etc. I mean hearing deeply what the other person says and mirroring back our understanding. Nothing more. Who cares for my opinion or my advice when they're hurting?

When I was training to be a group leader, I saw early on that people who needed to talk did not care a fig for my solutions; they wanted me to listen. So I dropped problem-solving therapy and just began to listen. I threw out the fifty-minute hour and just listened as long as they needed it

And voila! I stumbled upon "magic" therapy. The people who left my door had huge smiles on their faces. They didn't know what I did. And they just wanted to get home to tell their spouses what they discovered.

Most people, whatever they think they're doing, do not listen (period). I don't make many absolute statements but I do make that one.

Such a way of being with each other as sharing and listening is like water on the desert. People come alive in the face of it. That's why we create discussion groups. The informative aspect runs a far distant second. Sharing and listening comes first.

When people share themselves with others, love flows. When a person shares their breakdowns, their breakthroughs, or their puzzlement, just by the act of sharing, often, whatever it is that eludes them shows up.

Most people do not need advice. They need the listening space to say how it is for them – in an adequate amount of time and with someone getting what they're saying – and the answer automatically arises for them in the space of their sharing and being heard.

I often say that I hear the truth of myself as it goes past my ears. I hear it at the same time you hear it and before that I did not know it any more than you did. My shares are often just as much news to me as they are to you.

I know that I can listen for hours to people without interrupting other than to show them that I understand what they said (so they can go on to the next point) or to share a small thing so that they get the sense that I'm not hiding by listening but have my ante in the pot.

The most I listened to another was eight hours. Others four hours. And I listened for those many hours without advising them once. Whatever it takes for them to get what it is that eludes them is fine with me.

Sharing is the great equalizer. The feelings of a prince are worth no more and no less than the feelings of a pauper.

Watch what happens when the owner of a large company shares with a customer. The minute the owner says how he feels, he places himself on an equal footing with the other. That information is exactly what the customer wants and makes the owner visible and vulnerable. And visible and vulnerable is where we need to go, I say.

I think that's why folks in positions of authority, like policemen, will not be caught dead saying how they feel. And I also think that's why the steady diet of crime dramas on TV keep us in our male, logical brain and is probably designed to do so. No one says how they feel.

Feelings are what people want to know about most. They tell us how we're taking something. They give our point of view. They push us to act. They tell what direction we'll go in. So they're a totally important piece of information and one that most people leave out of their share.

Our shares are born equal and sharing makes us equal. And being equal is just a hop, skip and a jump from being one, I'm willing to wager. So I think sharing is a step towards unitive consciousness.

So tell me how you feel. Tell me what's there for you. What's coming up? And let me do the same. I want you to know me deeply, truly as I am. And I want to know you in the same way. I really do.

Sharing and the Levels of Communication

February 5, 2024

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

(4) See:

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

(5) Steve: what dimension is bliss?

Archangel Michael: It is between Eight and Nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

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

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

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

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

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

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

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

Outrageously Happy to See Sharing Happening



April 29, 2013

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/outrageously-happy-to-see-sharing-happening/>

Excerpt only

Sharing is a process of truth-telling, self-revelation. Sharing is me telling you what's so for me, not what's so for you. Sharing has nothing to do with me minding your business. It has everything to do with me sharing who I am in the matter so you know.

Not necessarily my opinions, perhaps sometimes. But what is for me the truth of the matter, as I see it.

Sharing is completed by someone else feeding back what they got that we shared or what came up for them about themselves so (1) we can get the mirroring ourselves and (2) we can see that we were heard. Sometimes we only know the truth when we speak it. We get to hear it going by, so to speak, hot off the press.

And so unless we can speak it, and unless someone can hear it without messing with our share, we never get to know the truth of the matter.

When that point of sharing and feeding back happens, sharing is really doing what it's meant to do: reveal the truth of us to us at exactly the same time it reveals the truth of us to you.

This process, as far as I'm concerned, was at the heart of the Growth Movement.

It's a beautiful process and I've never actually seen it arise in a group so I am as happy as anyone else to watch it arise now - right over there. (Where? <https://groups.yahoo.com/group/GoldenGaia/>.)

What is it not? It has nothing to do with trying to advise or fix another. We actually do not need fixing.

If we simply concentrated on sourcing our own vasanas and leaving the comfort of our acts behind for the wonderful discomfort of simply being who we are in the matter, everything would unravel for us and well-being, happiness and satisfaction with life would return. And sharing is the social means by which we guide ourselves to release our vasanas and step out of the constructed self.

Sharing is not the only form of communication. A supervisor may need to address someone else's business. A psychotherapist may need to counsel. Not saying that. But I think that sharing is the most constructive and productive social form of discourse.

The Importance of Sharing Deeply

Sept. 16, 2014

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



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

The need to share deeply is one of them.

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

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

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



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

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

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

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

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

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

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



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

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

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

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

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

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

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

Footnotes

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

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

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

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

Sharing as a Sacred Activity

Aug. 18, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/sharing-as-a-sacred-activity/>



A lot of my life recently has been about what I call “sharing.” Many people may think I mean "giving" by that, but that's not what I mean.

Sharing is the process of sharing ourselves, making ourselves known to another in important ways, conveying our truth of the moment to another.

I know that people have their eyes on the skies at the moment. But I've been given a different assignment and that involves going inwards and sharing what I see. It's coupled with a second assignment, which all of us have, which involves clearing and a process of clearing also often involves sharing.

Sharing is for me an eternally-interesting process because it brings king and commoner together, on the same level. Your share is as important to you as my share is to me. And your truth is as valid as my truth. Sharing our truths is the great leveller. Everyone is equal in their share.

And you see that in so many movies, for instance. There is action. All is up and all is down. Fortunes rise and fortunes fall. And then comes the scene in which two actors share and all inequality is lost for the moment. They're equal in their shares.

All shares are born equal because all shares are rooted in truth. Truth, it seems to me, has no shades or degrees. As Gandhi said, truth is truth. It's digital, not analog. On or off. Yes or no.

And what is true and important for you is what I want to know.

I actually don't care all that much for what another likes and doesn't like. But isn't that the content of many conversations? I don't like purple but I do like green. I hate garlic but I crave curry.

The second most common conversation I call "howdidido?" We sit around the lunchroom and rehearse how we did with the boss, or coworkers, or our spouse. We manicure our stories until we have them just right and then we substitute them for the truth. Our object is to "look good," rather than know the truth.

Ho hum. Nothing much elevating or liberating there.

Life doesn't boil down to what we like and don't like. It isn't about what the Buddha would have called our cravings and aversions. It also doesn't boil down to our estimations of how we're doing.

But a share will set us free because the truth will set us free. Life was designed that way, in my view.

What's true for you and me and what ground we stand on – life is shaped by topics such as these. The truth I know. My "stand" is what I can be counted on for. Truth and stand - these two are what's there for me to communicate.

Some time ago, I wrote the following about shares and it remains true for me:

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

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

I know when I've shared the truth because I feel release. The truth has set me free. I know when I haven't shared the truth because I feel stress. Moving away from the truth has further bound me. I can use this fact to navigate towards the truth: more stress and I'm moving farther from the truth; less stress and I'm moving closer to it.

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

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

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

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

Sharing the Truth

Dec. 8, 2009

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

That truth will set me free.

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

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

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

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

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

Share Until You Feel It

April 25, 2012

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/share-until-you-feel-it/>



This message was posted to the 2012 Scenario Discussion Group, but may be valid here as well.

For me, the brass ring in a discussion group is sharing and listening and perhaps I can expand a wee bit on what I mean by both.

Sharing is me sharing myself. I could have said sharing my truth. And the value of my share for me and for others goes up the deeper the share reflects my truth or the deeper the truth I share.

Some mentioned here that their molecules were vibrating and perhaps I could coattail on that and say that sharing until my molecules vibrate is what I seek to do. A deep share can literally shake the rust off my metal.

So for instance I get down into my deeper truth when I say that I so want the world to work out. And the way to have the world work out, for me anyways, is to lessen everything unworkable about myself. So my sense of entitlement, of me-first, of wanting my share or my cut, of wanting be known and liked - all these are facets of unworkability that belong to me and compete with my interest in having the world work out.

The more I reveal myself in here, the more I move myself and perhaps even move you. The more transparent I am, the more often things work out. What I'm in here for is to tell you who I am deeply, the deeper the better.

And the converse is also true. What my mission is in here as far as you're concerned is to hear you, get you, listen to the deepest truth you want to share and make sure that you know that I heard you.

I'm not here to reassure you (not really) or to advise you or fix you. I think very, very few people actually need fixing. At essence, none of us is broken. What we do need is to have an opportunity to unconceal ourselves, to be known for our deepest truth, to have that truth be heard.

When I've spoken my truth deeply, I emerge from my shell. I stand forth as my truth or my stand, in the strength that is native to me and simply remains for the most part concealed by my withholds and image management.

I could try to "look good" in here but of what value is that? That's the way of the world and at most it results in applause. But it does nothing for me in terms of the real purpose of life, which is to know myself as I really am and to be known as That to others.

So I encourage people not to hide in here, not to present us with an image, but really to reveal ourselves and risk the buffeting that can sometimes come from that. Our participation here is not trivial. It's not mundane. It's preparation for Ascension. It's polishing the inner statue until it shines forth.

That's different from applying makeup to the statue or dressing it up. It's letting the native sheen of the statue shine forth.

Tell us who you are. Who you really are, deep down. Share until you feel it. Tell us what you've longed to say and have never had a place to say it.

And for our part, let's hear you without advising you or fixing you but with bare listening and ample comprehension.

Some Suggestions on Communication

Nov. 2, 2011

<https://goldenageofgaia.com/spirituality/communication-sharing-and-listening/some-suggestions-on-communication-2/>



As we prepare to play our roles in upcoming events, I'd like to take a look for a moment at a few communicational strategies that may help us express ourselves as effectively as possible while in a disagreement or other situation of potential conflict.

I've certainly relied on them and they've saved me in some situations where the going seemed rough and yet communication was still expected. Where I've failed, I've usually chosen not to follow one of them, to my regret.

So here are some suggestions from me. Any suggestions you care to share on the subject would be welcomed.

(1) Use Neutral Language

When we're estimating the facets of another's work that we don't support, we seem to cause the least amount of damage, residue or fallout if we use neutral language. We always have choice in our selection of language. We can choose positive,

negative, or neutral words. If we choose positive or negative, we're actually biasing our communication (which is fine if that's what we want to do), but if we want to leave readers free to choose for themselves, then the best choice may be neutral words.

Let's see if I can give an example. I can say a person lies but the use of the word "lies" seems to rankle friend and foe. Foe because no one likes to be called a liar; friend because, I suppose, no friend wants to be dragged into a battle unnecessarily and calling someone a liar is at least likely to trigger a battle.

Or I can say that I personally don't believe what the other person says, although I defend their right to say it. To say "I don't believe you" seems to give far less offense. The second one is the neutral and less offensive way to say something that is pretty difficult to say and hear.

I actually observe myself these days when I write looking for the simplest (1) neutral word I can find when I write. I spend time over each sentence and watch for a little alarm bell going off as I read the construction. If I find a word that's negative, I swap it for one that's neutral. I personally think the investment pays off.

(2) Stay Away from Absolutes

Stay away from absolutes by making each statement as specific as possible. Is it specific to you? To a time or place? To a realm of discourse or a range of concepts? If it is, state the parameters. "In my opinion." "If you live in the Western World." "To a person of Christian background." Etc.

To use the words "is" or "are" without modifiers or qualifiers often has our listeners or readers hear the statement as an absolute. And we tend to feel uncomfortable in the face of absolute statements, except from Jesus or Buddha (and most of us are not [yet] Jesus or Buddha). "Politicians are crooks." Absolute statement. "The charge of corruption has been leveled against a large number of politicians lately." The latter is more specific in terms of time, allegation, context, etc. There are other ways we can be as specific as possible, such as using words like "usually" or "around here" or whatever tends to give an idea of extent in time or place.

Thank you to my high-school science teacher who taught me to make relative statements wherever possible rather than absolutes - to leave room for doubt. He

taught me to say "it seems" rather than "it is." If we say "political debate today seems to bring little comfort" rather than "political debate brings little comfort," somehow that makes the statement go down easier in the ears of listener or reader. In *almost* all [avoiding an absolute] situations, it seems [leaving room for doubt] to work better if we avoid absolutes.

(3) State the Status of Knowledge

I personally like to avoid statements that don't give the status of my knowledge. I had the value of that shown to me when sitting on the refugee bench. If I made a statement that suggested I *knew* something when I'd only *heard* it or *surmised* it, I could be overturned by the courts that supervised our decision-making. So I always had to state the status of my knowledge and state it precisely and carefully.

Here are different statuses of knowledge: "I know," "I heard," "I feel," "I think," "I believe," "I guess," "I intuit," "I sense." The most common fight over anything arises because another person says "How do *YOU* know?" And off the argument goes. These arguments can be avoided by saying what the extent of our knowledge is, where it comes from, etc.

It also seems to lessen the impact of a statement, and I'm chiefly concerned here with so-called negative statements such as allegations and the like, to add "in my opinion," "in my view," "the way I see it." That way we're not only giving the status of our knowledge but we're also showing that we're not trying to state an absolute.

(4) Share

When we make negative allegations, as sometimes we must, it's wise to remember that blame and shame create residue. Instead of blaming and shaming, we might want to state how a matter affects, impacts, or rests with us. We might want to share the difficulty it creates for us. Or share about ourselves, rather than about the other.

Blame can usually be detected by a "you" statement. Quite frankly, I do my best to eliminate the word "you" from my vocabulary (except where I'm talking to you, as here) because many if not most people automatically prepare themselves for blame when they hear "you." I tend to use "we" instead.

Sharing increases transparency and really, in the last analysis, I think we want to make ourselves known rather than to stifle or harm another. So why not frame our communications transparently and make ourselves known by sharing ourselves? The first poem I ever wrote, which I'm sure was channeled, began with the line: "I want you to know me deeply, truly as I am." I still share that same valuing of transparency.

Sharing is the alternative to blaming, shaming, fixing, counselling. The equivalent of sharing when you're the receiving partner is listening. And again the unworkable alternative to listening is fixing, advising, counselling, etc. "You should do this." "You need to look at that." No, just listen. Get the other person. And then feed back what you think you heard to get confirmation and (2) to show you actually did hear the other. Don't feed back so often that you're interrupting, as I did with AA Michael, at which point he said, kindly: "Yes, I would *like* to respond to that."

For me, listening is the most precious and the rarest commodity in the world of communication. It's largely an undiscovered commodity and I've waited what seems like my whole life to hear that it has been discovered - but I haven't heard or seen that yet. Hopefully in the New Age, listening and sharing will become the new order of the day, the new paradigm in communication.

[By now, in this article, you should be able to pick out me using neutral language, avoiding absolutes, stating the status of my knowledge, and sharing.]

Talking and writing in these ways, to the best of my knowledge [status of knowledge, avoiding an absolute], seems [avoiding an absolute] to lower the temperature in our written and spoken communications. And I think [status of knowledge, sharing] we badly need to lower the temperature, whether speaking to friends and wanting to avoid being misunderstood or speaking to "foes" and wanting to avoid a nasty battle.

Footnotes

(1) On choosing the simplest word, I had a neighbour when I worked in a personnel department who would throw his banana peel over the divider if I used a Latinate word and say to me, "Steve, Peter Rabbit English!" Thank you, Don, for training me.