

Crossing the Threshold



Whitney

sacredmountain@tutanota.com

Vancouver: Golden Age of Gaia, 2024; c2023

Whitney is a passionate student of Life and a psychic empath who has been offering in-depth soul readings for over a decade.

For a reading or simply to say hi, she can be reached at sacredmountain@tutanota.com.

Table of Contents

Crossing the Threshold, Part 1	4
Crossing the Threshold, Part 2	8
Crossing the Threshold, Part 3	12
Crossing the Threshold, Part 4	15
Crossing the Threshold, Part 5	18
Crossing the Threshold, Part 6	21
Crossing the Threshold, Part 7	23
Crossing the Threshold, Part 8	26
Timelines & Probabilities	29
Coming Home to Ourselves	32
Living in Intuition	35

Crossing the Threshold, Part 1

March 21, 2023

<https://goldenageofgaia.com/2023/03/21/whitney-crossing-the-threshold/>



Crossing the Threshold - Part 1

Ascension, or the Shift, isn't necessarily a singular moment for the collective, although there will surely be peak moments on the near and far horizon that will redefine this collective world as we know it. Instead, the Shift is a singular moment for each awakening individual who organically aligns with and clicks into the new world within.

While the spiritual journey is a progression of unique and necessary experiences that propels all of us forward on our paths, the Shift can be understood as a decisive moment within our journeys when each of us crosses over into a new inner world where the old world of dense and oftentimes fractious beliefs, emotions, stories, conditions, and orientations to Life finally begins to disappear.

At the threshold, these things dissolve into space, leaving in their wake an entirely new, open, expansive, solved, and uplifted experience of Life. It is the ultimate *paradigm shift*.

Prior to and during the Shift, many people will find themselves seemingly separating out from the old world as if watching a 3D movie that is taking place all around them. It may feel disorienting, depressing and even scary to feel so distant from the world, but this is simply the quantum mechanics of the old-world consciousness separating out from our bio-psycho-spiritual systems.

These experiences are thus paving the way for the new world which is a new consciousness that is seeded and blossoming inside our higher minds. Our localized consciousness, which grounds through our physical brains and bodies, is shifting—and so too then is the world as we know it.

Our localized consciousness is entraining to a new cosmic-atmospheric energetic structure, and this is where and how the new world begins. This energy shift emanates from the Heavens during this preordained period of eclipsing of the darkness—which is simply a lower field of consciousness—so that our higher minds are activated to perceive a new life, a new way of being, a new world.

Our old-world consciousness can't perceive this, can't understand this, is frightened by this, yet very much thinks it can understand this. But it can't. We must let go.

And so there is a singular moment, a singular point in all of our individual timelines where our consciousness crosses over; it crosses the threshold from the old world to the new. (1) And as many of you know, there has been extensive individual preparation to get each of us here.

As we cross this threshold, we sense that there is no turning back. We see that the new world is the true world, and that our personal and collective pasts are simply distant half-awake dreams that can't sustain the light of truth anymore.

And for many, this active crossing over is in process now. What may feel disorienting for many is the result of the old consciousness looking for its reflection in the world around it, but it is beginning to no longer recognize itself.

The old world feels old to us—because it is. To welcome the Shift, we can release the pressure and accelerate the flow by allowing our minds to move away from identifying with the old world. Instead, through continual open and warm yet detached awareness, we are allowing our minds to naturally refocus upward into our higher minds and the higher world, the new world, that is embedding into our physical selves.

This is quite literally how the new world begins. It is a field of light, a stream of a more complex arrangement of frequencies from Source that upends the old world consciousness so that we begin to perceive, perhaps ever so slightly, softly, and slowly at first, a new wave of energies, visions, and potentialities that will galvanize our very own personal ascension paths and missions.

And as we step foot onto this new inner soil, on spiritual terra firma, we then crystallize our energy fields and spirits to the higher plane of the new world where others await us. So these times, these interludes of metaphorical clouded days that line this threshold, are actually the spaces of crystallization—they are the moments where we are actively bridging to the new world inside of us, if we can just let go of the old.

The spiritual intelligence of Source is found in these moments most of all. It's pulling us away from the old. It's lifting us up up up and away from the old through a realignment to the light of the new world that is first made manifest inside of us.

Like broken bones that knit their tissues back together in the space of the biological void, so too is Source bridging our consciousness back to the light in what can be perceived as this void space of the Shift.

So we are asked, summoned actually, to be sure-hearted in these spaces and times where the old world is losing its grip because there is a singular moment for each of us that signals emergence into the gorgeous light of a very real new reality.

Footnotes

(1) For the individual:

Archangel Michael: There is a moment when the door opens. So it ... has been and is a gradual awakening. You have seen the changes mentally, physically, emotionally; interconnectedness; the shift in the collective. But there is that moment when it clicks. So it is a moment. Actually, it is a period of about 20 to 24, 26 hours. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 1, 2011.)

For the collective:

Archangel Michael: There is an instantaneous moment, and you can think of that moment as a moment within a very elongated process, but there is a moment of soul decision, when either the collective shift takes place - even though some were already through the portal and anchored, but many were not; most were not [- or it does not]. (“Archangel Michael on the Pause and Full Restoration,” Feb. 28, 2013, at <https://goldenageofgaia.com/into-the-golden-age-of-gaia/the-midpoint-of-ascension/archangel-michael-on-the-pause-and-full-restoration/>)

Crossing the Threshold, Part 2

April 24, 2023

<https://goldenageofgaia.com/2023/04/24/whitney-crossing-the-threshold-part-2/>



Crossing the Threshold, Part 2

Leading up to this singular moment of crossing over where many individuals are shifting into the new world, there can be a feeling of being suspended in a void-like state. (1)

This state is the result of becoming defragmented from the energetics of the old world while simultaneously awakening into the new.

Any number of experiences can emerge in this void-like state, (2) but the primary indicator is the pronounced feeling of being profoundly distant from the old world, our old lives, and our old selves. (3)

For those on specific spiritual missions, this void-like state can actually be very active with relatively little down time, as there can be specific preparation work required for their roles in the new world. As an example, these individuals may

experience an onslaught of lightning-quick clearings, rapid transitions, and accelerated awareness.

For others, this state can actually be quite uneventful, simply marked by detached feelings, extra alone time, and quiet endings. For others still, it can be a turbulent time filled with intense emotional cycles and unexpected separations and events of all kinds. And for many, a combination of all of these experiences will be noted to varying degrees and for varying lengths of time.

This void-like state is an authentic spiritual experience that's not to be confused with spiritual disintegration wherein an individual devolves away from themselves. The true hallmark of this void-like state is the sincere desire to be whole and well.

(4)

This is the light of our inner beings calling us home—and therefore demanding that we walk ourselves down that path, however far it takes us from our current position and however scary and strange it may feel. There is a deep calling to walk forward and complete the work by not hiding from the light.

If we remain committed to the presence of mind that this void-like state demands, we inch our way toward *integrated wholeness* or *pure beingness*: traumas are healed, accepted and released; blocks are seen, appreciated and lifted; emotions are understood, soothed, and settled; and circumstances are purified, realigned, and optimized so that we are free and open to step into the new world. What doesn't belong to us leaves us. What does belong to us finds its way back—and often via mysteriously circuitous routes.

This void-like state then reveals itself as a cocoon of light made of luminous fibers that our consciousness has been bundled within. These fibers are photonic imprints that mirror back to us pure light, allowing us to grow, mold, and shift ourselves upward and outward toward this light in our own unique ways.

Having journeyed into and through the heart of this void-like state, we begin to emerge into the field of inner light that marks our arrival in this new world. As stated in the previous article, this crossover occurs as a singular event, though it is made real by the entire journey leading up to it. And this is where the fun really begins.

Many of us are familiar with the idea of delightful synchronicity and have experienced many moments of it. Yet these moments begin to become every moment as we cross over. It will be perfectly clear how vitally important it is to be rooted in our authentic selves, as our manifest world will be synchronizing with our dominant energy in an endless wave of instantaneous unfolding.

We will want to be aligned with only our highest joy and love at this time. Therefore, the preceding void-like state helps us to identify who we truly are, often by showing us who we are not, so that we can claim this state of quickening with great excitement.

In addition to experiencing this new wave of synchronicity, we will also be experiencing higher levels of perception. Our minds will be mirroring the influx of light to allow us to disintegrate old mental patterns and to begin to see a more sophisticated reality.

It's a more complex reality where ingenious ideas, solutions, and discoveries about every aspect of life naturally emerge. Our minds will be basking in this light, and we'll be able to look back at the old world with new eyes and see the veiled perceptual structures of our former third dimensional reality.

Another key aspect to our experience will be the manifestation of our true families. Many of us refer to this as "finding our tribe." Yet this will be the experience of finding our *true* tribe. We will have become unbound to our earlier connections that couldn't withstand the intensity of the light.

Now we will find, often to our surprise, who and what we're authentically aligned with. Having endured the transmutational process of the void-like state, we will be ready to embrace unions and opportunities that are made only of the light. And it will be beautiful to encounter these moments of initial embrace and connection—it will be a cathartic homecoming that will make perfect sense when it arrives for each one of us.

Only what's loving, joyful, and light-filled can move forward now. That's what it means to live in the light. Thus, this void-like state is a supreme blessing that is designed to prepare each one of us for the crystalline reality of the new world. Are you ready?

Footnotes

(1) Is this the state St. John of the Cross was referring to when he used the phrase "dark night of the soul" - the deprivation of all external, sensory input? See, for example, "Stillpoint: The Dark Night of the Soul," July 11, 2021, at <https://goldenageofgaia.com/2021/07/11/stillpoint-the-dark-night-of-the-soul/>

(2) I.e., it is a launchpad?

(3) I agree.

(4) Is this a description of the longing for liberation?

"[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysius, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)

Crossing the Threshold, Part 3

May 13, 2023



Crossing the Threshold, Part 3

In the last article, we talked about visiting the void-like state that's designed to prepare each of us for our shift into the new world.

While there are certainly outer indicators that let us know we're moving into a higher state of consciousness, ultimately the most trustworthy indicators are the inner ones—and these can be quite subtle.

These would be feelings, impressions, visions, and understandings that move us away from the old world and bring us closer to the new one. In order to sense these inner indicators, we must become receptive to their invisible expressions and vibrations.

Perhaps one of the most important indicators is eagerness, which is the feeling of focused excitement. If we tune into this feeling, we can allow eagerness to guide us into the new world. Why? *Eagerness lets us know what we are truly ready for in*

any given moment. It's our spirit's way of showing us our very own next best steps. In this way, eagerness can also be thought of as a spiritual ally.

To the degree that we are disconnected from this feeling of eagerness, we can feel distant and separate from what we want to experience in life. Sometimes we think we know what we want or what we're ready for, yet we may actually not be.

We may not have the true desire, skills, energy, clarity, or commitment for certain things but our "ego mind" will tell us differently. It will insist on directing our next steps based on our programmed wants, fears, expectations, and habits—even when these may not reflect the truth of our true selves. And when we force ourselves through life, the results nearly always feel bad in one way or another.

However, when we open up to our true selves, our natural guidance system will show us the way. Our eagerness is calibrated for each one of us, so by following what we are eager for, we're preparing for and aligning with our unique journeys in each moment.

Simply put, if we're truly not ready for a certain experience, we won't feel eager for it. Conversely, we may surprise ourselves to realize that we're more ready and able for certain experiences than we had previously thought.

So let's be honest with ourselves: what are we eager to experience in this Now moment? What are we ready for? If we're unsure, we can test ourselves with questions to find our current limits and challenges as well as our openings and opportunities. We can also mentally 'try on' scenarios to see if they're the right fit.

However we do this, we must find the spaces where eagerness calls us to find out what's right for us right now. Then, by simply acknowledging and accepting what we're eager for, we're creating the opening that allows it in.

Thus, eagerness, as this feeling of focused excitement, has the power to shift timelines in our lives—and fast! In fact, it *is* the power that shifts timelines. Tuning into and allowing our eagerness then rushes forward the most optimal outcomes for us. These are the synchronous ones that light us up with positive empowered energy and bring in our purpose, joy, and abundance.

Why is this important now? The more that we consciously identify and act upon what we're eager for, the faster we activate and embody our destinies. If we don't recognize or choose not to honor what we're eager for, we resort to impulses of our "ego minds" and this sets us up to experience alternate timelines and probabilities that we feel out of sync with. We always have a variety of choices at our disposal in any given moment—and each choice begets a different reality. Which reality do you want to live in? Which world is calling to you?

For those of us who are committed to the spiritual path, eagerness is an inner indicator that we can call upon for clarity and counsel as we navigate through the Shift. Eagerness reveals our innermost truths in the form of focused excitement so that when we follow up on this feeling, we swiftly move stepwise into the new world, emboldened by our own personal truths and missions.

What's more, the bigger our allowance of eagerness, the more awesomely transcendent our lives become. We merge with the vast, brilliant, and mind-blowing potentialities that are offered to all of us at this extraordinary time. So then I ask again, what are you eager for? What are you ready to experience Now?

Crossing the Threshold, Part 4

June 4, 2023

<https://goldenageofgaia.com/2023/06/04/whitney-crossing-the-threshold-part-4/>



Crossing the Threshold, Part 4

On the journey of Cosmic Ascension, the last threshold to cross is Faith. Faith is the final spiritual frontier to explore. It's also the ultimate invitation to accept if we are interested in moving from ignorance to enlightenment.

What does it mean to have faith? It is the act of having moved beyond mental obscurations and into clear self-awareness, which is a manifestation of inner knowingness. This is where we meet the Light as a very real phenomenon and also as the source of our existence. To have faith means that we move from the harrowing clenches of suffering and into the release of inner understanding, inner power, and inner light.

If we want to have faith, we can't just look the part, we must Be It. We must bring the Light of Life into our deepest most selves, not as a spiritual colloquialism, but as the absolute truth of who and what we are. It is the realization that we are first and foremost spiritual beings. And when this light dawns on us, we must then learn

to live in this light, and also the radical truths that emanate from within it—and within us.

Each one of us is finding our way back to our true selves. As we walk this path, we meet many doubts, many issues, many lies. It's up to us to vanquish them, one by one, so that we can reclaim our light-filled lives. The roadmap looks different for all of us, yet ultimately, finally, the destination is the same. This is the ultimate journey, as Ascension is the ultimate evolutionary process. There is nothing else. This realization is faith.

Most people live under the illusion that we are merely physical beings in a physical world without any such spiritual nature. Many of us succumb to the deadened reality of such a philosophy—and the results only bring more suffering, more problems, more angst, more setbacks. What is called for is a radical truth, a radical new reality—and this is the Light. To find this light, we must first find and cultivate that seed of faith in ourselves that yearns for more: some different, some sublime, something real, something reliable and enduring and true. Only the light can be this.

So where are you in your walk toward faith? Where are you holding tightly, regarding stiffly, communicating falsely, living unrighteously, embodying artificially, gripping fearfully, stepping haphazardly, thinking untruly, or simply shrugging off and ignoring the Wisdom of the Light? It's this light, the energy of life, that feeds us and sheds light onto the nature and conditions of our individual lives. When we turn our attention and power away from this light, we have moved away from faith, which is the spiritual glue that binds us to all that is good and true.

So let's turn toward the light now. As we identify those areas that create inner blockages, we then can release them, one by one, and replace them with the Wisdom of the Light. Only we can do this for ourselves, though, of course, collectively, we share this wisdom as the Family of Light that we are all remembering and becoming.

If you're dealing with blockages, begin by lovingly tending to them. How can you start to love them into wholeness? Don't deny them, but See them. How can you bring the pure light of self-awareness to each and every one of them so they can

finally fall away? Let's let all of the our past lives fall away from us now. They're all ashes at our feet—or soon they will become so—as we faithfully embrace the Wisdom of the Light, and the magic of its intelligent healing grace.

As we begin to awaken to the truth of our spiritual reality, we are beginning our individual walk in faith. Step by step, little by little, truly and surely, we are reclaiming ourselves. And as our awareness of this inner light grows, so too does our faith. We don't have to wonder our way forward—we become led from within, and our inner knowingness pulls us, pushes us forward, instead.

Ascension isn't an exotic destination but a reclamation of that which we already are. That's why it's also called The Great Awakening: we are waking up from the sleep state where we have forgotten our spiritual nature and the spiritual truths that govern our most sacred selves and our most sacred earth. As we remember, we have faith. And when we have faith, we can move mountains.

Crossing the Threshold, Part 5

Aug. 26, 2023

<https://goldenageofgaia.com/2023/08/26/whitney-crossing-the-threshold-part-5/>



Crossing the Threshold, Part 5

In Part 2 of this series, (1) we covered the idea of moving through a void-like state in which we experience our inner and outer worlds going through a defragmentation process as we shift into the new world. This state is such a peculiar one that it warrants continued discussion here.

At this time, many people are graduating from the core work that is required for entry into the higher dimensional states. They are successfully moving through this void-like state to discover radical inner wholeness and light. Yet it's also at this precipice, where the void-like state meets the light of awakening, that strange things happen.

After having successfully allowed the old structures of our lives to fall away or be transformed, the void-like state often evokes a feeling of nothingness or a perceived dissolution of self—our selves as we have previously known them to be.

This represents the completion of the defragmentation process, and even though this is an expected stage of the journey, it can feel very strange. (2)

This dissolution occurs when the core programming that's commensurate with the lower dimensional states of consciousness no longer exists. Our software and hardware have been wiped clean and rewired, respectively, to hold the intelligibility of a higher dimensional consciousness. It's the final clearing of the myriad mental and emotional materials that we have defined ourselves as.

The dissolving or melting away of "self" is akin to a spiritual fast where every ounce of mental and emotional impurity is cleansed away. And this process can feel like death for many—but for the sincere spiritual aspirant, it's nothing to fear! This great thing of nothingness that stands at the threshold of higher dimensional consciousness invites us to experience the peaceful fullness of a clear mind and heart.

Coming into this peaceful fullness means that the deepest caverns of our perceived "self" must be fully seen, understood, and dissolved. As this storehouse of deeply held material becomes liberated from our beings, we experience a great dissolving of our identities, which includes our deep-rooted beliefs, unconscious biases, and somatic triggers. As we continue with this process, we also experience a dissolving of perhaps our most cherished spiritual ideals, philosophical constructs, and intellectual achievements. In short, while the old world continues to chase its trillions of tails, we chase nothing.

Many of us perhaps have felt that the awakening process is about reordering the contents of our minds and hearts into sterile orderliness. As such, we have tried to cleverly control ourselves and the world around us, but this only creates more unnecessary complexity—and this can be very addictive!

This process isn't about control; it's about release. If we practice letting go of what comes up, it will naturally float away, each piece of content like a balloon that disappears into the great blue sky.

If we try to fill this nothingness with somethingness again, a discordant symphony of suffering will continue to arise. Yet if we stay with this process, if we continue to release the myriad materials as they arise, we will be cleansed. We will no

longer be tempted to fill the nothingness with new schemes, new indoctrinations, new dogmas. The dissolving solves the searching.

It's not that we become rendered incapable of meaningful thoughts, feelings, or actions, but rather, we see through the programming of a lower dimensional consciousness that has us addictively in bed with suffering. The dissolution process, if we embrace it, deprograms our mental and emotional bodies, which allows us to graduate from the ultimately painful and limiting beliefs and behaviors that have paved our pasts.

Can we allow ourselves to witness the dissolving of our old fossilized pain? Are we willing to touch down into the depths of nothingness to discover everythingness? It's precisely this dissolution, which is an aspect the void-like state, that is part and parcel of the graduation process that ushers in personal Ascension. We are becoming spiritually reset; we are breaking free from the maddening mentations of the matrix; we are cutting ourselves loose from the old world's unconscious umbilical cords; we are discovering who we truly are: effortlessly beautiful emanations of love.

This dissolution process dissolves the barriers of perception and feeling that divide us from the light. When we look into the spiritual mirror, we see nothingness staring back at us. This is pure consciousness shining as the Allness of life. Let's not hide from it. Let's melt.

Footnotes

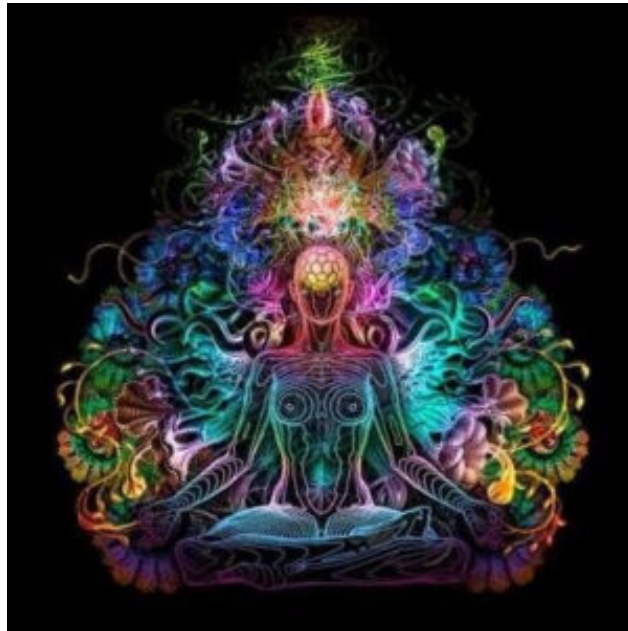
(1) See "Whitney: Crossing the Threshold, Part 2," April 24, 2023, at <https://goldenageofgaia.com/2023/04/24/whitney-crossing-the-threshold-part-2/>.

(2) Again, this state sounds very much like what St. John of the Cross meant by a "dark night of the soul." (See "St. John of the Cross on the Dark Night of the Soul," March 1, 2023, at <https://goldenageofgaia.com/2023/03/01/st-john-of-the-cross-on-the-dark-night-of-the-soul/>.)

Crossing the Threshold, Part 6

March 3, 2024

<https://goldenageofgaia.com/2024/03/03/whitney-crossing-the-threshold-part-6/>



Crossing the Threshold, Part 6

Or The Incoming Light

Many people on the Ascension path are sensing and reporting that the gates of light are upon us. Some have already passed through them, while others are seeing the illuminated threshold on the horizon. At these gates, people are experiencing a flooding of inner and even outer light—and it's very illuminating and very powerful.

Stepping into this light, living in the light, is about assimilating divine intelligence into every aspect of ourselves. This means learning how to progressively hold and harness more and more light leading up to our full enlightenment. In short, we are required to be rewired to live as living embodiments of the light.

This rewiring process is organically initiated when we accept the calling of spiritualization. Slowly but surely as we move through the density of heavier frequencies in our personal lives, our light quotient grows—we become able to contain and conduct the electromagnetic energy of light into our physical, mental, emotional, and spiritual bodies.

This process has been described differently by adepts in many ancient spiritual traditions, however the common thread is that our bodies (and worlds) change as we expand into and within the light. And these changes only continue as we progress, with out of the ordinary manifestations becoming quite basic over time.

Because the light is the manifestation of divine intelligence, we not only begin to feel the light, but we perceive, see it, and even rub up against it. For instance, we may encounter loving prophetic visions and spiritual apparitions, physical clouds of light ('dust storms' of photons), and floating crystalline emanations (twinkling orbs.)

In our physical bodies, we may experience the influx of light as hearing humming in the ears (stillness, or the sound of cosmic peace), noticing a speeding up of the metabolism (being fueled more by light and less by food), becoming physically lighter (actually or sensationally levitating off the ground or bed), and feeling an inner sway (energy channels opening up and rhythmically flowing like the movements of swirling dervishes.)

For some, the light gently reveals itself early on in their spiritualization process. For others, the light might trickle in with manageable doses over time. For others, it might hit them like an energetic tsunami. Whenever and however the light strikes, the characteristic energy that is transmitted can be experienced as high beauty. The light is a shockingly attractive force that imbues our minds, hearts, bodies, and lives with the full spectrum of luminous spiritual hues.

These waves of light are coming in now. Shockwaves for some. Microwaves for others. And with the arrival of this phenomenon, this event, comes a call to prepare ourselves as much as we can so that we can welcome it, embody it, and most importantly, revel in its life-giving splendor.

Crossing the Threshold, Part 7

April 4, 2024

<https://goldenageofgaia.com/2024/04/04/whitney-crossing-the-threshold-part-7/>



Crossing the Threshold, Part 7

Many of us on the Ascension path have taken great care of our minds and spirits, but it's also important that we tend to our bodies as we cross the threshold. Our God-given light-bodies are our vessels for living and loving on earth and beyond, yet we may have unconsciously borrowed beliefs or sentiments about our bodies from a culture that denies the brilliance of our organic design.

Sadly, much of our modern western cultures live off of the Standard American Diet which is laden with processed foods that teem with manmade chemicals and refined ingredients of all kinds. Over time, these foods can not only harm the physical body, but they can block its subtle senses so that our mental, emotional, and spiritual apertures become occluded, distorted, and dulled.

It's not to say that we can't spiritually progress with suboptimal foods (our indomitable spirits can rise above even the harshest conditions) nor that a pure diet guarantees spiritual illumination, but the process of awakening can indeed be supported and accelerated as our bodies become more clean and clear. Whatever

may need to be seen, understood or transformed can more easily be addressed rather than remain submerged in the torpor of a burdened system.

It's this blocking and desensitizing effect of the average diet that has many people struggling to make life-affirming personal shifts. Bombarded by the short term and long term effects of these foods (stress hormone surges, allergic reactions, mood irregularities, general malaise, aches and stiffness, and more) and often times their concomitant lifestyles, many people unfortunately feel stuck in cycles of pain and suffering rather than feel alive in lightness and awakened awareness.

Becoming more sensitive in our bodies means that our actual senses become sharper. We hear the wise council of stillness within our hearts clearly, we perceive the vibrations of people and places accurately, we receive insights from our higher minds with less interference. In short, we become syntonic with the pure energy of life and light. As a result, we become more human, more humane, more loving and considerate of ourselves, our choices, and the world around us. We heal and awaken.

Numerous ancient spiritual traditions have documented not only the existence of the human light-body, but the necessary preparations for its debut. Many techniques and tenets have been issued, including the inclusion of different foods, substances, and cleansing practices. Yet a common thread amongst them is an adherence to a pure diet compromised of live plant foods and herbs which are biologically compatible with our bodies.

Every gland, organ, nerve and tissue function in our bodies can be simplified into terms of energy or light. These biochemical processes are optimized for physical vitality as we replace deadening foods with living ones. The living intelligence of live plant foods carries the necessary nutrients, oxygen, and water to not only sustain and energize our entire bodies, but to cleanse, heal and ascend them, as our bodies run on the same light as our spirits!

With continued partaking of live plant foods, old physical patterns can begin to shift to allow the body to realign with its natural superpowers. Expensive health programs, trendy diets, synthetic supplements, and invasive treatments, while perhaps necessary in certain circumstances, are largely unnecessary for people who wish to heal themselves and activate their light-bodies. (Generally speaking, after

an initial adjustment period, fresh fruits and other living foods can rejuvenate even the most cantankerous of bodies.)

It should also be noted that shifting to a live plant food diet is not intended to spark psychological addiction or egotistical inflation. Nutritional dogmas must be abandoned and replaced with deep respect for and care of our bodies by embracing a pure diet and lifestyle. These things enhance, nay, dramatically drive harmonious alignment with the master plan of our light-body Ascension.

Ultimately, the aliveness of our foods supports the aliveness of our bodies, minds, and spirits. As we continue to grow on our spiritual journeys, our light quotient expands within our bodies as well. With loving care, attention, and intention, our light-bodies emerge and scintillate with high frequency light, our eyes shine with clear vision, and our spirits soar with ease. Light-body, light-mind, light-spirit.

Crossing the Threshold, Part 8

April 6, 2024

<https://goldenageofgaia.com/2024/04/06/whitney-crossing-the-threshold-part-8/>



Crossing the Threshold, Part 8

Stepping through the golden doorway of Ascension, many things will continue to change for us in our personal lives and in our shared world. Not only will we unite with our truest selves, but we will unite with life in unity consciousness. This is a philosophy and a phenomenon that is already felt by many, and it will continue to take hold as we move deeper and deeper, higher and higher, into the light.

Unity consciousness is a term that has been tossed around for a long time, and it means different things to different people. Some think of it as a physical merging with one another at an orgiastic event. Others think of it like a liberal political party where everyone agrees with each other and drives a Prius. Still others might think of it as a bunch of telepathic milquetoasts that are holding hands.

Unity consciousness doesn't mean that we necessarily share the same beliefs, traditions, or lifestyles. Nor does it mean that we even approve of the behaviors of others. Instead, unity consciousness develops as we start to see beyond the unique patterning of everyone and see into our shared experience which is the human condition.

The human condition is where all paths overlap: every story, struggle, and style can be boiled down into the essential experience of being alive. From there, we understand that the paths and choices that people make are all superfluous details that can't actually conceal who we truly are as humans, as expressions of God.

God is all things, God is all people. We don't have to decide if God is this or that. God is this and that. And the mind-bending experience of seeing and accepting this not only forcibly updates our limited beliefs and understandings about life, but it cracks us open to behold the dazzlingly infinite nature of God or Life through a perceptual and physiological rewiring (that is part of the Ascension process.)

Unity consciousness is a supremely cosmic state of consciousness. Forget drug induced highs or painful austerities. Simply allowing ourselves to see beyond our noses softens our own mental and emotional edges so that we feel oneness. This is a felt sense, an agape romance with life. When we courageously allow this, we inwardly dissolve into a relaxed acceptance of all that is. It's bliss, actually.

And this experience of connection is what we all ultimately seek. The thorny projections that we foist upon others to protect ourselves against hate is what we do when all we actually want is to love and be loved. In our confusion, we judge and label. In our confusion, we divide and conquer. In our confusion, we remain disinterested in the experiences of others that we don't understand.

As we practice seeing beyond the form of our brothers and sisters, we also see beyond our own form. And this reveals the innocence that we all inherently are underneath the costumes that hide the human condition. From this place, there's curiosity. Healthy distance were appropriate, of course, but still, curiosity.

In our curiosity, the world becomes a more interesting place. We are a global buffet of intrigue to sample from. And indeed how intriguing to consider what we can create together when we come from a place of curiosity rather than judgement. (Some call it heaven on earth.) From curiosity comes compassion, and from compassion comes love.

Everyone comes from a mother. Everyone bleeds. When we remember this, we embrace our humanity. And this openness that we can begin to practice within ourselves becomes not only a balm to our own hearts but a balm for those around

us . It's true that not everyone will join us in unity at this time. But even still, we are still united.

Timelines & Probabilities

June 30, 2023

<https://goldenageofgaia.com/2023/06/30/timelines-probabilities-by-whitney/>



Timelines & Probabilities

In the last four articles, we talked about the process of crossing over into a higher state of consciousness during this Ascension cycle.

Throughout this process, many of us have been discovering and aligning with our highest possible timelines which is a very exciting endeavor. By cultivating deeper levels of self-awareness, we are finally understanding how we are the most powerful creators of our own lives—and it's this awareness that allows us to make more enlightened choices for ourselves so that we can realize all that we came here to be at this momentous time. And this is where timelines and probabilities enter.

Probabilities are the projected outcomes of a situation that reflect our current state of mind, body, and spirit. Nearly every minute we are entertaining and generating endless probabilities based on the dynamic interplay of the ever-changing stream of experiences that we're having. Thus, we are always seeding new potential

timelines with our actions and behaviors—timelines being the trajectories that express these myriad probabilities.

What exactly then is the *highest possible timeline*? It's synonymous with the idea of Destiny. It's the ideal trajectory that our individual souls very much want to create and have intended to manifest in our lives if we allow ourselves our fullest expression.

Surely there are many potential timelines that we can experience in our lives, and whatever timeline we choose for ourselves is perfectly fine. However, those of us who are committed to being our truest selves are wanting to live the divine blueprint of our souls.

So how do we allow ourselves our fullest expression? Life is a complex operation, and there are many subtle factors that contribute to the net experience of our lives. That said, our hearts deliver the energetic coding of our souls into our beings, translating soul intelligence into sensate guidance.

The task is to learn to decipher, speak, and act upon the language of our own hearts. *And so to the degree that we follow our hearts, we can be certain that we're heading in the right direction.*

So then what timeline are you on? Well, what does your heart say? Are you listening to it and then following it? Or are you choosing to live in a state of resistance to yourself? If our choices determine our destiny, then let's choose wisely now.

No two souls are alike. No two destinies are alike. And there's freedom in this realization. We don't need to compare ourselves to others in their successes nor their losses, for we each are on our own journeys. Some souls are yearning for power, some are learning about forgiveness and love, others have a hankering for warfare, others still are exploring themes of sacrifice or even selfishness.

It's not up to us to decide or judge someone else's path. It's only up to us to follow our own. What you and I may shudder at may be someone else's intentionally sought out education or passion. We all want different things. We all need different experiences to develop ourselves and to enrich our souls. Our souls are aspects of

Source that are ever expanding in consciousness until they merge fully back into the Light, and each experience helps us get there.

If you'd like to jump onto your highest possible timeline, then, in short, ask yourself who are you really and then figure out how to jettison everything that you aren't so you can be this person now. This is called Timeline Jumping and many of us have signed up for this very accelerated and wonderful coursework at this time. As you continue to master yourself, you can also begin to *speed shift* by altering your thoughts and feelings whenever they stray from your heart so you can start to pull in new and wondrous (and oftentimes miraculous) aspects and opportunities into your immediate experience.

Every little choice that we make can potentially move us further away or closer to our hearts and therefore our destinies. As we move away from what feels cold and move closer toward what feels heartwarming, we can be assured that we are manifesting our highest possible timelines. The details of the journey will take care of themselves as they always do when we're on path. We don't need to know our destinies by name, only by heart. So let's go.

Coming Home to Ourselves

October 9, 2023

<https://goldenageofgaia.com/2023/10/09/whitney-coming-home-to-ourselves/>



Steve: Beautifully put, Whitney, and conforms to/expresses my own experience as well.

While the spiritual journey is rarely a linear one with clearly defined footpaths, signposts, and support, it certainly has a thread that runs through it. This thread is ourselves!

However our spiritual journeys move us, wherever they make take us, the one constant is us. Yet, ironically, how often do we overlook ourselves while trying to find out who we are and how to live? Realizing that the missing piece is us is the process of coming home to ourselves. And it's core Ascension work.

So what does it mean to come home to ourselves? It means coming into full, harmonized breakthrough union with our spirits, our souls, our spiritual hearts. This is also known as the inner sanctum where the truest truth of our beings

resides. (1) Our answers, our guidance, our purpose, our peace, all arise from the inner wordless voice and presence that is our own spiritual selves.

As clichéd as this may sound, our answers are within us, not outside. And yet how is it that we can spend a lifetime away from ourselves, instead living with our eyes, minds and hearts always gazing outward for answers, essence, and guidance?

Over time, as we learn instead to direct our psychic energy inward, we see not only the terrain of our mental and emotional bodies—the stories, beliefs, and accumulated identities that we think and feel unconsciously—but we see beyond the world as we know it, tapping into the vast field of awareness that we actually are and that we belong to.

This awareness is our unique spiritual energy, and it contains intelligence and light that can guide us if we tune into it and follow it. Navigating life at purely the mental or emotional level won't work. Navigating life at the soul level will. (2) This is all that matters in our lives if we want to become our spiritualized selves. This is the only thing that carries weight even though the energy of our beings is weightless. (3)

Coming home to ourselves is also how we develop Deep Intuition and Integrity. We become unshakable in hearing, feeling, decoding, and acting upon the language of our souls—and this includes becoming skilled at sensing the truths of life and the ways of others around us, as we can only know another as we know ourselves.

So how do we find our way home to ourselves? How do we know we've made contact? Simply put, living in the truth of our hearts gets us there. We'll know we've found ourselves because of the feeling. It's light and free. It's joyful and peaceful. It just feels right. We can't know this by thinking about it. It's a heartfelt experience, a deep knowingness that transcends moods, wounds, beliefs, and self-concepts, as well as the projections and ideas of others.

Understandably, it can feel challenging to make contact with ourselves, especially during times of change, struggle, or pushback. Yet these are the moments that serve as clarion calls to unite us with ourselves more deeply. The mental and emotional chatter can increase as we dare to enter our inner sanctums—the what-ifs and the shoulds can haunt us if we're not vigilant about protecting against their lifeless assaults.

And so it's especially at these times that it can be tempting to default to the outer world to guide us. It would be easy to assume that someone else has our answers, that someone else knows us better than we can know ourselves. Here then, instead of acquiescing to an outer authority, we must begin to forge the inner path back to ourselves. Yes, we can take someone's hand and we can lean on them as we take these steps, but ultimately it's us who has to walk ourselves back home.

There's no turning back once we make contact with ourselves. The ping of our souls will call us more loudly and clearly should we veer off path. And this familiar force of positive feelings and warmth becomes our reliable guide map that will begin to show us the way, eventually steering us ever more skillfully on our journeys as we discover and abide by our soul selves and our personal truths.

Perhaps we have suffered, perhaps we have ventured down painful paths and experienced many injurious things. This is not a reason to avoid ourselves. Instead, we are encouraged by Life to listen more deeply, feel more softly, and act more carefully according to the wisdom of our souls. We mustn't ignore or deny our knowingness. We must live it. We must become intimate with ourselves so that we unconditionally love ourselves as our very own best friends.

This journey home isn't no big thing. Coming home to ourselves, our true selves, is the journey of a lifetime. Embodying our soul selves is an aspect of cultivating genuine spiritual mastery. And it's what awaits us all as we move forward during this Ascension timeline.

Footnotes

(1) Steve: What I experienced at Xenia in 2018 as the bottom of my heart, the deepest part, the "seat of the Soul."

(2) Which I've called the intellectual, experiential, and realizational levels of knowing.

(3) Realization alone carries weight.

Living in Intuition

October 30, 2023

<https://goldenageofgaia.com/2023/10/30/whitney-living-in-intuition/>



Living In Intuition

In the last article, "Coming Home to Ourselves," (1) the subject of following our intuition came to the fore. There, we talked about becoming led from within, no longer from without. But what exactly does this mean and how do we do it? Let's dive in a little deeper here.

We each have our own internal guidance system that is unique to us. Our soul blueprint or soul coding is etched into our hearts, and this is the origins of our intuition. No one else has the same set of spiritual instructions that we do. So if we want to operate the way God intended for us, we'd be wise to follow our very own User Manual.

So how do we follow our intuition? And how do we tell the difference between our intuition and our ego mind and its desires? There are many theories, equations, and techniques to access this seemingly mysterious force, but it's actually quite simple. By following our hearts we begin to merge with our intuition—they are one in the

same. The more we practice, the more discerning we become where we can see and feel the difference between ego pacification and true guidance.

Intuition comes as a feeling or an inner nudging. What feels warm, light, peaceful, good, true, loving, and relatively simple is what aligns with our hearts or intuition. What feels cold, dark, scary, unloving, and complicated is what doesn't align with our hearts or intuition.

Tuning into these feelings more and more, we see that they are ultimately communicating a simple Yes, No, or Neutral, rather than a painstaking, heavily calculating, or confusing unknown. Our intuition can guide us through trivial topics, mundane matters, and even issues of critical concern.

What many of us find as we cultivate the practice of following our intuition is that the metaphorical writing was on the wall the entire time. Oh, the struggles we could have avoided if only we would have listened to ourselves more.

Here too, we must have love for ourselves and accept decision that has come before us with equanimity and also gentleness. How did those valuable experiences bring us closer to this powerful Now moment where we can fully claim our connection to ourselves?

Additionally, many of us may have been shunned or judged for following our hearts—and usually by people who themselves have been wounded and discouraged from following their own. Perhaps it may have felt indulgent, silly, or illogical to listen to ourselves while the rest of the world was stuck in their heads. Because of this, emotions of guilt, shame, or fear may have kept us from siding with ourselves. No more!

Every moment is a choice point that has the potential to bring us closer or further away from ourselves and our spiritual light and truths. With time, we can look back at our lives and see that the most successful moments and outcomes were the ones where we stayed true to intuition and to the wisdom of hearts.

As we acknowledge this, we begin to trust ourselves more. And with self-trust comes greater clarity and greater precision in calling the shots of our own lives.

Not only does following our intuition make navigating life easier and smoother, but it makes it more fun and interesting! While others around us may only see a few well-worn, overplayed, boring, or maybe even scary or costly options, we begin to sense a multitude of possibilities, ideas, hunches, and whims that were previously blocked from our mental awareness. Behold the power of our own soul blueprints!

What do our hearts want? What do we truly want for our lives deep down underneath the din of consensus? What is the best path to take as we traverse life's new chapters? The true renegades, mystics, and innovators followed themselves unreservedly, and so should we! Inside all of us is something unique that we wouldn't know unless we decided to stay true to ourselves by listening to our intuition and following our hearts.

In learning how to honor and then follow our intuition, we are sidestepping the dogmas of the world and moving closer to our spiritual hearts. This is the God World where we begin to reclaim our spiritual selves as the truth of life. As we honor our intuition, as we follow our hearts, our minds then become servants to our souls. Our minds heal, the light is restored from within us, and we become radiantly alive.

Footnotes

(1) "Whitney: Coming Home to Ourselves," October 9, 2023, at <https://goldenageofgaia.com/2023/10/09/whitney-coming-home-to-ourselves/>

Whitney is a passionate student of life and a psychic empath who offers Soul Readings and Vedic Wellness Consultations. You can find her at sacredmountain.weebly.com