

What is a Heart Opening?



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Introduction



Four events have been the highlights of my life: An out-of-body experience in 1977; a vision of the purpose of life in 1987; a heart opening in 2015; and the sight of the Self in 2018.

All four contributed something unique to the equation.

The heart opening, with which we're concerned here, showed me how it would be possible that the world could and would work for everyone. A world immersed in transformative, transfigurative, Seventh-Dimensional love will work for everyone. I guarantee. I'll refund your money if I'm wrong. Oh, the book is free?

Not a harmful, vindictive, malignant or any other kind of negative thought can exist in a mind soaked in higher love. All one wants to do in that space is share the love. Not only because we love but also because love must flow and we learn pretty quick that we feel that love as and when it passes through us on its way to the next destination.

I'm supposed to be an intellectual with no appreciation of the finer things in life. Love just turned a sow's ear into a silk purse. I knew nothing of love before my heart opening. And, after, I felt I'd been let in on the world's most profound secret - the indescribable wonderment of being fed by that inner artesian well.

For now that's when I draw love up from my heart on the inbreath, but, after Ascension, I'll be immersed in that love perpetually, as will we all.

The Mother once told me that the mission I took on was to remind people of love when they forget. (1) That must be the best job on the team.

And my reward? More love. Deeper love. Love in all its variations - bliss, peace, happiness....

As the Mother once said to me, is there really anything more that needs to be said? No, Mother. Love says it all.

Footnotes

(1) Divine Mother: You have chosen long, long ago with Me, with Annastara [my twin flame], with ME KI AL to be a communicator and an agent of change.

But you have chosen this because you've said to me, "Mother, what if they forget? I will remind them. I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet in this great chaos in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose, to simply be the love. (The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

⌘ ⌘ What is a Heart Opening? ⌘ ⌘

The Divine Mother: It's All a Journey of Love, April 30, 2019

<http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love>



The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.

Divine Mother: Greetings. I am Mary, Universal Mother, Divine Mother, Mother of your heart, Mother of your soul, Mother of your journey, Mother of One.

Welcome, Sweet One. And, yes, I come before your beloved ally and friend, ME KI AL (Archangel Michael), my son as well.

Steve: My heart overflows with love.

DM: Yes, it does. And, sweet one, while you gaze about, thinking about this or that, wondering about this or that, thinking about what to write about this or that... Go to your heart. Go to the love because this is the beginning, the middle, the end, the infinite eternal.

It has many names as do I. But it is all journey of love. It is the way of the humans

and of this universe that I have created, that you have a tendency (correctly) to think in terms of beginning, middle, and end.

But you know, sweet one, that it is in and out of time, that it is infinite and eternal and that the illusion of this looking about is just that.

Now I am not saying I sent you, and all, to this planet, to this conception of journey to not feel that you are progressing because you are. But, beloved child, son of my heart; it is only about love, about the many expressions, about the many forms.

And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be when you continue to bring all adventures, all arguments, all explorations back to the love.

Then you are having the answers and, sweet child, you are sharing the answers that truly are the key to the return, to the re-amalgamation with All.

Never enter into doubt for all that will do - and of course it is a choice - is to make you drift further from me. Yes, it is an act of free will, a gift and a quality that I have instilled within each of you, not only the humans but far beyond.

Doubt is a choice to create further distance, further separation. And in that sense of separation it is inevitable, quite literally, that what occurs is that constructs of illusion creep in. You have chosen long, long ago with Me, with Annastara [my twin flame], with ME KI AL to be a communicator and an agent of change.

But you have chosen this because you've said to me, "Mother, what if they forget? I will remind them, I will communicate with them through words, through my passion, through my heart, through my knowing. I will communicate the love to them."

This is your task and it is a task of change as this planet in this great chaos in flux, chooses, yes, by this wonderful instrument of free will, as they choose and as you choose, to simply be the love. It can have an infinite, literally infinite, number of expressions.

But, sweet child, the expressions are only of One so I repeat what I have said so many times. If it is not of love, if it does not build the love, if it does not expose the love, if it does not communicate the love, then turn away.

Choose the path to me, beloved one. I am here, I am there, and I am everywhere

and with you every which way. So turn to me.

Steve: Mother, could we have an update on the planetary heart opening please?

DM: It is well underway.

Steve: So it is gradual

DM: Think of it in this way. Gradual can mean billions of years or an instant but I will not defuse your question. I will simply speak to it. In terms of the human race, the Gaians, my beloved angels in form as a collective, in your terminology you are thinking of it as "gradual" and I specifically say "thinking," rather than "feeling."

Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion.

And if you speak to these individuals, there's nothing gradual about it. It is the immediate knowing not only of love, not only of individual essence but of essence. Increasingly, the number of human beings upon your planet that are experiencing this is growing literally, expansively.

Yes, there are many that think they are having heart issues. It is no longer simply a labelling of ascension symptoms. So to put this instantaneous transmission of heart opening into ascension symptoms as a broad category, yes.

But can we say... You are always looking for events, Sweet One. You may look to these instantaneous openings as events, significant events. And the reason why I suggest to thee that it is an event is because of the numerical quality of the number of people on your sweet planet, my sweet daughter Gaia, who are experiencing these heart openings.

Now you say, "Mother, why have you diverted it into this discussion?" Well, I tell you why, Sweet One. Those that are experiencing these instantaneous transmissions of heart opening are acting as, not just a significant but a major catalyst for the collective heart opening.

Think of it as a virus, in your terminology, that one has and then is communicated like a virus. Love, Sweet One, and knowing are very viral. So what is happening is that this is contributing to the, what you are calling, gradual heart opening, a significant, major undertaking [that] has actually happened.

Are there are those that are still ironically refusing or distracting themselves from

either the what you are calling gradual or even the instantaneous transmission? Yes, there are. But nevertheless, even in the most recalcitrant or disinterested, the energy is in the air so they are breathing the virus.

Make no mistake, Sweet One, Love will win because that has been my plan always. So your real question is, "How are we advancing?" And what I am saying is that individual ascension is and has been happening for some time in terms of the quantum collective leap.

In your terminology, you are almost there.

Footnotes

(1) For the many names of the Divine Mother see "On the Nature of the Divine Mother," May 12, 2019, at <http://goldenageofgaia.com/?p=300774>

The "Divine Mother" is the name given to God in its active phase. Other names are Shakti, Kali, Holy Ghost, Wisdom (Hagia Sophia), Aum/Amen, the Word, the Logos, etc.

God in its "inactive" phase is referred to as God the Father, Brahman, Buddha Nature, the Void, the One, etc.

Archangel Michael on Heart Openings

April 27, 2018

<https://goldenageofgaia.com/2018/04/27/archangel-michael-on-heart-openings/>



In a personal reading I had with him on Nov. 5, 2016 through Linda Dillon, I asked Archangel Michael to discuss heart openings. The topic tends to be misunderstood.

In the course of the discussion, he tells us new things about the heart - that it has several apertures, not just the hridayam that Vedantists describe. That's entirely new to me.

He tells us that a heart opening is not determined by length of time meditating, but depth of meditation.

Thanks to Linda Dillon for our reading.

Steve: The precipitate, the big question that presents itself to me and I would hope to others - but I don't know about that - is how to open the heart. For me, when my heart opened some time ago, life completely changed. It was a total shift. I was, well, certainly in a higher state; I don't know if I was in a higher dimension.

And how can others open their hearts and how can it be discussed because people, when you talk about this they think "I'm close hearted. I'm not compassionate" and of course I'm not saying anything of the sort. So can you help me with that whole question? How does a person open their heart?

Archangel Michael: Yes, it is not a matter of being, in your current terminology, “close hearted.” What it is is heart opening and expansion into heart awareness, into the love. Let us make it very simple.

A heart opening is simply an expansion or a shift into the deeper, broader, higher connection with love. It is the connection, and the participation in that connection, to all.

Now, I wish - yes, I do wish - that I could give you the two-minute answer. Do A, B, C and D and you will be there. But it is not like that and one of the reasons...

And by the way you are in a higher state of consciousness, higher state of being in yes ... in a higher dimensionality as well. They are very interconnected, not completely aligned but interconnected.

But it doesn't matter because what happens is people become obsessed with both the mechanics, the layers (I am in the Fifth, I am in the Eighth...). It matters not.

Let us start with are you in, or out of, the love. Now what makes it a process and an undertaking, almost what you can think of as a sacred agreement for union, is the element of free will.

Human beings and many other species have this belief that they only exercise their free will when they do this or that, when they decide or choose this or that. But in fact, other than some autonomic pre-sets, every element of your existence brings free will into practice.

If you do not make the decision, the choice, the act of will, if you would, the choice to proceed and to be the love (and to use that almost as a constant litmus test) then there is a tendency to simply go on autopilot and unfortunately this is the case for much of the human race.

There is not the balance between the heart and soul, core existence desire for love and the mental emotional autopilot. We aren't even saying it is choice. It is simply as if you are driving on pre-set.

If you do not work, and by work I mean meditate, be still, receive as well as give the energies and welcome them and then work with them, implement the love, then that sense of expansion either becomes like a closed-door or a revolving door.

And sweet one, what you often have felt, is that it is been a revolving door that, “I’m in. I’m out. I’m in. I’m out.”

So, if we can use the word “heart,” the apertures of the heart have many openings. And you have recently even discussed and talked about some of this.

But very often what is happening is that again, it becomes a dimensionality wars. It becomes, “Am I using this portion of my aperture? Am I using that portion of my aperture?” And the point is, is that you are using all the activation points.

That is how you enter into the love and stay there. When you are in, and it can be, we can call it, meditation but we simply mean when you allow yourself to be in a state of beingness, of stillness, of oneness, that is the indicator - the flashing red light (or green light) to the entire universe that you are still, that you are ready to align, that your open to receive and become a transmitter, a vessel of nothing but love.

And you have had those moments of full awareness awakening where you have begun (because it is a beginning, not even a middle) to touch that sense of the all. That is the easiest, most proficient way.

Now I say this and I can hear many of you say, “But I meditate for 20 minutes a day. I meditate for an hour a day. I”t is not determined necessarily by what humans think of as a time span.

It is going deeper and higher for some and on some days you are able to reach this state of quietude. Yes, the channel’s term is “spaciousness.” You are able to reach this rather rapidly whereas other days it may take hours. It may take days.

But if you remain in it, it will happen.

But what happens for so many, and can you imagine saying this to the Father/ Mother One, “Oh I have an appointment, I’ve got to get going, I don’t have time for you. I don’t have time to find the totality of why I’m here, the entire meaning of existence. I’ll have to get back it to you on that.”

So the decision that the autopilot of your life is more important than the love, the expectation that busywork is more important than connecting with all, defeats it.

So there has need to be a willingness, and dare I say, a discipline - a discipline practice of taking the time, the energy, the room to create with all your apertures that sense of connection.

Now you do not need to know, “Now I am connecting this... Now I am connecting that...” It is simply being and it is eliminating the mental chatter. How you know you’ve entered into that space is when the mental chatter ceases.

You say to me, “But, Michael, we all have our lives, our families, our duties to attend to.” And I agree and I understand but where is the priorities of what you are doing with your life?

That is the eternal patience of the Mother.

When you create a ritual and a practice, not only to enter into the love but your real question is to stay in the love.

And you have experienced this, my friend, my brother. When you emerge from that place of silence where everything is, you carry that then into your life and everything you do and say and hence experience is in alignment with the love.

Your acts of will, your acts of creation, your participation in joy, your giving of joy, your receiving of joy. It is all coming from the place of the love.

So there has need to be as an act of will, the decision and the practice, (a decision without implementation is meaningless) to truly pursue and to commit to being in the sacred space of love.

There are many who say, “Well I never feel it. I haven’t been there.” And what I am saying is to get rid of the mental/emotional debris and come back and sit with us. You will know it.

Is this clear? I know it is an abbreviated conversation, sweet one, but is it clear?

Steve: Well, I thought it was a very rich conversation, which I will pore over in transcript form. I’m looking forward to it immensely. Thank you for all those leads. And I do get the importance of beingness, stillness. Thank you.

AAM: You’re welcome, my friend.

On Heart Openings

October 16, 2017

<https://goldenageofgaia.com/2017/10/16/on-heart-openings/>



Credit: Daniel B. Holmes

Oct. 16, 2017

I promised the Mother that I'd say more about heart openings, given that she's predicted one for the planet at a time of her choosing.

Let me do that now.

We have several hearts. The physical heart, the heart chakra, the "high heart," the spiritual heart, etc.

I'm only speaking about the spiritual heart.

The spirit occupying a physical body from birth to death normally exists with no access to the spiritual heart. The heart aperture which Hindus call the hridayam, which opens into the heart, is normally closed.

So just to be sure: I'm not talking about an attitude of "open-heartedness" or "close-heartedness." The normal Earthly, human condition is to have a closed heart aperture.

Those for whom the heart is permanently opened are ascended beings.

Those for whom the heart has opened and then closed again are relatively few in number.

Those for whom the heart has opened and remained open - and they have remained in this dimensional setting - are probably infinitesimal in number. Not infinitesimal in the higher domains. Just here. I can think only of Ramana Maharshi, Franklin Merrell-Wolff, and the avatars (Ramakrishna, Buddha, Shankara, etc.).

When the heart opens - and the Mother has said it may feel like an explosion or implosion - whether immediately or later, we'll experience a torrent of love that will wipe us clean, for however long the experience lasts.

It'll leave us in a space where our heart becomes an artesian well, gushing up love which we feel powerless to do anything else with than share with everyone around us. By its nature, love is universal. It makes no distinctions. It cannot be otherwise by the nature of love.

This next section may be review to many. Skip it if you like.

Apparently, by the old system of reckoning, a heart opening would be reckoned to be the first stage of enlightenment on the road to Ascension. I know the archangels are not following the old system, but let me restate it, if only to provide a standard for comparison.

When the kundalini reaches the fourth or heart chakra, we have a heart opening, an explosive or implosive experience of love bursting its bonds. Hindus call it spiritual awakening; Buddhists call it stream-entering. We've entered the stream on our way to the other bank.

When the kundalini reaches the sixth chakra, we have an experience of being one with the Consciousness pervading the whole world - the Divine Mother. Some call the experience cosmic consciousness. Some call it savikalpa samadhi - still mind or trance state, while still apprehending form.

When the kundalini reaches the seventh chakra, we have an experience of the Consciousness transcending the world - the Father. Some call it Brahmajnana or

God-Realization. Some call it (Kevalya) Nirvikalpa Samadhi - still mind/trance state with no apprehension of form.

This is halfway up the mountain.

Next the kundalini opens the heart permanently in an experience called Sahaja Nirvikalpa Samadhi ("Sahaja" means "natural"). This event is mukti or liberation from the life-and-death cycle of Third Dimensionality. This is the end point of Earth's current Ascension out of the Third and Fourth Dimensions and into the Fifth and higher, as the Mother has confirmed:

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

Divine Mother: Yes, it is beyond what you think of [as being] with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the [seven] chakra system, into the new. So yes, you are correct, in this question and in this statement. (1)

If your everyday experience is simply so-so and you suddenly find yourself in an internal "tsunami of love," it can frighten the wits out of you.

Did someone slip you a drug? Are you losing it? Where is it leading?

No one slipped you a drug. You're not losing it. It's leading only to more and more love and greater and greater depths of it.

The only thing you lose as a result of drowning in the tsunami of love is your fear, your anxiety, and your resentments. The tsunami sweeps them all away, never to return, as long as your experience of the tsunami lasts.

After the culmination of Ascension, it'll last. From now until then, a heart that opens can again close. If the heart does not close, that's the signal that you have well and truly completed the journey. We're all going to that endpoint.

My understanding is that gatekeepers and pillars have agreed only to travel back and forth through the Ascension portal, rather than ascend permanently, until later.

What is the experience of the internal "tsunami of love" like? We use the same word "love" to cover situations ranging from our taste in ice cream to the most sublime of spiritual states. When one person says "love," other people may hear it at any range from the mundane to the sublime.

The kind of love we experience after a heart opening is not only torrential; it's the most satisfying experience - along with bliss - that I can think of.

As it happens, we seem to be most stirred, moved, and activated by what happens inside of us - chiefly our feelings, but also our desires. Love turns out to be everything we've been seeking in that our internal states are all uniformly satisfying. That's why loving people seem so happy.

Introduce higher-dimensional love into our field of experience and our interest in all else falls away. It feels so uplifting that we forget about any cares or concerns we had.

It's more intoxicating than any drink, more satisfying than any drug. It never seems to fail to delight. It's as Yogananda said: Ever-new. I've never grown tired of love or wanted something different. Oh yes, I almost forgot. Things go better with love. Nuff said.

Mother have I done the job? I could only do it by looking at things from my angle. If anyone else has a view from theirs, send it along.

Footnotes

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

What We as a World Value

May 25, 2024

<https://goldenageofgaia.com/2024/05/25/what-we-as-a-world-value/>



There was a time when everything seemed so difficult to me and I didn't know how I'd find the way forward.

How was I to explain a world that works for everyone to normal folks?

And then in March 13, 2015, it suddenly became simple.

On that day, my heart opened and I experienced a tsunami of love that swept all my worries and troubles away.

Anyone, anyone in that flood of lovelight would not have a harmful, mean, negative thought. That wave of love would utterly change everything and make everything work - including ... the world.

I remember the moment when it hit me. I said to myself, is this what they're all talking about?

YES! Yes, yes, yes!

Well, today another knotty problem just unravelled itself and revealed itself as simple.

Here I am, a former refugee decision-maker, supposedly schooled in human rights (decades ago now). When I contemplate my contribution, it comes up as being in human rights and particularly in values.

In values? What do I know about values? I've left behind what most people value. My furniture is not even Ikea. Five days after buying the TR-4 of my dreams, I'll tire of it. I'm losing my taste for a lot of foods, which was about all there was left.

Ahhh, *but I do know love*. I do know peace. I do know innocence and purity, bliss and ecstasy.

Values? These are my values. I value love and bliss. I value peace and ecstasy. It's so simple.

I value the divine states and virtues. The virtues are things like courage, integrity, reliability, etc.

The Mother called this the foundation on which to build Nova Earth:

Divine Mother: What is the new foundation upon which Nova Earth is built?

It is the 13 Blessings and Virtues [the divine qualities and virtues] that we gifted you so long ago. This is the core of everything you will value and bring forth in the new reality. This is the foundation of what you create and co-create with us. (1)

Some time ago, I asked myself what a cultural universal would look like. I now see that our spiritual universals are also our cultural universals. They're the divine qualities such as love, peace, bliss, etc., and the divine virtues such as courage, patience, compassion, etc.

Yes, we all smile and we all cry. But I think, if we had a way of measuring what the global population universally agreed on as being valuable, the answer would be things like love, understanding, compassion and other universal and divine qualities. (2)

Let these be enshrined in our next version of the Universal Declaration of Human Rights as what we as a world value. (3)

Footnotes

(1) Linda Dillon, “Chapter 3 - The 13th Octave Blessings & Virtues” in *The Great Awakening. A Spiritual Primer*. Port Lucie, FL: Linda Dillon, 2012.

(2) Coming soon with a Quantum Voting System?

(3) It's time that our human rights were expanded from being simple lists of what we shall not do to include what we truly value and wish to nourish and support. I think we'll find that these turn out to be the divine qualities and virtues.

⌘ ⌘ Accounts of Heart Openings ⌘ ⌘

Bright Star: An Account of a Heart Opening

April 26, 2018

<https://goldenageofgaia.com/2018/04/26/bright-star-an-account-of-a-heart-opening-2/>



This article is from Bright Star, who lives in western Europe.

At the same time that I was watching Linda Dillon's Winter Solstice 2017 webinar, I was also receiving emails from Bright Star in Europe who was at that moment having a heart opening.

He wishes anonymity for professional reasons. As with my own experience in 2015, he felt the energy rising up in his body and then opening the hridayam or heart aperture.

Then the inner tsunami of love flowed. He says at the end what I felt myself moved to say as well: The only thing I wanted was more of the same (higher-dimensional love)

However, his experience went much farther than mine. The kundalini mounted the whole of his body and all his chakras opened. I'm no expert, but my hunch is that the experience was Brahmajnana, God-Realization. Wonderful work, Bright Star!

Notice this statement: "The Tsunami of Love hit me so hard that in the same second, all my concerns, anger, distress, hate and all other unpleasant feelings, which bothered me for such a very long time, were washed away completely."

Yes, swept away in the inner tsunami of love. The tsunami washes away all our concerns; that's part of the reason why the world will work after we all have a heart opening: No one will want to harm anyone else.

Thank you, Bright Star, for sharing your experience with us. Who's next please?

My Early Christmas Gift of Dec 21, 2017

The Rising Stage

When I woke up on Dec 21, 2017, I instantly felt that something is different. I could not put my feelings into words but all of my senses were very sharp. I noticed every sound, the different colours (which were brighter than normally) and my mind was very calm: No disturbing thoughts like usual. At this moment, I didn't know what to do with all of this and I went off for work.

The Tsunami of Love Breaks

I was in my office, sitting at my computer, when I felt the energy rising: Firstly, I felt a prickling in my legs, which went up over my back along the spine up to my forehead. It was very pleasant and I relaxed. Suddenly, my root chakra opened up and the energy flowed from there to every chakra in my body, connecting all of them and let them pulsate.

My whole body was filled with a bright golden light that emanated like flames from every part of my body. The energy went up into my crown chakra and there was a strong connection between my third eye and the back of my head.

I felt every atom of my body, was connected with everything that is, was melting with the Universe. I was part of All That Is. At this moment, I felt a bit dizzy but the feeling was so very comfortable that I just let the process flow and did not have any concerns. Until the next thing happened...

Suddenly, my heart opened up and by this, I mean it was like my heart explodes. My heart was flooded with an immense wave of light, a golden bright light that I can simply not describe. But I'll try my best to do it nonetheless.

I instantly felt that now, the Tsunami of Love hits my heart and firstly, I was so concerned about this strong feeling in my heart, that I thought I am having a heart attack.

Luckily, I had my "online coach" (Steve) who was helping me during this experience and gave me the valuable hint, just to relax and let the process happen because this was an enlightenment experience and not a heart attack (thank you again, Steve!).

The Tsunami of Love hit me so hard that in the same second, all my concerns, anger, distress, hate and all other unpleasant feelings, which bothered me for such a very long time, were washed away completely.

All these feelings were replaced by pure Love and for the first time ever in my 45 years, I experienced Love in its purest form. The Tsunami of Love was a complete cleaning of my "system." A resetting of my being. After an hour or so, The Tsunami of Love leveled out, leaving me in total peace and Love.

The Aftermath

For the very first time in my life I can honestly declare: I am happy, joyous and full of love of life. I am so grateful to be a part of Mother's plan and willing to go along with the Train of Ascension. My old self is gone. I am present in the Now Moment and when my thoughts deviate, I notice this very early and can easily access the Now Moment again. I am happy. I am.

Please, Spirit, this is the best gift you could have given me and it's like a drug: Please give me more of it!

I am in Love (A Description of a Heart Opening)

December 18, 2021 by [Digger Barr](#)

<https://goldenageofgaia.com/2021/12/18/i-am-in-love-a-description-of-a-heart-opening/>



Steve: It sounds very much like Digger just had a heart opening. (1)

Who's next? We're laying new track.

I am in Love. I don't know why. I haven't met anyone.

Yet here it is. Love so big, so strong and all encompassing I feel it surge from deep within and gently flow throughout my entire being.

It is not the Bliss-filled emotion I have experienced before. That love was high energy. Almost too much to handle, it consumed me and I wasn't sure how to hold it. (2) I wasn't able to sustain it actually. I asked my guides to help me tone it down before I blew a fuse.

Blissful love is amazing and, boy howdy, won't that be a great day when everyone has a chance to engage with it. It will be like a huge carnival with everyone dancing and laughing, excited to be there. (3)

This is my personal idea of what Bliss felt like. I cannot speak for anyone else.

But this feeling right now is more like a Romantic love. Gentle. Full.

Dreamy Incredible. It is so sweet that if anyone tries to cross me today I won't care. I will look at them with this love and give them a hug.

I do not know how this came to be. Like I already mentioned, I have not met anyone here in physicality.

I don't want to confuse things. We get lost in the programming of what love is. We have been taught that sexual love is love and our hormones are given all the power and permission to rule our lives.

It is powerful indeed but as we have found through years of practice, it is not very sustaining. Profitable for divorce counselors and product advertisers, society has fallen under its spell leaving us somewhat vacant in fully understanding love in all its sincerity.

There have been many types or categories of emotions that define love. They are strong wonderful feelings.

Nothing is as strong, at least not that I have experienced, as the love felt as a Parent. Having a child is beyond anything I could have ever imagined. Any parent out there will know of what I speak.

It is almost unexplainable. It's something that can only be experienced. You cannot go to a Pub or find it online.

It is created, nurtured, developed and instantaneous at the same time. It is intense, and unshakeable. It is not surprising that many Fathers just walk away when confronted with the idea of separation from the family.

It is too much to deal with and much easier to turn away rather than face those feelings of separation.

Parental love is so strong as it is designed to protect and nurture. It needs to be unshakeable. But it also breaks the spirit when things go awry.

Considering the variety of living circumstances in our multi-functional families, the love for the child often serves as the glue that bonds many together. It is a sustained love even if sometimes driven deep out of sight.

Blissful love, Romantic love, Parental love. All amazingly wonderful emotions to experience. We are so lucky to have so many options.

As we pull ourselves away from the programming of what love has been advertised to be, we are rediscovering ourselves. We are realizing that loving ourselves is not conceit or a taboo notion anymore. Self-love is the foundation in all of our spiritual seeking.

This love is unconditional. (4) This love is sustaining. (5) This love is free and in abundance. (6) This love is overlooked if we continue to search outside of ourselves for meaning and happiness. (7) I believe that is shifting.

Going out on a limb here making it more of a declaration. It has shifted.

I personally have been experiencing many shifts. They seem to be speeding up and it feels a bit like being the silver ball in an arcade game. Bouncing off the rubber belts and hearing bells and dings of accomplishment as points accumulate towards an uncertain goal.

I love this game. Is self love the goal? I believe it is that. And so much more.

There are many bells and whistles going off around the planet, the galaxy and beyond. The game has been afoot for longer than we understood.

Wouldn't it be great if the goal were to get to a point of engaging in a state of love that is sustained and permeates all of existences?

In many ways that is outside of me. I mean, it is a part of me and I am a part of it. But within myself, What I am experiencing is an actual feeling of 'being in love'. (8) I am in love. It's pretty simple.

No bells or whistles. No silver ball needing to bounce off walls for accolades. Something has shifted and it is amazing beyond words.

I think that what I am feeling is not definable. We can look at defining it as Divine Love, the Christ consciousness. Universal Love.

But right now in the midst of its energy, I don't need to define it.

It is so gentle and so forgiving that trying to put it into a category or give it boundaries would diminish its glory.

This is definitely a milk and honey moment. All I know is that this is what I wish for everyone. I will sit in this energy and send it out to all. If this is the Spirit of Christmas may it be so and may it be Christmas from here to eternity.

Merry Christmas, everyone.

You're not going to believe what's under the tree!

Digger2021

Footnotes by Steve

(1) A heart opening occurs when the kundalini reaches the fourth chakra. It may take the form of the hridayam or heart aperture exploding or imploding but, whatever form it takes, the result is a flood or tsunami of love unlike anything we've ever experienced before. Digger describes it here.

Ascension is a full and permanent heart opening, beyond the Third-Dimensional seven-chakra system.

(2) Bliss is like that.

(3) This is what higher-dimensional love is like. You only want to share it.

(4) By its very nature, love is unconditional: It flows everywhere.

(5) It's all you want and need! Hunger and thirst may exist on this dimension, but on the dimension on which this form of love exists, it is all you need.

(6) Never-ending, eternally flowing.

(7) Totally. Looking outside ourselves will never have us find it. It flows inside the heart and is known when the heart opens, as it appears to have with Digger. What did Krishna say? The ignorant walk by the place I reside, there in the heart.

(8) Yes, the love is felt as tangible, more substantial, real, and touching than anything else we presently know.

I hope Digger is just the first of many!

AAM Describes a Heart Opening

June 11, 2018

<https://goldenageofgaia.com/2018/06/11/aam-describes-a-heart-opening/>



J in Australia has shared some of her Dec. 17, 2017 reading with Archangel Michael (through Linda Dillon).

In it, Michael discusses what is in fact a heart opening:

Archangel Michael: Seldom will you ever hear any of us use this word ‘must’ or ‘should’, but there are certain elements that are necessary in the creation and anchoring of Nova Earth and Nova Being. You do not bake bread without flour.

And so it is necessary that the truth and the might, the gentleness and softness, the beauty and surrender of who you are and who humanity is, is truly anchored and

blended in with the most beautiful elements and ingredients that create the fulfilment – not only of the Mother’s Dream and your dream but also the basis, the foundation, the upliftment, the completion of what has been planned not merely for the planet herself, for sweet Gaia, not merely for the elementals and the kingdoms, not merely for the intergalactics and galactics, not merely for human beings and hybrids, but for *you* – that this *is* the time not merely of the fulfilment of the promise but, truly, the new beginning.

And yes, beloved, it does start and end with the fulfilment of your heart’s desires. And yes, you are correct, for you have felt that shift, shall we say, out of your head, even out of your outer field – which is beautiful and necessary – into your heart centre.

So often there has been a tendency, particularly in the lightworker/loveholder community, of which I count myself a part, to think of this implosion-explosion into Nova Being as happening in the outer realms and drifting like mist or snowflake or a gentle rain into the inner reality, the heart reality.

In fact, that heart opening, that implosion-explosion, takes place in the heart centre. And in this occurrence, what is taking place is there is an implosion in fact breaking loose the spaciousness, the energy of your divinity.

So there is a grand expanse suddenly discovered and then there is an explosion simultaneously, and it is going out into all your outer fields, into the outer reality, into the planetary systems and far beyond.

But all of this begins with the anchoring, which you have completely noted, in the heart centre because this is the beginning, the middle, and the end. And so that is what has been occurring.

It has never been the intent of the Divine Mother to negate or minimise any of your other faculties... not your brilliant mind and not your digestive system, not your reproductive systems.

But the intensity of the focus that has been brought to the heart centre was not only necessary and desirable but a basic requirement for this heart opening, this implosion-explosion.

And it could not occur, either in your mental body, your emotional body or even in your root-sexual area. It had need to occur, and is occurring right now even as we are speaking, in your heart.

And you are doing this magnificently and from the purity and the sweetness of who you are, bright angel of love, bright angel of beauty, bright angel of purity. And this is necessary. And it is not the precursor; it is the occurrence of Ascension.

And this is how you go forth into the new beginning, because as you are walking already back and forth through this portal, you are not the same individual as you were. You are in the expanded, exalted self of your truth, of your power in the truest sense that I use, and of your might.

Submerged in Love

April 28, 2018

<https://goldenageofgaia.com/2018/04/28/submerged-in-love-2/>



The morning of Friday, Mar. 13, 2015, at 7:00 a.m., I had a spiritual experience, which continued with me late into Friday evening. (Archangel Michael says the experience will be permanent.)

Not surprisingly, since this has happened before, I had a scheduled reading with Archangel Michael three hours later. I've already posted that conversation this past week. (1)

Two hours into the experience, I wrote the article that follows. It was written before I had my conversation with AAM, to record as much as I could discover about this remarkable space before hearing from him.

Archangel Michael called it a "heart opening," "the beginning," and "a part of" Ascension.

I've corrected one detail. Just as I couldn't bring myself to say it was Frazzeldrip I watched at Xenia for a year or two afterwards, so here I did not mention that the heart opening began with an explosion that seemed to clear an obstruction from my heart. It didn't "mushroom" or "blossom"; it exploded. Why I felt reluctant to mention this is now lost to memory.

My own present-day comments appear between square brackets [].

Written around 9:00 am; edited and rewritten around 5:00 pm, March 13, 2015

I slipped into a spiritual experience a short while ago (at 7:00 a.m. on Friday, Mar. 13, 2015) (2) that began so subtly that I know I have to make a record of it.

Imagine becoming successively drunk from drinking one glass of sake after another. Only you haven't drunk anything. I hadn't taken so much as an aspirin. The event was clearly inner-initiated. It had no "external" cause.

I became aware of something which I thought of as "an influence" creeping up my legs and torso, which put me in a mood of love and calmness.

After the mood came to my awareness, I acknowledged to myself that it seemed like the Divine wished to communicate. (3) So I surrendered to the communication. I allowed it to continue, unhindered. [I said to myself that I'm a servant of the Mother so this must come from the Mother.]

And almost immediately thereafter, in an outward sweep of the experience, it blossomed, or mushroomed, or expanded into a deep sense of love, joy and stability. (4)

Steve 2024: I wasn't ready at this moment to say what actually happened, I recall, which was that, when the energy reached the fourth chakra, there was an explosion in the region of my spiritual heart, which left me directly after in a tsunami of love.

It was like a 15-inch gun went off and blew some obstruction out of my heart. Why I didn't say that in this account is lost to me.

I believe it was meant to be a showing, a greeting, a demonstration of what emergence onto another plane of consciousness may be like. (5) [Far more than that. It was a fourth-chakra enlightenment experience: stream-entering, spiritual awakening.]

I think there's some correlation between it and the exercise that I've been doing of breathing up love and sending it out through the Third Eye. (6) I think doing that exercise may have released this energy. [Michael later says it "primed the pump."]

Calmness predominates. It's what allows the experience of all the other qualities. But calmness without love or joy would be like a dark night to the soul. We of this generation are spared that fate. We've been given the complete cleansing and purification treatment during the Mother's baptisms and tsunamis.

I'd like to think that this state I'm in right now is what awaits us. But I don't know.

What's different about this experience from others?

(1) It just crept up on me, from nowhere, for no reason. It wasn't an Aha! It wasn't even a dawning awareness. It was an influence that saturated me.

(2) It announced itself so subtly. I was reminded of the scene in *The Ten Commandments* where the Destroyer's green fog surrounds the Egyptians. That was about the feeling here as well - something almost creeping up on me. I had to become aware of it and then work my way through ideas to discover what it was or might be. I had never experienced it before.

(3) It wasn't just one thing; it was several. I felt love, bliss, stability, OKness, (7) a propensity to joy, and a stillness of the mind. Usually I only feel one - love or stillness or bliss.

(4) It lasted. Here I am approaching ten hours from when it began and the experience of being submerged in love continues. Usually it begins to subside very soon after the experience and slips away. But this demonstrably remains. In fact

some time ago, it increased. It's now stable. That's the opposite of an experience's usual progress. [It lasted off and on until Sept. 28, 2015.]

(5) It can be maintained in action, which is a first for me. Usually with bliss, I can't move a muscle. This also may be a marker of our collective progress.

In this space, all is forgotten and forgiven. In it, there isn't the possibility of error. There are only dramatized moves that don't need to be dramatized. But they themselves are part of and embedded in a wider drama of need/hurt/vengeance that so many of us are caught in. (8)

It would take years to emerge from this desert we inhabit by ordinary processing. The jump to a higher space accomplishes the task instantaneously.

This space doesn't care about allegations or legal arguments or even matters of principle. Why? Because human beings are known to drag principle into the service of their own self-interests.

It cares only about the presence and primacy of love.

That's as far as I can take the reporting and analysis. I have no idea however long this will last. It's lasted far longer than I'd expected, as of right now. Is it permanent? I don't know that either. Is it wonderful? Superb.

Footnotes

(1) "Activating the Well-Spring - Part 1/2," at <https://goldenageofgaia.com/2016/05/07/activating-wellspring-part-12/> and "Activating the Well-Spring - Part 2/2," at <https://goldenageofgaia.com/2016/05/08/activating-the-wellspring-part-22/>

(2) The vision experience I had in February of 1987 also happened on Friday the 13th.

(3) It was surrender or drown.

(4) Archangel Michael later described it as a "heart opening."

(5) AAM actually described it later as "the beginning" and "a part" of Ascension.

(6) AAM later confirmed that there was a connection.

(7) Original innocence.

(8) Which is probably why our relationships so often don't work.

Activating the Wellspring of Love – Part 1/2

April 29, 2018

<https://goldenageofgaia.com/2018/04/29/activating-the-wellspring-of-love-part-1-2/>



The next two articles from March 13, 2015 are excerpts from a reading I had with Archangel Michael three hours after my heart opening.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015. Thanks to Dana for our transcript.

Archangel Michael: Greetings, I am Michael.

Steve: Greetings, Lord.

AAM: Welcome, welcome, welcome, to you, beloved friend, ally, anchor, communicator, bringer of news.

S: Thank you.

AAM: And yes, your heart is open. The opening is, and will, and shall continue.

S: You mean permanently, Lord, really?

AAM: Yes

S: Oh my! *Please!*

AAM: Because, you have said yes!

S: Yes, I have. I definitely have said yes.

But you must give us details because I think other readers will want to know what just happened, and what the consequences are. Can you talk about it for a little bit for the sake of others?

AAM: Yes, we will talk about it.

As I, and we, have relayed, many are either at, or through, or back and forth through the Ascension portal. Now, we don't want to talk about this strictly in terms of Ascension.

Because what you are doing is anchoring the higher vibration of divinity, of the Mother, of the Love, of the One into your sacred being, into your consciousness, into every fiber and level of your being.

The feeling, the experience - because it is so much more than a feeling - the knowingness is actually very simple. It is love. In that, there are the elements of joy, of peace, of calm, of serenity...of simply being.

This occurs, not merely because you have asked for it, but because you (and this does apply to the collective) have done your, can we say, your homework, your due diligence. (1) What we mean by this is simply, think of it in spatial reality, time and space reality: you have created the space for this [energy of love] to, not only pass by you like a passing breeze or a rain, but to anchor within you because there is a sense of this spaciousness within thee.

S: I understand.

AAM: When one is clinging to core issues, to fear, to lack, to limitation - you know the list - there is not that sense, not only of spaciousness, but of acceptance,

allowance, readiness and even permission. Because as you know, we continually say that we will never override your free will.

So, if the will, either actively or subconsciously, is actually choosing to still engage in the issues or the drama, then although we are standing at readiness and still penetrating you, that open door is not there.

S: So, the open door was there with me?

AAM: That is correct.

S: Did the exercise of bringing love up from my heart and sending it out through my third eye to the world play a role at all in this?

AAM: Yes, it did.

S: Could you talk about that for just a bit, please?

AAM: One of the strongest or the ultimate expressions of love, of willingness to not only participate in love but to be the love, is in the sharing. To say that you are love, or are loved, or you love this, that, someone... but [then] you keep it within you, you hoard it - and we do not necessarily mean that in a negative way - sometimes the feeling is so blissful you do not wish to actually take the next step quite yet, in terms of sharing.

The ultimate experience is in this sharing. This is what we speak of when we speak of sacred union and partnership. How can you possibly be in any form of partnership with humanity, with the Star-beings, with us, with any being, if you are not sharing.

So what you do when you bring the love up and out, when you begin to send, to share; it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.

It is not that you empty out. It is that you discover that that wellspring is SO full and overflowing that it is a steady stream. That steady stream does not ever, ever (think of what I say!)... it never has to cease!

S: It is hard for a human being to get that, you know. We keep thinking, “Oh no, someone’s going to turn the wheel and it’s going to stop.”

AAM: You tend to think of start-stop; of full-empty. But it is not the case. What you are doing is plugging into the ever present flow of the Mother's energy, of the love.

S: Remarkable, remarkable. We human beings want to know where this fits in the scheme of things, and what its relationship is to this over there. Is there a name for this kind of experience I just went through? And still am, actually... And will be.

AAM: Yes, and will be. This is what you call part of your Ascension process and it will simply grow and expand.

S: What growing and expanding means is exactly what happened this morning, right?

AAM: That is exactly correct.

Then it begins to expand in what you can think of, in every body - mental, emotional - because there is no separation. So the physical attributes that are one and the same with love begin to come forth as well.

S: Okay, can we just go back over that for a second? I’m trying to get my mind around that.

So this transcendental wave of love that is coming to us is impacting all our bodies in all dimensions, the mental, causal, all the other bodies?

AAM: That is correct.

S: They are going forward together. Now I think you suggested there is an impact on the physical body or our everyday awareness from this. Is that what you were saying?

AAM: Yes, because you cannot be in this intensity (and do not turn it down whatever you do!)....

S: No, gosh! Why would anyone want to do that?

AAM: Well, we are often surprised!

What happens is, then you begin to see with different eyes. Then you begin to see more clearly. Humans have a tendency to think, “Oh, now I am seeing with my third eye,” “Now I am seeing with my fourth eye,” “Now I am seeing with my fifth eye.” It is not like that.

There is the inner vision, the experience of the inner vision which allows you to truly see what is, but you also began to see that, energetically. You will see more with your eyes. You will see orbs, different colours, bigger fields, etc.

S: Telepathy may also expand?

AAM: Exactly. Telepathy, communication ability. So think of your physical communication, your writing, your oral you, your telepathic, your soul-to-soul communication, your communication above and below begins to expand, your cellular structure, because it is vibrating at a different rate.

Your cellular structure begins to regenerate because it is filled with what you think of as life force. It is a truly love force. So everything begins to shift. You begin to see that you can be the truth of inter-dimensionality.

S: Yes, a sense of certainty arises, a sense of stability and solidity.

AAM: And you realize that it's a solidity that is not solid at all!

S: No, I know! I was thinking of that even as I said it! Yes, absolutely.

AAM: It is a sense of knowingness. And, yes that stability means there is simply no space for the sense of doubt or uncertainty or even concern or fear.

S: Also, issues just disappear! There is no need for forgiveness because I can't remember what the issues were! In this wave of love, this submergence of love, and I really do mean submergence, like I am under sea.

AAM: You do not need to remember.

S: No, no need at all! I wonder why I felt the need! (Laughing)

AAM: It was part of what we would refer to as the old human traits.

S: It is all a question of deprogramming, is it not?

AAM: In many ways, yes. What you are doing, is what you think of as deprogramming, unwinding the old programming; hitting the literal delete button; not simply saving it somewhere where you can go back and pick at it later. Yes, it is the reprogramming, the rebooting of your entire system.

S: I think people may not adequately realize, (oh, how can I say it; is so hard to talk about these things, they are so new to me) that forgiveness itself is tied to memory. If there is no memory, there is no need for forgiveness of anything. There are other factors too. This love does something to me that has me not be interested in the drama and the other things.

AAM: Because it does not serve. When you are thinking about forgiveness, think of it as a step along the way.

So when you have done your forgiving; and the most important part is forgiveness of self, then you can create if you choose, situations where you wish to keep score. But the larger question is, why? Why would one even choose to do that?

So often we hear the humans (to myself, to Gabrielle, but mostly to Yeshua or to the Divine Mother) begging for forgiveness. Now, understand that forgiveness is always granted, because it is an act of mercy. It is an act of love. But does the Mother have need to forgive? Does she keep a tally sheet? No!

S: No, as competent as she is!

AAM: As competent as she is, it would be far too lengthy!

So, no, it is not a trait. It is a plea for help. And that plea, of course, is always heard.

S: There is another aspect I would like to talk to about for a minute, and that is that I think people hearing a discussion like this might say to themselves, “That’s all fine and dandy for you to say. You’re living in the experience of love.”

And, that’s true; it’s true that it was very hard to deprogram while not living in the experience of love and it is very easy to think, “I don’t even need to deprogram in this space.”

AAM: It is difficult to reach this place, only because the human program as you are calling it (and this is an excellent term) is one that thinks, or feels (but it is [the] mental/emotional [body] that thinks) that, "That [outcome] is above, or beyond."

When we suggest that there is a need to create this sense of spaciousness, so often what we hear is a resistance that says, "Well, I have already done my clearing. I have already done my forgiveness. I have already asked for help."

But if you are not in this sense [space] of the love and knowing full well, beyond any shadow of any doubt in any realm, this is what you desire, this is why you are here to create - this sense - then simply go a little further, my friends. You do not walk alone. And the journey is guaranteed!

There are very few guarantees, but when you keep going, you will arrive!

S: Thank you!

Footnotes

(1) "As you remember to be loving, and demonstrate Love in action, your energy field changes to reflect and extend that Love to all with whom you connect in any way at all. And so by changing yourselves, you are changing the world and dissolving all that is not in alignment with Love." (Saul via John Smallman, Nov. 23, 2014 at <https://johnsmallman.wordpress.com/2014/11/23/you-are-all-spiritual-beings-and-nothing-can-change-that>.)

Activating the Wellspring of Love – Part 2/2

April 30, 2018

<https://goldenageofgaia.com/2018/04/30/activating-the-wellspring-of-love-part-2-2/>



Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.

(Concluded from Part 1, yesterday.)

Steve Beckow: I need more reassurance. You are reassuring me that this space that I'm in right now will not suddenly disappear tomorrow. This is the baseline now, correct?

Archangel Michael: That is correct. Hold it, love it. Allow it to grow. Cherish it. Do not think for one moment, "Oh tomorrow I'll wake up tired, grumpy and wasted." Do not go there, dear heart.

S: Also, it seems to be affected by breathing. Breathing helps. It seems to cause it to expand. Is that an accurate observation?

AAM: It is the letting go.

S: The letting go. So in breathing in, am I letting go of the tension? (1)

AAM: You are letting go and you are bringing in. It is as simple as that. But of course it is not.

Breathwork, as you well know, (2) has always been the most straightforward and one of the most powerful of tools. It is the essence of life. You cannot live without your breath.

But what people have not truly, fully understood (just like they have not understood the space between the letters of each word, not understood the space between each atom and cell of their body), the breath, the air, the oxygen, the compound that you are breathing in is the love force. (3)

Now what happens, (this is something for you to share) is that you are breathing love force, quite literally, from the Divine. Then what happens, or what has occurred, in what you think of as your past (now the key: do not go and live in the past). It has passed through what we would call the denial filter.

The denial filter is your filter that has been filled with the constructs of the old Third: fear, control, sense of lack of worth, sense of lack of love... It passes through that. You can even think of it as being like a filter that is in your sinus, the top, the back of your throat. And it passes through the denial filter, so when you bring it in, you are only getting a minimal part of what is being offered.

S: And that's our programming, by the way.

AAM: That is the programming.

It is like when someone says to you, even when I say to you, "I love you" and then you immediately put all these restrictions or limitations on it. So often among humans it is, "Oh, you love me because..." and it is not [so]. It is simply ... love.

S: Yes, yes, yes. And when one sees that, it's such an amazing thing to realize. That real and transformative love has no object except as we call it into service. But unto itself, it has no preference, no partiality.

AAM: None.

S: So, what is next? What do you want me to do next?

AAM: What is next is the anchoring, the allowing of this sense of unity to simply expand and anchor, expand and anchor. Go higher, go deeper, go broader and, celebrate, sweet angel.

S: The predominant way I go broader, etc., is by writing, right?

AAM: That is correct!

S: I share my space. I share what's happening...

AAM: It is our platform!

S: Okay. Very good. Thank you for that. Anything else I haven't touched upon that I should know about?

AAM: You are in your process of expansion, of allowing, of becoming, of accepting the sweetness of who you are.

Often you have said to me, "Oh Lord, I am a warrior." But beloved, you are so much more!

Allow every aspect of your being - the poet, the lover, the artist, the child, the adult, the elder - let it ALL be [expressed].

Let it all come to flower and share it all. Demonstrate and share and show what is possible. (4)

For this I thank you.

S: Thank *you*, Lord. Thank you ever so much.

AAM: I love you, dear heart.

S: I love you, Lord.

AAM: Farewell

Note: Already one reader has written in saying she had a similar experience:

"Dear Steve

"On Friday I felt this loving energy expanding out from my chest. I felt secure and I knew this was the time to give birth to the new, to grow and do my part. I have been waiting for this all my life. Sometimes I had this experience only for a short time. If now as Archangel Michael said, it's going to be permanent we literally have the sacred fuel that we need to do what we came here to do."

The experience may be permanent but its intensity or fulness does wane. It can be brought back to its fulness by breathing in love from the heart (or from the air) and breathing that same love out to the world, as AAM discusses in the reading.

Footnotes

(1) Muscular tension in the body is the cause of lowered awareness. Awareness varies inversely proportional to tension in the body. The Divine Mother said on last week's *Hour with an Angel*: "Density of the human form is caused by unloving emotions." The bands of muscular tension we create by our counterproductive programming is this density. ("Transcript of the Divine Mother: Density is Unloving Emotion; Love is Lightness of Being," March 6, 2015, at <https://goldenageofgaia.com/2015/03/06/transcript-of-the-divine-mother-density-is-unloving-emotion-love-is-lightness-of-being/>.)

(2) I've done rebirthing, bioenergetics, vipassana, and probably several other practices with some relationship to breathwork. So, yes, I do know the power and importance of the breath. If I have the time after the Reval, I'd like to do some work reviving these almost-lost arts.

(3) Therefore, I don't need to be drawing love up from the heart. Love is the very air we breathe.

(4) This is about the clearest, real-life example of a mission being assigned that I've seen.

Dipping My Bucket in the Wellspring of the Heart

August 14, 2015

<https://goldenageofgaia.com/2015/08/14/dipping-my-bucket-in-the-wellspring-of-the-heart/>



Credit: christianity.about.com

Our connection with universal Source is through the heart. We draw love up from the heart and send it out to the world.

Perhaps instead of visualizing the heart as a heart, we might visualize it as a fire hydrant because love puts out the fires of the world.

We attach our hose and open the fire hydrant by breathing up love from the heart. On the outbreath we send love out into the world like a shower of water.

If we're having trouble envisioning oneness with all beings, as I've been having, perhaps see it as entering into oneness through loving all beings; sending our love from the heart out to all beings; taking all beings into our arms' embrace; feeling oneness and love for all.

Having a heart opening, I learn, does not ensure a constant flow of love. I still have to help the process along. Another way of envisioning that help, besides a fire hydrant's shower, would be to compare the process to lowering a bucket in a well.

I draw love up from the heart on the in-breath, like a bucket bringing water up from the well, and then send it out into the world on the outbreath, like the water being poured into an irrigation ditch.

I'd like to discuss the use of the imagination to stabilize the flow of love as much as is humanly possible.

I imagine that there are two Steves - Little Steve and Big Steve. Little Steve is the one who forgets about love. He often needs nurturing and protection because he gets himself into difficult spots and scrapes. One could call Little Steve the constructed self, the persona, the personality.

Big Steve is the Higher Self. And Big Steve comes more and more into existence - or unveils himself - the more I have him breathe love up from the heart and send it out into the world.

It hit upon me after the ruckus that the vasana was that I could live from Big Steve exclusively. The activity of breathing love up from the heart and sending it out is like ringing the bell and he appears, if I let him, if I welcome him.

Suppose I concentrated all day on breathing love up and sending it out? Would I reinforce his presence more and more until only he remains? That's an experiment I'd like to run.

This is not Topdog and Underdog because both of those go on within the constructed self. They are simply what the personality says and what it wishes it had said. This peopling of my imagination is the promise of who I am unfolding.

Love is the springwater. Love is the Sun. Love is the nurturing hands of the farmer.

Love is the crop. Love is the one who sells it. Love is the one who eats it. All is love.

And the deeper I go into the experience of love, the farther away I go from all the cares and frustrations of this world. All awaits my intention, my commitment, my persistence.

Love awaits patiently, whether I dip my bucket in the wellspring of the heart today or not.

Immersed in an Ocean of Love - Part 1/2

May 17, 2015

<https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/>



A few days before I went through the experience of bliss described in "I Could Get Used to This," (1) I went through almost a full day immersed in an ocean of love.

This is the second time I've found myself in the Ocean of Love. The first time was on May 6, 2014. (2)

My experience closely fit what Third Zen Patriarch Sosan describes here:

The Great Way is effortless
for those who live in choiceless awareness
To choose without preference
is to be clear.

Even the slightest personal preference
and your whole world becomes divided.

To perceive reality as it is
is to live with an open mind. (3)

What he says is so beautifully apt, but it's very difficult, before one experiences the state he's pointing at, to understand what he's saying and why he says it. But the minute you're in the space of love - that is, flooded with love because love is no miser - what he's saying becomes crystal clear.

I'll do my best to explain. One can remain in the center, in the balance point, in the heart and still choose. This is what he refers to as "choiceless awareness." One is simply present, but that doesn't preclude one's ability to say "yes" or "no" to something.

But one cannot remain in the center and have preferences. Preferences, by their very nature, take us out of the center and give us a leaning. To stay in the center, we must lean neither to the left nor to the right.

One could argue with life and say, "That isn't fair. I should have the right to my preferences." And we do. But it doesn't matter. We simply cannot experience the deeper states that depend on stillness of the mind - the windless place, the still water - if we insist on hankering for, being drawn to, and pursuing this or that in the material world.

Preference is an aspect of desire. Because we've enjoyed something, we desire to have it again. Preference is desire projected into the future. (4)

The quieting down of preference came as a feature of a space that I was in from the moment I woke up till about 4 in the afternoon.

I keep saying this next thing over and over again. Yes, I'm repeating myself. It's because the distinction is so important, so connected to understanding what Sosa is saying.

It's the *space* that eliminates preferences. It's the space that immerses one in bliss. We tend to think that what we do and don't do is important for enlightenment. No, we need to recognize the space (bliss, for instance).

Bliss can be in our field of awareness but our attention is on having a picnic with the kids and we don't notice bliss. And so it comes and goes.

But, if we notice it, it comes to life and fills up our space. We find ourselves immersed in it.

Here I go again repeating Sri Ramakrishna's apt analogy: Walk into the lake. Run into the lake. Jump into the lake. The most important thing is to get ourselves into the lake, the space.

Another word for space would be vibration, frequency. I suppose you could also say dimension and plane of existence.

We need to take our attention off the doer and notice the space.

When we notice the space and the importance of it rather than of what we do or don't do, then we start to allow and surrender to the space. Hallelujah! Now we're talking.

And when we find ourselves in bliss, we have no desires and so no preferences or issues or trauma and drama. But then, if, in the space, we generate a preference and attach to it, we're drawn back into the world of strong choices, which takes us away from our center, which takes us out of the space, out of the bliss, out of the love.

Yes, that's as clearly as I could possibly put it.

That doesn't mean I'm suggesting you stop personal development and just sit there regarding the space. No, go on about things as you've been doing. I'm simply asking for a change of one idea for another. Just one idea, out of billions.

Change your mind on which of these two is more important to enlightenment: (1) Our personal efforts; i.e., what we do or don't do, or (2) Our personal recognition of and surrender to the space.

I say it's the latter. Maybe that's why enlightened beings break out into laughter when they realize what it took to become enlightened: simple surrender to and recognition of the already-existing space of what we today would call "higher dimensionality."

I maintain that all of what I've just said is what Sosan is pointing to.

I'd like to circle back now and examine the space and more about what it taught me about preferences in a continuation of this article.

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

Footnotes

(1) "I Could Get Used to This," May 16, 2015, at <http://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>.

(2) On that experience, see "Love is the Way, the Truth, and the Life," May 6, 2014, at <https://goldenageofgaia.com/2014/05/06/love-is-the-way-the-truth-and-the-life/>

(3) Sosan, *Hsin Hsin Ming. The Book of Nothing. A Song of Enlightenment*. Kansas City: Andrews McMeel, 2002, 16.

(4) On the subject of preference and desirelessness, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

Immersed in an Ocean of Love – Part 2/2

May 17, 2015



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

I'd like to continue looking at the experience of love that I was immersed in the other day.

The space of love and bliss that I was then in seemed unshakeable. I noticed that, while in it, I made choices, but had no preferences. I was in what Sosan and Krishnamurti called choiceless awareness. Just being here with nothing added. Acting without acting. Remaining centered. Doing what worked and whatever I did worked.

I saw then, a little more strongly than I do now - since I'm not in that space any longer - that I'm entirely a form made by love from itself, immersed in a sea of love.

I saw all traces of "me and mine" and "I want" (ego and desire) disappear. All self-importance and strong desire left.

The fact that I had no preferences was very important. It isn't that preferences as preferences are bad. It's that preference is a form of strong and persistent desire that takes us away from the the center point, the stillpoint, the heart.

Away from the heart is another way of saying away from love. Going away from the heart is what Jesus called distraction: "Come back to what is important. And that is, you are love. It is all you have ever been. Everything else — everything else, every other lifetime — is just a distraction." (1)

We distract ourselves endlessly from the love that we are and that's present in our hearts. And then we wonder why we feel so low or down or awful.

Preferences end up being a distraction from love, from our natural state. The only reason there isn't a hue and cry raised and a global campaign started to restore love to all our lives is that so few of us have experienced transformational love. Hardly any of us know it exists. We know romantic love does but that's the merest shadow of the former.

I've experienced transformational love around two dozen times in spiritual experiences prior to this latest, extended round. But these earlier years covered mere minutes a year. And then the memory faded away and I was back to normal again.

And this would be after weeks, months and years of intense work in workshops and retreats. The real kicker is that each of these experiences repaid years of spiritual work.

I noticed the other day, as I flirted with my preferences, that I withdrew more and more from the space of love. I could have kept going with it but I probably would have found myself entirely out of the experience of love and back in lower vibrations again.

Preferences are part of the spectrum of desire. After them come strong desires and then attachments and then addictions. Our desire goes under different names the stronger it gets. But it's still the same longing, yearning, desire. (2)

When we reach the stage of addiction, we're firmly attached to the lower vibrations and incapable of clear discrimination. Krishna described the process and its outcome here:

"Thinking about sense-objects
Will attach you to sense-objects;
Grow attached, and you become addicted;
Thwart your addiction, it turns to anger;
Be angry, and you confuse the mind;
Confuse your mind, you forget the lesson of experience;
Forget experience, you lose discrimination;
Lose discrimination, and you miss life's only purpose." (3)

The only purpose of *physical* (vs. spiritual) life is to assist us to build the power of discriminating between the Real and the unreal. Realization of the Real is the purpose of all life, all lives, lives in all dimensions, etc. Our discrimination is most acute when we're in our heart, our center. Preferences take us away from that center of discernment.

Why is that center important? Because it's still. Why is stillness important? Because the Transcendental is still and, to experience it, our minds must be still.

Cutting the cords of preferences doesn't mean I don't choose. I do. But there are no strong forces playing on me as I choose - well, except love. I'm going to modify what Krishna said and argue that love is all that a person can desire without transgressing the law of their nature. (4)

Put another way, love is the only thing we can desire that's free. Everything else carries a karmic price tag.

I've already been using Archangel Michael's blue sword of truth to cut away all attachments from the external part of my body each morning in meditation.

But preferences feel as if they're on the inside. I now use Michael's blue sword on the inside of my body too, to remove all preferences. And, yes, I really find it works.

Basically we have to eliminate every form of tie that keeps us in the lower vibrations - preferences, strong desires, attachments and addictions. We have to remain in our centers. Not like I'm so great at this. I'm not. But I'm getting better.

When we cut all preferences, we remain in the heart and exist in our natural, native state - which is love.

Sahaja samadhi, which this was not, is also our "natural state." I take it this time spent in bliss was just a nibble, a hint, a gift of the angels.

I remained in the loving state as I went about my errands in Vancouver. Everything was different. Every interaction worked. If the whole world felt this way and lived it, the world would instantly work.

Footnotes

(1) "Jesus: You are Love. It is All You Have Ever Been," channeled by Linda Dillon, December 18, 2013, at <http://goldenageofgaia.com/2013/12/jesus-you-are-love-it-is-all-you-have-ever-been/>.

(2) On this subject, see *Desirelessness and the Still Mind* at <https://goldenageofgaia.com/wp-content/uploads/2021/06/Desirelessness-and-the-Still-Mind-1.pdf>

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

(4) "I am all that a man may desire
Without transgressing
The law of his nature." (Sri Krishna, *ibid.*, 71.

Diving into the Ocean of Love

May 4, 2018

<https://goldenageofgaia.com/2018/05/04/293869/>



I'd compare my spiritual practice to a person walking on two legs or a bird flying on two wings: (1) is letting go of vasanas or core issues, what the ancients called "impurities," and (2) is drawing the love, bliss, and joy up from my heart and sharing it with the world.

The first is the dropping of everything that weighs us down and keeps us dense.

The second is expansion into the eternally-unfolding divine qualities, the forms that love takes.

That for me is a perfectly-balanced spiritual practice.

The significance of seeing this formula is rippling through my consciousness and body as I write.

Drop everything that weighs us down and keeps us dense.

Open to, expand into the eternally-expansive divine qualities, the forms that love takes, which flow from or are found in our very own hearts.

Let go of what holds us to the shore and dive into the Ocean of Love, the inner tsunami.

Leave the shore and dive into the Ocean of Love. That fulfills and completes the basic spiritual movement of turning from the world to God.

I feel a sense of certainty around one aspect of my sacred purpose: To let go of what holds me to the shore of the world and dive into the Ocean of Love.

Point of Awareness in an Ocean of Love – Part 1/2

November 20, 2020

<https://goldenageofgaia.com/2020/11/20/point-of-awareness-in-an-ocean-of-love/>



Credit: pfcleadership.org

2022: I no longer believe that our individuality disappears after we go Home to Mother/Father One.

My job, when people come here (and I speak as an individual editor), is to lay out the details of what's happening right now and speed you on your way.

As a pillar, I stay till the end of the journey and refrain from enlightenment if it complicates my duties as a lightworker.

I'm a waiter at the banquet of Ascension and look forward to eating my meal later.

Complicates my duties? What duties? To tell you everything I know about what's going on spiritually (someone else will have to handle politically, financially, etc.). Taken from the best spiritual sources we can find. And to document my journey.

No, I'm not a spiritual teacher. Spiritual teachers address individuals and small groups of people. Lightworkers address the whole world, the human race, the planetary situation.

Spiritual teachers aim for the enlightenment of the student or the group of followers. Lightworkers serve the Ascension of everyone on the planet capable of holding the higher-dimensional energy.

Both teach and practice oneness. What's that? How are we one?

Let me spend some time looking at how it is that we're one.

The culmination of the heart opening I had on March 13, 2015 was the inner tsunami of love flooding the room I was in, knocking down the walls, and becoming everything. I - no more than a point of awareness - was totally immersed in an Ocean of Love.

Please note: There was an Ocean of Love and there was me. I was therefore *not* one with the Ocean of Love, but its inherent oneness was not lost on me, blissed out as I was. (I am not in that space now.)

The fact that I was not one with the Ocean of Love means that I cannot say things like "I am/we are love." I don't know that. So just file that away for later.

I was a point of awareness in a Sea of Love.

Drawing back from that now, I have to ask you to provisionally accept something spiritual. I ask you to accept that the One has created the illusion that Awareness can separate a piece of itself from itself.

It'd be as if we twisted a small part of a balloon and called that small part "separate." But untwist it and the air in it rejoins the air in the balloon. So it wasn't really ever separate; it just seemed so.

My vision in 1987 was about the journey of a soul from God to God, through the illusion of separation to the knowledge of unity. (1)

In that wordless vision,. I saw the "Father" as a large golden Sun and the "Child" (Self, Son, Atman) as a small golden star. The Mother was a hazy cloud in which other golden stars were going through lifetimes in matter (*mater*, Mother).

Ultimately I saw the small golden star glimpse the Father from the domain of the Mother and speed off to reunite with it. They were in every respect One.

If we switch back to classical enlightenment studies, we're told that the individual observer, this persistent "I," eventually disappears leaving the One all in all. That stage of enlightenment is well beyond my purview. But that event nevertheless was what was depicted in my vision.

May I cite a few sources to support what I just said? Let me do that tomorrow to limit the length of this piece.

(Concluded in Part 2.)

Footnotes

(1) For a description of the vision, see “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

Point of Awareness in an Ocean of Love – Part 2/2

November 21, 2020

<https://goldenageofgaia.com/2020/11/21/315066/>



(Concluded from Part 1, yesterday.)

I want to cite just a few sages to anchor the point that life is a journey from God to God, a drama, a leela, a play acted out for God's pleasure. May I also expand on that a bit?

When one of us realizes our true identity as God, God meets God and for that meeting was all this created.

You think this is *good for God? What about us!*

Our enlightenments are like elevators taking us higher up in the building of Self-Realization.

Let me cite three stages of enlightenment, three floors in the building. You'll recognize the Trinity. They are realization of:

- (1) Child of God, Christ, Atman - fourth chakra - sight of the Self, spiritual awakening, stream-entering.
- (2) God the Mother, Shakti, Holy Spirit - sixth chakra - cosmic

consciousness, savikalpa samadhi, Third-Eye opening.

(3) God the Father, Brahman, Mahashiva - seventh chakra - God Realization, Brahmajnana, nirvikalpa samadhi, first transcendental experience, last stop before Ascension.

Let's look here at one example of spiritual awakening, skip ahead to Brahmajnana, and then fly ahead to the ultimate enlightenment.

The first is an initial fourth-chakra sight of the Self. This one is from John Ruusbroec:

"In the abyss of this darkness in which the loving spirit has died to itself, God's revelation and eternal life have their origin, for in this darkness an incomprehensible light is born and shines forth; this is the Son of God, in whom a person becomes able to see and to contemplate eternal life." (1)

What he means by that is that contemplating the Light of the Christ or Self will lead us to the Father. Ruusbroec tells us:

"It is Christ, the light of truth, who says, 'See,' and it is through him that we are able to see, for he is the light of the Father, without which there is no light in heaven or on earth." (2)

The sight of the Self (as well as heart openings) is the open door in spirituality. Buddhists call it stream-entering; Hindus call it spiritual awakening. There is this sense of a real beginning.

This Self, the Christ that we see is child to the Father. Of course we are all that Self so we are all child to the Father. We are all God.

I had a truncated version of this fourth-chakra event on Sept. 21, 2018 while at Xenia Retreat Center. The Light was more translucent than brilliant. I was permitted however to experience my original purity and innocence. It lifted such a burden from me. (3)

We can have an enlightenment experience of love - such as a heart opening - or an experience of light - such as the sight of the Self - or another type of fourth-chakra experience. And, apparently, we can have them repeatedly.

In my view, Love is always in action or flow, a progressively-unfolding realization of the Mother; Light is stillness and silence, a progressively-unfolding realization of the Father. I think of them as my right and left legs.

Well, with the experience of my original purity and innocence with the sight of the Self, the cat was out of the bag. We're not born in original sin? We're born in original innocence? No holding the boy back after that.

Let's jump ahead now to the seventh-chakra experience of God the Father. Sri Ramakrishna is discussing Brahmajnana when he says:

"The nature of Brahman cannot be described. About it one remains silent. Who can explain the Infinite in words? ... Once a salt doll went to the ocean to measure its depth. But it could not come back to give a report."
(4)

The salt doll would dissolve in the sea. There'd be no one to return and report. The experience of Brahmajnana takes us into a world beyond form and we come back with no memory of it and no ability to put our experience into words. Our ego for the moment is quieted. If we come back at all.

But, exalted as it is, Brahmajnana itself is still within the Third Dimension. And it's also temporary.

Fast forward through the entire life journey of an individual soul past the twelve Dimensions, on the doorstep out of the Mother's domain of matter, completely.

We stand on the edge of renouncing our individuality, ending the illusion and becoming One with the transcendental Awareness, the One.



The little golden star sees the light of the Father, far from the material cloud of the Mother.

The small golden star is staring off into the distance at the large golden Sun (see graphic, above). And then it leaps.... (5)

I'll let St. Paul describe this last stage of enlightenment in metaphorical language:

“And when all things [all worldly desires] shall be subdued unto him, then shall the Son [the Christ, the Self, the Atman] also himself be subject unto him that put all things under him, that God may be all in all [i.e., reunited].” (6)

The Self subjects itself to the All-Self, that God may be all in all. The little golden star merges with the large golden Sun. Now there's only the One. There was always only the One.

The Mother, Maré, the Ocean of Love has baptized the seeker at the very beginning, with the opening of the heart or spiritual door. And the seeker journeys on in the realm of matter until it reaches a level of understanding where it leaves the material world altogether and rejoins the Transcendental.

Both the experience of higher-dimensional love and increasing awareness culminate in the realization and experience of our unity. We are one in love. We are one in awareness. We never were separate.

Free us of our bodies and we are points of awareness in a sea of love. The points of awareness gradually yield up their individuality to the One making it all in all again.

That is the basis for me saying that all lightworkers are one.

Footnotes

(1) John Ruusbroec in James A. Wiseman, John Ruusbroec. *The Spiritual Espousals and Other Works*. New York, etc.: Paulist Press, 1985, 147.

Many more examples can be found in *From Darkness Unto Light*, "Enlightenment - (1) Spiritual Awakening - How has the experience of spiritual awakening been described?" at http://goldengaiadb.com/index.php?title=E#Enlightenment_-_281.29_Spiritual_Awakening_-_How_has_the_experience_of_spiritual_awakening_been_described.3F

(2) Ibid., 74.

(3) See “Original Innocence,” Sept. 21, 2018, at <http://goldenageofgaia.com/2018/09/21/original-innocence-2/> and “Archangel Michael Explains What Happened at Xenia,” Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(4) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 218.

(5) See “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

(6) St. Paul in 1 Corinthians 15:28.

⌘ ⌘ **Aftermath** ⌘ ⌘

Never Enough Love

March 21, 2015

<https://goldenageofgaia.com/2015/03/21/never-enough-love/>



When I see how often in a day I forget love, I'm dismayed. So powerful is the appeal of love, that I immediately send myself searching for ways to ensure that I forget love no longer.

I turn to reading books on bhakti, devotion, love. And then I realize that my paramguru, Sri Ramakrishna, was arguably the greatest devotee of love ever born on the planet. Off I go to read him.

How fortunate I am!

Look, the love bug bit me and now has me scampering in 100 different directions at once. Lady Love ran her scarf under my chin and here I am building a house for her. Powerless in the face of love.

And getting straight about what can and cannot be done with love. Love brooks no lies. It brooks no harshness or hostility. It cannot be hidden unless you want it to disappear.

I can only announce my love and announce it and announce it. And some will hear it; some will not.

See how bitten I am? Your turn next. Everyone's turn's coming - or so I'm told. This is definitely worth reaching out for, worth asking for, worth holding out for. Don't you wonder where my mind went, so to speak? So do I but I haven't the interest to find out. Love does that to you.

So to return: I feel the need to create new channels for the expression of love, to serve as reminders not to forget. Where's the incense? Where's my seiza bench? My meditation tapes?

I understand how Rumi could say that a man could go insane feeling separated from love. I don't intend to go there because I know the connection to love depends solely on me. If I disconnect, it's because I did it. So no excuses on not remaining connected to love. And no cop-outs.

Gone are all my intentions to create a cross-cultural spirituality or the return of the growth movement or much of anything else as long as I'm the unrequited, ever-yearning lover of love. I know full well my yearning will be fulfilled. Not a moment too soon.

There's never enough love. And I will never drink my fill.

Learning the Ropes

March 24, 2015

<https://goldenageofgaia.com/2015/03/24/learning-the-ropes/>



I'd like to share a few noticeings about a heart opening, such as I had on March 13, 2015.

First of all, I imagine most people think of any kind of opening as being followed by a flood. Open the sluice gates and the water pours through. Open the purse strings and the money flows, and so on.

A heart opening isn't like that. It allows for access but it doesn't necessarily result in an endless or continual flow of love.

If I want love to flow, I have to breathe it up from inside of me and send it out to the world or do some other similar exercise that primes the pump, to use AAM's expression. My reward is that I experience the love as it passes through me.

Secondly, a heart opening magnifies love when love does come up, but what we don't think of ahead of time (Who would? Why would we?) is that it also magnifies unwanted or unpleasant feelings.

I was feeling what would have been a mild heartache the other day, missing a former love. Ordinarily it would have been just a nagging sadness in the heart, but after the heart opening, it surfaced as crippling grief.

I had to more or less go into isolation because I could not factor the grief out of my experience when I spoke to people. I was toxic for the time being because my emotions were exaggerated. And none of it had anything to do with the outside world.

I was trying to describe to GD the other day how it felt at a time like this. Whenever something like grief or sadness arises, it feels like walking around in a body that's sometimes in emergency, sometimes in shock, sometimes at the end of its rope. Tough assignment. Not all wine and roses.

This morning, I was feeling more grief and sorrow than I thought I could manage. And then, in the course of simply allowing and observing it the past several days (OK, weeks), it lifted.

Here's a second example. A friend invited me to a Disney movie. Harmless, right? I nearly left the movie three times when the bad characters had their way. I was either outraged or ready to scream. When the good characters were coming together and winning ... in the final reel ... I couldn't stop crying. My friend may never take me to a movie again. I could neither stop the magnified experience of feeling nor could I hide it.

Many of us have probably heard of "enlightened" masters who still have their temper, greed, or lust. I can see how that could happen (until sahaja samadhi) (1) based on what I'm living through right now.

If I was unconscious of the unprocessed feelings that are still left (some of which could be for the collective) or if I denied or refused to acknowledge them, then I'd most likely be acting them out and projecting them onto others. Or at least speaking over top of them, a situation that makes me cardboard and fossilized over time.

Spiritual experiences like a heart opening don't come with a user's manual. How to manage them isn't taught in school or university. Our parents probably wouldn't even know what we're talking about if we described it to them.

We're more or less like a Connecticut Yankee in King Arthur's court in that we don't necessarily know how to deal with the situations that arise.

We have to learn how to adjust to and cope with some of the supremely-aching states of heart and mind we may have after an opening as well as the ecstatic states, without freaking out, remaining balanced and calm. And that can be a huge challenge.

Footnotes

(1) Sahaja Samadhi is the stage of enlightenment that brings moksha or liberation from death. Once we experience sahaja, our harmful vasanas, including our appetites, are incinerated.

It's also called a permanent heart opening. My own heart opening is not sahaja. I don't believe it to be "enlightenment." But it's a wonderful state of being nonetheless - until sorrow arises.

I Could Get Used to This

May 16, 2015

<https://goldenageofgaia.com/2015/05/16/i-could-get-used-to-this/>



What I never see when driving or bussing

When I look at you with eyes of love, I really do believe that love doesn't radiate from me to you.

I'm convinced that my look inspires the love to arise in you. You feel your own love when you look at me. You remember the love that you are.

I could be wrong. I challenge anyone to prove me so. (1)

I've been watching carefully and, except for spiritual experiences, which are happening more often now than at any time in my life, love arises from inside, from the heart. Consistently. I'd think that would be no surprise for most people.

I had a spiritual experience on the bus today. I asked this morning for an expansion in my ability to love and I sure got it. All day.

It wasn't simply and purely love. It felt for hours as if I were suspended in bliss. Every care I had in the world was completely gone. I had no desire but to just be there in the bliss.

Every time something like this happens I say: "*That's* my true nature." "Yes, now, *that's* my true nature." Everything good, everything noble, everything helpful is part of my (or our) true nature.

Spiritual experiences are still rare if more common than in past years. What has become more of a steady diet is love.



New Love Interest

Love is the simplest thing in the world. I get that we have to ask for it if we want our hearts to be opened to it.

Every blessing of any magnitude is the gift of God through the angels. (2) And we have to ask to receive their aid and blessings.

You remember, when I had my heart opening just before my March 13 reading with Archangel Michael, that the last thing he said when he explained why it had happened was that I had asked for it.

"Ask and ye shall receive." Loving respect for our freewill requires that we ask first.

You can be sure I've been a nagging kid in a candy store since then, asking for this and that.

Now that love arises freely (except in the trough times), life has become simpler.

I've never had the reception from service people that I do now. I use that as a standard of measurement. Imprecise but trend-revealing. I don't know if it's because of the love on my face or the impact of the rising energies on them or both.

After having a nice chat with one counter person, blissing out over everything, I asked for one serving of baby back ribs. She placed two servings in the container and charged me the price of one. I took that as feedback. (3)

When love is coursing through me, the kind of active day I led today is a blast. There's no resistance.

I rode my bike through Vancouver, sometimes in residential neighborhoods; sometimes downtown; sometimes with the bike hitched to the bus.

And even though the man in the bike shop sold me the wrong rearview mirror, the bike fell over once, the groceries tumbled out, I struggled to discover how to use a bus bike rack, my glasses dropped to the ground *after* I got on the bike, and every other thing went wrong from moment to moment, I merrily coursed along, completely happy, completely loving.

Having grocery-shopped, I am at this moment drifting through the rooms of my apartment in a mood of bliss. Unpacking the groceries, doing the dishes - every time I even think of the Divine Mother, never mind telling her I love her, I almost fall unconscious from the bliss.

Make the blender drink, butter the toast, pirouette from room to room. As I write this, I float higher and higher in increasing amounts of bliss, almost going under from time to time.



Again, I seldom stop long enough to appreciate this kind of scene: The street where I live. Beautiful, no?

Now I know why Archangel Michael doesn't want lightworkers (lightholders, yes) getting enlightened to advanced states: we wouldn't want to do our service. We'd just sit there blissed out of our skulls.

All of this is getting ready to build Nova Earth. It's preparing the ground. It's learning the basic skills of a world that works.

Just yesterday I wrote out the plan for a retreat for the members of one of the projects I'll be doing after the Reval. I planned for speakers on decision-making, credibility analysis, human growth through service (karma yoga), and so on. I'm combining a vacation with work. If work were even visible, that is. When love flows, life is a dance. It's all play. There is no work.

If this is Fifth Dimensionality, bring it on, baby. I could get used to this.

Footnotes

(1) OK, OK, so Matthew Ward did. In his May 23 message he says:

“Light—let’s call it love, because that’s what we’re really talking about here—passing from one person to another is no different in cause and effect [than love arising in us], but you may want to initiate it by focusing on someone.

“When you do, instantaneously the vibrations in your thoughts and feelings reach that person. The energy flows from you along your thought form of intent and intensity, and the same measure of love that you sent goes directly to the ‘energy address’ you want it to. There can be no ‘false addresses’ because the intent and feelings are totally clear. The receiver won’t consciously know this, of course, but the receiver’s soul is aware of the ‘delivery.’”

(2) "The Decision Rests with Our Angels," April 18, 2015, at <https://goldenageofgaia.com/2015/04/18/the-decision-rests-with-our-angels/> and "Angels Radiate God’s Influence to Humanity," Oct. 14, 2012, at <https://goldenageofgaia.com/2012/10/14/angels-radiate-gods-influence-to-man/>. See also "Angels - Angels enlighten, or participate in the enlightenment of, humans" at [https://goldengaiadb.com/A#Angels -
Angels enlighten.2C or participate in the enlightenment of.2C humans.](https://goldengaiadb.com/A#Angels_-_Angels_enlighten.2C_or_participate_in_the_enlightenment_of.2C_humans)

(3) It didn't occur to me at the time to insist on paying for two. When it did, I looked back on the gesture and considered it too sweet to ruin.

The Commotion of Love

May 19, 2015

<https://goldenageofgaia.com/2015/05/19/the-commotion-of-love/>



Credit: andreawilliams.com

I wish I could tell you how I feel today.

Love has become such an ordinary experience that I now get that love is who I am.

I'm so filled with love, and yet it's like no big deal. It's just the way it is. I am living love. I feel nothing but love.

And in this space there's nothing wrong. I have no thought of anything out, anything done to me, anything that needs addressing. And as a result I exist in the moment, there being nothing to draw me out.

Now all this reflects the space I'm in, the vibrations. It isn't because I meditated for forty days and forty nights. I think that, by grace of the Mother, we're all in this space (many of us may not realize it) and this is just the way I experience it.

While all this love is going on, this great commotion, this disturbing of the waters, I remain in the experience of the General's massiveness. (1) Every cell of me weighs a lot and yet it is easily carryable. So we have this loving triceratops, this happy hippopotamus, this enraptured rhinocerus.

Tutu is optional.

I experience myself as a loving military officer, a hard campaigner for peace. All the skills of military warfare are brought to bear on eradicating core issues and false grids.

Keen awareness, discipline, intention, commitment, perseverance to the end. It isn't a "male" skill. It's a soul skill. And the soul has no gender (as we know it). (2)

Today is for love. And just being and enjoying.

Footnotes

(1)"The General" is a pseudonym I use to refer to a past-life aspect as a military commander in ancient times. See "Reintegrating a Soul Aspect," May 3, 2015, at <http://goldenageofgaia.com/2015/05/03/reintegrating-a-soul-aspect/>.

(2) No generative organs. Souls still retain gendered bodies.

The Source of Relief

May 31, 2018

<https://goldenageofgaia.com/2018/05/31/the-source-of-relief/>



I can't overlook the educational opportunity of my circumstances.

I'm going to miss the closeness of my cooperation with Linda and so my heart is hurting. Those are the circumstances that present the educational opportunity.

How am I handling it? Let's look.

Decades ago, I might seek a sympathetic ear or do something to distract myself. I might bury my grief or get angry and in that way get my feelings out.

Nowadays, I'd most likely observe it, which will have it lift eventually. Most spiritual masters would recommend that.

But what else can I do to address it? What's even faster?

Keep in mind that all of us are going through a gradual heart opening so what I'm about to describe is a situation we'll all know soon enough.

What I know that is not common knowledge is that the relief we seek is to be found in our hearts.

Our hearts are like the aperture of a camera. The aperture is called the *hridayam*. It remains shut. Except that it opens temporarily on some occasions and it opens permanently upon Ascension.

When it opens, for all of us, the love will flow like a torrent.

Mine is open just a wee bit; it was once open fully for a goodly period of time. When that inner tsunami of love flows, it wipes away all concerns and woes.

Knowing that, I draw the love up from my heart using my breath. Before I describe the way I do it, let's listen to Archangel Michael through Ronna Herman talking about the breath:

"You are on Earth to become a master conveyer of energy. Your breath is the mechanism by which you draw forth the Primal Life Force Substance of Creation while you are functioning in a third- / fourth-dimensional environment." (1)

I've worked with the breath for three years now and have found it to be the best way to access the love in my heart.

On the in-breath, I imagine myself drawing love up; on the out-breath I imagine myself sending it out to the world.

Keep in mind that love must flow; it cannot be contained. We can only experience it passing through us; we cannot save it.

And it must flow universally, not to this person and not that one. (2)

Where I receive the nourishment of love is in experiencing it as it flows through me and out to the world.

This time on the out-breath, however, I direct that love to circle around my etheric field. And my heart immediately feels healed.

This love, wherever it goes, paints things with aliveness. It revives them.

That's how easy and fast it was. Observation would take longer. Anything else - distraction, projection, etc. - would just compound the problem.

Now, instead of finding my partner busy, no one willing to listen to me, nothing to distract me, etc., I'm healed almost at once.

This knowledge will replace the pharmaceutical industry one day. Mark the date please.

Soon enough we'll all know this really sweet form of love. But using our breath to draw it up does prime the pump, according to Michael.

Success may be limited in the beginning, but I'm sure progress before long would be satisfactory. It was for me.

Mobility among lightworkers is going to be way higher than it has been in the old society and economy. Change is going to be the new norm.

So I may as well get used to it.

I choose to see it as our influence expanding as more and more lightworkers take on more and more new ventures - whether societies, companies, or whatever.

So this is a crash course in what mobility can feel like.

Footnotes

(1) Archangel Michael via Ronna Herman: "You Are in the Midst of a Spiritual Revolution," June 2, 2018, at <https://goldenageofgaia.com/2018/06/02/archangel-michael-via-ronna-herman-you-are-in-the-midst-of-a-spiritual-revolution/>.

(2) This provides a litmus test: If love does not flow out from us going out in all directions, universally, it's not higher-dimensional love. It may be fondness or chemistry, but it isn't real and sacred love. Real love cannot do anything else but flow out to all and sundry.

Also: There is no such thing as "universal love." Love *is always already* universal. Love cannot be any other way. It cannot be partial. In the face of partiality, it disappears.

The Cat is Out of the Bag

August 25, 2020

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



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

The first is the intellectual. Coming from the intellectual level of life only, we attempt to know ourselves and our world through ideas. Our enquiry goes no deeper than that.

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

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

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

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

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

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

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

I didn't see then but I do see now how our feelings shape how we act and interact. If I feel happy, I carry out my action one way; if I feel sad, I carry out the same action quite another way. As an Ascension ethnographer, I'm interested to see the true function of each part of our makeup and I think I'm at last starting to see the role that feelings play. (2)

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

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

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

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

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

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

But there's more.

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

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

Realizations are of two kinds.

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

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

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

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

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

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

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

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

To be sure, the heart opening itself was a Fourth-Chakra event, which is in the Third/Fourth Dimension. (4) But I think, the hridayam or heart door is a portal into the higher dimensions.

Whatever proves to be the case, in the course of the explosion of the inner tsunami of love and the later drowning in the Ocean of Love, I was given a glimpse of how things felt on the Seventh.

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

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

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

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

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

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

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

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

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

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

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

Footnotes

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

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

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

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

That is what you did.

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

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

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

conscious, in service, in action....

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

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

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

(4) Described here:

- “Submerged in Love,” March 14, 2015, at
- “Activating the Wellspring – Part 1/2,” March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2-2/>
- “Activating the Wellspring – Part 2/2,” March 15, 2015, at <https://goldenageofgaia.com/2015/03/15/activating-the-wellspring-part-2-2/>

(5) For that, see “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue,” August 13, 2011, at <https://goldenageofgaia.com/2011/08/13/the-purpose-of-life-is-enlightenment-ch-13-epilogue/>

The Treasure Within

April 30, 2018

<https://goldenageofgaia.com/2018/04/30/the-treasure-within-2/>



This article, from Sept. 13, 2016, looks at the fact that the love we seek is to be found within, flowing through our very own heart and out to the world.

If there's one truth that has the potential to bring us the greatest good, the greatest benefit, it's this one from Saul through John Smallman:

"You seek desperately without for what can only be found within – Love – and there you will find It in abundance. Within there is no shortage or scarcity, there is only and always abundance." (1)

Numerous times I've suggested to people, desperately seeking love from others, that love flows from our own hearts up and out to the world, only to see them look offended.

It's as if they were saying, "I don't want to hear that. Tell me how I look." It's just not something a lot of people accept.

The Galactic Federation through Blossom Goodchild noticed this and commented on it:

"We find it interesting that ratings soar when the factors come in to play regarding the Pillars, the Ships, the Wonders, the Event ... and yet, on a more regular basis when we speak over and over of LOVE ... the general consensus is for the rating to drop ... if we may put it that way?" (2)

Nevertheless, the truth is that the love we seek from others we have in abundance within us.

I'm led to believe that we can feel the love that others send us. I've seen love be inspired in me by looking at another, hearing another, etc.

But being abundantly filled up with love? That for me is a function of having an open heart, one from which love actively flows. (3)

One can test Saul's assertion that the artesian well lies within, simply. On your in-breath, draw love up from your heart. On the outbreath - since love cannot be held, contained or bottled up - send it out to your own bodies and then out to the world. Now, isn't this what we're seeking?

Continue on each in-breath to draw love up. Feel it. Watch it grow. Have we not been sitting on the treasure box that Eckhart Tolle here describes?

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?"

"Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger.

"No," said the beggar. "What's the point? There's nothing in there."

"Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. (4)

That box is the heart and the gold is its love, which flows like rivers when the heart is open. "Have a look inside."

For more than six decades, my heart had been closed. And it opened explosively on March 13, 2015. Suddenly I could experience the river of love that flows from the opened heart.

Love is the attractive, binding, and transformative force of divinity.

"You seek desperately without for what can only be found within – Love."

We sit on the treasure box when we don't know that the treasure of love is to be found within.

Footnotes

(1) Saul through John Smallman, Sept. 11, 2016, at <https://johnsmallman.wordpress.com>.

(2) The Galactic Federation through Blossom Goodchild at <https://www.blossomgoodchild.com/index.html?page=BG261nov25.html>.

(3) That time of heart opening has since ended. But the memory remains very much alive where most other memories have faded,

(4) Eckhart Tolle, *The Power of Now*. Downloaded from https://www.inner-growth.info/power_of_now_tolle/eckhart_tolle_chapter1.htm

Knock and the Door Shall be Opened

November 23, 2021

<https://goldenageofgaia.com/2021/11/23/knock-and-the-door-shall-be-opened/>



Why do we deny ourselves love?

Granted that love is everything, available everywhere, that truth prevails on a much higher dimension than we're on.

Here, the way it's been designed, we're being encouraged to seek love from our own hearts.

In the opened heart (and mine is not much open at the moment), love flows freely. I can still summon love up from my heart, but I don't live in the experience of an open heart per se. (1)

A fully-opened heart would be Ascension. There would then be no barrier between our everyday consciousness and the higher dimensions.

Previously I sought love from another, with hit and miss results. But I knew nothing of seeking love from my own heart. So I went around begging for love.

But now I've found it, as we all will in this journey of Ascension. Love flows and it flows in our hearts available to us.

Rather than using the not-very-effective route of seeking love from another, which really denies us access to an endless flow of love, I encourage us to seek it where it's to be copiously found - in our own hearts.

I grant the vault door is locked. But ask the archangels, who hold the key. Never was it more true: Knock and the door shall be opened.

Footnotes

(1) Any experience short of Ascension is usually not lasting. There will be a residuum that lasts, but not the full experience.

Opening the Door Wider Still

December 8, 2020

<https://goldenageofgaia.com/2020/12/08/315457/>



Credit: Ute Possega Rudel

Sages talk about "the unknown," "the unknowable," etc. There is That which cannot be known by the mind, but can, I'm told, be experienced with the heart.

Now consider that these sages weren't even talking about the next dimension; that is, Ascension.

They were referring to the experience of seventh-chakra enlightenment or Brahmajnana or God Realization. Very few sages went beyond Brahmajnana. But that stage is still within the Third Dimension.

Ascension is beyond the Third Dimension, including the Third-Dimensional seven-chakra system. The door to Ascension is beyond Brahmajnana, at a stage called Sahaja Nirvikalpa Samadhi. (1)

Sahaja means our natural state. Our natural state is not original sin but original innocence.

Sahaja Samadhi is a full and permanent opening of the heart aperture or *hridayam*. I have only experienced a partial and temporary heart opening; it was followed by the surging of an inner tsunami of love. It culminated in me, a few months later, drowning in an Ocean of Love, which left me in a state of full and complete satisfaction.

The chief Unknown and Unknowable is far, far down the track from what we're discussing here. But these experiences are like successive snapshots of God, as we approach knowledge of God more and more closely.

Love is also an unknown and cannot be known by the mind. What passes for it here doesn't hold a candle to it.

The Arcturian Group for instance "remind [us] that 'unconditional love' is NOT a form of 'romantic love.'" (2) The Pleiadian Council advises us:

"When we use the term Love, we do not use it in the hollow sense many on the Earth have been accustomed to." (3)

Jesus through John tells us that "the weak faint image of real Love ... is all that you can experience as a human."

"The illusion is like a pond in which you are immersed far beneath its surface and holding your breath, and from which you emerge for brief moments to breathe in the Love on which your very existence depends." (4)

Ascension or "eternal life" is the answer, according to Mike Quinsey's source:

"Eternal life [Ascension] comes through the Supreme Creator and is accompanied by the most exotic form of love that you cannot imagine." (5)

Very funny, Mike, but true. We cannot imagine what that love is like. We can only experience it and feel the awe: "Oh, my, THIS is what the sages were talking about."

Therefore there are grounds for calling this phenomenon - higher-dimensional love - an unknown and unknowable thing.

Knowledge can't bring on this love. Money can't buy it. Force can't hold it. It arises with our yearning and striving at a time of our guides' choosing. And when it comes, our lives change forever.

We experience this unknown love and, with that experience, we open the door to wider vistas and say goodbye to our old and crimping spiritual home.

Footnotes

(1) Sahaja = Natural

Nirvikalpa - No movement in the mind

Samadhi = State of trancelike concentration

(2) "The Arcturians: Perceiving the Unperceivable Part 1," through Sue Lie, July 8, 2017, <http://goldenageofgaia.com/?p=288647>.

The term "universal love" is an interesting one. Higher-dimensional love is universal by its very nature. It wouldn't be love if it was not. So what we're saying looks something like this: (universal [universal love]). But the term does the useful work of distinguishing higher-dimensional love from our love, which is usually not universal.

(3) SanJAsKa and the Pleiadian High Council, "Pure Love Creates and Sustains your Realities", channeled by Wes Annac, May 27, 2013 at <http://aquariusparadigm.com>.

(4) Jesus via John Smallman, March 22, 2015, at <http://johnsmallman2.wordpress.com>.

(5) Mike Quinsey's Higher Self Message, Oct. 4, 2019, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

"Eternal life" we've always had; we are, and have always been, immortal souls. But we've had to be born and die in physical bodies again and again, which the Buddha called the Wheel of Birth and Death. Life on the Fifth Dimension does not require being born and dying and it's in this context that it's called "eternal life." It is what Hindus call Moksha or Mukti - Liberation from the Wheel of Birth and Death.

Unlike Anything Most will Ever have Experienced

December 19, 2021

<https://goldenageofgaia.com/2021/12/19/330188/>



Credit: Kathleen Mary Willis

Life is amazing when you watch it, as we're enabled to do in this Pause.

We go up with a thought. Down with a feeling. Life is a succession of ups and downs.

It can be a bouncy ride.

I feel so driven to recover the knowledge that all of us surrendered upon incarnating that I'm loving the isolation that comes with our governments seeking to enslave us. They're doomed to fail but I can't think of another circumstance under which spiritual solitude would be socially-acceptable; in fact encouraged.

To understand why, you'd have to factor in what Digger described the other day:

"Love so big, so strong and all encompassing I feel it surge from deep within and gently flow throughout my entire being." (1)

I do know what she's talking about. I sit here right now in that kind of love, tending to bliss, and feel that I have everything I want and need. What more is there to do, see, hear, feel, or think other than to experience this same love at deeper and deeper levels and to share it with you?

You'll notice Digger had trouble describing some aspects of it. In depth, intensity, and impact, the love we'll be feeling is probably unlike anything most of us will ever have experienced until now.

Undoubtedly there are many folks who've had a heart opening; I just don't know them. Digger brings to four the number of people I know who've described what I'd consider a lived-through experience.

But, with the coming of the singularity that so many channels are talking about, we should all experience it. I can't imagine what such a world will be like.

After the solar flash of the singularity, or after Ascension itself, what will the next day see? Will all of us come outdoors and just walk around in wonderment? Will we talk to each other or just stare at each other in amazement and laugh or cry?

The open, relaxed, and innocent expressions on everyone's faces. The joy that's being expressed. The confidence and security everyone feels.

Will all of it be so gradual that we hardly notice that our wrinkles are disappearing, our bodies firming up, and our voices becoming tuneful again?

Or will we sit by the side of the road and weep at how it was and how it could have been?

Not in this atmosphere of transformative, transfigurative love. Such feelings would be blown off of us by the inner tsunami of love and never again be able to corral us.

With Ascension the state of being I just described will be ours forever.

If anyone else has had a heart opening, let us hear about it.

If we lightworkers work by entrainment rather than the teacher/student relationship of old, as Michael says we do, let our entrainment right now be about a planetary heart opening. (2)

Footnotes

(1) See "I am in Love (A Description of a Heart Opening)," December 18, 2021, at <https://goldenageofgaia.com/2021/12/18/i-am-in-love-a-description-of-a-heart-opening/>

"Surge from within" - The fountain of love is to be found in the heart. Love flows up from our hearts. We get to experience it surging through us and out to the world.

(2) Archangel Michael: Now [in olden times] that sense of bringing others along wasn't defined by dimensions. It was more a teacher/student, sage/novice relationship. So the framework was very different.

What you have now, is the knowingness that you are, for purposes of explanation, moving forward dimensionally, flowing back and forth, and that sense also of the flow throughout dimensions, that you can flow back and forth, that it was not restricted, that it wasn't that you arrived at Heaven's Gate and that was it.

This flow is new. Well, it is not new but it is new to human thinking and the sense that, yes, you are not looking for students or followers. What you are truly doing, yes, as pathfinders, you are showing the way, but you are also bringing along the collective in entrainment.

Now the sages did not think of this, of their journey as a process of entrainment of bringing the entire collective along. You do. And when I say "you" I mean the current thinking and body of understanding and knowing in the lightworker community. So the fundamental premises have changed. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.)

"Right now" - We're always entrained on serving the Divine Mother. Entrainment on a planetary heart opening is an agenda item right now.

Surviving G-Day on an Infinitely Renewable Resource

November 29, 2021

<https://goldenageofgaia.com/2021/11/29/surviving-g-day-on-an-infinitely-renewable-resource/>



Psssst! The real geyser is in the heart!

Day by day, things get worse, but it's unknown to me how much the public is aware of.

Evergrande collapses, threatening markets, which we expect to collapse as well. Election fraud has been proven by several different routes. The deaths from toxic vaccines increase. Lockdowns spread. Vaccine passports loom.

A new strain of a virus which has no more of a fatality rate than the seasonal flu causes whole nations to lock down.

In Australia the cabal is practicing incarceration of the unvaccinated. In New Zealand, severe lockdowns. In Vancouver, Canada, closure of road, rail, and shipping routes. (1)

Like the troops on D-Day, we lightworkers are onboard the ships, ready for embarkation (the Reval), only to have things called for that day on account of bad weather. Only for us it's more like G-Day (Groundhog Day). The same thing happens day after day.

I want G-Day to become D-Day.

There's only one thing in creation powerful enough to be of definite use to keep us in any kind of trim throughout this drama and waiting time and that is love. (2)
There's only one diet, one balm, one restorative - love. I know that you know that I mean transformative, transfigurative love.

Only the touch of this higher form of love is enough to revivify us and it does so immediately. That love we have within us; love that we draw up from our hearts on the in-breath, swish around ourselves, and send out to the world on the outbreath, to make room for more love. (3)

I know of nothing that would revive us as quickly or as completely as tasting the love that flows in our very own hearts. That's the real and original geyser, fountain of youth, gift of the gods.



"Flows in our own hearts." I no longer see things quite that way. I now see the heart aperture (*hridayam*) as a door which, when opened, connects us with the higher dimensions. There, love flows freely, eternally. (4)

I'm reminded of the scene in *Tomorrowland* where the heroine holds the medallion and temporarily ends up in the alternate reality of Tomorrowland.

As long as the door of the heart (the *hridayam*) remains open, we temporarily end up in the alternate reality of this love. When it shuts, we're back here, clucking away, scratching the ground with everyone else. (*But we remember!*)

The experience of this love is like opening your air-conditioned motel-room door in Phoenix on a hot summer day. The blast of hot air almost knocks you over.

The same here. The blast of higher-dimensional love whips through you, taking with it all your impurities. It leaves you pure, which means nothing added to your original design and nothing taken away. Oh, and immersed in love!

No need for med beds here. Nothing can be "wrong" with you while you bathe in the River Jordan, the Ocean of Love.

Love - not vodka, not cigarettes, not sex, vacation, money, or fame - is what we need to flourish. Love is *all* we need if we want to travel light. As Michael once said to me about my writing, so with love: let it be the last to fall off the table. (5)

Tangible, impactful, transforming love, flowing up from our hearts, where it exists eternally, waiting to be recognized, is everything we need. And it's an infinitely-renewable resource.

Footnotes

(1) This latter event is looking more and more like part of an Alliance operation to round up criminals.

In the widest possible view, we have the assurance of the Divine Mother that the cabal will be defeated:

Divine Mother: [I am speaking about] those in ... positions where control and abuse of power have been rampant. That will not be the platform [from] which integration of the various galaxies takes place. That is not the Plan.

I know very clearly, sweet one, as do you, if it is not [in] my Plan, then it will not occur. (The Divine Mother in "Enter the Delegations – Part 2/3," May 5, 2019, at <http://goldenageofgaia.com/2019/05/05/enter-the-delegations-part-2-3/>. Reading, April 30, 2019.)

(2) And all its divine forms - bliss, ecstasy, peace, joy, etc.

(3) Love must flow. It cannot be contained. Try and it disappears.

(4) We may soon experience a heart opening, also called a singularity, ring of fire, and wave of love. Chances are it'll be temporary for most. But for some it'll be a full and permanent heart opening, which we know as Ascension.

On that subject, see/download:

- *The Next Milestone in Ascension* at <https://goldenageofgaia.com/wp-content/uploads/2021/11/The-Next-Milestone-in-Ascension-R1.pdf>
- *Ring of Fire, Wave of Love* at <https://goldenageofgaia.com/wp-content/uploads/2021/11/Ring-of-Fire-Wave-of-Love-Compilation-R6.pdf>

(5) Archangel Michael: On the list of things to do, let [writing] always be the last thing that falls off. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 7, 2013.)

This All-Satisfying, All-Fulfilling Love that Awaits Us

March 12, 2023

<https://goldenageofgaia.com/2023/03/12/this-all-satisfying-all-fulfilling-love-that-awaits-us/>



In April of 2016, Sanat Kumara said:

"Upon this glorious planet, you as human beings, and you as Gaians, are at the point where you have the opportunity to shift, to extend, to expand, to ascend, to descend into the Love, to be the anchor, the beacon, the epitome of Love upon this planet." (1)

Why did he not say to set a new template for Ascension? Or lead the way into a new region of space? Or show this planet's astral domains what interdimensionality looks like?

Instead he said: "to expand, to ascend, to descend into the Love, to be the anchor, the beacon, the epitome of Love upon this planet."

Why that?

My answer (no idea if it's "the" answer) is that knowing the love that exists on the higher dimensions is what ascension is all about. Didn't the Mother say this?

beloved child, son of my heart; it is only about love, about the many expressions, about the many forms.

It's also the "business" side of Ascension, the doingness.

How will you know you've ascended? Because you're always and completely in that special, unimaginable kind of love that exists everywhere in the higher realms, but not here.

It's really simple. It's all about us experiencing that love. There's no more happening in the very last analysis than that. As the Mother said:

Divine Mother: Beloved child, son of my heart, it is only about love, about the many expressions, about the many forms.

And truly of anchoring and being nothing but the love, in intellect, in wisdom, in sharing, in adventure, in relationship. It can only be [so] when you continue to bring all adventures, all arguments, all explorations back to the love. (2)

Dropping the limiting beliefs that anchor us to the 3rd/4th. Changing our vote from masks and acts to transparency and love. Cleaning up any patterned behavior left over from the Dark Ages of, say, a few years back. Cleaning the place up generally and putting out the welcoming mat for love.

We do the same in our garden. Weed it, fertilize it, tend it.

In this garden, the most wonderful plant will grow, whose fruit just happens to bring with it freedom from birth and death. The inner tsunami of love is the wellspring of life, the ambrosia of immortality, nectar of the gods. (3)

Did I ever think I'd be saying this? No. But it's the truth. Love is all that - the kind of all-satisfying, all-fulfilling love that awaits us.

Footnotes

(1) Kathleen Mary Willis, "Sanat Kumara: Universal Law is Not the Jail Cell, but the Releasing Key," January 7, 2021, at <https://goldenageofgaia.com/2021/01/07/ahwaa-universal-law-is-not-the-jail-cell-but-the-releasing-key-with-sanat-kumara-2/>.

(2) The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019 at <http://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>.

(3) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

The Heart is a Door to the Higher Dimensions

December 27, 2022

<https://goldenageofgaia.com/2022/12/27/the-heart-is-a-door-to-the-higher-dimensions/>



Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know - a thousand words - but I will keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (1)

OK, if it's the essential work, then let's dig in.

One of the things I don't think is understood about the heart is that the heart door or hridayam is a portal to the higher dimensions.

The heart door is first opened in a fourth-chakra experience of the kundalini. The tendency then is to characterize a heart opening as simply a fourth-chakra or introductory experience.

But the fact that we can travel to different dimensions through the heart door, which we were told would be available to us, is still something that isn't discussed in the literature.

For me the heart opening was explosive. The Mother called it explosive/implosive:

Divine Mother: Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion.

And if you speak to these individuals, there's nothing gradual about it. It is the immediate knowing not only of love, not only of individual essence but of [divine?] essence. (2)

Absolutely it is. That experience awaits us all and may come with the Ring of Fire. (3)

We tend to think of the heart opening and its aftermath as a fourth-chakra, Third-Dimensional experiences. But once inside the hridayam, I assert that we enter the higher dimensions.

The love and bliss that we thereafter experience is not fourth-chakra, but anywhere from seventh to ninth dimensional, according to Michael:

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

Archangel Michael: It is the Seventh Dimension.

Steve: Then what dimension is bliss?

AAM: It is between Eight and Nine. (4)

I hope that, at some point we'll have the psychic abilities or technologies to actually study the heart. But right now, it's one observation at a time.

My observation here is that the heart opening may have involved the fourth chakra in the Third Dimension, but it opened onto a world that was, according to Michael, Seventh to Ninth Dimensional.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 5, 2018. [Hereafter AAM.]

(2) "The Divine Mother: It's All a Journey of Love, April 30, 2019," at <https://goldenageofgaia.com/2019/06/01/the-divine-mother-it-is-all-a-journey-of-love/>.

My March 13, 2015 heart opening is described in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>

(3) See *Ring of Fire, Wave of Love* at <https://goldenageofgaia.com/wp-content/uploads/2022/09/Ring-of-Fire-Wave-of-Love-R7.pdf> and *The Event: A Planetary Heart Opening for Gaia* at <https://goldenageofgaia.com/wp-content/uploads/2018/04/Planetary-Heart-Opening.pdf>

(4) AAM, Jan. 20, 2016.

A Heart-Opening Discipline



March 26, 2015

At 4 a.m. in the morning a few days back, in what is for me a time of heightened emotions, I felt myself so overwhelmed by situations I faced that I simply surrendered to Archangel Michael and told him I couldn't handle matters without his help.

There was a period of silence. And then these thoughts impressed themselves on my mind.

(1) Love, love, love is the answer to every problem. That's the starting point and the only order of the day. Without this, nothing else matters. Breathe up love on the inbreath and send it out to the world on the outbreath. You'll experience the love as it's passing through.

(2) Pull out of yourself all the arrows of resentment you put in yourself since attaching to the impediment to love. By doing so, reverse the impact of the automatic resentment machine.

(3) Detach yourself from anything that appears to be an impediment to love. Use your magic garden shears or Archangel Michael's sword of truth to cut the ties of attachment between you and the thing blocking your path to love. Cut all attachments indiscriminately. Those that are temporary and ensnaring will fall away. Those that are permanent and loving will persist, no matter what.

(4) Forgive yourself for attaching.

(5) Don't erect any further impediments to love. When you find yourself doing it, stop and let go.

(6) Express gratitude for everything you're able to be, do, and have.

(7) Let the world outside be without judging it or trying to fix it. (1)

(8) Go back to (1) and start again.

Don't allow yourself to fall asleep on this process. Repeat it many times a day until it becomes a reflex action.

Point 7 is the matter that may prove most troublesome. Here's an example of it from my own experience today.

Ikea delivered a bed to my apartment (I'm finally up off the floor). And in so doing the deliverymen seriously damaged my apartment door.

As it happened, the landlady came up to replace a blind and asked me what happened to the door. I told her Ikea banged it up and she said I'd have to pay for it.

Years ago I'd have resisted the implication that the banged-up door is my responsibility. If I couldn't avoid responsibility, I might try to find excuses to establish my innocence and avoid paying as a responsible, but ultimately innocent, party.

I didn't do either. I acknowledged my responsibility for the door. Period.

Someone has to pay for the door and that someone falls in a line of responsibility, starting with me and going to Ikea. (Ikea, by the way, opened a claim on the door without protest.)

I'm neither resisting matters by denying responsibility nor making excuses above and beyond stating the simple truth of the matter. I'm also neither judging the participants nor trying to fix blame or anyone's neuroses, including mine.

That shows up for me as allowing the world outside to be - to be what it is and how it is, not as I think it should be. This course of action reduces my attachment to the world significantly.

This is my new, opening discipline. For others it might prove to be a heart-opening discipline. I don't know. I hope it does.

It's time for me to cut a new groove and think with the heart. Love, love, love is the answer to every problem.

Footnotes

(1) Some things do need fixing, but “fixing” here refers to a neurotic need to feel important by having contributed to the situation through fixing something or someone, instead of, for instance, listening to them.

⌘ ⌘ A Planetary Heart Opening ⌘ ⌘

The Mother Promises a Massive Heart Opening - Part 1/2

April 25, 2018

<https://goldenageofgaia.com/2018/04/25/the-mother-promises-a-massive-heart-opening-part-1-2/>



The Divine Mother incarnated as Mary, Mother of Jesus

During Heart Opening Week, I'll be posting a number of articles on individual or planetary heart openings.

In this one, the Divine Mother issues her announcement, reposted from Sept. 6, 2017.

The Divine Mother's plan for a "massive heart opening," that she revealed on *An Hour with an Angel* on Aug. 17, 2017, (1) is not a trivial event.

She said she wanted the news broadcast far and wide: "Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians." I promised the Mother that I'd write on it.

It's the best news to hit this planet since our distant past.

It's not THE "Event" (Ascension). There will be a series of events in all fields (ascension, abundance, disclosure, etc.), not simply one.

It must be that way because too much happening in the outside world risks panicking people. And too much happening in the inside world creates anxiety and worry (and visits to doctors, tests, etc.). Ascension is gradual with a few peaks, like this massive heart opening.

If it's anything like the one I had in March of 2015, there'll be no hiding it, especially since it'll be followed (perhaps not at the same moment, but shortly thereafter) by a torrent of love that'll sweep us clean.

The transformative love we'll be left in - the real, true, or divine love - is like a big campfire that everyone loves to gather around.

I'll post an excerpt from the interview as [Part 2](#) of this article, below. But let me extract from it here.

Here, in the middle of her discussion of how hard conditions are in the world, she announced:

"I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try, do not even think or consider tamping it down" (1)

When she used some of these words, my ears pricked up. (She probably used them on purpose.)

"Your hearts ... you feel ... are exploding." Yes, that was exactly what happened to me, as I described many times. The energy crept up my leg and when it reached the fourth chakra, my heart (not my heart chakra) exploded.

Well, you can bet your boots I'm waiting to ask her to confirm and expand on what she just said.

But the chance didn't come! She was saying her farewells and just leaving the matter like that (or she's pulling my strings backstage or we're all the Mother anyways)!!!

There followed what was for me a remarkable exchange. You have to realize that, in my mind and heart, I'm talking to the Mother of all Creation.

Steve: Mother, wait a minute. Don't depart please, just yet.

Divine Mother: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway. (2)

So she *is* describing a heart opening and it's already underway. The Solar Eclipse was a symbol and reflection of it. But the eclipse did not create it. (3)

She gives us a second confirmation:

"So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, 'Now this is a sign'? I say, yes!" (4)

This being the case, I suggest that the whole planet is in for a treat such as few people have ever imagined. And to be doing it all together is ... well, just what we wanted in 2012. It's beyond beyond.

I'd want to enter into such a life-changing event in a state of surrender and gratitude. It may prove to be a temporary occurrence, whereas the final Ascension event (Sahaja) will be a permanent heart opening. But no one, I predict, will want a refund on that grounds. The experience is ennobling.

For as long as it lasts, we'll be in a state wherein the world will work for everyone. Anyone in divine love has no ill thoughts or intents. Divine love sweeps them aside. The world will simply, naturally work.

I'm not surprised to see this happening around the same time the Reval is touted as happening (although we've endured countless false alarms).

If the whole world were in divine love and lightworkers had access to prosperity, oh my, heavens, righting the balance on Earth would be quick and easy.

Consider yourself put on notice: A Tsunami of Love is coming to the planet, in the face of which your heart will feel like exploding. Mine did.

All it does is remove the obstacle, the mass of beliefs and decisions, from your heart to allow the love to flow freely.

Know that any spiritual experience of this type comes from the Divine Mother and just surrender to it.

This event constitutes the first stage of enlightenment in classical enlightenment studies ("spiritual awakening" in Hinduism and "stream-entering" in Buddhism). It's to be followed by even higher enlightenments, culminating in our Ascension.

Jai Ma! Victory to the Divine Mother. It's awe-inspiring to watch her at work.

Footnotes

(1) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet," Aug. 21, 2017, at <http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>.

(2) Loc. cit.

(3) The Mother says she does not need to use astrological alignments, although she may decide to delight us by using them. They reflect, but they do not create. (I wonder what symbolism 9/11 will be used for this year?)

(4) The Divine Mother in "Transcript ~ A Mass Heart Opening on This Planet,"
ibid.

The Mother Promises a Massive Heart Opening - Part 2/2

April 25, 2018

<http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>



The Divine Mother issues her announcement, reposted from Sept. 6, 2017.

(Concluded from [Part 1](#), above.)

(From The Divine Mother in “Transcript ~ A Mass Heart Opening on This Planet,” Aug. 21, 2017, channeled through Linda Dillon, at <http://goldenageofgaia.com/2017/08/21/transcript-a-massive-heart-opening-on-this-planet/>.)

Divine Mother: I come this day to say that I am increasing the frequency of my Tsunami of Love. Yes, it has been intense. But this is a period of fulfillment. And, sweet angels of light, fulfillment is intense! *Your hearts, your love, your ecstasy, your minds, your physical bodies. You feel – because you are sensitives – that you in many ways are exploding. Do not try. Do not even think or consider tamping it down. ...*

Go with my love.

Steve Beckow: Mother, wait a minute. Do not depart please, just yet.

DM: All right.

SB: May I please ask you a question?

DM: Yes.

SB: Have you described a heart opening and, if you have described a heart opening, is that what's in store for us during this time of the Emerald Gateway – specifically the solar eclipse?

DM: You have it backwards, son.

SB: Thank you, Mother. Please correct me.

DM: You all love your signs and you pray and you beg and you plead for signs. And you are most certainly being given tangible signs. Now let me suggest to you, as your Mother, that the solar eclipse, all of these gateways – which I am very fond of, by the way – are reflections. A solar eclipse does not create a heart opening. It is a symbol of the heart opening. So the heart opening is already underway.

So many think of this time of summer as a quiet, lazy, “breathe in, breathe out” time. And you are correct, and because you are doing that we can effect greater change more rapidly. We can ignite not only your heart opening, but your free will – the truth of your free will – which most of you are only exercising in a very small percentage. And those who are creating mayhem, they are not in alignment with Divine Free Will. They are simply nurturing their own petty interests. I speak frankly because it is a time for truth speaking.

So is there a massive heart opening occurring on this planet? And can you point, as you have for millions of years, to the moon and the stars and say, “Now this is a sign”? I say, yes!

SB: But Mother, you use the word exploding. That is why I am commenting. Because, of course, the heart opening that I had March 2015, was explosive. And so...

DM: It is explosive. It is implosive.

SB: Yes. Should I be writing on what to expect? That your heart could feel like it is exploding.

DM: Yes.

SB: Yes. Ok, thank you.

DM: Now let me tell you...you have asked me to remain and so I will say more!
(Laughter)

SB: Oh, please. And we will give Michael some time too. [We extended the program.]

DM: That is why I have begun by saying you may feel physically – because this is a physical embodiment ascension – you may feel as if you are exploding. You may wonder, “Should I call 911?” Now if you feel this, then go ahead and do so because it will reassure you that what I say to you – it is going to feel, and some of you are already feeling this – that you can’t contain it. That your very skin is imploding and exploding and that your heart and the conscious knowing of love is so big that you just don’t know what to do with that.

So, this is my guidance. Accept, surrender and breathe. That is what you do with it. And as your body attunes and adjusts, in a full, calm, organized way, jump into action. Do not feel that this is not possible or “I don’t know how this would ever work.” Now will you, in your opinion, make some missteps? But understand, in the new realm, there is no such thing as mistakes. And, understand, there is no guilt, no shame, no blame. Those are what have controlled you for so long. And it is like vapors in the air.

Ask the channel about the scent in the air. The very air of earth is filled with my essence. And you are going forward and I am flooding you. And when I say that I speak on behalf of all – that is all, in my terms. So, will you feel like you are exploding? The answer is yes.

SB: Well, but now you have introduced a second element to it, Mother [the mention of "flooding you"]. And, I have to ask you about that as well. After the explosion I had March 2015 I felt a torrent [flood] of love. It swept away everything. It was your Tsunami of Love, was it not?

DM: Yes.

SB: And, will others be experiencing this torrent of love as well?

DM: Most certainly.

SB: Ok, well, thank you! Oh boy! Then I need to discuss this with readers, because we need to prepare for this, so to speak.

DM: Think of it in this way – and that is why I have begun by my indication that I know that some of you, sweet angels, you are my forward thrust. Yes, you experience forward thrust, but you are my forward thrust. And you have felt, at times, completely disassembled and discombobulated. And at other times you have felt disheartened and you say, “Well, nothing is happening. I might as well just go get a job at the Five and Dime”. Allow yourself to receive. Now, many may feel, in the collective, that they have not welcomed this. And that is why they will turn to you. And they will say many things like, “I feel like I can’t breathe. Maybe this is the end of the world. I don’t know what is happening. I think I am sick.” And you will say no and lovingly support them and share the dream, which is the new reality. This is the time.

Share the good news. That is why I have come – to literally broadcast this to all of Gaia and Gaians. And I tell you, the trees and the stones are listening to me and they know. And, they are ready and they are supporting you. The entire planet, solar system, universe, multiverse is supporting you. You are not alone, in either the literal, practical or esoteric sense. We are with you.

The Ring of Fire Speaks

Via Jennifer Crokaert

Oct. 18, 2023

<https://eraoflight.com/2023/10/19/the-ring-of-fire-speaks/>



Greetings. I present to you this day as the energy consciousness of the eclipse pattern you know as the 'Ring of Fire.' I am the portent, the sign and signifier of the energy of Christed consciousness; Ascension energy made manifest by your desire to achieve Ascension.

All who came here for this time and space moment brought within you the encoding of the 'Ring of Fire,' knowing it as a marker, a door way, a catalyst.

Those of you who have worked diligently to become aware of your shadow side ~ bringing light to the words, thoughts and actions that are programmed by fear instead of love ~ have already ascended through your personal 'Ring of Fire.' That you do not see it yet does not mean it has not yet happened.

You are the wayshowers who came here to create the bridge between Heaven and Earth, the rainbow light bridge of Ascension in Human form.

Each time you dipped into fear programming, you laid a brick on the energetic pathway of the Ascension bridge.

I appear to confirm to you, the way showers, the light holders, that this phase of your work is done. You have arrived at your destination. Enjoy the relief of a job well done. You are soon to experience the higher vibrational energies that you left eons ago in order to come here for this now moment, this act of service to Gaia, humanity and beyond. It has taken you countless lifetimes to set up this now moment, as you had to delve deep into the karma and density of Earth.

Then you turned around and began to move into integration and release, to create this moment of global and galactic release; yes, this seed point is of crucial importance within Every aspect of the All That Is.

‘But,’ you may whisper, ‘I’m not perfect. There’s a lot I have still to integrate.’

I am here to confirm for you, You are Perfect. Imperfection is an illusion. It is not about the perfection of your thoughts, words and actions; you are still influenced by the energies of others who have not yet completed their integration process.

It is about Perfection of Trust, Perfection of Commitment, it is about the willingness to turn up and look at the darkness within, to acknowledge the thoughts, words and actions where fear is stronger than love.

You are no longer afraid of your fears, for you know love is at the base of every thought, word and action. This is the perfection you volunteered to manifest.

In the period between these two eclipses, you will be prepared. You will see how all that seemed so deeply set in your lives ~ partners, children, home, job, friends, finances, talents, passions ~ is actually a reflection of the old energy. Anything that no longer serves you will be moved from your life. Every aspect of your life was an ‘energetic marker,’ external symbols reflecting the work you were called to see, accept and release.

That work, that chapter is now done. So much will change, evolve and disappear with grace and speed.

You would be surprised to know how intricately every aspect, every single detail of your life is managed in this process, by your Higher Self and the consciousness of All That Is. There is not one tiny aspect that is ignored. You are moving into a

period of great flow, of the manifestation of your highest dreams, of the expression of your heart's song in every moment.

This was a monumental undertaking. You will very soon get to enjoy the graces, the gifts ~ both subtle and physical ~ that have been held in trust for you, for this moment.

Breathe deeply of your inner peace. Treasure the knowingness (however small it might be) that you have done it; you have arrived at the finish line.

Now, the grand reveal takes place.

**⌘ ⌘ Ascension as a Full and Permanent
Heart Opening ⌘ ⌘**

Ascension is a Series of Heart Openings

Aug. 23, 2023

<https://goldenageofgaia.com/2023/08/23/ascension-is-a-series-of-heart-openings/>



The heart is a portal to the higher dimensions

Often we think of Ascension as one event, whereas the Company of Heaven encourages us to think of it as a series, as Michael explains here:

Archangel Michael: Often we have said to thee, in reference to what many have termed “the Event” [Ring of Fire] that [Ascension] would be a series of events and these events, whether they have been acknowledged or recognized doesn’t matter, have been occurring over the past several years.
(1)

The ultimate event in this series is a full and permanent heart opening, which our terrestrial sage, Ramana Maharshi, describes here:

"[The] Heart is the seat of Jnanam [enlightening wisdom] as well as of the granthi [the knot of ignorance]. It is represented in the physical body by a

hole smaller than the smallest pin-point, which is always shut [the closed hridayam or heart aperture].

"When the mind drops down in Kevalya Nirvikalpa [samadhi or Brahmajnana, 7th chakra enlightenment], it opens but shuts again after it. When Sahaja [Nirvikalpa Samadhi] is attained, it opens for good." (2)

It opens for good and it turns out to be a portal into the higher dimensions. When and how high we go after our heart door opens depends on several factors, the most important of which is the judgment of what the Divine Mother calls our board of directors. She discusses them in footnote 3.

I asked the Mother to confirm that Sahaja was Ascension, which she did:

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

Divine Mother: Yes, it is beyond what you think of [as being] with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the [seven] chakra system, into the new. So yes, you are correct, in this question and in this statement.

S: It's wonderful to have that confirmed. Thank you very much, Mother.

DM: It is wonderful for us as well, you know! (4)

I never thought of that.

Meanwhile, what we experience, predominantly, is simply more and more and more love arising, which will sweep away the experience of separative consciousness, as the Divine Mother confirms in this next passage:

Steve: [I had a vision] and it seemed to show me that the way to unitive consciousness was that love would arise and sweep away separative consciousness. Unitive consciousness was always already there. It was just overburdened with separative consciousness. Am I correct in that?

Divine Mother: Yes, you are. That is the way. Love will sweep you and the planet [away], and in many ways, dear heart, that is Ascension. Because what it also does is implode greater consciousness. You do not live in the old realm.

Is there more? Yes. But, yes, that is the way that you move forward. It is the way that you experience.

And it does sweep you away. That is what I mean by the surrender and the bliss. And make no mistake about it, you do leave your body. *And* you inhabit your body [at the same time].

You explode and you feel all the energies of the universe. And then, because you are becoming attuned to that feeling, that ecstasy, it steps down, and then you anchor it within your expanded field.

But each time you do the connection, it expands you more and more and more, and your capacity to love, to create, to do, to be, to connect, more and more and more, until there is no memory, no experience, of separation. It was an illusion. It is a false grid. And it has been the shackles. But it is not real. So, yes. (5)

The only thing I knew about heart openings before I had one was that they happened at the Fourth Chakra. Suddenly the vista opens up, causing Michael to explain to me:

AAM: You are in a time of individual and collective Ascension that has never occurred upon your planet or elsewhere. So many of the historic and accurate understandings with regard to heart openings have shifted, can we say, expanded. (6)

And:

AAM: Classical [enlightenment] theory has served you well. Now you are on a new course. (7)

If new, then uncharted.

Ultimately, we face a trackless land.

Without a foothold you must seek Him out -
no face nor form, alone – (8)

Interimly, we, as an Ascension team, need to do our best to explain to the newly-awakened what is happening.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, May 27, 2016. (Hereafter AAM.)

(2) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

He adds:

"In kevala nirvikalpa samadhi [seventh chakra] one is not free from vasanas [core issues] and does not, therefore, attain mukti [liberation from the Third/Fourth Dimension]. Only after the samskaras [subtle mental impressions] have been destroyed [in Sahaja] can one attain salvation. ... Even though one practices kevala nirvikalpa samadhi for years together, if one has not rooted out the vasanas [core issues], he will not attain salvation." (Sri Ramana Maharshi in Ramananda Swarnagiri, *Crumbs from His Table*. <http://www.ramana-maharshi.org>. Downloaded 10 September 2005, n.p.)

"Sahaja is also Nirvikalpa [trance state with no movement in the mind]. You are probably meaning Kevala [sic] Nirvikalpa [seventh chakra], which is temporary, while the Samadhi lasts. The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths. (Ramana Maharshi in S.S. Cohen, *Guru Ramana, ibid.*, 88.

(3) Steve: Now, implicit in what you are saying, Mother, is something that hasn't been really talked about very much and that's the archangels or somebody else is managing our enlightenment experiences, timing, intensity... Am I correct in that?

Divine Mother: It is a Board of Directors rather than being, “managed by.” That concept, the way that you have phrased it, dear heart, implies that you are being “managed.” And that is not correct.

[Steve: It 'd be a violation of free will.]

Now also know, and it is delightful to speak about this ... the timing, the pacing (and when I say “pace,” I mean the sequential unfoldment) of an Enlightenment process is such that of course you have a guardian and usually an archangel that is working with you so that it is humanly and can we say, soul or esoterically - via your universal self - managed.

So very often, the construct was that things were done for you or certain things were placed in front of you. Now I am not saying that there aren't great many things that are put in front of you and done for you continually.

But you are far more involved and engaged in your Enlightenment process in terms of literal, actual, physical, mental, emotional engagement than you have been previously.

This is a good point for a discussion and that is why we have talked this day of this chaos and this bouncing ball of untruth that is constantly in the air of human relationships right now.

But what is happening is that sometimes in terms of your, shall we call it “schedule?” that you are online for a certain upgrade or opening or level of becoming and the human being despite all the nudging and approaching and support tacitly or actually says, “I'm not ready” or “I'm not interested.” (Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.)

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

(5) "The Divine Mother: You Are Experiencing Love in Ways that You Have Not Known Before," at <https://goldenageofgaia.com/2013/11/the-divine-mother-you-are-experiencing-love-in-ways-that-you-have-not-known-before/>.

(6) AAM, Aug. 3, 2015.

(7) AAM, Feb. 20, 2018.

(8) "St. John of the Cross: For All the Beauty There May Be (Repost)," July 15, 2021, at <https://goldenageofgaia.com/2021/07/15/st-john-of-the-cross-for-all-the-beauty-there-may-be-repost/>

Heart Consciousness is the New Reality

May 12, 2015

<https://goldenageofgaia.com/2015/05/12/heart-consciousness-is-the-new-reality/>



Credit: trendsetterent.blogspot.com

Let's continue to settle into the subject of heart consciousness.

As far as I can see, saying "settle into heart consciousness" is no different than saying "imagine communing with your Higher Self." The two - the heart and the seat of higher consciousness - are, as far as I can see, the same. Both are simply names for the fount of love that emanates from the Mother/Father One and resides in the spiritual heart.

Archangel Michael defines Ascension as our vibrational shift to a higher realm of heart consciousness.

“Ascension ... is the elevation of your being into an entirely different, higher, expanded realm of heart consciousness. And with that, the attendant abilities to create, co-create and bring forth Nova Earth.” (1)

Heart consciousness is the new reality, he told us recently, in the course of discussing our role as lightworkers and loveholders:

“You are the embodiment and the physical anchors, activators, doers of creating Nova Earth. You are the anchors of Ascension, ... of the heart consciousness that is the new reality.” (2)

Nova Being, the Divine Mother says, is tied to our ability and willingness to love and our willingness to demonstrate our commitment to love in physicality. Those states of being result in the expansion of our heart consciousness:

“If the love is not present, if the commitment [to love, and] the demonstration of that commitment is not present in physicality, then how is it Nova Earth? How are you Nova Beings? How does that reflect the anchoring of heart consciousness?” (3)

Archangel Michael calls the “ignition” that triggers one phase of Ascension full heart consciousness.

“Ignition is the feeling, the awareness, the understanding — and many of you already have this — that you are love, that you are completely in your heart consciousness, that you are in the joy even when there appears to be a morass of chaos around you, and that your focus is completely on creation, the creation of the new.

“And it is the turning of a switch, of the collective.” (4)

One moment we're in our normal state of worry, hope and fear and the next moment, a switch is turned on ("ignition") and we're completely in the love of our heart consciousness. That's the phase of Ascension that we as lightworkers are facilitating and working towards. (Sahaja Samadhi, the culmination of Ascension, lies further down the road.)

The Divine Mother explains that we'll experience unity consciousness as an explosion of heart consciousness that will have us embrace our integrated divinity. I experienced a heart opening as an explosion so I can imagine further ones.

“When you enter into unity consciousness - think of it as the implosion and explosion of heart consciousness - it is you surrendering and at the same time assuming responsibility for the truth and the totality of who you are, all aspects, all parts – integrated divinity.” (5)

What I take from her remarks is that this balance point of surrendering to the truth of who we are while assuming responsibility for it is the portal to Ascension for us. (6) Or at least one phase of it. (Not Sahaja.)

She goes on to make a point about unity consciousness that I’ve also been making about love and a heart opening.

I said that, where there's no remembrance of past injuries, there's no need for forgiveness. And where there's no fear, there's no need for courage.

She says that, where there's unity consciousness, the fear of not being special disappears. She tells us:

“In unity consciousness, the fear of not being unique and special disappears because the knowing, the wisdom, the sublime bliss of being love is enough to let down your barriers and joyfully, ecstatically, without defenses - without what you would call vasanas - to join in genuine cooperation, admiration of each other, of the uniqueness of your gifts, of the unique expression you have chosen, and I have chosen for you.

“And so this sense that ‘if I conjoin, I lose something’ is gone.” (7)

Moreover, a feeling such as feeling special or self-importance has no place in the higher dimensions. It simply cannot find a foothold to exist in them.

I believe that's why Sri Ramakrishna used to counsel people to walk into the lake, jump in, dive in - it matters not. It only matters that people get themselves into the lake.

The lake - the higher dimensions - are of themselves sublime and do not support or allow our negative emotions or vasanas to exist. Once we're in that lake, these all disappear.

Archangel Michael tells us that sacred union is being emphasized at this time because it's a way to open us up to heart communication.

"What is happening with these sacred unions ... what is being opened, is the opportunity to renew and rediscover and raise the bar in terms of what is heart communication.

"So that all the dross is eliminated. And so that there truly is [an opportunity for the mind] to stand in partnership with the heart. ...

"And that is how you enter into the heart communication. ... There is no room for artifice. And there is no room for the subtext." (8)

The call is for authenticity and love. Throw out our rackets and numbers. Let down our guard but also commit. As the Mother said, we have the reward but we also have the responsibility.

Archangel Michael has been working on us in this area for quite a while. Here he is in 2013 cheering us on to be with and notice the subtle shifts and full opening of our hearts.

“Simply [allow] yourself to be with the fullness of who you are and [notice] not merely the subtle shifts, but the full opening of your heart, and how you are more in your heart consciousness than you ever have been before. ...

“You are allowing and exploring areas and things to occur that perhaps were a no-fly zone earlier.” (9)

So the opening of our hearts and the full expansion of our heart consciousness is a vital part of our Ascension. We're ascending together and the development of heart communication and connection culminating in the rise of unitive consciousness is itself the Ascension plan.

Love unites. And whatever remains separate, love wants to unite with. That's the flow of life, to and beyond Ascension.

Footnotes

(1) “Archangel Michael: Being, Knowing, and Sharing the Love,” Oct. 27, 2013, at <http://goldenageofgaia.com/2013/10/archangel-michael-being-knowing-and-sharing-the-love/>. How reminiscent his words are of the Divine Mother's:

“When we speak of this blessing and virtue of grace, it is the acceptance – the heart acceptance translated into heart consciousness – of your wholeness and totality. And your alignment with divine spirit as well.

“It is your acceptance that you are creator and co-creator and particularly during this time of Ascension that you are co-creator not only of your own Nova Being but of Nova Earth and Nova Gaia, Terra Gaia.” (“Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013,” at <http://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.)

(2) “Transcript: Archangel Michael – On Mastery and Leadership, April 16, 2015,” at <http://goldenageofgaia.com/2015/04/25/transcript-archangel-michael-on-mastery-and-leadership-april-16-2015/>.

(3) "An Hour With An Angel – The Divine Mother: Welcome To ‘New Time,'" at <http://goldenageofgaia.com/2015/01/27/divine-mother-welcome-new-time/>.

(4) "Archangel Michael: Ignition is the Awareness that You Are Love," channeled by Linda Dillon, October 28, 2014, at <http://goo.gl/29ZGhf>.

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

(6) "Surrendering to the truth of who we are" could be seen as the enlightenment component. "Assuming responsibility for it" could be seen as what Adyashanti might call the embodiment component (i.s., bringing our enlightenment back down and being accountable for what use we make of it).

(7) Loc. cit.

(8) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 28, 2014.

(9) “Archangel Michael: Ascension is Not Distant But Very Current and Underway – Part 2/2,” March 12, 2013. at <http://goldenageofgaia.com/2013/03/12/archangel-michael-ascension-is-not-distant-but-very-current-and-underway-part-22/>.

Focussed on the Heart

April 8, 2015

<https://goldenageofgaia.com/2015/04/08/focussed-on-the-heart/>



There's a war being fought inside of me. It's between the mind and the heart.

My heart may be open but nothing flows unless I invite it or in other ways cause it to.

And when love doesn't flow from the heart, I fall back into the default of the mind.

We usually talk about the world outside the mind. But we don't usually talk about the world outside the heart and inside the mind.

The mind has no idea that love (real, transformative love) exists. It can't see very far, has very little hope, and experiences very little satisfaction, happiness, or self-expression.

It focuses on its own survival and the survival of everything with which it identifies - spouse, children, job, house, car, etc. ("me and mine").

It ensures survival by making itself right and others wrong, judging and avoiding being judged, dominating and avoiding being dominated.

Where it sees itself wronged, it endlessly rehearses and feeds itself on the memories of its past woes and others' perpetrations.

When opposition is encountered, its rule is resist, resent, revenge. Resist others; resent their seeming misdeeds; and revenge yourself upon them. It deals in fear. It operates by force. There's no aliveness there.

The heart dissolves woes and perpetrations, fear and force. It resists nothing, resents no one and never revenges. There's only aliveness there.

And then there's me, who forgets the importance of working with the heart, forgets to unpack its treasures and use them to raise me up beyond the reach of the mind.

Hour after hour goes by while I walk past what Krishna called the place in the heart where the Lord resides. (1)

The mind will never drop away or die. It just needs to be enlisted in the service of the heart once and for all.

It needs to know who's boss. The heart is boss. It's the kindest and most loving boss anyone will ever have.

The mind needs to be ushered into its new habitation. And thanked and loved and nurtured. Job well done. Thank you. Time to step down.

I haven't taken the time to do that. I allow the small cares of the day to endlessly postpone the final shift from fear to love.

New management coming soon! But soon is, oh, so slow to arrive!

When I was married in a Zen Center long ago, the monk conferred on my wife and me Zen names. Mine was Ancient Spring. Hers was Spring Rain.

The heart is that ancient spring. Love is that spring rain.

Hour by hour I must intend that my attention remain focused on the heart, the fount of all good things. Remind me if I forget?

There's nothing more important, now or ever, than heart consciousness - than remaining focused on the heart.

Footnotes

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

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

"The Lord lives in the heart of every creature." (Sri Krishna in BG, 129.)

"The devoted ... know Him always
There in the heart,
Where action is not." (Sri Krishna in BG, 59.)

That State of Ever-New, Ever-Deepening Love

March 10, 2024

<https://goldenageofgaia.com/2024/03/10/that-state-of-ever-new-ever-deepening-love/>



The heart is a portal

As we contemplate the idea that we'll need to reintegrate with people who held vastly-different political or medical views than us, if we want to do a clean job of it, then we have to distinguish between two groups of people who opposed us.

At one end of the spectrum are the cabal's hired goons, trolls, and mouthpieces. At the other end are genuinely-concerned and responsible citizens. We need to honor the genuinely-concerned.

They operated on the sincere belief that we faced a world-threatening pandemic crisis and that those who didn't mask up and get the jab were threatening humankind.

They were doing the best they could, just as we were. Their belief and concern were as sincere as ours.

But there are other distinctions that need to be made. One concerns how far we go in expressing our disagreement. And, here, it doesn't matter what side you're on. This scale or spectrum concerns what we're willing to do to be right, to make our point, to win the game, etc.

Frankly it shouldn't matter in a democracy that there's a difference of opinion. Democracies thrive on it. And they draw together in times of crisis and forget their differences. Witness the Second World War.

But where simple disagreement becomes Hitler's Night of the Long Knives or Stalin's purges, that's where we go off the rails.

So as we assess how to repair the damage and trauma that has occurred, we need to make the distinction between an acceptable difference in political views and unacceptable, extreme responses.

Once we've done that, I think we'll find that we can all agree that extreme behavior needs to stop. But even here there's another scale and more distinctions to be made.

And only if we make these distinctions, calmly and deliberately, will we get through the labyrinth ahead of us - peacefully!

That third distinction concerns our notion of freedom.

I believe we think that freedom is freedom and that there should be no restraints on it. But right away we see that there are people who'll use their freedom to oppress others. Does freedom mean that we must tolerate torture, rape, and murder? I don't think so.

Your freedom is purchased at the cost of my restraint. Your human right is bought at the cost of my controlling my behavior and staying within certain socially-accepted limits.

There *is* a state of total freedom - on higher dimensions than this. On this dimension - and only here - saint and sinner rub elbows. There people sort themselves out by their vibratory level. (1)

So we can't approach the subject of human rights and freedoms believing that there will be no restraints on behavior in society. Not yet. At some future date, yes, but not until the rapists and murderers have ceased to operate among us.

I'm not making these remarks just to some people, of some political stripe or some religious persuasion, but to everyone. We need to come back to the middle, in the midst of what's happening around us.

Just as spiritual teachers have been telling us down through time, we need to abandon the extremes of rage and hurtfulness and come back to the center, to the heart.

The heart is a portal between this 3rd/4th Dimension we're in and all the higher dimensions. (2) Such a love flows in those realms that it shapes and defines all life.

Unfortunately it doesn't flow (perceptibly) in this dense a medium - not unless our Board of Directors (3) makes an exception somehow, usually for educational reasons.

I've been given glimpses and allowed to stay in consciousness states all the way to the 12th - and beyond if we count a brief glimpse into the Transcendental, beyond the 12 dimensions. (4) I have no words to describe, say, bliss or ecstasy. Fortunately words aren't needed there.

That's where we're going and we go through the portal, the doorway of the heart (that is, the hridayam), the eye of the needle. (5)

We may go temporarily in a Fourth Chakra experience. Or we may go there permanently in Sahaja Nirvikalpa Samadhi, which is a full and eternal heart opening. (6)

In either case we find ourselves in states of being that are cleansed of all harmful thoughts and in no ways extreme. We just need to draw more of that state of being, that state of ever-new, ever-deepening love - desirable beyond all others - into our social life now.

Footnotes

(1) See "The Planes of Life" in *New Maps of Heaven* at https://goldengaiadb.com/index.php?title=The_Planes_of_Life

(2) The situation is like this: Blow up a balloon. Now twist off a small section of it so that it appears as if there are two balloons. But the same air exists in "both" balloons, does it not?

Now untwist the knot and watch the two balloons become one again. The small balloon is us in the 3rd/4th Dimension and the twist or knot is the hridayam or heart door. Untwist it and we become multidimensional again.

The Mother/Father One acknowledges that she communicates with us through the portal of the heart:

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

And from there it is diffusing into each of your chakras, into your body, into your brain and, yes, there is also energy being sent directly through your crown chakra. It is activating not only your pineal, your hypothalamus, your pituitary; it is activating portions of your hemisphere that have never been activated in the human race. ("Ride the Waves of Love Being Sent to Us by Universal Mother," May 22, 2012, at <http://goldenageofgaia.com/2012/05/ride-the-waves-of-love-being-sent-to-us-by-universal-mother/> .)

(3) Remembering that everyone here in this generation is an angelic, I give my Board of Directors, which I assert will be found to be similar yours: the Divine Mother (on all boards), Archangel Michael, my Universal Self, my twin flame Annastara, and my guides, Windthrow, Phoenix, and White Cloud.

On this subject, see:

- *What is a Soul Contract?* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/What-is-a-Soul-Contract.pdf>

- *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2024/02/Our-Enlightenment-Partnership-5.pdf>
- *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>
- *The Rewards of Co-Creative Partnership with the Company of Heaven* at <https://goldenageofgaia.com/wp-content/uploads/2023/10/The-Rewards-of-Co-Creative-Partnership-with-the-Company-of-Heaven-3.pdf>

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

Archangel Michael: It is the seventh dimension.

Steve: Then what dimension is bliss?

AAM: It is between eight and nine.

Steve: And ecstasy?

AAM: Twelfth.

Steve: And what about exaltation?

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

(5) Here Michael illustrates this by describing how I - like you - go back and forth through the portal:

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

(6) Steve Beckow: I'm trying to understand what level of enlightenment Ascension corresponds to and I think it's beyond the normal seventh-chakra enlightenment. I

think it is what is called — and I'll make this clear to readers — sahaja samadhi. Am I correct?

Divine Mother: Yes, it is beyond what you think of [as being] with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the [seven] chakra system, into the new. So yes, you are correct, in this question and in this statement. ("The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <http://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

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

"This is Self-realization, Mukti [i.e., liberation from birth and death], or Sahaja Samadhi, the natural, effortless state." (Ramana Maharshi, *ibid.*, 82-3.)

⌘ ⌘ The Study of the Heart ⌘ ⌘

On Heart Openings: Fulfilling a Promise

April 27, 2018

<https://goldenageofgaia.com/2018/04/27/on-heart-openings-fulfilling-a-promise/>



Credit: Daniel B. Holmes

From October 16, 2017.

I promised the Mother that I'd say more about heart openings, given that she's predicted one for the planet at a time of her choosing.

Let me do that now.

We have several hearts. The physical heart, the heart chakra, the "high heart," the spiritual heart, etc.

I'm only speaking about the spiritual heart.

The spirit occupying a physical body from birth to death normally exists with no access to the spiritual heart. The heart aperture which Hindus call the hridayam, which opens into the heart, is normally closed.

So just to be sure: I'm not talking about an attitude of "open-heartedness" or "close-heartedness." The normal Earthly, human condition is to have a closed heart aperture.

Those for whom the heart is permanently opened are ascended beings.

Those for whom the heart has opened and then closed again are relatively small in number.

Those for whom the heart has opened and remained open - and they have remained in this dimensional setting - are probably infinitesimal in number. Not infinitesimal in the higher domains. Just here. I can think only of Ramana Maharshi, Franklin Merrell-Wolff, and the avatars (Ramakrishna, Buddha, Shankara, etc.).

When the heart opens - and the Mother has said it may feel like an explosion or implosion (1) - whether immediately or later, we'll experience a torrent of love that will wipe us clean, for however long the experience lasts.

It'll leave us in a space where our heart becomes an artesian well, gushing up love which we feel powerless to do anything else with than share with everyone around us. By its nature, love is universal. It makes no distinctions. It cannot be otherwise by the nature of love.



This next section may be review to many. Skip it if you like.

Apparently, by the old system of reckoning, a heart opening would be reckoned to be the first stage of enlightenment on the road to Ascension. I know the archangels are not following the old system, but let me restate it, if only to provide a standard for comparison.

When the kundalini reaches the fourth or heart chakra, we have a heart opening, an explosive or implosive experience of love bursting its bonds. Hindus call it spiritual awakening; Buddhists call it stream-entering. We've entered the stream on our way to the other bank.

When the kundalini reaches the sixth chakra, we have an experience of being one with the Consciousness pervading the whole world - the Divine Mother. Some call the experience cosmic consciousness. Some call it savikalpa samadhi - still mind/trance state while still apprehending form.

When the kundalini reaches the seventh chakra, we have an experience of the Consciousness transcending the world - the Father. Some call it Brahmajnana or God-Realization. Some call it (Kevalya) Nirvikalpa Samadhi - still mind/trance state with no apprehension of form.

This is halfway up the mountain.

Next the kundalini opens the heart permanently in an experience called Sahaja Nirvikalpa Samadhi ("Sahaja" means "natural"). This event is mukti or liberation from the life-and-death cycle of Third Dimensionality. This is the end point of Earth's current Ascension out of the Third and Fourth Dimensions and into the Fifth and higher.



If your everyday experience is simply so-so and you suddenly find yourself in an internal "tsunami of love," it can frighten the wits out of you.

Did someone slip you a drug? Are you losing it? Where is it leading?

No one slipped you a drug. You're not losing it. It's leading only to more and more love and greater and greater depths of it.

The only thing you lose as a result of drowning in the tsunami of love is your fear, your anxiety, and your resentments. The tsunami sweeps them all away, never to return, as long as your experience of the tsunami lasts.

After the culmination of Ascension, it'll last. From now until then, a heart that opens can again close. If the heart does not close, that's the signal that you have well and truly completed the journey. We're all going to that endpoint.

My understanding is that gatekeepers and pillars have agreed only to travel back and forth through the Ascension portal, rather than ascend permanently, until later.



What is the experience of the internal "tsunami of love" like? We use the same word "love" to cover situations ranging from our taste in ice cream to the most sublime of spiritual states. When one person says "love," other people may hear it at any range from the mundane to the sublime.

The kind of love we experience after a heart opening is not only torrential; it's the most satisfying experience - along with bliss - that I can think of.

As it happens, we seem to be most stirred, moved, and activated by what happens inside of us - chiefly our feelings, but also our desires. Love turns out to be everything we've been seeking in that our internal states are all uniformly satisfying. That's why loving people seem so happy.

Introduce higher-dimensional love into our field of experience and our interest in all else falls away. It feels so uplifting that we forget about any cares or concerns we had.

It's more intoxicating than any drink, more satisfying than any drug. It never seems to fail to delight. It's as Yogananda said: Ever-new. I've never grown tired of love or wanted something different. Oh yes, I almost forgot. Things go better with love. Nuff said.

Mother have I done the job? I could only do it by looking at things from my angle. If anyone else has a view from theirs, send it along.

Footnotes

(1) Divine Mother: Now increasingly, as you have heard of here and there, you are knowing and being given examples of those who are experiencing what we would call instantaneous transmission in so far as their heart opening is like an implosion/explosion. (The Divine Mother in a personal reading with Steve Beckow through Linda Dillon, April 30, 2019.)

The Study of the Heart – Part 1/2

October 8, 2021

<https://goldenageofgaia.com/2021/10/08/the-study-of-the-heart-part-1-2/>



The Light that we are exists in the seat of the soul, the very deepest part of the heart. Credit: Ute Possega-Rudel

In my view, we live at three levels: intellectual, experiential, and realizational.

As long as we remain, socially, at the intellectual level, we concern ourselves with right/wrong, good/bad, pleasurable/painful and other dualities. We don't give much importance to feelings.

Right/wrong and the rest at best give us the rewards of pride, self-satisfaction, conceit, arrogance, status consciousness and all the tendencies, laid down in childhood, that I discover in myself when I look. I don't think I'm alone.

They're rather like eating dry oatmeal compared with eating cooked oatmeal with milk, blueberries, and cashews - and maple syrup - at the experiential level.

The poor, neglected feeling or experiential level is like a highway to the higher dimensions.

Michael once said to me that one of the reasons he gave me a heart opening in 2015 was because I was practising drawing love up from my heart and sending it out to the world.

I was drawing love up and so he gave me some love to draw up. He explained:

Archangel Michael: So what you do when you bring the love up and out, when you begin to send, to share, it is as if you have in fact activated what we call the wellspring. The visual you may think of is the volcano.

It is not that you empty out. It is that you discover that that wellspring is SO full and overflowing that it is a steady stream. That steady stream does not ever, ever (think of what I say!) ... it never has to cease! (1)

He's right. It never ceases. It never fails. This inner tsunami of love is always going; we're just not attuned to it.

Michael is discussing this event three hours after I had it on March 13, 2015. And I definitely experienced it as he describes it - a wellspring of love that never ceased flowing, an inner tsunami of love that ended in an Ocean of Love.

I was operating on the experiential level already and so I guess he decided to boost me up to the realizational level.

Keeping in mind that it's the archangels and the Mother who decide matters around our enlightenment, he just acknowledged that, because I took action in accord with my intention - to experience love - he multiplied its effectiveness; he amplified it and my kundalini reached the fourth chakra.

Please take note of these matters. Up till now we've tended to become ascetics or meditated for a decade, etc. to achieve enlightenment.

What we don't understand is that our enlightenment is shaped and influenced by the archangels and the Mother. We need to work with them as their co-creative partners and leave the rest to them.

The place they communicate how to do that is in their channeled messages.

(To be concluded tomorrow.)

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015.

The Study of the Heart – Part 2/2

October 9, 2021

<https://goldenageofgaia.com/2021/10/09/the-study-of-the-heart-part-2-2/>



(Concluded from part 1, yesterday.)

So I was operating outside the intellectual level - in the experiential. Sri Aurobindo addresses the situation:

"Man, because he is a mental being, is prone to give the highest importance to the thinking mind and its reason and will and to its way of approach.... The heart with its emotions and incalculable movements is to the eye of [the human] intellect an obscure, uncertain and often a perilous and misleading power which needs to be kept in control by the reason and the mental will and intelligence.

"And yet there is in the heart or behind it a profounder mystic light which, if not what we call intuition -- for that, though not of the mind, yet descends through the mind -- has yet a direct touch upon Truth and is nearer to the Divine than the human intellect in its pride of knowledge."

(2)

I agree completely.

Notice the way this tendency to make the heart submit to the mind maps over patriarchy. Women are often associated with the heart and the feelings ("the weaker sex"), and men with strength and the mind. Men are said to control women. In the same way, the mind is asked to control the heart.

I agree that the heart is nearer to the divine. The hridayam or heart aperture is like a door. On the other side of it exists everything except this Third Dimension. It's a doorway to the dimensions.

Moreover, what we want from life is available in the heart. Love, bliss, ecstasy, peace, depth, joy, etc. The heart is a cornucopia.

The heart is superior to the intellect in knowing and realizing the Truth.

Sri Aurobindo goes further:

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

Yes, indeed. The immanent Divine is none other than the Self. And the Self, if it can be said to reside anywhere, resides in the depths of the heart, the seat of the soul. I haven't heard the Mother's voice or breath, the inner oracle. That's out in front of me and so I can't comment.

But yes, "the seat of the immanent Divine, the hidden Purusha, is in the mystic heart." Absolutely. I've seen it there.

But speaking about it as "the heart" is so unsatisfactory.

We transport ourselves somehow through the hridayam or heart door and we're in another world. Do we call the heart "another world"? And yet it is.

Maybe back as far as 1990 I had an experience of suddenly rising up until I was on a promontory looking out over the whole universe. I saw the universe inside the heart.

The hridayam or heart door leads out of the Truman Show.

Just the love alone, as I'm experiencing this moment through writing about it, is worth the price of admission.

I imagine to the galactics our knowledge of the heart must appear less than rudimentary. We just lump everything under the words "the heart" and don't inquire into what the heart might be, how it operates, where it leads to.

The only knowledge we have comes from enlightened sages, who can't stop talking about love and the heart.

I wouldn't be surprised to find that the study of the heart could keep a person occupied for a lifetime. I may find out.

Footnotes

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

(2) Loc. cit.

New Way of Thinking of the Heart

August 30, 2021

<https://goldenageofgaia.com/2021/08/30/325681/>



The Self is found in the seat of the soul, inside the heart Credit: Ute Possega Rudel

I'd like to wave a magic wand and change the way we think about the heart.

At present we think of it as a closed structure - a box, a treasure chest, a throne room, etc.

It has that aspect, but I'd like us to imagine it in a different way, for what it produces.

I'd like us to imagine it as a door. And it's a door into the higher dimensions.

Now I'm only speaking with regard to the divine states. I'm not discussing any other element of our multidimensional personalities.

I can't say I'm only talking about how we feel for this reason. A feeling is something that happens inside us. It's localized in a part of me - my heart, my throat, my stomach.

A divine state is something that includes us, something that envelops us, uplifts us, sweeps us away. We're drenched, immersed, awash in it.

A feeling is *in* us; *we* are in a divine state. For me that's the difference between the two.

Just staying with the door for the moment, the "door" of the heart, the heart aperture, is called in Sanskrit the hridayam. When it's closed we're simply Third/Fourth Dimensional. When it's at all open, we experience higher-dimensional love and want nothing more than to share it.

The heart is more than that however. Back in the late 1980s I saw the inner universe inside the heart. In 2018 I saw the Self at the very deepest part of the heart, the seat of the soul. I think the heart is our agreed-upon meeting place with Mother/Father God. In fact I'm sure of it.

For now we open the door of the heart and then close it. But with Ascension the door will be permanently opened, forever and ever. Bringing with it all the gifts of the higher realms, which for me will be the divine states of love, bliss, and ecstasy.

The Heart as a Portal

March 19, 2022

<https://goldenageofgaia.com/?p=334036>



I'd like to expand on an earlier view of the heart I've had.

Previously I saw the heart as somehow a vessel. Inside it, at the end of the heart tunnel was "located" the Self, the Christ, the Atman.

Conscious entry into the heart brought one into the tsunami of love and, ultimately, the Ocean of Love.

I now see things entirely differently. I now see the heart as a portal to the higher dimensions.

What higher dimension probably depends on how deep a meditative journey into the heart we make, how pure we are, how quiet the mind, etc.

I no longer see the dimensional boundaries as relatively fixed, but more as energies.

When the door of the heart, which Hindus call the hridayam, opens, we find ourselves in either love, bliss, ecstasy, exaltation, etc. These represent higher and higher dimensions.

We don't pass a checkpoint. There are no road signs. We may not know where we are. We may only know how we feel.

But the door of the heart reconnects us with those higher dimensions. To illustrate how, let me use a metaphor.

Imagine blowing up a balloon, but not all the way. Now take the balloon and, in the middle, twist it so it has two sections.

OK, that twisted balloon is us. One section is our 3rd/4th-Dimensional consciousnesses and the other is all the higher dimensions.

Untwisting the balloon is like opening the hridayam.

Now all the air is reunited, just as we are reunited with the higher dimensions.

The hridayam is open. We step through like the air rejoining the air and we are now able to navigate the higher dimensions.

Remember what St. Germaine said:

“All the rules have changed. You have decided to maintain form. That doesn't mean we're going to have you punished by not allowing you access to the 7th.

“That is the old paradigm. 'You can't come here, unless you die.' Well, that's not true! That's what enlightenment and Ascension is about. You can go as far [as you like?], you can go and feel and be the Love that is the 7th Christ consciousness. You can have it all and then you pull it into your physical form so that you are a walking, talking, working, creating Christ-conscious Being.” (1)

Once we ascend - in our physical bodies - we'll have access to all the dimensions. This is something new. But it expands our metaphor: If we have access to all the dimensions, it's like the air mingling with the air. All mingles with all.

I say this having passed through the door of the heart on March 13, 2015 and eventually finding myself in an Ocean of Love, that Michael characterized as a seventh-dimensional experience. (2)

All I knew was a deeper love than I could ever imagine existed. I had no idea what dimension I was on. And the experience of this heavenly or sacred love made any such questions trivial.

Footnotes

(1) “Transcript: Heavenly Blessings – St. Germaine on Where to Look for Results,” channeled by Linda Dillon, July 15, 2014, at <http://goo.gl/OxNpnG>.

(2) Not long after the heart opening that I experienced on Mar. 13, 2015, I found myself suddenly immersed in an Ocean of Love. (“Immersed in an Ocean of Love - Part ½,” May 17, 2015, at <https://goldenageofgaia.com/2018/01/09/immersed-in-an-ocean-of-love-part-1-2/>.)

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

AAM: It is the Seventh Dimension. (AAM, Jan. 20, 2016.)

AAM: The love dimension ... we ... call [the Seventh]. (AAM, Sept. 16, 2020.)

Here is a second apparent visit to the Seventh Dimension, my meditation-retreat experience of the Oversoul.

AAM: ... Your Highest Self, your Oversoul, is very regal.

Steve: So that [experience at a 2011 meditation retreat] was an experience of the Oversoul?

AAM: Yes. (AAM, Sept. 13, 2011.)

Arcturians: Seventh [Dimension] is your Oversoul. (Arcturians in a personal reading with Steve Beckow through Suzanne Lie, March 17, 2013.) [Hereafter Arcturians.]

Sanat Kumara: The Heart is the Seat of the Soul

March 2, 2021

<https://goldenageofgaia.com/2021/03/02/318342/>



While looking for a particular quote from Sanat Kumara, our universal logos, I came across a remarkable exchange with him, whom I was interviewing on *An Hour with an Angel*.

"Transcript: Sanat Kumara ~ Ascension: Your New Tomorrow, Right Now ~ September 17, 2015," September 20, 2015, through Linda Dillon, at <https://goldenageofgaia.com/2015/09/20/transcript-sanat-kumara-ascension-your-new-tomorrow-right-now-sept-17-2015/>

Steve Beckow: Okay right now, this experience that I'm feeling bliss and excitement and, yes, I was feeling excited ... is going to fade, correct? And then it

will build again at some other point and then it is going to change. We are not at the place where it will be ours permanently yet, are we?

Sanat Kumara: Yes, you are. What happens is the mental construct. It is habit forming. Let us start there. Because you have lived in a domain – your term – that has been governed by the mental/emotional experience/constructs and then you tend to think: “this is so big, this is so wonderful.” And, you immediately go to: “I wish I could hold on to it.” Instead of: “I’m holding on to it. I’m not going to revert back.”

And this is what those who are thinking that they can never return are really thinking about. They want to be in the bliss and they don’t know how they can maintain this sense of upliftment and come back and assist with the collective that is still in the quagmire of chaos and mayhem. But you can. It is a heart and soul decision.

And every time, if you feel the fade effect coming in, come back to me. I would joyously – as Planetary Logos, this is my job, this is my joy, this is my mission – for all of you to be in this state. And then I can move on. Although I will want to stay for a while and enjoy it. So keep claiming it. Don’t think: “Oh my gosh, it was so nice. I wish it could come back.” Keep claiming it and call on me if you feel the fade, if you feel that the mayhem is dragging you down, then call and come back to this very place. I am anchoring this knowing in your heart, in your cells, in your DNA. It is activated right now.

SB: Well, it certainly is a wonderful experience.

Two matters – one is when you say: “don’t give it up. Call it back,” are you talking about an exertion of will? That’s my first question. My second question is, I wonder if you can say a little bit more about the heart. Because I think that most people, when you say the heart, all they do is consult – as you said – consult their feelings. And, having experienced an open heart, the heart is much more than just one’s feelings. So could you talk about the will and the heart please?

SK: I would be delighted and think of it in this way. What you are doing is the alignment, your true alignment, your true self, your divine self in form – aligned with divine heart, mind, will. It is not that we wish to eliminate anything and that is the nature of this discussion, but when you think about feelings, too often, my

beloveds, you are referring to your emotional field which tends to be chemical, biological, environmental and reactive.

When I talk to you and refer – and I speak of all of us now – when I refer to your heart, I am referring to the seat of your soul. (1) I am referring to your capacity for full consciousness, for what we have termed love, which has many, many faces, which is the anchoring and the living acceptance and surrender of your divinity and your will which is your ability to co-create. So your will brings into form this Nova Earth that we are bringing forth, restoring, rehabbing and creating together.

You cannot simply remain in your heart, which is your powerful tool to heal, to expand, to create. But when you step out – think of it in this way – you step out holding the bliss and then you say: “Well, what does bliss look like in form?” And, by an act of will you bring into form that which you desire that is harmonious because it comes from divinity and love. It does not come from the false grids and illusions of the old. It comes from the purity and the clarity of the Mother/Father One that you carry within you. For you are divine!

The biggest piece of this ascension is not just the momentary glimpse of your divinity, but the complete acceptance of your divinity and the celebration of that divinity by being able to manifest and create in a whole array of ways what is truly sublime.

So if it is not of love, if it is not of joy, if it is not of peace, then you would not choose to have it present upon your beloved planet. It is simply that there is no room for it because it is not in alignment with who you are and who the other seven billion are.

So it is the harmony. It is the harmony of your brilliant mind, your brilliant heart and your brilliant will. We do not want to negate any part of you, including your form. Now is your form being tweaked, reconstructed, regrided? Are you choosing to re-emerge into your perfected idea of your form? Yes.

It is a co-creation and that is one of the signals to you that you are truly in ascension. It is that your body becomes glorious. It does not mean that there will not be blips along the way...that you are healing those for the collective. That is how you are co-creating with us this new domain where pain and disease and imbalance cease to exist.

Footnotes

(1) The soul, as I have experienced, is to be "found" in the deepest reaches of the heart, called "the seat of the soul."

The Soul is in the Deepest Part of the Heart, “the Seat of the Soul”

December 17, 2018

<https://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>



What is the heart? Is it an "organ"? Is it a "space"?

I asked the question of Archangel Michael recently and he had this to say:

Steve: What exactly is the heart?

Archangel Michael: It is the motor of your being. Not just the physical motor, but the motor that keeps you infinitely connected to the divine, to Source, to the One. So it is the way in which the fuel of love comes in and allows you to experience what truly is almost beyond human words and expressions. ...

When you are in the love, you are literally all-knowing. You have experienced this. ...

So being and experiencing love is truly accessing the heart, the mind, the existence of One. It is the place of complete union. ...

Steve: The heart doesn't exist on the physical, obviously. What dimension does the heart exist on or is it multidimensional?

AAM: It is multidimensional but, if you want to find a home for it, it would be in the seventh. (1)

For us, a full and permanent heart opening is what constitutes Ascension. Vedantists call that level of enlightenment "Sahaja [Natural] Samadhi." Sri Ramana discusses it here:

“The yogis say that the current rising up to sahasrara [Seventh Chakra] ends there. That experience is not complete. For jnana [enlightened wisdom], they must come to the Heart.” (2)

“Heart is the seat of Jnanam as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pinpoint [i.e., the hridayam or heart aperture], which is always shut. When the mind drops down in Kevalya Nirvikalpa [samadhi], [the hridayam] opens but shuts again after it. When Sahaja is attained it opens for good.” (3)

This full and permanent heart opening is moksha or liberation from the Third/Fourth Dimension and Ascension to the Fifth.

Sri Ramana says that the heart is "represented" by the hridayam. At Xenia, I went through the hridayam and into the heart. I didn't ask AAM where the hridayam itself was located, but again I'd be hard-pressed to consider it a physical phenomenon either.

The Divine Mother confirms our assertions about Sahaja and reveals that the chakra system is impermanent:

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

Divine Mother: Yes, it is beyond what you think of with your seven chakras. ... We have emerged from the Third-Dimensional realm, which is that reference point for the chakra system, into the new. So yes, you are correct, in this question and in this statement.

(4)

At Xenia, I dove deeply into my heart, in meditation, to find out what the origin was of the feeling of dismay I was experiencing. I thought I'd get to the original

incident and experience it through to completion. Instead I went way past the level of the vasanas and kept on going.

I finally reached what resembled a tunnel and at the end of it was the Light of the Self. And in the presence of the Self I felt innocent and pure.

I had penetrated through the hridayam, the heart aperture, into the open heart and down, down, down to "the seat of the soul." So I can vouch for the fact that the seat of the soul is in the heart. That no longer sounds like a far-fetched notion to me, but something I've experienced and realized.

That having been said, I confessed to AA Michael that I could find no words for love or for the heart:

Steve: The heart is another one of those things that is very difficult to define or understand or communicate.

Archangel Michael: But you will keep trying.

Steve: I know - I'll write a thousand words - and keep trying.

AAM: Because it is the essential work. It is the essential message for humans to truly come to understand who they are. (5)

So impossible as it is to describe what the heart is, I (and we) keep trying. It's not as difficult to assert that the heart is indeed the seat of the soul. That at least can be experienced.

It's the realization of the Self or Soul, hidden in the depths of the heart, that will set us free from the wheel of birth and death associated with the Third Dimension.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec . 5, 2018. Thanks to Dana for our transcript.

(2) Sri Ramana Maharshi, *Talks with Sri Ramana Maharshi. Three Volumes in One.* Tiruvannamalai: Sri Ramanashram, 2010, 65-6.

(3) Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes.* 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(4) "The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012, at <https://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/> Da Free John discovered that the chakra system was temporary:

“For several nights I was awakened again and again with sharp lateral pains in my head.

They felt like deep incisions in my skull and brain, as if I were undergoing an operation. During the day following the last of these experiences I realized a marvellous relief. I saw that what appeared as the Sahasrar, the terminal [Seventh] chakra and primary lotus in the head, had been severed.

“The Sahasrar had fallen off like a blossom. The Shakti [kundalini, Mother’s energy], which previously had appeared as a polarized energy that moved up and down through the various chakras or centers producing various effects, now was released [throughout] the chakra form.

“There was no more polarized force. Indeed, there was no form whatsoever, no up or down, no chakras. The chakra system had been revealed as unnecessary, an arbitrary rule or setting for the play of energy. The form beneath all of the bodies, gross or subtle, had revealed itself to be as unnecessary and conditional as the bodies themselves.” (Da Free John, *The Knee of Listening*. Original Edition. Clearlake, CA; Dawn Horse Press, 1984; c1973. , Original Edition, 116-9.)

(5) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, *ibid*.

The Heart is the Center is the Stillpoint

July 21, 2013

<https://goldenageofgaia.com/2013/07/21/the-heart-is-the-center-is-the-stillpoint/>



There is no way to depict the heart, which is not physical

I had a conversation with a reader yesterday on the matter of the stillpoint. I realize I've discussed aspects of this before but there are few topics more important so please forgive my repetition.

Archangel Michael once said to me in a reading: "You don't much like to repeat yourself, do you?" And I said no. And he replied: "Can you imagine how I feel?" And no, I had not thought about it. He must have to repeat himself endlessly! And yet he's always good-natured.

It's about the center. Well, no, it's about the heart. No, it's about the stillpoint. The balance point, the middle, the point of origin, the destination.

Well, no, it's about them all because they're all one and the same thing.

I could pretend that they're not and write an article on each, but the work these days is to unify religion and simplify subjects that have been purposely made

complex by the planet's controllers. So I'd rather keep it simple and say: They are all names for the same thing.

The spiritual heart or, as Hindus call it, the *hridayam*, has been described by Ramana Maharshi as smaller than the point of a pin. It is not the same as the heart chakra. Here is Sri Ramana:

“[The] Heart is the seat of Jnanam [wisdom] as well as of the granthi (knot of ignorance). It is represented in the physical body by a hole smaller than the smallest pin-point, which is always shut.” (1)

Sri Ramana says that “the location of this Heart is on the right side of the chest, not at all on the left,” (2) just two thumb widths right of the breastbone.

In actual fact, as he points out many times, there is no physical location for the heart because the “heart” itself is not physical. “Heart” and “soul” are identical terms. And the soul has no physical existence. (3)

Ultimately, the soul or Self (the All-Self) is all there is so how can it be said to exist a few thumb widths right of the breastbone? It cannot.

But we pretend that it can for the sake of understanding. Much the same as Vedantic scholars would say that the Atman (Christ, Self or soul) was the size of the thumb; it helped to give an image for meditation.

So if I were to say to you: come back into balance, return to the center, focus on your heart - in every instance I'm saying the same thing.

And the request is also simple. It isn't a vague or mystical process I'd be referring to. It doesn't take eight hours of Vipassana meditation to do it. It's simply the act of centering or returning your attention to the middle of your body, where the *hridayam* is said to reside, and then holding it there.

That act calms the mind and the emotions. When we swing out from the center to the peripheries of wild emotion and jumbled thought - say, when a *vasana* goes off - that's when we lose our anchor. When we bring our attention back to the heart/ stillpoint/center, etc., that's when we regain it.

(With one exception: We can be wildly ecstatic in our love for God. That does not harm us.)

I know my interpretation of balance is somewhat different from that of others. Others represent balance as having two sides of a scale equally weighted. I don't agree that that is spiritual balance. Balance for me is returning the attention to the heart or center or stillpoint.

The heart will open permanently when we ascend. Sahaja is the level of enlightenment associated with a permanent heart opening, as Sri Ramana tells us:

“When the mind drops down in Kevalya Nirvikalpa [samadhi], it opens but shuts again after it. When sahaja [nirvikalpa samadhi] is attained it opens for good.” (4)

The Divine Mother and Archangel Michael have both confirmed that sahaja is the level of enlightenment that ushers in Ascension. (5) If we combine Sri Ramana and the Divine Mother, then Ascension results in a permanent heart opening. That, I would imagine, releases a flood of bliss.

The reason I say all this is that we hear the injunction all the time to come back to the center, remain in your heart, regain your balance, etc. And all of these injunctions are saying the same thing. They counsel us to bring our attention back to the place in our form where the heart is located and to anchor it there.

You can do this right now before you sip another mouthful of orange juice or before you get up from your chair. This is not rocket science. It's an act purely of will and, as far as I know, it's advisable to repeat again and again throughout the day.

I regularly bring my awareness back to the heart, the center, the stillpoint, the soul.

Well, maybe I haven't said all that before and so maybe I didn't repeat myself all that much but this is all so important that I beg your forgiveness if I have.

Footnotes

(1) Ramana Maharshi, S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 96.

(2) Ramana Maharshi in Vasistha Ganapathi, ed., *Sri Ramana Gita*.
Tiruvannamalai: Sri Ramanashramam, 1977.

(3) "The Heart is used in the Vedas and the scriptures to denote the place whence the notion 'I' springs. Does it spring only from the fleshly ball? It springs within us somewhere right in the middle of our being. The 'I' has no location. Everything is the Self. There is nothing but that. So the Heart must be said to be the entire body of ourselves and of the entire Universe conceived as 'I.' But to help the practiser (Abhyasi) we have to indicate a definite part of the Universe, or of the body. So this Heart is pointed out as the seat of the Self. But in truth we are everywhere, we are all that is, and there is nothing else." (Sadhu Arunachala [A.W. Chadwick] in Sadhu Arunachala (A.W. Chadwick), *A Sadhu's Reminiscences of Ramana Maharshi*. Tiruvannamalai: Sri Ramanasramam, 1961, 81-2.)

(4) Ramana Maharshi, GR, 96.

(5) "The Divine Mother: Come to Me as I Come to You – Part ½," Oct. 17, 2012, at <https://goldenageofgaia.com/2012/10/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>. "Archangel Michael: Detailed Instructions for Dec. 21, 2012 and After," at <https://goldenageofgaia.com/2012/12/archangel-michael-detailed-instructions-for-dec-21-2012-and-after/>.

A World that Works for Everyone is a Synonym for the Fifth Dimension

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<https://goldenageofgaia.com/2020/09/06/a-world-that-works-for-everyone-is-a-synonym-for-the-fifth-dimension/>



I assert that a Fifth-Dimensional world is a world that works for everyone.

I assert that an ascended world is a world that works for everyone.

A world beyond mukti, moksha, or liberation is a world that works for everyone.

The dead are alive and the living are dead. That proverb has so many levels of meaning. (1)

The one I like and that appeals to me is that those who live drowned (dead) in the Ocean of Love are more alive than those merely living in the body.

I'm not sure if what I say applies to the Fifth, but I know it applies to the Seventh, also known as the Plane of Christ Consciousness and the Plane of Love. (2)

In the Seventh is located the Ocean of Love, I'm told (there were no maps or traffic signs). I had to ask Michael for its location. (3)

Think of yourself as a car. Your owner has you rebuilt from top to bottom, cleaned you out, rebored your cylinders, reupholstered you, repainted you, and there you are.

That's a fraction of how you'll feel drowned in the Ocean of Love. Brand, spanking new and ready to go. Not a harmful thought in your head or hurtful feeling in your heart. Everything inside and outside you is loving.

That's a world that works for everyone. (4)

Footnotes

(1) Other levels: Those who are dead to the pleasures of the senses are alive in the spirit. Another level: Dwellers on the astral planes are more alive to life than people living in the body. Etc.

(2) "[When Gaia resides in] the seventh ... the planetary system will reside in a level of higher consciousness, Christed consciousness as you think of it." (The Lord Arcturus in a personal reading with Steve Beckow through Linda Dillon, July 12, 2019.)

"The seventh dimension is known as the dimension of the Christ Consciousness. This is the state of being the heart and knowing of Love. It is the growth opportunity for compassion, kindness, selflessness, honoring and Love. When you anchor in this place of consciousness you are fully capable of holding the vibrations, energies, lessons, understandings and growth of all of the 12 dimensions available to you on this planet. It is the gentle allowing state of being that permits expansion and incorporation of your entire original imprint, soul design – what you think of as your universal or higher self, your angelic self or your over-soul." ("Albert Einstein – The Nature Of Life And Dimensions On Earth," Feb. 15, 2015, at <http://in5d.com/albert-einstein-the-nature-of-life-and-dimensions-on-earth/>.)

(3) Steve: The space that I call transformative love, what dimension is it? [The Ocean of Love is transformative love filling every inch of space.]

AAM: It is the Seventh Dimension. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2016.)

While this experience, above, was not truncated, another Seventh-Dimensional experience was:

Steve Beckow: I had an experience at a meditation workshop in which I felt regal. It was a partial experience [there was no bliss]. Can you tell me what that part of me was that I accessed.

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

SB: So that was an experience of the Oversoul.

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

Arcturians: Seventh is your Oversoul. (Arcturians in a personal reading with Steve Beckow through Sue Lie, March 17, 2013.)

"The seventh dimension is known as the dimension of the Christ Consciousness. ... It is ... what you think of as your universal or higher self, your angelic self or your over-soul." ("Albert Einstein – The Nature Of Life And Dimensions On Earth," Feb. 15, 2015, at <http://in5d.com/albert-einstein-the-nature-of-life-and-dimensions-on-earth/>.)

(4) And, yes, *that* is unitive consciousness