

# The Importance of Changing Our Vote



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## Introduction



I can almost say that it took me a lifetime to discover what it required to change a line of behaviour. It took me changing my vote.

And part of that time was spent tracking how I changed my vote - what it really took to have an honest-to-goodness change of vote occur.

There were helps along the way. The demise of Constant Comment was a big help. The discovery of the artesian well in my heart was help in another league. With that discovery, there is no more questioning of whether life would work out or not. It just did.

I invite you to dig deep with your imagination, travel down into your heart, beyond the heart door or hridayam, and into another dimension and from that place reassess a line of behaviour. If you find it wanting, you've come to the place where a change of vote is possible and fruitful.

I now very much appreciate Michael's question, "Is it of love?" when in my anti-Pollyanna days I dismissed it. If it isn't of love, I now simply drop it. Without needing to have a replacement. Bingo. Gone.

I love how much love I experience as I move further and further into the path of loving kindness, that I now vote for.

## **Realizations that Helped Me. Change My Vote**

# “Damn the Torpedoes” Won’t Work Any More

April 18, 2024

<https://goldenageofgaia.com/2024/04/18/damn-the-torpedoes-wont-work-any-more/>



*Crystal-balling*

The whole other thing that resulted from this incident of my own making three days ago (1) was that I had another flash or gestalt (seeing the whole thing in a moment of illumination), which I'd like to discuss.

I'd like you to regard this as the kind of flash that has us change our vote, because the flash goes deep enough into our consciousness.

This can also be called a realization; a realization is bliss lifting us up and having us see things from that higher-dimensional perspective. Problems become situations because we have much, much more patience at this higher vibratory level and can see more variables and options.

What I realized is, hey, Steve, you're going to be CEO of a very large enterprise.

Let me share with you in a footnote some of the things Michael has said about it so you can get a sense of what I live with from day to day as I contemplate this future as a CEO. (2)

I carry this knowledge with little idea of how I'll do it, anticipating that Heaven will help. (3) The only thing I know is that I'm ready and I have a good sense of how Michael will help.

Given that many intel gurus are saying the Reval could happen at any time, I could find myself a new CEO at any time.

Moreover, I was speaking from the standpoint of being entitled as a customer. I was acting from entitlement. I'm the customer and I'm entitled to be served with despatch and respect. It's my attitude that needs an overhaul.

I have to get that, as a CEO, I won't get anywhere if I act from entitlement. Feel elevated after the Reval? Take the elevator to the basement, Michael says. (4)

I'm already in love with the divine qualities and the one in play here is humility. This valuable lesson is showing me the benefits of choosing humility rather than entitlement.

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So I'm saying to myself, my planned-for future position requires me to make changes. The way I've been all my life will no longer cut it. I have to become, first of all, a lot more conscious than I am.

(Notice me actually making changes in the way I be, changes that, if successful, will go far to removing me from the cycle of conflict I create around me. Change has to come from a deep level or it won't stick. The sting of this encounter was enough to have me reach that level, act, and make changes.)

I can't be offending the people around me or not caring what they think. Resisting need not be offensive; neither should rescuing nor protecting be. The very best among us, like Gandhi, were not offensive as they resisted or protected.



I continue talking to myself: I can't afford to have an enterprise that serves the Divine Mother sink because I haven't handled my vasanas (or core issues). And chief among them is "Full speed ahead and damn the torpedoes!" That won't work any more, if it ever did. It is definitely old programming, a subject I'd like to look at later.

It may have been Mike Quinsey who warned us last week that our old programs won't work any more. This was a brilliant demonstration of that.

I, who never kowtowed to anyone - gross exaggeration - am going to have to treat people respectfully, even kindly. I now need to call those qualities out of myself, something I've never been willing to do, for whatever reason.

Of course I can. It's a matter of commitment. I don't like the way I felt after this encounter and not liking it is enough, given other circumstances in my life, to have me change my vote and make other needed changes in support of it.

My working hypothesis is that it's commitment to a change of behavior, to calling ourselves forth to alter our way of being that will allow us to escape the cycle of conflict.

### **Footnotes**

(1) See "The Way In is the Way Out," April 17, 2024, at <https://goldenageofgaia.com/2024/04/17/the-way-in-is-the-way-out/>

(2) Archangel Michael: This is you becoming the steward of an organization and of an undertaking of massive, massive global impact/import. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 17, 2017.)

AAM: As we have told you, in the future [your reach] will be global. (Ibid., Oct. 11, 2013.)

AAM: You have known that the time would come when we would ask you to work very much on a very global level. (Ibid., Nov. 30, 2011.)

AAM: You have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... the magnitude of our partnership. (Ibid., Aug. 17, 2018.)

(3) Steve: My big concern is that I'll be head of a large organization and have no memory.

AAM: And you think that we would leave you helpless?

Steve: No, I hope not.

AAM: No, dear heart, that is not the plan.

Steve: Oh good! Even knowing there is a plan is comforting.

AAM: There is not only a plan, Sweet One. There is a strategy afoot to implement the plan. (Ibid., June 17, 2020.)

(4) As you assume profile – whether it is because of money or notoriety or political power or financial power, it matters not – it gives you a sense of being elevated. We would encourage you to take the elevator to the basement. (Ibid., July 22, 2016.)

# It's Time to Emerge from Self-Doubt

February 11, 2023

<https://goldenageofgaia.com/2023/02/11/its-time-to-emerge-from-self-doubt/>



Further to our conversation in "Past-Life Connection," (1) I took another step today in what I call "emergence." (2)

Emergence for me means to step forth or stand forth from our limitations, our vasanas as a class of phenomena, our feelings as a class, etc.

It often comes in a declaration: "There will be no nuclear war for Earth." Something we'd die for. Something that doesn't depend on how we feel that day.

If negative, we call it a "core issue" or "deep, dark secret."

If positive, we call it a virtue, a quality, or character.

I recommend emergence as a spiritual path to lightworkers because what results from it is a better servant, so to speak, rather than one who advances quickly and removes themselves, wrapped in bliss. That's a different mission. We get to eat later.

I took another "step out" after releasing *There Will be No Nuclear War for the World*. (3) I felt that I and my team (of guides and Michael) had done such a good job of making the case for no nuclear war - offering the proof for the fact-checkers - that I felt an upwelling of confidence.

I thanked my team. And I allowed the feeling of confidence to transmute any remaining scraps of self-doubt.

How many books do I have to write to get my self-confidence back - the self-confidence of a seven-year-old?

Clearly, none. Getting my self-confidence back turns out to be an inside job, dependent on my say-so, my word.

I declare I am finished with self-doubt. I have proven to myself that the charges made against a seven-year-old of being lazy and no good have been decisively refuted.

This is not a matter I should have to refer to the Supreme Court. I should be able to decide the matter before the first trial judge. If I want to dispose of it. If I don't, I never wanted to. (4)

As my wife used to say, there's no hiding from the guy in the mirror.

I no longer value the biscuits (probably sympathy) I got from being wracked with self-doubt. In a very short while, my services will be needed. It's time to emerge from as much of it all as I can.

## **Footnotes**

(1) Feb. 10, 2023, at <https://goldenageofgaia.com/?p=342552>

(2) Download *Emergence as a Path for Lightworkers* at <https://goldenageofgaia.com/wp-content/uploads/2023/01/Emergence-as-a-Path-for-Lightworkers-3.pdf>

(3) *There Will be No Nuclear War for the World* at <https://goldenageofgaia.com/wp-content/uploads/2023/02/No-Nuclear-War-R3.pdf>

(4) See "A Radical Change of Vote," December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/> and "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>

## Special and Important —> Entitlement

September 5, 2024

<https://goldenageofgaia.com/2024/09/05/special-and-important-entitlement/>



Credit: Shutterstock

We spend so much of our life recovering from early childhood trauma and we often do it by reinforcing our own propaganda and that of family and friends, that we are somehow special and important.

Then the moment that we start to believe we actually are special and important, a real pain for other people sets in: Entitlement.

Well, if I'm so damn important, then I must be entitled to this or that.

I'm watching my own entitlement come up. But now I've changed my vote from the troll under the bridge to loving kindness. (1) That means that now I'm not donning entitlement as if it's a suit of armor and striding forth among ... I guess, the peons of the world.

Hey, isn't that the cabal's territory?

So I'm no longer coming from entitlement. That doesn't mean entitlement doesn't go off in me. It does. It means, as Jesus through Pamela Kribbe once described so beautifully, (2) that I can now watch entitlement go off as an objective observer and not latch onto it and ride it to my doom.

I do see the linkage between early assurances of specialness and importance and the rise of entitlement. Interesting.

We have an additional tool. By now we understand how deeply we need to reach within ourselves to actually change our vote on something.

But we've been getting more and more practice as the lovelight energies rise. It's getting easier and easier to change our vote.

So here, now, again, we change our vote on the notions of importance, specialness, and entitlement.

Let's consider an alternative for those whom won't change their vote without having an alternative to go to (optional behavior):

### **Footnotes**

(1) On changing our vote, see "Thank You to the Troll Under the Bridge ... and Goodbye," January 26, 2021, at <https://goldenageofgaia.com/2021/01/26/thank-you-to-the-troll-under-the-bridge-and-goodbye/> and "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>

(2) The quote is so long that I'll reproduce it here:

"There is a third way – a third way to experience your own human emotions. The first way was to totally identify with your anger, as in the previous example. The second way was to crowd it out, to suppress it and to condemn it.

"The third way is to allow it – to let it be *and* to transcend it. That is what consciousness does. The consciousness of which I speak does not judge – *it is a state of being*.

"It is a way of observation that is at the same time creative. Now, many spiritual traditions have said: be aware of yourself, that is sufficient. But then you wonder: how can that be? How can the mere awareness of myself bring about change in the flow of my emotions?

"You have to realize that consciousness is something very powerful. It is much more than a passive registering of an emotion – *consciousness is an intense creative force*.

"Now imagine again that something in the outside world evokes a powerful emotion in you – for example, anger. When you deal with it *consciously*, you observe it fully in yourself. You do nothing about it, while at the same time you keep observing and watching.

"You no longer identify with the anger, you do not lose yourself in it, you just allow the anger to be what it is. This is a state of detachment, but a detachment that takes great strength, because everything you have learned seduces you into being drawn into your moods, *inside* the emotion of anger or fear. And to make it more complicated, you also get drawn into judgment about that anger or fear." (Jeshua: The Third Way," April 20, 2024, at <https://goldenageofgaia.com/2024/04/20/jeshua-the-third-way-3/>.)



# A Week of Disasters? Not Really

July 3, 2024

<https://goldenageofgaia.com/2024/07/03/a-week-of-disasters-not-really/>



Exhibit A: A wringer

On a very small sample of one (me), I think we may have moved from the wash cycle into the wringer.

What? We don't use wringers these days?

OK, OK. Neither did I.

I call it that because the last week has been a week from hell for me ... and I've greatly benefited from it.

My memory is so bad these days that I can't even remember all the disasters that happened.

It started off with unauthorized charges showing up on my Visa. We had to shut that card down. This about a month after I was defrauded on Paypal and received that money back.

Then I lost the computer. That was huge. And you have made it possible for me to get through that crisis.

That same day I went to add value to my bus pass and made a mistake. After that, the machine refused to honor that card (debit) and asked me to use another (Visa, credit).

But I had no other card because I'd just replaced my Visa card and hadn't received the new one yet.

So here I was without a computer, Visa, or bus pass....

But wait! It continues.

I had to deposit \$1,000 to repay the person who had loaned me that amount to buy my new computer. I needed to be online right away.

Brace yourself for this one. I know I had \$1,000 because I bundle the bills.

I submitted the bills in small bunches. Some were rejected and then resubmitted and accepted. Etc., etc. And all was done.

The ATM then gave me a receipt that showed I had deposited, not \$1,000, but \$340.

*What????*

After recovering from my shock, I immediately asked for an investigation at the bank. I said it should be an easy matter: a simple count should show you with an excess in that machine of \$660.

This was one just more thing!

I felt absolutely pummeled. And then it hit me.

I'm going to be the CEO of a very large enterprise after the Reval. I can't afford to take my patterns with me.

My co-creative partners, I believe, are putting me through the wringer of crises until I get off huffing and puffing and feeling entitled over wanting no interruptions and distractions. I'm OCD about it.

I think they want me to flow and my judging this and that and my insistence that others change for my convenience is an obstacle to flowing.

It wasn't so important when I was a hermit writer off in an ivory tower. But I'm about to re-enter (with the Reval) the world in which the walk (i.e., demonstrating, illustrating, showing) rather than the talk (describing, commenting, analyzing) is what's valued.

Entirely different set of skills.

Interestingly there are other areas of my life which are saying the same thing: Walk the walk rather than talk the talk Hmmm.....

I'm being kneaded before being baked as sacred bread for God's holy feast. Maybe you are too.

Never has Kahlil's Gibran's observation been more applicable than now.

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I don't want to overlook a second aspect of what just happened. Usually I talk about clearing the vasana (core issue). In my opinion, vasanas are our major barrier to enlightenment. They're the major knot in our consciousness. (1)

But there's a second process, which usually comes at the end of experiencing the vasana completely. That second stage or process is changing my vote. (2)

That happens at a very deep level. Until we change our vote on a matter, nothing else about it really changes. It may change superficially. It may change with the rider that the resentment remains (so: begrudging acceptance).

How to get to that deep level? Often it's by a tragic accident or other near-death experience. It can be through meditation. It can be through completing something so major that we're left at a point of rechoosing.

I changed my vote from negative (the Troll under the bridge) to positive (in line with who we all are, children of God). And, the first time I did it "consciously," it took a really deep change of mind.

This time I changed my mind on "distractions being distractions" to "distractions are just another thing that happens and the next thing to be handled. No big deal."

So a week of disasters? Not at all. A week of very valuable learning, that will pay dividends when, as a CEO, my patience is tested and my every gesture is watched and interpreted by someone.

## Footnotes

(1) On vasanas, see *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2024/05/Vasanas-Preparing-for-Ascension-R16.pdf>

(2) On changing one's vote, see:

- "Binding Our Wounds; Changing Our Attitude," August 9, 2024, at <https://goldenageofgaia.com/2024/08/09/binding-our-wounds-changing-our-attitude/>
- "A Week of Disasters? Not Really," July 3, 2024, at <https://goldenageofgaia.com/2024/07/03/a-week-of-disasters-not-really/>
- "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>
- "Changed My Mind," September 6, 2021, at <https://goldenageofgaia.com/2021/09/06/changed-my-mind/>
- "How Do I Change Myself?" August 5, 2020, at <https://goldenageofgaia.com/2020/08/05/312381/>
- "A Radical Change of Vote," December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>.

I consider changing one's vote at a very deep level as an example of what happens when we do what Werner Erhard called "presencing the Self."

There are many other ways, which I listed in "Why Transformative Awareness? (Download)," November 15, 2022, at <https://goldenageofgaia.com/2022/11/15/339941/>:

## **Ways to Presence the Self**

### **The short form**

1. Love

### **To Emerge, Unfold**

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

### **To Return to Wholeness, Integrity**

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

I talk about taking a stand on oneself, "calling up the Commander," allowing Big Steve to take the driver's seat, adult, maturity, etc. I also talk about "emergence." These are all related to the same phenomenon: being here now, being present, being responsible, presencing the Self, etc.

# The Significance of the Golden Grid

August 17, 2024

<https://goldenageofgaia.com/2024/08/17/the-significance-of-the-golden-grid/>



In researching the golden grid, I came across a really helpful discussion with Michael about the changes that firing up the grid have made and will make for an ascending humanity.

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Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 20, 2017.

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Steve: I don't really understand the significance of the new golden grid. I get that it's marvellous and wonderful but I don't have a very deep understanding of what is happening.

Archangel Michael: The significance is that your ability on every level to conduct love energy has been raised substantially - it is that simple - to think, to act, to feel

the love. And in that ability to have the conduct of energy, of what you can think of as sheer energy, to open your heart, is present.

So it is your ability to perceive a different reality, your ability to truly claim and assume your interdimensional self has also been [made?] wide open. ...

Think of it this way. With the ability to truly feel to a greater extent, what you have termed as bliss, as love and to carry that constantly, there comes a period of adjustment. ...

If you had a terrible fracture in your leg and you hobbled and were in pain for months on end and then the pain begins to ease and then the physiotherapy is over and then you are walking along because it is no longer December and it is July and you are filled with vim and vigor.

And you are rushing along through the mountain paths, smelling the fresh air and seeing the summer sunshine. You feel entirely different.

The human heart, the esoteric heart, the spiritual heart, the seat of your soul in many ways was fractured. (1) In the truth of Ascension, this is what you are doing. It is healing and opening to a greater capacity of love consciousness.

Now as you get used to that, your behaviors, what you choose to do in very small personal ways, human interaction ways, interactions with your beloveds and your family all change. The grumpies go away, dear heart! (2)

And what you choose to do with your days, with your weeks, with your creative energies, changes. It is actually so straightforward and it does not mean (although for some it will) that everybody quits working or gets a new job.

But how one goes about that job and that daily journey is so different that it feels like a different planet, a different existence, a different realm, a different world. ...

AAM: [Everything] changes. It changes your perceptions and it changes your experience of what you do every single day.

## **Footnotes**

(1) My Father shouted at me from inches away from my face and my personality blew away in a thousand pieces. I was dissociated until age 58. It showed up as a lack of confidence, insecurity, uncertainty. Michael explained that this was not the original plan:

AAM: What happened in [Steve's] early childhood was tragic and it was not the original plan. This one has not been on Earth all that many times and so for him to come and experience such harshness was not really the plan, but what happened - you see, this is where plans adjust - that experience has been put to very good use and so he is very much in a very different way than you, a very different way than Linda. (Archangel Michael in a personal reading with Kathleen Mary Willis through Linda Dillon, April 2, 2014.)

(2) The Troll under the bridge goes away! Orneriness goes away! That is already happening. Hallelujah!



# Changing Our Vote

## How Do I Change Myself?

August 5, 2020

<https://goldenageofgaia.com/2020/08/05/312381/>



There's so much I want to say about the process I've just been through so things are not missed.

The ideas are tumbling out.

What I did was I processed a root vasana or core issue. Processing a vasana is the (wholesome) alternative to blaming and shouting at another person.

Long ago I swore I would not "keep the family secrets" (domestic violence) and now I've gone too far in the other direction: being far too direct for most people to tolerate. Encounter groups may not have helped.

Another instance of the guardian becoming the guard.

The root vasana is father hatred and the elaborated vasana is "I won't keep the family secret of domestic violence [or any other immoral circumstance]." These were triggered and Vesuvius erupted.

Here I am in my rocking chair, having coralized around this issue. Nodding away and telling my exaggerated and self-serving story. By crackey!

Of course I'm right. That goes without saying. But deadright? Have I killed other people off to make myself right?

Ideas keep tumbling out. I know from my general experience that a leader's words and actions get exaggerated in the retelling - routinely. If I'm to be the head of a large corporation, I'm going to have to avoid extremes for just this reason.

Furthermore, I also know from historical study of world wars that a dictator just grows and grows in the desire to control until mistakes accumulate and he/she falls. Absolute power over a company seems fairly similar to absolute power over a country.

If I allow my father hatred/anger/fear vasana to continue into the post-Reval economy, the effects could be devastating. Who needs a little dictator at the helm of a very large enterprise?

### **Important**

So wrap up everything I just said and put it on the shelf. Take down from the shelf the image I received of a very, very large boulder sitting on top of and pinning down my inner child.

Having realized this, I now have two very good reasons to now wish to be done with this vasana. Two very good reasons to *change my vote* and drop it.

If I were to do this, then I draw a line under what just happened. What just happened is what every wife or husband wants their spouse to do: Change. (1)

I can't change another, but I can ask another to change. If they're willing, what might it take for them to change their vote?

What did it take for me to change mine? (A) I needed to have good reasons for dropping my protective number. (B) I needed to be shown, in some way, that it led to something better.

That's what it took to switch my vote from "I will protect [myself, little brother Steve]" to "This is killing me. I don't want this protective number any longer."

These are the circumstances under which I'd drop my knee-jerk protective impulse and all that goes with it (suspiciousness, disbelief, depression, etc.). These may prove to be the same steps a willing partner would need to follow to successfully change his or her vote.

I assert that it takes a genuine change of vote for a change of thought and behavior to follow. It can't be superficial. I believe this applies to matters of race, religion, or politics as well as personal growth.

So processing a vasana can lead to a change of vote, which then leads to a change of thought and behavior. Projecting a vasana onto another only increases resentment and separation.

Feeling right carries a certain kind of pleasure. As long as we enjoy it and see no costs, we continue with the vasana.

I'm encouraging us not to project the vasana but to process those that come up as the energies increase, squeezing them out of us. And the way that I just did it, even though I resorted to several methodologies in no planned manner, is one version of the way I recommend a vasana be processed. (2)

Then, instead of suppressing the very individual we think we're protecting, we'll allow that person out into the light of day. We (the protector) can now cede control of the vehicle and enjoy a pensioned life of peace and relaxation.

Yes, we have to let go of our story. But guess what? We made it up anyways. (3)

We won't need a story where we're going. Fifteen minutes in the Ocean of Love and we'll have forgotten what a story is. (4)

## **Footnotes**

(1) Werner Erhard's discussion of transformation vs. change is right there in the foreground of my mind. But given that I'm writing to everyone on the planet, I'm not choosing to go into the notion of transformation right now.

(2) This version is a bit more organized: "How to Handle Unwanted Feelings: The Upset Clearing Process," December 29, 2018, at <http://goldenageofgaia.com/2018/12/29/how-to-handle-unwanted-feelings-the-upset-clearing-process-2/>

(3) I watch myself do it all the time.

(4) If I'm in this much disarray from a gentle increase in the energies, can you imagine what would follow a really large increase? This is a demonstration of why Ascension in the physical body must be gradual.

# Changed My Mind

September 6, 2021

<https://goldenageofgaia.com/2021/09/06/changed-my-mind/>



*"Depopulation Through Forced Vaccination" - 2011 newspaper*

I'm just back from Vancouver's first Connecting Consciousness potluck. (1)

Wonderful being around people who knew what I was talking about. I'd forgotten what it was like to have a social conversation that had depth.

And of course it got all my impatience surging again. Where is the Reval? Why can't we get to work?

But of course we *can* get to work. We can master ourselves and own processes in preparation for heading up large humanitarian concerns. (2)

THE most significant process we can master, in my humble opinion, while waiting for the Reval, is the process of changing our mind.

That's ridiculous, you say. It takes nothing to change my mind.

If you're talking about the everyday choices we make, maybe. But that's not what I'm talking about.

I'm talking about a process that is much deeper than that. I don't even know who changes whose mind but only at that level do changes in commitment happen that are totally, absolutely basic and decisive.

For instance, I've changed my political support. I idolized the father of one of our politicians and so I supported the son. But I was red-pilled by an investigator who linked him to the worst possible crimes. I still feel depressed remembering.

It took hitting me with a sledgehammer, to reach that basic, basic level where I changed my mind and my vote on what had been a fundamental loyalty. The father was right up there with JFK in my eyes. I had heard whispers but no evidence.

It took change at a very deep level for me to walk away. We call this kind of change a red pill. "Red pill" implies that we had a very deep and lasting reversal of opinion - and choice.

Yes, we're going to be swallowing a lot of red pills, plenty of deep changes of mind. But will we work the process consciously or be swept up in a tide?

In my opinion, a change of mind that's simply superficial is usually not enough to have a person alter their conduct. And the depth of a change, in my view, is measured by its capacity to alter behavior.

Did they stop doing this? Did they start doing that? They've had a change of mind.

Another way of saying this is that a change of mind happens after a change of heart and the latter happens at a deep place in us.

This much, much deeper change of mind - this change of vote - that I'm referring to definitely alters behavior.

How many times have I said, oh, yah, I stopped doing that. And I haven't. Because the resolution to stop was too weak and superficial.

The kicker is that there's no faking it. Our intention shows up in our tone, pitch, emphases, word choice, everything. We telegraph where we're at. Some of us can't resist one barb or hook or note of disdain, showing where we stand. And we think we're not observed.

Not me of course. What do we say? Present company excepted? As I do another nosedive into superficiality.

I can now say from experience that coming from stillpoint makes it easier to reach deep levels to rechoose from. Growth work, meditation, dangerous (team) work all have the ability to assist us to reach deep levels of focus and intention - and willingness to rechoose.

My intuition tells me that, if we want to make deep and reliable decisions in the times ahead, we need to begin the practice of going deeper and deeper into our choices until we reach that place - we call it the observer - that really makes the decisions and forms the intention. That's the one, "the man behind the curtain," (3) whose choice, whose vote needs to change if anything else is going to change along with it.

Change that mind and you'll alter the ship's course. But I mean *really* change the mind. (4)

### **Footnotes**

(1) No, I'm not joining with anyone, as worthy as they may be. My instructions from Michael are to remain independent in every respect.

(2) I was triggered by something that happened a couple of days ago and I got to see that I don't have a firm grip on myself. I haven't cleansed my vasanas to the degree where I could, today, make solid, reliable, enlightened decisions for a large corporation - and I'm a trained decision maker (as a Member of the IRB). Still not there yet, but working on it.

(3) The Wizard of Oz.



(4) Yes, and who is doing the changing, if not the observer, the Self/No Self, the One?

# Change of Mind vs Change of Vote

Sept. 9, 2024

<https://goldenageofgaia.com/2024/09/09/change-of-mind-vs-change-of-vote/>



Credit: Adobe Stock

Up till now, I've been using the phrases "change of mind" and "change of vote" interchangeably.

But the more I observe myself, the more I see it's more useful to distinguish between them.

I have to back up a bit to illustrate the difference between them.

I remind you of how things appeared to me on Sept. 18, 2018, when I meditated on re-entering my heart to find again the source of the artesian well of love. This would be my second time inside the heart as I had been there before, on March 13, 2015. (1)

I imagined myself going down 100 floors and of those 100 floors the physical level associated with the vasanas was metaphorically-speaking "skin deep." It was at best five floors of the overall hundred, that quickly passed in my downward plunge.

The Self, however, that I ended up encountering was the full 100 stories down and then a trip away, through tunnels until I could go no further.

Now leaving that experience and going back to our distinction between the two changes. In my experience, a change of mind happens in the "skin-deep" layer of "us" associated with the vasanas or core issues.

The vasanas contain our conclusions and decisions vis-a-vis traumatic situations that usually happened long ago. It mandates a certain reaction pattern designed to keep us safe in the future.

That whole realm of upsets, issues, projections and reactions I call the realm of the mind.

If we only change our mind, we're liable to forget our decisions, forget why we're departing from habit, and in other ways find ourselves back in the same pattern of behavior. The change will literally only be "skin-deep."

But a change of vote happens at a far deeper level. It's the soul speaking, the one on whose desk the buck stops. When it speaks, it's part-the-curtains time, no guff, deliver-the-goods time.

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You can tell the one from the other: A change of mind does not result in an ongoing alteration of behavior whereas a change of vote does.

I can give you an example. I grew so tired of how I felt when I was a grump (the troll under the bridge) that I at last risked ending up a Pollyanna and embraced loving kindness. The Troll under the bridge had not helped. I only felt worse and worse acting out that role and story.

I'd resisted the alternative - being loving and kind - because I associated it with being an empty-headed weakling, superficial thinker, etc. Positivity seemed to want to shut out anything the speaker deemed to be negative. But what was negative lay in the eye of the beholder.

I ended up wanting authenticity rather than positivity.

But I condemned myself to a lack of inner sunshine which at last became too much to bear. I was at that point at the time and, fortunately, knew about changing my vote. And so I did.

I chose loving-kindness and have benefitted ever since.

But I noticed today that I still receive every outside stimulus with a suspicious once-over (my grand motif being you can't trust anyone). (2) It's now a leftover from a bygone era.

And, when I let it go, I see that it's getting easier and easier to do so and where I go back to - my default - is ever rosier.

### **Footnotes**

(1) The first time was March 13, 2015, when I had a heart opening. See "Submerged in Love," March 14, 2015, in *An Ascension Ethnography - Part 1* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>, and after.

On the Sept. 18, 2018 sight of the Self in the very bottom of the heart, the seat of the Soul, see "We Are, All of Us, Innocent and Pure," April 7, 2020, at <https://goldenageofgaia.com/2020/04/07/307247/> and "Archangel Michael Explains What Happened at Xenia," Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

(2) See "The Grand Motif," October 13, 2019, at <https://goldenageofgaia.com/2019/10/13/the-grand-motif/>

## Changing My Vote on Change

January 25, 2023

<https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>



The movie, *Unsinkable*, which had a free showing recently, was a toolbox of approaches to core issues - what I call vasanas - the karmic seeds of future action.

(1)

I noticed one place where our approaches differ. *Unsinkable* would have us *change* our thought patterns. I've only dabbled with that approach recently.

Previously my bias was towards *simply observing* - giving neutral and free awareness to something, and allowing it to pass at its own timing, knowing that awareness dissolves.

Admittedly that approach is a bit slow in a time of crisis - such as the present one, for instance.

I believe the rising love energies will take our vasanas from us like wind takes snow chips off a car's hood. But I live in this body day to day and, living at that pace, I don't see, I cannot observe a process like that. I'd have to rely on celestial or galactic testimony on that one.

In my former view, change caused persistence, to quote Werner Erhard. Because we make superficial changes - rather than deep transformation and transmutation - the causal situation itself doesn't disappear; it persists.

The way I put it some years ago is that there is a deep place in us, below the vasana, where we can change our vote on an issue and the change will be effective. Above that place, towards the surface, our action doesn't really take hold or work. Our change of vote hasn't reached all levels; it hasn't been decisive, determinative.

Such a change of vote occurred with me a few years back when I changed my vote from going further as the troll under the bridge or committing to the divine qualities and stopping the negative behavior.

I reached that deep, deep level with that decision - to abandon negativity and to commit, not to temporal pleasures and pursuits instead, but to the divine qualities themselves.

As *Unsinkable* said, my life changed on that day.

I was no longer feeding myself a steady diet of anger, disappointment, and loneliness. I was now feeding myself a steady diet of love. Up from my heart on the inbreath and swirling around my self, I was loving myself.

Who else did I think would do that task for me? And why? My journey is my journey. I make it in your company but I also make it alone.

So change comes at a very deep level and not from a superficial commitment. If we want to talk about change and welcome it into our toolbox, it has to be with this rider, that the change of vote occurs so deep down that we feel and know that the shift has occurred.

Not just a good act, but an actual shift.

## **Footnotes**

(1) The URL I used was *UNSINKABLE: The Secret to Bouncing Back (The Movie)* at <https://event.webinarjam.com/login/27472sr3sw8yfw7yowh36qonu7>. It was a free showing. The producers will be airing it for a price later.

On vasanas or the issues and upsets that *Unsinkable* looks at, see *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Vasanas-Preparing-for-Ascension-R13.pdf>

# Binding Our Wounds; Changing Our Attitude

August 9, 2024

<https://goldenageofgaia.com/2024/08/09/binding-our-wounds-changing-our-attitude/>



*Credit: Cambridge Dictionary*

The work of binding our wounds in society as a result of the deep state's "divide and conquer" policies is one of restoration - about which I know ever so little - and changing our attitude - about which I'm learning more and more.

What I'm learning is that, for me, changing our vote and attitude consists of us:

- Having accumulated enough compelling reasons to want to change our vote,
- Reaching a deep enough place in ourselves where we can express our change of vote and meet no resistance,
- Changing our vote,
- Watching for a confirming upsurge of hopefulness and joy in response and/or a release of bodily tension, and
- Watching for an increase in our awareness, all as a result.



Often these events manifest as a realization; sometimes as a rock-solid statement of commitment with emergence (often called "our arrival") attending it; (1) at other times they manifest as acts of extreme love, the floodgates having been opened.

A change of attitude could also be called a shift in commitment, orientation, leaning, etc. So now, instead of being disconnected from this one person or phenomenon, we've changed our vote, changed our attitude or leaning along with it, and re-connected in the process.

This change of vote is the core event that needs to happen.

If our attitude has not changed, it usually indicates we haven't gone deeply enough into ourselves to reach the level where a change of vote does hold and become permanent.

Now we keep extending the number of people we've reconnected with. Eventually we do this with everyone. But not before the exit of the people committed to killing us. By exit, I don't mean execution, but other rehabilitation arrangements that probably have not been arrived at yet - or natural death or removal. (2)

In case you think this will take a hundred years, I beg to differ. We've been promised a planetary heart opening. (3) Such a boost is all it would take to reveal to everyone on Earth what will make the world work. What is it that will? Higher-dimensional love.

What did the Mother say about it? "Love energy ... is what Ascension is." (4)

Divine Mother: We are not talking about transient interpretations of what is transpiring. It is aligning and adhering to the standalone truth – and the standalone truth, sweet one, is only love. (5)

That love is unlike anything almost all of us will ever have experienced. All that awaits us.

## **Footnotes**

(1) On emergence, see *Let's Go! Let's Grow! Vol. 4. Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2024/05/Lets-Go-Lets-Grow-V4-Emergence-R6.pdf>

(2) See *Stop the Executions!* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Stop-the-Executions-7.pdf>

(3) See *The Ring of Fire: A Planetary Heart Opening for Gaia* at <https://goldenageofgaia.com/wp-content/uploads/2023/12/Ring-of-Fire-Planetary-Heart-Opening-6.pdf>

(4) “Universal Mother Mary’s Ascension Splash!” channeled by Linda Dillon, May 31, 2017 at <https://counciloflove.com/2017/05/universal-mother-marys-ascension-splash/>.

(5) “Divine Mother ~ I Do Not Call It a “Virus,” I Call It “The Pause,”” April 5, 2020, at <https://goldenageofgaia.com/2020/04/05/divine-mother-i-do-not-call-it-a-virus-i-call-it-the-pause/>.

# The Impact of a Change of Vote

April 3, 2023

<https://goldenageofgaia.com/2023/04/03/the-impact-of-a-change-of-vote/>



Our love and blessings go out to President Trump as he responds to the sealed indictment this week.

Blossom's Federation said these events will see the beginning of "Phase 2." SG Anon in File 47 also said this marked a new phase.

But, while having one eye on what's happening there and elsewhere, I still am drawn into deep introspection.

What I'm looking at right now is the result of my having changed my vote around a year ago from coming into life from the negative side to coming into life from the positive. May I?

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In past centuries, a "change of vote" might have been what was meant by the word "repentance" or "going another way."

I knew when I had actually changed it. The moment of shift was unmistakable. The amount of tension I dropped with that decision could not be missed.

I fantasize that someone could have heard it in my voice if we were speaking.

To change my vote, I had to reach a very deep place within myself. All the other attempts at changing it were at best superficial.

There's a spectrum, it seems, from "just saying anything to get myself off the hook" to "changed my vote." Since we very seldom reach "changed my vote," we keep thinking that our half-hearted efforts will have done the trick - only to find they haven't.



I know that was the case with me in relation to my Dad. I kept thinking I'd reached the bottom of that one.

But because I hadn't reached a deep enough place within myself, for whatever reason, my vote had not changed. (1)

There was some niggling part of me that was holding out for hating my Dad. I was getting biscuits from it, rewards, payoffs that outweighed the costs at that moment.

That part kept the flame of anger alive. And that might be sufficient to keep me estranged from higher-dimensional love. I don't know. I haven't watched it to find out.

Returning to my recent change of vote, as a result of it, I'm making one hopeful, uplifting discovery after another.

For instance, I sometimes hear myself laugh and it's so tension-free, I'm amazed.

This ease in my laugh is a discernible physical change. I imagine it came about partly because of the rising energies and partly because of the change of vote.

I feel love as I pay for my groceries at the checkout. The cashier responds to me in an unexpectedly friendly manner. I'm surprised. Is this me?

Prudence? I'm so careful with what I say, these days, having strewn the path with wreckage in the past. I'm even patient. Me? Patient?

OK, I exaggerate to make a point. I'm amazed at some of the changes that came about as a result of changing my vote.

I hear Kathleen saying, "How's it working for ya?" Well, now I can say it's working fine. Before I changed my vote, it wasn't working at all well. I can't believe how low I could tolerate being and still function.

If I had lived only three score years and ten and then departed, I'd have never reached in this lifetime a point of being clear of my early-childhood trauma. I'd have to return to the same underlying karmic issues (forgiveness) next lifetime. (2) And the next and the next.

I recall Paramahansa Yogananda saying that we actually clear very little karma in any one lifetime.



Looking back on changes of vote as a class of things, I now see that, whenever I think I've changed my vote but feel any kind of hesitation or resistance, I need to keep pressing on if I'm sincere in my intentions.

Any kind of hesitation or resistance says I don't really intend to change my vote. And so the condition lasts. I probably get no divine response to it; it isn't time yet.

Even holding out a small bit is still like a puncture in a tire. The tire still deflates. How many times has Michael said to me, we saw that you really meant it this time (as with "System Restore"). (3)

I'll know when I've changed my vote. The truth will set me free. There will be both a resonance and a release.

I'll have created space, the space in which miracles can happen. The discussion Michael had with me after the 2015 heart opening is relevant here; let me quote it at a little length:

"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. 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. ...*

"*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.*" (4) s [My emphasis.]



Centuries ago, this conversation would not have been possible. Almost everyone would be concerned with the business of survival. No vocabulary would have existed or have been in use that would allow these ideas to be expressed and received. That is, if most people could read, which they could not. And if the prevailing religious officials allowed such heresy as I'm speaking right now without burning me at the stake, which they probably would!

But here we are not only discussing it, but fully expecting the increasingly-rising love energies on the planet to bring us into the experiences we're here talking about.

In summary, changing our vote, in my opinion, should be seen as one tool in the lightworker's toolbox to fully open to the energies that we're at present bathing in. These energies will one day reach a climactic point where they'll sweep through us and transform our lives, as the Mother foretells:

Divine Mother: *Love will sweep you and the planet*, and in many ways, dear heart, that is Ascension. ...

*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.

*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. (5) [*My emphasis.*]

That is what we have to look forward to, on the other side of the mayhem and disarray the deep state are subjecting us to as they lose their grip on power and gradually disappear from view.

We'll see a parting of the ways (6) and a gathering of momentum for the ascension of consciousness on Planet Earth, just as the Mother described it here.

### **Footnotes**

(1) From now on, if I find myself resisting, I'll suspect right away that I will not have changed my vote and check it out.

(2) The fact that we return to the same issues lifetime after lifetime is what makes the sacred arc from God to God a spiral. See "Sacred arc and spiritual spiral" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-3.pdf> , pp. 13-4.

(3) See "System Restore" in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Ascension-Ethnography-8.pdf> , pp. 60-3.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, March 13, 2015. [Hereafter AAM.] Also "Activating the Wellspring – Part 1/2," March 14, 2015, in *An Ascension Ethnography*, *ibid.*, at 87-93.

(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/>.

Archangel Michael: In the very last second, all they need to say is yes, and allow themselves to be *flooded by what you can think of as a tidal wave of energy that will sweep the planet*. (Archangel Michael in a personal reading with Steve Beckow, "Reading with Archangel Michael through Linda Dillon, August 1, 2011, at <http://stevebeckow.com/2011/08/reading-with-archangel-michael-august-2-2011-part-1/>.) [My emphasis.]

(6) See:

- [What's Happening on Planet Earth? The Accountability Phase of Ascension](#)
- [The End of Darkness on Earth: the Dawning of the Light](#)
- [The Hidden War: Stopping the Illuminati](#)
- [There Will be No Nuclear War for the World](#)



## **Changing My Vote**

# The Grand Motif

October 13, 2019

<https://goldenageofgaia.com/2019/10/13/the-grand-motif/>



*Hmmmmmm....*

I notice that, as I go down through my vasanās or core issues, I reach a place where I can almost draw back and see the bigger picture.

For instance, I've been reviewing my life and seeing how everything I did fits in with or has prepared me for what I'm doing now.

History, academia, museum work, Cold Mountain, est, travel in India, business writing, sociology, leaving academia, configuration management, writing legal decisions, etc. - each of those "assignments" contributed something to who I am and what I do at the present time.

As a second example, and the one I want to focus on here, when I draw back further and look, something very different comes into view.

I see a grand motif that colors everything about my thoughts, feelings, and behavior. It flows down through my life and also explains much about where I am today.

Everyone's motif will be a matter of individual choice. And in most cases the grand motif won't be pretty. (1)

It's reached in a moment of trauma and has become prized and habitual, immersed in the background of obviousness, hidden in plain sight.

OK, OK, enough build-up, Steve. I'm stalling because I'm embarrassed to say what mine is.

My grand motif is: "You can't trust anyone."

Everything I do, feel, and think is seen from the vantage point of always, already not trusting anyone. You'll find traces of it everywhere you look.

You can see it in the way my face looks after many years of seeing life this way.

You can hear it in my quick response to an offer to help. No, thank you. I'd rather do it myself. No, I'll do it. That's fine. I can manage. (2) I don't need help. After all, you can't trust anyone (to do the job right, show up for work, pay on time).

I don't make loans (you can't trust anyone to repay); I only give money if I have it (that way I'm not disappointed later by people you can't trust).

On and on the movement that ends in solitude goes.

I learned it from my Dad, who I'm sure learned it from his Dad, an example of intergenerational transfer.

But it turns out that Dad was only the ignition key that started my engine in this lifetime. Michael tells me I've had this vasana for lifetimes. (3)

If I were to comment on myself, I'd probably be self-serving. (4)

I don't trust myself to report on myself - or anyone else to report on themselves. As I said, I don't trust anyone. Least of all myself.

The only place to go with this vasana is ... well, into a very dark place, alone, let me put it that way.

Any motif that governs how we think, feel, and act is not eternal, not of love, and not of freedom.

It's an artificial restriction and boundary that we've erected and then obliged ourselves throughout time to respect. *Even though it may have an awful effect on us.*

Now that I know, I'm working on trust. My colleagues would probably notice that there's been a change in me. I'm keeping my big paws off things. I'm welcoming assistance. I'm encouraging others to step out.

I'm more than my vasanas. I'm more than a grand motif.

### **Footnotes**

(1) Where is the grand motif, "I love everyone"?

(2) I don't see help as an opportunity for another person to make a difference. It's a potential source of disappointment.

(3) AAM: In many ways, sweet one, this has been your Achilles heel, not only in writing appeals and asking for donations, for money, but - in many lifetimes - you were fiercely independent and you literally can't stand asking for help. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Oct. 1, 2017.)

(4) Self-serving bias: I do no wrong; my Dad does all the wrong. Everything good about me I grew; everything bad I inherited from my Father, etc.

## A Radical Change of Vote

December 23, 2019

<https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>



Over the years, I've regarded "positive thinking" as naive and simplistic.

I've seen it as papering over reality, confining spontaneity, etc. I've preferred such things as "truth" and "authenticity" to it.

However, recently, having had a vasana go off related to long bank lineups, I delved more deeply. I began to see that my support for truth and authenticity was in part self-serving. It suited my own proclivities.

Growing up amid emotional and physical abuse, I made a career out of being a complainer. Unbeknownst to me, that kept me chained to a negative role in life. But I masked it by standing on principle - I was just being authentic and truthful.

That "stand" - or rather the use I've been putting it to - is no longer proving completely satisfactory and now has to go. That day in the bank I saw that I needed to make a shift from predominantly negative ways of handling important situations in life to predominantly positive.

I researched the matter and two comments - one by Matthew Ward and another by Archangel Michael - best summarized the reasons for dropping negative ways of being for positive.

Matthew Ward detailed the "physics" of the matter:

“Energy is neutral, but streams of energy can be directed by their attachments of thought forms. The forms are actual substances, albeit invisible to your vision, and they are created by every thought, feeling and action of every life in existence. Thus the attachments are either positive or negative in nature, and this universe is teeming with both.

“The closer [one is] to any energy movement, the more profoundly they are affected. Your world is awash with duality’s negative components—fear, warring, divisiveness, rage, greed, deception, corruption, poverty and random violence—you are at the epicenter of dynamic quaking and shaking.

“Not only are those negative streamer attachments being generated there. They are emanating from there. Through the physics that governs life in this universe, energy generated anywhere shoots out into space, attracts and attaches itself to the nearest similar energy and, like a boomerang, returns with that reinforcement.

“Because Earth’s streamers at duality’s negative end are being sent out in abundance, they are attracting and bringing back exactly what they sent out. This immutable law of attraction is why your world still is steeped in turmoil. ...

“Those kinds of thoughts and feelings are fraught with the negativity that prolongs the situations that they want ended!” (1)

Like attracts like. Positive attracts positive. Negative attracts negative. The negative goes out into space and attracts itself to itself, returning with renewed vigor. I get Matthew’s physics.

This passage finally got in, past my barriers and my familiar pattern of using self-righteous negativity to get what I wanted.

I further resonated with a passage from Archangel Michael about how the subconscious mind worked.

“The subconscious mind – your subjective mind – is part of the Etheric Body consciousness, and it records and stores everything you experience, what you see, hear, think and feel emotionally. The subconscious mind takes everything literally, and it does not matter if you have experienced an event or just imagined it vividly, the subconscious mind registers it as fact.

“That is why it is so important to change negative, debilitating, past memories into positive memories. Your thoughts and intentions resonate to specific frequencies, and by changing the frequency patterns you project through the use of will power and conscious effort, you will gradually create the life, physical health and circumstances you desire.” (2)

So at last I made the long-overdue switch, which is perhaps the deepest and most essential switch I can think of making, from resorting to the negative to staying with the positive. I've seen the writing on the wall and surrendered, agreeing to go another way.

That includes everything from irritation to anger, complaints to edginess. None of it is of love. All of it has to go.

SaLuSa tells us that taking the first step is the hardest:

“Making those first positive moves are the hardest, as you will be reluctant to leave your old established ways behind.

“Sometimes it involves family and friends, and the new you seems somewhat strange to them. You may even experience opposition or direct rejection, as your psyche changes. We would say that it is important to stay on your path and not be held back by emotional reactions.” (3)

Matthew adds a final sobering note:

"It does take effort to switch from negative thinking to positive, so ask for 'divine' help - and cooperate with your helpers!" (4)

Amen to that and I do ask for help.

SaLuSa recognizes the timeliness of this process:

"These are times when you are dealing with personal battles within. Old beliefs and knowledge that do not carry the new higher vibrations are surfacing for clearing, but sometimes it is hard to let go. You are entering a period of intense changes and the old is breaking down, and the new energies bring truth and all that you require to forge ahead on the pathway to the Golden Age.

"It will be quite a revelation as you realize the immensity of the changes to self, as your old mindset is easily replaced by all that is pure and wholesome. Indeed, as you progress it becomes easier to move further along the path of Ascension. Making those first positive moves are the hardest, as you will be reluctant to leave your old established ways behind." (5)

All I have at this time is the choice having been made - a radical change of vote. I don't have the slightest clue as to what to do next. The work of constant awareness and recalibration has only just begun.

### **Footnotes**

(1) Matthews's Message, Oct. 21, 2012, at <http://www.matthewbooks.com>.

(2) "Archangel Michael – The Essence of Who You Are," transmitted through Ronna Herman, Sacred Scribe, April 30, 2013, at <http://www.ronnastar.com/>.

(3) SaLuSa, Aug. 9, 2010, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(4) Matthew's Message, *ibid.*, April 26, 2010. Of the switch, he adds:

"To achieve the balanced experiencing necessary for spiritual growth, a soul may spend hundreds or more lifetimes evolving out of duality's negative potential into the positive end of the spectrum, where the energy of love, peace, generosity, harmony, honor and kindness prevails.

"In this unique time in the universe when all experiencing is being accelerated, souls have been given the unprecedented opportunity to evolve out of third



density's low vibrations and physically accompany Earth into higher energy planes." (Matthew's Message, *ibid.*, Jan. 11, 2010.)

(5) SaLuSa, *ibid.*, Aug. 9, 2010.

## Unearthing Constant Critic

May 9, 2018

<https://goldenageofgaia.com/2018/05/09/293433/>



I'm observing myself as I clean up my apartment. And I see that I actually do "deal with myself."

There are constantly two of me - the one who acts and the one who passes judgment on me acting - who "deals with me."

Growth-movement leaders called it the critic, constant comment, the monkey mind, etc. I am a three-legged man. There's me and my constant critic, joined at the hip, here.

I don't intend to do anything about it except observe it. Paint it with awareness. If it were divine, it would prove to be eternal, permanent. If it isn't, it'll disappear. "This too shall pass."

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I'm grateful for this inter-regnum, this hiatus in world events. I'm using it to enjoy a few days of as-close-to-meditation as I ever get these days.

But then I forget and remember and forget that awareness is my path - self-awareness is my part of that path. I have agreed to remain self-aware as bare, minimal membership in the awareness path.

And as I clean up my apartment, expecting a friend over in a few hours, my critic is having a field day: Criticizing the order of my cleaning (this first; no, that first), on length of time for any one operation (too slow, too fast), on my confused state (but look why I'm confused), etc.

Constant critic forever disapproves of what I do. And I can't get rid of him.

This is certainly no fun.

Can this constant critic be the source of things not being fun in my life? Does constant critic take all the fun out of things?

Let that be the testable hypothesis I run in this next experiment in awareness: Does the constant critic add to my enjoyment of life or take away from it?

## Out of Jail at Last

August 20, 2020

<https://goldenageofgaia.com/2020/08/20/out-of-jail-at-last/>



I continue to observe the changes within me.

Concurrent with feeling happiness for virtually the first time in my life - within memory - the other day, I also notice that I'm wandering around without something.

I was repositioning a picture and, having accomplished something, I found myself waiting for the spoilers to come along and criticize me. And, on top of noticing them in the first place, I also noticed that they didn't start up on me.

The spoilers are the cacophony of critics, sitting on my shoulder and travelling with me wherever I go. Constant Comment is no longer there.

I feel like someone who wakes up one day to find that the war has ended. The shelling has stopped. Quiet reigns over the battlefield.

So I look deeper. I become aware of an inordinate amount of criticism as a child and the violence with which it was delivered. That memory arises.

Another memory is of being constantly disappointed in something like going on a planned trip. Nope, cancelled at the last moment because Mom and Dad could not get along.

So here I am, the spoilers, the critical lot that travels with me, are not there. And even if I feel annoyed, they still are not triggered and do not return. Is it safe to hope that the whole lot of them have packed up and moved away? Dare I get my hopes up?

Now I notice that I feel tremendously tired of being disappointed. Bringing myself back to life in this area seems a mammoth undertaking. No, leave me alone over here. At least I have only myself to blame. I hear Kathleen saying: "How's that working for you?"

Not at all.

I'm cautiously optimistic that my band of critics has departed. Not like I ever foresaw this happening. I'm as amazed as anyone else.

When the band of critics left, I felt the return of happiness. Interesting.

I'll have to explore what it's like to live life without my band of critics.

I'm ecstatic. I'm out of jail at last.

Combine this with the great honor I have of being able to practice happiness over this next, cloudless day. What an honor to be alive and have another day to create in.

Tomorrow I may practice optimism, positivism, the glass half full. Who knows? The sky's the limit.

# I Feel Happy, Said the Troll Under the Bridge

August 24, 2020

<https://goldenageofgaia.com/2020/08/24/i-feel-happy-said-the-troll-under-the-bridge/>



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

Exploration has become fun.

I'm lying here, past sunset. The sky goes from red to orange to yellow to green to light blue, dark blue, and black. It's really beautiful.

And I feel happy.

Me, the troll under the bridge. Ebenezer Scrooge. Bah! Humbug!

No, no, really. I feel happy.

There's no Constant Comment sitting on my shoulder and somehow its disappearance has liberated my good feelings.

Now what used to be a trial, to quote Sri Shankara, has become a gymnasium. (1)

So much of my energy was repressed, my creativity bottled up because Constant Comment would chime in and rain on my parade or discourage me. But that's now absent from my world.

I feel like a young adult who just arrived at his university dorm, his first time away from home. Anything is possible. The world is my oyster.

Isn't that interesting? My worst enemy turns out to be the voice in my head, the constant clache of carping critics that sat on my shoulder and demeaned me.

And where did they go? I have a month before I can ask Michael.

The upshot is that I've been pursuing the awareness path with new vigor and curiosity. I feel like a frisky colt.

But at the same time I also know there are things that need to be held back, as long as there are trolls and other paid agents around. My nature is to be transparent, but my mission requires me to be circumspect.

Isn't that what Blossom's last message (and the one before that) were all about? (2) I'm busting at the seams to say more than it'd be wise to say, in the present climate.

For now, I have to content myself knowing that everything will come out in time and ... meanwhile ... I feel happy.

### **Footnotes**

(1) "Once we become conscious, even dimly, of the Atman [the Self], the Reality within us, the world takes on a very different aspect. It is no longer a court of justice but a kind of gymnasium." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 24.)

(2) "The Federation of Light through Blossom Goodchild, Aug. 16, 2020," at <https://goldenageofgaia.com/2020/08/16/the-federation-of-light-through-blossom-goodchild-aug-16-2020/> and "The Federation of Light through Blossom Goodchild, Aug. 11, 2020," at <https://goldenageofgaia.com/2020/08/10/the-federation-of-light-through-blossom-goodchild-aug-11-2020/>.

## Embodiment: There Can Only Be One - Part 1/2

August 26, 2020

<https://goldenageofgaia.com/2020/08/26/embodiment-there-can-only-be-one-part-1-2/>



If you were the Humpty Dumpty man, had a great fall, and smashed into a million pieces, how would you put yourself back together again?

What mantra/affirmation would you use?

I am one?

Sixty-six years after dissociating in that way, I'm nearing the point of becoming one again. (1) I never want to say the process is complete because another aspect of it immediately appears.

When Constant Comment (2) disappeared recently, my ability to meditate was enhanced and my desire to meditate increased. I was able to really "get into" my meditation in a way I hadn't previously.



Keep in mind that I asked Archangel Michael to help me expand, get bigger to handle the duties being asked of me. I consider the events that are happening are related to that request.

I should mention as well that Michael and I have a system of communicating. He gives me a jolt in the right arm that means "yes." "No" is no response at all and a feeling of certainty that the answer is no.

What's missing from the description of the meditation, below, are all the jolts Michael gave me confirming I was on the right path or to try this or go deeper with that.

Much of the description that follows has been rendered while events were happening. I consciously would leave the process to write down something I did not want to forget. (3)

I realize stopping to write while in the middle of an experience limits the depth I can reach. But I'm first of all a pathfinder and only secondarily a seeker.

All of us have already ascended in other lifetimes. We'll all enjoy that status again later. Meanwhile there's brush to clear.

I've never been in a meditation before that unfolded as quickly as this one did.

The first thing that occurred for me was that "there can only be one of me" arose in my mind as a decree. "I am one" arose as an affirmation. And using them actually produced a pacifying effect on me, a very salutary effect.

A process culminating in reassembly then took place in response to my decree.

Being, as a meditation, for me means the relinquishing of all activity of the body, mind, and emotions, while allowing the activity of the Observer/Self to continue. It means surrendering all to the One.

As the meditation progressed, I discovered that beingness and surrender were the same thing.

To be = to surrender

Thinking of it as surrendering helped me become still and silent. Silent is especially hard for me because I keep having a thought and in an instant I'm writing an article in my head.

I notice how much easier it is however to "be" without Constant Comment.

At one point I had the intuition that something was about to happen. I'll pick up the thread tomorrow.

(To be concluded tomorrow.)

### **Footnotes**

(1) I was severely dissociated after my Dad yelled at me from inches away from my face, when I was around 7. I shattered into a million pieces. The next fifty years were spent discovering that I was dissociated and then putting myself back together again.

(2) Constant Comment is the gaggle of carping critics that sit on one's shoulder and spoil every thought, feeling, and action. A dissociated person would be expected to have more of them.

See "I Feel Happy, Said the Troll Under the Bridge," August 24, 2020, at <https://goldenageofgaia.com/?p=312813>.

(3) I'm an Ascension ethnographer and journalist. While I'm interested in the process and the outcome, my first priority is to record what happens.

## Embodiment: There Can Only Be One – Part 2/2

August 27, 2020

<https://goldenageofgaia.com/2020/08/27/embodiment-there-can-only-be-one-part-2-2/>



(Concluded from yesterday.)

I decreed my oneness. I commanded that I be one from this moment onwards.

And I did become one. And no sooner had I done that, then another, higher part of myself returned to me like a Slinky reassembling itself.

The one followed the other in rapid succession. These things never come with labels so I don't know what higher version of me that was.

But it joined with me from my back, the same way I returned to my body in 1977.

I invited it to look through my eyes. When it did, we merged, just as I did in 1977 with my body.

I then constructed an imaginary titanium ball around the two of us, to keep us protected, all of this in meditation.

And I asked all my past lives and other aspects of myself to return. I invited each of them to look through my eyes and we merged.

I left off this process feeling stronger, more confident, more capable.

Michael is very definitely helping me get bigger.

I was very much surprised that, when my higher self (higher than me, anyways) merged with me, there wasn't the equivalent of thunder and lightning as I expected.

Its presence was supremely subtle, gentle, soothing. Again, that was completely unanticipated.

This is not enlightenment. If I can borrow Adyashanti's term, I call this embodiment.

My higher self and all my aspects have embodied in me the same way I did with my body in 1977.

I am one again.

*The next day....*

I return to my meditation where I left off.

It's not lost on me that my birth plan would involve massive dissociation at age 7 and I'd spend the rest of my life trying to put Humpty together again. Keep in mind the emphasis on achieving oneness.

And then consider the slingshot effect. A survivor of child sexual abuse leading the movement against child trafficking. Women survivors of sexual harassment and abuse confronting their abusers and cause an earthquake in places like Hollywood. Boys who were bullied as children becoming international judo masters.

The abuse is like a slingshot, pulling the stone further and further back with greater and greater force.

In my case, I was severely dissociated after my Dad yelled at me. The severity of it brings the slingshot effect into play.

Here I am with a life-puzzle of putting Humpty Dumpty together again.

The slingshot is pulled back with the target being achieving oneness.

Fracture into a million pieces and put yourself back together again. But when you have achieved that level of oneness (here comes the slingshot effect), why stop there? You've spent your whole life studying the process. Why not go for Oneness?

I'd love to but I'm in service. Achieving oneness suits my purposes. But achieving Oneness would be the end of the road for me vis-a-vis this Ascension. After that, hasta la vista, baby.

Nevertheless, I've reached a new level of oneness, of reassembly, of reintegration with myself and I actually do feel more confident, more capable, and stronger. And I can always explore Oneness from afar.

This is exactly the kind of work I need to do to get ready for ever-nearing events.

# Thank You to the Troll Under the Bridge ... and Goodbye

Jan. 26, 2021

<https://goldenageofgaia.com/2021/01/26/thank-you-to-the-troll-under-the-bridge-and-goodbye/>



*I'd better watch what I ask for or I'll end up a happy Troll*

I've reached the end of the road with an act of mine, a racket, a number.

I've processed this number before. I'm processing it now at a much deeper level.

Its presenting sign is that I wake up in the morning and I'm not cheerful.

Nothing has happened that I be anything but cheerful, but I'm not that way.

My situation is happy. The future looks good. There's nothing that accounts for me being anything but cheerful. So what gives?

I begin to process it.

I can barely make out what it is that's causing me to feel that way, it's so dense. It is to my body what my body is to the spirit. It's so dense it shuts down experiencing. I don't at this moment know what is causing it. (1)

I ask my mind what is this number that stops me from being cheerful? And I get back in a flash the feelings, facial expressions, and thoughts of a suspicious man.

I'm perennially suspicious. For no reason.

I know this side of myself. This is the Troll under the bridge, the grumpy old f@rt. I recognize the Troll as my grand motif. (2) This used to be the side of me that I showed to people.

It's still around at a very deep level. It's only a (shadow) side of me now and gets pushed under the minute I speak to someone.

(I have this arrangement with myself where I shuffle from one facet of myself to another without resistance, without conscious notice even. So I move from being the Troll to being sweetness and light. But push me around and the Troll re-emerges.)

I hear Kathleen say, how's it working for ya?

Not very well. This in itself is not a vasana or core issue, though it's born from one. It's one of the leftovers of vasana creation.

My attention moves back and forth between it and the the vasana.

This is a residual and habitual behavior pattern. It's a default, an automatic and habitual response pattern to threat.

So what do I do? I *want* to wake up cheerful. I get no happiness or satisfaction from being the Troll under the bridge.

I open myself to the experience of the behavior pattern of suspiciousness. It feels like concrete. Breathing into it feels almost impossible.

Such a dense mass must define some aspect of my personality, some boundary or limitation. It puts a cap on my self-expression, happiness, energy, etc.

My stomach feels like a Gordian knot. OK, this one is bigger than I can process. I call in the Divine Mother, Archangel Michael, and Sanat Kumara and invoke the universal law. (3)

I ask them to take this dense mass of suspiciousness - this Troll number - from my mental body, emotional body, and etheric body. Wait a minute. No, take this Troll number from *me*. (I don't want to limit them.)

Now the rest - raising to awareness, re-experiencing, and reparenting - is up to me.

I can also breathe love up from my heart and paint the Troll with it.

I can remain aware of him and let awareness dissolve what's left of the act. There are many approaches I can use. (4)

Thank you to the Troll under the bridge ... and goodbye. You protected me from violence for many long years.

Your purpose was accomplished long ago. It's time now for me to step outside the fort and reacquaint myself with the outside world.

Unless I'm mistaken, the clarity that I attain as a result of this cleansing enters the collective consciousness and contributes to clarity in general. This is a win/win.

### **Footnotes**

(1) But I do know that I'm causing it, not someone else.

This is the alternative way of handling our upsets to saying, "You made me mad" and projecting our vasana onto someone else. See "You Made Me Mad: Not True," November 16, 2020, at <https://goldenageofgaia.com/2020/11/16/you-made-me-mad-not-true/>

(2) See "The Grand Motif," October 13, 2019, at <https://goldenageofgaia.com/2019/10/13/the-grand-motif/>

(3) I won't name the law because of the danger of it being misused. Sanat Kumara has said that he will make up the remainder of our invocation if at any time we just say "the universal law." He will see that we don't go astray.

(4) I've gone through many of them in "Bringing on the Bliss," May 17, 2016, at <https://goldenageofgaia.com/2016/05/17/bringing-on-the-bliss/>



## Inner Draw —> Change of Vote

February 17, 2024

<https://goldenageofgaia.com/2024/02/17/inner-draw-change-of-vote/>



I'm watching something happen within myself which is subtle, but tangible nonetheless.

At any point in time, other things compete with it for my attention. At any time, I could be distracted and forget about it. And almost always, I *am* distracted and forget immediately what I may have noticed.

The tenuousness of the contact is similar to seeing a person in a crowd with no chance of interaction. Hi! Goodbye! That's the kind of weak, distant, subtle contact I have with it.

Usually, of course, I have no deep sense at all so this is an improvement!

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But enough. Let me get to it.

I've been saying to you for some time that I know X is happening on the southern border, Y is happening in the Middle East, etc. But, meanwhile, almost imperceptibly, what has crept up on me is this now-familiar and increasingly-magnetic draw to go inwards.

Long-time readers will be familiar with the longing for liberation. (1) This is of that sort but with the dial turned up; i.e., much stronger.

I've mentioned the inner draw before and I mention it now because it reveals to me the process whereby anyone - light or dark - might end up being drawn to Ascension or building Nova Earth.

This same magnetic draw that I'm aware of at this moment is, I believe, exactly the mechanism that is and will be used to invite a change of course, if one is ever going to happen.

In my case, that change of vote and change of course is from resisting the inner draw and continuing to focus externally to allowing it and going where it leads.

This morning I noticed the draw again. I felt the pull to get everything necessary out of the way and go inward. And I noticed how strong it was getting.

What was just a suspicion some time ago is now becoming tangible. For the first time it's showing up on my radar.

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I surmise, as I peer into the future, that a time will come when I'll actually be drawn inwardly deep enough that I'll switch my vote.

I'll switch it from having an external focus of attention be the norm, to having an internal focus be the norm. But by that time, I believe I'll have learned how to integrate the outer and the inner.

I remember what Yogananda said about bliss. You gradually get used to it and are able to interact after a while without seeming strange.

I don't believe I'm being drawn inward forever, but until whatever the inward draw is intended to accomplish - personally or as a planet - is accomplished.

A stage of advancement would be an example of a personal outcome; the Ring of Fire is an example of a planetary outcome. The latter will have us draw inward big time, but it, like other experiences, won't last.

If we listen to Vedantic sources, only Sahaja is lasting; only it is powerful enough to burn the seeds of karma and advance our consciousness beyond the Third and Fourth Dimensions. (2)

What's happening with me is in no way Ascension. It's a spiritual experience, yes, but in the form of a process rather than a snap.

I'm choosing to see it as a rite of passage, in the same way that St. John of the Cross's dark night of the soul is a rite of passage. (3)

It doesn't mean an abandonment of external awareness. It just means adjusting the balance somewhat and choosing the best sources in the time available until such time as the process achieves its result.

And it doesn't mean I can't report in on what's happening. That's what I'm here for: To go up with everyone else and write about it.

And maybe this process will never achieve a final result; maybe the process is never-ending.

I don't know. Let's find out.

## **Footnotes**

(1) See:

- "Ch. 7. The Longing for Liberation" in The Purpose of Life is Enlightenment at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>
- "Understanding the Longing for Liberation – Part 1/3," October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-13>

- “Understanding the Longing for Liberation – Part 2/3,” October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-23>
- “Understanding the Longing for Liberation – Part 3/3,” October 17, at <https://goldenageofgaia.com/2016/10/17/understanding-longing-liberation-part-33/>

(2) Ramana Maharshi: The Sahaja Nirvikalpa is permanent and in it lies liberation from rebirths [i.e., Ascension]. (Ramana Maharshi in S.S. Cohen, *Guru Ramana. Memories and Notes*. 6th edition. Tiruvannamalai: Sri Ramanasramam, 1993, 88.)

And the Divine Mother as well:

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/>.)

(3) On what is actually meant by the phrase "dark night of the soul," see "St. John of the Cross on the Dark Night of the Soul," March 1, 2023, at <https://goldenageofgaia.com/2023/03/01/st-john-of-the-cross-on-the-dark-night-of-the-soul/>

# The Way In is the Way Out

April 17, 2024

<https://goldenageofgaia.com/2024/04/17/the-way-in-is-the-way-out/>



I received a dressing down two days ago, which was well deserved, which I acknowledged. However, the occasion presented a wonderful opportunity to look at myself and I've been doing that ever since.

It's been very rewarding.

There's no way I could say what happened without being egregiously self-serving.

I complained at an establishment and got push-back instead. I was behaving from entitlement.

I decided to really use the occasion to see what it had to teach me.

I heard - and hear - in myself a vocal tone that is and was not right on beam. It was edgy, potentially hostile. I then recalled that I'm ever on the watch for villains, tracing back to my Dad, the back of whose hand one could never predict.

Never let your guard down, he'd say to me. With him, by age seven, I never did.

You can hear it in my voice. Not like I was aware of it until today.



By the law of attraction I drew someone to me who would mirror me, someone who had as much of a chip on her shoulder as I did. AND she was the manager (read: Dad, teacher, school principal).

For me, the matter quickly became: How far am I willing to take things? I was not willing to take things any farther. This was not my fight. Not the hill I choose to die on.

But it told me so much about the cycle of conflict, I am down-on-my-knees grateful.

(A) First of all, it showed me that like attracts like. This person facing me was a mirror image of me in some situations.

But it's never just one universal law that's operating at a time. It's all of them.

(B) For instance, the law of karma is operating as well: we reap what we sow; what goes around comes around. I'm meeting my karma, my reflection.

(C) Out of it, I came to see my act as a rescuer and protector. I couldn't protect Mom when I was 7. I couldn't save Mom from dying in a housefire when I was 22. Not going to let that one happen again.

I've been rescuing and protecting women - and metaphorically chasing firetrucks - ever since.

The rescuing and protecting is neither here nor there. The Coast Guard does it all the time. It's my relationship to what I'm doing that remains unseen, unquestioned.

In common speech we say I'm "run by" a need to rescue and protect. When triggered, I switch into my resisting, rescuing and protecting persona without blinking an eye. (1)

I could get a job in resisting, rescuing, or protecting. Then I'd be right in alignment with my environment and assignment. Otherwise it's not a socially productive act.



Another thing I noticed was that our bodies after a time mirror our attitude. But I didn't just get it as a passing idea. I experienced and "got" it.

For example, you can see my skepticism mirrored in my arched left eyebrow. I'm saying, "show me." *Vancouver Sun* journalist Alan Fotheringham once said, by age forty, we're responsible for our own face. You can see large elements of my history in my arched left eyebrow, most visible when I'm listening to someone.

If we're to understand and escape the cycle of conflict - you and me - we're going to have to get to know ourselves.

As Sufi sages have said, we don't become a knower of God (seeming to be out there), until and unless we become a knower of the self/Self (in here).

The way in is the way out.

### **Footnotes**

(1) Remember the silver lining behind a vasana. Now we're doing what we do automatically; what Werner Erhard called "at effect." Later, when we see and complete our vasana, we'll still be left with the skills we gained but we'll now be, in Werner's terms, "at cause" with the vasana.

I will still be a rescuer and protector. That has to be part of my mission or I wouldn't have scripted domestic abuse into my soul contract. But I will now be at cause - that is, at choice with it - rather than being at effect - that is, run by it.

# Squeezing the Orneriness Outta Me

July 10, 2024

<https://goldenageofgaia.com/2024/07/10/squeezing-the-orniriness-outta-me/>



*You can stay if you promise to be civilized*

I got what's happening right now. It's very embarrassing to talk about it but this is my job.

The pummeling doesn't stop. One crisis after another, large or small.

The emotional truth is that whatever I turn my hand to right now does not work. So "it feels like" I'm carrying a large rock uphill which then rolls down the other side. Again and again and again.

And these are matters that are important. Getting back \$600 that an ATM stole from me is important. It isn't my mission to cause a great stir (I'm to fly under the radar). (1) I don't even have to. I've been assured that if the bank can't find it they'll push the case up the ladder.

Getting Apple to recognize my changed password and not send me on an endless loop is also important. I need to get things with my laptop and iPhone back to normal.



And if I make one small mistake, a lot rides on the transaction. So the price of getting ornery or having a chip on my shoulder is getting higher and higher. It's like a pressure cooker.

And it *is* a pressure cooker. That's the point, as far as I can see.

I'm having the Troll pressure-cooked right out of me, in preparation for a much larger role after the Reval which will make the Troll totally inappropriate. (2)

And I'm not resisting.

I'm at another choicepoint, another change of vote. (3)

I get to choose a new role, consistent with the divine qualities this time.

What'll I choose? The world is my oyster. I know what love is (4) whereas I can't say the same about many other divine states. So, first of all, I'd choose love. And since we're talking about interaction, I choose the one additive or flavor I know is missing in my part of the exchange: Kindness. That makes loving-kindness my replacement for the Troll.

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How embarrassing to say that. Out loud and in public. Eeek! I feel transparent.

I'm ransacking my treasury of excuses, denials, and justifications to preserve my self-serving image. No go, eh?

I serve the Divine Mother. I'm going to have very large responsibilities. Of course I'm going to be put through the wringer until all ego is wrung out of me. What better way to have it happen, not in warfare, not in business, but in the pursuit and perfection of loving-kindness?

Well, here I go, the latest in a series of radical changes of vote. The Troll Under the Bridge, a poster boy for loving-kindness.

I change my vote. / I have changed my vote.

## Footnotes

(1) Archangel Michael: You, as with so many, have been kept under cover. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Feb. 11, 2011.) (Hereafter AAM.)

AAM: We want you flying under the radar. (AAM, Aug. 2, 2017.)

(2) And if that time never arrives, so what? I've learned so much preparing for it.

On the Troll, see:

- “Thank You to the Troll Under the Bridge ... and Goodbye,” January 26, 2021, at <https://goldenageofgaia.com/2021/01/26/thank-you-to-the-troll-under-the-bridge-and-goodbye/>

(3) On changing one's vote, see:

- "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>
- “Changed My Mind,” September 6, 2021, at <https://goldenageofgaia.com/2021/09/06/changed-my-mind/>
- “How Do I Change Myself?” August 5, 2020, at <https://goldenageofgaia.com/2020/08/05/312381/>
- “A Radical Change of Vote,” December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>.

(4) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2024/03/Love-Like-We-Never-Imagined-It-to-Be-R22.pdf>

## **Kneaded to Make Sacred Bread**

July 13, 2024

<https://goldenageofgaia.com/2024/07/13/kneaded-to-make-sacred-bread/>



### *Entitlement*

This continues to be a period of one failure after another. But the process is so educational that I can't overlook recording it.

Where do I start? Two external hard drives that I purchased didn't work, for different reasons. One was locked and I couldn't unlock it. Etc. Long stories. A day of faffing around with that.

A bill that I thought I had paid for I had not. It required an additional and unexpected payment.

I purchased a protective plastic keyboard cover from Amazon. When it arrived the case that came with it didn't fit altogether and the plastic keyboard cover fit all but one row of keys.

I later learned that problems I began having with my new computer were traceable to this same plastic cover. It kept the lid open a fraction and convinced the machine

that I was still using it. The machine would cut out and turn on and cut out. I couldn't figure out why!

On and on it went.

Nothing seemed to be concluded on the first pass. Something went wrong or some hitch developed. Resubmission was needed. More work. More delay.

I'm very clear on what's happening. I'm having every shred of ego, every last trace of impatience, arrogance, and entitlement ground out of me. That's one way of talking about it.

My change of vote from orneriness to loving-kindness is being helped along by increasing the pressure on me to come from the latter - or pay a cost.

I noticed, uniformly, that, when I came from loving-kindness and was speaking to an agent? Universally every interaction went very successfully, even happily. So initial experiment successful.

Initial beachhead of understanding? Loving kindness increases one's chances of success in interaction.

If I get surly, as I've done in the past, (1) sooner or later, I'm going to get my vote cancelled. I have this gut feeling about it. Time to get it, Stevie.

XSeeing this, I've cast down the unworkable paradigm of entitlement and created space for a new one to arise.

Or, as I've also called it on other occasions, I changed my vote. (2)

When the price of obstinateness or orneriness gets too high, we begin to question our choices and paradigms.

I was either going to drop my ornery way of being, which I did a week ago, (3) or pay a very high price. Michael has already identified for me what I consider a very high price: Failing in my mission for the Divine Mother. (4)

So let me dig in to these obstacles to being loving-kind to prepare for my upcoming business role of CEO of a large organization.



It's all ego. But let's look at one manageable aspect, entitlement.

Never mind whether I'm entitled to "anything" or not. Someone once gave me an invaluable piece of advice which I heed here (as a future CEO): Iris Hone (if you're out there) once told me: You can have anything you want in this world provided you don't have to take credit for it. Thank you, Iris.

That really comes into play the larger the arena, the greater the project, etc.

How many times have I heard another person take credit for something I thought I did. And, remembering Iris, I kept silent.

If I were to say, I did that, a fight could ensue or at the least bruised feelings.

I want the outcome to be successful more than I want or need the notch in my belt, the collar, the credit.

Why do I, who has access to love and have realized all my worldly goals, need to take credit for anything? I really don't.

So much for the issue of entitlement. So you see the process?

I'm being hit every day with so many things that I'm beginning to see these "problems" as simply one situation after another that needs to be handled as and when I have the time.

My ability to weather the unexpected and urgent, without drama or complaint has increased. I'm not reacting from extremes as much anymore. I feel more balanced.

This is what it took to drive entitlement (I hope) right out of me.

I know I am (like you) being kneaded to make sacred bread for God's Holy Feast of Ascension. I know I'm also being cleansed and in other ways prepared to handle the magnified challenge that awaits me - and all of us who are participating - after the Reval.

And, as I've said before, if I wake up tomorrow and it was all a dream? Who cares, given the amount I've grown preparing for it.

## Footnotes

(1) "Squeezing the Orneriness Outta Me," July 10, 2024, at <https://goldenageofgaia.com/2024/07/10/squeezing-the-orniriness-outta-me/>

(2) On a change of vote, see:

- "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>
- "Changed My Mind," September 6, 2021, at <https://goldenageofgaia.com/2021/09/06/changed-my-mind/>
- "How Do I Change Myself?" August 5, 2020, at <https://goldenageofgaia.com/2020/08/05/312381/>
- "A Radical Change of Vote," December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>.

(3) See "Squeezing the Orniriness Outta Me," July 10, 2024, at <https://goldenageofgaia.com/2024/07/10/squeezing-the-orniriness-outta-me/>.

(4) Archangel Michael: The fear within the fear is that you will let down the Mother. ...

But let us suggest, it can't all ride on your shoulders. This is an issue, a vasana (core issue), that you and the channel both share. So look at the fear and give it to me. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 1, 2014.) (Hereafter AAM.)

Archangel Michael: It is not matter of overreaching and exhausting yourself. It is not a matter of thinking, "Well, then if I work and I don't put in 13 hours a day..., somehow I have let the Mother down.' That is not so.... It is the balance, sweet one. (AAM, Feb. 20, 2018.)

## As I Explore the Path of Loving Kindness....

July 16, 2024

<https://goldenageofgaia.com/2024/07/16/as-i-explore-the-path-of-loving-kindness/>



*Credit: Stephen Levine and (c) Eric*

Again the mysteries of the assassination attempt unfold. The Secret Service ignoring warnings of the shooter's presence, them ordering the white-hat sniper not to shoot the deep-state shooter, trajectories, timing, etc. Questions arise on every side.

While all this is going on, here I am exploring the path of loving kindness.

I've followed the path of orneriness most of my life. On this new path, I'm challenged again and again and again. And it's meeting those challenges that I'd like to talk about.

I'm challenged on two fronts: The first is by what I've called vasanas, after Ramana Maharshi, (1) which Linda Dillon calls "core issues," equivalent in meaning.

These comprise the mental/emotional complex of memories and energies that gets triggered whenever we feel we're getting into the same threatening situation again.

They're what are triggered when we blow our tops, go nuclear, go insane with anger, etc.

One of the important effects of raising awareness of our vasanas is to get that what we're angry about and who we're angry at has little to do with the person in front of us and more to do with our parents or siblings, teachers or other influential figures, when we were young.

We can process or invoke the universal laws for divine aid in removing our vasanas. (2) It used to take years; I now believe it can be done much quicker.

The second challenge on the path of loving-kindness is the automatic behavior patterns that I fall into as a result of the conclusions and decisions I reached, which then became the foundation of the vasana.

If we didn't reach a conclusion (no one loves me, I don't rate, you can't trust anyone), I wouldn't reach a decision (I won't love anyone, I don't need people, I won't trust anyone). There'd be no problem. Go on to the next article.

If I didn't reach a decision, there in all likelihood would not be a lingering vasana.

I won't love anyone becomes coldness and rigidity. I don't need anyone becomes automatic depression. I don't trust anyone becomes automatic suspiciousness. And we go from mood to mood depending on what has gotten triggered ... now.

Just to remind us where all this is going: It's going round and round and round, as the graphic illustrates:





The simple answer to the rampage we go on and to the vasana itself is to simply stop. Listen to the vasana but don't act on it.

Don't participate in your upset; observe it. Let go of any thought that prompts you to leave the observer position and become the participant.

Anything that feels resentful, hateful, angry can be assumed to come from the vasana. Any automatic pattern can be assumed to come from this or another vasana. Just let it go as you would a piece of luggage.

Anything that feels loving, kind, compassionate can be assumed to have come from your heart. Enjoy it. Nurture it. Fan its embers.

As Stephen Levine says, at first we cultivate it; later it cultivates us.

That's my agenda for the next while: Just observe the barriers to loving-kindness as they arise and nurture the incipient divine states/feelings. (3) The white hats have things in hand, even an assassination attempt, apparently. My worry is strictly optional.

However, I *can* contribute, at this time, by raising my own vibration, with the aim of taking the whole world out of the reach of darkness and evil.

At the same time, I honor the courage and sacrifice of those who go into harm's way to rescue our oppressed and exploited. Nothing I do should be interpreted as wanting to take the attention and resources away from them.

## Footnotes

(1) See "Vasanas (Latent Tendencies)" at [https://goldengaiadb.com/index.php?title=V#Vasanas\\_.28Latent\\_Tendencies.29](https://goldengaiadb.com/index.php?title=V#Vasanas_.28Latent_Tendencies.29) and following.

I follow Sri Ramana's practise in using the term "vasana" because I'd like to link up western trauma teachings with eastern vasana teachings.

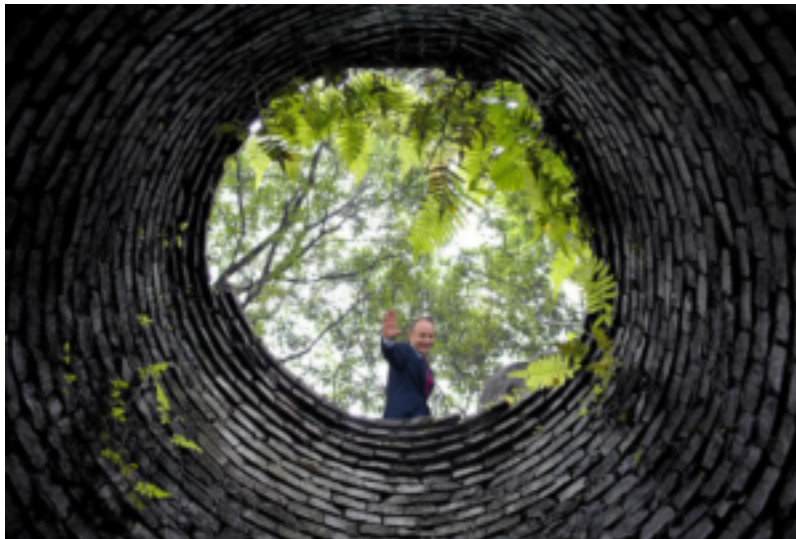
(2) On processing a vasana, see "How to Handle Unwanted Feelings: The Upset Clearing Process" in *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2024/05/Vasanas-Preparing-for-Ascension-R16.pdf>

(3) A divine state may be experienced as a wisp of feeling that skoots across the desktop of our mind. But the fundamental experiential difference between a feeling and a divine state is that the former is experienced as happening within our field of awareness whereas the latter is experienced as something we're immersed in. Our hearts hurt, but we're immersed in love, bliss, ecstasy, joy, etc.

## Draw Water from the Well. Draw Love from My Heart....

July 31, 2024

<https://goldenageofgaia.com/2024/07/31/draw-water-from-the-well-draw-love-from-my-heart/>



*Excerpt only*

I'm gathering myself after a days' long experience of fairly-rapid growth.

I feel much more confident than the me I was a week ago. I'm still troubled with regrets and guilt and shame and the really deep emotions, all of which *will* come up at this time of clearing.

Loving-kindness has reduced my irritability until I can't find it any more.

So I do recommend to my fellow trolls out there a change of vote: From orneriness to loving-kindness. Life improves dramatically. That's my report.

I feel something else as well - a forlornness. When I look, I see it's because - and this is my complaint at the heart of this feeling - we never seem to reach finality on anything.

At this moment, I feel condemned to run a treadmill, seemingly forever, with the carrot on the stick being "Tomorrow." Who cheers up the cheerleader?

I do, of course. I remember what I'm forgetting and I get back to work.

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I'm forgetting to draw love up from my heart. I was stuck in believing the environment, the climate of the synching of energy was still here. But, no, it left overnight and I'm back on the ground.

Oh, now I see what this is. This is the post-experience letdown. I know this very, very well.

My first experience of any form of post-experience letdown was after a spiritual transformation I went through at an Enlightenment Intensive I took at Cold Mountain in 1976. The story is cute and instructive. May I tell it?

The EI master in the Enlightenment Intensive asked us to come up to the front if we thought we had had an experience. That was a trick question.

I *thought* I had had an experience and began to walk up to the front. He shouted at me, "Sit down."

*Thinking* we had an experience was not what he was looking for.

And then I *did* have an experience, the first I'm aware of having. I was radiant and I didn't need the instructor to validate my experience. I got up and walked out the door.

It must have been our last workshop because the next thing I remember I was on the ferry home and I told a little white lie. And the space vanished. I was worse than devastated. I was laid low.

So I'm experiencing a vasana or core issue at this moment that traces back to the loss of that first spiritual experience. That same sense of devastation is here now as forlornness.

I just need to be with it until it feels heard and leaves. Then it's back to work. Draw water from the well. Draw love from my heart....

# I Just Need to Love

July 4, 2024

<https://goldenageofgaia.com/2024/07/04/i-just-need-to-love/>

**Happy Independence Day, America!**



There's no better contribution that I can make to Independence Day than to share my record of shaking free from a few unworkable behavior patterns, if you'd allow me. It seems fitting on Independence Day.

What makes this time different for me than times past is that in the past I'd always be hearing about someone else's crisis. Yes, from time to time that would be interrupted by a triple bypass or prostate cancer, but none of that was any big deal (the recovery might be).

I even emerged from what I consider to be a heart attack *better than I'd been before*. (1)

Most of what was happening was far away. I was always, seemingly, in the eye of the storm.

Now, one crisis after another, has hit in rapid succession. They were almost like hammer blows, given how the one before it already rattled my nerves. I was in the thick of it. (The crises were still happening a day after this article was written.)

Let me start with the bandit ATM, a few crises in. Imagine feeding an ATM \$1,000 and getting back a receipt saying thank you for your \$340? Machines are not supposed to be robbers and thieves. There went my faith in machines!

And the bus-pass machine later the same day denying me service? What is this? Was I in the Warsaw Ghetto or something that a machine is saying no service for you? Of course I'm by this time nearly horizontal from all the other things going wrong, many of which I'm not reviewing here.

And a day after writing this article, I heard that a good friend had just had an operation to treat three ulcers and could die. And another good friend delivered a baby in one hospital room in a rural town while her brother-in-law passed away after a heart attack in the room across the way. (Yes, they were vaccinated.) This has been a bizarre week x 10.

In my view, I'm in boot camp. The Company of Heaven is raising one scenario after another that raises one vasana (or core issue) after another.

I say it's all being done on purpose.

I got at a realizational level and not just an intellectual or experiential level (2) that I'm in transition from being a writer only to a writer and a humanitarian philanthropist/CEO. And I still have many vasanas (core issues), which translate into many vulnerabilities.

Many holes in the dike. Much bleeding off of energy to maintain my old holding patterns. And condemning myself to trying to move others by control, carrot and stick, etc.

In my old hermit role, all was manageable because I was walled off from "disturbances." But this will be a complete change of scene and modus operandi and I'd best be ready for it.

Clean up my eating habits. T-shirt and jeans? Remember how to be in civilized company and "pass."

Change my vote on a lot of matters. (3)



Then relief comes in a moment when I remember....

... and experience and *know* what will change all this....

Love.

I breathe love up from my heart and voila! All my worries vanish.

I remember what Michael said:

AAM: Love is the energy of the universe. It is the energy of the Mother. And it moves constantly, continually, eternally, infinitely. So, *to have an experience of love, it [must move] through you.* (4) [My emphasis.]

I'm having an experience of love right now as it moves through me and out to the world, on my inbreath and outbreath.

This is how I'm going to do it. Remind me when I forget.

If ever there were a demonstration for me that "love is the answer," it's right now, showing how drawing love up from my heart and experiencing it as it passes through me calms me in the midst of crisis.

(I'm talking about a higher form of love than we normally experience, but will experience more and more of as time passes.)

Back to the transition. Given that I lack all knowledge of business matters and yet Michael and Sanat Kumara still want me to be right where I am, (6) I'll act on what I actually do know ... and mostly that is "love," the nature of love, the mechanics of love....

People understand love. It's a universal. They respond to it.

I don't need to strategize, just as the blog has never needed to advertise. I just need to love.



## Footnotes

(1) My slipped disc was healed and about 90% of the pain in my left knee from arthritis is gone as a result of that "heart attack" experience. Just enough is left, I surmise, to slow me down, which I believe to be its purpose.

(2) On the levels of knowledge, see:

- "No Issues Behind Door No. 3," June 26, 2024, at <https://goldenageofgaia.com/2024/06/26/no-issues-behind-door-no-3/>
- "Who's Behind the Curtain?" February 13, 2023, at <https://goldenageofgaia.com/2023/02/13/whos-behind-the-curtain/>
- "Realization is Simply Seeing from a Higher Level of Consciousness," February 25, 2022, at <https://goldenageofgaia.com/2022/02/25/realization-is-simply-seeing-from-a-higher-level-of-consciousness/>.

(3) On changing my vote, see:

- "A Radical Change of Vote," December 23, 2019, at <https://goldenageofgaia.com/2019/12/23/a-radical-change-of-vote/>.
- "Changed My Mind," September 6, 2021, at <https://goldenageofgaia.com/2021/09/06/changed-my-mind/>
- "Changing My Vote on Change," January 25, 2023, at <https://goldenageofgaia.com/2023/01/25/changing-my-vote-on-change/>
- "A Week of Disasters? Not Really," July 3, 2024, at <https://goldenageofgaia.com/2024/07/03/a-week-of-disasters-not-really/>

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 5, 2018. (Henceforth, AAM.)

(5) Steve: You must know that ... I have the proclivities of a monk. I'm not attracted to making money or earning money. I have a hard time getting going in that whole area.

AAM: Because it is not what you are here to do.

Steve: I don't feel it is.

AAM: No, it is not. Understand that.

Steve: Okay, for the rest I am just trusting. I'm just leaving it up to you and that's what I should do, right?

AAM: That is all you can do. And it is so, and I truly mean that you have reached a point in your heart, in your being, in your life, in your consciousness where you are realizing ... first of all you are realizing the magnitude of our partnership but you're also realizing that worry and fear and angst do not create and they do not birth.

Yes, there are times, fight or flight, where it may spur you into action but in and of itself, fear and worry will not do anything. (AAM, Aug. 17, 2018.)