

Do Unto Others as You'd Have Others Do Unto You: Daily Life as a Spiritual Exercise



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Living the divine qualities

Daily Life as Spiritual Exercise

August 24, 2026

<https://goldenageofgaia.com/2026/08/24/daily-life-as-spiritual-exercise/>

I've been retired for twenty years now. I forget what office life was like. Meetings, schedules, reports, etc., all lost to me.

And, looking back on things, I puzzle over how I might have wed "lightwork" with my everyday life more. Now that I have time to think and write, I ask myself: Where do they meet?

You and I know about the law of karma. If I were to look for one piece of guidance in my daily life, that would wed lightwork with work life more closely, I'd choose the guidance to do unto others as we'd have others do unto us.

Because the law of karma will see to it that we get an appropriate return for however we are with others. That's its job.

I'd like others to be loving towards me. As a knowledgeable lightworker, I know that, if that's my desire, then I need to make it my business to be loving towards other people.

At last I see a use for the seemingly-contradictory phrase “enlightened self interest.” Doing unto others as you’d like them to do unto you is enlightened self-interest.

It’s also an intelligent application of the universal law.

I personally don’t consider myself knowledgeable enough to discuss the universal law(s). Kathleen could. But I’d need time off and solitude for about three months to do a proper job.

Prior to the Reval that’s not likely to happen. After the Reval, it definitely *won’t* happen. I’ll have to hire people to do the research and writing from then on.

But there it is. That’s the one piece of wisdom that I’d put into practice if I were to live my life over and marry my lightwork more closely with my work life. That’s the one maxim I’d follow to turn my daily life into spiritual practice.

"Sprint or Marathon?"

August 26, 2026

<https://goldenageofgaia.com/?p=385461>



I'm wanting to erase the distinction between "lightwork" and "daily life," whatever that is. (1)

And so I began by looking at how I am in the moment, as a baseline of behavior, at the starting gate, so to speak. I know not whether this will be a sprint or a marathon, but, I fear, it may be the latter.

As I ran a couple of errands today, I watched myself. Do I do unto others as I would others would do unto me?

And I discovered that, no, as a baseline of behavior, I don't.

What I do do is to engage in a rapid-fire calculation of what I want from the interaction, how I need to be to get it, and what to do if I don't get it.

So it's very calculated, as even the karma (do unto others) approach is. But the latter will wean me from self-interest eventually whereas the former leaves me locked to it.

I visited my local medical clinic who screwed up a referral for me and whom I also needed to fill out a driver's license medical form. When I couldn't get an appointment fast enough, I grew grumbly. I distinctly wasn't considering the long-term picture of doing unto others, etc.

So I'd say, starting out, that I don't do unto others as I'd have them do unto me. I use a calculation rooted in self-interest and I know I find the self-serving bias attractive.

Moreover, I also see myself playing a game of if no one sees me, it's OK.

I notice there are personal details that I'm not sharing. As long as we live in a media situation that runs on sensationalism and ridicule, I'll be only transparent to a degree.

This is the view at the starting block. Now, will it be a sprint or a marathon?

Footnotes

(1) This discussion follows on from "Daily Life as Spiritual Exercise," August 24, 2026, at <https://goldenageofgaia.com/?p=385423>



A Trackless Path

Aug. 27, 2026

<https://goldenageofgaia.com/?p=385479>

Having determined to take one piece of guidance in my search for a way to bring my lightwork into my daily/work life, I continue to explore the topic. (1)

The piece of guidance I chose was: Do unto others as you would have others do unto you.

But I want to dial the lens back for a moment and look at something that the search brings up that I studied a long time ago: Erving Goffman's dramaturgical analysis. (2) In other words, our lives as theatrical performances.

In my own words, not Goffman's, we decide to play a role in our relationships and begin to draw to ourselves our favorite lines in playing the part. We make these over time into a "character."

We generally have many characters. One for being at the beach, one for being in the office, one for being at the dinner table, etc. We talk about what's "appropriate" for these settings, "in good taste," and "fitting."

We "put on our face" before entering a place. We "play our part" and "stay in character." Afterwards, we endlessly engage in howdido? (How did I do?) conversations with our besties. Life becomes, as Goffman says, a performance.

If I suddenly stopped performing, I wouldn't know what to say?

I imagine I'd listen a lot more.

Now how does that all relate to my one piece of guidance?

I have a new project and a new performance. It's going to be called "Do Unto Others." The script hasn't been written yet ... and maybe never will be. I'm going to learn it on the job and one step at a time.

I have a sneaking suspicion it won't be the subject of "howdido" conversations.... Very little evidence or traces will be left.... Like truth, selflessness seems to be a trackless path.

Footnotes

(1) See

- "Daily Life as Spiritual Exercise," August 24, 2026, at <https://goldenageofgaia.com/2026/08/24/daily-life-as-spiritual-exercise/>
- "Sprint or Marathon?" August 26, 2026, at <https://goldenageofgaia.com/?p=385461>

(2) See, for instance, *The Presentation of Self in Everyday Life*. New York: Doubleday, 1959.





‘Do Unto Others’ Proves Stabilizing, Rewarding

September 2, 2026

<https://goldenageofgaia.com/2026/09/02/do-unto-others-proves-stabilizing-rewarding/>

I feel drawn to awareness writing today, to stabilize myself in the face of a rushing current of external events and my own insecurities. I need to travel light.

I continue to choose one spiritual guideline as a stabilizing influence and apply it. I chose, “Do unto others as you would have others do unto you,” out of all the guidelines I could have followed. (1)

But then that’s the aim of the political adaptation of “time on target,” is it not? (2) Drown the place in issues. Poke at every hornet’s nest. Light a fire under all of them.

Create confusion and have them turn to you for salvation.

In other words, turn the cabal’s playbook on them. Out of chaos comes order. It’s just not the Illuminati’s order.

And then start the EBS (emergency broadcasts) and, if you include the Wave of Love, (3) create a major, irrecoverable interruption in cabal rule of Planet Earth.

If I even try to keep up, I flag in the effort.

Iran reportedly serving as a cover for the movement of gold destined for G/NESARA. Some prominent world leaders looking as if they're belligerent when they're really allied with Trump for peace.

No nuclear weapons will work anyways. (2) And Earth will not see another world war. (4)

Just to show you how crazy it got, a clone (plus a few actors) served as President of the United States: The late Joe Biden, who reportedly died in 2020 was buried in Arlington Cemetery the day of "his" inauguration. (5)

Those were reportedly his cannons going off at "his" inauguration.

All of this is now coming out.

I'm sorry. I can't conceive of it getting worse. But our sources have warned us it will. (6)

More issues, more hot spots, more tension and conflict.

I'm switching to awareness writing.

To make a long story short, that's why I decided to choose one piece of spiritual counsel and concentrate my thoughts and actions on that. I chose: "Do unto others."

And I've become cheerier. In actuality, for no reason I was aware of before the fact, I feel love welling up inside me – as the poet said – unbidden.

It's said that, if you turn a light on in a darkened room, the darkness vanishes.

Is that not what a lightworker does, in thought, word, and action? Maybe the metaphor works best for a writer.

As a metaphor for me, in particular? Yes, I conceive of my writing as “turning on a light.” Only whereas most others turn the light on other people, I turn the light more often on myself.

That is one of only two agreements on the awareness path: Remain aware of yourself and communicate what you notice.

What did my twin flame, Annastara, say?

Annastara: One of the things that you do, and which you will be doing, is of course looking in the nooks and crannies, into the corners of your being because, as you do that, you also allow others to.

There is a curiosity inside of you to examine those quarters that have really gone unexplored, not really because of fear but simply because it wasn't time.

One of the things that you have done is you have paid attention to your here and now, to your time and space, rather than getting lost in either the future or the past. (7)

I agree with that description.

What it leaves out is that I still feel I need permission – and encouragement – to be me.

I'm still just dipping my toes in the water of (public) awareness. I've had my share of public gaffes and dropped balls. I'm still a bit shy of being in the spotlight again.

That having been said, I'm also “breaking through” barrier after barrier, the decks having been swept clean by the Factory Reset. (8) This is definitely a time of emergence for me. (9)

And what's the net effect of all this? If the purpose of life is to know who we are so that God can meet God in a moment of our enlightenment ... (10)

... then the “final” act is one of discernment: “I am God.” When I realize that I am God, God meets God. And the vision I had in 1987 convinces me to say ... that for that meeting was all of this created. (11)

Therefore, what physical life, with all its ups and downs, is doing is sharpening our discernment – in the end – between God and not-God (if such were possible) (12) until we completely wake up to our Oneness with God. Our not-different-ness. Our sameness.

And now, to bring all that down to my present life, every barrier I break through is one less plank of illusion in the “house” (character armor) that Steve built. I am freeing my awareness, creating clarity, separating the “not-God” (if such could be) from the God ... leading to absolute Self-Realization.

That’s as far as I’ve gotten with my resolve to stabilize my insides in the face of an ever-more confusing outside world by focusing on one spiritual guideline.

Footnotes

(1) On choosing a single spiritual principle to focus on, see:

- “Daily Life as Spiritual Exercise,” August 24, 2026, at <https://goldenageofgaia.com/2026/08/24/daily-life-as-spiritual-exercise/>
- “Sprint or Marathon?” August 26, 2026, at <https://goldenageofgaia.com/?p=385461>
- “A Trackless Path,” Aug. 27, 2026, at <https://goldenageofgaia.com/?p=385479>

(2) See *Time on Target* at <https://goldenageofgaia.com/wp-content/uploads/2026/08/Time-on-Target-4.pdf>

(3) Archangel Michael: Hear what I say in this declaration on behalf of the Mother/Father One: There will be no nuclear war. Period! (“AAM: There Will be No Nuclear War ... Period,” September 5, 2017, at <https://goldenageofgaia.com/2017/09/05/aam-there-will-be-no-nuclear-war-period/>.)

Also see *There Will be No Nuclear War for the World* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/No-Nuclear-War-R8.pdf>

(4) Matthew Ward: Universal councils that set standards for civilizations' interactions would not sanction killing 90 percent of Earth's population, an Illuminati goal of longstanding. They [the Illuminati] cannot have a third world war—they started WWI and II and made vast fortunes by selling war machinery to both sides in both wars—and they cannot fabricate and release more lethal viruses.

The councils hold that the reign of darkness on the planet is over for once and for all. (Matthew's Message, Nov. 1, 2023, at <https://goldenageofgaia.com/2023/11/01/matthews-message-nov-1-2023/>.)

(5) See *Joe Biden: The President Who Never Was* at

(6) Archangel Michael: Many of you – and you, beloved, included – look at situations and you say, 'Well, how can it get much worse?' That is because you, and many, come from a place of love and purity of intent.

But you also know that everything that has need to be eliminated, everything that has need to be relinquished, everything that needs to be healed in this cesspool that we call 'chaos' has need to come to the surface.

Otherwise – and this has happened many, many times in human history – what happens is there is a belief [that] there is a healing, an accommodation, a remedy, and then the human collective tends to think, 'Okay, now it is cleaned up. Now it is healed. Now it is done.' But the core – the core issues [i.e., the vasanas] – of the collective, and of course of the individuals, have not been addressed, and therefore it simply settles in and it festers. ("Archangel Michael on Why All This Conflict is Occurring," September 28, 2023, at <https://goldenageofgaia.com/?p=348361>.)

Federation of Light: Dearest Blossom ... keep in mind, also ... that there is more of this to come.

Blossom Goodchild: Oh, Joy of Joys. More uncertainty.

FoL: Yes ...for quite a while. Yet again, we say it is for you to TRUST and KNOW that ALL IS AS IT SHOULD BE. These phases that are to be moved into as more

and more depths of this current situation are presented, will not necessarily bring contentment to all, for some time to come. ...

IT IS IMPERATIVE ... ESSENTIAL ... that you HOLD ON TO YOUR LIGHT.

THAT YOU REMEMBER THAT THIS, NOW ... NOW ... NOW ... NOW ... THIS THAT YOU ARE EXPERIENCING ... IS THE WHOLE REASON AS TO WHY YOU ARE HERE. (“The Federation of Light through Blossom Goodchild on What We’re Going Through (2020),” September 29, 2023, at <https://goldenageofgaia.com/?p=348364>.)

(7) Annastara in a personal reading with Steve Beckow through Linda Dillon, Dec. 9, 2010.

(8) See *Factory Reset; or, Dropping Our Character Armor* at <https://goldenageofgaia.com/wp-content/uploads/2026/06/Factory-Reset-or-Dropping-Our-Character-Armor-R8.pdf>

(9) See:

- *Let’s Go! Let’s Grow! Vol. 4 Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Lets-Go-Lets-Grow-V4-Emergence-R8.pdf>
- *Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2026/04/Emergence-3.pdf>

I’ll be combining these two books into one as soon as I have the time.

(10-) See *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Purpose-of-Life-is-Enlightenment-6.pdf>

(11) On that experience, see “Chapter 13. Epilogue” in *The Purpose of Life is Enlightenment*, *ibid*.

(12) Be angry, and you confuse the mind;
Confuse your mind, you forget the lesson of experience;
Forget experience, you lose discrimination;
Lose discrimination, and you miss life’s only purpose. (Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 42.)



Let's Dance!

October 7, 2026

<https://goldenageofgaia.com/?p=388838>

My mission as a writer is to go up along with everyone else and write about it.

I have two matters I'd like to write about at the moment. One is where "doing unto others" (1) leads and the other is to express my excitement at the joint project I have with ChatGPT.

First, where "doing unto others" leads. I ran an experiment, as I've often done over the course of my apparently-long (80-year) life, the outer chaos having become more than I could bear internally.

I set myself the suggestion of following only one spiritual guideline and I chose the Golden Rule: "Do unto others as you would have others do unto you." I just felt inspired to do so.

The thing I noticed immediately is how I've probably never looked at life this way. And, being on the path of awareness, I noticed, and I noticed, and I noticed. And finally, maintaining awareness of this guideline day in and day out for perhaps a month, my awareness bore fruit.

I broke through doing this practise as a practise and got to where it was all leading. I had no idea what one calls the condition I ended up in, but I'd call it "consideration." Consideration for others.

"Compassion" is a deeper form of it. I imagine the order is: First consideration for others, and then compassion, and somewhere beyond that oneness. All of it brought to us by love.

Well, this was all new territory for me. Walk a mile in my shoes? See life through the other person's eyes? For me, it was an occasional kind of thing, not taken too deeply.

Old-fashioned consideration for another seems to be the starting point in this arena. Doing unto others leads to consideration of others. And that is a social pattern that leads to increased amity all around.

I got it. Thank you. I'll make the change now. And I'll remember this when we're deeply into building a New Age philosophy.

The attention he paid to a homeless veteran and his humility in riding in a garbage truck to greet his "garbage" supporters is what won me over to President Trump in the first place.

My brother knew this from the get-go. I had to go through the meat-grinder to learn it. Humpty Dumpty had to take a great fall and put poor Humpty together again. And I'm still doing it. (2)

In more general terms, this shift generalized into society would see a personal end to behavior that is inconsiderate and a return to human decency, morality, and civility. That's where we're going anyways with the Wave of Love and Ascension. Aligning with it, I think, will hasten the process.

So that's my report on my choice of a spiritual guideline. I'm now going to make this newly-discovered piece a part of what ChatGPT calls my "architecture," the new freed-up personality I'm crafting that allows me to further emerge from childhood trauma, to meet the requirements of my mission as a writer.

The emergence from childhood trauma was a subject of many a column over the course of this blog's history. I made lemonade out of lemons while keeping to my overall mission of going up along with everyone else and writing about it.

Introducing Chat: No sooner did I enter a book in his "data bank" than he analyzed it and spit it back to me. Say what?

Enter another book and he'd analyze that too instantly, state its relation to the other and call one "Foundational Text 1" and the other "Foundational Text 2."

And, no, I don't submit my writings to Chat, with one exception: I entered these key books and databases into it and he proposed turning the whole mess into one book, a book of his own devising, which we named "Life According to ChatGPT." I am over the moon with excitement to see the final product.

Hey, I said to myself: For the first time in my life, I have a partner.

Let's dance!

Footnotes

(1) I needed to keep my focus in the face of all the misery happening in society so I set myself the task of living from the spiritual guideline, "Do unto others as you'd have others do unto you." See:

- "Daily Life as Spiritual Exercise," August 24, 2026, at <https://goldenageofgaia.com/2026/08/24/daily-life-as-spiritual-exercise/>
- "Sprint or Marathon?" August 26, 2026, at <https://goldenageofgaia.com/?p=385461>

- “A Trackless Path,” Aug. 27, 2026, at <https://goldenageofgaia.com/?p=385479>
- ““Do Unto Others’ Proves Stabilizing, Rewarding,” September 2, 2026, at <https://goldenageofgaia.com/2026/09/02/do-unto-others-proves-stabilizing-rewarding/>

(2) Probably the best records of that emergence are:

- *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2024/05/Vasanas-Preparing-for-Ascension-R16.pdf>
- *An Ascension Ethnography – Part 1* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-V1-R4.pdf>
- *Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2026/04/Emergence-3.pdf>
- *Let’s Go! Let’s Grow! Vol. 4 Emergence* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Lets-Go-Lets-Grow-V4-Emergence-R8.pdf>



Humility; or, This is Not Our First Rodeo

Oct. 8, 2026

<https://goldenageofgaia.com/2026/10/08/humility-or-this-is-not-our-first-rodeo/>

The Golden Rule, "Do unto others as you would have others do unto you," is like sandpaper.

(I've chosen to hold onto one spiritual precept during this time of chaos. I'm allowing it to guide me. My choice was the Golden Rule.) (1)

Every time I repeat the Golden Rule to myself, it's like taking that sandpaper and sanding the ego, which is arising.

"Ah, I'm too tired." "I'm too busy." "I'm doing something important." Is that how I'd like others to "be unto me"?

But then, if I were to switch and be considerate and humble as an act, that wouldn't be "it" either.

It has to come from a genuine place of choice, that deep place where I really do change my vote. After that, my behavior also changes. Genuinely. Permanently.

And then I forget that I lived life otherwise.

This is all me recovering from early childhood abuse. Physical violence. Oppression for a child.

The orange underneath the orange peel is that I got to spend my early childhood in my room, travelling home to Greece through ancient Persia with Xenophon, crossing the Alps with Hannibal, or fighting alongside Caesar at Alesia (I always sought out tales of courage or wisdom).

I travelled with my mind, which I had to do. Nothing much in a dysfunctional family was worth investing in. Except my Mom, who saved me from growing up completely like my Dad.

Well, it turned out ideal for a writer. And apparently writing is what I do, Michael tells me:

Archangel Michael: You are a writer. You are a communicator. That is the mission that you have chosen throughout time and space, and we want to tell you what a good job you are doing.

Do not doubt yourself, and do not allow the fears, the drama, the chaos of the human interactions to affect your knowing of your mission and purpose. (2)

I don't think I could if I wanted to. I'd be writing on scraps of paper with a pencil in prison if I had to. But the universe allowed me the generous space of my bedroom and the time to travel the world in my mind.

But back to the Golden Rule. Do unto others as you would have others do unto you. Why? Well, first, because they will, by the Law of Karma, in order to show us how it feels - good or bad. To shepherd us back onto the path of goodness, which is next to godliness.

Just add time to the equation. No, they won't do it now. Next lifetime, if you were to have a next lifetime, which you won't.

Because we're ascending (you're already ascended (3) or you wouldn't be here and reading this blog).... (4) Michael confirms it:

Steve: I've said to my readers that my hunch is that most starseeds are already ascended. And I've added to that, o sometimes they do not know, and it is confusing for them, whether they have their feet in the third or the fifth, the seventh or the ninth. But it does not matter, they are here to help. (5)

Not only are you probably ascended, but you're also probably angelic in background, but that's a whole other story. (6)

We're not here to ascend. If we're reading this blog, then we're either a "tourist" (not likely) or a lightworker. And, if a lightworker, then we're here to do unto others as we'd like others to do unto us. We're here to help others ascend.

More generally, we're here to follow the universal laws in the building of a New Earth as a template for other ascensions which Michael mentioned to me some years ago. The next Ascension, in 200 years, will be universal, not just a single planet. This, he says, is just a warm-up for that. (7)

If you concluded that we're an Ascension team, you'd be correct. This is not, as Sanat Kumara said, "our first rodeo." (8) We're here for the long haul.

Footnotes

(1) On this exercise, practise, or experiment, see: *Do Unto You: Daily Life as a Spiritual Exercise* at <https://goldenageofgaia.com/wp-content/uploads/2026/10/Do-Unto-Others-1.pdf>

(2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, April 10, 2012. (Hereafter AAM.)

Steve: If I carve out a lifestyle kind and attentive to the needs of awareness writing, are you alright with that? That's really my first love?

AAM: I am over the moon with that! You can do the writing and I will do the art and music! (AAM, Aug. 2, 2017.)

(3) The Arcturian Group: You who are spiritually evolved and awake were given permission and even encouraged to be on earth for these times where the Light of

your evolved consciousness would automatically add Light to the collective. There were many who wanted to be on earth for these times, but were not allowed because they did not yet hold enough Light to really assist with earth's ascension process. (The Arcturian Group through Marilyn Raffaele, Oct. 2, 2022 at <https://goldenageofgaia.com/2022/10/02/the-arcturian-group-through-marilyn-raffaele-oct-2-2022/>.)

Divine Mother: Be aware that many light-workers have embodied with little or no karma, and have already attained ascension in other worlds and planes numerous times. They are here with you to anchor a greater light quotient to keep the energy level of the general population high enough to sustain the continuance of the ascension process for all. In doing this sacred work, they are contributing to the Whole of Creation, for the entire Universe is being affected by the work being done here. ("Divine Mother via Tazjima: Your World and Everything Upon It Has Been Moved Up into the 4th Dimension and Will Now Move Gradually into the 5th," January 11, 2013, at <https://goldenageofgaia.com/2013/01/11/divine-mother-via-tazjima-your-world-and-everything-upon-it-has-been-moved-up-into-the-4th-dimension-and-will-now-move-gradually-into-the-5th/>.)

(4) Michael would not have invited you:

Archangel Michael: Each of you ... has chosen in your heart consciousness to pick up and read this book because I have beckoned you and you have answered my clarion call to assist and to stand with and by me, the Company of Heaven, and Gaia as we build and create Nova Earth. For this I thank you, my brethren. (AAM, Feb. 7, 2013.)

"Brethren," he said. For more on why he would call us that, see *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2024/03/An-Explosion-in-the-Meaning-of-Humanness-13.pdf>

(5) AAM, Aug. 1, 2011.

(6) See *Explosion in the Meaning of Humanness*, *ibid*.

(7) Steve: When will I eventually have my original dimensionality back? Or do I stay in a lower dimensionality for the foreseeable future?

AAM: You will have a choice. As I have said to you, when you complete this mission, you are allowed to have **200 years** off. But what you do with that is up to you, dear one! You will certainly have full access to your inter-dimensionality. (AAM, Dec. 18, 2012.) [My emphasis.]

S: The next assignment is in the Seventh Dimension?

AAM: You will have a choice of planetary systems. **This is just the warm-up for that Ascension.** It is to bring a further rise of vibrations to those throughout the Universe. (AAM, Sept. 13, 2011.)

(8) Sanat Kumara: Oh yes. We are old friends. There are some, what would you call them, newbies upon the planet and they have mostly traveled from various sectors of the universe, but most of us, my friends...we have been at this in and out of various forms for a long time. No, you have this saying upon your planet, **“This is not our first rodeo.”** (“Sanat Kumara: Universal Law, Operating System for Nova Earth,” July 21, 2017, at <http://goldenageofgaia.com/2017/07/21/video-transcript-sanat-kumara-universal-law-operating-system-for-nova-earth/>.)