

# Revealing The Light

Transforming Your Life

Book - Two



**John McIntosh**



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*The Universe gives us the freedom  
to chose bondage*



## Forward

Now, fully immersed in the Transforming of Consciousness at unparalleled speeds, it is more important than ever to pay close attention to what your feelings are telling you and to what your world is mirroring for you to see.

Each block to the Love you Are in Truth may be easily recognized and embraced as an aspect of the experience you, as 'All That Is' wished to dwell within for a season ... and then released that the Pure Essence of Truth that you Are may Now fully be remembered.

As in Revealing The Light - Book One, the reader may wish to follow the Table of Contents one article after the other or choose to scroll through the book and 'fall upon' the message that best suits the Moment.

If you do choose this 'intuitive' method I invite you to 'breathe in' I AM – I AM That I AM – I Know, a few times before you begin and, if you have a particular issue, which is of concern to you in the Moment, allow it to flow through your 'feelings' before moving the cursor to the page that feels right.

Know that you are creating a mirror to help you with what is occurring within in that Moment and allow

yourself the Freedom to 'not' judge but only 'witness' or 'watch' what 'you' are telling 'you'.

Your own I AM Presence is welcoming you Home to the Freedom that You Are, without restrictions or delays of any kind. Simply allow It to do so and very soon you will stand at the door you have been knocking on for eons ... only to find ... as the ancient adage says, *"You have been inside the door knocking all the time."*



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## Prayer vs Gratitude

There is a direct connection between 'prayer' and 'gratitude'. Prayer ... in most cases, is of the old energy. Gratitude ... in a subtly different way than it has been known in the old energy ... is the 'prayer' of the New Energy.

There is a deeply entrenched Collective Conscious belief tied to prayer that it is 'asking' for something to happen from an 'outside' source ... either for your yourself or for others ... in some darker versions, in the sense of harm, prevention or retribution.

These are ancient energies, which 'cling' to the prayer concept and colour the 'cause and effect' process of the 3D time and space illusion.

Today, many well meaning people 'pray' for 'change' they consider to be positive ... this includes most LightWorkers. Most of these 'prayer' requests are for things to change 'out there' ... few are for the only change that is required to change everything ... to Awaken to All You Are.

Duality 'cannot be changed' into Oneness ... where Peace resides ... Oneness is 'remembered' through Awakening, which reveals Its own Reality as always existent.

The other question regarding prayer is this,

'Who ... is being prayed to?'

In the Awakened state you recognize there is 'only' the One - I AM Presence of which 'You' Are an individuated I AM Presence. This means 'all' prayer is to your True Self - your I AM Presence. One does not need to 'ask' one's Self for anything ... only 'declare' that It IS.

You will note the concept of 'time' does not exist in a 'declaration'. Declaration is an aspect of Gratitude and Consciously affirms your Awareness of Your own I AM Presence.

To say, 'I pray for world Peace', states that it does not now exist, which gives the very condition you do not want 'life' ... and, places it in the future, affirming that your Awareness still resides in the time and space illusion.

To 'declare', 'I give thanks that my world IS Peace', recognizes a condition which exists in Truth - Now ... a pre-existing aspect of Truth before manifestation into physicality. It places Attention on the condition you Know IS Reality 'only' and recognizes 'You' as Its creator.

Another Key aspect of this recognition is the Love of Self, which dwells at the Heart of Your I AM Presence Awareness. It is impossible to speak of Peace with 'any'



Credibility or Power unless Self Love exists within you.  
Without Self Love the words of Peace are only a hollow  
noise.

Choose Gratitude as your New Energy prayer and  
declare the Truth,

'I Love the Self I AM as One, as Truth, as Life ... as  
Peace.'

Peace will unfold naturally and effortlessly in your world  
with this Knowing.

-inspired by My Beloved Twin Flame – Ingerid Chanel  
Ezhno

## See Beneath The Dark

Everywhere there is injustice, terror, unkindness, selfishness, betrayal, abuse, abandonment, deceit and more ... can you remain neutral in the midst of the storm that swirls about your world Now? Can you be there and yet see beneath the dark? Can you see God in All of it?

Can you sense the Peace in this Knowing?

'How can God ... the Great I AM Presence ... Be 'in' these things?' ... you may ask. There IS only One ... not God and something else ... not Heaven and some endless hell somehow, somewhere 'outside' Oneness.

You may say, 'Somehow, God must have a dark side to so called 'allow' these terrible things to occur.'

The I AM Presence is individuated in You ... not 'with' you ... but You! It created ... through you, the infinite fields of possibility in order to explore It Self ... 'without' the Awareness 'of' It Self.

How could 'fear', and all the possibilities associated with fear 'seem' to exist and be experienced 'if' God knew ... in this experience ... that It was God. It would forever be the 'watcher' and never the 'participant'. To participate 'fully' you must identify with your experience. This, God did and is still doing through and 'as' You.

'But it is horrible, look what is happening ... ugly things everywhere.' ... you may say.

This is God - You, Your I Am Presence, waking up ... because Now It is returning to complete Awareness to It Self - Your Self. The play is in the final Act and Scene ... the experience has been experienced and it has expanded God's capacity - Your capacity, to experience more fully because of this.

Now You - The God You Are ... sees the illusion It - You, have created from its Awakening state and is restoring Its Awareness of Oneness, which is Joy, Peace, Love, Abundance and Freedom. It - You, are dissolving the illusion by withdrawing your Attention from it and placing it on Truth.

During this so called process, certainly lift suffering wherever it finds you but never again believe it is a cruel God creating a world in which some 'have' and others are forgotten ... all IS God - The I AM Presence - You ... you are experiencing this illusory play of Light from every perspective ... only, at the Moment unaware of this. Now is the Moment of Your Awakening.

## **Expect The Unexpected**

Yesterday, while I was away in another country, my beloved Twin Flame, Ingerid, awoke to find eight sheep ... the number of infinity ... outside her bedroom window. We live in the middle of Norway on the side of a mountain ... there are no sheep ranches anywhere nearby.

Two days ago, she awoke in the middle of the night to the sound of radio music playing in another room ... a song about following your dreams ... when she went into the room she noticed the radio was unplugged. She tried but could not turn it off.

The interface of dimensions is occurring everywhere as the impossible, implausible and surreal play out before our eyes. In dreams we have often experienced these things and, for most of us, it felt normal while we were in the dream.

Our dreams speak to us and if we really 'listen' they are another instrument through which our I AM Presence communicates. Now these dreams are showing up during the more lucid dream most people call reality. This allows us to witness its messages in vivid holographic manifestation.

As the world we have known slips away we will experience the unexpected routinely. This can be feared ... or, embraced as the blessing it is ... validation that The New Earth - The New Energy is here - Now.

Your thoughts will play out in seconds, minutes, days at most. What used to take years will Now appear around the corner ... not just the fascination of synchronicity but also the deepest fears we have not embraced.

This is why there is no longer time to delay ... each must choose to serve the Truth or experience the crumbling of illusions from the inside out.

You Know the Truth ... perhaps vaguely, perhaps intimately ... but you DO Know It and It IS You ... the Real You. Choose Now ... hesitate no longer ... millions upon millions are depending on your decision to Live Only The Truth.

## Freeing The Trapped

Between worlds or dimensions, there are multitudes of souls who have been trapped ... unable to return to their brief experience here and afraid to go on ... to what?

During their focus in a body, they took on terrifying beliefs regarding what lay beyond if they did or didn't do certain things. These beliefs became a solid wall, joined with the collective fears of many others who had similar beliefs ... preventing their natural cycling into higher and Lighter dimensions then back into a 3 dimensional physical experience until the frequency of Love was remembered and embraced as their True Reality "... you must come again until Christ be in you ..."

There are a few highly gifted Empaths on the planet at the Moment, who act as bridges of Light to release these multitudes trapped between worlds, when certain windows of opportunity open. This is occurring more and more frequently as the New Energy expands.

Microcosmically, you as LightWorkers, have a similar opportunity to act as bridges of Light for the multitudes of 'new seekers' filtering out of the dream of separation. It is a strange new world they recently looked upon as bizarre, phenomenal and at best an interesting diversion from the rigors of the 3D demands and responsibilities.

The crumbling of infra-structures, ancient bastions of power and the so called havens of security through material success, have forced these disillusioned ones to begin the inner search.

You are their bridge ... there is no longer time for you to hesitate, withholding a few of your own private identities and hopeful expectations ... let them go and turn your face fully to the task at hand ... the 'unconditioned' service of the multitudes that have been released by the Pharaoh of illusion. You are their Moses ... lead 'Now' with Love ... fully Awakened and released from the bondage of duality. And this leading comes by simply 'modelling' the life of Freedom and Peace in your own experience.



## The Subtle Seduction

There is a 'subtle seduction' lingering near at the entrance to Awakening. If you were presented with the opportunity to Awaken this very Moment ... how would you feel?

Try not to think about it ... just 'feel' it.

Is there a slight hesitation? If you are totally honest with yourself ... for most people there 'is' a feeling of hesitation ... perhaps faint, perhaps close to terrifying.

Despite the chaotic swing of life experience from ecstatic to depressing, there still skulks in the corners, a seductive allure to this world ... something you may not have tried and don't want to miss out on during your multitude of experiences while visiting this bright and shiny illusion.

As Your I AM Presence rises more and more frequently in your Consciousness and your Divine Discontent grows ever stronger to return HOME, the tempting, flickering lights of dreams recede ... still present yet seductively enticing you to take another and another glance back at the crumbling city before you leave forever.

"Surrendering ... letting go completely and free falling into the arms of ... What?"



This voice whispers its warning as it 'sells' you the fragments of dreams. It is the whimpering, whining voice of the ego-mind gasping out its last 'pitch'.

The voice is still familiar although much, if not most of its power over your Intention has been lost. Nevertheless, you obeyed its commands for eons and lingering obedience prompts you to look back and 'feel the fear again' that once kept you in total bondage.

By now you know resistance 'gives' the voice and the fear strength. As always, the answer is simple ... you realize this more and more as you approach the final cliff to Freedom. Gently embrace the seductive distractions ... and accept that they still have a subtle influence over you that you cannot yet release ... embrace that too ... its 'All' God ... 'All' One.

This is the Self Love that will finally extinguish the last flickering candles of illusion and almost imperceptibly, without effort, your total Surrender will wash over you like a gentle incoming tide, under a cloudless sky as the Rays of Dawn rise in your Awareness.

## The Call

The Great I AM Presence looked out on the world of sleepers and radiated Its Wake-Up Call,

'It is time ... time to let time go ... and Awaken to the Freedom of Now'

The light sleepers felt The Call first as a shudder rushed through their bodies ... slightly uncomfortable but strangely welcome.

The waves of Light continued ... growing in intensity ... impossible to ignore. Laughing one Moment, crying the next, the roller coaster of Awakening sped up and down for decades, while 'here one and there another' opened fully their sleepy eyes, bowed in humble gratitude and stepped onto the solid ground of Awakened Love.

Most got off and on the rolling cars, wobbly, dizzy, confused, euphoric ... yet still clinging slightly to the fear of Letting Go completely. These ones told their fantastic stories to the world, which assigned them to a box with those who couldn't or wouldn't 'fit in'.

The few Awakened ones held the Light ... most in obscurity ... a few in celebrity. But the Moment had come for ancient dreams to end and The Call continued,

'Your Freedom awaits your acceptance of It'

And the frequency of Truth intensified still further. Long held belief systems began to crumble together with planetary infra-structures ... and fear spread. Many people buckled under the pressure of Light while some reached 'in' for guidance and those who had been riding the roller coaster answered ... the numbers swelled as Love softly swept the ashes of broken dreams away.

And Now, everywhere LightWorkers blanket the planet, swiftly finding each other and linking Hearts to hands .... the Web of Love and Light complete, the power of Transformation flowing through its circuitry connecting all ... the deepest sleepers and those ready for the final surrender alike.

The Heart of the Great Mother has fully opened into the Dimension of Now and urges each one to join Her and accept their Freedom and return Home to their own I AM Presence.

Simply accept The Call and Surrender 'all' to remember and re-gain 'ALL' ... Surrender Now.

*The Universe gives you  
whatever you believe*

## Windows of Opportunity

There is much written about energy windows or vortexes. The Harmonic Convergence of 1987 ... The Harmonic Concordance of 2000, The Lions Gate - Grand Cross of 08-08-2010 and the three great windows - 10-10-10, leading to 11-11-11 and 12-12-12 ... just before the mysterious 12-21-2012. There have been and are many more.

There is a tendency by LightWorkers to give God-like recognition to these 'windows of opportunity' as if they hold special power 'over' their capacity to live more closely to their Purpose.

This is True ... to the extent you give 'attention' and 'belief' and 'identification' to them.

The statement of absolute Truth, '... nothing Real can be threatened, nothing unreal exists ...' applies here as it does with the smallest of illusions. Anything, which comes and goes ... does not remain eternally ... is an illusion.

Illusions have 'no' power but the power we give them. Nevertheless, using an illusion or story we 'make-up', which influences another illusion and helps to lead us 'out' of all illusions ... has value.

It is very important to keep your attention first and foremost on the ultimate Truth ... You Are God - an individuated I AM Presence ... there is No-Thing made

by you ... and long forgotten as such ... which has any power or influence over you or this ultimate Truth.

Giving our power away is an ancient aspect of hiding in dreams ... it applies no less to so called great events or windows of opportunity than to lesser things. It is useful to take advantage of the collective belief that great waves of transformative energy are bathing the planet and lifting Consciousness to the Awakened state leading toward full Awareness of your I AM Presence.

But be clear ... you are giving the Life and the Power to these dreams ... you create all of them ... let nothing sway you from All You Are.



## Transparency

In recent years, on a wide scale around the globe, what has been hidden has been exposed. These revelations have been interpreted as scandals ... but from an energy standpoint this has been the expansion of 'transparency'. As the Awareness of Truth dawns upon the Consciousness of Humanity, many veils have been lifted from the illusion of separation ... the world of duality most call reality.

Nor, is the blessing of transparency possible to dismiss on a personal level. Your life situations, with all the issues which block the Love You Are, are floating to the surface to be recognized for what they are.

Often ugly and fearful, these blocks have been buried for most of your life ... and longer ... often simply accepted as humorous personal characteristics ... at most, normal human dysfunctions people 'just have to contend with'.

However, Your I AM Presence will no longer allow you to blind yourself to what hides It's Brilliance from your Moment to Moment Awareness. While It does not 'force' you to do anything, the magnitude of Its expanding Light can no longer be ignored.

As this 'naked look' at your inner blocks to Love becomes a part of your life, feelings of unworthiness ...

even self hatred can take hold of you and leave you with feelings of utter helplessness. While this can be deeply conflicting and painful, it is the Key Moment to recognize that the ego-mind is the architect behind these blocks and will not be of service to you in removing them.

It is the opportune Moment to 'Shift to the Heart' for guidance. Allow yourself to slip gently into surrender and you will find what appeared insurmountable dissolves into nothingness. This so called 'process' will occur over and over again as more and more rises to the surface to be dissolved.

Soon, you will Trust Your Heart completely and what used to take years and lifetimes to remove will dissipate in Moments revealing the Purity and Innocence that IS Your I AM Presence.



## The Energy Of The Heart

Self Mastery unfolds as we allow the energy of the Heart to blossom ... as we dive as deep as possible into Love while still in the body ... as we accept 'all' as it is ... it is then that we find our Self Home.

There is a Natural effervescent Joy that bubbles freely from our I AM Presence. Last night I once again had the privilege of reconnecting, along with my Beloved Twin Flame Ingerid, with a soul family member who also lives in the Heart.

The Joy was almost overwhelming as we experienced our reunion without masks, boundaries or fear of any kind. There were no expectations or attempts to entertain ... so prevalent in ego to ego communication ... simply Free flowing Joy of Hearts connecting in the happy abandon of children playing.

This contact linked three distant countries and underscored the small importance the physical plays in the exchange of Love.

Tomorrow is the 10-10-10 energy vortex and marks the opening of a major gate to Self Mastery ... the memory of the Love We Are. This energy has been swelling since the Fall equinox of September 22nd and for many people it has meant untold chaos in their lives as the blocks to the Awareness of the Love's Presence have

flown in their face ... never again to be ignored.

We encourage you to take the leap into this Divine Uncertain Moment and know the Moment of Your Freedom has arrived ... never having left ... just ignored.

What we shared last night is a simple and bliss-filled example of what waits for the weary traveler in the land of shadows and dark dreams. You need do nothing but allow this wonderful Moment to swallow your deepest fears. Imagine you have spent years paralyzed, blind and deaf but unaware that you were, while struggling with the restrictions it created ... this has been your imagined life.

And now, finally the bindings come off, the veils are dropped from your eyes, your ears are unstopped and you Awaken to the Light of the Love You once turned your back on. This IS the Moment that has arrived.

-inspired by my Beloved Twin Flame Ingerid and our soul Family member Nathalie,

## **I AM vs Forgiveness**

In the old energy the Great Master placed much importance on power of 'forgiveness'. Self condemnation, which runs deep and silent in most people, leaves an insidious trail of influence on life experience. Self hatred, issues of unworthiness, guilt and a host of destructive beliefs, usually hidden from your Awareness, block the Natural flow of Abundance and Wholeness.

As a result, lack and a poverty consciousness blend with physical disabilities of every kind and are accepted as normal by most people. The Truth of Your Being IS Abundance and Wholeness ... IS Perfection. Until the frequency of The Now, forgiveness has been the most effective remedy to neutralize the error of self condemnation and judgment of your world and eliminate the destructive domino effect they cause.

The same Great Master also said, "...who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given her ...?" In the New Energy a Higher Awareness prevails. It recognizes that self condemnation and judgment for so called errors committed are occurring in an illusion.

Because The Now or 5th Dimension is the seat of The New Earth-New Energy Consciousness ... past and future do not exist. What you supposedly did a Moment, an

hour or a decade ago does not exist and cannot be condemned. Accepting and living from Moment to Moment in The Now instantly dissolves all past error and the future consequences ... the so called karmic effect.

By placing your attention on Your I AM Presence through the simple breathing in of, I AM - I AM That I AM - I Know ... the ego-mind cannot take your Consciousness into the past. You live each Moment as a New You, which IS Truth.

The Great Master knew this and saw no error, no imperfection as a result of error ... He saw only Perfection and as the one who came for healing accepted His Knowing ... they were healed. In Truth ... they were simply transformed in consciousness and their life circumstances resonated with That New Awareness.

This is the frequency of The Life Essence of The Now ... The New Earth-New Energy. Never was this Awareness more accessible than at this Moment as the window of Love has opened fully. Simply open to this Awareness and the need for forgiveness will dissolve as an old so called Law is transcended by a Higher Law.

The effect is the same but does not require an issue by issue healing ... it appears instantly and seems like a 'miracle' to the consciousness that lacks this awareness.

Nothing is linear in the Now ... Consciousness raises vertically and Awareness expands as it does ... transforming experience in each New Moment.



## Words ...

Are you casual with your use of words ... they have meanings that are subtle and carry the essence of influence that shapes experience? The unenlightened collective consciousness is used 'by' words and feeds back to the fires of this influence generating an endless loop.

The ego-mind uses this essence to 'control' and in its diversionary manipulations, makes you believe the effect is meaningless or at most - minor.

'You know what I mean ... '

... follows ambiguous phrases, which often both the speaker and the listener do not really understand. Do you really know what you mean when you speak and recognize the hidden 'essence embedded' in words?

All that comes and goes in the world of duality is a play of Light at various frequencies. Everything that can be experienced 'is' embedded with a vibration. When you experience a rose ... even the thought of a rose, the experience is wonderful on many levels. If it is tied to a sad memory ... and, you allow yourself to identify with that memory, the Joy of the rose is diminished, although not extinguished due to its high frequency. Likewise, the essence frequency of lower vibrations carry debilitating effects on your experiences.

We have given meaning and the level of the vibratory essence to everything through opinion or perspective and this radiates back to us. Even if you have left all identities behind and have moved into the Awakened dimension of The Now, these frequencies carry the 'past' into your experience.

In part, this is why we can continue to experience pain despite having left the suffering of identifications and expectations behind. It is common for an Awakened person to speak very little and simply allow "Being" ... the essence of Love to radiate into their world, influencing what It will.

When they speak their words are guided by that essence and are always in Harmony with Oneness.

Until you have past the gate of Freedom and dwell 'mostly' or continuously in the Now ... care should be given to what words are spoken 'and' thought. After that gate has been past ... your words will be guided by Your I AM Presence as will the rest of your experience flow with the frequency of Love.

*We see what we expect,  
let us always expect Abundance.  
We reveal our inner secrets,  
let us always reveal Beauty.  
We manifest what we contemplate,  
let us always contemplate Peace.  
We become what we think about,  
let our thoughts ever be on Love.  
Let us behold the Truth.*





## Peace Love Centers

Today, my Beloved Twin Flame Ingerid received a 'special' channelling from Mother Mary ... Who represents the Divine Feminine influence Now so prevalent in the Transformation of Consciousness.

We have been informed that the first **World Peace Gallery** will be located in the Scandinavian area, which we are also told is the seat of The New Jerusalem ... not of one special 'belief' system but of the Awakened Consciousness of Love - The I AM Presence it has always meant in Truth.

They will connect the 'Life Essence' vibration of The Now to the world and to other centers around the globe as The Golden Age unfolds.

There Now exists a small core of LightWorkers who resonate with this Intention and are beginning to sense their part in Its extension of Love around the world.

Much has occurred in the last 2 days since the opening of the 10-10-10 Vortex and you too may Now sense an affinity with this massive Intention.

For most of the planet, the world is a dark and fearful place right now and the Truth and Peace that lies within It is longed for at the core of these ones who still believe

they are victims, powerless and separated from all they experience.

Join your talents and your gifts to this Vision if you are guided to and allow all remaining identifications with the world of tears that duality has asked as payment for the dream of separation, to fall away.

We extend the Love of The I AM Presence to you Now in this Knowing.

## **No Matter What - II**

When you reach the point in your life where you can no longer live the way you have ... where you cannot accept the shifting rules of the game ... where opinion and perspective, no matter how lofty, are not enough ... where only Truth will quench your endless thirst for Peace and Freedom ... you must have a 'No Matter What' attitude.

Nothing that shows up from that Moment of choice on can divert your Attention.

You will be met by distractions that relentlessly try to convince you your frustrations were unfounded or at worst, temporary. You will hear the voices of millions who follow a particular belief claim they must be on the only right road otherwise why are there so many of them. You will experience a fatigue deeper than any the world of broken dreams has ever left you with. Your integrity will be questioned. You will be called reckless, irresponsible and just plain insane.

Every fear you have ever had will blaze across your consciousness like a great neon sign proclaiming your immanent doom. All that you have gathered ... friends, fortunes, fame, possessions and opportunities may wither like autumn leaves and blow away. You will meet the dark void of emptiness over and over again and always ... the ego-mind will remind you of your

foolishness.

Then finally, as you seem to gain a foothold on the so called path to Truth, your 'new' supporters will turn on you if you take what their ego-mind considers the slightest 'misstep'.

It has been said that the Truth '... is a journey without distance to a destination you have never left ...' In this Knowing, remain still and silent ... ever vigilant, never swaying ... prepared to instantly release the slightest block you discover which blinds you ... though you may have spent a lifetime creating it.

Remove every mask, drop ever identity, travel light - lightly ... seek to please no one for the sake of admiration or support. You are never left wanting ... your every need is known far better than you may now imagine and will be given to you.

The dreams, the passions, the longing to serve are all inner urges to stay the course, 'No Matter What'. What waits has never left, has always loved you without conditions and always will. It IS Your I AM Presence - The Real You.

## Going Deeper

When I first began the inner search 35 years ago, perhaps like you, I was like a child in a giant toy store ... I wanted to try every toy in sight all at once. At one time I remember having 25 books on my coffee table reading from each of them every day. This lasted for many years without much 'real' so called work being done on the way I conducted my life.

On some level I believed I could make my entrepreneurial 3D life in the world of separation more peaceful, more joyful. As my wealth grew into millions my metaphysical knowledge ... facts ... swelled equally. I had a spiritual answer for every compromise I allowed to influence my integrity ... my ego-mind had bluffed me exquisitely.

Only a giant 'fall' could shake my belief that I had it all together. Even the simmering agony of deep loneliness ... the ultimate belief in the separation from God ... was buffered by my encyclopaedic spiritual knowledge bank. Even that was superficial ... I could speak generally on any metaphysical topic but had no 'real' understanding. I wasn't faking it until I made it ... I 'was' a 'Fake'!

The 'fall' did come 12 years ago and those knee-bending years were 'the worst of times and the best of times'. I lost my fear of looking at things with my feelings. I let go of my need to be right. That particular block shape-

shifted into spiritual arrogance before I discovered it was an artificial statement of awareness I didn't really have.

Through the feelings of my Heart I began to Truly understand blocks didn't need to be released ... only embraced with unconditional Love since 'All' IS God. Embracing the dark side of my Self released an enormous weight from my Heart. I no longer needed to validate my Self ... that the Truth needs No defence ... It just IS ... needing to be right then fell away.

In this Awareness I recognized that thinking positively and judging negativity was still 'judging' and that I would never 'feel safe' as long as I continued to judge anything. It was 'All' just Me. When judging left there was no longer any need for forgiveness ... and only acceptance of All That IS ... just the way it IS ... beginning with Me and the multitude of flaws I had, by then discovered.

Self Love easily slipped into the void ... where it had always been '[not really] hiding in plain site' all the while. And with True unconditioned Self Love, transformation of my Self and my world simply appeared. I realized it was the 'only' way the world - your world - could be transformed.

I realized as my I AM Presence emerged from my self imposed prison I needed no one and nothing outside my

Self and that made me Aware that I was never alone -  
One with All.

-inspired by my Beloved Twin Flame Ingerid





## 333

The other day the world watched with joyful Hearts as One, united, while 33 miners emerged safely from a Chilean mine, which had caved in 69 days before. '333' is the number of Christ Consciousness.  $6 = 3+3$  and  $9 = 3+3+3$  further emphasizing the metaphoric message being sent to the world.

Countries, their technology and their hearts combined to illustrate Humanity at its best. As the miners finally reached the surface one by one, through a shoulder width canal that could easily represent a re-birth, they were greeted with cheers, song and Love.

Close up video of the face of the Chilean President greeting the last survivor, the foreman on duty the day of the cave in, showed unmistakably in his eyes, a Heart full of Love. This is but one example of what is unfolding on the planet as the Life Essence, the frequency of Love, touches the Heart of Humanity.

Intense pain often triggers breakthroughs in Consciousness reaching upward to the Light of Truth. LightWorkers who have spent years on the so called inner work have endured wave after wave of painful experiences blended with Moments of ecstasy ... each time climbing higher and higher in Awareness as they dig ever deeper into "... the blocks to the Awareness of Love's Presence ..."

Now, Humanity as One is experiencing what you pioneers of Truth have endured. As these 'pockets of Light' blaze here and there, more and more frequently around the planet ... like beads of oil floating on water ... they will pull together to reunite ... recognizing themselves in each other while differences, which pulled them apart for eons are effortlessly forgotten.

You, who have seen this wave of Love and Light coming ... in some cases for decades, be strengthened by this validation of your Loving Intention and step fearlessly into the service you have longed to extend to hearts struggling to open.

The Mandala's, the Mother Teresa's, the Gandhi's ... champions of Peace, of Love, of Oneness, are now emerging by the thousands as Beacons of Light ... and they are You.



## Full of Light

What you are not Aware of lies dormant like a hidden key to the door of a prison. When you say 'Yes' to Love from the depths of your Heart ... your Intention narrows and the strength of that beam intensifies like a laser. In Truth it is an 'allowing' Intention since your entire Being fills with a greater Awareness of the Light You Are. What blocks your Awareness begins falling away. These are the connections to a dualistic life you are letting go of ... you literally travel 'lighter and freer'.

What you believed you 'needed' to survive begins to lose its importance until it is forgotten altogether. This does not apply just to societal structures that seem essential such as education, vocation, family and friends ... but also to what seem to be more obvious needs.

As you go deeper and deeper into Love you require less sleep ... less food ... less of what you required in the 3D world to provide life for the body. The so called impossible fades as miraculous living becomes normal. 'Have-to's' disappear from your life.

'I couldn't possibly live without \_\_\_\_\_'

... is never heard again.

At first what seems an austere life reveals itself as Freedom ... Freedom to chose without the 'need' to

chose. Every experience is seen as one which you make because it brings you Joy. There is an ecstasy in the simplest connection with another ... with the savouring of food, the fragrance of a flower, the sound of music. All Life is lived from the depths of Your Being ... none from obligation. The wonder of a child is your normal experience. Beauty is everywhere.

As the Great Master said,

' ... when your eye [Intention] is single, your Whole body [Life] will be full of Light [Love].'

## Sing 'Your' Song

You have heard the saying, “... follow your bliss ...” this 'Is' your Song and like a snowflake, It is unique to only you. It may play in concert with many others with similar Songs to sing or it may stand alone ... highly visible to the world, or obscure and hidden ... it matters not. You are not here to flatter the ego-mind, although it will persistently tell you otherwise.

Your Joy 'lives' within your Song ... you have felt it ... perhaps often or, as it is with many people, subtly hidden beneath layers of noise drowning out your I AM Presence. Unless you are allowing full expression to your Song, there is a gnawing ache within your Heart that has tried to get your attention since the first flutter of its wings.

Occasionally, you have felt a 'rush' when exposed to someone living through their Song. That feeling may have felt envious as the ego-mind reacted to your betrayal of allegiance to its confining doctrine. You may have even lashed out at the Freedom of that one who had abandoned their fear and fallen into the glorious music of their Song. Cynicism is a common weapon used by the ego-mind when it cannot find a flaw that is obvious.

Now the urge to 'Sing Your Song' grows stronger by the day as the frequency of Love ... the Life Essence ... expands and wraps its gentle but powerful influence around the Heart of humanity. You will experience more and more synchronous moments when you hear Your Song playing in your mind and reflected in your world and the longing to embrace it will overwhelm you.

Your Song 'is' your Freedom. It is the key to reunion with your I AM Presence. It is the free-fall into the releasing experience of play where the Life Essence you have not dared to breathe fills you up and the child you Are in Truth laughs again.

The pressure to 'Sing Your Song' will continue to build Now and I invite you to step back for a Moment from the obligations and responsibilities you may believe prevent you from looking straight into the Heart of this beautiful music waiting to express It Self through you.

There is a way and it will show itself if you have only a little willingness to explore the True Nature of Your unique Song. You have heard that 'all things are possible' ... and, for a Moment you may have actually believed it applied to you. If so, embrace the memory of that Moment of Truth and imagine what your Life will be like when you surrender to your True Heart Song.

It is the Moment when you will Truly begin to Live.





## Living Free

When your life appears to be going 'sideways' and nothing you believed you wanted appears to be working out for you ... there is a huge blessings hidden within it.

The tendency is to allow the circumstances to become a temporary 'god', which you worship by agonizing over your powerlessness and slipping on a victim mask. If you are a LightWorker, you may attempt to hide this mask but its 'essence' bleeds through to your world.

This can last for a very long while and attach to other similar incidents that you have not released thereby validating what your ego-mind is whispering to you,

“... you are not good enough, 'they' are out to get you, you deserve what is happening 'to' you, its just the way life is” ... and many other lies like these.

In the realm of time and space ... the past and future teeter-totter of cause and effect ... there really 'is' no solution. Every remedy from the tiniest to the efforts of nations eventually decays and fails to achieve lasting results. In the world of 'temporary' things ... all 'is' temporary.

The hidden blessing in chaos is the 'crumb-trail' out of the dark woods of separation. Few have followed this trail until Now as the Transformation of Consciousness elevates perspective, allowing 'breathing' space where other options appear.

Consider this ... what if it all really did fall apart ... what would happen to 'You'? Failure, disgrace, abandonment, guilt, loneliness ... even death ... are some of these the possibilities?

Now 'feel' these possibilities as if they have already occurred. Really FEEL!

'You' are still here even though all is lost. The YOU that is feeling IS the Real YOU and is NOT lost ... only the circumstances have changed. You are released and have lost all the events connected to the circumstances but You are still here.

I invite you to embrace your so called 'situation' from this perspective ... Free of 'results and expectations' ... the weight that lifts is enormous, allowing you to really 'breathe'. This is not suggesting you drop everything and fall into a fetal position ... it suggests you adopt a new perspective about expectations ... that you have none whatsoever.

In this New 'space', You 'are' Free ... which exists in the timeless Now where Your I AM Presence can reach you. You are out of the dark woods where innumerable so called answers are now available to you.

This experience cannot be explained because it occurs in the Infinite ... yet, the Freedom it IS gives you what you are Truly looking for in every circumstance ... 'before' the circumstance occurs. You are in the world of circumstances but not controlled by them and you begin Living for Real.

*Illusions are as real as we make them*

## The Voice

The Truth is mirrored everywhere. In each mirror you see Your Self Whole and transparent ... when you don't, it is because there are filters blocking the full Beauty of Your individuated Ray of Love-Light.

The I AM Presence speaks to you continuously of Your Beauty and you receive as much as you are willing to accept. Its Voice is not soft and low ... it speaks loud and clear and gentle of What You Are ... yet, when you hear It the 'reception' is tuned to your frequency. If you believe it is 'still and small' ... that is how you will hear it ... if at all.

It can be heard in silent stillness as well as in the loud cacophony of the world of chaos. What occurs 'out there' does not restrict It ... you do! There is nothing It will withhold from you ... only you can restrict Its gifts. When you pray ... you pray to It. When you curse 'your cruel fate' ... you curse It ... It is All That Is ... nothing is outside It.

When you do not hear Its Voice it sends Its messages to you through mirrors in the form of metaphors, symbols, signs, icons, totems, synchronicities and so called miracles, which are only normal occurrences you do not yet understand.

Everything in your world appears in these mirrors in perfect harmony with the Truth that You Are coloring through the filtering blocks you still retain. Nothing that shows up 'just' happens ... all occurs 'just' ... an exact reflection of what exists within ... the Truth and the illusion strangely mixed.

Accepting this Truth ... really Knowing you create it all in your version of the world ... offers you incredible power ... the power to release those aspects of your world which do not reflect Your Beauty. Ultimately, when you have taken the position of Watcher of your world ... you accept 'All', knowing 'All' is God and therefore All IS Love.

This is outrageous to the ego-mind, which rejects it immediately. But for your 'watching' I AM Presence ... it is obvious, since at that point you have remembered You Are The Voice and your world the mirror of what you desire to express in each Moment ... not good or bad ... but a play of Light, shifting shapes then dissolving into the ocean of the Love You Are to rise again in new forms and experiences.

## Handing It 'All' Over

Can you imagine postponing or cancelling a so called 'very important' appointment minutes before it is scheduled to occur ... repeatedly? How could you do that ... why, would you do that?

The guidance from Your I AM Presence can often be like that. The New Earth-New Energy is not unfolding according to some long elaborate pre-designed plan from long ago. It is happening in The Now Moment.

The I AM Presence is not in error ... it does not suggest something one Moment, then in the Moment that guidance is about to come to fruition, tell you it was mistaken and give you new guidance. The Infinite point from which It views, Knows perfectly what the next Moment will bring 'in' that perfection.

But can you let go of previous guidance and the so called 'plans' you have made by following that guidance? This is Truly living in the Now. This is Truly Being detached ... having no identification whatsoever with what results may come.

If you Know all is a dream and ... while you are living 'in' a body you are still living 'in' a dream-world ... why would you identify with results. You are creating this New Earth as you go. In the old energy and old world

created from it, most people identify with a multitude of things, people, circumstances and events.

This is why a sensitive person can predict or prophesize what is most 'likely' to occur in so called future times ... especially with collective beliefs. Thought creates and massive thought, in a particular direction, which may have to do with lets say, the economy, are easy for a sensitive to 'see' or 'feel'.

The New Energy-New Earth has no past or future ... you create your own reality ... as you have always done but 'unencumbered' by collective thought, yours and others ... in some cases for decades or even centuries, such as social behaviour agreements 'thought into' manifestation.

Your world of The Now is pliable, organic and instantly responsive ... changing according to your immediate choice. It simply requires 'handing it 'all' over' to Your I AM Presence and dis-identifying with all results. Be assured, the results will always be in perfect Harmony and in accordance with your highest Joy.

## Shining Stars

When you are born you accept certain levels of darkness and Light. The degree of darkness you take on and transmute through accepting and embracing the often, extremely difficult experiences it brings ... not running from the pain ... determines how much of the world's darkness you transmute.

Many of the great world leaders of change have themselves experienced deep and dark lives prior to emerging into the public view. Their 'trial by fire' purged lower frequencies allowing them to radiate at higher levels, see possibilities that most do not see and hold those visions in the face of the resistance to change that mass consciousness embodies.

Now, as the frequencies of Ascension intensifies around and through the planet, many souls have come in who have brought in a larger portion of Light and will not experience the darkness many pioneering LightWorkers have. Their function is different yet they too experience a fire of their own.

They have been used to instant manifestation, love filled celestial environments and creative possibilities that have no end. Now, for a Moment, they are contained in a physical body and a world still restricted by limitation. Their frustration runs deep and it feels for them as if a straight-jacket has been wrapped around an



eagle as they are exposed to the fear based dualistic world.

They are here to radiate the Truth but must wait a little while longer as the mass consciousness drops its heavy weight of limitation and opens its eyes to the Infinite possibilities these Giant beings came to illustrate.

They are your children and grandchildren and often seem unable to 'fit in'. They are often labelled dysfunctional and drugged, bullied or even confined away from those that follow currently acceptable societal convention.

Many though have escaped the blindness that fear of the unknown has foisted upon them and have already begun to shine like stars. But many more are ready and about to step from the wings of the world stage to sing a song of such Beauty that frozen Hearts will melt and blind eyes will see the Truth that All Life IS One ... IS Love.

## Love Waits

Love doesn't 'fix' things ... It Knows there is nothing to fix. It sees Life as It Really IS ... Perfect, Pure, Peace.

Your Consciousness is always Aware of Truth at some level. If you accept the dualistic belief in separation ... the world of opposites, of cause and effect ... there appears unnumbered things to fix. Depending on how much Love you are Aware of, your Consciousness may attempt to be the 'remedy' of these 'errors' rather than the 'cause' of them.

While 'struggling' for Peace, you may offer resistance to the so called 'wrongs' you see and ... by giving attention to them ... feed their fires. At a higher stage of Awareness, you will offer Compassion and indeed relief of suffering while allowing events to unfold as they will.

Love looks at Life, which IS It Self and sees no errors, no wrongs and expands It Self and Its Joy through Gratitude for this Truth. The separated ego-mind is like a mouse running inside a wheel going no where. In its desire to arrive somewhere its passion burns brightly but eventually burns out ... while Love's Light is Eternal.

Love also 'goes' nowhere since It IS 'All That Is' and has no 'place' to go. It needs no fixing, changing or plans to do so. It creates endless Beauty within It Self, expanding Its Joy. Those Awakened to this Truth see the anguish of

those still trapped in the illusion of 'fixing' things. They witness the rising and falling of happiness that accompanies temporary 'fix's' together with the inevitable collapsing of these 'house of cards' solutions.

Love must often remain silent, still and present, radiating Its Light and allowing those suffering ones to play out the script they themselves have written. Love Knows those 'plays' in darkness will one day Awaken the blind ones ... It Lives within the blindness too. It supports the players by Loving the Truth of What They Are - Perfect, Pure, Peace ... and does not interfere.

When that one, frustrated and exhausted with his endless schemes for Peace, finally surrenders to Love's guidance ... Love - Your I Am Presence - is there immediately with the gentle, Infinite Power of Truth to guide him Home to Real Peace.

## **I AM Everyone**

I AM everyone ... dark and Light. I AM You ... You are Me. I AM everyone ... Peaceful and warring. I AM Free ... I AM imprisoned. I AM abused and abandoned ... I AM cherished and Loved. I AM the perpetrator of every dark deed ever committed. I AM the blessed balm on suffering Hearts. I AM the torturers blow ... I AM the creator's Abundance. I AM the sick, the lonely, the forgotten ... I AM Wholeness, I AM One, I Know I AM That I AM.

There is no place too dark where I AM not, no tortured mind I have not felt as Me. Nothing is devoid of My Presence ... I AM It ... It is Me. In every crawling, flying, swimming creature - beast or Beauty ... I AM. In every ugly act or glorious achievement ... I AM. The darkest deed you can conceive contains the Highest Glory of Me you can imagine and greater still.

I AM each and every aspect of your Great and Beautiful and horrible dream ... and I Love You still ... for I AM All That Is.

'... I do not forgive you for I have never condemned you ...'

I see you as you Are ... My own True Self in numberless disguises. You have forgotten I AM ... some Now remember ... soon, many will. We have played ... Oh,

how we have played at being blind. We, the One, the Great ... the Glorious pretender now taking off the costumes of limitation to once more Blaze forth the Perfect Light We Are as One.



## **Pain and Attention**

I have your Attention Now through pain. You are suffering and you seek Me out. You will do anything to have relief ... healing your body, your circumstances ... your life ... something, so that the pain will cease.

Your life has lost its fragile balance and you cannot ... you just do not wish it to be the way it is. You feel cornered and trapped, yet you have always been trapped and did not know it.

So here you are now knocking at My door, asking, pleading, begging for My help ... please, please ... show me the way ... what to do ... anything, so that the pain ... the pain of separation ceases.

This is your True request and why you created the form of pain you are now suffering.

I AM here ... with you Now, though you knew it not ... stay with Me ... keep your Attention on Me Now that you have found Me through your pain. I will not leave you ... I have nowhere to go except through loss of your Attention ... and even then, I AM still here with you.

All is well ... the best it has been since you lost Awareness of me. You have found the Key ... your Attention 'is' the Key. Stay here ... Peace is here.

Now ... Know this need not be. You need not create circumstances, which bring agony into your experience. You may choose to simply release your attachment to drama and place your Attention on Me - your I AM Presence, as a priority.

You need not understand what you are giving your Attention to ... you may call Me Peace or Freedom or Love or Abundance or Joy ... it matters not. I AM You ... the Real You, which cannot be threatened in any way. You need not 'suffer' to remember Me ... simply Know, your Attention on your I AM Presence is the Key to your Freedom.

## Come Home

Through your endless veil of tears you have caught glimpses of Me. The tears do not end as yet but comfort nears. I AM with you and have always been. And Now you see a little more of own Your True Self ... it has fluttered on the periphery of your half life like a fleeting shadow dancing in and out of your vision. But Now It stops a while longer, catching your interest, your attention.

Its Beauty makes you catch your breath and then it is gone for you cannot yet stand the Brilliance of Its Glory.

'How could this be ... could this be Me ... an illusion it must be?'

But the illusion is what has been and Now is slipping softly away as you allow yourself to grasp the Majesty ... the possibility of what you are witnessing.

All reason cries out the insanity of what you feel but something deeper is stirring within you Now, melting your frozen Heart ... and It 'will' be heard. Now is the Moment ... Now, is your Freedom near ... Now Home calls you in a voice you can no longer ignore or drown out.

'You wanderer in a far off land ... your long and lonely journey into the raging beauty of a dark dream has



ended. Come Home ... Come Home.'



*Can you imagine  
trusting an unseen voice?*

*Can you imagine  
speaking, only when guided?*

*Can you imagine  
acting, only when directed?*

*Can you imagine  
a life without fear?*

*Can you imagine  
unending peace?*

*Can you imagine  
that you are One  
with unbounded Love?  
Your belief makes this so.*

## Peace In The Moment

*Peace 'will not be found' in our time. Peace is not found 'in' time at all.*

Peace is 'timeless' and can only be found where history of any kind is released and the Now Moment of non-judgment is embraced.

No matter how sincere the scheme for Peace may be ... it can only be a band-aid for what lies deep within. While wounds are held, Hearts are blinded by hatred, retribution and revenge.

Peace ripples from a Heart tuned to the Now Moment. It is an individuated aspect of Truth that has Awakened to Oneness and Lives It One Moment by One Moment. Where this world meets another One's world Who has also become Aware of Peace in the Moment ... their world's become One ... this occurs the instant another One Awakens ... without regard to geography.

These Awakened Ones form a Web around the planet like a warm cloak embracing the frozen Hearts of separated ego-minds struggling in the darkness for Peace.

Imagine the influence this Web is having ... Now dotting the New Earth everywhere. Imagine the influence Un-

Conditioned, Now Moment Love has on conflicted ego-minds proclaiming 'Peace in our time'.

The masks of 'time-based' Peace begin to fall, the hidden clinched fists become open hands joining as Hearts surrender to the Now Moment ... the only 'place' Peace can be found.

A march for peace is a march for Peace in that Moment ... not for some future. The march, which raises Consciousness to surrender to the Now Moment ... extends Peace without regard to time. Judgment dissolves without a time reference and forgiveness has no meaning ... Peace 'Simply' appears as Your Own True Self to the Heart who understands this.

## Pockets of Light

The mythical sacred center of Shambala ... the ancient city of Peace portrayed in movies like “Shangrai-la”, is not just a physical location ... but one of many that will wrap around the New Earth.

These Peace-Love centers are first and foremost a state of Consciousness in which Peace exists as the Living Awareness of Truth. It is a personal Awareness of Oneness with All That Is. In the individual physical aspect They are portable and taken with you where you go.

The Ray of Truth emanating from that One who has this Awareness touches everything and everyone ... 'all' life at the level that each is willing to receive It.

One will be totally unaware of Its presence though It sits beside him, while another will be drawn like a bee to a distant flower ... perhaps without understanding the nectar of Truth when she arrives ... but receiving it nonetheless. Perhaps nothing is spoken but life is forever changed simply by 'being' in the Presence of Its Light.

These Rays of Truth are gravitating to each other Now and will live in Harmony together, effortlessly creating environments that are conducive to the expansion of

Love ... the ways and means showing up at the exact right Moments.

The concept of 'doing' dominates the time and space world where taking an idea to a manifested expression requires planning, man/woman power, hard work, resources and so called 'luck'.

Being IS All in All and creation expresses It Self effortlessly while Attention remains in It. The many 'steps' to manifesting in the traditional linear way are wrapped in an exhilarating stress that makes those attached 'feel' alive ... the cost is high and Peace is forgotten as the central 'Essence' of what 'may' unfold. It is, at best, a destination in the distant future never arrived at.

Being-ness IS Peace and creates 'in' Peace every Now Moment. This is the subtle influence radiating from these individuated Peace-Love centers Now appearing everywhere around the New Earth.

## **I AM Decree**

I surrender My Consciousness to Love ... the Truth ... to Pure Being. I AM That I AM.

I AM a portal of Light flowing Eternally to all aspects of My Self radiating Peace, Joy, Abundance, Freedom and Love.

There is nothing I AM is not able to accomplish.

I express each creation effortlessly beyond any concept of 'how' things should be ... so common to time-bound thoughts.

My Heart rules thought Now and the miraculous is normal ... as normal as each breath I take and Life I breathe out to the worlds of Light and Love I create.

I AM Master of 'All' I witness within My Consciousness and I create what I will in Perfect Harmony with Love.

Darkness has no power before my radiance ... where I gaze, the essence of flowers fill Hearts ... Peace prevails ... sadness dissolves and the memory of limitation is forgotten.

I AM.

## The Lost Symbol

On a recent trip to Oslo I followed my beloved partner into a modern bookstore. Most every shelf contained books in Norwegian and I extended the idea of finding books in English. Immediately I noticed a book on display in an elevated area. As I drew near and looked up at the book, I was pulled to the word 'Symbol'. For me, symbols have become a natural way of listening to the I AM Presence and they have Now become like a language that usually reveals its 'inner' meaning to me instantly.

I ascended the few steps to the display, gently grasped the book from its stand and scanned the title, "The Lost Symbol" ... the latest book by Dan Brown. I knew that in recent years, he had become an instrument of 'revelation' during the Transformation from the old energy of limitation to the New Earth-New Energy of Oneness and Awakening Now bathing the planet in Its Light. In his first high profile writings he employed the first stage of change which is 'destruction', revealing the complicated and ignorant interpretations of Sacred teachings foisted upon humanity for thousands of years.

While I rarely read books any longer ... preferring the direct guidance of the I AM Presence ... I was immediately drawn to purchase this 'special illustrated edition' of the book. Its glossy pages are adorned with



many beautiful photos of locations within the story which makes reading it 'feel' like a mental movie.

I once taught a course called 'Spirit at the Movies', which allowed the viewer to recognize the abundance of metaphors, specific and individual to their own highest and immediate needs. I found this book contained the same 'essence' of the Consciousness Transforming events now unfolding at lightening speed everywhere around the planet. In this case Brown has moved onto the 'rebuilding' stage of Transformation.

He masterfully details profound revelations surrounding the Ancient Mysteries that have been veiled in allegory and parable for thousands of years allowing the most sceptical of those who are 'open' to understanding, to grasp the deeper meanings and Truth contained in and parallel to each and every great spiritual teaching known to man.

As a teacher of Truth, aligned with the ancient Art of Satsang -

*'that which burns away all that is not of Truth'*

... essentially teaching nothing, while removing the blocks to the Light We Are ... I am struck by the number of Lightworkers who regularly contact me for guidance and still speak as 'victims', while claiming to 'know' they are Co-creators with God ... God Themselves. Knowing

and 'Living' the Truth have not yet become a Moment by Moment experience for most.

Many still believe they must somehow be perfect before they can Awaken.

They Know that what they give their 'attention to expands', yet continue to divide that attention between limitation and Oneness - the I AM Presence of God They Are. The result is a mixed experience of deep frustration surrounding a life that has 'vignettes' of ecstatic Truth while continuing to swim in the deep and dark waters of separation and limitation.

Total, unequivocal priority must be given to 'Attention on Oneness' ... which expands the Awareness of Truth. We Are Each God ... the I AM Presence ... and as we give this our Attention, we will experience this as our Reality ... still with issues to release ... but from the expanded Awareness of the Watcher, unscathed by the effects ... Infinitely more Powerful and Peaceful in that Awakened state.

This is no longer a choice which can be delayed as the elevated vibrations of Transformation are Now present at such a high frequency that each Intention we have flows into our life, instantly bringing with it the equivalent experience.

I applaud Brown's latest offerings as the powerful 'crumb trail' back to the Light of Truth which it is, and encourage every LightWorker to embrace the Truth They Are - God - with all their Strength and Attention that the

*'journey without distance to a destination they have never left'*

... will finally dawn upon their Awareness in each and every Now Moment.



*We can have only as much  
as are willing to receive*

## No Steps To Freedom

There are no linear steps to Your Freedom ... no formulas, taking long years and much suffering and sacrifice to accomplish. This is a belief from the old energy, which exists only in the mind that wants Awakening to be 'special', and if special - difficult to achieve.

There is no destination, no achievement, no accomplishment ... nothing to strive for and succeed at ... a place to arrive at from where you are ... a goal, a target, a dream fulfilled.

*The only dream is the one to Awaken 'from'.*

You may have spent long years struggling to 'find' Enlightenment, denying yourself many experiences of the senses and disciplining yourself in readiness for that great Moment when you will be Free ... Free at Last.

So Be It!

Yet Now ... still waiting, you sit in silent agony ... waiting ... waiting for that 'something' you have missed ... 'something' you have failed to grasp that keeps you from your Moment ... from your Freedom.

This need not be.

Simply accept your Freedom Now. Accept your Worthiness ... that seemingly great chasm of Self Awareness that has kept you from Peace.

You have heard many times that you 'are' Worthy but the past has kept alive the belief that you are not ... and so the circle of doubt turns again and again and finds you still wanting.

Surrender that doubt ... look at it straight on and embrace it in Love as the aspect of Love ... of God ... of Oneness, that it IS. Allow your identification with doubt to fall away. There is nothing that is 'not' God. It will transform in that Loving embrace leaving only the Essence of Truth - Worthiness - that You Are.

From that Knowing, your Freedom is Now.

## Let There Be Light

Your words are 'Life' It Self ... they Are Spirit - The I AM Presence.

It IS That which creates All and That which is desired comes forth from your words.

If humanity realized in their Heart the Truth of this, they would understand What they Truly Are - Eternal, Infinite ... One with All That Is.

You may extend the I AM Presence in your world by recognizing It within your Heart. First, It may be seen as the 'Director' of every cell in your body flowing in perfect Harmony. Within this universe of cells that makes up your body, a Perfect Home exists for the I AM Presence.

From this Perfect Home, immersed in Love, you may extend the Love You Are to All in Your World ... recognizing in every Moment that You 'Are' The I AM Presence.

Recognizing the Truth of Your Reality allows you to bring forth any 'thing' ... any experience, which resonates with Love.

You may also communicate directly with the I AM Presence in others. Seeing the Love in others allows you

to recognize Your Self in others. This communication applies to all Life and as you do this ... It reveals It Self to you in all Its unique expressions.

When humanity withdrew Its Attention from this Knowing it was thrown into the chaotic imbalance you see everywhere. As the imbalance grew ... destruction followed and occurred over and over again until Now ... the Moment when the Transformation of Consciousness is becoming balanced by the Divine Feminine as it emerges everywhere and in All aspects of Life.

I invite you Now to surrender completely to this Transforming influence and become a Co-Creator with Its Divine and Perfect Love as the New Earth-New Energy returns humanity to Its True Inheritance.



## Transparency - II

With the release of Aung San Suu Kyi, the Noble Peace prize recipient from Burma, the world's 'fixed' attention is again brought to bear on the growing transparency unfolding in the New Earth.

The collective ego-mind, which created the circumstances that brought about the decades of her house arrest, will immediately turn on itself and attack the gross injustice of an oppressive regime which feigns democratic ideals. This is the insane 'dog-chasing-its-tail' scenario repeated over and over again by the world of separation ... create chaos ... then attack your own creation as imperfect. This leads to shame, guilt, lack of worthiness and the justification for believing in a God outside the Your Self.

The transparency which is swiftly expanding from the small ripples that began a decade ago with multiple corporate scandals, is exposing the lies we have told ourselves for thousands of years ... the masks we have accepted as powerful and abundant and beautiful and sought to emulate. We witness Now everywhere, the portrait of fear and weakness that has hidden silently behind these false images.

Let us not 'attach' ourselves to the parade of judgment that flows ecstatically through the collective ego-mind when a brief moment of glory seems to have been

achieved. Instead, let us stand in silent gratitude that the masks of limitation are falling everywhere and condemn none for their part in the masquerade we have all been a part of.

As the veils fall from our eyes and we are left temporarily in the void of a leader-less world ... let us pause in the quiet of the emerging Awareness of our own I AM Presence and allow Its benevolent and overflowing Love to embrace the terror, which accompanies feeling alone in an unknown and naked world.

Peace Now is near ... hold fast in that Knowing.

## Embracing The Temporary

How would you feel if you embraced the 'temporary nature' of most every experience you have ... all those things which have a beginning, a middle and an end? This means accepting that no matter how precious an experience may feel ... one day it will cease to be ... what if you accepted this and embraced the experiences without fear about 'future' expectations?

Does this give you a feeling of 'surrender' ... of 'release' ... of 'lightness' ?

When you 'cling' to any temporary experience it becomes an 'identity' ... part of 'who' you believe you are ... layer upon layer forming a cloak of masks that hide the Truth within from your world and eventually from your own Awareness. Fearing the loss of these identities robs you of the Awareness of the Natural Peace that resides within the True You ... that IS the True You.

Embracing the temporary nature of most experiences allows you to live in the Moment, Free of the fear of 'what may come' and with this, your capacity to 'savv' these experiences expands. It also allows that which is 'not' temporary to emerge from within the experience ... the Essence of Life which IS an emanation of Truth ... of All That Is.

What in your life is temporary? Look around and you will soon discover virtually every thing and every experience is temporary. These are the illusions we as Sovereign Beings of Light have created to play with and within. Each one is a Divine blessing we have gifted our Selves with. Our mistake was to define our Selves with these gifts and thereby limit our Awareness of the boundless-ness of our True Being. The identity masks doomed us to separation from All That Is.

Yet, no mistake actually took place nor are we doomed ... we simply chose the temporary identities ... temporarily!

Immersion into darkness or forgetfulness allows experience in an illusion to feel totally 'real'. This forgetfulness is Now ending and this is the Transformation of Consciousness Now quickly Awakening the sleeping Giant within each of us. Most people are resisting this Transformation causing great confusion and fear ... even panic. Some are embracing it fully and are Now experiencing the 'Peace that passeth understanding'.

We invite you to 'embrace the temporary' as a major step toward this Peace, which is closer than the breath you breath.

## Can You Let Go

Can you 'Let Go' of tomorrow and all your expectations ... your dreams ... your agendas ... your plans for a better life ... a better version of you?

Can you 'Let Go' of your masks and the multitude of identities that define the roles you play to keep safe ... to survive ... to hold on until things get better?

Can you let go of your story ... the times you were used and abused ... the missed opportunities ... the abandonments ... the love you never received?

Can you let go of spirituality and the labels you wrap around it ... the way you think you should be ... the destination that seems so far away?

Can you let go of this world ... of saving it ... of making it a better place ... of the life you believe you would have if only things were different?

Can you completely 'Let Go' and allow what IS to Live through you ... freely?

The Love You Are ... the Life You Are ... the Light You Are ... can only express It Self through YOU.

What you block with your judgments, your identities, your attachments, your expectations, your plans and

your schemes ... color and dilute the Beauty of All That Is ... All You Are.

Unimpeded by 'anything' the ego-mind says will make your world better ... the Truth of All You Are, will unfold in all Its Brilliant Perfection each Moment and show you a world that has never left you and stood waiting for your surrender.



## New Energy Education

As the Transformation of Consciousness burns away *'the blocks to the Awareness of the Love We Are'* confining systems, which supported limitation and separation, are falling away.

In the New Energy, following the muse of the Heart will be fostered as the unique 'tone' of each soul ... each individuated I AM Presence is allowed to express its own song, unburdened by the confining legacy of the narrow and linear learning of facts.

It will be guided by the model of 'Inner Purpose', which unfolds in Harmony with the Joy that emanates from it.

It will be a 'Heart Centered' expression of the Creative Nature of All That Is flowing from 'feelings' in place of thoughts. It will grow and flower organically and spontaneously without a specific destination while creating Beauty and function far beyond current imagination. Passion will feed upon the Joy of Free expression.

Music, Art, Photography and Film, Dance and Sculpture, Poetry and Prose, will be primary conduits for this Divine expression while the basic academic tools of old systems serve these. Science and mathematics will validate the Truth of Oneness as organized belief systems fall away.

Self worth and the pursuit of individual self empowerment will be replaced by the inner Knowing that All is One, All is Perfect and All Is Love. And the unfoldment of Love will be All inclusive as none are left wanting.



*Demonstration exceeds  
description.  
Revelation is beyond  
phenomena.  
Being transcends  
explanation.*

## 12-12-12 - 333

Today is another in a series of high 'energy portals' in the Transformation of Consciousness. These come in waves ... each increasing the opportunity for us to surrender deeper into the Light of our I AM Presence.

With each portal, the soul's urge to release the ego-mind's blocks to the Awareness of the Love we Are grows and deepens. Resistance to this urge brings on all manner of physical symptoms of malady. The Resistance resides at deep unconscious levels and may manifest despite our conscious desire to Awaken.

To survive what the ego-mind believed was a dangerous and unfriendly world, we have protected ourselves in many ways ... then gone on to hide these masks from our own awareness. The more adventurous the soul has been to experience the fullness and the richness of life the larger the ego-shields have grown ... as if the longing for Awakening required stronger and more powerful armour.

Yet, that depth of experience allowed us to swing the pendulum of opposites from the deepest dark to the brightest light the world of separation and duality allowed. And it gave us the opportunity to recognize where Joy and Peace 'do not reside' ... a seeming process of elimination.

This was a search 'out there' where dreams and illusions lead only to more of the same. Ultimately, this long and arduous journey led us to a deep frustration that 'there must be a better way'.

For many, this frustration has led to the very threshold of Awakening ... no coincidence that it comes at the very Moment when Heaven seems to have opened Its gates wide as it pours these powerful Transformational energies through portals such as today's ... each portal lifting us higher and higher into the refining fire of 'release'.

I myself experienced the deepest release of my life as a powerful mask slipped from my ego-mind's grasp leaving me gasping for breath. A lingering identity that I have hidden behind most of my life keeping the Brightest aspect of my I AM Presence hidden from my Awareness.

What a Gift! ... notwithstanding the torture of saying goodbye to such a formidable disguise.

When identities depart there is a void which initially leaves a terrible emptiness but allows more of the I AM Presence to enter ... provided we remain open in the midst of this often frightening feeling.

I encourage you to be attentive and completely open to the 'powerful surges' of Transforming energies Now available.



## **Guilt and Duty**

Guilt and duty can dominate behaviour and you may do things out of a sense of obligation or a series of 'have-to's' ... or else. Or else what?

Freedom lies at the Heart of Love in the Awakened Consciousness. If the action we are taking meets with inner resistance ... even irritability, you need to take a Moment and look deep into this feeling ... it does not come from Love.

What is it we fear? What consequence are you afraid will evolve if you do not take the action that is usurping your inner Peace? Do you believe your life will lack something if you do not take the action that you feel is your duty? Do you feel 'forced' to take this action out of a sense of guilt? Do you feel you will not be 'loved'?

Do you believe that genuine Love requires you to 'do' something?

When we succumb to these actions a subtle resentment simmers beneath the surface. It can take some time to surface but when it does the result is often an outburst of anger toward the source of your duty and guilt oriented action.

What is the 'intention' behind these actions? Is there a false sense of service or responsibility for another. Your

only responsibility is to your True Self ... that you live in 'total authenticity' ... the honesty of the True Heart. Caring for the young or the old for example [if that is your path] will unfold naturally from this integrity without resistance of any kind and a deep sense of Joy will Naturally emanate from it.

Living authentically is an essential aspect of the Transformation of Consciousness now sweeping the planet. You cannot live in the Now Moment, where past and future cannot intrude ... living spontaneously in harmony with Divine uncertainty ... unless you allow any sense of duty and guilt to fall away.

This can be a daunting task for the ego-mind, steeped as it is in the ancient belief in responsibility and for many, great rebellion to this concept will occur. I invite you to test it ... allow yourself to feel the difference it makes ... allow yourself to simmer in the fire of guilt a while and welcome what feelings come up ... they too are part of God ... of All That Is.

You will find if you allow yourself this gift that the suffering connected with guilt will soon dissolve as the Radiance of Your Sovereign I AM Presence emerges.

## Chose Love

I AM the Peace you seek and long for ... Chose Me, Chose Love. I AM the gentle breath of kindness Who sees your sorrow and the loneliness of blindness to My Presence ... Chose Me, Chose Love. I AM the Light in your darkened world where specters lurk behind every corner ... Chose Me, Chose Love. I AM the stillness in a world gone wild with anxious noise and frenzied activity ... Chose Me, Chose Love.

With a heavy sigh and pleading cry you reach out to a god somewhere ... far away and inaccessible - "help me ... please help me" ... but your prayers seem unanswered. Instead turn from your endless search for a god that does not exist and Know I AM the breath you breathe and the breathing of it ... the tiniest shifting of your Heart's desire and the desiring of it ... and even behind that the Watcher of it All ... and ... behind that too - I AM You.

With all your analysing and calculating ... with all your philosophies and endless facts ... with all your walls of protection and accumulation of comforts, still you are unsatisfied ... unfulfilled for you have not Chosen Me, Chosen Love. You cannot serve two masters. Allow these illusory wisps of dreams to dissolve and give all your Attention ... all your Devotion to Me, and Chose Love.

The shadows of limitation and the endless phantoms of fear will fade in the Light You Are when you Chose Me ... when you Chose Love.





## The New Reality

In the immediate time ahead there will be a growing window of opportunity to experience subtle differences in the world we have become used to. Moments of stillness are all that are required to capture these moments. In those sublime vignettes lifetimes of experience are available ... both as experiencer and as Witness. You may call these moments altered reality or simply a glimpse OF reality ... perhaps for the first time.

The play of life 'as a play' will be simple to comprehend and accept, devoid of the resistance the ego-mind projects toward anything, which appears out of the ordinary ... out of the pattern of life that seems stable and known. The surreal, the unknown, the unrealistic will Now feel somehow 'right' .... somehow 'normal', while the static existence of a consistent world ... the same today as yesterday and tomorrow, will feel abnormal and confining.

This is the world of 5th dimensional experience where uncertainty is certain and a constant freshness embodies each new Moment. This is a world without the confining restrictions of history and the collective belief systems that declare life should appear only in certain ways. What would have felt unusual, weird and fearful is now embraced with great passion and joy.

At the central core of these 'real' experiences is the 'Life Essence' or the Love all seek but few have found. It is the unconditioned essence of Oneness and as these experiences are opened to and embraced with greater frequency we will begin to see and feel more and more often the face of Love everywhere ... the True reflection of our own True Self. This will be an effortless by-product of the experiences and bring with them great Peace as we realize more and more fully that there Truly is nothing to fear and never has been.



## **The Moment Has Come**

At this very Moment there is a window of opportunity, greater than ever before to Awaken. We have passed through much releasing and have reached a 'void point'. For many, this 'void point' feels like they know nothing and are nothing.

This 'emptiness' can feel devastating, leading to a sense of worthlessness and hopelessness ... but if it is recognized as the blessed Moment it is, we will relax into it and simply remain 'still' being the watcher as much as possible.

Only an empty vessel can be filled ... the exact point in the so called Ascension process we all have to be before our inner eye fully opens.

Hold this feeling of emptiness if you can ... sit with it without distracting with something that makes you feel alive again ... that is the ego-mind shouting its fear of dying.

You are close Now ... so close ... let the Light You Are softly fill up that empty space ... it will if you do not interfere with your ideas of how it should be ... how it should unfold. Let all those concepts go, they are children's toys the ego has given you on it journey of seeking but never finding.

The Light is upon us Now ... more powerful and all encompassing than ever before ... we need do nothing for All to occur in perfect Harmony and Peace.



## **BEING Fearless**

Being-ness IS fearless.

There is no fear ... nothing wanting in Being-ness ... the Awareness of our I AM Presence or Oneness with All That Is.

Why then, if we Know this do we continue to experience fear?

Awareness, also known as the Awakened state exists in layers. It exists in the timeless realm of Now where the past and all the historic memory of it signals warning of what has gone before and what may happen again, have disappeared.

This 'tangled web' of collective past exists in the illusionary world of opposites we have been programmed to believe is real. It is a world of polarity where separation 'from' virtually everything seems to be real ... despite the persistent and growing suggestions that All IS One.

For those of us who have given much of our attention to living in the Moment or the Now ... time dissolves and with it fear. As we give more and more attention to this sublime experience it becomes easier to 'forget' fear or even the possibility of it.

As some point, more of our attention exists in the Presence of Now and it becomes difficult to fall back into the time-space illusion of separated thinking ... instead we live in our Heart ... in our feelings and while painful experience may continue, suffering has disappeared ... we become the 'Watcher' having left behind our 'identification' with the one who seems to suffer.

For those who exist mainly in the world of separation, fear is increasing at an alarming rate as the unknown expands. For those who live more and more in the Now Moment, Divine Uncertainty is welcome, where the concept of 'past' cannot influence or intrude.

To BE in this uncertain state is to exist in pure potentiality where creation in each Moment occurs through Harmonic Resonance ... a product of the frequency of Love. We relax into the Harmony that extends from Love ... we receive inspirations and have no fear of what may occur if we follow these inspirations ... and we simply go with the flow of them creating as the masters we Are in this state.

## Nothing to Fix

The world - Mother Earth is Perfect as She is. Perhaps the most mis-understood concept the Awakening Heart of the Light Workers in Humanity hold is the attempt to 'fix' the world. An illusion cannot be fixed ... only rearranged and for a 'time' (appear) fixed. The only 'change' required occurs on the inside ... the Awakening to Oneness where the illusion of separation does not exist and therefore needs no fixing. In this Awakened state the Love that is the Essence of Life blossoms effortlessly and the frequency of duality or polarity ... is known no more. From Oneness ... Harmony, in every sense is Normal and manifests as such. The real so called 'work' is inside and the well-meaning but futile thrashing about pointing altruistic fingers at shadows does not bring on the Light.

## The Economics of Balance

Most of humanity is driven by the life-force of money ... that is, the energy of money in its many forms. Its dance partner is sex. This is the yin/yang struggle that has awkwardly swayed together for thousands of years ... the imbalanced union of patriarchal dominance seduced by the lure of passionate release from the gnawing fear it generates. It has been an endless addiction, rising into a suffocating knot of exhilaration only to explode into a ball of flames like the phoenix destined to repeat the experience over and over. These waves of intense passion and explosive release have risen and fallen for eons until eventually they felt like the very essence of life ... natural and obvious.

Those who hold the threads of power have an intimate understanding of these two forces and wield them subtly and delicately so that the unsuspecting masses get no hint of the harnesses that control their lives. Unbridled passion leads to freedom. It is tolerated in the small pockets of artistic and philosophical society but never in the hallowed halls of real power ... or what has served as power.

Viewed through the vision of linear thinking, it feels like this is the way life works ... recorded history claims this has always been the way of things. Seen through the unbounded eye of the heart however, it is known for what it really is ... a tiny cycle in the unfolding fabric of



time and space. However, the heart is not 'of' time and space ... it lives in a timeless realm where everything is Now. This is an outrageous concept to the ego-mind and is casually dismissed as foolishness, the childish ramblings of feminine dreams.

Nevertheless, this feminine influence has been slowly accelerating for over a hundred years and now, in the 21st century is in high gear, racing toward the inevitable breakdown of the fragile structures of patriarchal dominance ... especially its lifeblood – economic power. We see this breakdown everywhere and witness the panic and band aid attempts to stop the haemorrhaging. The deep scars of undisguised fear have become etched on the faces of politicians, businessmen and news people while in the everyday lives of the common folk, social disorder escalates. These are the splitting seams of a worn out social fabric but also evidence of the rising spirit of true freedom.

What has been full must first empty in order that new life can fill the cup of humanity. That Life Force is Love, the balancing of Masculine and Feminine energy dancing in perfect harmony together as One. The dance has been led by the male for so long that release of control is difficult for the average person, both male and female alike. For those in power relinquishing control is intolerable. However, resisting inevitable change always brings with it congestion and shows itself most evidently through the body as heart, stroke and diabetic issues as

well as a variety of cancers as self-loathing rises to the surface of limited ego-based thinking. The precursor to these unavoidable mirrors is depression, which is washing across the planet like a tsunami.

All the while Mother Earth, Who has carried the enormous burden of power misused in a myriad of ways, is now shaking off the scabs of toxic collective thoughts encrusted over thousands of years across the face of Her body. The symptoms of change are everywhere and for those steeped in a sea of ancient habits, confusion and terror hold their hearts in a vice-like grip. Even for those eager and ready for change, the unknown specter of an uncertain future leaves them anxious and fearful.

The heart looks neither to the future nor to the past and therefore fears nothing. It lives in the Moment. Without a past reference, it creates through Harmonic Resonance ... through the feelings of that Moment, like a child at play ... joyfully. Boundless possibilities exist in this play and the unknown is embraced with wonder and excitement. The anxiety of uncertainty is replaced with a relaxed intensity that all is well. Whatever needs there may be, will be provided for when they arise. Until then, creative play expands the heart and Love flows like a mountain stream – clear and fresh.

This is the economy of balance, of thought guided by feelings, returned to the Natural order of the Universe.

It is Source Creator – I AM, Awakened from a long and deep sleep, self-induced to experience It Self fully.



*We express Gratitude  
when we are in Joy*

## The End Of 'ALL' Labels

For over a century the New Energy - New Earth has been birthing, both visibly and etherically. Radio, radar, space travel, television, telephones, air travel, automobiles, computers and the Internet are but a few expressions of the expansion of communication in tangible, everyday ways, which have allowed us to begin to bridge the illusion of separation. On a subtle level metaphysics, self/awareness, guru following, psychology and thousands extensions of 'ways and means' to tap the inner Self and help remove the blocks to the Awareness of Oneness, have flowed through these physical conduits and the more subtle channels that exist within.

Over this brief period of history humanity has shifted from identification with helplessness to empowerment ... both in the physical sense and in the area of thought. Despite the imbalance of that power, the body of humanity no longer believes it is weak in the face of challenge. This new identification was a temporary necessity to draw the ego-mind away from its belief in its ultimate frailty against things greater and stronger. It opened up a god-like belief that anything is possible ... the evidence of this is everywhere.

A trick of the ego-mind is to 'seem to separate itself' from its own accomplishments and 'attack itself' for the side effects power - mis-used - creates. This makes it

appear altruistic and benign, seeking the good of all. As long as we label this one a war monger and that one a peace maker the underlying cause of all suffering - separation - remains intact.

Even in the great rescue efforts of organizations offering a safe haven for venting their issues and partnering with others on the same path, labels proclaim the separation of man from God. 'My name is \_\_\_\_\_ and I AM an alcoholic or a drug addict or a sex addict ...' has been a powerful instrument for facing the 'so called' reality of the moment but has now reached the end of its usefulness for humanity whose soul longs to ReAwaken to the Truth that separation from the God we Are is no longer tolerable.

We have reached the 'tipping point' and nothing less than complete Awareness of Truth is acceptable to the soul. We want to Wake Up ... 'No matter What! The release of 'All labels' leaves us with the simple Truth only - I AM. The ego-mind cannot tamper with this or cajole us with interpretations and opinions.

I AM 'IS' Oneness remembered and is all that is required to place the ego-mind beneath the Divine influence of the Heart. It is the only label that is True and is all that is required to Wake Up.

## **Surrender - Vulnerability and March 9th**

Surrender ... surrender to what?

To what IS! And what 'is' THIS'?

This question is asked by the mind ... never the Heart. The mind, which has been the dominant force in our lives for eons, is full of information and from that data a hierarchy unfolds with separation a natural bi-product. If the mind comes to a time when it seriously considers surrendering as an option, it immediately wants to know to 'what' it is surrendering ... and that whatever it is, it must be somehow 'better' than what it now has ... this causes hesitation and indecision until it has 'something' to cling to as that 'something' possibility. However, as always, what can be defined or pinned down is 'not' reality since reality is not definable. The result must therefore be temporary. Humanity has been through this wash cycle numberless times.

Surrender is so often connected to states of mind that are in some way desperate ... nothing is working out the way the mind 'wants' it to work and the physical experience is full of pain and suffering in some form. This surrender is forced and although often leads to a temporary 'lighter' experience, does not lead to real Peace.

True surrender ... a natural aspect of shifting from the head to the Heart ... leaves us 'open'. This Shifting allows us to slip away from the constant, anxious questioning of the mind to the quiet of vulnerability. On a deep level, beneath the masks or identities the mind has created, the Heart Knows that what it IS that it is surrendering to ... it already IS. There may be clouds of confusion that blind clarity but the Heart naturally submerges what it sees 'out there' beneath the True vision of Inner Sight.

As humanity makes this Shift from the head to the Heart ... 'no longer a choice' ... the clouds are lifting from the world the mind has made. As this occurs chaos 'seems' to increase ... but in Truth, Awareness of what IS is ... and what is illusion, parts the clouds and we experience with greater clarity the Truth we are surrendering to. We seem to be engulfed in an ever increasing maelstrom around the planet, yet as the benevolence of vulnerability gently embraces our Consciousness, we find ourselves increasingly 'in the world but not of it'.

This Shifting from head to Heart has come in waves with greater and greater irresistibility since 1999 and Now we find few people unaware that 'something' definitely is happening everywhere and that the world will never be the same. On February 11th those waves increased in intensity and sped by almost 2000% as Consciousness Shifts every 20 days ... for those who are opening to the Shift from head to Heart and the surrender-vulnerability



that this embodies, this year will be one glorious change after another deepening our Awareness of the Love and Oneness we Are. For those who continue to resist the Shift ... well ...



## What If ... ?

What if the constant musings of your Heart have been right? What if your deepest longings have steered your course all your life to those silent and beautiful songs. What if every twist and turn along the road ... every change in course and seeming misdirection has led you unerringly to the doorstep of your destiny? What if the hope of Love has been more than a dream?

What if this Love has been the author of your story, the composer of your songs, the Life in the unique adventure of your experience ... your only True identity? What if the deep and twisting currents of change Now upon the world and upon your own life are filled with this Life ... this Love? What if all that Now appears to crumble and fall away have been the scales that covered your True vision? What if All you Are in Truth is birthing into your experience ... into your Awareness - always there but hidden until Now?

Could you let go and allow this beautiful Blessing to flow on Its Natural course? Could you release your clenched fist control of your every breath and surrender totally, allowing the benevolent Grace within the Heart of Love you Are to do the heavy work of change. Could you lean back into the quiet of this Divine Moment and with a deep and Peaceful sigh allow yourself the Joy of feeling Free?

What if ... ?



## The Rise of the Feminine

There is a wave washing across the planet. It is still almost invisible to most men and to many women only barely perceptible. It swelled around the frozen clenched fist of patriarchal control gradually over the last hundred years or so, popping up like an unwanted blemish here and there. Then, after the mid-point of the last century 'feminism' became a common term in the western world. 'Breaking through the glass ceiling' soon became another well known statement as women began taking their rightful place in the ivory towers of the business world.

For the man who embraced this wave of feminine energy, a change took place as they surrendered to the long suppressed 'other half' of their Divine Nature. That change brought balance and well-being into their lives in a multitude of ways ranging from healthier bodies and families to a deep and growing passion for living and a gradual shift from mind to feelings. These changes touched relatively few men until 1999 when a surge of feminine energy bathed the planet in its empowering grasp breaking apart stuck and rigid systems long held by masculine linear structures. Intuitive living, spontaneity and transparency began to erode the entrenched concepts long worshiped as 'that's just the way it is'.

Now, as we enter a brief period of unsurpassed change (March 9<sup>th</sup> 2011 to October 28<sup>th</sup> 2011 – the 9<sup>th</sup> and final Wave of the Mayan Calendar) ... many are griped in fear as the status quo dissolves before their eyes replaced by nothing familiar. And what does come can change moments after it appears. The shift into Now living has surrounded the planet and humanity and nothing that history can teach prepares us for the Life we have entered ... and in this we are greatly blessed. The past is a poor example of what can Be and will Be Now, without our consent or with it. Surrender to the embrace of the Divine Feminine is release from a prison of our own making, which allows the loving and receptive nature of Its Heart to balance the powerful thrust of masculine creativity so long used and abused.

## The Fall of Tyranny

In the first phase of the 9th Day between March 9<sup>th</sup> and October 28<sup>th</sup> we witnessed the fall of tyranny at a pace never before encountered in recorded history.

Freedom's call began to rapidly rise above the fear of death for millions as we experienced uprisings that would never have been possible until Now. Nothing can slow the breakthrough that has happened ... begun not long after the Harmonic Convergence in 1987 with the break-up of the Soviet Union ... rippling throughout the world in the expansion of transparency, largely through innovations in instant communication ... Now swelling as the walls of patriarchal bondage crumble.

Every 20 days until the end of October, Consciousness will experience explosive expansion that once took millions of years to unfold. Predicting ... even 24 hours ahead is futile as the Now Moment creation of Harmonic Resonance Creation ... uninfluenced by the past and fuelled by the Divine Feminine energy, manifests the symbols of Balance in increasing waves of Harmony throughout the planet and in the Hearts of every soul.

Heaven sings in Joy as Its frequencies Now settle into Mother Earth and into the lives of all those who are surrendering to Its gentle embrace. For those who continue to resist, the pressure is immense as fear

becomes the predominant moment by moment experience. Yet this too is a blessing, a gift from the soul of each one terrified of change despite the hollowness they may feel ... for it bends the stiffest knee and bows the most rigid mind toward the humble I AM Presence of the Heart.



## Simple Awakening

The separated ego-mind has been the dominant creative presence for several thousand years ... so much so that humanity has accepted it as normal. It is a male oriented force and operating on its own, has brought untold misery to the experience of living on this planet. It is, therefore difficult to imagine that this was part of the Creator's original 'plan'. Nevertheless, God or Source chose to experience It Self completely and this necessitated the loss of Awareness 'of' It Self ... the result was a sense of separation from Its creations, which it created 'out' of It Self since Oneness is always One.

This temporary loss of Awareness has now come to an end and Source is literally 'breathing' It Self 'back' into Its own Awareness ... and 'We' ... are the limitless aspects of It Self that are Now recognizing this remembrance. We are remembering that 'We' Are God.

Over the recent centuries a few souls, pulled by the Divine Discontent within ... the longing to return Home ... threw themselves into the long and arduous task of complicated disciplines designed to distract the mind from it hypnotic linear prison so that the Heart could escape its bonds and fly Free to It Self. A Few genuine Awakened Masters provided the 'formulas' and the disciples embraced them ... this was 'The Way' Home for hundreds of years. Even to this day millions of



LightWorkers still believe great discipline is required to Awaken from the dream of separation into the Heaven of Now ...

But ... this is no longer the case.

At this Moment on our planet the energetic influence of the imbalanced Masculine has been sufficiently softened by the emerging high frequency of the Divine Feminine to allow the Heart to leave its frozen state with only a 'little effort' ... which may be referred to as - 'a willingness to change'. Even the concept of effort soon dissolves as the natural receptive warmth of the Heart opens the Consciousness to the waves of Balance that follow Its release. The Consciousness emerging from the 'feeling' aspect of this Feminine influence recognizes the 'Simplicity' of It's complete Awakening.

It remembers that It need only keep Its attention 'totally' on the Truth that It Is God ... the I AM Presence in individuation. Humanity has Now learned that what it keeps its attention on 'expands' ... this is Simplicity itself ... nothing more than this is required. When the Consciousness is diverted by old disfunctional programs still lingering around experience It need only gently shift Its attention back to 'I AM' ... no great struggle or resistance is required, which expands the unneeded program. Only a just a gentle shift is needed.

The evidence of this constant and simple shift to 'I AM' is soon apparent in the waves of Harmony that float more and more frequently into life experience and the 'feeling' that Love is all around and within each Moment despite physical evidence to the contrary. Nothing more than this is Now needed to Awaken to the God You Are. Try It for a month ... you will never turn back again to the world of separation.

## Simple Awakening - Part II

Awakened!

Awakened 'from' what and 'to' what? This is a fair question and suggests that in some way you are now sleeping. In simple terms, when we Awaken it is 'from' the world of separation ... where everyone and everything 'seems' to be outside us. If 'us' is defined as a physical body with a mind and we are viewing the world through the eyes in that body, then this seems like a reasonable statement. This is the point millions of people around the world, who have lived in this interpretation of reality, have reached ...

... am I just a body with a mind?

These are not the so called LightWorkers who have in most cases, long ago left this concept behind, but the giant emerging wave of people that represent the bulk of humanity that are now questioning 'who and what' they are.

Many of those questioning the so called 'purpose of life' have now been exposed, in some way, to quantum physics through the basic science that everything is a wave of potential until thought is pressed upon it and it becomes a particle ... and particles expanding into the mould of the thought. The body is one of these thoughts. These creations of something out of nothing

are subject to change, and resolution back into the nothingness of the wave at some point in time.

In this simple explanation, the concept of Oneness (since the wave or substance of the Universe is One Infinite wave ... everywhere/every-when – eternal and boundless) has been validated by science and has opened the door for humanity to embrace an answer to their question that is non-religious ... non biased.

The Course in Miracles may be summed up in the Introduction phrase: "Nothing real can be threatened. Nothing unReal exists ... herein lies the Peace of God". This is a counterpart to the Gospel statement: "...lay up your treasures in Heaven..." and suggests that anything, which has a beginning and an ending does not lead to Peace since it can be taken away.

Since all things made up of 'thought particles' has a beginning and an ending they are not 'real' in the sense of Being Eternal. These 'thought particles' may be considered the world humanity lives in and all the experiences it has.

Heaven then, is a frequency of Consciousness which does not allow for 'temporary' things and therefore contains only that which IS Real. The question, which follows and leads to Peace is:

What cannot be threatened?

That which has no beginning or ending is of True Peace ... of Heaven. Unconditioned Joy, Abundance, Love and Freedom are aspects of this frequency and may be recognized as names of God or Source or Prime Creator ... or more simply and unalterably - I AM.

The cultivation of this frequency of Eternal Peace or I AM-ness or Being-ness through 'attention' on It expands It in our Awareness and makes It the predominant aspect of our experience ... or ... Heaven - Now ... while still 'in' the body.

This is the Transformation of Consciousness Now occurring. It allows us to literally live the biblical adage:

"... to live 'in' the world ... not 'of' it.

It means you can 'have' it ALL! You can BE Peace while enjoying the temporary projections of the mind. It means living Abundantly without any 'attachment' to the manifestations of Abundance or expectations of how things should turn out. It means living totally Free ... completely transparent ... devoid of 'all' masks or identities 'because' you are not attached to consequences of any kind.

This IS Truth and IS what the Consciousness of Humanity is Transforming in to. You need only 'allow' this Transformation ... this Grace to do the heavy lifting of

change, which the mind of temporary things believes it must do with great effort... and Awakening is yours Now.



*Let me surrender  
my deepest passion  
to all that flows  
through the lens of Love.  
Whatever shows up  
after that can only  
serve fill my heart.*

## Remnants in Mirrors

When we come closer to the Light of Truth, even the tiniest block to that Light casts long shadows. When this occurs these blocks often 'appear' in the mirrors of our life as enormous obstacles ... this is usually not the case ... but the close proximity of them to our awareness makes them 'feel' that way.

Today, time seems to have collapsed in upon itself like Light in a black hole ... from 'thought to thing' ... from 'intention to manifestation' seems almost instantaneous, and this is Now True. For this reason the obstacles that still hold us captive to a time-bound existence are being stretched like a chain melting in the heat of Truth. We 'must' look at them Now.

What we have avoided with a multitude of distractions throughout our lives, Now have no place to hide from the Light Whose Brilliance shines Now from within - - - out ... we are not only discovering we are 'inside' the Light ... we are recognizing that we 'are' the Light.

This means the things that disturb us ... even to the tiniest of them ... are Now 'in our face' and cannot be ignored. If we run away from one who annoys us we will immediately run just as fast toward another one who annoys us even more. The same obstacle ... hidden within ourselves and appearing outside ourselves in another will appear as if we are living in a house of



mirrors ... which is also True. Not one thing or experience is outside ... ALL is inside ... revealed to us on the screen of our world.

Humanity is Now being shown, in more and more dramatic ways that the world they live in ... lives within them and has been a projected hologram all along ... real, only to the extent that it is believed to be real. For most this revelation will soon come as a welcome relief, for very, very few Know True Peace. When this dream-like reality is finally discovered and accepted, attention will be directed to the only so called 'place' where True Peace can be found - 'within'. Then the obstacles experienced 'outside' will fall like dominoes as they are removed from within by the eraser of vulnerability, which arises spontaneously as we allow ourselves to turn our attention from illusion outside to the Truth within.

## Appearances and Reality

I invite you to step back from personal identification 'with experience' for a Moment and 'witness' experience on the screen of Consciousness only. This is how the soul sees. In this elevated witnessing state there is but one purpose ... the remembering of your individual I AM Presence ... the state of Being-ness where you know you are God playing in the field of dreams.

Everything the soul guides the separated 'you' toward ... the masks you wear in the world of duality or opposites, which defines most people's belief in reality ... 'everything', is oriented to this remembrance.

The greater mass of humanity accepts or agrees upon many beliefs (colored by opinion) that life works in certain ways ... and that is the way it is. This could be likened to a groove in the mind through which thought flows without interference or question ... and in this regard, perpetuates the experience thereby seemingly validating its reality. Occasionally, a fad or a trend will break through these rigid beliefs and the 'pack' mentality, locked in the groove thinking as it is, accepts it as well, albeit temporarily, as reality ... the way things are.

Here and there rebellion pokes its head above the clouds of this mass illusion and asks questions such as,

'why are things this way', ... or, 'why should it be this way', ... or, 'there must be a better way'. These rebellious ones have been reviled and condemned as outcasts or even killed for thousands of years. These ones have broken through the 'herd' instinct and the herd has not and does not tolerate this.

Yet, the soul of the herd is also oriented to the 'wake up call' as much as the soul of those who are questioning, rebelling and taking an independent stand. When this longing for awakening reaches a 'critical mass point' the herd chooses dramatic experiences to shake off the collective hypnosis.

This we see as tragedies ... on an individual basis, life threatening circumstances are often used ... cancer, heart attack, divorce, loss of property and possessions, etc. On a collective basis, earthquakes, tsunamis, volcanic eruptions, hurricanes and the like are used. One of the first influences, after the shock of the event cools a little ... and the fear and anger that follows ... is 'compassion' and this is the 'chink in the armor' or stuck thinking that allows Truth to seep through. It is the beginning of the shift from 'head to Heart' consciousness that leads to True Freedom and the remembrance of your I AM Presence.

This is what we are seeing throughout the world today as mass discontent with the status quo and earth shaking events that leave millions in desperate

conditions ... the 'appearance' is dark, sad and frightening to the mass consciousness of separation ... the Reality is the clarion call to celebration for the soul ... and it's just beginning!



## Two Weddings

All 'is' spiritual since 'all is' Spirit. It is the simple recognition of this that shifts experience to Peace and Freedom.

We do not 'become' spiritual or 'act' spiritual or 'think' spiritual ... we simply recognize we 'are' Spirit. With this simple realization life changes completely and all experience radiates 'from' this Knowing. We do not therefore 'change' the so called world we have been living in ... it simply appears as it really IS.

Most people who have pursued a religious or spiritual path have done so with the idea of improving the quality of the life they are living ... in this way they are 'dancing at two weddings' ... they are attempting to 'fix' what they believe is broken ... or at least make it work better. That experience has been and continues to be a declaration that life is difficult, brutal, competitive, limited, separated, cruel and filled with sorrow and sadness everywhere. If they are fortunate, a little happiness ... transient as it is ... may be mixed in. But in the end, always there is suffering. Living a so called religious or spiritual life will hopefully ... they believe ... increase the happiness a little.

To experience Life as it really is requires only one thing and that is to make this 'one' thing your 'only' thing. In A Course in Miracles Jesus says, 'I have nothing you don't

have ... I just have nothing else.' It is that simple. A focus, which allows for nothing else but Truth. The easiest way to accomplish this is to declare within your every breath ... I AM. This recognition will 'not' at first be accepted by the ruler of your world ... the ego-mind ... but as you give more and more attention to this simple Truth the Life-force you have been giving to un-Truth gradually fades and with it the illusions that dominate your experience fade as well.

Radiating from your I AM Presence IS Truth. You need not try to 'figure out' or 'visualize' what that should look like ... it would be the ego-mind, with all its limitations creating that vision. Simply allow the Beauty of Truth to emanate Naturally from your own I AM Presence and your experience will reveal that Beauty.

This is the Shift that is upon Humanity Now. It is no longer an option ... you may resist it and continue to experience the reflections of limitation and the increased stress that this now engenders or simply 'allow' it to animate your Life through a shift from your head or ego-mind to your Heart or feeling nature.

This will feel fearful at first as all the infrastructures that you defined as your life support and security are released as the fragile imposters they are. But remain steadfast and keep your attention on the Truth ... your I AM Presence, and soon what you once called Miracles will emerge as every Moment events.

## Heart Language

The Heart does not speak through words ... it uses 'Essence' to convey feelings, which flow through It Self as One unbroken Life. This 'Essence' is an aspect of Love like a beam of Light radiating from an Infinite prism ... from within always One ... radiated out, appearing as many. Provided we do not identify with the beam and its seeming individual appearance but stay One with the Oneness of the Light within ... we remain in the Heart ... in the Now Moment.

If we do identify with the ray of Light, separation steps in and we communicate from that illusionary position. Words and the images that they convey and manifest evolved from that separated identification. It was an intention of the One Light within to experience this separation, but that intention has been fulfilled and is Now refocused within, drawing each beam of Light back to the Zero Point of the Light within.

You can tell the difference between separated-head language and Oneness-Heart language by the control emanating from words, images and manifestations and the unspoken Lightness of Being, which radiates effortless Harmonious experience.

The language of separated-head words, images and manifestations is always in a state of tension, effort and struggle ... and this has been heralded as an

achievement to be applauded ... 'no pain - no gain' is one of its banners.

The language of Oneness-Heart always 'Trusts' in the Source or I AM Presence of the inner Light to draw to it all that is in Perfect Harmony with its individual beam of Light or I AM Presence. The beam receives an inspiration or vision from the One Light to create a work of art or music or home or business or service and it receives it with gratitude. It then gives the 'ways and means' ... the 'How of it', back to the Light within and trusts that the vision, including all the bits and pieces the separated-head would struggle to bring into experience, will come to it effortlessly and in Perfect Divine order.

There is obviously an enormous difference in the Lightness of Being in Oneness-Heart and the heaviness of existing in separated-head. This is the huge wave of Light Now upon Consciousness drawing each beam of Light back to Oneness Awareness within. It sweeps across resistance like a tsunami laying waste to all identification to separation. On the surface it can appear highly destructive but it is only an eraser wiping clean the temporary illusion that has defined the Light during Its experience in the field of dreams.





*All our requests are  
given to our Self*

## Tragedy and Transformation

There is no 'they' out there ... or 'Mother Gaia' out there ... or those who are 'blind' out there. Disharmony is not 'from' others or circumstances out there ... but from 'within' ourselves ... out of sync with Truth. Others, and the tragic things we experience are the reflections of 'our' disharmony. We are One in our Awakened state and One in our blinded state. Each is One with our I AM Presence ... our individual Awareness of I AM.

The quantum changes Now occurring in our lives and in the Universe are created 'by' us in the Awakened state 'for' us in the blinded state. All is in Perfect order as the veils 'we created' to hide the Truth of What we Are (in order to fully experience our I AM Self) are Now falling away ... from the Microcosmic to the Macrocosmic.

We are only experiencing ourselves ... everything is a mirror ... Peace does not experience the trauma of tragedy ... it 'witnesses' the Shifts from a Higher Awareness - not better than or superior to ... but One with the blessing of the Shift in Gratitude while extending Compassion to the part of It Self that is still blind.

There is a collective 'mirror' that projects a certain version of reality upon the screen of Consciousness. At this point much of this collective 'agreement' ... agrees upon the concept of tragedy as traumatic and so it

becomes that experience for most people. At the Zero Point of the Now Moment all agreements dissolve and what IS ... is not viewed with opinion or perspective of any kind. It simply IS. This is Intuition - the lens of Divine Vision ... 'not a point of view' ... but 'a point to view from' ... a witnessing point that sees All as it 'Really IS'.

We are Waking up ... each of us ... the so called victims and the so called perpetrators ... each IS us ... and neither is real ... only a projection. We are Now beginning to see the Shifts that are occurring from the Heart as the Divine unfoldment of Awareness that 'we' Are God - One ... and what we see is expanding - as all thought does - into the Golden Age.

## Standing In Your Own Power

There is the **I AM** ... the One ... Source.

Then, there is Its numberless individual expressions .... still One in diversity ... the Individual **I AM Presence**.

And, there is the temporary projection of **an individual self**, which you call 'you'.

I AM - Source uses the individual self to experience It Self temporarily within a projection on the screen of Its Consciousness ... a dream - an illusion. Its Consciousness arises like a wave within this personal self and tastes certain experiences then subsides back into It Self within the individual I AM Presence where Stillness and Peace and Freedom reside.

This can be done Consciously in every moment while still witnessing experience by remembering that You Are this expression of I AM Presence... and, even deeper as Pure I AM.

If you are 'not' witnessing yourself experiencing ... you have temporarily forgotten What you Are and this is where separation takes over ... You and something else - others, experiences, an outside soul, Masters, Angels, time, space ... God.

And with this separation comes suffering.

Standing in your own Power means ... standing 'in' Power ... remembering What you Are and experiencing from that Knowing. There IS no other Power ... your power IS the only Power there is ... every other appearance of power is a projection of the individual self ... still using Power but seeing it as something outside itself and therefore something separated, and if separated - limited ... not to be trusted because the separated self believes it can be lost at any moment.

Standing in your Power means Awareness that you Are Power ... Infinite, Limitless Abundance.

*'You are not that which comes and goes' - Mooji*

*'Nothing Real can be threatened. Nothing unReal exists (it appears then disappears, but is not real).'* - ACIM

Experience 'all' experience but do not cling to it ... detach your Self from all which comes and goes and you will remain standing in your Power.

## The New Earth Guru

The traditional Guru image of the past has done its work. It was the image of an austere, silent wisdom emanating from an ascetic, cloistered in an ashram, leading the sincere seeker to Enlightenment. Many still follow this tradition, placing these holy ones on a pedestal as special and apart from the mass of Humanity. Nothing could be further from the Truth ... nor has it ever been ... yet, the 'exclusive' nature of their image was suitable for the long dark period of ignorance that Humanity is now emerging from.

Guru worship fosters separation and keeps the devotee locked in duality as she seeks to find Freedom from it. The complex techniques prescribed by Gurus always had at their roots the stilling of the mind so that the Peace that we Are in Truth could flow through the void. It was believed that great effort and many lifetimes were needed to find Freedom from the prison of separation and limitation and to step off the wheel of karma - cause and effect. Yet, the very belief in karma perpetuates it as an aspect of time and space ... the effects of dualistic thinking. That was an endless circle that very, very few escaped from.

In the higher frequencies of Light Now bathing the planet, simply placing one's attention on Heart-feelings, which always come from the individual I AM Presence ... allows Peace and Freedom (Awakening or

Enlightenment) to be an ever Present experience. Initially, when the attention slips back into dualistic ego-mind thinking, one only needs to gently shift it back to Heart-feelings and the Now experience returns ... until finally it becomes an ever-Present experience.

This means the Guru can Now be easily and effortlessly found in the mirror and in every passing face in the crowd. The so called flaws are now viewable from the witness position as false identities ... temporary ... nothing more than a cloak worn to mask the Light that dwells within ... whether known to the wearer or not.

The Truth is out ... 'You' Are the Guru ... 'You' Are the Light ... 'You' Are God in disguise ... an individual God Presence - the Great I AM ... Free Now.



## Consciousness Pendulum

Most Light Workers have had Moments of Enlightenment ... also known as satori, samadi, epiphany or AHA. Some of these experiences have been so profound that when they pass, the person is left in a constant mild depression, longing for the return of the bliss-filled Consciousness. This taste of Heaven is orchestrated by the soul or I AM Presence ... a momentary memory of the Heaven of our True Home. It is a tangible outcome of the Divine Discontent that has been with us since we descended into the illusion of separation.

In Truth, everyone has had Moments where they forgot themselves and time stood still. Listening to a beautiful piece of music, while painting or even what some call day-dreaming are Moments when the world of opposites dissolves into the nothingness from which it came.

Today, as the high energy of Consciousness Transformation is bathing the planet and humanity in its disruptive frequencies more and more people are shifting temporarily into the Heaven of Now ... then just as quickly as they entered into the corridors of Peace they slip back into the vibrations of fear, doubt and duality. This is normal.

The mind holds an enormous data bank of history ... of what seemed to happen in life, and all of it is filled with the illusion that we are separated beings, struggling to exist in a dangerous and competitive world. No matter how much knowledge we have gained concerning the unreality of our history, the so called 'facts' again and again claim our attention and we repeat the original 'fall of Consciousness' that imprisoned us eons ago.

The solution is so far beyond simple that the ego-mind dismisses it as childish since the so called 'problem' seems so great. It is just this:

Turn your attention back to Oneness and give no thought to anything else.

The easiest way to do this is to repeat the simple Truth of Oneness, which is: I AM.

The ego-mind cannot touch this statement nor give opinions based on the data bank of historical facts it has at its disposal. As always, what you think about expands and the ripples that radiate from this Truth - I AM - swell into more and more NOW Moments until finally the Now becomes your predominate experience where 'falling' or dropping your frequency into separation becomes as difficult as it once was to raise it into Oneness. This IS the Heaven of Now - the 5th Dimension ... the inheritance of the soul ... here Now and available to All.

And here you will find the Peace, the Freedom and the Love you have longed for.



*I see only Love.*

*In the faces of stress and disillusionment, I  
see only Love.*

*In the homeless, sick and hungry, I see  
only Love.*

*In the hate filled hearts and guilt ridden  
minds, I see only Love.*

*In the depraved and cynical, I see only  
Love.*

*In all the illusions of a world which has  
forgotten Its Source, still  
I see only Love.*

## Collective Change

On April 14th we entered the 2nd Day of the 9th Wave ... see this article for details:

<http://www.facebook.com/notes/john-mcintosh/quantum-leaps-in-consciousness/10150150189726176>

Every 18 days we are now experiencing a 'Shift' in Consciousness that took almost 20 years to accomplish for 'most' of the time 'most' of humanity has been on this planet. This means the field of opportunity to Change the Collective 'dream' that this world now plays out for us is profoundly fertile.

In several highly controlled 'scientific' studies conducted over the last 30 years related to Group Meditation toward Peace, it has been conclusively shown that when a Collective Group of people meditate on Peace the effect on the reduction of conflict is markedly lower in specific areas where conflict is high ... such as worn torn areas.

Are these meditators changing something 'outside' themselves? No ... they are not.

In A Course in Miracles it is said that:

'Nothing Real can be threatened. Nothing unReal exists.  
Herein lies the Peace of God'

This means that 'anything', which has a beginning and an ending ... which means its existence can be threatened ... is NOT Real.

That which 'can' be threatened cannot be 'fixed'. A so called broken world cannot be fixed because all of it has a beginning and an ending and is therefore NOT Real.

This does not mean that we are deluding ourselves by Being here. We are here as sleeping gods - One 'as' God, playing in a dream to experience our Self fully. For much of that experience we have 'fallen' into the belief in separation, having forgotten we ARE God - individuated in numberless I AM Presences.

And ... this was part of our intention.

The quantum leap in Consciousness Shift that is Now occurring every 18 days has opened the door to 'remembering' our Oneness so that our stay here on planet earth will return to one of Joy and Peace, Freedom and Abundance as we Consciously 'play' with each other, knowing we are God experiencing It Self.

Group meditation on Peace is one way in which a collective group of people consciously places their attention on this Truth with the 'temporary' result that

Truth reveals It Self in their world ... in this case the emanation of Peace.

We do not 'change' the world of temporary things to make it better ... we change our Awareness of the 'dream' within our Consciousness to reflect the Truth of What we Are - Peace, Love, Joy, Abundance, Freedom ... and what occurs is other aspects of the One God we Are ... the collective I AM Presences, who are deeply asleep to the Truth ... temporarily remember the Truth and reflect that in their lives as well ... the visible manifestation 'appears' to be a 'result' we call Peace.

But Peace is not recognized as Peace within the Consciousness of God ... the I AM Presence we Are ... since there IS no opposite to It. However, in the consciousness that shifts from sleeping to Awakening ... comparisons ... the fruit of separation ... makes it look like there has been a so called 'Change'.

As more and more of us Shift our Consciousness to Truth within this Golden Opportunity that is Now upon us, the temporary effects upon those who still sleep, will expand until they too recognize that they are sleeping and consciously choose to 'change' their Intention to Awakening.

Each one therefore ... changes their own world ... Now occurring at Light speed as we enter the Golden Age.





## "444"

Today and this weekend is 'full of Power' ...  
Transformative Power.

Today is a 444 day ... April (4) + 22 (4) + 2011 (4), which is the number of Mastery and Empowerment. It is also Earth Day and millions upon millions of people the world over are focused upon our planet, the care of our Mother Earth and the Wholeness or Oneness it represents. It is also Good Friday, symbolically the day of surrender to the I AM Presence or as some know it - the Christ Consciousness. It is also Easter Weekend, the Moment of Awakening to All we Are in Truth - One (as) God .... not (with) God.

And, we are well into the 9th Wave of the Mayan calendar where Consciousness shifts like the Richter Scale every 18 days and today and this weekend holds within its arms a burst of Light, which if you open to it offer you a rocket boost into Truth and the Peace and Freedom you Are ...

see ['Quantum Leaps in Consciousness'](#) for details ...

## **Patriarchy - Fighting Against Itself**

Today, May 2nd, 2011, we enter the 4th - of another 18 day Consciousness Shift in the 9th Wave leading up to October 28th of this year.

... for details, see:

[http://www.facebook.com/note.php?note\\_id=10150150189726176](http://www.facebook.com/note.php?note_id=10150150189726176)

This is a period of 'Reaction' during the 'Germination' phase of the Awakening Consciousness that is emerging in the New Energy - New Earth. It is not a voluntary Shift but one that is influencing everything on Earth and received according to one's level of Awareness.

In the case of the dissolving patriarchal control of the planet, these Divine influences are being aggressively resisted. Most of you are fully aware that whatever is resisted - persists and expands as is anything that we give our attention to ... yet resistance causes it to expand much more rapidly due to the powerful passion behind it.

Yesterday, May 1st, 2011 the EU's severe restriction of herbs and vitamins went into effect. This is a giant symptom and a metaphor of what occurs when the fear of death becomes full blown panic. The imbalanced masculine has existed in full measure in both the traditional medicine of drugs and surgery as much as it

has in the Natural medicine industry ... despite its more gentle and benign appearance and altruistic motive. Despite what may be thought by many, there are huge profits and power in the Natural medicine industry and where these exist in the world as we have known it, misuse and abuse of that power has been present.

This means that the patriarchy has effectively shot itself in the foot in a state of panic that evolves as fear expands. All attempts to hide behind the image of 'order' disappears once this phase is reached ... and it has been. The energy of 'Reaction' ... illustrated by the activity of a seed that has begun to grow underground, both down with roots and up with stem, describes the irreversible influence of the balancing Divine Feminine Now holding a giant mirror up to the imbalanced masculine so that no misalignment can ever be ignored again.

This is being replicated on the level of each human being who is Now being inundated with deeply held fears, ancient wounds and false identities through the mirror of their Moment by Moment experience. We are being invited in the strongest way currently possible to examine these suppressed feelings, refusing to obey our flight or fight responses ... and embrace them, thereby dissolving the illusions that they are. This is True surrender and is no longer an option.

What follows is the gentle flow of Peace into our lives, which becomes reflected in our world ... the only way the world of division and separation can be experienced as the Oneness that It Is in Truth.



*We climb only to  
discover our Self*

## Free Will & Creating Your Own Reality

For many years I travelled the world teaching that we had 'free will' and that we 'create our own reality'. At the time it was very rewarding work in every way.

Now that the New Energy has saturated the planet in Its Transformative Light and drawn 'all' upward toward the remembrance of All we Are in Truth ... I see another face to these two statements.

"A Course in Miracles" states 'that our purpose here is to 'wake up' ... after that it is to Create' (paraphrasing) ... I taught that as well for many years ... without realizing the contradiction to the first two concepts.

The "Course" also states throughout its teachings that what we believe is 'real' is but a dream because anything that can be threatened (has a beginning and an ending) is not real ... the REAL cannot be threatened.

In remembering What I AM ... I realized that the dream has been a Divine Design and could not be altered. We 'do' have free will to make choices 'within the dream' ... to experience different aspects of a Grand Design ... like making choices from a menu that is already set, but ... we do not 'create' our reality (in the un-awakened state) ... we 'chose' our experiences. God - the I AM Presence or Source designed and created the Great Dream to experience It Self completely and allowed It Self to

'forget' It Self during the dream in order to do that 'completely'.

We, as individuated I AM Presences Are God and have done just that ... chosen 'every' item ... the beautiful and the horrible ... from the Infinite menu of experiences ... (consider how easy it is to forgive both ourselves and others with this knowing).

Now, as the end of the dream draws near ... (this could be thought of as the end of time or the end of linear experiences, which circumscribes the false belief that we are separated from one another) ... many of us have made the ultimate choice ... the 'SPECIAL', from the menu, which is to WAKE UP from the dream. If you are reading this, on some level you know that you are one of those that has made this Final choice.

There is an enormous feeling of release when we understand that we were never given (that is We, as God never gave ourselves) the free will to 'mess this up'. We were always swimming within the confining walls of a stream/dream (though we could often not see the banks of it), 'free' to swim upstream, down stream, cross current, in deep dark water or in the shallows ... but never to change the long and winding path of the stream, which led ever onward toward Home - the remembrance of our True Self.

That Moment has come for some and will for many more very soon.





## About The Author



For 30 years I was an entrepreneur, eventually becoming a multi-millionaire with all that comes with reaching the top of what the world calls success. All the while I was deep into spiritual seeking and the Freedom it promised.

I discovered I could not have both ... 'at least not the way I was living my life'.

It took another 11 years to find my True Self and the Freedom, Peace and Love my Heart yearned for.

I have released what once held me bound to time-based existence and I float naked, Free and vulnerable in each moment allowing the moment to sculpt my life. The Unknown calls to me and I welcome It, holding onto to nothing ... holding onto no-thing. Each experience slips through my awareness flowing freely, touching my Heart and expanding my Awareness of All That I AM. Peace IS - Love IS - Joy IS

Open, available, still, listening ... I wait upon the Guidance of Truth that ever flows from the Heart of Peace and Freedom. And blessed beyond the ability of words to frame, my Feminine counterpart - my Twin Flame - Ingerid Chanel Ezhno - appeared in my experience. At first unfamiliar, I knew Her as my Self ... One with the Me that is Real, eternal and ever Present ... never lost, and now remembered.

Together we fly the lofty realms of Eternity while grounded in the dream we have awakened from. There, we are creating EZHNO GROUP as an expression of the Love that dwells within every sleeping soul. SATSANG is our personal gift to those who are ready to burn away that which is not True, allowing the soul to Associate with the Highest Truth - the Self - the God I AM within.

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