



Inspired by our Higher Selves & Higher Realms

Received And Adapted By Phillip Elton Collins

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TABLE OF CONTENTS

| | PAGE |
|--|------|
| PREFACE | 4 |
| INTRODUCTION | 5 |
| CHAPTERS | |
| 1 OUR UNIFIED SOULS AND SPIRITS | 6 |
| 2 TRANSCENDING SELF: THE HUMAN SOUL AND ETERNAL SPIRIT | 10 |
| 3 THE SECOND COMING OF THE SOUL | 13 |
| 4 BEING INTO DOING | 16 |
| 5 TRANSFORMING LIFE | 18 |
| 6 BALANCING THE MASCULINE AND THE FEMININE | 21 |
| 7 HOW WE ARE AND HOW WE CAN CHANGE | 23 |
| 8 SPIRITUALITY, THE NEW RELIGION | 25 |
| 9 HARNESSING HEALTH | 28 |
| 10 OUR EDUCATION NEEDS EDUCATING | 30 |
| 11 JUDGING JUSTICE | 33 |
| 12 MEDIA MEDIUM MATCH MAKER | 36 |
| 13 WHY THE ARTS | 38 |
| 14 GOVERNING GOVERNMENT | 39 |
| 15 DEATH: THE LAST HUMAN HURDLE | 42 |
| ABOUT THE AUTHOR | 44 |

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PREFACE

Humanity is once again reconnecting firmly with the higher realms from whence we came. We are remembering and realizing that we are not alone, have never been alone and that higher forces are at play to assist us in evolving and advancing as a human species. Our destination is our Divinity.

The 'new normal' is for we humans to be multi-dimensional; this allows us to be in this 3D world of emotions, thoughts and physicality and at the same time connect with higher frequency realms that assist in our ascending from where we are now to a higher vibrational existence of love, equality, harmony and balance.

Throughout this endeavor focus on the content of what is being suggested if you have an issue with the source. The wisdom shared here transcends the believing human mind and reveals what is stored within our knowing hearts. In effect, the words in this endeavor come from 'thinking' with our hearts with the assistance of higher realms. This will allow us to create lives and a world of love, peace, equality, harmony and balance. This is our heart's desire.

Since the focus here is transformative content, I shall not focus on the higher realms inspiring this endeavor beyond explaining that the Council of Archangelic Realms (CAR) is composed of the Archangel Gabriel (a major data base of *All There Is*); Archangel Michael (moving us from our believing minds to our knowing hearts); Archangel Raphael (assisting in the full healing of humanity); and Archangel Uriel (a protector of the planet and humanity). The ascended masters are higher realm beings who were once human and are now assisting us in ascending/evolving to a higher state of being through our higher selves. Additional material on these higher beings is available through many other sources.

As we look at our present lives and world and discuss where they could be with the application of higher realm support, two factors and tools prevail; love and healing.

If you so choose, allow this endeavor to serve as a '**template' for living** as we discuss many of the arenas of being human in our world today. Applying higher realms teachings and tools will assist us in "re-founding" America and reflecting those divinely democratic principles further out into our weary world.

We shall discuss exciting possibilities that are quite possible through the foundation of awakening our collective soul, and unified field of oneness consciousness. We shall lift many human stones and look under and beyond them through our emotions, thoughts, relationships, the past, religions, governments, health care systems, the arts, the media, education, corporate America, the economy, justice, the planet/environment, building communities, family, aging and death, politics, activism, and always a good look at what the future could be (our divine destination).

It is essential at this time (if we so choose through our free will and choice) to look deeply and carefully at what is happening in our lives, our nation and world and understand why and how the higher realms are assisting us to advance/ascend and create the lives our hearts so desire. This process will allow not only the survival of our planet and our human species but for us to flourish as Divine Beings...

Onward and Upward, Phillip Elton Collins

INTRODUCTION

As many enlightened and conscious people are teaching, the foundation of all reality and what we create is the result of the relationship we are having with our self (self being a reflection of *All There Is*). If it is a loving, positive relationship we create constructive things, if it is fearful, and non-loving we create destructive things towards self, others and the world. We shall not focus on the wisdoms and tools needed to heal self since they are available in other writings. The focus here is a discussion of the effects of our self-relations and some amazing possible present and futuristic solutions (with a little help from some unseen mighty forces).

Within this endeavor inspired by forces outside the human mind, we are affirming through a positive relationship with self that we can love our nation and planet back into health, ensuring both our survival while honoring the peoples upon her body and healing decades of ignorant, arrogant abuse, which we have forced upon our cosmic home.

Lack of hope and “no one can really change things” will not be an aspect within this sharing. While we intend to be realistic, we are affirming that we are the creator creating all the time and what we can perceive we can achieve!

In spite of all we have achieved in the greatness of America in the past and today, we are more divided and the “united” in The United States of America is being challenged. We feel the painful clearing and cleansing of the old paradigms in our government, politics, corporations, religions, educational and medical systems like never before. We sense and talk amongst ourselves that some big shift is upon us but we are not exactly sure what that is, good or bad?

This material is going to look at the bad and the good and know it is all a ‘learning tool’ through our free will and choice to get us to the best and brightest expression of being human. The nature of the universe and we expressing and being that universe is to innately grow and expand. It cannot be otherwise, even if we often take a few steps back to get forward.

America is a melting pot of the problems and solutions of the world. It was inspired and created by the same higher realms forces that inspired this endeavor so that our brightest expression and light of ourselves can be brought out into this nation and the world: love, equality, harmony and balance for all.

The future is not fixed, it is a moving dimension filled with possibilities and probabilities. We shall discuss many of these and how to bring them into our lives through internal transformation as well as institutional external shifts.

Let us dedicate this endeavor to higher forces constantly leading us back to our Divinity from whence we came and the self-empowerment within each of us that makes this possible and probable.

OUR UNIFIED SOULS AND SPIRITS

Our spiritual eternal foundation has rarely been an essential aspect of our natural sciences but that is changing, as we shall see throughout this endeavor. We are beginning to connect our emotions that create our thoughts that affect our physicality to the eternal part of us called spirit (Our soul is the non-physical part of us while we are living. When we die the soul transmutes to the spirit).

Now that we are realizing that the planet is a conscious living being, we are seeing that our individual souls are active fragments of a planetary spirit that forms the auric field of all Earthly life. In effect, we are all interconnected and affected by one another: the unified field of oneness. All of this has come about through the awaking of humanity's consciousness. Human consciousness is now the pathway, a way to show, acknowledge and explore unseen higher spiritual realms/dimensions. We have learned that there is a boundless, interconnection with our souls, spirits, emotions, thoughts and physical bodies; in fact, they are stored within one another.

Through the ascension process of the planet and humanity upon that body, the time has come for human beings to receive and give the soulful spiritual wisdoms/truths, to set us free from ourselves and know the following "divine proportion" of truth.

* We are becoming conscious of the macro/micro interconnection of everything. Humanity is a reflection of the planet Earth and all creation since everything is created from the same energetic consciousness/substance, love. Through being human, we are not so simply returning and reuniting with this truth/reality: All is one.

* Our souls (while we are physically living) and our eternal spirits (beyond human life) are conscious entities that exist in unrestricted relationship with our emotions, thoughts, physical bodies and beyond...

* Our emotions create our thoughts that create our reality all the time. We are the creator creating exactly what we feel and think.

* There can be no manifestation of life without a conscious intention through the activations of our souls/spirits.

* In order to maintain and sustain physical health there need be a balance of giving and receiving in our unseen energetic (soul/spirit) components with our emotions and thoughts.

The above "Divine Proportions" are essential ingredients within Universal Truths which are emerging forth now during the ascension process of the planet and humanity. If we can now take these Divine Proportions (as a foundation) and apply them into world events we can better create positive solutions for many of our nation and world problems (Balancing the Universal Equation: Problem= Solution):

Each nation on this planet has a soul plan (a purpose to be here) that is being activated. There needs to be a balanced relationship with the nation's soul and that of the planet's soul (the lover-versity)) and the human being learning to love (from whence we came).

Each nation on this planet acts as an extended organ of the planet (not unlike, the air, water, gas/oil, minerals, plants, and animals) needing a balance of giving and receiving. The nations/civilizations/cultures also reflect the original twelve star systems that seeded the planet. Each has a mission to blend into the whole in order to support the evolution of the planet and humanity.

This entire endeavor is about “connecting the cosmic/universal dots” and knowing (not believing or imaging) how things were divinely intended. Just as humanity is intended/destined to unite with the planetary soul, so do the souls of each nation contribute in the maintaining and sustaining of the life force of our planetary soul. It’s all interconnected even when it appears otherwise.

Applying the universal equation Responsibly= Consequence, what we are in the process of mastering is that we need to learn and apply, the universal laws and cosmic truth that governs emotions, thoughts, physical bodies, souls and spirits- consciousness, from the perspective of macro to micro policies that support the highest good of all. For instance, if a nation or person harms another, it is harming itself; what affects one, affects all.

Quite not so simply for most, universal laws need to be incorporated into the practical laws of governing all the peoples (any nation) of the world. Leaders of any nation need be mandated to know they are surrogates of the collective soul of their nation. The leader’s relationship with self is vital in relation to how they affect others. Healing and mastering self is vital in the selection of who gets to govern. Before leading, all leaders need be in a personal process to heal any negative aspects of self that can affect others. Then the decisions the leaders makes can be based upon the positive use of micro to macro energy. Throughout this endeavor, we shall get into many specifics.

The task at hand is for each nation to identify their soul (their purpose in being here) just as each individual is within the personal process of knowing the same. Then the individuated can transmute into the collective, knowing the role within the planetary soul (to learn to love).

It is our destination and destiny to evolve/transcend/ascend into a new paradigm of a Unified Field of Consciousness allowing a “One Planetary” united nations world where a merging/integration of each nation is achieved (the activation of soul plans). This process has been in place since the beginning of this planet’s soul plan. But now with the ascension process of the planet in high gear, we are within the final 2,000-year ascension of this for humanity as well. This endeavor will continue to show the factors that can and will (if we so choose) allow all this to take place.

Since I have chosen to incarnate within the United States of America during this lifetime, I am now asking and receiving answers as to what is the role of my country within the process thus far described. The hint lies within the founding father’s papers (especially the Bill of Rights) and principles, unlike anything that had preceded the creation of any nation on this planet. Right now, a large percentage of the population of my country does not know or understand these founding papers and we are within the process of “Re-founding America,” waking up in order to protect and preserve our precious democracy. Sometimes we have to have a threat of losing something in order to value it. This has been called learning what is through what is not. There appears to be something divinely inspired to support

the planet and humanity beyond the nation itself.

Most of nations of this world have been created out of duality, separation and conflict (reflecting the self-relations of their leaders). The ones more powerful through war, killing and conquering have been the victors who decide the fate of the people and geography itself. Embedded deep within the nation's soul DNA is the trauma and drama of these events, which is transmitted for eons from one generation to the next.

This type of national DNA transmission was vital in the creation of The United States of America. A revolution inspired by divine higher realms, fought by a relatively small ragtag team of rebels determined the birth of a nation founded like no other that had ever existed on this planet. What is happening now with the ascension process of the planet and humanity is that the soul plan of the creation of that divinely inspired nation is being re-founded by learning what is through what is not. This will insure the preservation and protection of something called democracy for we the people, by the people, for the people.

Let us look deeper into the unseen cause and effect elements that fuel the divine energy that transmits through the American-spirit that intends love, equality, harmony and balance, allowing freedom and liberty for all.

The United States of America is the only nation on this blue-green ball that was divinely inspired and founded on the divine birthrights of the human spirit, reflecting the rights of life itself. Our Constitution, especially the Bill of Rights form the soul plan foundation with each amendment evolving from the individual to the collective promising freedom of religion, speech, press and the right to assemble and express grievances. The existence of this nation was founded upon the freedom of collective soul through the individual.

This was the first time in human history where the unseen human soul and spirit transmuted the physical human body and the supposed rights of a government to control that body. The universal truth is that a human soul has the divine right to believe whatever their soul needs to express, using whatever emotions and thoughts necessary through their hearts and minds. In the past, all such freedoms were feared and repressed. But once the human eternal soul and spirit had its divine rights imprinted into the American documents, the intention of such rights were sealed within governmental documents awaiting their full birth and rebirth at this time.

The soul plan activations of billions of people lies within the divine destination of this nation reflected out into the world. It is time to re-found America by knowing the spiritual foundation of this nation is an archetypal soul plan reflecting the love from whence we came.

If we awaken to the cosmic truth that all things are integrated and interconnected through something called the oneness principle let us see ourselves as one soul, one planet, one people, one divine essence with individuated expressions leading always back to the united whole.

Based upon the truth of oneness, our need is to employ tenets of goodness and integrity for those souls

we choose as our leaders, knowing our leaders reflect the souls they govern. Now we the electorate must embody codes of truth to support the highest good of all, for ultimately it is our human souls that elect our leaders, not just our votes. If we intend to live consciously, we cannot separate ourselves from those who attempt to lead us in government, religion, and corporations. For we the people are aspects of all these, body, soul and spirit.

TRANSCENDING SELF: THE HUMAN SOUL & ETERNAL SPIRIT

We have entered the “Epoch of Soul & Spirit,” allowing us to transcend “Me Consciousness” into “We Consciousness.” This is happening as a result of the ascension process of the planet, ascending from a carbon based reality to a higher frequency crystalline reality. Thus, it is also affecting humans living upon the surface of the planet. The unseen portions of us, our life-time souls transmuting into our eternal spirits are also being activated, for this is the ascension of Earth and humanity. The timeline on this began in 2012 and is destined to be a 2,000-year cycle.

Our past few hundred years were consumed with the individual, as we deepened physical understanding, perfected survival skills and strengthened ego defenses and the ability to manipulate others. As we got good at this, we systematically eliminated the human soul (this life) and spirit (our eternity beyond this life) from our lives, especially in the workplace.

A grand awakening is upon us as those who achieved great wealth and fame maintained a feeling of emptiness, a lack of purpose and even sadness. They inwardly knew there had to be more to life than teachers and religious leaders told them. This post industrial revolution spiritual awakening was causing us to ask, “Who am I?” and “Why am I here?” This new spiritual epoch is redefining and refining what we know about ourselves, one another, our leadership and the world.

As the old paradigm leaders attempt to dismiss the truth of our souls and spirits in our lives, our resonance and discernment are alerted to a new paradigm reality, to embrace our souls and spirits as equal aspects of the human experience (knowing we are spiritual beings having a human experience). This is the single most significant factor in our lives within recorded human history, transforming every aspect of humanity. Let us look at twelve developments that represent the twelve star systems that originally began this world:

- * Higher realms are assisting humanity within its advancement/ascension into a higher frequency/dimension of existence. We are not alone, never have been, never will be.
- * The reality of the existence of our souls and spirits will more increasingly gain an equal voice in all measures of how we live. Being the world’s leading nation has meant being the world’s leading economy. America will continue to lead and inspire success, but the new ingredients of soul and spirit will change everything.
- * We are learning to inspire rather than motivate ourselves and others. Motivation is backed by “Me consciousness” while inspiration is a relationship with souls (inspire; meaning spirit, to breathe, to give life). The old paradigm leader motivates (based on greed); the new paradigm leader inspires.
- * Change is all there is so we are in a constant state of needing to learn. It is our divine right to learn, which a defense against ignorance. Life is a lifelong learning process and it feeds our soul to learn what we need to connect with in the world and beyond. We are here to grow and expand and without it, the soul aches.

* Sacred workspaces are being created to inspire the human soul. Creating work places (that we love and respect) factoring in the human soul will transform offices, factories, and distribution outlets. This will transform human performance, further integrate human lives, and allow the creative expression of everyone.

* Each human being has a purpose/reason to be here (soul plan). Everyone desires the activation of that purpose. The new paradigm leader's responsibility will be to assist the individual in matching their reason to be here with a function. All humans desire to find joy in their work, to have a relationship between their soul and work, and not just have a job. When our work engages and nourishes our soul, we are truly alive, and more productive.

* What humanity is intending (as a birthright) is a comprehensive integration of work and life. Humanity intends to transition from a balance of life and work to a complete integration of the two. The new paradigm leader recognizes and applies this. We are entering the epoch of total integration of all aspects of life.

* People are intending to work for a cause(s) that inspires their soul, not just a corporate mission statement or marketing plan with financial rewards. Individuals intend to have the freedom to carry out their responsibilities, take ownership for what they achieve, earning fair financial rewards. A cause seduces the soul.

* Through the ascension process of the planet and humanity, humans are evolving into a new conscious approach to life rooted in (true) values. We have seen the abuse of the word 'values' with political, religious, and business leaders! It is time for a higher realm renaissance for the life we say we want. Let us create the change we intend. Values mandate strategy, not vice versa. Through true values (love, equality, harmony and balance), the greatest positive change awaits us.

* To compete means someone or something is better than another and there is a loss for one. The word 'compete' actually means "to create together". Our world is filled with competition and it has negatively affected our relationship with our self and others and created much imbalance in our world. Competition not only creates low self-esteem, it creates emotional, mental and physical stress weakening the human immune system, and poisons organizations. The irony is that competition is a counterproductive way to build teams since it focuses negative energy of 'beating' the opponent instead of creating positive energy benefiting both sides. Competition comes from the densest, most unhealed energy within the human condition rather than from the love force within the human heart. Honoring our interdependence as a human species will create greater results than competition ever did, so let us now apply the actual definition of the word compete and create something wonderful together.

* As we advance as a human species higher realms keep sending new wonderful technologies to us to assist in our divine journey into a higher frequency of consciousness. When used positively, as intended, technology becomes the connecting vehicle of our souls through human consciousness, allowing us to engage differently than ever before. One of the most self-

empowering tools gifted to humanity has been the Internet, a way to free humanity from the three dimensional world, and integrate our lives. We have now entered the epoch of 'Universal Consciousness' creating an unified field of Oneness. At long last, technology is allowing the mission of the planet to come into fruition: connecting the souls of humanity into the 'Divine One.'

* It has become quite obvious that the leadership in our nation and world needs to change. What we currently have does not meet the needs of the people nor represent the highest good of humanity. Conscious leaders are aware that we now live in a global world of organizations that are interdependent upon one another. This has become the most powerful force on the planet with more than half the world's economies being corporations, not nations. The choices and influences of these companies can be negative or positive. Their future success will not be solely measured by monetary success but by their effectively being protectors and god-fathers of the human soul and spirit. Our feelings create our thoughts and actions, future corporate leaders will need to understand the feelings of others and to lead from their knowing hearts. The old paradigm of fear and competition is ending, replaced by love and truth, meaning, value and purpose, joyful fulfillment; all qualities that feed the soul and spirit, as well as the monetary purse.

As 'Me consciousness' continues to morph into 'We consciousness', remember the soul and spirit of humanity will have equal balance in all human endeavors through love.

THE SECOND COMING OF THE SOUL

Humanity is finally waking up and knowing that the unseen portions of us are the most essential aspects in our being human. The soul, which this discourse will focus upon, is the energetic, etheric part of us that guides us while physically alive. When we physically die, the soul transmutes into our eternal spirit, which can never die. The terms soul and spirit are often linguistically used interchangeably. Humanity gives names and languages to higher dimensions in an attempt to better identify and understand them. Languages in no way completely express the eternity and unlimited expansion of higher realms. Let us surrender to not being ready to receive everything now and allow all possibilities to come forward when we are ready. What matters is that there is an unseen portion to us that does matter a great deal.

Our natural sciences often ask us to prove that the soul exists. To do this we would have to prove that at our central core is energy, a soul, a spirit, that always existed since it is an aspect of eternity that always was and can never die. The proving comes in what we are calling “The Second Coming of the Soul.” The “First Coming” of the soul is in its first appearance in human consciousness through religion and spiritual practices. Now during the activation of the ascension process of the planet and humanity, comes the second birth of the soul whose existence is proven through a marriage of spirit and science, quantum physics.

To deny the existence of the unseen portions of us is to deny the divinity of all human life (from whence we came). Our energetic, etheric aspects are our eternal connection to our divinity. Now at this unprecedented time in human history for those who need the proof it has come...

Quantum physics is the leap and connection between spirit and humanity we have been waiting for, and the proof many have known for eons. This metaphysical science has allowed the spiritual reality to evolve from being believed to known. We are now transcending time and space into the higher frequency, unseen dimensions where our divine souls reside. The language of religious dogma is left behind and words like God, Christ, salvation, hell and soul run parallel to atom, quark, neutrino, wormhole, and black hole. While most people may not understand the quantum terms, all their resonance/revelation needs to know is that these terms are our soul’s home turf. This science gifted from the higher realms, is an explanation of how creation works, combining human and universal reality. Religion has not been able to accomplish this because its intention was control, not freedom of the soul. During this ascension epoch, our souls are insisting upon the truth; so that the truth can set us free from any human control, to free us from our unhealed selves.

As explained earlier, the soul is that part of our consciousness that exists beyond emotions, thoughts and the physical body. The illusion of space and time allows a way to partially view our soul. Cause and effect is the way the soul “acts-out” to let us know it exists. Since quantum physics is the vehicle gifted from higher realms for us to be able “to see” our souls, it is not surprising that the unseen world of subatomic particles and the unseen world of spirit have much in common since they are aspects of the same thing: the true us. See if these five explanations help:

* Quantum is another way to explain consciousness since they both don’t need time or space and they can both occur in two places at the same time. The same way messages come in from

higher realms.

- * Another way consciousness and quantum work the same way is that aspects of each can communicate with each, with energetic exchange, when they are vastly separated from one another.
- * Both quantum and consciousness can move from one location to another without traveling through time and space. Our spirit does this all the time.
- * As in consciousness and quantum reality, you can know both the location and movement of something simultaneously outside of time and space.
- * Recognizing that all things come from the unknown, the void, both consciousness and quantum reality exist in the unknown before they are known. In effect, both are living all along in our timeless, spaceless souls.

Don't worry, if some or all of the above five principles make any mental sense, your heart already knows it all. All will be revealed in divine order when you are ready. For those who comprehend, there are formulas and equations galore to prove mathematically that all now presented is true. For the moment, know our souls are multi- dimensional and beyond space and time. Your soul animates emotions, thoughts and your physical body, and assists in creating our reality.

In quantum physics, five parallels describe our soul. Let's see if these assist in further unraveling the mystery:

- * Our soul assists all possibilities and probabilities to manifest into reality through emotions creating our thoughts creating our actions.
- * By setting aside what we think is reality, and surrendering to not knowing, Divine Order will manifest.
- * Our soul is cosmic and lives within universal laws; it is multi-dimensional and without any one location.
- * Out of No-Thing our soul creates.
- * Our soul is connected to us without any appearances to make it so.

The virtual reality worlds that we are creating in our games and shows reflect the true nature of our soul, creating reality beyond time and space into our physical space.

Since we are the Creator creating all the time, we are a reflection of the consciousness within the universe; we are both 'relative' and 'absolute' at the same time. The relative is our emotions, thoughts, words and actions. The absolute is the possibility and probability to be and do what we intend.

As we advance in our consciousness as a human species, more of us are waking up and alternating between space, time, and the virtual realms. This is especially true of the youth coming into the world at

this time; better equipped to assist in the ascension of the planet and humanity.

The most challenging aspects of all this for our mental body is that we create from what appears as nothing. But this is how creation works, for that nothing is filled with energy that becomes consciousness that becomes intention whether in the form of a human being or a planet. Our soul is the vehicle that turns one form of reality into another. The purpose of humanity is to create the reality of our emotions, thoughts and actions through free will and choice; mastering what we need to learn, the way we need to learn in order to evolve/ascend beyond our self (self being a reflection of *All There Is*).

The universe would be incomplete without each of us or we would not be here. We have been doing the incarnational cycle dance for a long time with our cosmic- self, returning each time to experience our human self. Quantum wisdom is now explaining it all to and with us in a new gifted light. It is now our souls awakening emotions and minds and serving as a way-shower to our divine destination; our divinity.

Once we evolve/escape from much of our religious dogma (that was controlling), we shall know that being in direct contact with our souls is the only way to go, be and do...then we can better build communities of love, peace, equality, harmony and balance (reflecting the reality from which the soul came). Here are four further ways to help:

- * Love is the building block of all reality. Let us make it a priority in all we intend. Simply ask, "What would love be and do now?"
- * Stay in touch with our souls through disciplined spiritual practices that we resonate with, meditation, prayer.
- * Master knowing our soul, and then we know all. Our souls are our only true reality.
- * Transmute beingness into our doingness by being our message/teaching the best we can. This is being and doing from a soul perspective. The best way to connect with our soul is through our heart. Let us learn to think with our hearts.

Quantum physics is fueling the second coming of our souls by teaching us there is an unseen, often unknown realm that is our true home and source; a consciousness filled with love and intelligence capable of creating the universe and us (for ever and ever and ever)...

Being Into Doing

From a state of being (consciousness/awareness) let us manifest our doing. Most of our lives is the reverse of this; we do and attempt to connect with the being aspect of ourselves that created the doing. Once we begin with our knowing being, we can better direct our doing that serves our highest good and that of others. The goal is 'to be the message' (through our talents and gifts) that we are bringing out into the world.

An universal equation: Responsibility= Consequence will assist us greatly in allowing 'being' to be the foundation of our 'doing.' When we take responsibility for being citizens of this planet and nation, we create the lives and world of which our hearts yearn. When we are not responsible, a consequence not to our liking appears. This is how we learn and next time can make another choice through our free will.

Let us now review six "be-lines" that can shift inaction to action, assisting in creating the lives and world we say we want:

- * We all have a 'soul plan,' a reason and purpose in being here. We are in the process of waking up and discovering exactly what that is. Readiness is a preparation for commitment to our soul plan. Through a 'personal process,' a readiness, through a deep examination of the self, we can become fully become conscious of our talents and gifts and how to bring them out into our purpose. Once our readiness is complete, it is time to fully commit to our purpose. Here is a hint; we are all here to be in service to one another.
- * Our internal gyro system is our resonance (how we feel) and our discernment (how we think) about something or someone. Put these two together and we will be able to know exactly what, where, how and when we need to be (no matter what others are saying). If nothing comes up right away, surrender to not knowing and allow all the possibilities and probabilities of creation to come forth.
- * Be patient and do not allow the mental body, mind, to sabotage the next step, to connect with our knowing heart, think with our heart and allow our soul plan to thrive. Right now, we are exactly where we need to be, even if that is not knowing right now.
- * Knowing that every problem has a solution (Problem= Solution), connect with how we feel about what we intend, realizing that emotions create thoughts that create words that create our action. We will discover 'a problem' that we are joyfully and passionately intending to solve.
- * We are spiritual warriors whether we know it or not right now. We are a spiritual being that chose to be human, no easy task. This world would be incomplete without each of us or we would not be here. Once we accept this universal truth, if we so choose, through self- love, we can dare to bring our greatness out into the world, perhaps being and doing something we never saw ourselves as. When we be and do this we are ascending beyond any perceived lack and limitations.
- * Realize that like-minded, like-spirited people in communities of love, equality, harmony and balance, can join together in a stronger collective empowerment, even though we may kick-start our effort alone. We are all evolving from 'Me consciousness' to 'We consciousness' to create the lives and world we say we need.

We are all waking up from a deep sleep and beginning to accept and apply that we are the creator creating our lives and world all the time. If we intend to make a contribution/change in our life and the world, through service, who could be better to begin the process? Life is not a spectator sport. Are we ready to fully engage?

TRANSFORMING LIFE

Change is all there is. Our survival depends upon accepting change. When we stop accepting change, we ultimately die. Out of chaos comes creation. We are constantly within transitions that can lead to transformation. But transitions, which can be inspiring, do not always lead to transformation. So what do all these familiar words and phrases mean in our nation and world today?

As a result of the ascension process of the planet at this time, transforming from a dense carbon based existence to a higher frequency crystalline reality, transitions into transformation are accelerated, and through the free will and choices of humanity, our collective ascension can be guaranteed. Remember the planet is experiencing its final 2,000-year cycle that began in 2012. So what are some of these immediate changes and what do they mean?

As a result of these unique and rather crucial times our nation and world is experiencing a complete transformation of just about everything. This includes the relationship with our physical and spiritual self and how that affects our relationship with the universe, God, socioeconomic systems, governmental/political traditions, educational and healthcare institutions, etc.

With the ascension timeline set in place there is no way any of these events can be stopped. They are all in process. Our relationship between the universe and advanced technology are also fueling the shift. Knowing universal laws are assisting how we reflect upon life. The human and conceptual constructs of our culture/society and technology is how we apply knowledge into wisdom. These two variables, universal knowing and technology have intersected and are divinely merging as aspects of one another. This merger has given birth to a new state of consciousness that is growing and expanding beyond human comprehension supported by our planetary and human ascension processes into a higher frequency of existence (our destiny and divine destination).

We are now learning to live in the present-moment of now (now being all there is), breaking the illusion of the past and future (which always were and will soon be in our present awareness). Our gift from higher realms, the Internet, is already teaching us what immediate connection and communication means; instant gratification, instant awareness, instant responses. Everything seems to be integrating into the faster world of immediate-instant. Living in the present, has also brought us immediate transparency, not always with authenticity; transparent personal lives, social and political dialogue, business transactions, etc. Time has been condensed into the present now moment.

Where all this is leading is the same as in advanced civilizations beyond where we are now: it is our destiny that everyone will instantly know everything. Untruths will be automatically revealed. There are presently many untruths and hidden agendas in the world that will not be possible in the “new now.” Any information, globally and beyond, will be immediately available.

This interconnection will unite us as a human species as nothing has ever done in the history of the world. This was the divine intention of higher realms who gifted humanity with this technology to free us from ourselves. Of course, being human, there are some present abuses of this technology that too will sort its self out when humanity has had enough of learning ‘what is’ through ‘what is not.’

This united connection will create a cause and effect increasing our 'common- consciousnesses and experiences in being human that will create an unified field of positive, loving energy accessing and involving billions. No longer will tyrants be able to control and kill others without being exposed. This is happening to a certain degree now. The difference later is that there will be immediate reaction to repression of people by bringing instant social, legal, political, and economic consequences not to the liking of the tyrant. By being deeply connected, the people of the world will insist upon immediate action (boycotts, stop money flow, etc.) without waiting for politicized, delayed action.

With recent actions of other nations interfering with the democratic process in America and elsewhere, (and having candidates and Congress who go along with it and corporate and private money controlling elections), within refined governments there will be a new structure to the electoral process: through secured electronic (WE THE PEOPLE, FOR THE PEOPLE, BY THE PEOPLE) 'plebiscite elections' (popular vote). Important decisions will be made within moments, not months.

It is the ascension process of the planet, which is causing a spiritual awakening/evolution for humanity. All of this immediate, connected (true) information is creating a unified field of Oneness Consciousness. This is powering the many movements (led by women) throughout the nation and world for equality. For the first time this will be a true unity since we shall all have the same knowledge at the same time and can apply it into wisdom-of-actions.

It was space and time that separated us in the past creating duality and confrontation be it: spiritual, governmental, gender/sexual, cultural, or economical. Distance and time prevented people from being connected. This also gave those who wanted to control others (you ultimately cannot control what you did not create) the tool of ignorance. Now eliminating historical separation of time and distance, and being connected in seconds, we reduce or eliminate our duality and further see our common Oneness, allowing our collective consciousness to be the divine foundation within a global spiritual awakening.

While diversified expressions of our spiritual beingness may continue, through our free will and choice, we can decide not to allow our differences to divide us but to celebrate them, not consume them.

Our united collectively shared experiences will produce new paradigms in all aspects of being human. In The United States of America, this will produce empowering and collective political action. You already see the ground swell now. As political and moral matters reach Constitutional and critical mass in America, awareness is peaking. Ignorance has been the blockade to consciousness, and apathy its enemy. Both these will be impossible as more and more people become engaged in the process and structure of maintaining and sustaining a democracy. As we embrace newness and openness, more and more people will realize being a democracy is not a spectator sport. It requires the collective participation of us all or it will die.

The time span between forming an idea and the possibility and probability of changing it are being greatly reduced. The increased speed of life has welcomed us to the "now, present, moment." Living in the moment is challenging at every level of life. Decision time is at a minimum. We need to take more responsibility in creating our own realities (Responsibility= Consequence), for we are the ones creating, and focus less on what is right or true for another. This is where our resonance (how we feel) and our

discernment (how we think) becomes our internal gyro system to support us. But we need to learn to access and trust this system through a healed loving relationship with self.

The major game-changer is the reality that higher dimensions are here assisting us in our ascension/evolutionary process. It has always been this way. Humanity has never been alone in its journey back to its divinity. When the majority of humanity accepts this truth, the process of being human will become easier. This will also change our concepts of life and being human. Factor in the possibility of connecting with advanced civilizations inside the planet and beyond it and you can see a massive spiritual renaissance unfolding. Then there will be new answers to who we are and why we are here.

As mentioned earlier, this profound spiritual epoch will affect every aspect of humanity. Social order, governments, politics, energy, economics will all shift. All of these are discussed in detail within this endeavor within multiple other discourses. It's already clear our global interdependence is vital. A world where killing one another as a way to resolve disputes will no longer be acceptable; a world where there is plenty for all will not accept people dying of hunger. The most precious commodities in a new world paradigm are kindness, compassion and sharing resources. Stopping the insane competition throughout our world and redefining and refining what we call success and how we live will create communities of love, equality, harmony and balance.

In the new world paradigm, the highest honor will go to those who provide the highest level of service to humanity. This is a reflection of all advanced civilizations. Through a unified identity, we shall end divisiveness that has been our cultural norm for millennia, right up to the present moment.

All of creation (all life including the human species) is a reflection/manifestation of a consciousness (energy) that cannot be superior to itself. Our mistaken belief that there is someone else who we can feel superior is dying by our awakening from a long, deep sleep, and realizing there is no one and nothing else out there but diversified expressions of each of us. Higher realms are assisting us by giving us tools to heal the inner wounded child and the ego defenses he/she creates around the wounds to think they are superior.

The organ that we shall use to effect long-term changes, through our healing, are our hearts. Stored within our hearts DNA is all the wisdom (applied knowledge) we need from past and present lives. We are learning to access that wisdom by 'thinking' with our hearts as we allow our minds to move back into service to the heart.

It is time for us to create the lives and world of which our hearts yearn. It is time to put into practical practice/action new paradigms in government/politics, religion, medicine, economics, and education. This is being manifested worldwide through a new kind of spirituality where no one's way to truth is the only, better way, but simply just their way; for we are not so simply each other in disguise. And remember, we chose it to be this way, for us to permanently learn what we need to learn and never forget again that we are the Creator creating all the time. Once we achieve Self-Mastery, self being a reflection of *All There Is*, and ascend into a higher state of being, it will be time to fasten our seat belts, then our expanded service to the universe begins...

BALANCING THE MASCULINE AND THE FEMININE

The masculine and feminine energies on this planet allow us to fully experience being human. These energies are more than our gender or sexuality. They are assertive and receptive energies that allow our world to be in or out of balance. Balance is how creation maintains and sustains itself. Without balancing masculine and feminine energies, we cannot and will not evolve as a human species. This task is upon us now during the ascension process of the planet herself. Humanity has struggled with the imbalance of these vital forces for eons. Perhaps it is time to stop the struggle, embrace the balance, and arrive at our destination and destiny of knowing we are all aspects of the oneness.

Domination and attempting control of another in any form separates us and divides and prevents collective constructive actions. The mythology of masculine domination over the feminine has been the root of bias, prejudice and hatred on this planet for eons. If we can heal this divide, it will assist in radiating outward and the healing of racial, religious, and sexual orientation duality in our world. Let us remember we are each other in disguise. The irony in all this is that we are actually male and female at the same time. When you are physically male, your etheric body is feminine. When you are physically female, your etheric body is male. We can now surgically transition each physical gender into the other. If we could remember that we often transfer genders between lifetimes we just might treat each other differently.

The other piece in the gender bias puzzle is: how can we think less of the gender from whence we all came into physical form? Is it fear of the creative energy held within the feminine that which men have feared? Is goddess energy what the male god has had to keep at bay? Is not all this bias some form of self-sabotage since we cannot survive without one another?

Ultimately, it is the destiny of men and women to equally and in balance live and work together to restore our eternal balanced state of beingness, rooted in need and love to embrace our human survival and well-being. This path/journey lies before us now and we reach it by knowing we are divine aspects of one another needed to create a world of love, peace, equality, harmony and balance. Our gender and sexuality are founded in love and interconnection which can create joy and a sense of belonging to self, one another and as citizens of planet earth. This can heal the fear of being alone and abandoned.

It is time to omit the myth of our gender origin story from the reality of who we are and why we are here. Deep within our subconscious, we need to release the thought that women are the enemies who cast men out of paradise. If women continue to seek reversing this origin (metaphor) story by resistance (what we resist persists) and having male against female, we shall passively shift the contact dynamics. Let us change the origin story to one that men and women enter paradise in mutuality, realizing that biology creates distinction and that these distinctions serve to unite us with divine spirit embodied in physical form.

“Viva la difference,” lets us know that within those differences (the world of unknowing and wonder), there is great joy and pleasure. Within the unknowing is often where creation lives, far beyond the human mind. The balance of masculine and feminine lies in understanding that interdependence connects, which is the key to life that opens the door to allow the heart to make love. When male and

female see our purpose for being here as giving and receiving love in balance, we no longer accept the notion that we are at war. Then war is replaced with a state of wonder about gender and our selves. Once in wonderment and knowing, we are open to communicate and learn from one another.

As men get older (near death) they become more feminine (returning to their true dual nature) and women become more masculine later in life. The fixed gender misbeliefs begin to evaporate and we know those old beliefs are not who we truly are. The old patriarchal thinking of what is masculine sometimes needs the reality of death to shift. Expressing the need for connection is not a sign of weakness and expressing deep emotional feelings does not make you less of a man (in fact it makes you more of one). At this juncture, many men let go of their fear of the female for the first time.

Now that we are beginning to understand the purpose of these masculine and feminine energies, let us embrace the balancing of the two. At present, this is often being led by the women of the world inviting us all to end sexist exploitation, inequality and oppression. This is done by not making men the enemy but knowing everyone has to change for balance to move into full-scale practice.

Our incarnational cycles on this Earth are brief. Let us celebrate our diversity, expressing love and joy, in the choices we made in being here in human life. And in choosing life, we have chosen love, the building block of all creation. Children are coming into this world fully equipped with the wisdom of knowing boys and girls will interact and love in balanced and joyful relationships. Being human there will be differences and conflicts to be sorted out in constructive, not destructive, ways.

Our diversity in being human is more complex than we ever knew. There are actually five human genders but that's a teaching unto itself; for the moment we shall focus on the basic two. The pathways to love and emoted feelings are also vast. Let us embrace all expressions erotic/sexual behavior be they heterosexual, bi sexual or homosexual. As we tame the desire to dominate into the desire to connect, we shall further embrace our gender diversity. The divine gender ideal is always rooted in balance no matter its expression.

This planet has been called the "Lover-versity" of creation. We came from love, we are lovable and we are loved by the forces that created us. Now let us love one another no matter what. The mission of this planet is to learn to love. In the future, schools of love will be created and our children will be schooled in the art of love and see the blessing in love's diversity.

HOW WE ARE AND HOW WE CAN CHANGE

Humanity is hot-wired to think of one's self first, often family second, and community or tribe third. It's changing with increased communication and transportation but most think of the rest of the planet as a remote fourth. Much of humanity is programmed to think and plan into the future one or two generations at most. This offers a rather limited view of micro/macro reality or how best to plan for the present or future. It is time for expansion...

Not since Lemuria and Atlantis have humans been able to manipulate the biosphere outside and the human gene within the body. And as with the ancient advanced civilizations of the past, these abilities can have negative effects for many generations to come. Learning to love future generations (as a result of a healed relationship with self) is vital at this time.

Approaching our second decade in the year 2000, some seven billion people aspire to the standard of living set forth within the higher realm's inspired founding papers of the United States of America. By the year 2050 that is projected to be 9.7 billion humans on earth. At present, humanity has reached a critical mass in material consumption affecting the climate and every life form on the planet by polluting the air, water, and soil. Humans dump and ingest multiple chemicals into the air, water and all bodies (including their own) without knowing the full short or long-term effects.

Learning to care about and have compassion for future generations will not be easy. The foundation will come from learning to love ones self and one another, while reversing an evolutionary pattern dating back thousands of years. It will require an unprecedented refocusing of sciences, technology and most important ethical and cultural standards. The needed paradigm shift in economics and politics requires a spiritual transformation on a human scale unmatched in the present or past. Rarely has one generation, as now, been given such a great opportunity/gift to change the present and effect the survival of the future.

Earth's spiritual/consciousness transformation in process at present will allow transforming the foundation of the nation and world. The largest paradigm shift will be away from fossil fuels consumption and present military spending as people realize and apply that war does not work (with the capacity to destroy the entire world). This near destruction of the planet has occurred before and is engrained within humanity's spiritual DNA. New research and investments will go into creating a hydrogen age and an electro-magnetic photon and crystalline age. Learning how to withdraw energy from these three sources will shift economic and political systems/structure and put less wear and tear on Mother Earth ensuring survival as a human species.

Uniting humanity over the long term rather than dividing it over short-term resources will reduce/eliminate the duality/separation and confrontation the world has experienced for eons. This will require not allowing special interest groups and corporations to control politics and government. Economics will be based upon long-term investments where cause and effect matters, reflecting cultural transformations: the women of the world and the youth are leading the way. As humanity evolves as a species, lower values on fortune and fame will occur with a higher value on spiritual experiences and expansion (things like creating loving/supportive communities, being in nature and creative expressions

of the soul: the arts).

Being conscious of those in the future requires a deep examination of individual mortality and accepting the fact that one day humans physically die but eternally live in spirit. Being conscious of this reality allows individuals to prioritize how to use the energy gifted for each lifetime. Spiritual experiences connected to an awareness to transcend personal death are an essential pattern central in most human life. What humanity is in the process of being now is to augment 'religious' and secular experiences with a new normal human founded spirituality that allows humanity to transcend death by being connected to each individuals eternal being and future human generations, as well.

Within the truth that change is all there is one can now affirm that caring for the present is not enough. One shall take care of the future by dealing with it now (understanding that now is all there is and a change made in the present moment affects the future). Although the present quality of life has improved since the past, it is a bit of a long-term deceit. Humanity is currently experiencing the greatest mass extinction of species and future generations may feel the full effect of this. Abuse of the biosphere has not yet had its full effect on the planet and humanity but some big hints are now occurring. All of this requires shifting human behaviors that have been acceptable and often rewarded: the human divine right to reproduce, wage war and transform raw earthly materials into 'produced' products that may or may not be needed. If you so choose, through your free will, the time has come to choose co-creation over procreation, conflict prevention over making war and investments in the future over immediate consumption. Only through these choices can humanity survive as a human species living on the surface of a planet not fully realized as a conscious living being whose organs humanity continues to rape on a daily basis.

Within humanity's DNA is an ancient code to survive. The ascension energy of the planet is now transmuting from a carbon-based existence to a crystalline one that is activating this ancient code and waking humans up from a deep sleep.

Fully understanding and applying wisdoms of the origins of humanity will be another game changer. Not all of humanity evolved from a primitive hunter-gatherer consciousness. There have been advanced civilizations from other worlds at work in the play of being human. This truth will engender a global consciousness and endeavors that include and expand beyond planet, solar system, galaxy, family, tribe or nation.

As individuated souls, there is both a little and a lot to do. This stems from the truth that the only relationship one has is the one with self, self being a reflection of *All There Is*. Each human has the self-empowerment ability to transform its self. Many higher realms teachings and tools are available to assist in this personal process. If enough people follow positive personal cumulative emotions, thoughts and actions, humanity shall transform everything person by person, community by community, nation by nation, intention by intention, and life by life. (Later in this endeavor, we shall discuss more how to's...)

SPIRITUALITY, THE NEW RELIGION

Ever since humanity left the higher realms they have been seeking a way to return home. For human life is a divine circle of creation, learning what needs to be learned the way it needs to be learned through being human and finally transcending being human to re-connect with eternal spirit roots. The problem for most humans is that the majority of this process is the result of unseen forces that natural sciences cannot easily explain. This has created the opportunity for some humans to control humanity through their own views (by creating myths), for their own means. Unfortunately, this has often been done in the name of God through manmade authoritarianism religions (Daddy, tell me what to do.) with irrelevant traditions for today's world.

Now within a new self-empowering age of human spirituality, conscious individuals are realizing they are the creator creating all the time (through their emotions, thoughts and actions); that they are individuated (made in the image of) expression of what we may call 'God.' And the personal process of re-connecting with this 'source' is one of inside out, not outside in. Humans have taken on a mighty journey, often unaware, that in effect we are affecting all of creation itself (since all come from oneness).

Humanity is transitioning from religion which is an 'outside in' process, to spirituality which is an awakening to 'inside out'. Spiritual truth, which is the basis of many religions (distorted by religions for eons) is now the 'awakened truth' within many individuals feeling and thinking for themselves. Through a personal spiritual development, humans are able to transcend the 'me' and transition into a 'we consciousness' that also serves the highest good of others.

Religion is often filled with wisdom, beauty and 'inspiration'. Spirituality can take these elements and create a 'transformation' within the individual without any of the controlling aspects of religion. We are not here to tell people what to do but to offer guidelines so individuals may learn the best path to their divinity (through their free will and choice). It's inevitable that divinity is humanity's destination. How long and when humanity gets there is up to the free will and choice of each individual! Religions were the original governments telling people how to live to be worthy to find God (you cannot control what you did not create). Most of the national governments today were modeled after ancient religions. When the United States was created, higher realms reminded the founding fathers of the importance of the separation of church and state. But many governments maintain religious undertones, even if they are not explicit.

The word 'religion' means, "to connect". This is the era for humanity to directly connect through resonance (feeling with the heart) and discernment (thinking with the mind) with the energies, consciousness, Source, God, *All There Is*; or whatever you choose to call it. Your 'internal gyro system', your resonance and discernment, will keep away false spiritual leader/teachers, and 'worship-the-guru' fakes. If someone mandates you have to come to him or her to find truth or God, run the other way as fast as you can. True spiritual masters are intent on re-creating themselves without the need to be called 'master'.

Through spirituality the 'mysteries' of religions are directly revealed placing individuals in a constructive relationship to the unknown, allowing them to grow and expand as they are initiated into universal truths and learn how to apply them in their lives without any of the destructive aspects of dogma. When one surrenders to not knowing, this allows universal possibilities to become life probabilities. It is challenging for the human mind (housing the ego) to surrender to not knowing or realizing wisdom can

and does come from outside the human mind. The human mind may just be 'a receiver' of wisdom from higher realms, not an originator. Entertain the thought that all evolution and progress of humankind has come from inspiration transmuting into transformation, inspired from higher realms.

The word 'eslesia' translates as church in many languages and means 'gathering of people.' It is time, if you so choose, to create communities of true love, equality, harmony and balance where the diversity of humanity is embraced all the time. It is time to be the message of spiritual wisdom in all ways. Religious leadership and 'expertise' is one thing, spiritual self-empowerment is something else that truly embraces the god-force within each one. In this new era, studying and connecting with the unseen forces of creation affirms your self-empowerment by knowing who you are and why you are here.

Peace in the world will come when humanity has learned to heal the relationship with self and requires this healing of their leaders. The healing of self comes through a deep examination of self through a personal process supported with universal spiritual wisdoms that are easily accessible in the world today. Peace will come through the 'reason of being' in being human, not through some religious dogma. Some of the most religious places on Earth have been in constant conflict for eons and the most destructive wars have been founded upon religion, not the precious nature of human life.

The future of religious organizations can only survive if they transition through radical change and offer healed conscious leadership rather than authority, example (being the message) rather than dogma, divinity rather than being right, no moral edicts, and giving up control. Emphasis would not be on the size of membership but on wisdom and service.

Healing and true spirituality are essential aspects of one another. The purpose of spirituality is to assist humanity in healing. It is emotions and thoughts that affect the energy flow within physical bodies that cause dis-ease. Easing life through authentic spiritual practice, understanding the true cause and effect of dis-ease (by bringing ones spiritual essence into being to balance what is unbalanced) is what is needed. Right now, most medicine treats symptoms without knowing the cause. It is time within the evolution of humanity that all humans understand and apply the variables in true healing. Extensive healing wisdom from higher realms is available to humanity. Ask and ye shall receive.

Attitudes regarding religious and spiritual traditions have varied for a long time. These touch on deep and sensitive beliefs and emotions. Follow your own resonance and discernment regarding which path you chose. Have respect for one another's paths. Humanity is being asked to celebrate their diversity (especially since they are each other in disguise). Religions will only survive and evolve by not being defensive and integrating diversity as a maturing process. You can be loyal to your own spiritual views and also have accepting respect for the viewpoint and method of another. This does not mean you agree with another but rather that you accept alternative views.

Each human progresses at different points on their life's path/journey and most are doing their best to make sense of life, but it is essential to respect another's approach. Learn from one another without activating ego defenses (surrounding wounds). Right now, there is much abuse as to how 'religious' and 'spiritual' views are being perceived in the world. These views have been politicalized and are creating much duality, separation and confrontation in the world. Two sides are often manipulating one another while failing to meet the needs of the people they serve. Governments and corporations basically care only about control and profit; a new paradigm can only be created through true spiritual guidelines. Deep within each individual is a need and hunger for a meaningful spiritual experience. Gift this to

yourself now. Trust and respect one another enough to recognize your common humanity in your search for meaning.

Affirm that your future can be created through a unified consciousness, knowing that separation is artificial and destructive to your innate being. Celebrating humanity's diversity will create a constructive world built upon communities of love, equality, harmony and balance (sound familiar?).

HARNESSING HEALTH

“Being heard is the beginning of all healing,” Archangel Raphael.

Ever since humans arrived on this planet, they have struggled to understand how to maintain and sustain health through their limited time within each lifetime. Humans have often looked outside themselves for the cause and effect of dis-ease, not realizing that the solution lies within through accessing the unseen aspects of being human. The eternal duality between the soul and body (the body being the prison of the soul) is now merging into oneness as humanity wakes up, and the soul is freed from the body.

Now at this point in the evolution as a human species humanity is realizing and applying the wisdom that emotional, mental and spiritual dimensions are vital to good health. Humans are mastering how they feel and think knowing it effects the life force energy in physical bodies. When energy is impeded, where it stops dis-ease can occur. Eastern medicine caught on to the “energy truth” faster than the West but the West appears to be catching up in spite of their present broken medical systems. Comprehensive, integrated medicine is the catch phrase for the day where combining the seen and unseen aspects of being human into the diagnosis and prognosis result in the best outcome for the patient.

For a long time in the West and America, health had been defined as the absence of disease (without truly knowing the true cause and effect of disease). Now some awakened souls understand that being well (wellness) is not just the absence of disease, but a higher level of emotional, mental and physical well-being. So the new paradigm doctors and healers will integrate all three dimensions of humanity’s being with traditional efforts, if needed.

The new paradigm hospital will be a ‘green’ comforting environment merging the latest integrated modalities from a wide source of systems of healing. There will be “teams” that meet together and recommend the most appropriate treatments for the patient.

The most self-empowering aspect that will create these new medical paradigms is the power of the patients and the public at large. Change is often challenging but change is all there is in the evolution of the human species. Broken medical systems today (the pain of it all) are acting as the catalyst for the needed transformation of creating healthy healing environments with a mix of the old and the new, the traditional with the holistic. Stopping the pain of humanity’s broken medical system from continuing into prolonged suffering can become a catalyst for transforming lives for the better.

As stated at the beginning of this subject being heard, creating awareness, is the first step in healing. As also stated throughout this endeavor, love is the building block of all creation and that includes human lives. The quality of each humans loving relationship with self and others strengthens the ability to heal. If you know people (including your doctor) are listening to you, it strengthens your trust in them. The strength and support of communities and the openness of hearts are paramount in survival. These factors of love allow one to make choices that are more likely to support the highest good. One may choose (through their free will) to stop smoking, doing drugs or overeating or working too hard.

The true pandemic in human lives today is not cancer, HIV or obesity it is “emotional and spiritual dis-ease”. The pain that many humans are feeling is not the problem. The pain (not becoming long-term suffering) is a wake-up call saying, “Please pay attention!” Consider making another choice. The one(s) previously made are not serving your long-term or highest good. If one medicates or bypasses the pain

without listening to it, they are killing the divine messenger within that can reveal the true cause and effect of what one is experiencing.

While genetics plays a factor in health, much more important are the conscious choices one makes regarding what is ingested and lifestyle choices. Decoding the human genome allows some new therapies but the lifestyle choices one makes remains the most important factoring in determining their well-being. The innate divine factors of freedom of will and choice are at play here big time. Humans are the creator creating their lives all the time.

As human evolution advances, humanity is awakening to learn that growing older does not have to mean slowly deteriorating. Humans are finally learning to know the underlying cause of a problem rather than just treating the symptom, which can mean traumatic surgery, and drugs with harsh side effects.

Affirm and know that conscious comprehensive healthcare is the divine right of all humans and need be affordably made available to all without any profit incentives. It is time the peoples of the world demand and command this.

OUR EDUCATION NEEDS EDUCATING

It is time to feed the souls of students as well as their minds.

As we take a micro/macro view of the educational systems in America it becomes clear there are similar problems that can apply similar solutions (balancing the universal equation: problem= solution).

How humans apply compassionate, loving tools in the present and future will determine the 're-founding' of America and the world. The call for being into doing is for parents, and communities to work together with educational systems to create a new vision and means for present and future generations to live in a conscious, peaceful, loving, affordable, wiser world. This can be achieved by feeding the souls of students through education; thus, it is time for educators to recognize and know how to access the souls of their students.

Four key factors are essential in this process:

- * Without expanded, integrated support services beyond schools students from impoverished environments find it challenging to succeed academically. This includes emotional and financial support without creating student debt that handicaps an individual for far too long in their life cycle. These support services will come from the created communities of love, equality, harmony and balance, which have been and can be again the backbone of civilization.
- * Since students are multi-diversified versions of each other with different social, cultural, economic and educational backgrounds they also need unique ways to learn. Educators need to expand the methods of teachings to effectively reach all students; one format does not work for all.
- * Change is all there is and it is happening faster than ever. The speed of change is reflecting the ascension process of the planet and humanity transmuting into a higher state of being. It is essential that social and educational systems remain in a constant process of that change. Conscious humans are choosing to maintain and sustain a constant personal process (deep examination of self), and so need the structures that support being human.
- * The gift of cyberspace from higher realms allows humanity to access information and to learn immediately. As advanced technologies continue to be gifted to humanity, as it is ready to receive them, it is essential that students have the training to be able to access this wisdom.

As humanity continues to progress through radical cultural and technological change educational systems are critically affected. Here are seven questions that need to be answered within the new paradigm:

- * The cost of education; who pays? Where it is not free, who will be able to pay for the current and future high(er) costs? Is education a divine birthright of being human?
- * How does current culture and the marketplace determine academic curriculum? In effect, who determines what is taught and how?
- * With the advancement of technology (all information available to all), how impactful will it be on how and what is taught? Who is in control?

- * With current focus on science and technology, what is the value of liberal arts education in life and the workplace?
- * Beginning to live in an era of 'lifelong learning', what effect does this have on 'core education' for professionals in contrast to vocational learning in the workplace?
- * Is it time to revisit the relationship between various forms of education and social responsibility? How does education prepare one to be a more responsible human? Does this matter anymore?
- * How can society better support those who drop out of school? How can humanity more effectively create different teaching/learning programs and learn more about how variant humans can be in learning/intellectual maturation?

Perhaps it is time now to be reminded of the meaning, value and purpose of learning. Humans are born in ignorance that does not have to develop into stupidity (knowing something and not applying it).

Four essential gifts/values the self-empowerment of education can be in human lives may be reviewed:

- * As humanity awakens as a human species, they are remembering humans are here to be in service to one another. Through a loving relationship with self, humans can reflect that out into their lives and world. In effect, humans learn in order to serve. Humans learn to strengthen their ability to connect with their higher selves, their moral compass. They learn to further awaken innate talents and gifts and learn how to bring them out into the world. As humans are more creative they are better able to find solutions to social issues. As they receive education, humans learn that giving back is the balance of giving and receiving. Being educated teaches humans to be more soulful (heartfelt) and mindful of factoring in their humanity in institution's. Humans learn to bring the eternal spirit of their beingness into doingness, serving the highest good of all. Humans learn "to think" with knowing hearts, not just minds. They learn to activate their soul plans (reason to be here) to come to know the universal truth that they are in service to one another through a healed relationship with self. Humans learn to know and apply the truth that they are diversified aspects of each other (each other in disguise).
- * The ultimate mission/purpose of planet earth and humanity is to build communities based upon love, equality, harmony and balance (you have seen that mentioned often within this endeavor). The foundation that defines humanity's being is community. The importance of education at this time can be to awaken the essential aspects of community in human lives. The connection between learning and the human foundation in community takes one back to their origins, the present and the future. Through advanced technologies ones actions will now impact others like never before in human recorded history. The role of education in providing a historical and ethical framework factored into working, family, and spiritual communities defines who humans are and why they are here. Communities are the hub of a cosmic wheel and each community is a spoke off that wheel spinning through the entire social/cultural fabric.
- * The most essential thing humans can achieve within education systems today is to recognize the spirit and soul of a student and feed those unseen energetic portions of that human being, the student. Connecting a new paradigm vision of education to service and community leads one to the path that unites experience and wisdom, awakens a student's life to the universal

meaning of life (to learn to love) through a reunion with the individual's spirit and soul. This allows a self-empowerment that unites teacher and student as essential aspects of the universe here to support and love one another. Then education provides a healing environment allowing the learning to be integrated into the wholeness of the student. The by-product of this type of education will be the creation of new governmental, corporate and spiritual leaders to forge a new pathway into 'we consciousness', through their eternal souls servicing the highest good of all.

* Factoring in service, community and spirit in learning and the interweaving of these values, brings the fourth higher purpose of education: stewardship. To be in stewardship one needs to balance the equation: Responsibility= Consequence. To be in stewardship humans need evolve from the 'me' to the 'we', choosing service over self (interest). Of course, stewardship reconnects one with service and community and education has taught the importance of these. In reality, humans don't really own anything on this planet and cannot control what they did not create. Humans are simply here to care for things during brief lifetimes and to pass them on (improved) to the next generation (which might even include themselves). When responsible, humans create outcomes to their liking that benefit others. When not responsible, humans create consequences not to their liking. And this is how humans learn; often 'what is' through 'what is not.'

Right here, right now, affirm an unified/united world of education that creates a new paradigm of what learning is, how it occurs and who receives and benefits from it. Humans no longer have to worry about brick and mortar or location and it is a 24/7 option for anyone. The ideas of unaffordable, elite and social class melts into the diversity and divine rights of being human, with possibilities and probabilities becoming unlimited for everyone. As the ascension process of the planet continues and humans advance as a species and are able to receive (from higher realms) more advances of science and technology, they learn that creativity is less of a mystery and more of a divine right to be received and shared. Education and learning can be without limits of class, race, time, location or any other barrier put on it in the past.

JUDGING JUSTICE

Somewhere it is written we cannot judge others without first judging our self...

A new nation and world paradigm regarding justice requires a new look at justice itself. For justice is more than about a law enforced, courts, police or punishment delivered, it is about being human, as well. Justice is about how one is living now, what is acceptable, and what is not. Justice delivered right or wrong shapes how one feels and thinks about ones self in the world at present. When 'justice' embarks upon an individual, it effects expectations, future decisions and ones sense of self, self-worth, being good enough. Justice, being judged by others, ponders questions. Who am I? Why am I here? Am I using the energy given me in this lifetime to the best use of that energy?

As humanity increases consciousness as a human species, humans are realizing that justice is more pervasive than first thought. The most dramatic/traumatic effect justice has is on the relationship with self. Throughout human lives one constantly judges ones self way before anyone else, so when someone else does the judging it is mixed with ones own self-judging. Ultimately, justice is a combination of inside and outside experiences that shape ones future responses/reactions with self and others. Ideally, justice serves as the "karmic balance" of personal, social and planetary well-being.

When one sees a wrong inflicted, one asks for justice to right it, returning self-empowerment to the wronged. In individual hearts one wants justice to maintain and sustain the possibilities and probabilities of ones ability to be together as diverse beings (being one another in disguise). Deep within, one wants/needs affirmation that one can share the planet with others in a loving and peaceful way. One asks all these things of justice, and divinely so, but rarely are they answered as hearts and minds request. Like so many models in life now it, not so simply, does not work.

The current model/structure of justice is sadly based upon judgments, punishments, guilt, fear and a lack of love (reflecting the lack of love for ones self). For many, they are not sure that justice even exists, that it is for the wealthy or someone else. At present, the lack of justice is so pervasive that many resign themselves to injustice as the quickest, most inevitable outcome. This is also reflecting in those who accept lies (call it what it is) as truth.

It is the sense of higher realms who are directing this endeavor that the current status is a "fake justice" (not unlike much of the "fake truths" out in the nation and world today). Through the ascensions progress of the planet and humanity all shall use this new, self-empowering energy to create a foundation for true justice, as it was originally intended. Before creating the new, let's further look at the old to know what not to have in the future and why...

The basic problem is that the current system of justice believes life is a process of outside in rather than inside out. The human personal process is always one of inside out. Most of how human lives are set up is based upon externals (rather than internals): praise, punishment, testing, promises, and threats. Who gets what is based upon externals, thus most come to believe that life is based upon external terms. This is all about giving ones power away to others and to a system others attempt to control. The more this model is downloaded into humanity the more they lose personal control of their lives. Let's look at four reasons why:

* First, for far too long, race, gender, money, favoritism and corruption, have strongly affected outcomes and made justice a nasty joke for many.

- * Second, justice can be manipulated with the more aggressive and devious winning and avoiding punishment. Often those who hold power over others define justice in ways that serve their interest (sounds like the current Congress in America).
- * Third, most often justice is based on incomplete knowledge. For a decision to be just all factors need to be known (emotions, thoughts, physical actions and their interactions).
- * Lastly, justice often boils down to who gets what and how much (externals). For human life to transcend externals, justice needs to factor in the meaning, value, purpose, transformation and healing elements of life.

True justice constructively balances the giving and receiving in life, healing and transforming ones deepest reason to be alive (to learn to love), supporting ones highest good. Justice of any other nature is destructive, falsely judging, punishing, pain provoking with no rehabilitations supporting the truth that humans are divine beings having a human experience and can forgivingly change a negative into a positive through love and compassion.

An externally focused/structured justice system (not taking into consideration humanity's eternal divine essence) causes individuals to feel and think of themselves in outward terms only. This self-judgment is "non-soulfully" based upon aspects outside the self: visible achievements, money, grades, and titles. What will advance/achieve ones outer interest will become the focus for making choices.

Without being within a deep personal process and/or spiritual journey, many come to believe their interests as not only separate but in conflict with others. Unjust justice further supports many seeing themselves as separated beings put on the earth to compete for external rewards. This separation (through competition) can often lead to future confrontation by not 'fitting in'.

The present reward-punishment justice system takes an equally heavy toll on emotions which, create thoughts which create physical actions. With judgment comes fear (an absence of love). If one makes another mistake, will one be more harshly punished? With this comes a life of stress and anxiety producing a chronic fear of being negatively judged again. Unseen emotional and mental lives become the greatest casualty of unjust justice. One stops listening to their internal gyro system, resonance and discernment showing the true path. By dismissing these internal experiences, the external model of justice disconnects one from innate God-given gifts. It is time to rediscover them and connect with whole being, inner and outer.

Now is the time to create a justice system that reflects who humans really are (divine beings having a human experience) and why they are here (to bring ones talents and gifts out into the world through building communities of love, equality, harmony and balance.) The divine manifestation of justice has been germinating in Western civilization for the past 2,000 years. And now in the final 2,000 year cycle of the ascension of the planet, the true view of justice is coming into focus.

Replacing the external view of justice starts the process of creating a system that operates from the inside out, reflecting the whole being and reason for being here (to learn to love). Rather than forcing social order on individuals from family, law and culture, see justice as the whole of humanity bringing their gifts and talents out into the world. Creative contributions to society can then be made not because one is forced to conform but because through their resonance and discernment they can bring

into the world what brings them the greatest joy, supporting their purpose in being on earth. True justice operates and embraces all of who one is and affirms why one is here.

Of course, all of the above requires knowing who one is and why one is here. And that is the dilemma for most. But there are higher realms tools and teachings to assist humanity in this process. Ask and ye shall receive. It is essential at this time to connect with ones higher self (soul) and eternal inner being (spirit). Souls and spirits are waiting to awaken humanity and burst forth to remind all of what gives joy, what inspires meaning, value and purpose in human lives.

For justice to reflect who and why one is and to in effect honor and support them and their relations with self and others one must be connected emotionally, mentally, physically, soulfully and spiritually. By first knowing and mastering ones self by knowing who one is and why one is here, to be and do ones purpose: this is humanity's ancient call into life.

Without the foundation of self-awareness and applying the unseen portions of ones self justice becomes an external matter, without any healing and forgiveness, transferring money and possessions, leaving one incomplete in its outcome. One feels justly treated when one is heard and seen for who they are and their sense of self and reason to be here are understood. This allows the building of communities/families of love, equality, harmony and balance.

To have justice truly live and work for humanity and fulfill humanity's ideals of what justice can be, one must not reduce it to external terms. The essential inner need must have a seat at the table of life. Being and doing what is within, way shows the true path of justice. Without the inner life, one disconnects from the eternal portion of self that guides each lifetime. One disconnects from their soul plan and as history has proven reveals the most unhealed aspects of ones self.

This "inner approach" to justice calls spiritual components back into present life. Listening to ones soul is the key that opens the lock to real social order (knowing all are diversified aspects of oneness). At the most universal connection of being, who one is is connected to who everyone else is and through that core connection, soul plans are activated at the same time. This allows the building of communities of love, equality, harmony and balance. Being creates doingness coordinated from the higher realm spiritual aspects of all. All being God, being the creator creating, speaks to all through knowing humanity came from love, is loved and lovable.

An inner system of justice is already working. It can be seen within the restorative shift in justice practices, seeking not to punish but to heal, not to expand hurt but to mend broken relationships with self and others, as one sets right wrongs in a conscious manner. To be and do this all parties must be involved: victims, offenders, families and communities. Negative emotions prevail when there is a disconnection with self or others. Restorative justice assists in reconnecting soulful connections. Through this connection transformation can occur. Through open, inner-revealing conversation, those who have harmed others can feel remorse; the trauma that plagues victims can diminish and sometimes heal completely. By allowing everyone involved to interact soul to soul, person to person, restorative justice integrates the balance between inner and outer. And life is all about a balance of giving and receiving. Balance is how the universe maintains and sustains its self, reflecting love (the building block of All There Is).

MEDIA MEDIUM MATCH-MAKER

Since our newspapers, magazines, outdoor ads, radio and TV have not been able to create communities of love, equality, harmony and balance, the higher realms gifted humanity with cyberspace, the Ethernet, to “by-pass” these old media vehicles working in a frequency above the old paradigm to connect us, speaking from our hearts. Has it worked thus far? Not completely, yet. But we have a vision of what can be; we are in process...

Trained in media planning and buying at Young & Rubicam Advertising, New York City, I am especially interested in what is taking place in media today. The key factor now is something called ‘convergence’ as in the integration of TV and cyberspace. Not just telling the news, entertaining people and selling products, the challenge upon the media industry today is the endeavor of serving the needs, interest and desire of the people. The old paradigm is shifting and does not completely work anymore; the ‘ownership’ of the business belongs to ‘we the people’. Consumer driven audiences now have the ability to custom-create their own programs, buying environments and marketing options.

But what is also taking place is that consumers, the audience, have in effect become ‘partners’, building communities, via the media business. It’s part of the human condition to create groups, tribes and communities. After years of separation and ‘me consciousness’, the needs and interest of communities have become a vital part of media business. Rather than speaking to the interest of a few, producers are creating their own community-access media programs, portable device publications and online computer conferences. Media is now ever present, at our command (if we so choose).

Democracy is built upon the premise that the greatest wisdom lies in the majority of the people, not in the few (the privileged) who would decide for the many. For a democracy to work it requires an educated, informed citizenry in which people actively seek truthful information. This is a key issue in our nation and world today. Democracy is not a ‘spectator sport’ of uniformed people who do not participate nor vote. Freedom of a truthful press, acting as a check and balance on power, is vital for democratic values and survival.

Today in a world of 24 hour, seven day a week mass media exposure, many have lost their capacity to listen, reducing the ability to build community. Community is an activity, a personal and collective process. It is based upon experiences, relationships, resonance, discernment and learning. The way to create a truly informed citizenry, an active, motivated one is through live, personal discussion and debate. We get to see and know ourselves by explaining ourselves to one another. Then we might wake up and realize we are each other in disguise.

Before today’s media, people got their news and information from one another, through storytelling, small talk and shared observation. There was little interest in celebrity, outside local governmental leadership; there were few nationally famous people. Most often today, media focuses our attention on entertainment, trying to convince us that people we don’t know are more important than what’s going on in our community. Thus, media is distracting us with irrelevant information that separates us from those closest to us.

Some conscious people are waking up and realizing we are missing something vital in being human. Somewhere deep within our DNA we are remembering and realizing how much richer and soul-satisfying life can be in community-oriented media when we make this a priority in our lives. Public Television and radio is a good example. Then we need to make the choice to support media that brings

us news, entertainment and other forms of communication that truly connects us to one another, to the nation, the world, the universe, and most importantly to our selves.

Let us affirm that media of the future contains less sex and violence (no wonder there is so much shooting in America -- by the time a child is six-years-old they have seen hundreds of killings) and more inspirational information leading to positive transformation. Shows of the future will also have less so-called objectivity and more passion and humanity, less national news and more local and international coverage (connecting the me to the we), less shaming and blaming, more problem-solution orientation, more discussion and debate, more soul and spirit and more applied knowledge leading to wisdom.

Let our audiences demand media that brings us together. "Media-match-makers" could be the community-builders. The word 'media' is defined as "an intervening agency, to bring about, an intermediary between parties." Let us insist that our media outlets bring audiences together, creating community.

Right now, our cyberspace is not a real community but a medium that allows users to network. In networks, people arrange themselves according to common interest by choice. In true community, diverse people are required to deal with one another, work together while sorting out their differences. Living in community is not easy (neither is the choice we made to be human) but we are realizing we are diversified versions of one another and we need one another.

Once we come to know that the world would be incomplete without each of us, or we would not be here, the better world we will create (together). Let us further create media that will support our divine journey and destination to an unified reality of oneness consciousness through building communities of love, equality, harmony and balance.

WHY THE ARTS

Old paradigms have always been transformed into the new through the human creative process. Art is the creative tool of the human soul assisting humanity in advancing into higher states of existence, often freeing everyone from the world at present.

When humanity strips away the business of art, the status of art, the cultural importance of art, what remains and is revealed is a pathway to a new destination: humanity's divinity. The left brain is the locus of feelings and senses, of order in a three dimensional world. Art marries these two in a unified field of all that is possible and probable beyond the present.

Throughout human history, the arts have often come under attack by those who wish to control the people, or have no idea of the purpose of art, or have art only express their point of view. Right now in the United States of America, the arts are enduring assault on the nation's arts agencies. And yet it is the artist and their art that continues to bring truth and transformation into human lives.

Suppose humanity activated the self-empowering motor of the human creative process on the nation itself, giving creative thought the freedom to re-vision and revise what institutions and economies could be like if they were factored into the spirit of a joyful, problem-solving divine intelligence. What could happen? Here are six possibilities:

- * The government would realize the planet is a living conscious being and make protecting her resources (her organs) a priority. The consciousness of the people would demand and command this.
- * Humanity would let go of the old corporate paradigm of the work/employment model for participating in the economy and create new forms of 'making a living' that feeds human souls.
- * Through artistic expression the need for stable communities based upon love, equality, harmony and balance would be the national standard.
- * Reshaping mega cities where individuals unite based on what they can contribute, not separated by class, politics, religion and race would occur.
- * Artistic expression would be an essential aspect of medical/healing communities, as well as educational institutions.
- * Humanity would come to value artistic expression as much as any other human endeavor or achievement. Humans are on earth to bring their talents and gifts out into the world. Innate within being human is the need and ability to create and express.

The Divine Energy to transform human lives and the world into what humans say they want is held within the human creative process. Always has been, always will be.

GOVERNING GOVERNMENT

The divine inspired principles of The United States government came from higher realms, anchored in many ancient texts prior to the founding fathers of America receiving them. Visual symbols in the American emblems stand for freedom, liberty, equality and justice. The nation's original motto: E Pluribus Unum, "Out of many one," describes the origin and mission of the nation. This is a mighty mission that also echoes the purpose of the planet and a promise that is destined to be reflected throughout the world. All of this shows the interconnectedness of us all. The freedom of will choices we make are choices for everyone, the wisdom that unity precedes us and is a call from our ancient past leading to our future. The cosmic consciousness of interconnectedness merged through love to allow freedom birthed a new nation. A nation that is still a work-in-progress, which can be more fully realized by the balancing of the masculine and feminine energies (being led by the women of the nation). This imbalance is the basis for much of the duality, separation and confrontation in the nation and world.

WE THE PEOPLE, BY THE PEOPLE, FOR THE PEOPLE are words that awaken our consciousness to know the emotions, thoughts and actions of each of us can empower us to create and fulfill the divine promise of this nation, called "Amer- I- can." It is time to put you being god back in government, and know "I can".

The reality of religious/spiritual freedom of faith in America, where the national motto is "In God We Trust", is strong, but the separation of church and state is also in place. We read of 'Divine Providence' in the Declaration of Independence and there are images of angels and divine light that abounds throughout the architecture of Washington, DC. Congress is called to order with prayer and meditation each session, a divine call for higher consciousness to carry out the people's business servicing their highest good. But our country is as divided as it has ever been at present. It's now hard to see any angels at work. We are the creator creating all the time and emotions, thoughts and prayers are creating our reality. Right now, we are looking to re-establish faith in ourselves, our constituents, faith in something that transcends our condition, some higher awareness that we can achieve (to re-found our democracy). What is needed now is more understanding through consciousness that comes from spirit when we truly connect with it and ask for that consciousness.

Let us affirm that the power of unity, of intention/prayer (and purpose), a more perfect union, be our mantra. America is an essential aspect of the 'uni-verse,' one song, filled with the possibilities and probabilities of divine order. But it ain't perfect yet.

Higher realms infused our founding papers and the Capitol with the 'spirits of everyone'; not just those elected to serve but all Americans, super charged into the architecture and spirit of America. Let us find our way back to the true connection to spirit (independent of religious dogma created by others) and learn to access it through 'thinking' with our hearts, not through some hidden agenda. This era is the time to access and apply the higher consciousness of the "Amazing America," a gift from you being the gods to be the light of the world. This will allow the 're-founding of America' and reconnecting to the higher realm's wisdoms that created this divinely appointed nation. We came from light and are in the process of returning from whence we came...

Right now, it is essential that we be conscious of what is going on and what is needed to transform things. Pay attention to our 'divine discontent,' which is the language of spirit; ask yourself "what can I be and do to assist in creating what I love", moving beingness into doingness (pray but move your feet too). And know in your heart, "Yes, I can"; Ameri-I- can (knowing our emotions and thoughts create our

reality all the time). Make your decision in the present to change things, not in the future (which may never happen). By knowing who you are and why you are here (the foundation of human life), the what, how, when and where will manifest.

Right now, the heart of our nation is aching; instead of unity there is imbalance of right versus left (not realizing they are aspects of one another). WE THE PEOPLE are separated from the very government that is a reflection of us. Government is the creation of the human community to come together for social, cultural and economic purposes. What we are currently experiencing is in effect an attack on ourselves (self-sabotage), an anti-democratic era threatening our very principles with a tyrannical, authoritarian rule, the result of corporate control and concentrated wealth. With so many not understanding the constructs (check and balances) of our democracy, we have become alienated from our inalienable rights. Drifting in an untrusting nation, people lose trust in the government while the government has lost its trust in the people. What then happens is government loses its legitimacy, and special interest groups assume control.

With the assistance of higher realm wisdoms, we need to recreate/re-found our nation through our higher awareness/consciousness and employ dedicated spiritual practices that can lead us back to the original creation of this nation. This re-transforming and re-founding will come from the power of the human heart, as we learn 'to think' with our knowing hearts and allow our believing minds to surrender and move back in service to our hearts.

It was trust in the innate inner wisdom from higher realms that empowered our Founders to create beyond any known government principles of extreme goodness in an extremely cruel world. The path to our future is now to trust, once again, the forces that originally created us. We need to remember and reclaim our spiritual heritage and the highest ideals that spark from it. Ascended Master St. Germain, having been instrumental in the creation of The United States of America, has laid out a program of Discourses and Dialogues to assist humanity.

In the last century, over 100 million individuals were killed in wars. Now approaching the third decade of the 21st century, duality, separation and confrontation is an ever-present theme in the world in almost every aspect of humanity. Real or anticipated conflict has become a daily part of the human experience and glorified in films and books. Our language and national and foreign policy dialogue is infused with 'war-words': war on drugs, war on cancer, war on illiteracy, etc (what we resist persists). War words fill sports and video games. Media allows living the up close and personal, horrifying aspects of war. Our children see more death by the time they are ten-years-old than most in the past saw in ten lifetimes. Founding Fathers, yes, created provisions for our defense, but they would surely be horrified to see we have transmuted into unconscious conquering comrades. The world has lived in war for a long time and living together in peace largely remains promising lyrics in a song.

It is time, if we so choose, to free ourselves from ourselves and transform the past into a new paradigm. Peace can only come through a higher ascension/evolution of human consciousness, not just through mandated absence of violence. Through transformed consciousness, we can awaken understanding, compassion and love. The task will be to transport our higher consciousness directly into those we choose to lead our governments, by governing government itself. Instead of a department of war, let us create a department of peace – and put the same energy and resources into peace that we do war, where violence and war become old paradigm, truly unacceptable and unavailable.

War is the invention of politics and government. It is a way to make money and control people. Our greatest challenges are spiritual at their core: an unhealed relationship with self, misuse of power, acute materialism, and not understanding who we are as human beings. Governments need to transition to a higher level of emotions, thoughts and actions in order to become the conveyor of consciousness for the country.

Reading the Founding Fathers papers you see they knew the material foundations of an enduring democracy are activated by unseen, immaterial means. They knew the mission of this nation was to transport spiritual wisdom into the material world, and in spiritualizing matter; emotions, thoughts, words, and actions, we reconnected with our divinity. Then all matters return to the purest form of Divine Order...

DEATH: THE LAST HUMAN HURDLE

Older Americans are one of the largest groups in the country. Many of them are struggling to stay younger, while living longer, but eventually we all shall pass from these physical bodies back into the energetic spiritual formatting from whence we came. By consciously accepting this reality, we can improve the quality of time and feelings in being here.

In indigenous cultures, elders are historically perceived as the 'wise-ones' to assist the young in making decisions that improve the quality of everyone's lives. When it is time to die, they walk out into the woods and do not return (preventing any burden). In so-called advanced countries, the treatment of older people is more of fear (of what the young will become), creating low tolerance and often a lack of respect for the wisdom that elders have. This lack of respect is a reflection of our lack of respect for the process of life itself. In place of this lack of respect we have placed being young and successful in a consumer-driven culture as the priority. On the outside, from our marketing/advertising view it sure seems this way but is it completely true?

Now that the older Americans are a huge demographic, the above view is changing. As we move through our chronology, attachment to habits, patterns and rituals attached to the marketplace loses its luster and values such as love, security, health and fun become daily priorities. The being old of the past is not the same as being older today; physical disability, diminished mental and energy capacity are greatly reduced in today's world (even through our 'broken' health care system). Through the energy of the ascension process of the planet, we are in our final golden age where we are moving from self-empowered health to wisdom (applied knowledge) and enlightenment (and this includes older folks as well).

To have extended time on the planet allows the full activation of the individual's Divine Soul Plan, reason to be here. If more people achieve this the entire planet benefits, as well as the individual. All souls yearn for a full expression within each lifetime. There are more people on the planet now than ever before so more soul plan activations can be assured.

Although culture and media continue to focus on youth, the United States has become a middle-aged nation. With modern digital communication and faster transportation the 'baby boomers' have experienced more collective wisdom than any other group in history. This 'wisdom' is effecting how we see life and the process of leaving this life. The bias against age is reduced within this digital age where virtual information is available 24/7. Retirement today is extremely different from the past. Today it is about 'the experience' be it travel or extended adult education. The extended earth years further allow a cultivation of human spiritual actualization, whether consciously or not.

The additional years here will be a vast opportunity for elders to contribute to society and extend education into 'spiritual training' for the young. In ancient times, ancient mystery schools were secret and elite. Today, a re-surfacing of modern versions of the mystery schools gives a 'resetting' of spiritual wisdom/training by enlightened elders.

The large population of elders is a crucial voting block, factoring in their needs in government/politics. Being Internet savvy, spiritually conscious, how people feel about them is shifting (because of the self-empowerment of the elders themselves). What was old is new again.

Having lived long enough to see the folly of the human ego, with their extended lives, and souls healed from a lifetime of material matters, conscious elders are ready to commit to embracing the spiritual, unseen aspects of being human. As elders become 'soul sloped' in life, they are ready to finalize the deep examination of themselves gaining more acceptance, compassion and forgiveness for life and sharing this with others. Forgiveness for it all, better allows them to access the eternal spiritual aspects of themselves. Men become more feminine, woman become more masculine finally balancing these two energies that have largely been in opposition to one another through a lack of understanding. Once the struggle to survive life has diminished, the karmic debt mostly paid, for those ready, a door can open to see this is one of many lifetimes to learn what you need to learn, the way you need to learn it. And when those life cycles are complete you no longer need to return to physical life, then physical life has been conquered, and you are ready to ascend into a higher frequency of existence. Then what we call physical death has ended and the final hurdle over death has been jumped and we are free at last!



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