

# MOVING ME TO WE, CREATING A NEW WORLD OF WONDER

By Phillip Elton Collins (with a lot of help from higher realms)

Yes, things are bad because they are supposed to be right now but they are better, know it or not. A necessary human clearing and cleansing is taking place that is in alignment with the ascension (evolution) process of the planet. We humans chose to experience our reality through something that is called our self (our emotions, thoughts and physical bodies). What we are learning now is that “self” is a reflection of all creation, and in order to evolve as a human species we need to master the self, allowing us to master life and reconnect from whence we came: higher realms. It’s all about coming Home!

Like many others (the new normal) for the past few decades I have been connecting (channeling) with dimensions beyond where we are now. It is our destiny as a species to become multi-dimensional and for all of us to stay “plugged in” so we can receive the tools we need to advance. Don’t let your ego frighten you with the word ‘channeling’. Having had a couple of decades with a private practice as a Light Ascension Therapist with hundreds of personal process sessions, I shall be pulling from those experiences within this endeavor, as well. Our egos want to stay in control but their time of ruling our lives is coming to an end. I think we all will agree we cannot maintain and sustain the type of world and lives we have now and survive as a species, while continuing to abuse not only ourselves but our planetary home as well.

The purpose of this endeavor is to ‘divinely discuss’, to have a DIVINE DISCUSSION about how we are transitioning from a dense emotion-mind-structure in our lives and world to a lighter (crystalline), higher consciousness existence that will free us from the largely ego- unconscious existence we have now. Our planet is one of the denser worlds in our solar system and galaxy. It is comforting and challenging at the same time to know there are more advanced worlds around us. Let us remember we chose this existence to effect a permanent healing in order to join these other more advanced worlds. Right now, we are even too dense to see them. I shall not be discussing the frequencies from where the following wisdom comes. But know I am not the only one receiving and giving these ‘awakening’ reveals. Thousands of people all over the planet are joining this momentum in growing consciousness. I join and salute you all. Since humanity loves to complicate the simple, I am going to be and do my best to share these wisdoms in as terse a format as possible. These can be read as is or can also be used as a platform to be further discussed with various higher realms from whence they came. This can take place within the gatherings known as THE ANGEL NEWS NETWORK DIVINE DISCUSSIONS.

I lived on West 57<sup>th</sup> Street in New York City for several decades. Here are 57 spiritual wisdoms to assist us in freeing ourselves from ourselves. As with all spiritual matters, use your resonance and discernment during application.

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## ABANDONING ROLE PLAYING

In our 3D world (emotions, thoughts, physicality) of major role-playing throughout our culture, it is refreshing to find the few who do not hide behind an ego mind made mask. These healed individuals project from the inner core of their BEingness who do not need to appear more than they are and who are not afraid to reveal who they are and why they are. **These are the 'divine souls' who are making a difference in our world often creating communities of love, equality, harmony and balance.**

When we have no need to play roles, we have reduced the ego to a non-player in our lives and we actually become more self-empowered in our actions being fully focused on the situation.

Remember when we have no need for our ego to play roles; we are saying we are good enough. For the ego to play it must need 'not good' enough to function.

## ADDICTIONS

Addictions appear to be so wide spread in our world today, especially prescription drugs and alcohol. Any long-standing compulsive behavior habit/pattern/ritual may be called an addiction. Many people do not understand exactly what an addiction is, thus many therapies are not helpful.

An addiction lives inside you as an astral attachment being (quasi-entity) as an energy field (a dark snake-like coil) attached to your emotional/mental bodies that periodically rules your life by creating a craving. By becoming aware of this, when you feel a compulsive need rising in you, stop and take five conscious breaths. This increases your awareness as to what is happening. Feel the compulsive urge within you and know it as described above. Take a few more breaths and know through your free will and choice you can make another choice other than the ones from the past: this is self-empowerment through self-love. If the addiction still overpowers you, don't make it a self-judging problem. Just keep making the breathing exercise a priority. Your awareness will grow to the point that it will be stronger than the addiction. **Once you become the observer (present with) of the addiction and stay with that it cannot survive long term. Make sure some of the established forms of addiction therapy do not support other addictions or become an addiction themselves.**

## BALANCING THE MASCULINE AND FEMININE ENERGIES

The universe relies upon balance to maintain and sustain itself, a balancing of giving and receiving. The major cause of most of the pain on this planet is due to the imbalance of the masculine (assertive energy) and the feminine (receptive energy). This imbalance is the cause of most of the duality, separation, hatred, inequality and confrontation in our world.

The suppression of the feminine energy by the masculine over the past three thousand years has enabled the ego to gain a major foothold within the human collective culture. What was it that made men feel so threatened by the female, perhaps the empowering female's ego evolution? Then the male knew they could only gain full control by rendering the female powerless. The ego has gained more of a

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hold on the masculine (mind-oriented) than the feminine (less mind oriented). The feminine is more connected to their inner spiritual aspects and the intuitive.

If our cultural evolution had been different and the masculine had not so effectively subjugated the feminine we would not have declared past wars on ourselves and the planet, and alienated our divine Being. But with the ascension energies flooding the planet, things are quickly changing. With more light workers and way showers becoming conscious, the ego is losing its hold on humanity, as the ego mind is moving into service to the loving heart; we are learning to think with our hearts.

**There has been only one perpetrator of major destruction on the planet: human unconsciousness.** As we accept with compassion, thus forgive how we have chosen to learn, rather than curse the darkness; let us bless it with our Light.

### **BEING HAPPY MASK**

Appearing to be happy can be a mask where people hide/cover pain and suffering. Depression (repressed rage) and breakdowns are common when unhappiness is masked behind a false happiness facade. If we are unhappy it is essential that we acknowledge it. This is an emotion and not who you are. Enter into a personal process to find out what is creating unhappiness; take responsibility for it and create a consequence to your liking (rather than blaming it on someone else). **Happiness is more effectively achieved through knowing what is making you unhappy rather than seeking happiness.**

### **BEING POSSESSED, THE MADNESS OF THE MIND**

When we are constantly connecting with the silent 'voice' in our head with a constant river of insistent negative emotions and thinking, we are 'possessed in the mind.' When we are unaware (not conscious), of this and we allow the voices to be who we think we are; this is the madness of the ego mind. Of course the content varies from person to person but in many ways are the same, living in duality and separation. **When we live within the emotion-mind made self-based ego we see ourselves not good enough, struggling to survive life and reflecting these 'wounds' to others, creating a defense that says "I am better than you."**

### **BEING UNHAPPY**

When we are out of alignment with the present moment of now (denying that moment) we often create unhappiness. When we release any resistance to the now moment, we can discover how we are being empowered by life itself. When we are unconscious and not in the present moment, we find endless reasons to be upset, angry, hurt, depressed, fearful, resentful, etc. These are not the cause of unhappiness but act as the trigger to it. These emotions and thoughts bring back to life old stored (in our cellular memory) emotions and thoughts. The emotions and thoughts then move and energize the ego housed in our mind.

Unconsciousness and ego are tight roommates. They need each other. The triggering response/reaction is then processed through the screen of an emotional/mind-oriented ego. **Becoming**

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**conscious/awake/aware frees us from the ego that will never set us free to be completely and permanently happy.**

### **CAUSE & EFFECT OF UNHAPPINESS**

As stated earlier the ego creates separation/duality, and this can create pain that can become suffering. Thus, the ego is truly sick, not well (incapable of producing wellness). Tools of the ego are anger, hatred, impatience and irritation, **all foundations for unhappiness**. When we become aware of these, we disconnect from these negative emotions, realizing we are not them; they are simply feelings to be felt and released.

### **COLLECTIVE CONSCIOUSNESS ON THE RISE**

As mentioned earlier, things are still bad but better than they have ever been. If you look beyond the need for negative headlines in our media and our addiction to bad news you will see that in spite of what we are told on a daily basis people are living the best they ever have. This does not mean that there is not a need for improvement. There is. In order to create communities based upon love, equality, harmony and balance we need to balance the masculine and feminine energies all over this planet. We need to recognize there is enough for everyone without the few controlling the majority of wealth and resources. We need to know the planet is a conscious living being and we cannot keep abusing her organs (air, water, oil, minerals, etc.) without it becoming a form of suicide. We need to recognize we are each other in disguise, and that our diversity is our strength, not a weakness.

Right now, in combination with the planets' ascension process, and along with all the bad news, there is a radical transformation of human consciousness' taking place worldwide. By acknowledging our malfunctions, we make space for healing and ascension to take place.

There have been many master teachers before now, many silenced or killed, who taught the importance of us moving beyond our aforementioned mindful malfunctions. The question now is: **Are we ready to apply what we already know (and have been told multiple times).**

### **CONSCIOUSNESS, THE AWAKENER**

During our human evolution/ascension process now, perhaps for the first time on our planet we have a free willed choice to be conscious or not. We are mastering the reality that we are consciousness becoming conscious of itself.

Through the ascension energy we are receiving now there is an unprecedented influx of consciousness, many light workers and way showers no longer need to go through in-depth pain and suffering to become conscious. **These individuals, often led by the feminine energy and the children of the world (who come fully equipped to be conscious) are leading the way in the new Earth paradigm of moving from me to we (consciousness).**

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## **DIVINE ORDER**

It is challenging for the human mind to accept there is an order within the universe when our human lives are often filled chaos. We fail to realize that chaos is an essential aspect of creation; we think it is something bad. We often see the events/content of our lives in good or bad. This is a fragmented view of the entirety of life since everything is interconnected; good-bad, bad-good. They are all aspects of the same thing: feminine=male, problem=solution, dark=light, right=wrong. You cannot know one without the other.

Beyond and behind the seemingly random (sometimes chaotic) events in our lives there is also (not in view to most) an unfolding higher (divine) order and purpose. Each raindrop knows exactly where to fall. **We shall never know the higher order of creation through ego thinking.** The Divine Order emanates from a formless higher realm of universal intelligence, Consciousness. We are all in the personal process of becoming realigned with the wholeness of Creation.

## **EGO ROLES: VILLAIN, VICTIM, LOVER**

Often if our egos cannot gain validation through positive attention, they will seek it through negative actions or reaction by provoking another (**villain role**). This can increase if the wounds of the individual desires to experience more pain to avoid being invisible. By being stuck in our story, we may seek attention via being **the victim** by being easily offended or reactionary toward others. If no one listens or cares about our story, it can become our own truth and problem to never resolve. The **lover role** is where we become attached to another individual. This is not true love, which needs no wanting. What is often mistaken as 'falling in love' is an increase of ego wanting and needing someone to satisfy what we cannot within ourselves.

Role-playing is hard work and often cannot be maintained forever, especially when we enter into a committed relationship.

## **ELEMENTS OF THE EGO**

Our egos are completely trapped in time (past and future) and being able to know our reality. Some of the basic things we attach with are relationships, things, and places. When we become fully aware of our ego, it allows us not to take something so selfish seriously. **When we see our ego behavior let us grin at it and say to it, "You had me fooled for a long time but not anymore. You are not who I am."**

## **FEEDING DRAMA, FINDING PEACE**

To find peace within us let us connect with our inner wounded child that feels threatened and wants to survive at all cost. This wounded child is attached to the drama to assert its identity as the winning hero. The world is often led by wounded boys and girls leading us into inhuman wars. This inner child feeds on the drama and wants the conflict. Can we become aware of this wounded being within us racing to defend itself, judging, shaming, blaming and attacking? **The task is for us to awaken to the needs of this child by asking him or her what they need from the adult us,** thus allowing us to move beyond our

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unconsciousness. That unhealed aspect of ourselves would rather be right than have the peace that we are healing as a human species.

## **FORMLESS AND FORM**

Source/All There Is/Creation is formless consciousness and the divine essence of who we are. Everything else is form. Through us, creation is becoming aware of itself. A healed, balanced human life is a dance between these two dimensions that make up formlessness and form. Most humans (but this is changing) are only aware of form through our emotions, thoughts and physicality. Form allows us to exist in this 3D world but we would not exist without the essential formless dimension, which is the Divine Eternal Essence of who we are. **Physical existence is the foreground of life, BEing is the unseen background. Eternity (our origin, our home) is the living reality of who we really are.**

## **FORMLESSNESS BEHIND THE FORM**

No matter what form it assumes, the formless unconscious push behind ego is to focus on the concept of who we think we are; the illusionary self-created through our emotions and thoughts. This can be a gift or a grind depending on whether the emotions/thoughts are positive or negative. One connects us with Source, the other separates us into duality. **Once we accept with compassion (forgive) that all form is impermanent/unstable, we can allow a peace to rise within us awakening us to the higher dimension of formlessness within us that is beyond what we call physical death.**

## **FREEDOM**

When we get sick and tired of being sick and tired we shall break the endless cycle of pain moving into suffering, and finally wake up! We humans are destined to ascend into conscious beings; those who chose not to will continue their pain and suffering being out of alignment with the evolutionary intention of Creation.

**It is our consciousness that heals pain and suffering.** When we don't resonate with pain and suffering, and our emotions and thoughts are not controlled by pain and suffering anymore, it eventually stops. The energy that was trapped in pain and suffering changes its vibrational frequency and is transmuted by our consciousness. This is why so many light workers and way showers once had extreme pain and suffering; this was our pathway of learning freedom from self (self being a reflection of All There Is).

## **GRATITUDE = ABUNDANCE**

**Abundance comes to those who already have it by having gratitude for what they already have. This is universal law and truth.**

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The source of all abundance is **not** outside us. If we think lack and limitation then we shall surely bring that into our lives. If we acknowledge the good already in our lives this builds the foundation for abundance.

Outflow determines inflow; we cannot receive what we do not give; maintaining the balance of giving and receiving is crucial in our lives. We learn not to give to get and see ourselves worthy to receive as much as we give.

### **HOW OUR PHYSICAL BODY FEEDS ON EMOTIONS AND THOUGHTS**

All emotions and thoughts are energy and our physical bodies' feeds on this energy. Positive emotions and thoughts keep the energy moving in a balanced flow. Negative emotions and thoughts impede the flow of energy and get trapped in specific areas to create disease and death.

**We are waking up to the reality that all things are vibrating energy fields in ceaseless motion.** What we perceive as physical matter is energy vibrating at certain frequencies. Emotions and thoughts are moving at a faster frequency than solid matter. Positive emotions and thoughts have a higher vibration than negative ones.

As shared earlier, emotions can gain control over our thinking and create thoughts that reflect the emotion. Emotions and thoughts are "psychic parasites" that live in the 4D frequency. We are currently living in 3D.

### **HOW TO BE HAPPY**

First, stop trying to be happy, you will just create a state of trying. Many of us are stuck in stories or believe these stories are who we are rather than being learning tools. Stories always project happiness into the future, not the present. Our egos will never allow us to be happy now.

In order to be happy we need to make peace with the 'now moment' focusing on 'what is' rather than 'what is not'. Happiness will not take place anywhere else. Once we connect with presence, through our free will we can make other decisions from the past. Let our mantra be 'Being one with life is being one with now.' We are mastering the truth that we do not live our lives but our life lives us. Life is the choreographer, and we are the dance steps.

Soon we shall come to know that our personal histories, which are a bundle of emotions, and thoughts, can become secondary and they are no longer who we think we are. They are just the way we have chosen to learn what we need to learn, the way we need to learn it. **We come to know our presence is stronger than any emotion, thought or story.**

### **HOW WE EXPERIENCE**

All that we experience/perceive is through our inner wounded child's feelings and the ego defenses we have created around our wounds. Each experience has three possibilities: (1) physical senses, (2) emotions creating thoughts, and (3) emotions.

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If we allow our consciousness to know the inner wounded child, to be in the foreground, and the three above possibilities of experience to be in the background, we shall more often create/experience the life we say we want.

**Not being aware of any of this has been the usual state of humanity for eons.**

### **I AM LIFE**

When we wake up to the reality we are life and that we and Life are one, we come to know that we cannot ever lose what "I AM."

**It is impossible for us and Life to be separate;** otherwise, we would not be here. We cannot be separate from what we are, Life. Let this truth heal our fear of physical death. It is impossible for us to lose what we eternally are.

### **I OWN, THEREFORE I AM**

**Our egos equate having with being.** I have therefore I am. Our ego's sense of self-worth is often combined with the worth we have in our and others perception. Ancient spiritual practices were all about giving up possessions (usually to a church that was only too happy to take them). Universal wisdom states we cannot own nor control what we did not create. My Native American ancestors never understood the concept of owning property; they felt they belonged to the land but the land did not belong to them. This cost them dearly in the long run! **Since we all shall die (from physical form), in truth we are temporarily in stewardship of things** for a brief time. An attachment to things reduces when we no longer seek to identify ourselves with these things. As we age, we often begin to let go of these attachments and attach them to the next generation, often feeling a sense of freedom in the process.

### **I WANNA BE FAMOUS**

Our current narcissistic culture-value of fame is a popular manifestation of our ego-oriented, insane world today. When we buy the false image that the media has created of our self we become alienated from our self and others; unhappiness often occurs as the famous become addicted to continuing to be famous.

Not feeling good enough can create an ego defense of needing to create a mask of being good enough. It is challenging for famous people to be in an authentic relationship with others since this type relationship is based upon our ego with its constant seeking of image-making.

**There are many famous people who have avoided the above trap by remaining conscious and knowing they are not their 'fame', which can die tomorrow or continue a lifetime.**

### **ILL EGO, THE**

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It is essential to know that our egos are ill and are dysfunctional no matter how they express ego. When we are seduced in ego we nor our ego often do not recognize (blind spot) we are in pain that can lead to suffering. The ego is incapable of seeing the negative it projects on others. The ego cannot distinguish between a situation and its awareness of and reaction to any given situation.

Emoted anger or resentment fuels the ego by increasing duality and separation often producing an illusion of being right. **Cleverness from the ego separates; intelligence from the heart is inclusive.**

### **ILLUSION OF TIME, THE**

In our 3D existence, we decided we needed time to know we are in this dimension. But in reality, life is always now. The past was once now and the future will be now. All our lives are a series of nows unfolding; it appears there are many different moments because the present moment is confused with what happened (content). The realm of now is mistaken for what happens in that realm.

We are mastering the truth that now is all there ever was or will be...

As stated earlier, time (past and future) is what our false mind-made self (our ego) thrives upon and remember time is in our minds that house our ego. Time can be the greatest hindrance to knowing ourselves if we remain unconscious towards it. Let us see time as a cross: the **horizontal dimension** of life (the denser layer of our reality), and the **vertical dimension** of inner being (doorway to the present now moment).

Metaphysicians have been teaching for eons that the elimination of time within our consciousness is (as stated earlier) the elimination of the ego and this is **the toughest and truest spiritual practice** of them all! Our endless preoccupation with the past and future have destroyed many a now moment. As long as time via our egos rules our lives we shall be unhappy not getting what we want or getting what we want (and it not being enough).

We cannot be present without becoming fast friends with the now moment. Life will throw us lemons (limitations) at times but our growth comes in our consciousness by seeing beyond the limitation and making lemonade (seeing the situation as a learning moment). As stated earlier, **some of us who have accepted severe limitations have become spiritual teachers, channels of higher realms and healers.**

### **INNER AND OUTER LIVES**

Our inner/etheric lives (bodies) are not solid but limitless. These are not our physical bodies but the Divine Life Force that maintains and sustains our physical lives (bodies). These are the Divine Consciousness/Intelligence that created the physical bodies, which temporarily house from lifetime to lifetime our inner bodies. This inner Divine Life Force fuels thousands of different functions that keep the complexity of human life going. We are only beginning to understand a fraction of these functions and the unseen forces that keep them alive.

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We are the only life form on this planet that can be consciously aware of these inner and outer forces, even if we do not understand them all. This inner life is the hidden life that no current natural scientist has discovered, for the knowledge/presence of it is in our hearts not our minds.

**Our physical bodies (microcosm) are versions of the outer macrocosm (the Oneness principle applied).** The more we shall study our physical bodies (form) the more our formless (intensely alive) inner bodies will come into focus. Our inner lives/bodies are eternal life, the origin out of which our dense physicality is created. Some call this Origin, Source, God, All There Is, Universal Intelligence, etc.

**Take a deep breath, sense our inner formless lives/bodies and know we are more than physical form. When we do, we have embraced the Presence that I AM.**

### **KNOWING SELF**

Many go through life afraid to have a deep examination of themselves; they are fearful of what they may see and taking responsibility for that is just too much. **If you are experiencing this endeavor, you are one of those who has committed to knowing yourself more fully.** The rewards for this are limitless.

**This endeavor is an attempt to move beyond traditional psychotherapy so that we do not confuse knowing about ourselves with truly knowing ourselves.** Most traditional therapy is about you, and observation of self. This is not us. This type therapy is content, not essence. Transcending ego is advancing beyond content. **Knowing** ourselves is being our self and being ourselves is not needing to identify with outside forces.

Our minds want to know. What is beyond this 3D world? It is the inner reality of consciousness, which enables content to exist. We are all in a personal process of waking up and becoming fully conscious.

### **MASS MESS MEDIA, ENTERTAINMENT**

By the time a young child is six-years-old they have seen millions of people killed in games, TV and movies. Millions of people are addicted and happy to pay and be entertained to see humans suffer and kill one another (an addiction). Our internal wounds and ego defenses love to scare, shock us and make us feel unhappy. Mass media and the entertainment industries are only too aware of this, and love cashing in on our need to create pain for which we happily pay. Most realize that mass media focuses on the negative that most people enjoy the most. **But these industries can also help to awaken us and some do. They can act as a mirror in which we can see our own insanity.**

### **MEANING OF EMOTIONS**

Higher realms often teach that emotions (emoted feelings) create our thoughts. Unconscious assumptions create emotions, which in turn generate mind activity that creates our personal reality. Many people do not know what their feelings are or how to express them. **Feeling our feelings and releasing them are essential aspects of our healing.** Emotions that are not recognized and released are trapped in our cellular memory and cause dis-ease (impeding the flow of energy). It is important that we realize we are not our emotions but that they are something to be felt and released. Emotions have also

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been called 'divine pathways' to our destination of embracing our divinity of love and Oneness. Feeling and following our emotions leads us to positive or negative locations in our lives. The foundation of all emotions is love, the building block of all; all other emotions are expressions of love or the absence of love. **We are all here to learn unconditional love. Planet Earth is called the Lover-versity.**

**Many of us who have experienced painful emotions and thoughts have gone on to awaken spiritually, often more so than those without these experiences; proving we are not here to be punished but to awaken.**

### **MEANING, VALUE AND PURPOSE OF LIFE**

As soon as we rise beyond basic survival patterns in human life, we are the only known species on this planet to ask the question, "why are we here? The majority of billions of humans on Earth still see their priority as their job, paying the bills, maintaining relationships, supporting family, and staying healthy. And still vast numbers worry about not having enough to eat, clean water and staying alive. All this is about "doing" rather than "BEing."

No matter where we are on the human ladder, we are programmed in our DNA to know the real reason, purpose of being here. But the answer to this question is not found in our outer level of existence; it does not matter what we are doing, our denser purpose. We are realizing that our lives have a higher (inner) purpose other than our denser (outer) reason to be. **What is primary is our higher/inner state of BEing. What is secondary is our denser (outer) state of doing.** What we are learning is to balance the two, where we know them as aspects of the same thing.

The ultimate meaning, value and purpose of being here is to wake up from a long unconscious sleep. Our higher/inner purpose is an essential aspect of the purpose of the whole (to know and be Love). Our denser/outer purpose is an individuated personal process for each of us...knowing and being in alignment with the higher/inner purpose is the building block for manifesting our denser/outer purpose. Without this balance/alignment, we cannot free ourselves from the struggle to survive life.

For we who choose, we shall enter into a personal process where our awakening is a shift in consciousness where thinking and awareness separate. Instead of being confused in our thinking, when awake we recognize ourselves as the awareness behind it. Our awareness trumps our thinking. We learn to think with our hearts and instead of trying to control our lives, thinking returns in service to our hearts and becomes in service to awareness. Remember, **awareness is our conscious connection with cosmic consciousness/intelligence...you might call it consciousness (presence) without thinking.**

**For many of us, receiving the emerging ascension consciousness energies and bringing that light into the world has become the purposes of our lives (our soul plans).** This is the epoch of the separation process of thinking with our minds to thinking with our hearts and being aware by asking; what would love be and do now?

What future we manifest depends on our level of consciousness in the present. When doing integrates with the eternal quality of being, we shall create a new world paradigm of love, equality, harmony and

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balance. This will reflect that nature exists in a state of conscious oneness with the whole (existence and being). It is our divine destiny and purpose to ascend into a higher dimension in this world by being and living in conscious Oneness with Creation.

### **MORE ON THE MIND**

Through only connecting with the mind, a false sense of self (ego) came into existence. Our level of density is dependent upon the degree we are connected only to our minds housing our egos, negating the vastness of consciousness, the totality of which we are (divine beings having a human experience). Remember, **it is our density that prevents us from routinely connecting with higher realms (living in a higher frequency of existence).**

Most of our thinking is involuntary (thinking happens to us), repetitive and automatic. Have you ever felt the voices in our heads have a life of its own? Without being conscious of these voices, we feel at the mercy of these voices. Being aware of them, frees us from them. Our minds are programmed by the past and future, often refuting the present, our awareness brings us back to the now moment. Consciousness, seeing our lives clearly, is the first step toward transmuting it.

### **MULTI-EGO; THE MANY EGO ROLES, THE**

Most of us are unconscious of the many roles our egos play. These role are often obvious to others but not to us playing them. Our egos are addicted to the attention of others unconsciously sucking out energy from our astral/psychic dimension. But our egos do not know the true source of what feeds it, thus it keeps seeking it outside our self. **It is our astral frequency that constantly feeds our egos, thus there is much mischief in this dimension without any higher real wisdom.**

Our egos hunger to transcend their formlessness into form being recognized or admired in some way. In shy people (feeling not good enough) this is expressed as fear. But here's the ego twist; behind shyness is the hidden desire to be the best or better than others. But most of us fluctuate between feeling not good enough and better than others depending on who we are in contact with and in what situation.

Let us remember one thing; **whether we feel good or bad toward another, it's all egos in us.**

### **NEEDING TO BE SPECIAL, BETTER THAN**

If someone knows more, has more, can do more or is perceived as better than, our ego feels threatened and less than. Then our ego defense comes in and attempts to diminish, criticize or attack the position of the other. Or our ego could shift its position and rather than compete with another join forces with the other, especially if the other is perceived as important. The moment we become aware of our ego, the manifesting awareness is who we are beyond ego, connecting to our deeper "I AM." **The knowing of the false allows the real.**

### **NEVER ENOUGH**

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As mentioned earlier, the ego identifies with having, but its satisfaction in having is often short lived. Having is an ego created illusion to give density permanence, feeling superior or special to itself but it will never be enough. No ego can go for long without needing more. **Knowing we have enough will never come from our mental dwelling ego; this knowing lives in our hearts.**

The three-dimensional physical needs for food, water, shelter, clothing and some basic comforts can easily be met for all seven billion of us on the planet were it not for the hate and imbalance of resources created by the few controlling the many through their insane and greedy ego need for more. **There is enough for everyone if we can simply learn to share by healing the need for more to fill the sense of lack that dwells within us.**

### **NOW MOMENT, PRESENCE, THE**

**The primary reason for our existence in being human is to bring the dimension of consciousness into our personal lives, thus the world.** This is achieved by being in the now moment of presence, free from the binds of the past and the future. In higher realms there is only now. Think how much of our lives are negatively affected by the past or worrying about the future. By focusing on 'what is' in our lives in the present moment rather than 'what is not' from the past, present or future we become free. And know, what we need (not want) is present or we would not be here.

Emotions creating thoughts create our reality in this 3D dimension. But we are not these emotions and thoughts and they within themselves do not create lack, limitation and unhappiness. Only emotions and thoughts plus an unhappy story that we are attached to creates a life not to our liking.

### **OUR MALFUNCTIONING**

When we examine the human condition, it appears we are fatally flawed. It's almost like our genes have been altered by some advanced civilization in the past to keep us in slavery. During my Light Ascension therapy sessions with many clients, I repeatedly saw behavior that appeared insane. There were core wounds and ego defenses defending those wounds that created much madness in clients' lives. In fact, the entire history of humanity looks quite mad. **What many of us have also noticed is that the malfunction is actually increasing and accelerating at this time.** Look at our governments and corporate present behavior. This is a crucial aspect of the clearing and cleansing of humanity discussed earlier, as a result of the ascension process of the planet. That planetary energy is passing through us effecting our emotions, thoughts and physical bodies. The fear, hatred, greed, and desire for power that creates our malfunction all exist within the ego that resides in our mental body. At this time, we are in process of the ego-mind returning in service to our knowing hearts so we can think with our hearts that know what we need to heal and advance. **Stored within our hearts DNA are all the lessons we have learned from past and present life experiences.** Our minds do not maintain and sustain these.

### **POSTIVE (GOOD) AND NEGATIVE (BAD)**

Positive=negative and negative=positive. We are all learning to balance these equations. We have a tendency to label facets of our life (health, aging, death, birth, growth, success, failure, etc.) as either

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good or bad. We define our lives by good or bad and the bad can usually out do the good. Sooner or later, what we perceive as bad things will happen in our lives. **But suppose that what we label disorder and badness can collapse the ego mental body and become an opening into higher realms and order.** When we bereave with a broken heart this is actually opening our heart to receive consciousness/wisdom like never before.

Let us remember the universe is an indivisible whole where all things are interconnected and that nothing exists in isolation or without purpose and none of it is here to punish us but is based in love. Rather than judging, shaming or blaming what is happening in our lives, let us enter into conscious alignment with it and with the higher realms and Divine Order. Examine what we can learn about ourselves through what is happening. Where and what is the lesson?

If we could not mind what happens (which seems impossible for most) what would that energetically mean? It would mean our higher self, our conscious self, is in alignment with what happens (having preferences but not demands). It would mean we are in higher, inner nonresistance (what we resist, persists) with what happens. When we are in alignment with what is happening in the now moment, our actions become empowered by the forces of life itself. **When we are one with what happens, what happens no longer has any power over us.**

The cosmos is not random or chaotic; the word cosmos means order and we humans are not ready through our minds to fully understand it all...but we are surely in process to be and do so.

### **PRESENCE AND THE EGO**

If we so choose through our free will it is time to make our nearest and dearest relationship with the present now moment. **Our relationship with now is the most essential relationship in our lives.** If our now is imbalanced, this will affect every relationship we have. The ego has also been defined as an imbalanced relationship with our present now moments. Being the creator creating our lives all the time, we can decide/choose now what type of relationship we need and want with the present moment.

The choice to make the present moment our bosom buddy, is the death knell of the ego. Our egos can never be in alignment with the now moment (being aligned with life); since the ego's mission is to miss the now moment, to revisit the now, ignore the now, not value the now. Our egos feed upon time; the more dominant our egos the more it consumes our lives. The majority of our emotions and thoughts are connected with the past or future. Our sense of self is often dependent upon our identity in the past or our future fulfillment. The emoted feelings of fear, doubt, anger, and ignorance are examples of the imbalances of the time-bound state of consciousness.

**There are three basic ways our egos react to the now moment of presence: (1) the enemy (them), (2) solution (me), and (3) a problem (them). See if you can come up with examples for each of these in your life at present.**

So the question for us to ponder at present is: "What is my relationship with the now present moment?" The answer to this question is a revealing way to uncover where the ego is in our lives. For the truth is

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the now present moment and we are one. **It seems this concept of Oneness keeps popping up.** Maybe the universe is trying to tell us something!

### **REACTION VS RESPONSE**

Our ego loves to react deep from within our emotional body to situations by emoting a strong emotion, attempting to control the situation in an effort to get what we think we want. Another alternative is when we pause and ask how would what we say or do affect others; this is called a response, being present thus conscious.

**When we respond rather than react to a situation, we merge with it,** allowing the (mutual) solution to be an aspect of the situation itself. Responding rather than reacting, allows a more balanced solution that is part of the problem: problem=solution; solution=problem, balancing this equation. If we take credit for what has been accomplished, the ego has reappeared.

### **REDUCING THE EGO'S ENERGY**

Egos are always on the lookout for anything that reduces it; there are many ego defenses to repair any situation that makes it less than. Our egos are focused on self-preservation much more than being right or wrong, true or false. One of the most powerful ego-repair tools is anger, which can cause a momentary big energetic ego burst.

When we no longer 'defend' ego-actions (3D form), we transition out of being with form (mental ego self-image). Here's the irony; by being less (in ego perception) we are de facto expanding and making space for our true power (beyond form) to manifest becoming more. **What is perceived as weakness of our ego is in fact our foundation of strength. Ancient wisdom teaches us: spiritual truth is often opposed to the values of present day cultural values and the unconsciousness it creates. And how that applies to now!**

### **RIGHT AND WRONG**

Anything that you resent and strongly react to in another is also in you. You cannot judge or shame another without it being a reflection of your relationship with yourself. I am right and you are wrong is deeply embedded in our lives and world and is the basis for all confrontations between nations, races, religions, families and individuals. Both sides have their own story and perspective of what is true for them. Both are shut down (blind spot) to seeing another perspective as true. Both see themselves as victims and the other individual as bad since they have dehumanized the other personality as separate, even being able to justify killing them. We become entrapped in an insane cycle of judging, shaming, blaming, action and reaction. So what is the cause seeing the effect of this insanity? **It is the ego being in complete control through our emotions and thoughts.** Once we become fully conscious of this process, we can begin to make other choices from our hearts and not from our minds housing egos.

### **SELF POWERMENT OF BREATH, THE**

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Breath, sound and motions are the 'search-engines' of creation. Each breath employs all three. Ponder the thought that breathing is something that is happening to us (that we receiving). Most of our breathing is unconscious and involuntary and when it stops, so do we. **In between each breath is silence and non-motion; here is where our eternal consciousness lives.** When we learn to access this space between breaths, we are mightier for it.

**If we could be aware of each breath all the time, it would be the most transformative thing we could do;** more self-empowering than any class, seminar, workshop or lecture we could attend. Being aware of breathing removes our focus on emotions and thoughts. This is one of the most effective ways to connect with the dimension of consciousness.

Because breath has no form, it is an extremely effective way to bring consciousness into our lives. When we are present and focusing on each breath we have to be conscious. We may then realize that presence and consciousness are the same.

### **SILENCE IN THE STILLNESS**

In this noisy world where many have become addicted for the need of audio stimulation on a constant basis, there is not much room for silence and stillness. Many have forgotten that creation forces live in the silence produced by stillness and in order to receive them we need to be quiet. Sages through the ages have called silence/stillness the language of creative muses and all else is clutter to that process. Stillness allows us to access the void, the no thing where all probabilities and possibilities dwell. In the stillness, we become conscious allowing us to access the formless dimensions where we eternally live and all inspiration resides.

To be silence, to be still is to be conscious without the activity of the mental body, thinking. **We are authentically our self when we are still.** When we are still we are who we were before the emotions, mind and physical body took over. When we are still we are who we are beyond form, connecting to our eternal formless beingness.

### **SPIRITUALITY, THE NEW RELIGION**

Most humans are aware of the controlling structure of nearly all religions; my way or no way. This does not mean that religions are not doing some good work but they have caused more pain and suffering on this planet than any other force, in the name of God, Allah, etc. The not so new spirituality (transforming consciousness) has birthed outside the structures of our main religions, actually practicing what many religions teach.

**With this increase in consciousness, at the same time we are experiencing an entrenchment and intensification of the ego.** We are seeing this in religions, governments and corporation holding onto the old control, fighting back to the death. But the ego is destined to die with all its mummified structures. The strongest structures resisting change will fall first. We saw this with the Berlin Wall and Communism. **And there are many more wondrous events to take place...**Remember fear, doubt and

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ignorance are the fuel of the ego, be sure they do not come into play, preventing the creation of the life we say we want.

### **THIS THING CALLED CONSCIOUSNESS**

Higher realms teach us that consciousness is already conscious; it is the Eternal unmanifested, and always existed. Consciousness does not exist in time nor space and has no evolutionary process since it was never born and does not die. When consciousness creates, it appears to be under the same constraints as us but it is not. We humans are not advanced enough at present to fully understand conscious process but let's attempt to explain the unexplainable:

**Consciousness is energy, intelligent force, the foundation behind the creation of form.** Consciousness has been manifesting forms for billions of years so that it can express itself through them in form. In effect, consciousness 'incarnates' into the manifested 3D dimension and becomes form.

Planet Earth has served as the home of the human ego that represents the final stage of our waking up, the identification of consciousness with form. For this planet, it has been a necessary evolution of our consciousness. We are one of the densest creations in our galaxy. We chose this as a final healing/mission within this aspect of the universe.

Our brains are a receiver of consciousness, they do not create it but it is who we are and we can never lose it but we can choose not to use it.

### **TIMELY TIMING**

Since we are receiving unprecedented energies from above (higher realms) and below (Inner-earth), we now have super-fuel to deal with the radical crisis around the world (more life forms being killed than ever before, more natural resources being abused by more people than ever before, and the impact of man-made climate change, just to name a few). **Humanity is now facing the challenging choice: wake up (evolve) or die.**

**If you are reading this,** you are most likely an aspect of the rapidly increasing percentage of humanity experiencing within yourself, the breakdown and breakthrough of the old ego-emotions-mind habits, patterns and rituals birthing the new higher dimension of the dawning of consciousness. This frequency is transcending mental thought, connecting with our inner higher self and beyond.

The revelation for most is that the collective human consciousness and life on this planet are aspects of the same thing; energetically linked. The new conscious me transmutes into the we consciousness, reflecting a new wondrous Earth in the physical realm.

### **TRUE FREEDOM**

Ancient sages teach us that no resistance, no shaming, blaming, judging, and no attachments are the three ingredients of enlightened freedom being and living. The foundation of these five is in the relationship with self (being a reflection of the universe).

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As soon as we can accept with compassion and forgive the impermanence of our physical lives, we can better let go of attachments, conscious of the fleetingness of each moment and situation that is due to the transience of all forms.

Once we accept the transience of all things and the inevitability of change (change is all there is), the better we can relax and find bliss in our worldly lives. Like climbing a mountain, when we detach we gain a higher vantage point (higher realm view) in which to better view our lives (rather than being held hostage by them). **In fact, through detachment, no judgment, and no resistance we gain access to higher realms to support our life's journey.**

When we minimize our lives in form, our consciousness (who we truly are) rises, and we loosen our footing to the foundation of fleeting form. Peace comes from the formless part of us, not the often furious form. Once we embrace the impermanence of all form this opens the doorway to the eternal. Only the eternal in us can fully recognize the fleeing as fleeting (form).

### **WAR DOES NOT WORK**

**Most often we turn into the thing or situation we are fighting against** (what we resist, persists). Fighting unconsciousness will transmute us into unconsciousness ourselves. Dysfunctional ego actions, unconsciousness, are never conquered by fighting against it. Even if we win against our opponent, the unconsciousness energy will slip into us, as our opponent often reappears in another disguise...again, what we resist persists. The ego housed in the human mind has been defined as a dysfunctional collection of insanities. When we know what the ego is and what it is capable of, we can better make objective positive choices where it isn't about who is right or wrong but where both sides can compassionately benefit from a win-win solution, egos are no longer in control, and there is no more need for competition.

### **WE ARE MORE THAN OUR PHYSICAL BODIES**

One of the first things we humans identify with are our physical bodies. They come in two versions, male or female or is it that simple? While gender roles have been crucial in the past, we are beginning to lessen what we think is male and female and what those cultural roles are. We can be physically one gender while energetically (ethereally) be the opposite at the same time. Our energetic (inner body) is the bridge between form and non-form. Place your fingers together. Can you feel this life force? So in effect, we are always male and female at the same time. We see this expressed in many "gender versions" in humanity: transsexual, homosexual, bisexual, heterosexual, pan sexual, and gender neutral. As we continue to balance the masculine and feminine energies worldwide, we see much duality where that balance is not in place. **Without this balance, we cannot evolve as a human species** since the purpose of male and female is to balance giving and receiving. This balance is how creation maintains and sustains itself.

### **WE ARE NOT OUR EGOS**

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When our egos are in confrontation, let our mantra be: “This is an illusion fighting to survive, and it is truly not who I am.” When we are conscious of this, our ego loses its hold on us. This is the law of quantum physics; what you become aware of shifts. Can we begin to know our consciousness is our true essential essence and beingness that can create love, equality, harmony and balance for all? The other choice is to remain trapped in the world of our ego filled with lack, limitation and duality. **Which do we choose?**

### **WHAT IS HAPPENING NOW**

**Being conscious in our doing is the ascension stage in the evolution of consciousness our planet and we humans are experiencing now.** The closer we get to the end of our present ascension stage the more dysfunctional the ego becomes (notice how insane things appear in our nation and world now). This is the necessary clearing and cleansing that is essential to our ascension process of moving into a higher realm of existence. So no matter how things look on the outside the increased consciousness is emerging as the old dies. Some have compared what is happening to the metamorphosis of the butterfly; from the hungry worm to a beautifully winged creature. Higher realms tell us we are in the final 2,000-year ascension cycle for our planet, which began in December 2012.

Consciousness is flowing into our emotions and thoughts inspiring us to higher realms; it flows into what we do, guides and empowers us. How we do things will determine fulfilling our divine destiny through our consciousness, or not.

The new paradigm of love, equality, harmony and balance is rising as more and more people discover that their soul plan (purpose to be here) is to **bring the light of consciousness into this weary world**; to be and do everything in a sacred manner, as each of us is an essential aspect of the collective human consciousness.

### **WHAT IS LIFE?**

Each and every one of our lives (in all life forms) represents a world unto itself, an individuated, unique way in which creation experiences and expresses itself. Creation is a constant expansion and contraction that reveals itself in our in and out breath, the contraction of our hearts, the cycles of sleep and waking. This creation cycle happens each night when we enter a higher frequency from whence we came (sleep) and reemerge each morning refreshed. In fact, our entire life cycle reflects expansion and contraction as we age and eventually die to be reborn again. **It is through this human cycle that the spiritual dimension comes into many people’s lives.**

When our human cycle is no longer usurped by our ego, the spiritual dimension comes into our lives through our outward emotions, thoughts, words and actions. And with the inner movement, consciousness, stillness, silence, being and dissolution of form manifest.

Human intelligence, which is a tiny aspect of universal intelligence has been distorted and abused by our egos. Our ignorance marching into stupidity with countless horrible examples of trying to control what we did not create, is threatening our very survival as a species. Let us remember our planet and creation

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does not need us to evolve/ascend. It is up to us to know that we do not create but Universal Intelligence (Creation/God) creates through us. **The primary factor in creation is consciousness, which has been so lacking in human behavior.** It is no longer an option to continue to behave the way we have without destroying ourselves.

### **WHO AM I?**

Throughout the history of humanity, the words 'KNOW THYSELF' has echoed within all spiritual wisdoms. Knowing who we are determines what we perceive as needs and discovering why we are here is vital in the balance of who and why. **There are many spiritual/metaphysical teachings to assist us in answering and applying the answers to who we are and why we are here. Ask and we shall receive...**

Ultimately, we are learning that all things are transient (we are divine spirits living in a nonpermanent physical world) and we are better being able to respond rather than react to life's events; choosing peace and love over the opposite. If small things get us down, then we are thinking of ourselves as small. If peace matters most we remain nonreactive, knowing how to set boundaries and have our needs met.

Who we truly are (conscious) not who we think we are (unhealed me) are vital distinctions. The world will eventually deliver to our doorstep who we truly are. We eventually know we are not our unconscious egos by becoming aware of them. **No one can tell us who we are. It is our soul's purpose to assist us in discovering this ourselves.** Once we master the who and why then we affirm our talents and gifts and learn how to bring them out into the world. After all, we are the creator creating all the time and our purpose is to bring our who and why to the world.

### **WHY BEING JOYFUL MATTERS**

As mentioned earlier, emoted feelings create our thoughts that direct the flow of energy within our physical bodies and create our reality. So whether an emotion is positive or negative matters as to what type of life we are creating for ourselves.

The feeling of joy is a high vibration of our being joyful. It comes deep from within our formless dimension, our consciousness. This is one with who we are and is reflected inside out, not outside. Even within the affluent world, neither people nor possessions can create a lasting joyfulness.

**Lack of joy is a daunting dis-ease around our world.** What poisons the outer is the quantity of non-joy in the inner. We often become dependent on what is happening on the outside to determine our joyfulness. We often focus on what is not in our lives rather than what is, forgetting gratitude=abundance.

### **WHY THING ARE THE WAY THEY ARE**

No matter what you may have been taught, we are not here to be punished in any way at any time during or after physical life and life on this planet is not a bad joke. There is no hell or heaven to go to see. All of reality and creation resides with us. Are we ready to accept these universal truths and take full responsibility for our lives knowing we are the creator creating them all the time?

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In order to achieve the above it is all about releasing ourselves from the energetic pull of this form-based material life and world and further reconnecting to the formless world from where we originated. Once we manifest a balance of our form and formless realities of our selves, we have set a pathway to our advancement. **This teaching has been the basis of most enlightened wisdoms throughout our history on this planet. Are we ready to receive and apply this truth now?**

As mentioned earlier, as a result of the ascension/evolutionary process of this planet now there is an accelerated inner shift within us that is allowing a new emerging consciousness (awareness) supporting our personal and planetary processes. **THIS ENDEAVOR IS A TRANSFORMATION TOOL AS A RESULT OF THIS RAISING VIBRATORY NEW CONSCIOUSNESS.**

As stated before, this endeavor is not meant to overload us with new information. It is not meant to convince us of anything but to support (if you so choose) an increased shift in our consciousness (or it will be useless to further awaken us) since we have been asleep far too long. And waking up now is vital to our evolution and survival. So all this is about us. The words here can only awaken those who are truly ready. And of course, not everyone is ready.

This endeavor is for those of us who are ready. Ready to build, grow and expand a deeper and stronger momentum in the 'we consciousness', through the healing of our 'me consciousness' (relationship with self) once and for all. **For we who have begun our awakening processes this endeavor will further expedite and accelerate our processes.**

Our ego, which thinks it has been in control for a long time will do everything it can to prevent the above. We are in the process of learning 'what is' through 'what is not' and it is essential for we to understand the hold the ego still maintains for many of us. **Egos are impostors pretending to be us** and we need to murder this myth now! By being conscious of the ego we expose it for what it is, which increases our consciousness. We are not going to resist the ego (what we resist, persists) or fight with it, **we simply are going to shine our light (consciousness) upon its darkness, since we are the Light!**

### **WORDS, WORDS, WORDS**

All the spoken and unspoken words that express our perception, experience and feelings about reality are small seeds on a large tree. Beyond the words, everything is interconnected with the forces that created all life. Words (which we need and can be beautiful) unfortunately reduce everything to something the human mind can comprehend, which sadly isn't too much at our stage of development (but this is shifting for many). **Only the limited human mind could think that the basic words of language could explain the meaning, value and purpose of the multiverse.** But this is a start and soon we shall connect to *All There Is* and download all the wisdom of creation in frequencies, and express the wisdom through divine intentions of BEingness.

### **WORLD OF LOVE, EQUALITY, HARMONY AND BALANCE, A**

Humanity is experiencing its greatest transmutation and awakening at present because of the ascension process of our planet herself returning to the body of light (becoming an exploding star) from whence

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she came. This planetary process is reflecting the universal process of the universe, which is to stop expanding and to begin to contract and return to its unmanifested nothingness from whence it came. We are all in the process of returning to Oneness.

**As we humans increase our vibratory rate reflecting the planetary and universal processes, we are transforming into the highest formless expression of ourselves (Divine Beings of Light).** And we are realizing we are this Light and it is our destiny to bring this divine essence, consciousness, into the world of form, thereby transforming the world into one of love (the universal building block), equality, harmony and balance. The ultimate purpose of this transformation goes far beyond anything the mind can imagine or comprehend, and yet this is our soul plan (mission) at this time. This is the reconciliation of this world and creation. **It is time for us to surrender to not knowing and trust that the force that created us knows what it is doing. We are beginning to realize that our human lives and Creation are One.**

In Unconditional Love and Consciousness,

Phillip Elton Collins, Co-founder, The Angel News Network

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